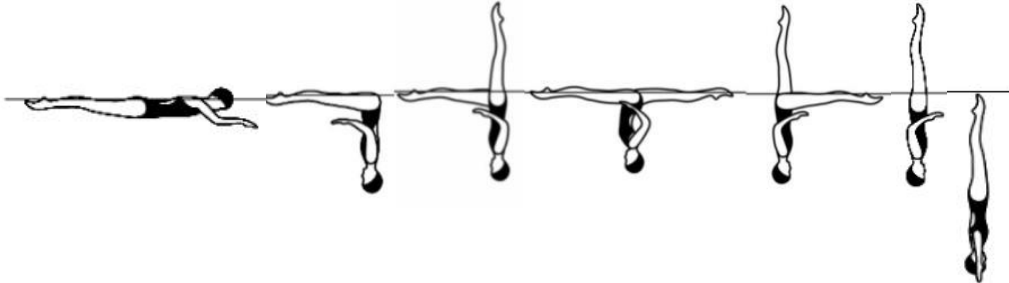


343 – Butterfly

Difficulty 2.9

From a **Front Layout Position** a *Front Pike Position* is assumed. One leg is lifted to a **Fishtail Position**. The horizontal leg is rapidly lifted through an arc of 180° over the surface of the water as the vertical leg is lowered to assume a **Split Position**. Without a pause a rapid hip rotation of 180° is executed as the front leg is raised to assume a **Fishtail Position**. The horizontal leg is lifted to a **Vertical Position** at the same tempo as the movement from the **Front Layout Position** to the first **Fishtail Position**. A *Vertical Descent* is executed.



AQUA WEIGHT for Butterfly

								Total
NVT=	6.0	14.5	20.0	16.5	20.5	14.0	91.5	
PV =	0.66	1.58	2.19	1.80	2.24	1.53	10	

BP 2 Front Layout Position

Rule Book Description

1. Body extended with head, upper back, buttocks and heels at the surface.
2. Face may be in or out of the water.

Diagrams



Major Desired Actions

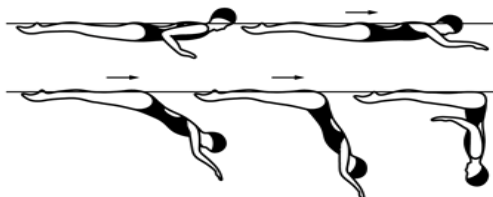
1. Gives the impression that the body is stretched horizontally to maximum. Judgement made by checking visual points of the horizontal alignment: ear, shoulder joint, hip joint and ankle.
2. Once established as "in" or "out" the head position should be maintained. When the face is out of the water, the ears will not be on the horizontal axis, and the back may be slightly lower.

BM 3 To Assume a Front Pike Position

Rule Book Description

1. From a **Front Layout Position** with face in the water as the trunk moves downward to assume a **Surface Front Pike Position**, the buttocks legs and feet travel along the surface until the hips occupy the position of the head at the beginning of this action.


Diagrams



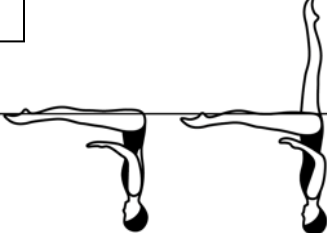
Major Desired Actions

1. Uniform motion in downward movement of the trunk. The trunk remains straight throughout the movement. Hips and head lock into position simultaneously.
2. Smooth even movement downwards of the trunk. Hips replace the head at the surface.

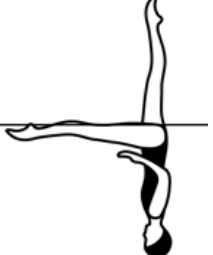
BP 10 Surface Front Pike Position

Rule Book Description	Diagrams	Major Desired Actions
1. Body bent at hips to form a 90° angle.		1. Exact 90° angle.
2. Legs extended and together.		2. Full extension of legs, with ankles aligned with hip joints.
3. Trunk extended with the back straight and head in line.		3. Back flat, with vertical alignment of ears, shoulder joints, and hip joints once the position is established.

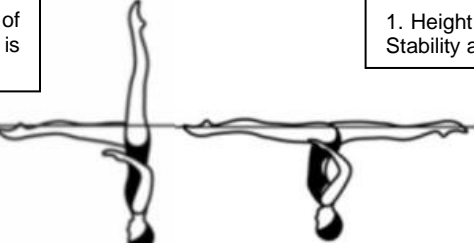
Surface Front Pike Position to Fishtail Position

Rule Book Description	Diagrams	Major Desired Actions
1. One leg is lifted to a Fishtail Position .		1. Height and vertical alignment of trunk maintained. Stability and control evident. The position is held only long enough to define the position and demonstrate completion of the transition.


BP 8 Fishtail Position

Rule Book Description	Diagrams	Major Desired Actions
1. Body extended in Vertical Position , with one leg extended forward. The foot of the forward leg is at the surface, regardless of the height of the hips.		1. Full extension of the body.
		2. Judgement made by checking visual points of the vertical alignment: ears, shoulder joints, hip joints and ankle.
		3. The foot of the forward leg must be at the surface of the water. Hip joints must be on a horizontal line.

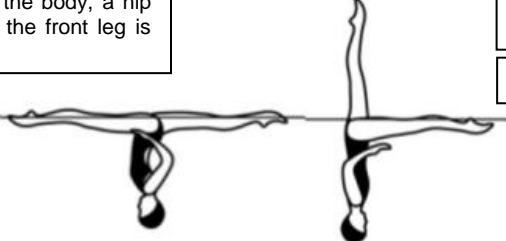
Fishtail Position to Split Position

Rule Book Description	Diagrams	Major Desired Actions
1. The horizontal leg is rapidly lifted through an arc of 180° over the surface of the water as the vertical leg is lowered to assume a Split Position .		1. Height and vertical alignment of trunk maintained. Stability and control evident.

BP 16 Split Position

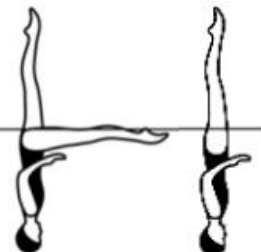
Rule Book Description	Diagrams	Major Desired Actions	
1. Legs evenly split forward and back.		1. Full extension of the legs at or above the surface.	
2. The legs are parallel to the surface of the water.		2. Flat split. Hip joints and shoulder joints on a horizontal line, with both of these alignments 'square' and parallel to each other.	
3. Lower back arched, with hips, shoulders and head on a vertical line.			
4. 180° angle between the extended legs (flat split), with inside of each leg aligned on opposite sides of a horizontal line, regardless of the height of the hips.			
a) Surface Split Position			
1. Legs are dry at the surface of the water		1. Full extension of the legs. Crotch and legs dry at the surface of the water.	

Split Position to Fishtail Position


Rule Book Description	Diagrams	Major Desired Actions
1. Maintaining the vertical alignment of the body, a hip rotation of 180° is executed rapidly as the front leg is raised to assume a Fishtail Position .		1. No hesitation from Fishtail to Split to Fishtail Positions .
		2. Height of hips should remain unchanged.

****note:** the horizontal leg in the first Fishtail Position must become the back leg in the Split position and then must become the horizontal leg in the second Fishtail Position.

Fishtail Position to Vertical Position

Rule Book Description	Diagrams	Major Desired Actions
1. Continues in the same direction as previous transition. During a 180° rotation, the horizontal leg is rapidly lifted to a Vertical Position.		1. Height and vertical alignment of trunk maintained. Stability and control evident.
		2. Height remains constant throughout.
		3. The Vertical Position is held only long enough to define the position and demonstrate completion of the transition.

BP 6 Vertical Position

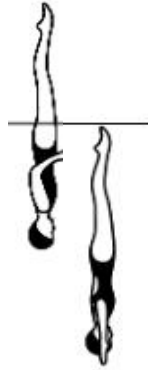
Rule Book Description	Diagrams	Major Desired Actions
1. Body extended, perpendicular to the surface of the water, legs together, head downward.		1. Full extension of the body.
2. Head (ears specifically), hips and ankles in line.		2. Judgement made by checking visual points of the vertical alignment: ears, shoulder joints, hip joints, ankles.

BM 10 Vertical Descent

Rule Book Description

1. Maintaining a **Vertical Position**, the body descends along its longitudinal axis until toes are submerged.

Diagrams







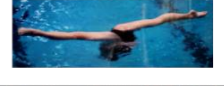


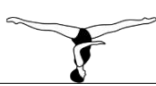





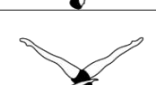


Major Desired Actions

1. The tempo of the descent is uniform and at the same speed as the rest of the figure.

Height Chart for Butterfly

Water Levels	Perfect	Excellent/Near Perfect	Very Good	Good	Competent	Satisfactory	Deficient	Weak
Score	10	9.5	8.5	7.5	6.5	5.5	4.5	3.5
Fishtail	Top of pelvis	Above crotch	Crotch level	Upper thigh	Mid-thigh	Low thigh (well above kneecap)	Kneecap	Below kneecap
Double Leg Vertical	Crotch level or higher	Upper thigh	Upper mid-thigh	Low to mid-thigh	Above kneecap	Kneecap	Below kneecap	Well below kneecap (mid shin)

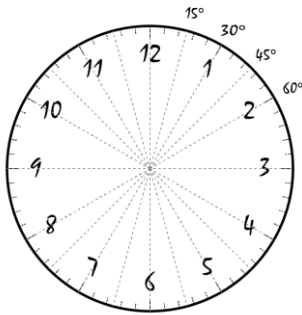
Height Chart for Surface Split Position

Score range		Angle of Split (degree)		Water level	
Excellent/ Near Perfect	9.5	180 (flat)			Crotch & legs dry
Very Good	8.5	170 - 180			Legs dry
Good	7.5	160 - 170			Legs almost dry
Competent	6.5	150 - 160			lower legs dry Crotch underwater
Satisfactory	5.5	130 - 140			lower legs dry Crotch underwater
Deficient	4.5	110 - 120			feet above the surface, legs under water
Weak	3.5	up to 100			feet come out vertically
Hardly recognisable	0.1 – 2.9	scissors			feet come out vertically

Deduction Guidelines for Butterfly

Figure/Transition	Small Deviation – 0.2 1-15 degrees	Medium Deviation – 0.5 16-30 degrees	Large Deviation – 1.0 31 degrees or more
Split to Fishtail Position		Slow	Very slow
Travel Deduction Guidelines	Small deduction: 0.1	Medium deduction: 0.3	Large deduction: 0.5
	Minimal travel or minimal lack of required travel	Obvious travel in one (1) transition, and or/ travel in several transitions	Obvious travel in two (2) or more transitions and or travel throughout

Visible scales of angle deviation



Apply to plumb line points of reference when evaluating vertical and horizontal alignments required.		
Small deviation	1-15 degrees	0.2
Medium deviation	16-30 degrees	0.5
Large deviation	31 degrees or more	1.0

