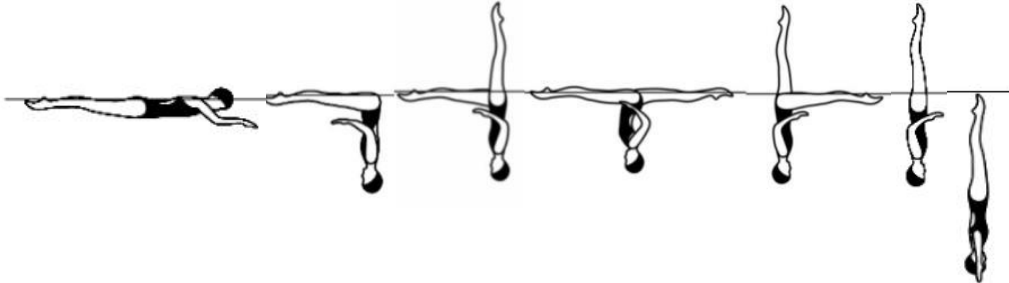


### 343 – Butterfly

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

#### BM 3 To Assume a Front Pike Position

Rule Book Description

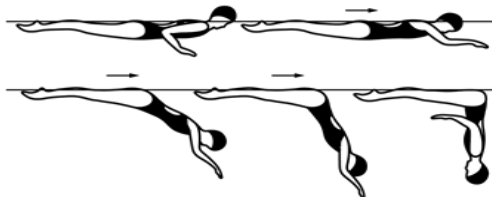
Diagrams

Major Desired Actions

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.

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.



#### Surface Front Pike Position to Fishtail Position

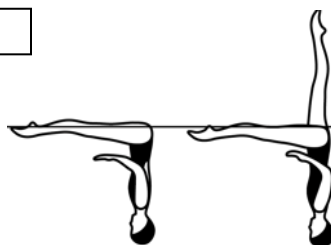
Rule Book Description

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.

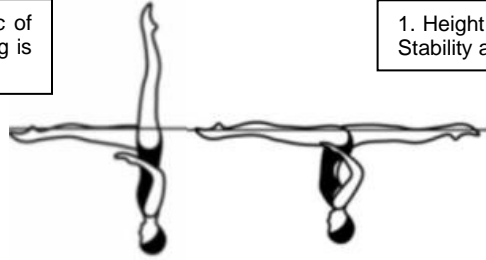


## Fishtail Position to Split Position

### Rule Book Description

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**.

### Diagrams



### Major Desired Actions

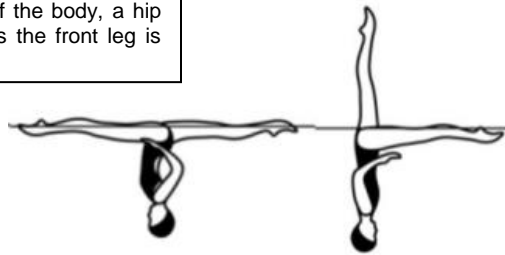
1. Height and vertical alignment of trunk maintained. Stability and control evident.

## Split Position to Fishtail Position

### Rule Book Description

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**.

### Diagrams



### Major Desired Actions

1. No hesitation from **Fishtail** to **Split** to **Fishtail Positions**.

2. Height of hips should remain unchanged.

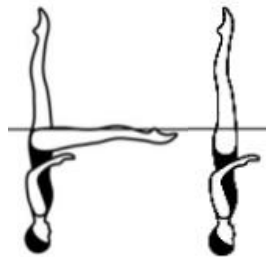
**\*\*note:** the horizontal leg in the first Fishtail Position must become the back leg in the Split position and then must become the horizontal leg in the second Fishtail Position.

## Fishtail Position to Vertical Position

### Rule Book Description

1. Continues in the same direction as previous transition. During a 180° rotation, the horizontal leg is rapidly lifted to a **Vertical Position**.

### Diagrams



### Major Desired Actions

1. Height and vertical alignment of trunk maintained. Stability and control evident.

2. Height remains constant throughout.

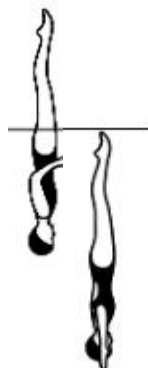
3. The **Vertical Position** is held only long enough to define the position and demonstrate completion of the transition.

## 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)

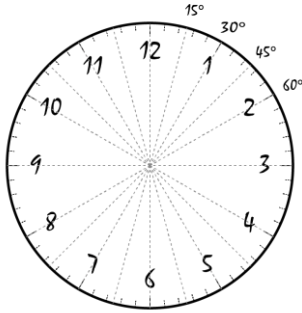
### Height Chart for Surface Split Position

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

