

## Figure 227d – Swanita, Spinning 180°

Difficulty 1.9

A Nova is executed to the **Bent Knee Surface Arch Position**. The bent leg straightens to assume a **Knight Position**. The body rotates 180° to assume a **Fishtail Position**. (A *Helicopter Rotation Spinning 180°* is executed in the same direction.) From a **Fishtail Position** the horizontal leg is lifted while closing into the vertical leg to assume a **Vertical Position** during a descending rotation and is completed as the ankles reach the surface of the water.



FINA WEIGHT for Swanita, Spinning 180°

						<b>Total</b>
NVT =		17.5	14.0	14.0	12.5	58.0
PV =		3.02	2.41	2.41	2.16	

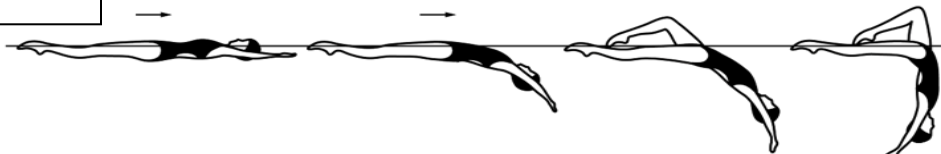
### BM 15 To Assume a Bent Knee Surface Arch Position

#### Rule Book Description

1. From a **Back Layout Position** a **Bent Knee Surface Arch Position** is assumed. With the head leading, the head, hips and feet move along the surface of the water.

2. With continuous movement the head leaves the surface of the water as the back is arched more to assume a **Bent Knee Surface Arch Position** with the hips occupying the position of the head at the beginning of this action.

#### Diagrams



#### Major Desired Actions

1. Continuous uniform movement from **Back Layout Position** to **Bent Knee Surface Arch Position**. Hip height remains constant. Hip joints on a horizontal line.

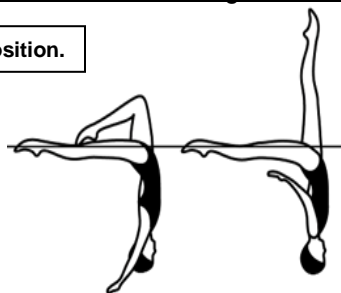
2. The toe of the bent leg must remain in contact with the inside of the extended leg while assuming the **Bent Knee Surface Arch Position**.

### Bent Knee Surface Arch Position to Knight Position

#### Rule Book Description

1. The bent leg straightens to assume a **Knight Position**.

#### Diagrams



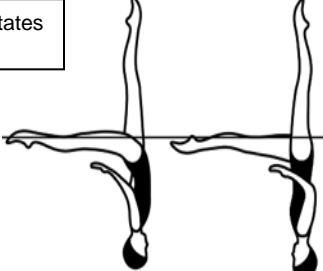
#### Major Desired Actions

1. Horizontal alignment of hips and shoulders 'square' and maintained during the lift to **Knight Position**.

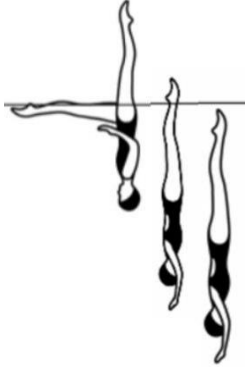
2. Height remains constant during the straightening of the leg to **Knight Position** with full extension of the horizontal leg maintained.

3. The bent leg is straightened along the vertical line established by the thigh in the **Bent Knee Surface Arch Position**.

## Knight to Fishtail Position

Rule Book Description	Diagrams	Major Desired Actions
<p>1. Maintaining the vertical alignment the body rotates 180° to assume a <b>Fishtail Position</b>.</p>		<p>1. The vertical leg remains stationary, and height remains constant throughout the rotation.</p> <p>2. The foot of the horizontal leg is at the surface of the water and not above or below the surface of the water.</p> <p>3. Full extension of both legs throughout the 180° rotation.</p>


## BM17 Helicopter Rotation Spinning 180°

Rule Book Description	Diagrams	Major Desired Actions
<p>1. Continuing in the same direction a descending <i>Spinning 180°</i> rotation is executed as the horizontal leg is lifted to a <b>Vertical Position</b> and is completed as the ankles reach the surface of the water.</p>		<p>1. The legs are joined while descending and rotating to <b>Vertical Position</b> at ankle level. This position is reached as the legs are joined and the rotation is completed.</p> <p>2. The vertical leg maintains the vertical line throughout the rotation.</p> <p>3. Longitudinal axis is maintained throughout the rotation.</p> <p>4. The tempo of the rotation and descent is uniform at the same speed as the root figure.</p> <p>5. Stability and vertical alignment before, during and at completion of the designated rotation.</p> <p>6. Simultaneous rotation and descent of the body with even drop spaces to complete the spin as the ankles reach the surface of the water.</p>
<p>2. The body remains on its longitudinal axis throughout the rotation.</p>		
<p>3. The <i>Spin</i> is executed in uniform motion and is completed with a <i>Vertical Descent</i> which is executed at the same tempo as the <i>Spin</i>.</p>		
<p>4. A <i>descending Spin</i> must start at the height of the vertical and be completed as the ankles reach the surface of the water.</p>		

## Penalty Clarification on Spin 180

The acceptable allowance for Spin 180° is up to ¼ less than/more than the required rotation.

## BM 10 Vertical Descent – from ankle level

Rule Book Description	Diagrams	Major Desired Actions
<p>1. Maintaining a <b>Vertical Position</b>, the body descends along its longitudinal axis until toes are submerged.</p>		<p>1. Unless otherwise stated, tempo of descent is uniform and at the same speed as the rest of the figure.</p>

## Height Chart for Swanita, Spinning 180°

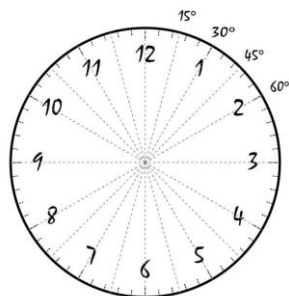
Water Levels	Perfect	Excellent/Near Perfect	Very Good	Good	Competent	Satisfactory	Deficient	Weak
Score	10	9.5	8.5	7.5	6.5	5.5	4.5	3.5
Knight	Above crotch	Crotch level	Upper thigh	Mid-thigh	Low thigh (well above kneecap)	Kneecap	Below kneecap	Mid-shin
Fishtail	Top of pelvis	Above crotch	Crotch level	Upper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

### Deduction Guidelines for Swanita, Spinning 180°

Figure/Transition	Small Deviation – 0.2 1-15 degrees	Medium Deviation – 0.5 16-30 degrees	Large Deviation – 1.0 31 degrees or more
Back Layout to Bent Knee Surface Arch Position		Body arrives in Surface Arch position just prior to knee bend.	Head and shoulders press backward, Surface Arch Position shown before knee bends.
Bent Knee Surface Arch to Knight Position		Hips are not parallel and horizontal leg turned outward.	Hips are not parallel (15° or more) and horizontal leg turned outward with kneecap perpendicular to surface of the water.
Rotation from Knight Position to Fishtail Position		Horizontal leg moves side to side during rotation.	Vertical leg makes a circle during 180° rotation toward horizontal leg (off of axis)
Helicopter 180° Rotation	Horizontal and vertical leg join once the rotation and descent is completed at ankles.		Descent is completed at ankles after the first 45° rotation, so second rotation half is performed at same height (twisting).

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

