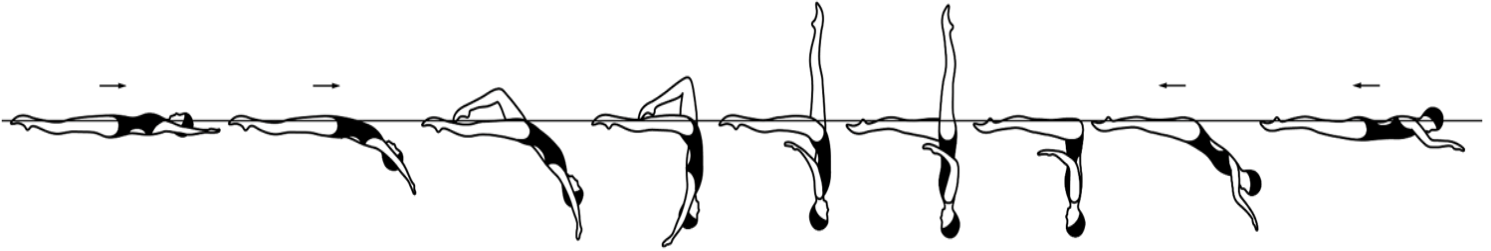





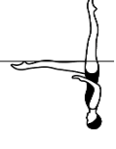
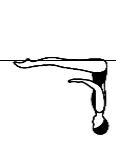

226. Swan

Difficulty 2.1

A Nova is executed to the **Bent Knee Surface Arch Position**. The bent leg straightens to assume a **Knigh Position**. The body rotates 180° to assume a **Fishtail Position**. The vertical leg is lowered to the surface to meet the opposite leg in a **Front Pike Position** and with continuous movement the body straightens to a **Front Layout Position**. The head surfaces at the point occupied by the hips at the beginning of this action.



FINA WEIGHT for 226 Swan 2.1

							Total
NVT=		17.5	14.0	14.0	14.5	6.0	66.0
PV =		2.65	2.12	2.12	2.20	0.91	

Height Chart for Single Leg Vertical

Swan	Excellent/Near Perfect	Very Good	Good	Competent	Satisfactory	Deficient	Weak
Score	9.5	8.5	7.5	6.5	5.5	4.5	3.5
Water Levels	Back of horizontal leg dry	Crotch level	Upper thigh	Mid-thigh	Low thigh (well above knee cap)	Knee cap	Below knee cap

BP 1 Back Layout Position

Rule Book Description

1. Body extended with head, upper back, buttocks and heels at the surface.

Diagrams



Major Desired Actions

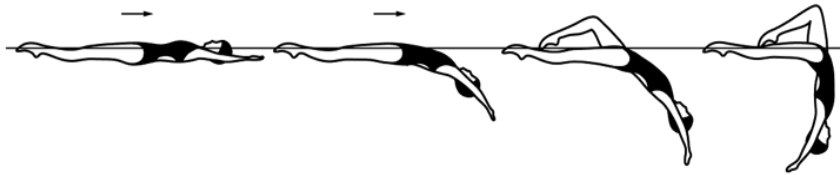
1. Gives the impression that the body is stretched horizontally to maximum. Judgement made by checking visual points of the horizontal alignment: ear, shoulder joint, hip joint and ankle.

Back Layout Position to Bent Knee Surface Arch Transition

Rule Book Description

1. With the head leading, a Dolphin is initiated.
2. The hips, legs and feet continue to move along the surface as the back is arched more to assume a Bent Knee Surface Arch Position.

Diagrams



Major Desired Actions

1. BM 14 *Dolphin* continues until the hips are about to submerge.
2. Continuous movement from initiation of step 1 until achievement of the **Bent Knee Surface Arch Position**. Hip height constant. Both hip joints on a horizontal line.

BP 14d Bent Knee Surface Arch Position

Rule Book Description

1. Lower back arched, with hips, shoulders and head on a vertical line.
2. The thigh of the bent leg is perpendicular to the surface.

Diagrams



Major Desired Actions

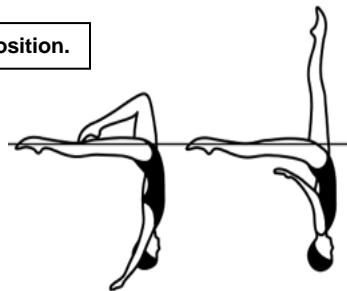
1. Hip joints on a horizontal line; shoulder joints on a horizontal line, with both of these alignments 'square' and parallel to each other. Head (ears specifically) in line with shoulders.
2. Hips as close to the surface as possible.
3. An air pocket beneath the bent knee is also desirable.

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. With movement from the knee and no loss of height the leg is extended vertically to assume a Knight Position.

BP 17 Knight Position

Rule Book Description

1. Lower back arched, with hips, shoulders and head on a vertical line.
2. One leg vertical.
3. Other leg extended backward, with the foot at the surface, and as close to horizontal as possible.

Diagrams



Major Desired Actions

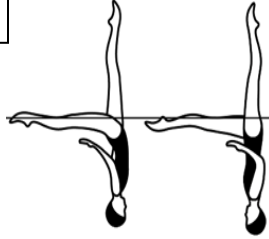
1. Arch is in the lower part of the spine only.
2. Vertical alignment through ear, shoulder joint, hip joint and ankle.
3. Hip joints on a horizontal line; shoulder joints on a horizontal line, with both of these alignments 'square' and parallel to each other. The top of the extended leg faces upward.

Knight to Fishtail Position

Rule Book Description

1. The body rotates 180° to assume a **Fishtail Position**.

Diagrams



Major Desired Actions

1. With minimal lateral movement and no loss of height, a rotation of 180° is executed to assume a **Fishtail Position**.

BP 8 Fishtail Position

Rule Book Description

1. Body extended in Vertical Position with the foot of the forward leg is at the surface, regardless of the height of the hips.

Diagrams



Major Desired Actions

1. Full extension of the body.

Judgement made by checking visual points of the vertical alignment: ear, shoulder joint, hip joint, ankle.

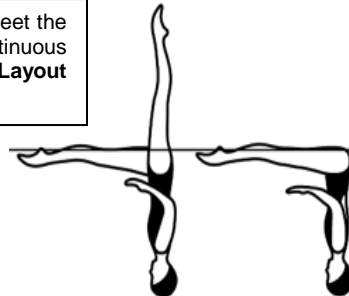
The foot of the forward leg must be at the surface. Hip joints must be on a horizontal line.

Fishtail Position to Surface Front Pike Position

Rule Book Description

1. The vertical leg is lowered to the surface to meet the opposite leg in a Front Pike Position and with continuous movement the body straightens to a **Front Layout Position**.

Diagrams



Major Desired Actions

1. The vertical leg moves over the surface in a 90° arc to meet the opposite leg in a Front Pike Position without movement of the trunk and with continuous motion.

1. An accurate Front Pike Position should be evident before the body begins to straighten.

BP 10 Surface Front Pike Position

Rule Book Description

1. Body bent at hips to form a 90° angle.

2. Head (ears specifically), hips and ankles in line.

Diagrams



Major Desired Actions

1. Exactness of 90° angle.

2. Full extension of legs, with ankle aligned with hip joint.

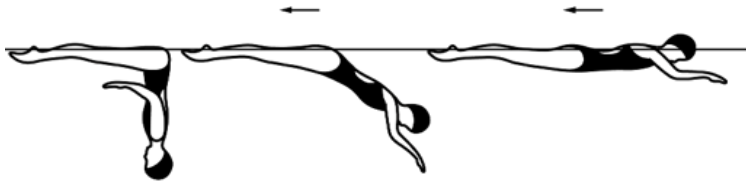
3. Back flat, with vertical alignment of ear, shoulder joint, middle of side of trunk, and hip joint.

Surface Front Pike Position to Front Layout Position

Rule Book Description

1. The head surfaces at the point occupied by the hips at the beginning of this action.

Diagrams



Major Desired Actions

1. Body straightens, rises and moves along the surface simultaneously with a stationary Front Layout Position achieved as the head surfaces.

BP 2 Front Layout Position

Rule Book Description

1. Body extended with head, upper back, buttocks and heels at the surface.

Diagrams



Major Desired Actions

1. Gives the impression that the body is stretched horizontally to its maximum. Judgement made by checking visual points of the horizontal alignment: ear, shoulder joint, hip joint and ankle.