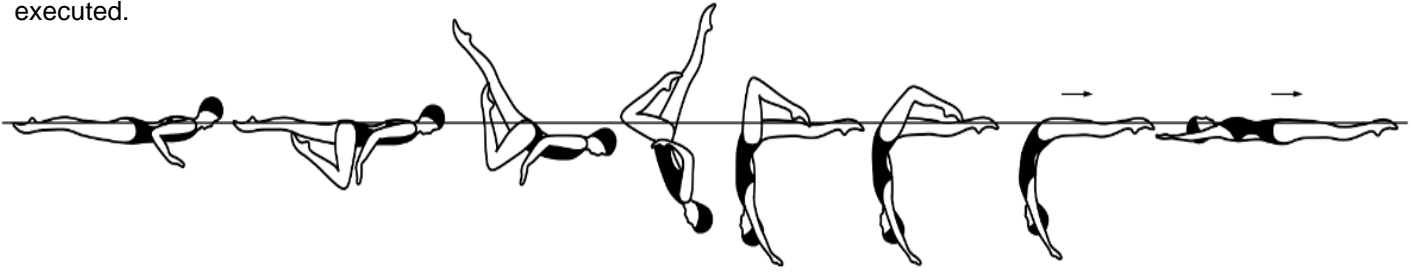







401. Swordfish

Difficulty 2.0

From a **Front Layout Position**, a **Bent Knee Position** is assumed. The back arches more as the extended leg is lifted in a 180° arc over the surface to assume a **Bent Knee Surface Arch Position**. The bent knee is straightened to assume a **Surface Arch Position**, and with continuous motion, an *Arch to Back Layout Finish Action* is executed.



FINA WEIGHT for 401 Swordfish 2.0

					Total
NVT=	4.0	35.0	14.5	8.0	61.5
PV =	0.65	5.69	2.36	1.30	

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.

Front Layout to Bent Knee Position

Rule Book Description

1. From a **Front Layout Position** a **Bent Knee Position** is assumed.

Diagrams



Major Desired Actions

1. There can be no change of head position once the knee starts to bend to assume the **Bent Knee Front Layout Position**.

BP 14a & d Bent Knee Positions

Rule Book Description

Diagrams

Major Desired Actions

B14 Bent Knee Positions

1. One leg bent, with the toe of the bent leg in contact with the inside of the extended leg.

1. The relationship of the toe of the bent leg to extended leg may vary depending on the figure, but should remain constant once established, and not extend behind the leg.



B14a Bent Knee Front Layout Position

1. Body extended in **Front Layout Position**, with the toe of the bent leg at the knee or thigh.

1. In the **Front Layout Position**, the alignment points of the extended leg, trunk and head remain the same.

B14d Bent Knee Surface Arch Position

1. Body arched in Surface Arch Position.

2. The thigh of the bent leg is perpendicular to the surface.

1. Hip joints on a horizontal line; shoulder joints on a horizontal line, with both of these alignments 'square and parallel to one another. Head (ears specifically) in line with shoulders.

2. An air pocket beneath the bent knee is also desirable.



Bent Knee Front Layout Position to Bent Knee Surface Arch Position

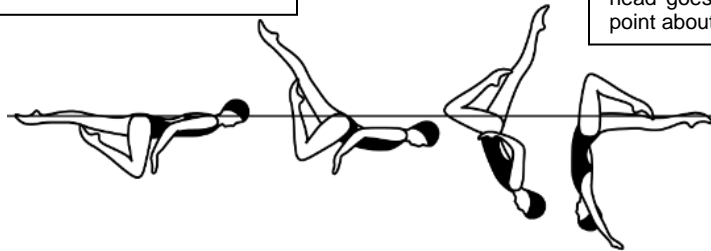
Rule Book Description

Diagrams

Major Desired Actions

1. The back arches more as the extended leg is lifted in a 180° arc over the surface to assume a **Bent Knee Surface Arch Position**.

1. Lifting of the extended leg and arching of the back occur simultaneously. Foot comes off the surface as the head goes under. Hips maintain height and are pivot point about which body rotates.



Bent Knee Surface Arch Position to Surface Arch Position

Rule Book Description

Diagrams


Major Desired Actions

1. The bent knee is straightened to assume a **Surface Arch Position** and with continuous motion, an *Arch to Back Layout Finish Action* is executed.


1. Trunk maintains same position until the feet join. Surface Arch Position should be shown, but not held. Hip joints on a horizontal line, full extension of legs with thighs and feet at the surface.




BP 13 Surface Arch Position

Rule Book Description	Diagrams	Major Desired Actions
1. Lower back arched, with hips, shoulders and head on a vertical line.		1. Hip joints on a horizontal line; shoulder joints on a horizontal line, with both of these alignments 'square and parallel to one another. Head (ears specifically) in line with shoulders.
2. Legs together and at the surface.		2. Full extension of legs with thighs and feet at the surface. Hips as close to the surface as possible.

BM 5 Surface Arch Position to Back Layout Finish Action

Rule Book Description	Diagrams	Major Desired Actions
1. The bent knee is straightened to assume a Surface Arch Position and with continuous motion an Arch to Back Layout Finish Action is executed.		1. Trunk maintains same position until the feet join. Surface Arch Position should be shown, but not held. Hip joints on a horizontal line, full extension of legs with thighs and feet at the surface.
		1. Feet join, then surfacing action begins. At the end the face, body, legs and feet are at the surface.

BP 1 Back Layout Position

Rule Book Description	Diagrams	Major Desired Actions
1. Body extended with face, chest, thighs and feet at the surface.		1. Gives the impression that the body is stretched horizontally to its maximum. Front of the trunk will also be at the surface of the water.
2. Heads (ears specifically), hips and ankles in line.		2. Judgement made by checking visual points of the horizontal alignment: ear, shoulder joint, hip joint and ankle. This imaginary line should also pass through the middle of the side of the trunk.