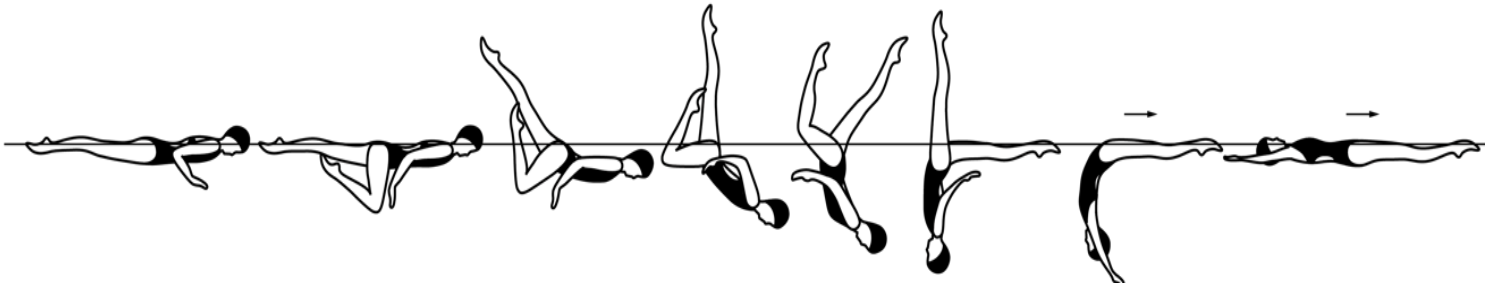








403. Swordtail

Difficulty 2.3

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 of the water. As the extended leg passes vertical, the bent leg straightens with the foot following a vertical line to assume a **Knight Position**. The vertical leg is lowered to a **Surface Arch Position**. An *Arch to Back Layout Finish Action* is executed.



FINA WEIGHT for 403 Swordtail 2.3

							Total
NVT=	4.0	29.0	20.0	18.5	8.0	79.5	
PV =	0.50	3.65	2.52	2.33	1.01		

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



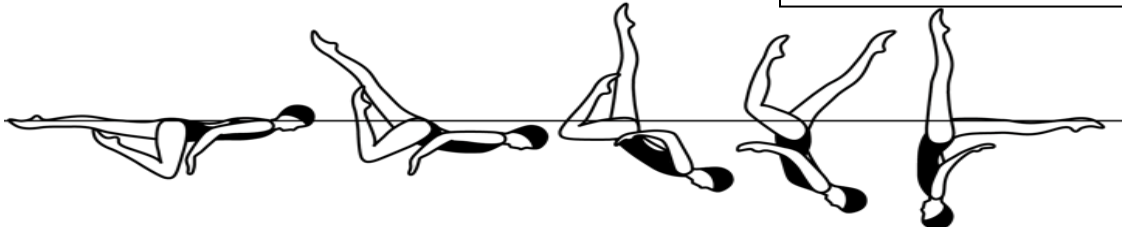
Major Desired Actions

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

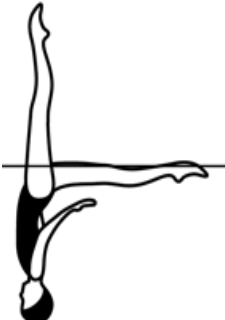
BP 14a Bent Knee Front Layout Position

Rule Book Description	Diagrams	Major Desired Actions
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.
2. Body extended in Front Layout Position , with the toe of the bent leg at the knee or thigh.		2. In the Front Layout Position , the alignment points of the extended leg, trunk and head remain the same.

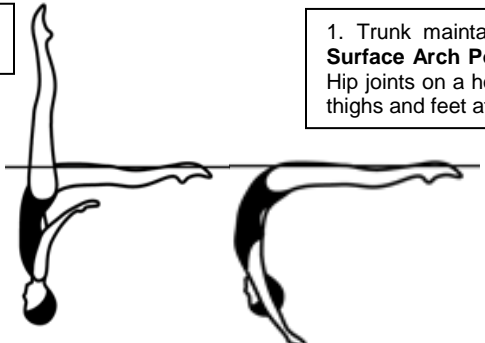
Bent Knee Front Layout Position to Knight Position

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 of the water.		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 the body rotates.
2. As the extended leg passes vertical, the bent leg straightens with the foot following a vertical line to assume a Knight Position .		2. Continuous motion. Simultaneous extension of bent leg and lowering of extended leg to accurate Knight Position . Hip level constant with hips as pivot point.


BP 17 Knight Position

Rule Book Description	Diagrams	Major Desired Actions
1. Lower back arched, with hips, shoulders and head on a vertical line.		1. Arch is in the lower part of the spine only.
2. One leg vertical.		2. Vertical alignment through ear, shoulder joint, hip joint and ankle.
2. Other leg extended backward, with the foot at the surface, and as close to horizontal as possible		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.

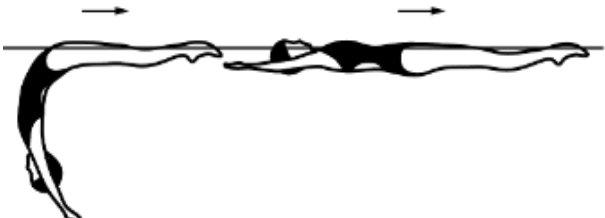
Knight Position to Surface Arch Position

Rule Book Description	Diagrams	Major Desired Actions
1. The vertical leg is lowered to a Surface Arch Position .		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
<p>1. Lower back arched, with hips, shoulders and head on a vertical line.</p> <p>2. Legs together and at the surface.</p>		<p>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.</p> <p>2. Full extension of legs with thighs and feet at the surface. Hips as close to the surface as possible.</p>

BM 5 Surface Arch Position to Back Layout Finish Action

Rule Book Description	Diagrams	Major Desired Actions
<p>1. From a Surface Arch Position, the hips, chest, and face surface sequentially at the same point, with foot first movement to a Back Layout Position, until the head occupies the position of the hips at the beginning of this action.</p>		<p>1. Sharp arch in lower back. The body straightens, rises and moves along the surface simultaneously, with a stationary Back Layout Position achieved as the face surfaces. Fully body extension maintained throughout.</p> <p>2. Feet join, then surfacing action begins. At the end the face, body, legs and feet are at the surface.</p>

BP 1 Back Layout Position

Rule Book Description	Diagrams	Major Desired Actions
<p>1. Body extended with face, chest, thighs and feet at the surface.</p> <p>2. Heads (ears specifically), hips and ankles in line.</p>		<p>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.</p> <p>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.</p>

Basic Deductions for Swordtail

Figure/Transition	Small Deviation 0.1 – 0.5	Medium Deviation 0.6 – 1.5	Large Deviation 1.6 – 3.0
<i>Bent Knee Arch to Knight Position</i>	Foot/leg up to 15 degrees from perpendicular as it is lifted to knight	Foot/leg between 16 and 30 degrees from perpendicular as it is lifted to knight	Foot/leg more than 30 degrees from perpendicular as it is lifted to knight
<i>Knight Position to Surface Arch Position</i>	Body out up to 15 degrees	Body out 16 to 30 degrees	Body out 31 degrees or more
<i>Surface Arch Position to Back Layout Position</i>	*Travel is as per the proposed FINA rule re deductions for travel		