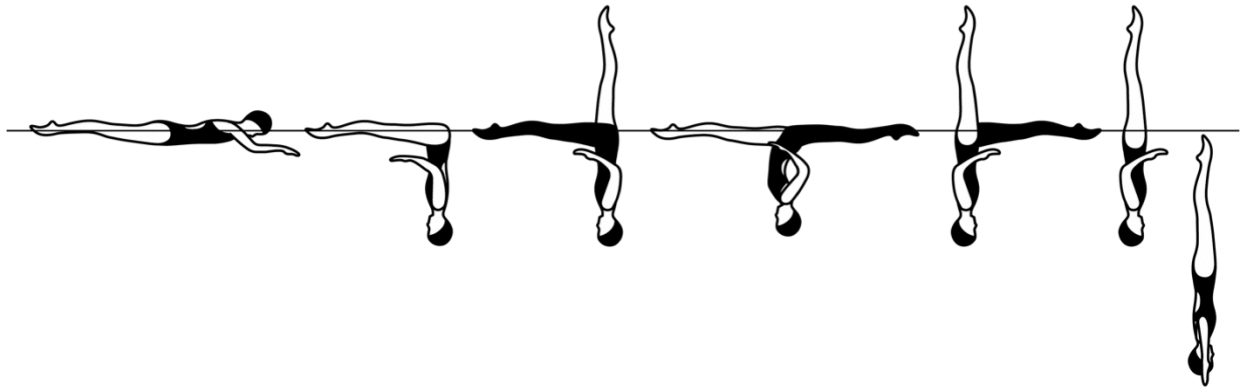


Butterfly



343 Butterfly

DD 2.5

							Total
NVT	6.0	14.5	20.0	16.5	20.5	14.0	91.5
PV	0.66	1.59	2.19	1.80	2.24	1.53	10

Water Levels	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
Fishtail	Back of horizontal leg dry	Crotch level	Upper thigh	Mid-thigh	Low thigh (well above knee cap)	Knee cap	Below knee cap
Double Leg Vertical	Upper thigh	Upper mid-thigh	Low to mid-thigh	Above knee cap	Knee cap	Below knee cap	Well below knee cap (mid-shin)

Butterfly

1. **Front Layout Position:** The body is extended horizontally, on the stomach, with head, upper back, buttocks, and heels at the surface. The face may be in or out of the water.
2. **Front Layout Position to Front Pike Position:** *From a **Front Layout Position**, as the head and trunk descend to a **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. Watch for the hips to replace the head (no more movement and no less). Watch for the feet to remain on the surface during this transition.*
3. **Front Pike Position:** The hips are bent to form a 90° angle between the legs and the trunk. The head is extended in line with the trunk. The legs are together and fully extended. Heels and back of the thighs are on the surface.
4. **Front Pike Position to Fishtail Position:** *From a **Front Pike Position**, without movement of the trunk, and with minimal change in water level, one leg is lifted to a **Fishtail Position**. Watch for both legs to remain locked as the swimmer assumes the **Fishtail Position**.*
5. **Fishtail Position:** The body is extended perpendicular to the surface, with the head downward, ears, hips and one ankle in line. The other leg is extended forward with the foot at the surface, regardless of the height of the hips.
6. **Fishtail Position to Split Position to 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**. It is important to note that 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**.*
7. **Fishtail Position to Vertical 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**.*
8. **Vertical Position:** The body is extended, perpendicular to the surface, legs together, head downward. The ears, hips, and ankles are in line.
9. **Vertical Descent:** *Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.*