Switch Board Burr

Designed by Jim Gooch, made by Eric Fuller, level 9.
(Pau Amerillo / Wenge / Bocote, 3 inches)

The pieces consist of a "block", two identical "rods" in symmetric orientations, and two identical "plates" in symmetric orientations. Orientate the puzzle as shown on the left below (the right rod will drop down as shown if the puzzle is not too tight), exchange the plates by passing them through each other, then the right plate (which was the left plate) can be twisted (in two ways) and removed (or without twisting it can be slid out together with the right rod).