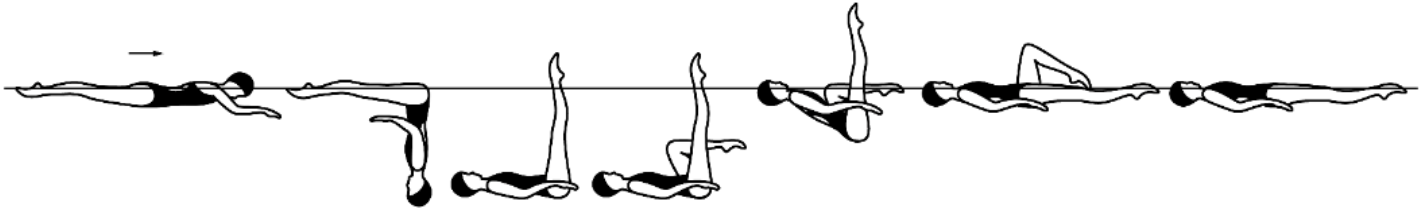


327. Ballerina

Difficulty 1.8

From a **Front Layout Position** a *Somersault Front Pike* is executed to a **Submerged Ballet Leg Double Position**. One knee is bent to assume a **Submerged Flamingo Position**. Maintaining this position, the body rises to a **Surface Flamingo Position**. The ballet leg is lowered in a 90° arc to the surface as the other leg moves to assume a **Bent Knee Position**. The toe moves along the inside of the extended leg until a **Back Layout Position** is assumed.



FINA WEIGHT for 327 Ballerina 1.8

							Total
NV =	6.0	8.0	3.0	10.0	15.0	10.5	52.5
PV =	1.14	1.52	0.57	1.90	2.86	2.00	

BP 2 Front Layout Position

Rule Book Description

Diagrams

Major Desired Actions

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



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.

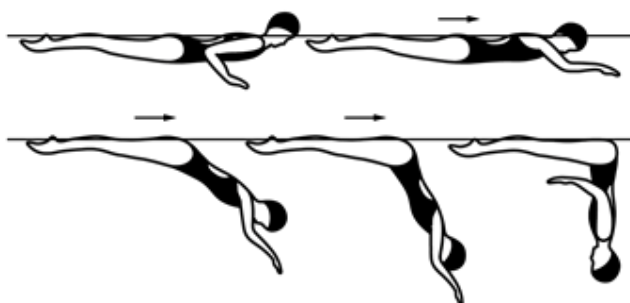
BM 3 To Assume a Front Pike Position

Rule Book Description

Diagrams

Major Desired Actions


1. From a **Front Layout Position** with face in the water as the trunk moves downward to assume 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.



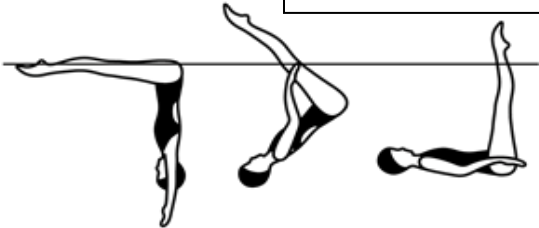
1. See BP 2 Front Layout Position and BP 10 Front Pike Position. Smooth, even movement downward of trunk. Trunk remains straight throughout the movement. Hips and head lock into position simultaneously.

1.2. Unless otherwise specified, *To Assume a Front Pike Position* starts from a **Front Layout Position**.


BP Surface Front Pike Position

Rule Book Description	Diagrams	Major Desired Actions
1. Body bent at hips to form a 90° angle.		1. Exactness of 90° angle.
2. Legs extended and together.		2. Full extension of legs, with ankle aligned with hip joint.
3. Trunk extended with the back straight and head in line.		3. Back flat, with vertical alignment of ear, shoulder joint, middle of side of trunk, and hip joint.


Surface Front Pike Position to Assume a Submerged Ballet Leg Double Position

Rule Book Description	Diagrams	Major Desired Actions
1. From a Front Pike Position , maintaining this position, the body somersaults forward around a lateral axis so that the hips replace the head at the one-quarter point to assume a Submerged Ballet Leg Double Position .		1. See BP 10 Front Pike and BP 5b Submerged Ballet Leg Double Position . 90° angle maintained throughout rotation.
2. The buttocks, legs and feet travel (move) downward until the hips occupy the position of the head at the beginning of this action.		2. Body alignment, extension and uniform speed of movement maintained.


BP 5b Submerged Ballet Leg Double Position

Rule Book Description	Diagrams	Major Desired Actions
1. Trunk and head parallel to the surface.		1. Full extension of the legs at a 90° angle to the surface.
2. 90° angle between the trunk and the extended legs.		2. Ear, shoulder and hip joint aligned.
3. Water level between knees and ankles of the extended legs.		3. Legs perpendicular to the surface.

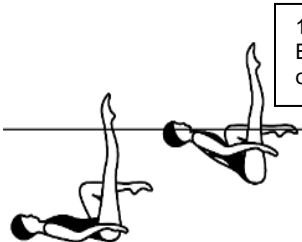
Submerged Ballet Leg Double Position to Submerged Flamingo Position

Rule Book Description	Diagrams	Major Desired Actions
1. One knee is bent to assume a Submerged Flamingo Position .		1. Water level should remain constant on the vertical leg.

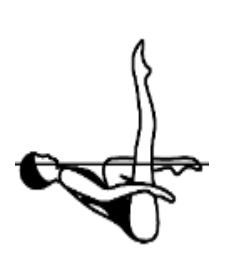
BP 4b Submerged Flamingo Position

Rule Book Description	Diagrams	Major Desired Actions
1. Trunk, head and shin of the bent leg parallel to the surface.		1. Ear, shoulder and hip-joint aligned.
2. 90° angle between the trunk and the extended leg.		
3. Water level between knee and ankle of the extended legs.		

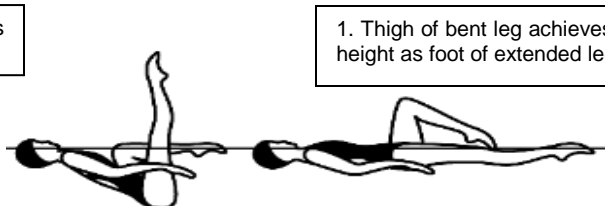
Submerged Flamingo Position to Surface Flamingo Position

Rule Book Description	Diagrams	Major Desired Actions
1. Maintaining this position, the body rises to a Surface Flamingo Position.		1. Face and shin of bent leg surface simultaneously. Body rises along vertical line established by legs in original Submerged Ballet Leg Double Position .
2. The body continues to move forward as the legs move upward to assume a Front Layout Position.		

BP 4 Flamingo Position

Rule Book Description	Diagrams	Major Desired Actions
1. One leg extended perpendicular to the surface.		1. 90° angle between the extended leg and surface.
2. The other leg drawn to the chest with the mid-calf opposite the vertical leg, foot and knee at and parallel to the surface.		2. The top of the bent leg, from knee to toes, should be "dry", with the vertical leg extended perpendicular to it midway between knee and ankle.
3. Face at the surface.		3. Chest close to the surface with the shoulders back. Ear, shoulder and hip-joint aligned with the spine straight and extended.

Flamingo Position to Bent Knee Back Layout Position

Rule Book Description	Diagrams	Major Desired Actions
1. The ballet leg is lowered in a 90° arc to the surface as the other leg moves to assume a Bent Knee Position.		1. Thigh of bent leg achieves vertical line and maximum height as foot of extended leg reaches the surface.

BP 1 Bent Knee 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.

Bent Knee Back Layout to Back Layout Position

Rule Book Description

1. The toe moves along the inside of the extended leg until a Back Layout Position is assumed.

Diagrams



Major Desired Actions

1. Full extension and height in Back Layout Position to be achieved as the feet are joined.

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.