

# 101. Ballet Leg, Single

Difficulty 1.6

From a **Back Layout Position**, with one leg remaining extended at the surface, the toe of the other leg is drawn along the inside of the extended leg until the thigh is vertical, to assume a **Bent Knee Back Layout Position**. The knee is straightened, without movement of the thigh, to assume a **Ballet Leg Position**. The ballet leg is bent, without movement of the thigh, to a **Bent Knee Back Layout Position**. The toe moves along the inside of the extended leg until a **Back Layout Position** is assumed.



FINA WEIGHT for 101 Ballet Leg, Single - 1.6

					<b>Total</b>
<b>NV =</b>	<b>10.5</b>	<b>11.0</b>	<b>11.0</b>	<b>10.5</b>	<b>43</b>
<b>PV =</b>	<b>2.44</b>	<b>2.56</b>	<b>2.56</b>	<b>2.44</b>	

Height Chart for Single Ballet Leg

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
Ballet Leg	At Top of Thigh	Upper thigh	Mid-thigh	Low thigh (Well above knee cap)	Above knee cap	Knee cap	Below Knee Cap

## BP 1 Back Layout Position

### Rule Book Description

1. Body extended with face, chest, thighs and feet at the surface.

2. Head (ears specifically), hips and ankles in line.

### Diagrams




### Major Desired Actions

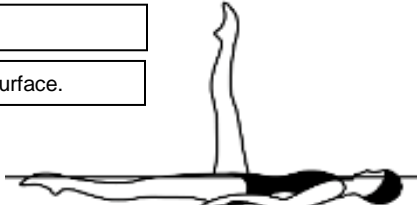
1. Gives the impression that the body is stretched horizontally to maximum. Front of the trunk will also be at the surface of the water.

2. Judgement made by checking visual points of the horizontal alignment: ear, shoulder joint, hip joint, and ankles. This imaginary line should also pass through the middle of the side of the trunk.

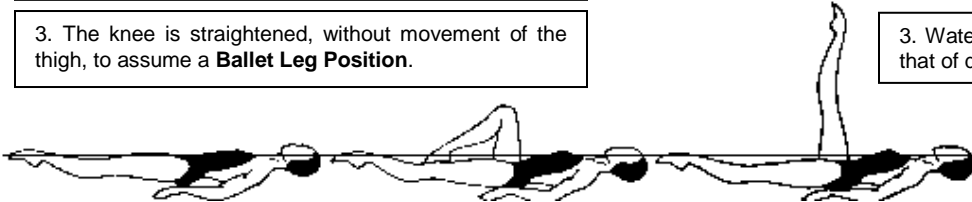
## BP 14b Bent Knee Back Layout Position

Rule Book Description	Diagrams	Major Desired Actions
1. Body extended with face, chest, thighs and feet at the surface.		1. Ear, shoulder joint, hip joint and ankle of extended leg as close as possible to horizontal alignment.
2. Head (ears specifically), hips and ankles in line.		2. 90° angle between the thigh and surface, and as close as possible to 90° between the thigh and trunk. Thigh of the bent leg is perpendicular to the surface. At maximum height, a large air pocket will be evident between the back of the thigh and calf of the bent knee, and the surface of the water.

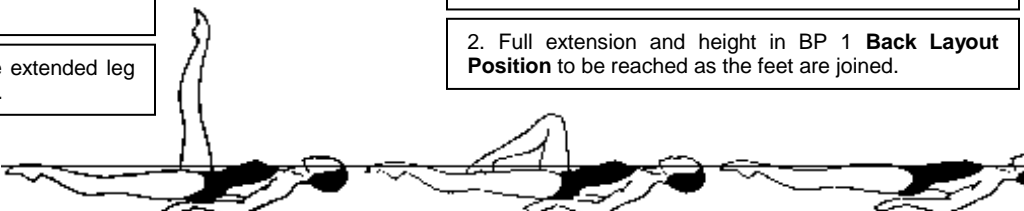
## BP 3a Ballet Leg Position

Rule Book Description	Diagrams	Major Desired Actions
1. Body in Back Layout Position.		1. Ear, shoulder joint, hip joint and ankle of extended leg as close as possible to horizontal alignment.
2. One leg extended perpendicular to the surface.		2. 90° angle between extended leg and surface. Angle of ballet leg to trunk as close to 90° as possible. Ear, shoulder joint, hip joint and ankle of horizontal leg as close as possible to horizontal alignment.

## BM 1 To Assume a Ballet Leg

Rule Book Description	Diagrams	Major Desired Actions
1. Begin in a <b>Back Layout Position</b> . One leg remains at the surface throughout.		1. See BP 1 <b>Back Layout Position</b> .
2. The foot of the other leg is drawn along the inside of the extended leg to assume a <b>Bent Knee Back Layout Position</b> .		2. The toe of the bending leg maintains in contact with the inside of the extended leg. Minimal drop in hips. Position held just long enough to demonstrate control and accuracy.
3. The knee is straightened, without movement of the thigh, to assume a <b>Ballet Leg Position</b> .		3. Water line remains constant. Timing of lift same as that of draw to the bent knee position.

## BM 1 To Lower a Ballet Leg

Rule Book Description	Diagrams	Major Desired Actions
1. From a <b>Ballet Leg Position</b> , the ballet leg is bent, without movement of the thigh, to a <b>Bent Knee Back Layout Position</b> .		1. Timing and water line on the thigh remain the same as in <i>To Assume a Ballet Leg</i> .
2. The toe moves along the inside of the extended leg until a <b>Back Layout Position</b> is assumed.		2. Full extension and height in BP 1 <b>Back Layout Position</b> to be reached as the feet are joined.