

106. Straight Ballet Leg

Difficulty 1.6

From a **Back Layout Position**, one leg is raised straight to a **Ballet Leg Position**. The *Ballet Leg* is lowered.



FINA WEIGHT for 101 Ballet Leg, Single - 1.6

				Total
NV =	18.5	11.0	10.5	40
PV =	4.63	2.75	2.63	

Height Chart for Single Ballet Leg

Ballet Leg	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
Water Levels	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

Diagrams

Major Desired Actions

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

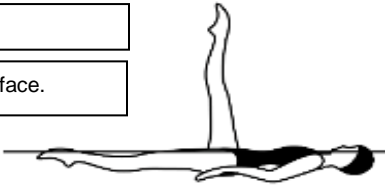
2. Head (ears specifically), hips and ankles in line.

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.

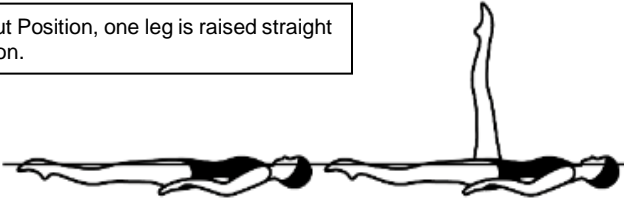
2. Judgement made by checking visual points of the horizontal alignment: ear, shoulder joint, hip joint, and ankles. This imaginary line should also pass through the middle of the side of the trunk.



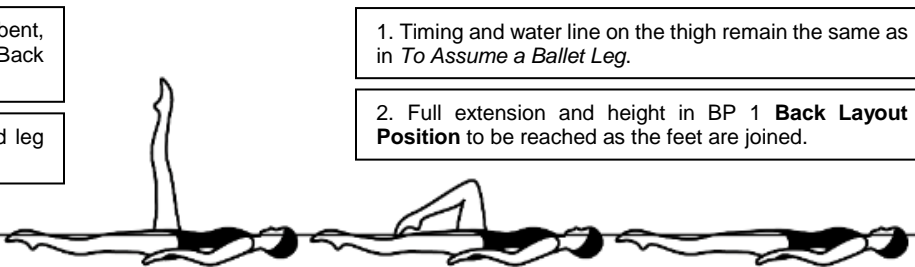
BP 3a Ballet Leg Position

Rule Book Description	Diagrams	Major Desired Actions
1. Body in Back Layout Position.		2. 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.

Back Layout to Ballet Leg Position

Rule Book Description	Diagrams	Major Desired Actions
1. From a Back Layout Position, one leg is raised straight to a Ballet Leg Position.		1. See BP 1 Back Layout Position .
		2. One leg is raised straight to Ballet Leg Position while keeping the horizontal alignment and with minimal drop of the hips.

BM 1 To Lower a Ballet Leg

Rule Book Description	Diagrams	Major Desired Actions
1. From a Ballet Leg Position , the ballet leg is bent, without movement of the thigh, to a Bent Knee Back Layout Position.		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 Back Layout Position is assumed.		2. Full extension and height in BP 1 Back Layout Position to be reached as the feet are joined.