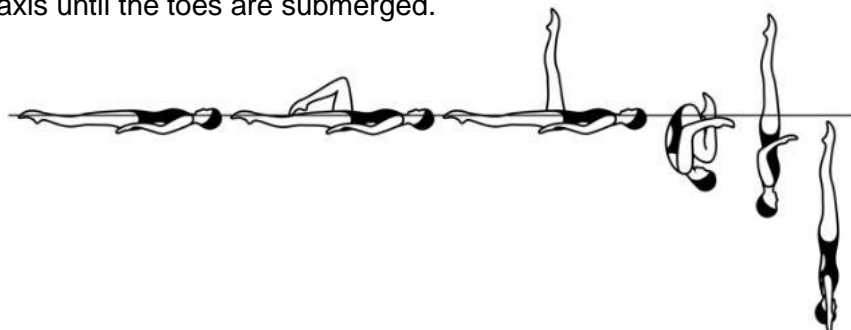









From a **Back Layout Position**, a Ballet Leg, Single (101) is executed followed by a partial Back Tuck Somersault (310), as both legs are simultaneously drawn into a **Tuck Position**, until the shins are perpendicular to the surface. With shins remaining perpendicular to the surface, the trunk unrolls rapidly as the legs are rapidly straightened to assume a **Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and shins. Maintaining the **Vertical Position**, the body descends rapidly along its longitudinal axis until the toes are submerged.




FINA WEIGHT for London

						Total
NV =	10.5	11.0	11.0	23.0	0.0	55.5
PV =	1.90	1.99	1.99	4.12	0.0	10


BP 1 Back Layout Position

Rule Book Description	Diagrams	Major Desired Actions
<p>1. Body extended with face, chest, thighs and feet at the surface.</p> <p>2. Head (ears specifically), hips and ankles in line.</p>		<p>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.</p> <p>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.</p>

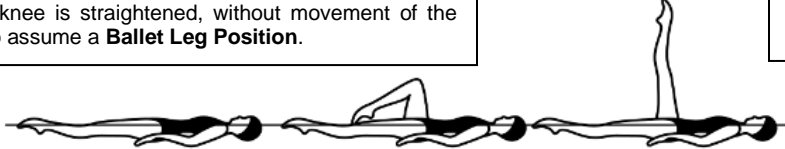
BP 14b Bent Knee Back Layout Position

Rule Book Description	Diagrams	Major Desired Actions
<p>1. Body extended with face, chest, thighs and feet at the surface.</p> <p>2. Head (ears specifically), hips and ankles in line.</p>		<p>1. Ear, shoulder joint, hip joint and ankle of extended leg as close as possible to horizontal alignment.</p> <p>2. 90° angle between the thigh and surface, and as close as possible to 90° between the thigh and trunk. The 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.</p>


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.

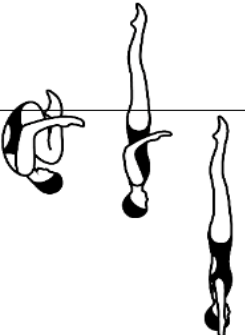
BM 1 To Assume a Ballet Leg

Rule Book Description	Diagrams	Major Desired Actions
1. Begin in a Back Layout Position . One leg remains at the surface throughout.		1. See BP 1 Back Layout Position .
2. The foot of the other leg is drawn along the inside of the extended leg to assume a Bent Knee Back Layout Position .		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 Ballet Leg Position .		3. Water line remains constant. Timing of lift same as that of draw to the bent knee position.

Ballet Leg to Inverted Tuck Position

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.

Inverted Tuck Position to Vertical Position (rapid)

Rule Book Description	Diagrams	Major Desired Actions
1. The trunk unrolls as the legs are straightened to assume a Vertical Position midway between the former vertical line through the hips and the former vertical line through the head and the shins.		1. Vertical Position and maximum height achieved simultaneously. Stability and control evident prior to initiation of descent.

BP 6 Vertical Position

Rule Book Description

1. Body extended, perpendicular to the surface, legs together, head downward.

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

Diagrams



Major Desired Actions

1. Full extension of the body.

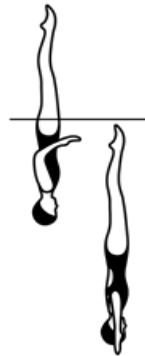
2. Judgement made by checking visual points of the vertical alignment: ear, shoulder joint, hip joint, ankle.

BM 10 Vertical Descent (rapid)

Rule Book Description

1. Maintaining a **Vertical Position**, the body descends along its longitudinal axis until toes are submerged.

Diagrams



Major Desired Actions

1. Rapid descent.

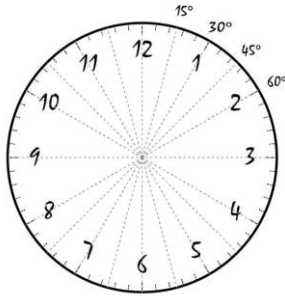
Height Chart for London

Water Levels	Perfect	Excellent/Near Perfect	Very Good	Good	Competent	Satisfactory	Deficient	Weak
Score	10	9.5	8.5	7.5	6.5	5.5	4.5	3.5
Ballet Leg	Horizontal Leg dry	At top of thigh	Upper thigh	Mid-thigh	Low thigh (well above kneecap)	Kneecap	Below kneecap	Mid-shin
Double Leg Vertical	Crotch level or higher	Upper thigh	Upper mid-thigh	Low to mid-thigh	Above kneecap	Kneecap	Below kneecap	Well above kneecap (mid-shin)

Deduction Guidelines for London

Figure/Transition	Small Deviation – 0.2 1-15 degrees	Medium Deviation – 0.5 16-30 degrees	Large Deviation – 1.0 31 degrees or more
Back Layout Position to Ballet Leg Position	Hips drop up to 3 inches as Ballet Leg is lifted.	Hip drop 4-12 inches as Ballet Leg is lifted.	Hips drop more than 13 inches as Ballet Leg is lifted.
	Body travels forward or headfirst up to 6 inches as leg is lifted.	Body travels forward or headfirst more than 6 inches as leg is lifted.	
		Shoulders rounded, head is forward.	Body sitting in water more than 12 inches, head off the water.
Inverted Back Tuck Position to Vertical Position	As body moves into tuck position head moves off the surface toward knees to assume tuck position.	Head and torso move toward feet to assume a tuck position.	
	Tuck could be tighter.	Head out of line.	Knees off chest, head not tucked in
	Body unrolls and legs extend upward simultaneously but vertical attained is slightly in front of or behind midway point described.	Unroll is not simultaneously achieved. Legs move to vertical and then back unrolls under legs.	Head and back move to vertical and then the legs open at hips (thighs parallel to surface of water and legs straighten to vertical.
			Head leads shoulders backward to open tuck

Visible scales of angle deviation



Apply to plumb line points of reference when evaluating vertical and horizontal alignments required.

Small deviation	1-15 degrees	0.2
Medium deviation	16-30 degrees	0.5
Large deviation	31 degrees or more	1.0

