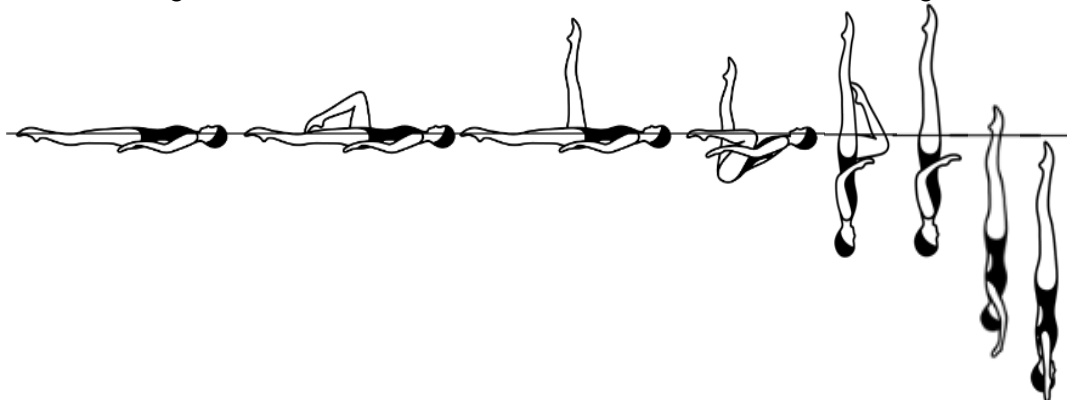


## Figure 140e - Flamingo, Bent Knee, Spinning 360°

Difficulty 2.4

A *Ballet Leg* is assumed. The shin of the horizontal leg is drawn along the surface of the water to assume a **Surface Flamingo Position**. With the ballet leg maintaining its vertical position the hips are lifted as the trunk unrolls while the bent leg moves to a **Bent Knee Vertical Position**. The bent leg is extended to a **Vertical Position**.



AQUA WEIGHT for Flamingo, Bent Knee, Spinning 360°

								Total
NVT=	10.5	11.0	7.5	20.0	16.5	19.0		84.5
PV =	1.24	1.30	0.89	2.37	1.95	2.25	0	

### BP 1 Back Layout Position

#### Rule Book Description

1. Body extended with face, chest, thighs and feet at the surface of the water.
2. Head (ears specifically), hips and ankles in horizontal alignment.

#### Diagrams



#### Major Desired Actions

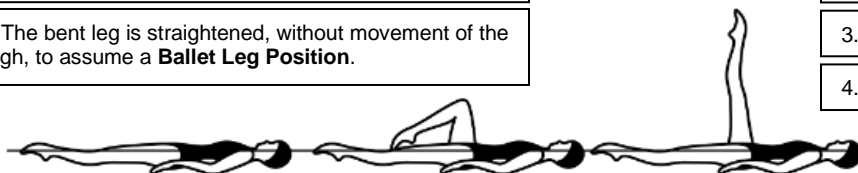
1. Gives the impression that the body is stretched horizontally to maximum. Front of the trunk will also be at the surface of the water.
2. Judgement is made by checking visual points of the horizontal alignment: ears, shoulder joints, hip joints and ankles. This imaginary line should also pass through the middle of the side of the trunk.

### BM 1 To Assume a Ballet Leg

#### Rule Book Description

1. Begin in a **Back Layout Position**. One leg remains at the surface of the water throughout.
2. The foot of the other leg is drawn along the inside of the extended leg to assume a **Bent Knee Back Layout Position**.
3. The bent leg is straightened, without movement of the thigh, to assume a **Ballet Leg Position**.


#### Diagrams




#### Major Desired Actions

1. See **Back Layout Position**.
2. The toe of the bending leg maintains contact with the inside of the extended leg. Minimal drop in hips. Position held just long enough to demonstrate control and accuracy.
3. Height remains constant throughout the movement.
4. The head and trunk remain stationary throughout.


## BP 14b Bent Knee Back Layout Position

Rule Book Description	Diagrams	Major Desired Actions
<p>One leg bent with the toe of the bent leg in contact with the inside of the extended leg at the knee or higher.</p>		<p>The relationship of the toe of the bent leg to the extended leg may vary depending on the figure but should remain constant once established, and not extend in front of or behind the extended leg.</p>
<p>1. Body extended with face, chest, thighs and feet at the surface.</p>		<p>1. Ears, shoulder joints, hip joint and ankle of extended leg in line at maximum horizontal alignment.</p>
<p>2. The thigh of the bent leg is perpendicular to the surface.</p>		<p>2. 90° angle between the thigh and surface, and 90° angle maintained between the thigh and the trunk. At maximum height an air pocket will be evident between the back of the thigh and calf of the bent leg and the surface of the water.</p>


## BP 3a Ballet Leg Position

Rule Book Description	Diagrams	Major Desired Actions
<p>1. Body in <b>Back Layout Position</b>.</p>		<p>1. Ears, shoulder joints, hip joints, and ankle of extended leg in line at maximum horizontal alignment.</p>
<p>2. One leg extended perpendicular to the surface of the water.</p>		<p>2. 90° angle between extended leg and surface of the water and between the extended leg and the trunk with maximum horizontal alignment maintained throughout.</p>

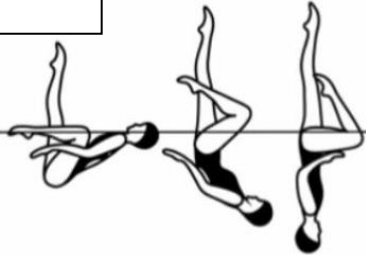
## Ballet Leg Position to Flamingo Position

Rule Book Description	Diagrams	Major Desired Actions
<p>1. The shin of the horizontal leg is drawn along the surface of the water to assume a <b>Surface Flamingo Position</b>.</p>		<p>1. Height of the ballet leg remains constant.</p>
		<p>2. Position held only long enough to demonstrate control and stability.</p>


## BP 4a Surface Flamingo Position

Rule Book Description	Diagrams	Major Desired Actions
<p>1. One leg extended perpendicular to the surface.</p>		<p>1. 90° angle between the extended leg and surface of the water.</p>
<p>2. The other leg drawn to the chest with the mid-calf opposite the vertical leg. Foot, shin and knee at and parallel to the surface of the water.</p>		<p>2. The top of the bent leg, from knee to toes should be dry with the vertical leg extended perpendicular midway between knee and ankle of the horizontal leg.</p>
<p>3. Face at the surface of the water.</p>		<p>3. Chest close to the surface of the water with the shoulders back. Ears, shoulder joints and hip joints aligned with the spine straight and extended.</p>

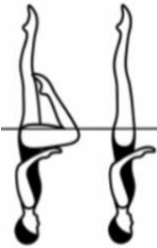
## Surface Flamingo Position to Bent Knee Vertical Position

Rule Book Description	Diagrams	Major Desired Actions
<p>1. With the ballet leg maintaining its vertical position, the hips are lifted as the trunk unrolls while the bent leg moves to a <b>Bent Knee Vertical Position</b>.</p>		<p>1. The bent leg moves simultaneously to the <b>Bent Knee Vertical Position</b> as the hips are lifted and the trunk unrolls.</p>
		<p>2. The vertical leg remains perpendicular to the surface of the water.</p>
		<p>3. All actions are simultaneously completed as maximum height is achieved.</p>
		<p>4. The <b>Bent Knee Vertical Position</b> assumed under, and in the same plane as the ballet leg of the <b>Surface Flamingo Position</b>.</p>


## BP 14c Bent Knee Vertical Position

Rule Book Description	Diagrams	Major Desired Actions
<p>1. One leg bent, with the toe of the bent leg in contact with the inside of the extended leg.</p>		<p>1. The relationship of the toe of the bent leg to extended leg may vary depending on the figure, but should remain constant once established, and not extend behind the leg.</p>
<p>2. Body extended in <b>Bent Knee Vertical Position</b>, with the thigh of the bent leg parallel to the surface of the</p>		<p>2. The alignment points of the extended leg, trunk and head remain the same.</p>

## Bent Knee Vertical Position to Vertical Position

Rule Book Description	Diagrams	Major Desired Actions
<p>1. The bent leg is extended to <b>Vertical Position</b>.</p>		<p>1. <b>Vertical Position</b> assumed under and in the same plane as the <b>Bent Knee Vertical Position</b>. The height of the <b>Bent Knee Vertical Position</b> is maintained as the bent leg is extended to <b>Vertical Position</b>.</p>
		<p>2. Vertical alignment is maintained during the leg join. Stability and control evident throughout.</p>
		<p>3. The <b>Vertical Position</b> is held only long enough to define the position and to demonstrate completion of the transition prior to the <i>Twist Spin</i>.</p>

## BP 6 Vertical Position

Rule Book Description	Diagrams	Major Desired Actions
<p>1. Body extended, perpendicular to the surface, legs together, head downward.</p>		<p>1. Full extension of the body.</p>
<p>1. Head (ears specifically), hips and ankles in line.</p>		<p>2. Judgement made by checking visual points of the vertical alignment: ear, shoulder joint, hip joint, ankle.</p>

## BM 13e Spin 360°

Rule Book Description	Diagrams	Major Desired Actions
1. A <i>Spin</i> is a rotation in a <b>Vertical Position</b> .		1. Height and position attained before the <i>Spin</i> begins.
2. The body remains on its longitudinal axis throughout the rotation.		2. The longitudinal axis runs through the center of the body and is perpendicular to the surface of the water.
3. The 360° <i>Spin</i> is executed rapidly and is completed with a <i>Vertical Descent</i> executed rapidly.		3. Uniform motion of the <i>Spin</i> and <i>Vertical Descent</i> each performed rapidly.
4. A <i>descending Spin</i> must start at the height of the vertical and be completed as the ankles reach the surface.		4. Stability and vertical alignment before, during and at completion of the designated rotation.
e) 360° Spin/Spinning 360°: a descending Spin with a rotation of 360°.		5. Simultaneous rotation and descent of the body, with even drop spaces, to complete the spin as the ankles reach the surface.

### Penalty Clarification on Spin 360°

The acceptable allowance for Spin 360° is up to ¼ less than/more than the required rotation.

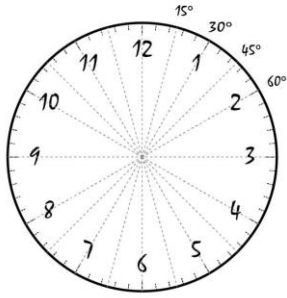
### Height Chart for Flamingo, Bent Knee, Spinning 360°

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
Bent Knee Vertical	Top of pelvis	Above crotch	Crotch level	Upper thigh	Mid-thigh	Low thigh (well above kneecap)	Kneecap	Below kneecap
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 Flamingo, Bent Knee, Spinning 360°

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.
Spinning 360°	Rotation is slightly less or more than the required amount of rotation.	Rotation is more than 270° and less than 450°, but not at allowance limit.	Rotation is at limit of allowed, minimum 270°, maximum 450°.
	Uneven rotation and drop but finishing at correct height.	Dropping more than ½ way from the initial vertical height by the end of the 1 <sup>st</sup> rotation.	Dropping to ankles by end of 1 <sup>st</sup> rotation and rotating at ankles.
<b>Travel Deduction Guidelines</b>	<b>Small deduction: 0.1</b>	<b>Medium deduction: 0.3</b>	<b>Large deduction: 0.5</b>
	Minimal travel or minimal lack of required travel	Obvious travel in one (1) transition, and or/ travel in several transitions	Obvious travel in two (2) or more transitions and or travel throughout

## 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

