





# 106 – Ballet Leg, Straight

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 Straight Ballet Leg

					Total
NV =		18.5	11.0	10.5	40.0
PV =		4.63	2.75	2.63	10

### 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

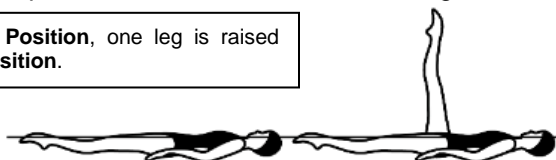
1. Gives the impression that the body is stretched horizontally to maximum. Front of the trunk will also be at the surface of the water.
2. Judgement is made by checking visual points of the horizontal alignment: ears, shoulder joints, hip joints and ankles. This imaginary line should also pass through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

### BM 1B To Assume a Straight Ballet Leg

#### Rule Book Description

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

#### Diagrams



#### Major Desired Actions

1. Ears, shoulder joints, hip joint and ankles of extended legs at maximum horizontal alignment.
2. One leg is raised straight to **Surface Ballet Leg Position** while keeping the horizontal alignment of the horizontal leg and trunk with minimal drop of the hips.
3. The head and trunk remain stationary throughout.

### BP 3a Surface Ballet Leg Position

#### Rule Book Description

1. Body in **Back Layout Position**.
2. One leg extended perpendicular to the surface of the water.

#### Diagrams



#### Major Desired Actions

1. Ear, shoulder joint, hip joint and ankle of extended leg as close as possible to horizontal alignment.
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.

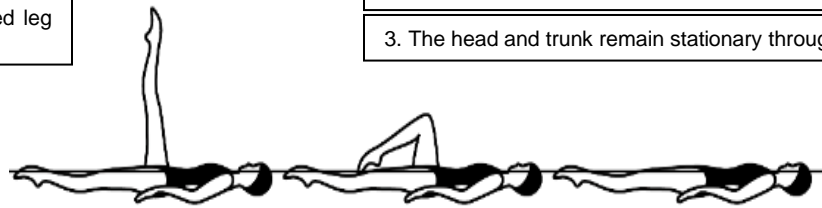
## BM 1 To Lower a Ballet Leg

### Rule Book Description

1. From a **Ballet Leg Position**, the ballet leg is bent, without movement of the thigh, to a **Bent Knee Back Layout Position**.

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

### Diagrams



### Major Desired Actions

1. Height remains constant throughout the movement.

2. Full extension in **Back Layout Position** to be achieved as the feet are joined.

3. The head and trunk remain stationary throughout.

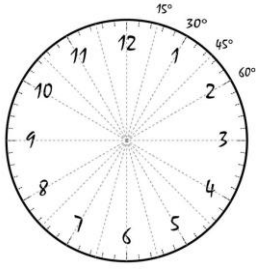
### Height Chart for Straight Ballet Leg

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

### Deduction Guidelines for Straight Ballet Leg

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	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.	
	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.
		Shoulders rounded, head is forward.	Body sitting in water more than 12 inches, head off the water.
Ballet Leg Position to Bent Knee Back Layout Position	Hips near surface.		Hips deep shoulders rounded, head off surface.
Travel Deduction Guidelines	Small deduction: 0.1	Medium deduction: 0.3	Large deduction: 0.5
	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

