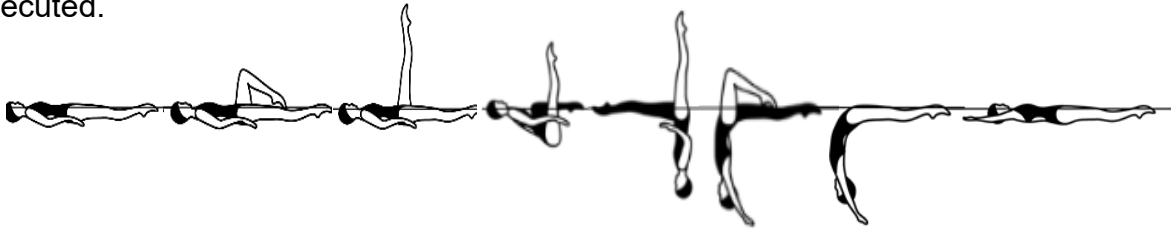


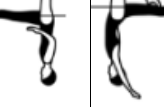
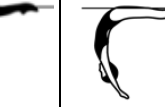
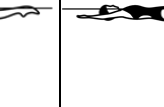
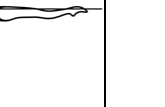
FIGURE 142 – MANTA RAY

Difficulty 2.8

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 straightens with the knee at the surface of the water to assume a **Fishtail Position**. The horizontal leg is lifted rapidly in a 180° arc over the surface of the water. As it passes vertical, the vertical leg is lowered to assume a **Bent Knee Surface Arch Position**. The bent knee is straightened and with continuous motion an *Arch to Back Layout Finish Action* is executed.

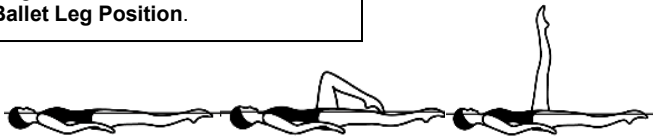


TRANSITION NUMERICAL VALUES

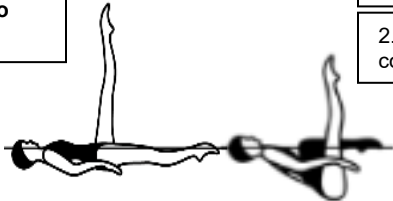
								Total
NVT=	10.5	11.0	7.5	22.5	36.0	11.5	7.0	106.00
PV =	0.99	1.04	0.71	2.12	3.40	1.08	0.66	10.0

POSITION & TRANSITION DESCRIPTIONS

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 of the water throughout.		1. See 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 contact with the inside of the extended leg. Minimal drop in hips. Position held just long enough to demonstrate control and accuracy.
3. The bent leg is straightened, without movement of the thigh, to assume a Ballet Leg Position .		3. Height remains constant throughout the movement.
		4. The head and trunk remain stationary throughout.

Ballet Leg Position to Flamingo Position

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

Surface Flamingo Position to Fishtail Position

Rule Book Description	Diagrams	Major Desired Actions
1. With the ballet leg maintaining its Vertical Position , the hips are lifted as the trunk unrolls.		1. The vertical leg remains perpendicular to the surface.
2. While the trunk unrolls, the bent leg moves with the knee at the surface to assume a Fishtail Position .		2. The bent leg moves simultaneously to the Fishtail Position as the hips are lifted, and the trunk unrolls.
		3. The Fishtail Position assumed under, and in the same place, as the ballet leg of the Surface Flamingo Position .
		4. All actions are completed simultaneously as maximum height is achieved.

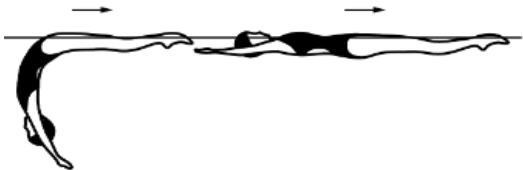
Fishtail Position to Bent Knee Surface Arch Position

Rule Book Description	Diagrams	Major Desired Actions
1. The horizontal leg is lifted rapidly in a 180° arc over the surface of the water. As it passes vertical, the vertical leg is lowered to assume a Bent Knee Surface Arch Position .		1. Height is maintained on the lift and pass through to the Bent Knee Surface Arch Position .
2. It is important to note that the Fishtail Position must become the horizontal leg in the Bent Knee Surface Arch Position .		2. The horizontal leg is lifted rapidly in a 180° arc over the surface of the water. There is no pause as the legs pass through vertical position prior to the lowering action of the vertical leg to Bent Knee Surface Arch Position .
3. The diagrams show the movement performed with the left leg (L) shaded black, however, either leg can be used to perform the action.		3. The Bent Knee Surface Arch Position is achieved by the lowering of the vertical leg as the 180° arc over the surface of the water is completed by the horizontal leg.

Bent Knee Surface Arch Position to Surface Arch Position

Rule Book Description	Diagrams	Major Desired Actions
1. The bent knee is straightened to assume a Surface Arch Position and with continuous motion, an <i>Arch to Back Layout Finish Action</i> is executed.		1. Trunk maintains same position until the feet join. Surface Arch Position should be shown but not held. Hip joints on a horizontal line, full extension of legs with thighs and feet at the surface.

BM 5 Surface Arch Position to Back Layout Finish Action

Rule Book Description	Diagrams	Major Desired Actions
1. The hips, chest and face surface sequentially at the same point, with foot first movement, to a Back Layout Position , until the head occupies the position of the hips at the beginning of this action.		1. Trunk maintains same position until the feet join. Surface Arch Position should be shown but not held. Hip joints on a horizontal line, full extension of legs with thighs and feet at the surface.
		2. Sharp arch in the lower back. The body rises, straightens and moves along the surface of the water with a stationary Back Layout Position achieved as the face surfaces. Full extension maintained throughout. At the end the face, body, legs, and feet are at the surface.

HEIGHT CHART

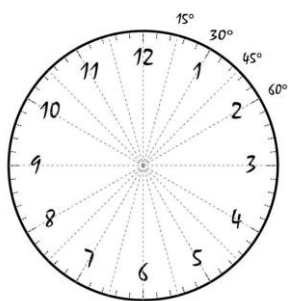
Water Levels	Perfect	Excellent/Near Perfect	Very Good	Good	Competent	Satisfactory	Deficient	Weak
Score	10	9.5	8.5	7.5	6.5	5.5	4.5	3.5
Bent Knee Back Layout & Ballet Leg	Horizontal Leg dry	At top of thigh	Upper thigh	Mid-thigh	Low thigh (well above kneecap)	Kneecap	Below kneecap	Mid-shin
Fishtail	Top of pelvis	Above crotch	Crotch level	Upper thigh	Mid-thigh	Low thigh (well above kneecap)	Kneecap	Below kneecap

DEDUCTION GUIDELINES

Figure/Transition	Small Deviation – 0.2 1-15 degrees	Medium Deviation – 0.5 16-30 degrees	Large Deviation – 1.0 31 degrees or more
Surface Flamingo Position to Fishtail Position			A hinging, not an unrolling movement

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

