






# Figure 101 – Ballet Leg, Single

Difficulty 1.6

From a **Back Layout Position**, with one leg remaining extended at the surface, the toe of the other leg is drawn along the inside of the extended leg until the thigh is vertical, to assume a **Bent Knee Back Layout Position**. The knee is straightened, without movement of the thigh, to assume a **Ballet Leg Position**. The ballet leg is bent, without movement of the thigh, to a **Bent Knee Back Layout Position**. The toe moves along the inside of the extended leg until a **Back Layout Position** is assumed.



## FINA WEIGHT for Ballet Leg, Single

					Total
NV =	10.5	11.0	11.0	10.5	43.0
PV =	2.44	2.56	2.56	2.44	

### BP 1 Back Layout Position

#### Rule Book Description

#### Diagrams

#### Major Desired Actions

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.



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

#### Diagrams

#### Major Desired Actions

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**.

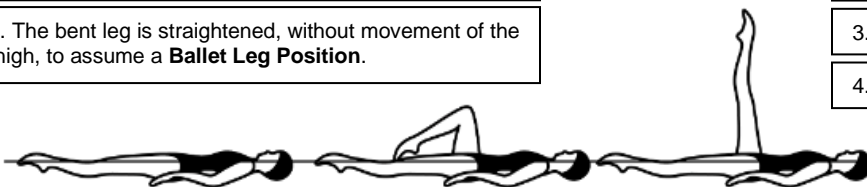
3. The bent leg is straightened, without movement of the thigh, to assume a **Ballet Leg Position**.

1. See BP 1 **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. Height remains constant throughout the movement.

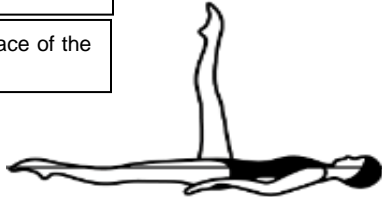
4. The head and trunk remain stationary throughout.



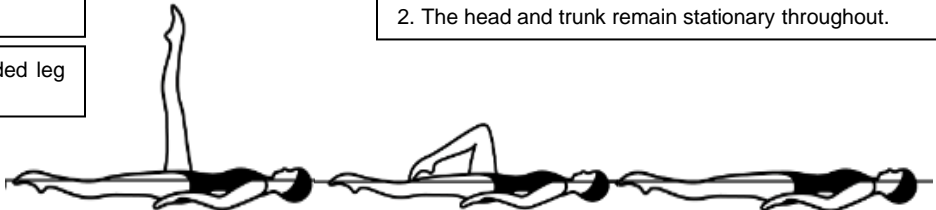
## BP 14b Bent Knee Back Layout Position

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>1. Body extended with face, chest, thighs and feet at the surface.</p> <p>2. The thigh of the bent leg is perpendicular to the surface.</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. Ears, shoulder joints, hip joint, and ankle of extended leg in line at maximum horizontal alignment.</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>2. One leg extended perpendicular to the surface of the water.</p>		<p>1. Ears, shoulder joints, hip joints, and ankle of extended leg in line at maximum horizontal alignment.</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>

## BM 1 To Lower a Ballet Leg

Rule Book Description	Diagrams	Major Desired Actions
<p>1. From a <b>Ballet Leg Position</b>, the ballet leg is bent, without movement of the thigh, to a <b>Bent Knee Back Layout Position</b>.</p> <p>2. The toe moves along the inside of the extended leg until a <b>Back Layout Position</b> is assumed.</p>		<p>1. Height remains constant throughout the movement.</p> <p>2. The head and trunk remain stationary throughout.</p>

Height Chart

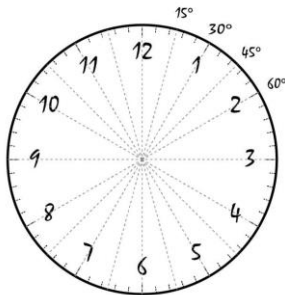
Water Levels	Perfect	Excellent/Near Perfect	Very Good	Good	Competent	Satisfactory	Deficient	Weak
Score	10	9.5	8.5	7.5	6.5	5.5	4.5	3.5
Ballet Leg	Horizontal leg dry	At top of thigh	Upper thigh	Mid-thigh	Low thigh (Well above kneecap)	Above kneecap	Kneecap	Below kneecap

### Deduction Guidelines for 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 OR Ballet Leg Position to Back Layout 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.

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

