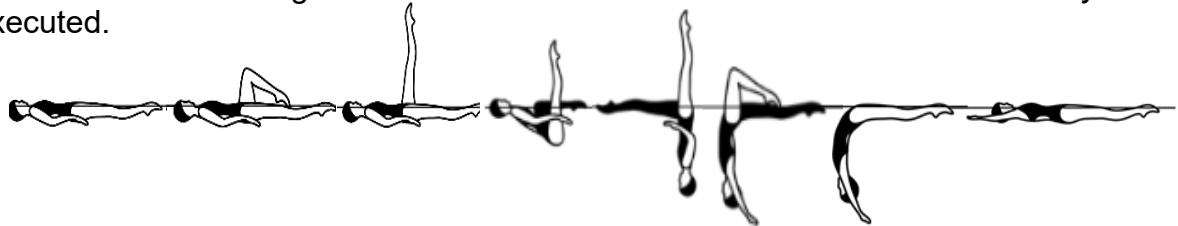


FIGURE 142 – MANTA RAY

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

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.

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 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.

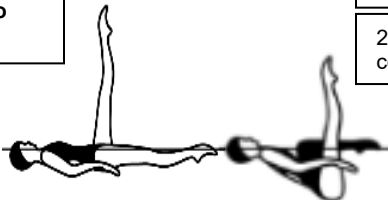
BP 14b Bent Knee Back Layout Position

Rule Book Description	Diagrams	Major Desired Actions
One leg bent with the toe of the bent leg in contact with the inside of the extended leg at the knee or higher.		1. 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.
1. Body extended with face, chest, thighs and feet at the surface.		2. Ears, shoulder joints, hip joint and ankle of extended leg in line at maximum horizontal alignment.
2. The thigh of the bent leg is perpendicular to the surface.		3. 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.

BP 3a Ballet Leg Position

Rule Book Description	Diagrams	Major Desired Actions
1. Body in Back Layout Position.		1. Ears, shoulder joints, hip joints, and ankle of extended leg in line at maximum horizontal alignment.
2. One leg extended perpendicular to the surface of the water.		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.

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.

BP 4a Surface Flamingo Position

Rule Book Description	Diagrams	Major Desired Actions
1. One leg extended perpendicular to the surface.		1. 90° angle between the extended leg and surface of the water.
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.		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.
3. Face at the surface of the water.		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.

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.

BP 8 Fishtail Position

Rule Book Description	Diagrams	Major Desired Actions
1. Body extended in Vertical Position , with one leg extended forward. The foot of the forward leg at the surface of the water regardless of the height of the hips.		1. Full extension of the body.
		2. Judgement made by checking visual points of the vertical alignment: ear, shoulder joint, hip joint, ankle.
		3. The foot of the forward leg must be at the surface.
		4. Hip joints must be on a horizontal line.

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.

B14d Bent Knee Surface Arch Position

1. Lower back arched with hips, shoulders and head on a vertical line.		1. In Bent Knee Surface Arch Position shoulder joints and hip joints on a horizontal line with both of these alignments 'square' and parallel to one another. Head (ears specifically) in line with shoulders. Hips at the surface of the water.
2. The thigh of the bent leg is perpendicular to the surface of the water.		2. 90° angle between the thigh and the surface of the water. An air pocket will be evident between the back of the thigh and calf of the bent leg and the surface of the water.

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.

BP 13 Surface Arch Position

Rule Book Description	Diagrams	Major Desired Actions
1. Lower back arched, with hips, shoulders and head on a vertical line.		1. Hip joints and shoulder joints on a horizontal line, with both of these alignments 'square' and parallel to one another. Head (ears specifically) in line with shoulders.
2. Legs together and at the surface of the water.		2. Hip joints at the surface of the water.

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

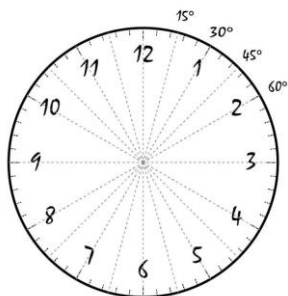
Water Levels	Perfect	Excellent/Near Perfect	Very Good	Good	Competent	Satisfactory	Deficient	Weak
Score	10	9.5	8.5	7.5	6.5	5.5	4.5	3.5
Bent Knee Back Layout & Ballet Leg	Horizontal Leg dry	At top of thigh	Upper thigh	Mid-thigh	Low thigh (well above kneecap)	Kneecap	Below kneecap	Mid-shin
Fishtail	Top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

