

Definitions of Terms as Used in Descriptions

Arc. A curved path, usually a sector of a circle.

Arch. To bend the body backward so that back and hips are hyper-extended.

Axis. An imaginary straight line forming the center of rotation or approximate symmetry of the body in a given position or action.

Horizontal Axis. An axis parallel to the water surface.

Lateral Axis. An axis extending sideways from the body, either through a cross section of the body or outside the body.

Longitudinal Axis. The lengthwise center of the body

Vertical Axis. An axis extending vertically and perpendicular to the water surface.

Back. Toward the back, or dorsal (spine) side of the body.

Backward. Extending from the back side; moving with the back leading.

Ballet Leg. (1) The ballet leg position, as defined. (2) An action sequence, as in Rule VI.101 (3) the vertical leg of the ballet leg position, or, in action following a ballet leg position, the leg which was originally held vertically.

Body. Used to indicate complete body, including limbs.

Compact. Occupying the smallest space; brought close together.

Extend. To stretch to the fullest length; place in straight alignment or unbend.

Forward. Toward the front of the body. Extending from the front of the body.

Front. The abdominal and chest side of the body.

Horizontal. Parallel to the water surface. May be used to specify close to horizontal.

Hyperextend. To bend a joint past the normal, fully extended position or bend to opposite to the normal direction of bending (flexing).

Lateral. Toward the side; sideways.

Non-Ballet Leg. In action following a ballet leg position, the leg which was held horizontally in the ballet leg position.

Parallel. To be the same distance apart at all points, i.e., a leg would be parallel to the water if the upper surface of the foot, the knee and the thigh are all the same distance from the surface.

Pause. A short stop or hesitation at a point of execution, normally at the start or end of a transition.

Perpendicular. Forming a 90° angle or right angle.

Pike. Body bent at the hips to form an angle between legs and trunk.

Surface. Surface, when used alone, always refers to the water surface.

Trunk. The body, not including the head or limbs.

Vertical. To form a 90° angle with (be perpendicular to) the water surface.

Water Line/Level. The position or level of the water surface with respect to the body.