

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.



101R. The right leg must be raised to vertical.

Difficulty 1.6

101L. The left leg must be raised to vertical.

Difficulty 1.6

Figure 101R/L – Ballet Leg Single

Difficulty 1.6

Rule Book Description

Major Desired Actions

Diagrams

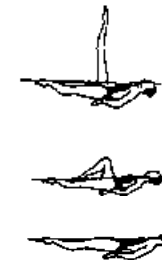
1. A *Ballet Leg* is assumed.

1. See BTM B to assume a *Ballet Leg*.



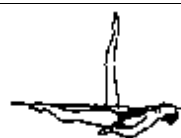




2. The *Ballet Leg* is lowered.

2. See BTM C to lower the *Ballet Leg*.



FINA WEIGHT for 101 Ballet Leg, Single - 1.6

| | | | | | |
|---|---|---|--|---|--------------|
|  |  |  |  |  | Total |
| NV = | 10.5 | 11.0 | 11.0 | 10.5 | 43 |
| PV = | 2.44 | 2.56 | 2.56 | 2.44 | |

311. Kip

Difficulty 1.8

From a **Back Layout Position**, the knees and toes are drawn along the surface to the chest. With continuous motion, a **Tuck Position** is assumed as the body somersaults backward around a lateral axis until the shins are perpendicular to the surface. With shins remaining perpendicular to the surface, the trunk unrolls as the legs are straightened to assume a **Vertical Position** midway between the former vertical line through the hips and former vertical line through the head and shins. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



Figure 311 – Kip

Difficulty 1.8

| Rule Book Description | Major Desired Actions | Diagrams |
|---|---|----------|
| <p>1. From a Back Layout Position, a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface.</p> | <p>1. Same as Fig. 310, steps 1 & 2. Continuous motion from initiation of knee draw to achievement of inverted tuck.</p> | |
| <p>2. The trunk unrolls as the legs are straightened to assume Vertical Position midway between the former vertical line through the hips and the former vertical line through the the head and shins.</p> | <p>2. BP U Vertical Position and maximum height achieved simultaneously. Stability and evident prior to initiation of descent.</p> | |
| <p>4. A <i>Vertical Descent</i> is executed.</p> | <p>4. See BM 10.</p> | |

FINA WEIGHT for 311 Kip – 1.8

| | | | | | Total |
|-------------|-------------|-------------|-------------|-------------|--------------|
| | | | | | |
| NV = | 4.0 | 10.0 | 23.0 | 14.0 | 51 |
| PV = | 0.78 | 1.96 | 4.51 | 2.75 | |

342 Heron

Difficulty 2.1

From the **Front Layout Position**, as the trunk moves downward to assume a **Surface Front Pike Position**, the buttocks, legs and feet travel along the surface until the hips occupy the position of the head at the beginning of this action. Maintaining this position, the body somersaults forward around a lateral axis so that the hips replace the head at each quarter point of revolution. The Front Pike Somersault is executed to a **Submerged Double Ballet Leg Position**. One leg is lowered to a **Compact Submerged Flamingo Position**, with the shin parallel to the surface and the mid-calf opposite the vertical leg, as the trunk moves toward the legs. From that position, with the vertical leg remaining perpendicular to the surface, a vertical upward *Thrust* of the legs and hips is rapidly executed as the body unrolls to assume a **Bent Knee Vertical Position**, with the foot of the bent leg moving simultaneously to the inside of the vertical leg during the rise. Maximum height is desirable. Maintaining the **Bent Knee Vertical Position**, the body descends along its longitudinal axis, at the same tempo as the *Thrust*, until the toes are submerged.

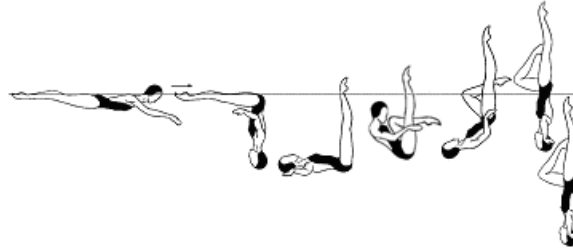


Figure 342 – Heron

Difficulty 2.1

Rule Book Description

1. From a **Front Layout Position** a Somersault Front Pike is executed to a **Submerged Ballet Leg Double Position**.

2. One leg is bent with the shin parallel to the surface and the mid-calf opposite the vertical leg, as the trunk moves toward the legs.

3. A *Thrust* is executed To a **Bent Knee Vertical Position**, with the foot of the bent leg moving simultaneously to the inside of the vertical leg during rise.

4. A *Vertical Descent* is executed in a **Bent Knee Vertical Position** at the same tempo as the *Thrust*.

Major Desired Actions

1. Same as Figure 320, steps 1 & 2, and BP D.

2. Although not in bold face, this position should be clearly defined at completion of the transition. Water level constant on vertical leg.







3. See BTM S *Thrust*. Obvious increase in speed, **Bent Knee Vertical Position** (BP E) and maximum height achieved simultaneously and clearly defined prior to initiation of descent.

4. See BTM U. Speed same as the *Thrust*.

Diagrams



FINA WEIGHT for 342 Heron – 2.1

| |  |  |  |  |  |  | Total |
|------|---|---|---|---|---|---|-------|
| NV = | | 12.0 | 12.0 | 5.0 | 30.0 | 10.0 | 69 |
| PV = | | 1.74 | 1.74 | 0.72 | 4.35 | 1.45 | |

360. Walkover, Front

Difficulty 2.1

From a **Front Layout Position**, as the trunk moves downward to assume a **Surface Front Pike Position**, the buttocks, legs and feet travel along the surface until the hips occupy the position of the head at the beginning of this action. With the head and shoulders remaining vertically aligned with the hips, one leg is lifted in a 180° arc over the surface to a **Split Position**. The hips remain stationary as the front leg is lifted in a 180° arc over the surface to meet the opposite leg in a **Surface Arch Position**. With continuous foot first movement, the hips, chest and face surface sequentially at the same point, assuming a **Back Layout Position** as the head occupies the position of the hips at the beginning of this action.

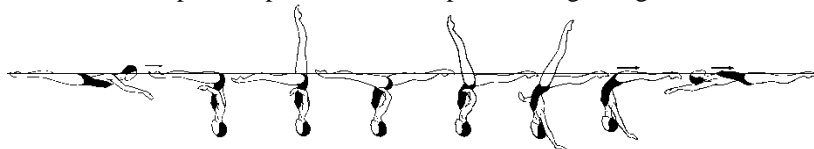


Figure 360 – Walkover. Front

Difficulty 2.1

Rule Book Description

Major Desired Actions

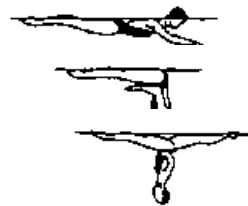
Diagrams

1. From a **Front Layout Position** a *Front Pike* is assumed.

1. See BP K & BTM M.

2. One leg is lifted in a 180° arc over the surface to **Split Position**.

2. Constant height and continuous uniform motion to achieve BP P **Split Position**. Trunk maintains its vertical alignment, with hips and shoulders ‘square’. Foot of stationary leg remains at surface.








3. A *Walkover Front* is executed.

3. See BTM V.



FINA WEIGHT for 360 Walkover Front – 2.1

| | | | | | |
|---|---|---|--|---|--------------|
|  |  |  |  |  | Total |
| NV = | 12.0 | 21.0 | 24.0 | 11.0 | 68 |
| PV = | 1.76 | 3.09 | 3.53 | 1.62 | |