

## 7.5 EXPANDED MARKING SCALE FOR DIFFICULTY

Difficulty of Execution			Near Perfect 9.5-9.9, Excellent 9.0-9.4	Very Good 8.0-8.9
<b>General Impression</b>			Exceptional / Superior difficulty and risk is almost continuously demonstrated and maintained in virtually all components and throughout the routine.	Challenging difficulty and risk is demonstrated and maintained in many components throughout much of the routine.
Figures, hybrids	Sustained airborne weight	Airborne weight	Multiple moves using double legs. Near maximum airborne weight in both stable and unstable actions.	Several moves using double legs. High and moderate airborne weight.
		Length of exercise	Several very long	Multiple middle-length and long
	Technical proficiency	Support, rotate, acceleration, travelling, maintain dynamic height, off-balance, Isolated	E.g. twist spin, combined spin, twirl spin, many rotations of spins, thrust hybrids, travelling, off-balanced, isolated	
	Complexity, Risk Factors, Speed	Variation in body positions, angles, directions, water levels and speed	Multiple angles and large variation of body positions in a hybrid; multiple hybrid sequences with large variation of pattern changes, including blind pattern changes; multiple sequences of complex and high-risk hybrids, extremely fast	Some angles in a hybrid; some hybrid sequences with blind pattern changes; multiple complex hybrid sequences; high-risk hybrids, very fast
Flexibility	Range of motion	Extremely large	Large	
Strokes, propulsion	Sustained airborne weight	Airborne weight + length of exercise + travelling	Multiple sequences with both arms	Some sequences with both arms
	Complexity, Flexibility	Variations in body positions, angles, directions, water levels. Range of motion.	Very complex. Extremely large range of motion.	Somewhat complex. Large range of motion.
Highlights, acrobatics (in Teams and Duets)	Complexity, risk factors	Overall	Very high risk. Very complex. Exceptional / superior airborne weight and complexity of highlights throughout most of the routine.	High risk. Some complexity. More highlights are from a stable base rather than from an unstable base.
		Top		
		Base		
Patterns and pattern changes (mainly in Teams)	Establishing and maintaining a formation		Straight line, circle, curve	Constantly changing positions with some risk in achieving and maintaining patterns. Multiple middle-level variation of blind changes; large surface changes; many pattern changes
	Type of pattern changes	Blind pattern changes Surface pattern changes Underwater pattern changes	Multiple large variation of blind changes; large surface changes; all swimmers move and change; many pattern changes	
	Proximity of swimmers		Very close, small	
Placement of the difficulty actions			Well-balanced throughout the routine. Most difficult actions are placed throughout the routine.	Many complex and intricate movements in first 2/3 of the routine.
<b>Difficulty of Synchronisation</b>				
Synchronisation of movements. (in Teams) Synchronisation with music.		Number of swimmers, speed & complexity of moves. Variation in tempo and pace.	Difficult parts with all swimmers. Exceptional / superior speed, risk and complexity of actions throughout the routine. Very complex, large variations of tempo. Use of uncountable rhythm.	Some difficult parts with all swimmers. Speed and complexity in many parts of the routine. Complex, use of large to mid variations of tempo.

Difficulty of Execution			Good 7.0-7.9	Competent 6.0-6.9
<b>General Impression</b>			Moderate difficulty and risk is demonstrated in some components but not maintained throughout the routine.	Some difficulty and risk is demonstrated in some components but not maintained throughout the routine.
<b>Figures, hybrids</b>	<b>Sustained airborne weight</b>	Airborne weight	Moves using either double legs or one, mostly one	Moves mostly using one leg and vertical join
		Length of exercise	Several middle-length and a few long with one leg	A few middle-length
	<b>Technical proficiency</b>	Support, rotate, acceleration, travelling, maintain dynamic height, off-balance, isolated	E.g. spins, opening/closing	E.g. joined, simple rotation/spin
	<b>Complexity, Risk Factors, Speed</b>	Variation in body positions, angles, directions, water levels and speed	Few angles in a hybrid; minimal changes of body positions; linear and simpler movements; less complex, simple blind hybrids, fast - moderate	Minimal changes of body positions, mostly linear and in simpler sequences, moderate - slow
	<b>Flexibility</b>	Range of motion	Moderate	Small
<b>Strokes, propulsion</b>	<b>Sustained airborne weight</b>	Airborne weight + length of exercise + travelling	Many with one arm or only the head, and some with both arms	Mostly with one arm or only head, and some with both arms
	<b>Complexity, Flexibility</b>	Variations in body positions, angles, directions, water levels. Range of motion.	Moderate complex. Middle-level range of motion.	Moderate to simple complex. Small range of motion.
<b>Highlights, acrobatics (in Teams and Duets)</b>	<b>Complexity, risk factors</b>	<b>Overall</b>	Middle-level risk. Highlights have moderate airborne weight.	Some risk. Average risk, actions are not complex, most are from a stable base
		<b>Top</b>		
		<b>Base</b>		
<b>Patterns and pattern changes (mainly in Teams)</b>	<b>Establishing and maintaining a formation</b>		Moderate complexity and number of patterns with moderate risk in achieving and maintaining patterns. A few simple, small blind changes; lesser number of changes, mostly underwater	Mostly box or two lines. Average complexity and number of patterns with average risk in achieving and maintaining some patterns. Mostly underwater changes, simple surface changes
	<b>Type of pattern changes</b>	Blind pattern changes Surface pattern changes Underwater pattern changes		
	<b>Proximity of swimmers</b>			
<b>Placement of the difficulty actions</b>			Many of the more difficult actions are in the first 1/2 of the routine.	Most difficult actions are in the first 1/2 of the routine.
<b>Difficulty of Synchronisation</b>				
<b>Synchronisation of movements. (in Teams) Synchronisation with music.</b>		<b>Number of swimmers, speed &amp; complexity of moves. Variation in tempo and pace.</b>	Many difficult parts with fewer swimmers (divided into groups). Speed, complexity and intricacy of movements are variable and not maintained throughout the routine. Moderate, complex and mid-level variations of tempo.	Difficult parts with fewer swimmers (divided into groups). Speed and complexity is average and many actions are not intricate. Simple, small variations of tempo. Countable rhythm.

Difficulty of Execution			Satisfactory 5.0-5.9	Deficient 4.0-4.9	
<b>General Impression</b>			Difficulty is demonstrated in a few components of the routine.	Difficulty is rarely demonstrated in any of the components of the routine.	
<b>Figures, hybrids</b>	<b>Sustained airborne weight</b>	Airborne weight	Figures are short and lack power, complexity and airborne weight. Risk in only a few actions.	Limited number of short figures with limited complexity and airborne weight. Little risk in all actions.	
		Length of exercise			
	<b>Technical proficiency</b>	Support, rotate, acceleration, travelling, maintain dynamic height, off-balance, Isolated			
		<b>Complexity, Risk Factors, Speed</b>			Variation in body positions, angles, directions, water levels and speed.
	<b>Flexibility</b>	Range of motion			
<b>Strokes, propulsion</b>	<b>Sustained airborne weight</b>	Airborne weight + length of exercise + travelling	Simple and basic. Risk in only a few actions.	Very simple and basic. Little risk in all actions.	
	<b>Complexity, Flexibility</b>	Variations in body positions, angles, directions, water levels. Range of motion.			
<b>Highlights, acrobatics (in Teams and Duets)</b>	<b>Complexity, risk factors</b>	<b>Overall</b>	Few highlights with little risk or airborne weight.	Very few highlights with no risk or airborne weight.	
		<b>Top</b>			Variations in position and axis of rotation in the air, number of rotations, off-balance, airborne weight, length of exercise, flexibility
		<b>Base</b>			Supporting area, travelling, unstable
<b>Patterns and pattern changes (mainly in Teams)</b>	<b>Establishing and maintaining a formation</b>		Limited number of patterns that have visual checks to achieve.	Simple, limited basic patterns with visual checks.	
	<b>Type of pattern changes</b>	Blind pattern changes Surface pattern changes Underwater pattern changes			
	<b>Proximity of swimmers</b>				Far, wide.
<b>Placement of the difficulty actions</b>			Most actions with any difficulty are generally in the first 2/3 of the routine.	Most actions with any difficulty are generally in the first 1/2 of the routine.	

Difficulty of Synchronisation			
<b>Synchronisation of movements. (in Teams)</b>	<b>Number of swimmers, speed &amp; complexity of moves.</b>	Many movements are not complex therefore lack difficulty to achieve.	Most movements are simple and not complex therefore lack difficulty.
<b>Synchronisation with music.</b>		Simple and basic tempo with small variation.	Very simple and basic tempo with small variation.

Difficulty of Execution			Weak 3.0-3.9	Very Weak 2.0-2.9	Hardly Recognizable 0.1-1.9	
<b>General Impression</b>			Difficulty is lacking in much of the routine.	No difficult components in most of the routine.	No difficult components in the routine.	
<b>Figures, hybrids</b>	<b>Sustained airborne weight</b>	Airborne weight	Very limited number of short figures with very limited complexity and airborne weight.	Most figures are on the surface with no airborne weight and little kinaesthetic awareness. No risk.	Very limited figures requiring no kinaesthetic awareness. No risk.	
		Length of exercise				
	<b>Technical proficiency</b>	Support, rotate, acceleration, travelling, maintain dynamic height, off-balance, isolated				
	<b>Complexity, Risk Factors, Speed</b>	Variation in body positions, angles, directions, water levels and speed				
	<b>Flexibility</b>	Range of motion				
<b>Strokes, propulsion</b>	<b>Sustained airborne weight</b>	Airborne weight + length of exercise + travelling	Very simple and very basic.	Simple. No risk.	Very limited strokes requiring no kinaesthetic awareness. No risk.	
	<b>Complexity, Flexibility</b>	Variations in body positions, angles, directions, water levels. Range of motion.				
<b>Highlights, acrobatics (in Teams and Duets)</b>	<b>Complexity, risk factors</b>	<b>Overall</b>	Minimal risk in any highlight and no airborne weight.	No risk.	No attempt. No risk.	
		<b>Top</b>				Variations in position and axis of rotation in the air, number of rotations, off-balance, airborne weight, length of exercise, flexibility
		<b>Base</b>				Supporting area, travelling, unstable
<b>Patterns and pattern changes (mainly in Teams)</b>	<b>Establishing and maintaining a formation</b>		Very limited number of patterns and changes.	Almost no pattern changes.	No pattern changes.	
	<b>Type of pattern changes</b>	Blind pattern changes Surface pattern changes Underwater pattern changes				
	<b>Proximity of swimmers</b>					No adjusting with the others.
<b>Placement of the difficulty actions</b>			Actions with any difficulty are generally in the first 1/3 of the routine.	Most actions are in the first length.	Beyond the beginning actions there is so little content in the routine that there is no difficulty demonstrated.	

Difficulty of Synchronisation					
<b>Synchronisation of movements. (in Teams)</b> <b>Synchronisation with music.</b>	<b>Number of swimmers, speed &amp; complexity of moves.</b> <b>Variation in tempo and pace.</b>	Most movements are very simple, slow and not complex therefore not difficult to achieve.	Most movements are extremely simple to synchronise.	All movements are extremely simple to synchronise.	
		Very simple and basic tempo with small variation.	Very simple and basic tempo without variation.	Very simple and basic tempo without variation.	