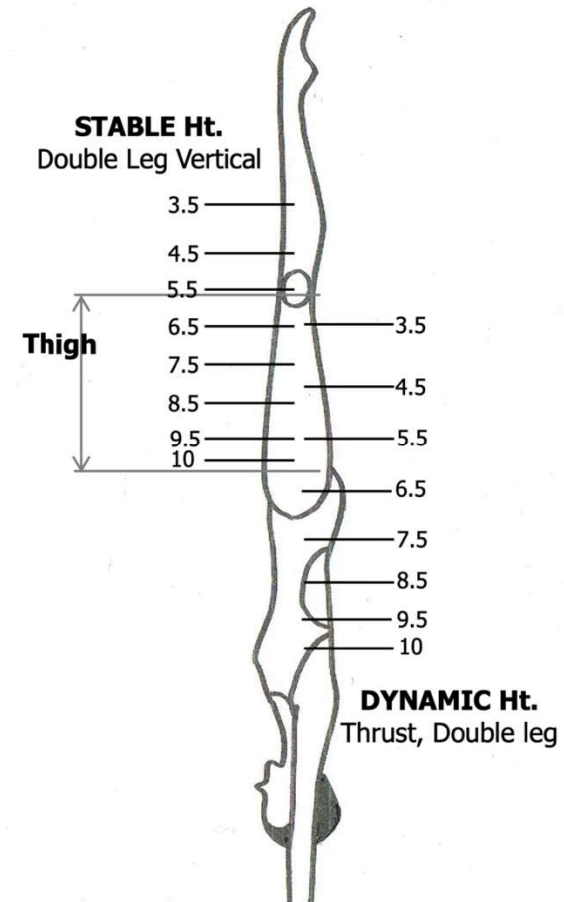
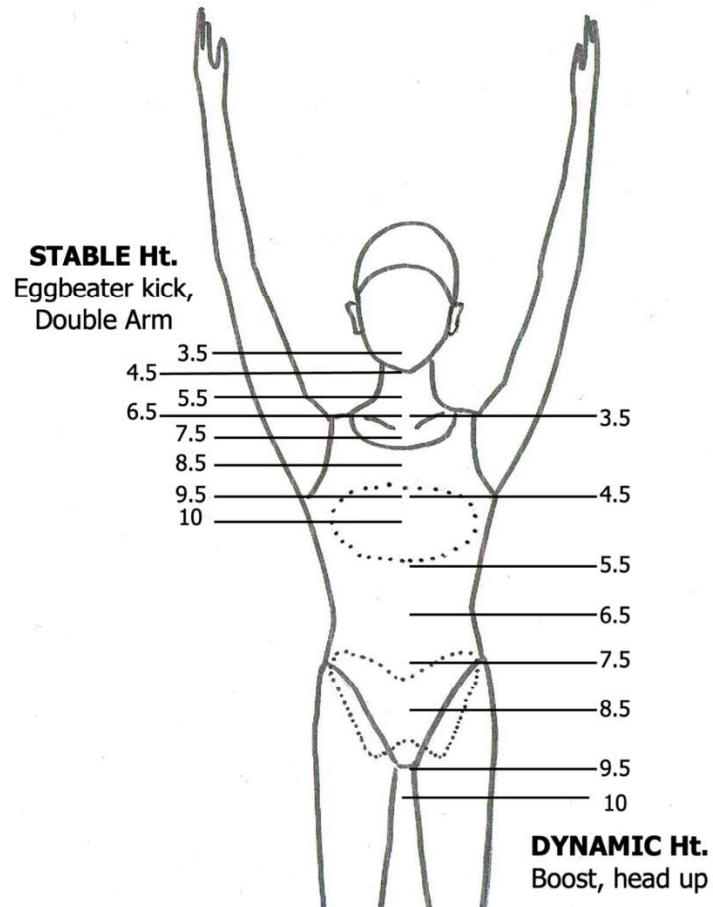
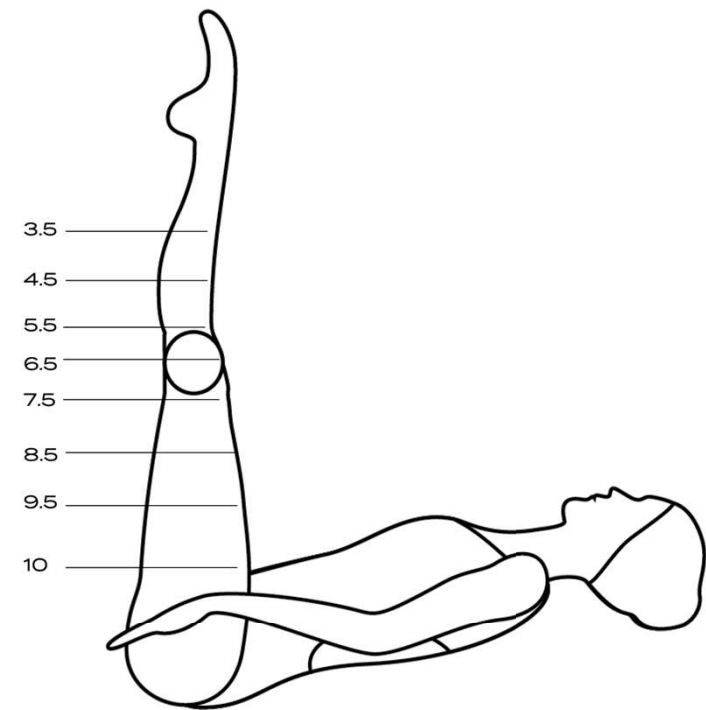
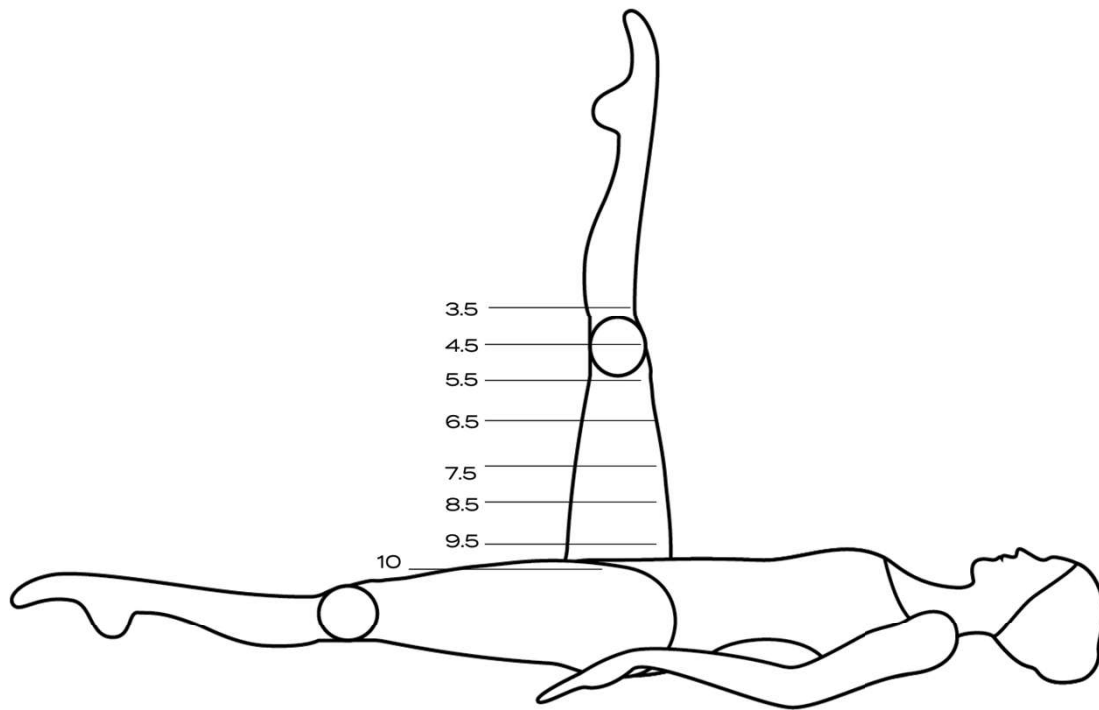


9.5.1 GUIDING SCALE FOR HEIGHT - DIAGRAMS

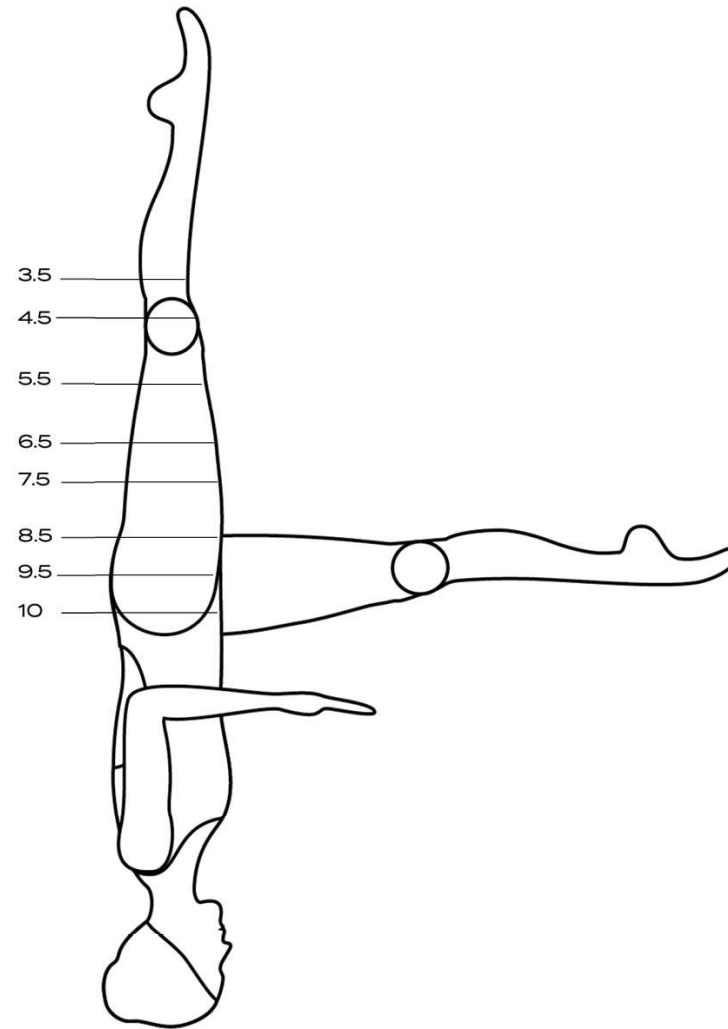
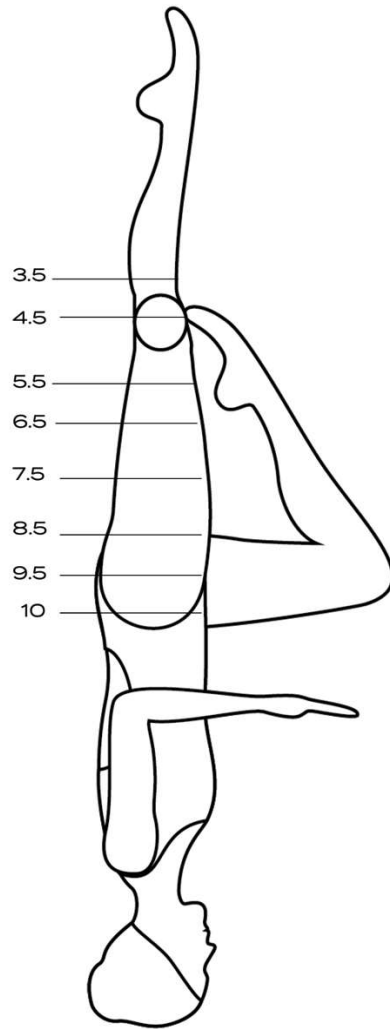
9.5.1.1 Eggbeater Kick Double Arms, Boost, Vertical Double Leg, Thrust Double Leg



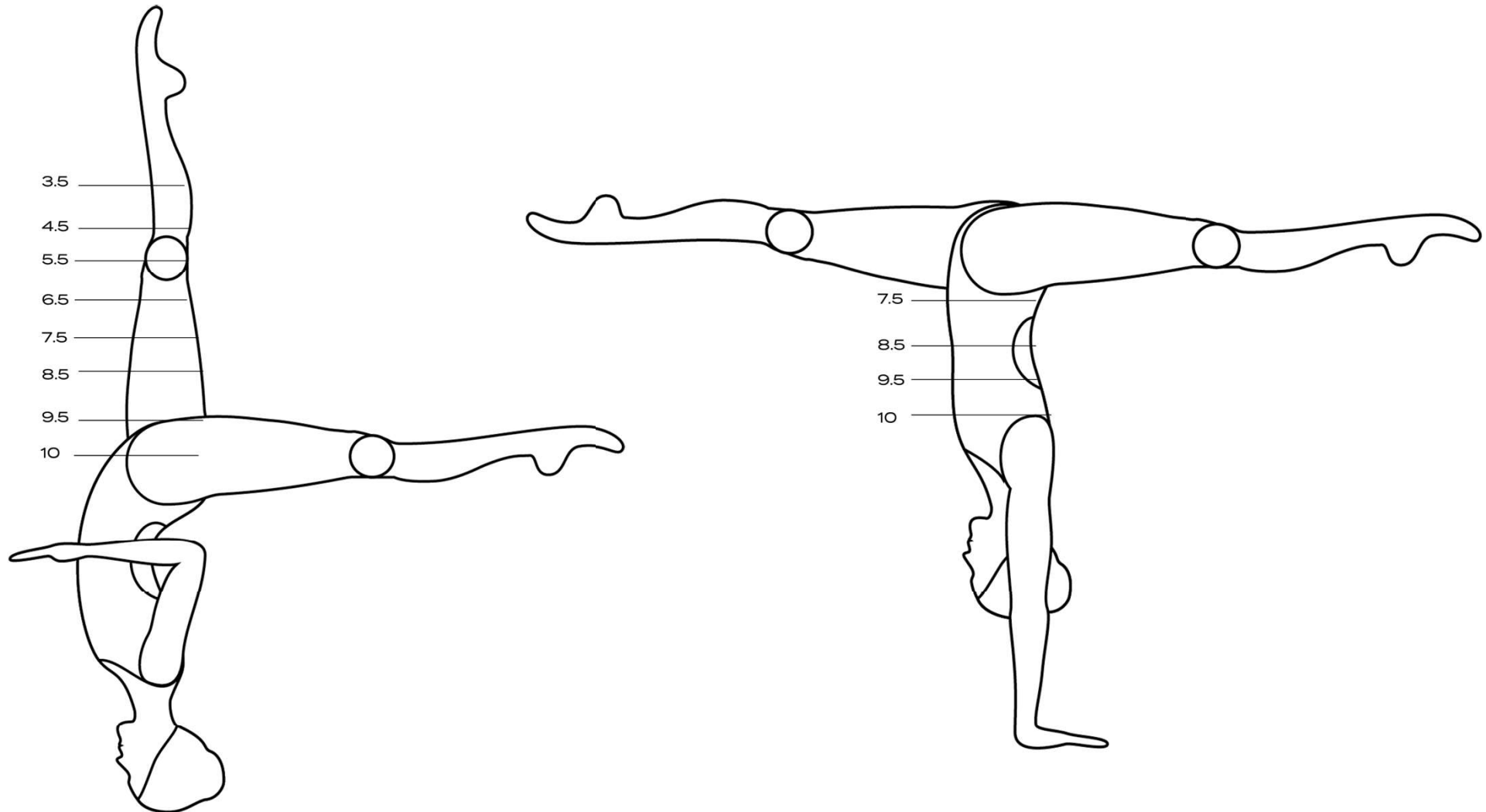
9.5.1.2 Ballet Leg Single and Ballet Let Double Position



















9.5.1.3 Bent Knee Vertical and Fishtail Position



9.5.1.4 Knight Position and Airborne Split



9.5.2 Guiding Scale for Split Position

SCORE RANGE		ANGLE OF SPLIT (DEGREE)			WATER LEVEL
Excellent/ Near Perfect	9.5	180° (flat)			Crotch & legs dry
Very Good	8.5	170° - 180°			Legs dry
Good	7.5	160° - 170°			Legs almost dry
Competent	6.5	150° - 160°			Lower legs dry Crotch underwater
Satisfactory	5.5	130° - 140°			Lower legs dry Crotch underwater
Deficient	4.5	110° - 120°			Feet above the surface, legs under water
Weak	3.5	up to 100°			Feet come out vertically
Hardly recognizable	0.1 - 2.9	scissors			Feet come out vertically

9.5 GUIDING SCALE FOR HEIGHT QUALITY OF PERFORMANCE

Water Levels For:	Perfect 10	Excellent/ Near Perfect 9.5	Very Good 8.5	Good 7.5	Competent 6.5	Satisfactory 5.5	Deficient 4.5	Weak 3.5	
Stable Height	Vertical Double Leg	Crotch level or higher	Upper thigh	Upper mid-thigh	Low to mid-thigh	Above kneecap	Kneecap	Below kneecap	Well below kneecap (mid shin)
	Vertical Single Leg, Fishtail/BK	Top of pelvis	Above crotch	Crotch level	Upper thigh	Mid-thigh	Low thigh (Well above kneecap)	Kneecap	Below kneecap
	Knight	Above crotch	Crotch level	Upper thigh	Mid-thigh	Low thigh (Well above kneecap)	Kneecap	Below Kneecap	Mid shin
	Ballet Leg Single	Horizontal leg dry	At top of thigh	Upper thigh	Mid-thigh	Low thigh (Well above kneecap)	Above kneecap	Kneecap	Below kneecap
	Ballet Leg Double	Upper thigh or higher	Mid-thigh	Low thigh	Above kneecap	Kneecap	Below kneecap	Well below kneecap (mid shin)	Low to mid shin
	Eggbeater Kick Double Arm	Top bust or higher	Arm pit dry	Upper bust	Showing collar bone	Showing shoulder	Mid neck	Chin	Mouth
Eggbeater Kick Single Arm	Bust above surface	Top bust	Mid bust	Arm pit dry	Upper bust	Showing collar bone	Showing shoulder	Mid neck	
Dynamic Height	Thrust, Double Leg	Mid ribs or higher	Lower ribs	Waist	Top of pelvis	Showing crotch	Upper thigh	Mid-thigh	Above kneecap
	Thrust, Single Leg	High ribs or higher	Mid ribs	Lower ribs	Waist	Top of pelvis	Showing crotch	Upper thigh	Mid-thigh
	Rocket Split, Airborne Split	Mid ribs or higher	Lower ribs	Waist	Top of pelvis	Showing crotch	Upper thigh	Mid-thigh	Above kneecap
	*Re-join to Vertical Double Leg	Crotch level or higher	Upper thigh	Upper mid-thigh	Low to mid-thigh	Above kneecap	Kneecap	Below kneecap	Well below kneecap (mid shin)
	*Re-join to Vertical Single Leg	Showing hips or higher	Showing hips	Crotch level	Upper thigh	Mid-thigh	Low thigh (Well above kneecap)	Kneecap	Below kneecap
	Boost (head up)	Showing air between legs	Crotch level	Mid pelvis	Top of pelvis	Waist	Lower ribs	Arm pit	Showing shoulder

***Rejoin to Vertical Double Leg:** The height of the re-joined to Vertical Positions for the Dynamic Height during unstable actions.

***Rejoin to Vertical Single Leg:** The height of the re-joined to Vertical Single Leg for the Dynamic Height during unstable actions.