

**8.5 GUIDING SCALE FOR HEIGHT QUALITY OF PERFORMANCE**

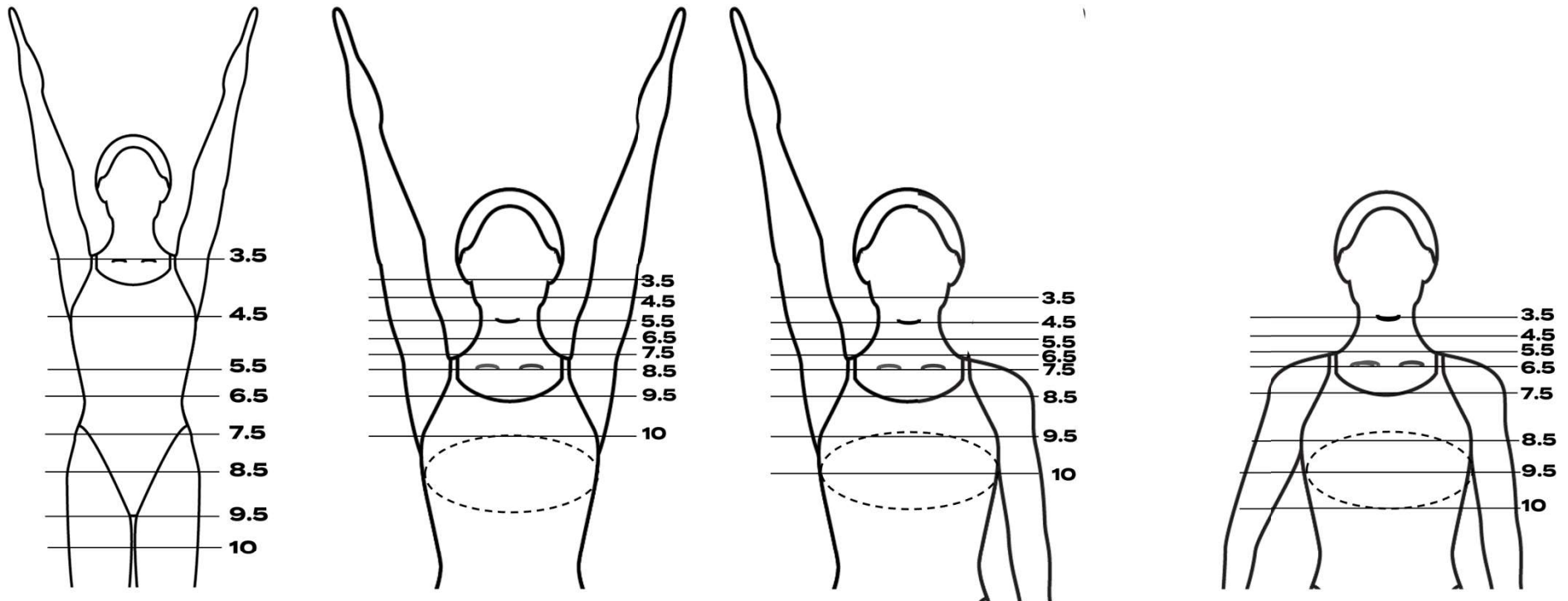
Water Surface Levels For:		Perfect	Excellent/ Near Perfect	Very Good	Good	Competent	Satisfactory	Deficient	Weak
		10	9.5	8.5	7.5	6.5	5.5	4.5	3.5
STABLE HEIGHT	<b>Vertical Double Leg</b>	Crotch level or higher	Upper thigh	Upper mid-thigh	Low to mid-thigh	Above kneecap	Kneecap	Below kneecap	Well below kneecap (mid-shin)
	<b>Vertical Single Leg, Fishtail/Bent Knee</b>	Top of pelvis	Showing hips	Crotch level	Upper thigh	Mid-thigh	Low thigh (well above kneecap)	Kneecap	Below kneecap
	<b>Knight/Bent Knee Surface Arch</b>	Showing hips or higher	Crotch level	Upper thigh	Mid-thigh	Low thigh (well above kneecap)	Kneecap	Below Kneecap (BK Arch – below surface)	Mid shin
	<b>Ballet Leg Single/Bent Knee Back Layout</b>	Horizontal leg dry	At top of thigh	Upper thigh	Mid-thigh	Low thigh (well above kneecap)	Above kneecap	Kneecap	Below kneecap
	<b>Ballet Leg Double</b>	Upper thigh or higher	Mid-thigh	Low thigh	Above kneecap	Kneecap	Below kneecap	Well below kneecap (mid shin)	Low to mid shin
	<b>Eggbeater Kick Double Arm</b>	Arm pit dry	Mid-arm pit/upper chest	Showing Collar bone	Shoulders at surface	Mid-neck	Chin	Mouth	Nose
	<b>Eggbeater Kick Single Arm</b>	Mid-chest	Arm pit dry	Mid arm pit/upper chest	Showing collar bone	Shoulders at surface	Mid neck	Chin	Mouth
	<b>Eggbeater No Arm</b>	Full chest	Mid-chest	Arm pit dry	Mid arm pit/upper chest	Showing collar bone	Shoulders at surface	Mid neck	Chin
DYNAMIC HEIGHT	<b>Thrust, Double Leg</b>	Mid-ribs or higher	Lower ribs	Waist	Top of pelvis	Showing crotch	Upper thigh	Mid-thigh	Above kneecap
	<b>Thrust, Single Leg</b>	High ribs or higher	Mid-ribs	Lower ribs	Waist	Top of pelvis	Showing crotch	Upper thigh	Mid-thigh
	<b>Rocket Split, Airborne Split</b>	Mid-ribs or higher	Lower ribs	Waist	Top of pelvis	Showing crotch	Upper thigh	Mid-thigh	Above kneecap
	<b>*Re-join to Vertical Double Leg</b>	Crotch level or higher	Upper thigh	Upper mid-thigh	Low to mid-thigh	Above kneecap	Kneecap	Below kneecap	Well below kneecap (mid shin)
	<b>*Re-join to Vertical Single Leg</b>	Showing hips or higher	Showing hips	Crotch level	Upper thigh	Mid-thigh	Low thigh (well above kneecap)	Kneecap	Below kneecap
	<b>Boost (head up)</b>	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.

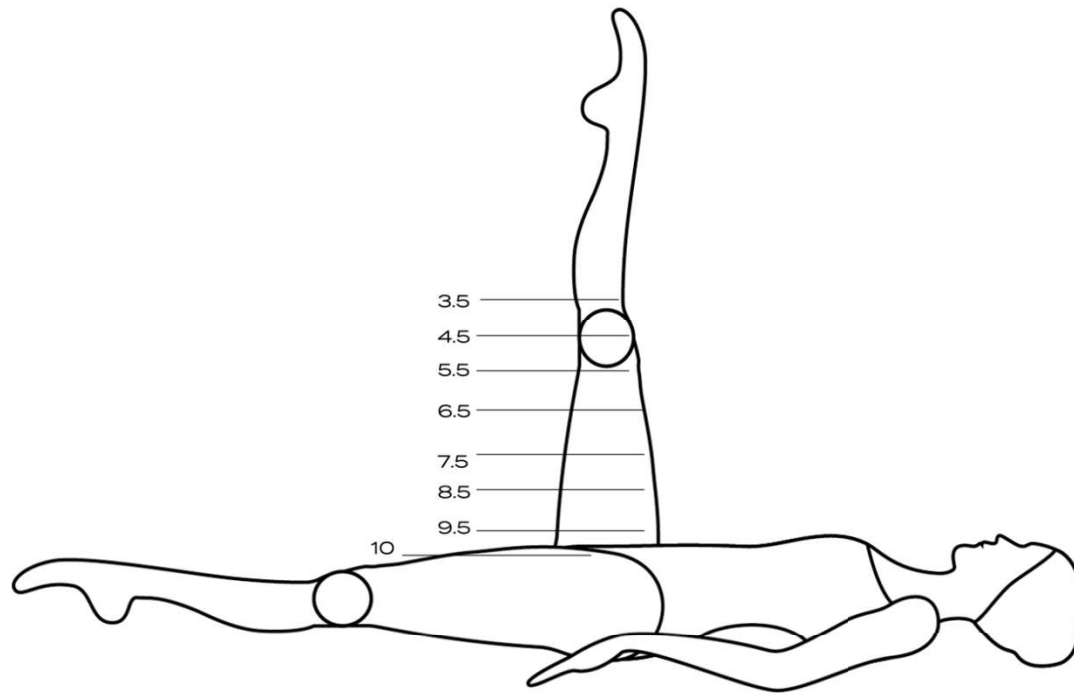
\*Rejoin to Vertical Single Leg: The height of the re-joined to Vertical Single Leg for the Dynamic Height during unstable actions.

**8.5.1 Guiding scale for height quality of performance - diagrams**

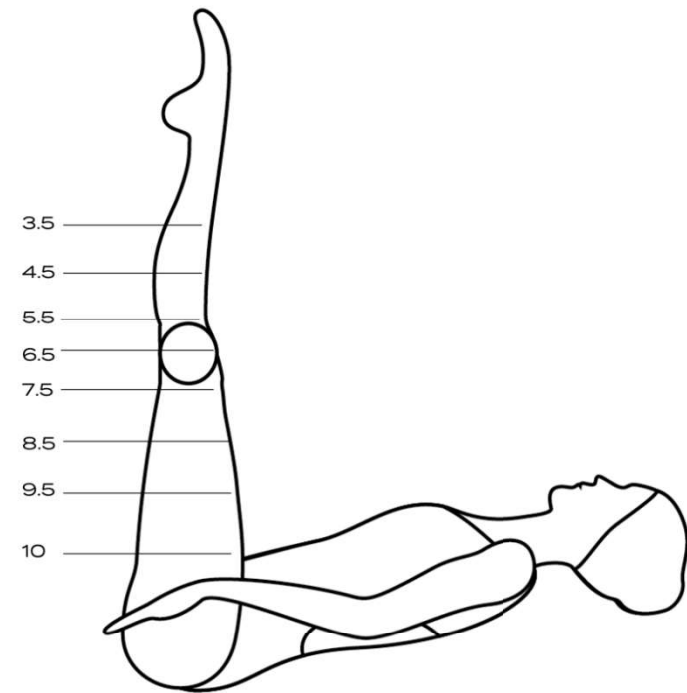
**8.5.1.1 Boost, Eggbeater Kick Double Arm, Eggbeater Kick Single Arm, Eggbeater Kick No Arm**



**8.5.1.2 Ballet Leg Single and Ballet Leg Double Position**

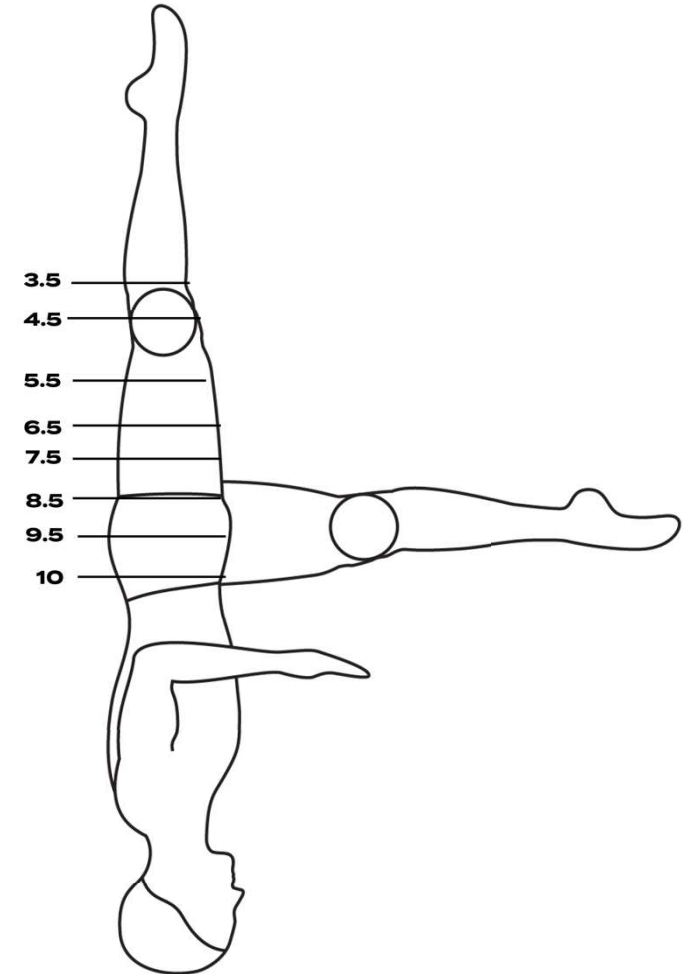
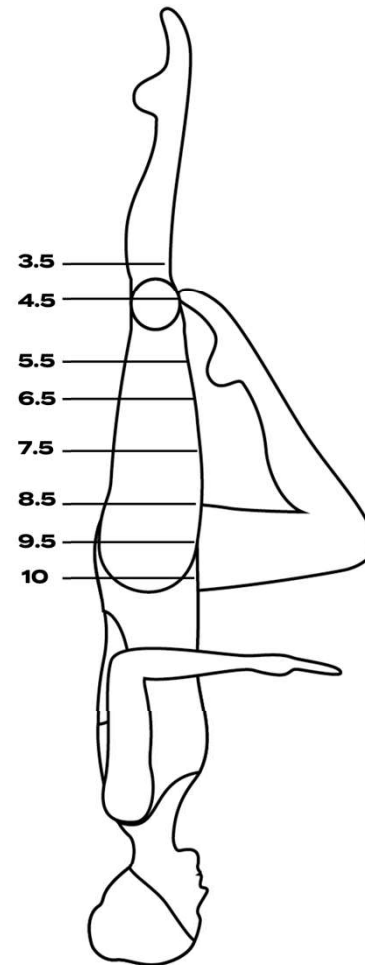
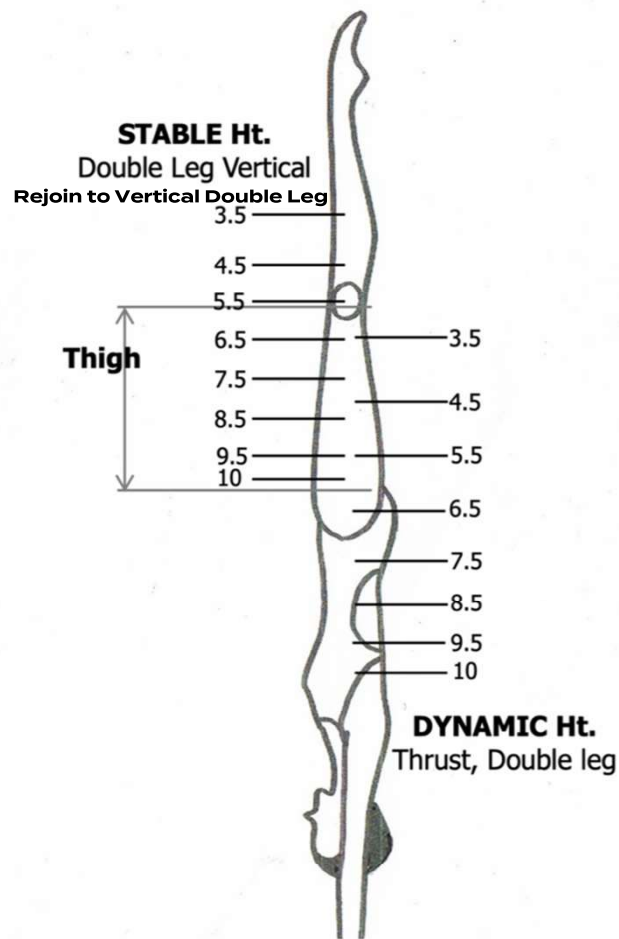


Ballet Leg Single



Ballet Leg Double

**8.5.1.3 Vertical Double Leg, Rejoin to Vertical Double Leg, Thrust Double Leg, Bent Knee Vertical Position, Fishtail Position**

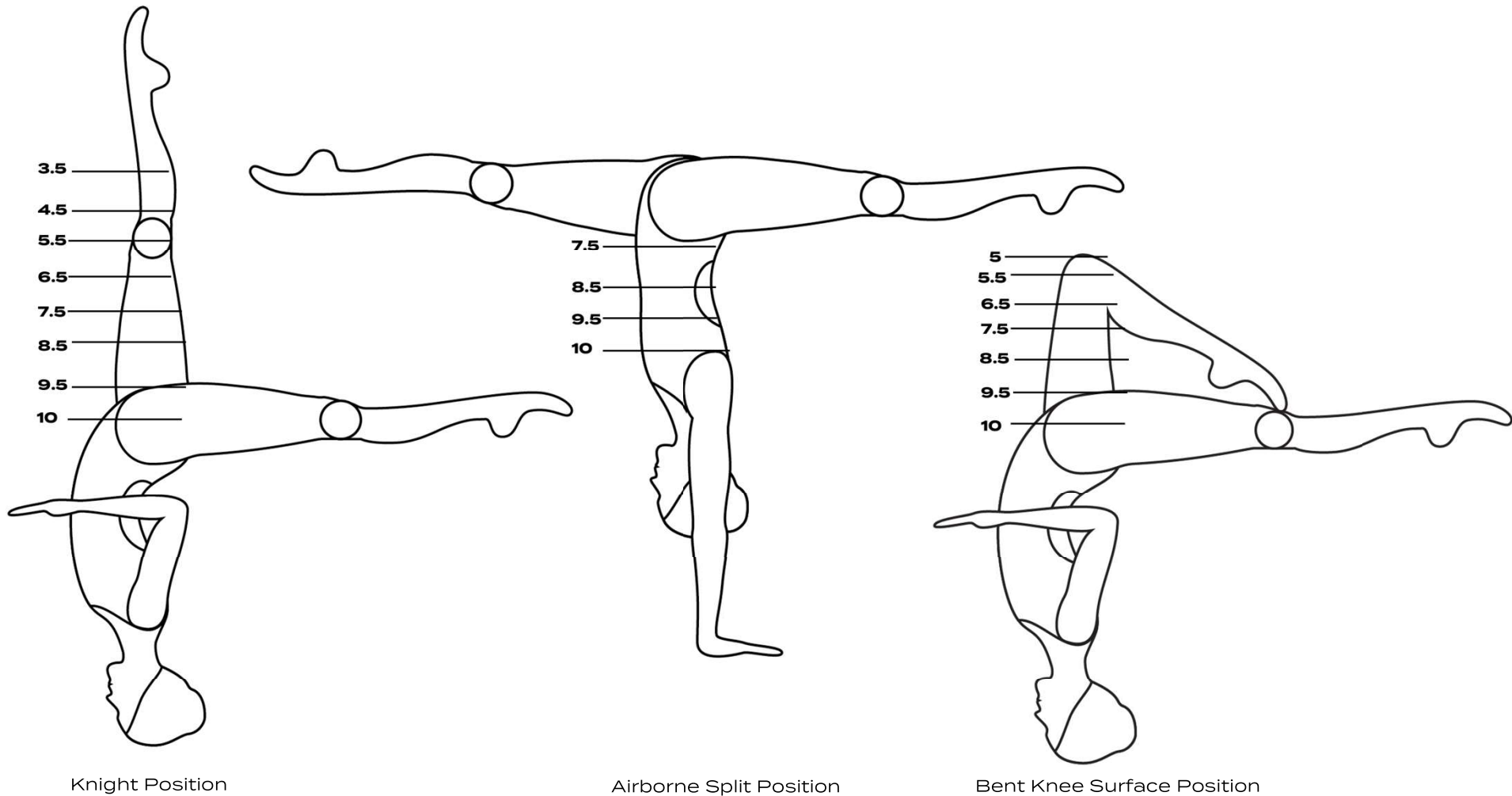


Vertical Double Position Rejoin to Vertical Double Leg      Thrust Double Leg

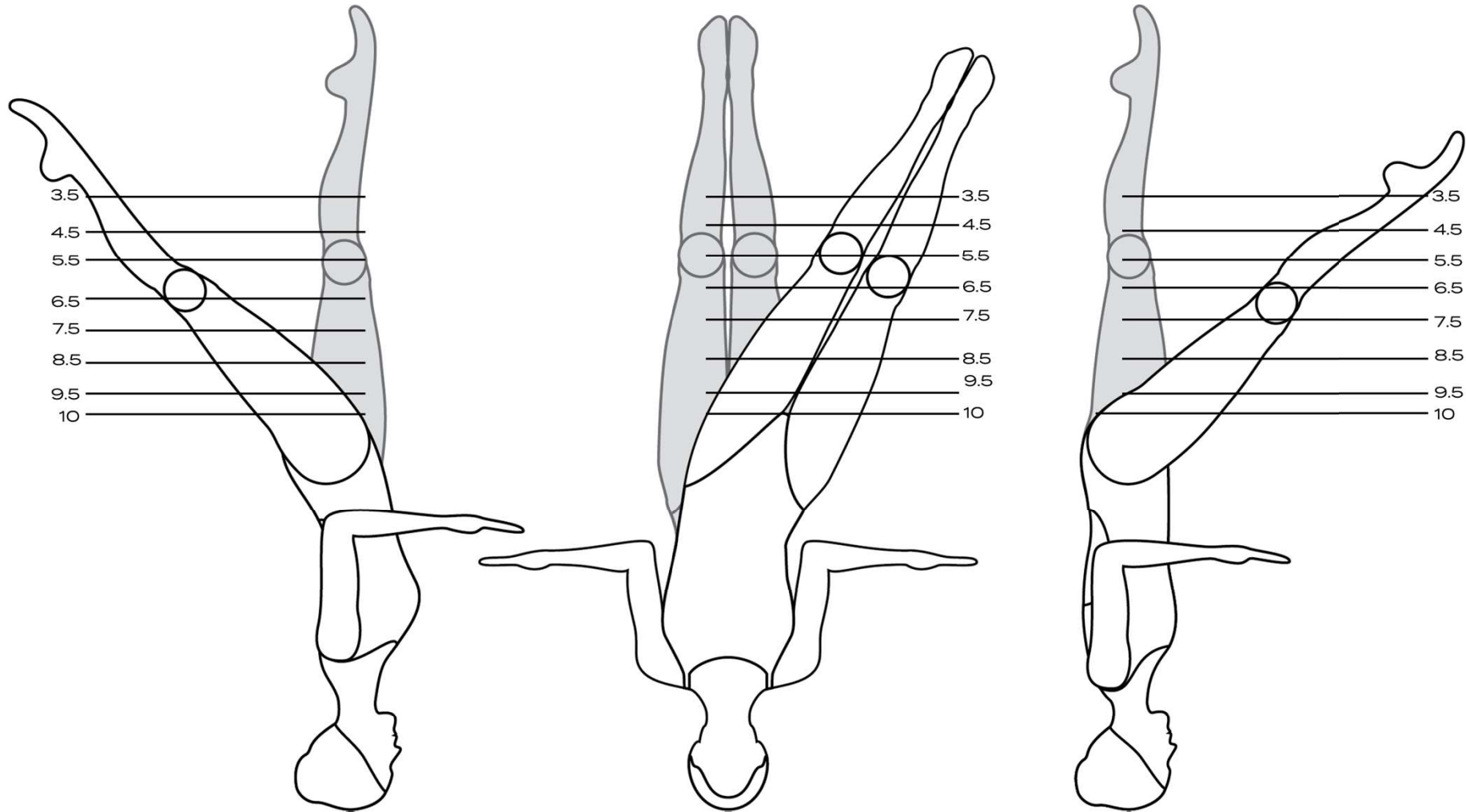
Bent Knee Vertical Position

Fishtail Position








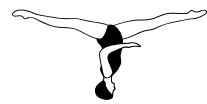








**8.5.1.4 Knight Position, Airborne Split Position, Bent Knee Surface Arch Position**



**8.5.1.5 Unbalanced Vertical Double Leg**



**8.5.2 Guiding Scale for Split Position - Surface Split Position & Airborne Split Position**

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