

6. GUIDING SCALE FOR HEIGHT QUALITY OF PERFORMANCE TERMINOLOGY

Water Levels For:	Excellent/ Near Perfect	Very Good	Good	Competent	Satisfactory	Deficient	Weak
	9.5	8.5	7.5	6.5	5.5	4.5	3.5
Vertical	Upper thigh	Upper mid thigh	Low to Mid thigh	Above knee cap	Knee cap	Below knee cap	Well below knee cap (mid shin)
Double Leg Vertical	Showing hips	Crotch level	Upper thigh	Mid thigh	Low thigh (Well above knee cap)	Knee cap	Below knee cap
Bent Knee Fishtail	Back of horizontal leg dry	Crotch level	Upper thigh	Mid thigh	Low thigh (Well above knee cap)	Knee cap	Below knee cap
Ballet Leg Single	At top of thigh	Upper thigh	Mid thigh	Low thigh (Well above knee cap)	Above knee cap	Knee cap	Below knee cap
Ballet Leg Double	Mid thigh	Low thigh	Above knee cap	Knee cap	Below knee cap	Well below knee cap (mid shin)	Low to mid shin
Eggbeater Kick Double Arm	Mid bust	Arm pit dry	Upper bust	Showing collar bone	Showing shoulder	Mid neck	Chin
Eggbeater Kick Single Arm	Bust above surface	Mid bust	Arm pit dry	Upper bust	Showing collar bone	Showing shoulder	Mid neck
Thrust, Double Leg Thrust, Single Leg Rocket Split, Airborne Split Boost (head up)	Lower ribs or higher Mid ribs Lower ribs or higher Crotch level or higher	Waist Lower ribs Waist Mid pelvis	Top of pelvis Waist Top of pelvis Top of pelvis	Showing crotch Top of pelvis Showing crotch Waist	Upper thigh Showing crotch Upper thigh Lower ribs	Mid thigh Upper thigh Mid thigh Arm pit	Above knee cap Mid thigh Above knee cap Showing shoulder