



GUIDING SCALE FOR HEIGHT QUALITY OF PERFORMANCE TERMINOLOGY

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