



BASE MARK (BM)		Level 1	Level 2	Level 3	Level 4
	No. of Movements (NM):	6 or less movements	7-19 movements	20-29 movements	30+ movements
	Time Underwater (TU):	Short (6 seconds or less)	Medium (7-15 seconds)	Long (16 seconds and longer)	-

HYBRID BONUSES

Bonuses	Traveling (TR) 1.0m or more	Angles (A) Simple (A-S) or Complex (A-C)	Placement (PL) Hybrid in last 20 seconds	Synchronisation (SY) Partial (SY-P) or Full (SY-F)	Pattern Change (PC) Simple (PC-S) or Complex (PC-C)
Rep/hybrid	Once per hybrid	Once per hybrid	Each in last 20 seconds	SY-P 2x / SY-F 1x **Only for NM 7+ (L2-4)	Every PC counted

FAMILIES

Levels	Thrusts (T)	Rotations (R)	Flexibility (F)	Airborne Weight (AW)	Connections (C)
Rep/hybrid	L1-4 2x / L5-9 unlimited	L1-4 2x / L5-9 unlimited	2x	2x	2x
Level 1	Thrust with crashing	One or two legs: Swirl 180°-360° Turning 180°-360° while doing other non-sustained or "up-down" actions	Rapid split by one leg from any position (such as Pike, Tub, Tuck, Inverted Tuck, Bent Knee VP, Fishtail, VP, etc.)	Vertical descent in Bent Knee VP or Fishtail join to VP	Pike Position at the surface of the water
Level 2	Thrust with one leg	One or two legs: Swirl 720°-1080° Spin descending 180° Twist 180° with 1 leg only	Clearly demonstrated split (held at least 1-2 seconds) Walkout Front Back Layout to Surface Arch or Bent Knee Surface Arch	Vertical descent in VP Front Pike to Vertical Position	One leg face-to-face connection
Level 3	Thrust with one leg followed by rotation of Spin 360° Thrust and vertical descent	One or two legs: Swirl 1440° Spin ascending 180°-360° Spin descending 360°-720° Twist or Twirl 180° with 2 legs Twist 360° with 1 leg only	Ariana rotation or split variants at the surface with a demonstration of at least 2 different splits (Right, Left, Middle) Split to Split through VP (changing legs)	Sustained height with one leg or a combination of one and two legs lasting equal or more than 3 seconds Vertical ascent in VP or Bent Knee VP Descending or ascending VP performing isolated movements	One leg back connection
Level 4	Thrust with one leg followed by rotation of Spin 720° or Twirl 180° Thrust with flexibility	One or two legs: Spin ascending 720°-1080° Spin descending 1080°-1440° Twist 360° with 2 legs	Front Layout to Surface Bent Knee Arch Position or a Split From Surface Arch Position to Knight or Split	Isolated movements performed in stable Fishtail Position and piked body position (legs over surface, 30-60° from vertical) lasting equal or more than 3 seconds. Any knee/leg movements performed credited in n° of movements	Two-legs connection

Levels	Thrusts (T)	Rotations (R)	Flexibility (F)	Airborne Weight (AW)	Connections (C)
Level 5	Thrust followed by rotation of Spin 360° or Twirl 180°	One or two legs: Twist 720° with 1 leg Spin ascending 1440° with 1 leg Spin descending more than 1440° with 2 legs Twist opening 360° VP to Split Twirl 360° with 2 legs Combined Spin 360°-720° with 1 leg Reverse Combined Spin 360°-720° with 1 leg	Knights: combinations of Knight positions Knight to Fishtail (through VP) Knight to VP Sustained Knight Position	Sustained height in VP lasting equal or more than 3 seconds	Rotation vertical connection with one leg
Level 6	Thrust with flexibility followed by rotation of Spin 360°	One or two legs: Combined Spin 360° with 2 legs Reverse Combined Spin 360° with 2 legs Two-Direction Combined or Reverse Combined Spin 360°-720° with 1 leg Spin ascending 1440° with 2 legs Twist 720° with two legs Twist Closing 360° from Split to VP	Surface Arch to VP	Sustained height shown at least 3 seconds in VP performed in an unbalanced position. Any knee/leg movements performed credited in n° of movements	Rotation vertical connection with two legs
Level 7	Thrust with rotation of Spin 720° and over	Two legs only: Combined Spin 720° Reverse Combined Spin 720° Two-Direction Combined or Reverse Combined Spin 360° Twist 1080° Unbalanced 360° Twist Two-Direction Twist 360°			
Level 8	Thrust with flexibility followed by rotation of Spin 720° and over	Two legs only: Combined Spin 1080° Reverse Combined Spin 1080° Two-Direction Combined or Reverse Combined Spin 720° Twist 1440° Unbalanced 720° Twist Two-Direction Twist 720°			
Level 9	Thrust continued by catching a sustained Vertical Position	Two legs only: Combined Spin 1440° Reverse Combined Spin 1440° Two-Direction Combined or Reverse Combined Spin 1080° Unbalanced 1080° Twist			