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

**HYBRID DIFFICULTY TABLE**

<table>
<thead>
<tr>
<th>Levels</th>
<th>Thrusts (T)</th>
<th>Rotations (R)</th>
<th>Flexibility (F)</th>
<th>Airborne Weight (AW)</th>
<th>Connections (C)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rep/hybrid</td>
<td>L1-4 2x / L5-9 unlimited</td>
<td>L1-4 2x / L5-9 unlimited</td>
<td>2x</td>
<td>2x</td>
<td>2x</td>
</tr>
</tbody>
</table>

**FAMILIES**

**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°
  - 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°
  - 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 nº of movements
  - Two-legs connection

**HYBRID BONUSES**

<table>
<thead>
<tr>
<th>Rep/hybrid</th>
<th>Traveling (TR)</th>
<th>Angles (A)</th>
<th>Placement (PL)</th>
<th>Synchronisation (SY)</th>
<th>Pattern Change (PC)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Once per hybrid</td>
<td>1.0m or more</td>
<td>Simple (A-S) or Complex (A-C)</td>
<td>Hybrid in last 20 seconds</td>
<td>Partial (SY-P) or Full (SY-F)</td>
<td>Simple (PC-S) or Complex (PC-C)</td>
</tr>
<tr>
<td>Each in last 20 seconds</td>
<td>SY-P 2x / SY-F 1x</td>
<td>**Only for NM 7+ (L2-4)</td>
<td>Every PC counted</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Levels</td>
<td>Thrusts (T)</td>
<td>Rotations (R)</td>
<td>Flexibility (F)</td>
<td>Airborne Weight (AW)</td>
<td>Connections (C)</td>
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<td>--------</td>
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<td>----------------</td>
</tr>
</tbody>
</table>
| 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 nº 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 | | | |