

**Pushing 9/14**

<b>Feet position</b>	
Front foot heel in front of rear foot toes - 3 points	<b>2</b>
Front foot heel level with rear foot toes - 2 points	
Front foot heel level with middle of rear foot - 1 point	
Rear foot too posterior leading to straight rear leg - 0 points	
Feet level - 0 points	
<b>Feet position - distance apart</b>	
Feet hip width apart - 2 points	<b>1</b>
Feet moderately more than <u>or</u> more narrow than hip width apart - 1 point	
Feet significantly more than <u>or</u> more narrow than hip width apart - 0 points	
<b>Squat position</b>	
Perfect semi-squat - 3 points	<b>3</b>
Moderately insufficient <u>or</u> moderately too deep squat - 2 points	
Insufficient or too deep squat - 0 points	
<b>Arm position</b>	
Elbows level with trunk - 3 points	<b>2</b>
Elbows in front of trunk (less than 45 degrees shoulder flexion) - 2 points	
Elbows in front of trunk (more than 45 degrees shoulder flexion) with elbows still flexed - 1 point	
Elbows in front of trunk (more than 45 degrees shoulder flexion) with arms fully locked out - 0 points	
<b>Leg Power</b>	
Powerful use of leg muscles - 3 points	<b>1</b>
Good use of leg muscles & moderate bodyweight - 2 points	
Moderate use of leg muscles & significant bodyweight - 1 point	
Weak use of leg muscles & mainly bodyweight - 0 points	