

Rating	Males	Females
Super	> +27cm	> +30cm
Excellent	+17 to +27cm	+21 to +30cm
Good	+6 to +16cm	+11 to + 20cm
Average	0 to + 5cm	+ 1 to + 10cm
Fair	-8 to - 1cm	-7 to 0cm
Poor	-20 to -9cm	-15 to -8cm
Very Poor	<-20cm	<-15cm

Source: www.topendsports.com.au