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Synchronised Swimming

Skill Level 3

The Assessor must be an Assessor or Advanced Assessor

Name

Date.....

Contents

Pre requisite; 2 different splits must be shown

PRE 1 – Right, left or box split

PRE 2 – Right, left or box split

1. Ballet leg single
2. Barracuda
3. Oceanita
4. Surface prawn
5. Kip
6. Walkover front
7. Tower
8. Swordfish Straight leg
9. Traveling eggbeater 5 metres, 2 meters double arm
10. Dive surfacing with a head first boost
11. Vertical position (compulsory pass)

General Conditions

Black costume and white hat to be worn.

1. At least 9 out of 11 skills must be passed but all must be attempted.
2. Unless otherwise stated, all movements should be performed in a stationary position in uniform motion.
3. To ensure all points can be assessed, assessors may ask the swimmer to perform the skill up to 3 times.
4. For the dive, the water depth must be at least 1.8 metres deep.
5. Dry land skills must be assessed in an appropriate environment.
6. For dry land skills swimmers must wear a costume/leotard.
7. Assessors are asked to highlight any areas in which the swimmers are not yet competent.
8. Swimmers must pass a minimum of 7 skills for retakes.
9. Skill 11 is a compulsory pass but can be retaken as one of their 2 retakes
10. Except for Splits, swimmers may retake up to 2 skills once.
11. All points of good technique i.e. pointed toes should be assumed.
12. Heights given are the minimum.
13. Words enclosed in “inverted commas” should be regarded as approximate.
14. Prerequisites must be taken first on land. Swimmers will be informed of the result but may complete other assessments for experience.

Two pre requisite splits must be completed;
 Pre requisite option 1

FLAT SPLITS ON LAND Compulsory Pass	Right
Split 1 Swimmer may have 2 attempts but there must be no coach intervention between attempts	
i) Right leg in front of body	
ii) Legs flat on floor	
iii) Arch in lower back (hands position optional)	
iv) Shoulders and hips “square” Minimal twist of the body	
v) Knees and ankles demonstrating extension	
vi) Front leg rolled so heel points towards the floor	
vii) Back leg rolled so the heel aims to point towards the ‘ceiling’	
Pass or Fail	
Assessor	

Pre requisite option 2

2. FLAT SPLITS ON LAND Compulsory Pass	Left
Split 2 Swimmer may have 2 attempts but there must be no coach intervention between attempts	
i) Left leg in front of body	
ii) Legs flat on floor	
iii) Arch in lower back (hands position optional)	
iv) Shoulders and hips “square” Minimal twist of the body	
v) Knees and ankles demonstrating extension	
vi) Front leg rolled so heel points towards the floor	
vii) Back leg rolled so the heel aims to point towards the ‘ceiling’	
Pass or Fail	
Assessor	

Pre requisite option 3

3. FLAT BOX SPLITS ON LAND Compulsory Pass	
Split 2	
Swimmer may have 2 attempts but there must be no coach intervention between attempts	
i) Both legs in same plane as the body	
ii) Legs flat on floor	
iii) Body upright (hands position optional)	
iv) Shoulders above the hips	
v) Knees and ankles demonstrating extension	
vi) Right leg rolled so heel points towards the floor	
vii) Left leg rolled so the heel points towards the floor	
Pass or Fail	
Assessor	

1, Ballet leg single - As per figure description 101	
i) In layout body horizontal with hips, thighs and feet at the surface	
ii) Shoulders pulled down and back with upper chest high throughout the figure	
iii) Back of neck extended, face parallel to the surface	
iv) Toe drawn along the inside of the horizontal leg until thigh is vertical	
v) Water level at mid thigh	
vi) Knee 'stationary' as leg is extended to ballet leg	
vii) Both legs extended with knees straight muscle tightness obvious.	
viii) Foot of non-ballet leg at the surface.	
ix) In Ballet Leg Water level mid thigh on the thigh	
x) Knee remains 'stationary' on decent to the bent knee position.	
Pass or Fail	
Assessor	

2. Barracuda - As per figure description 301	
i) From Back Layout the body pikes, back straight throughout	
ii) Angle of 45 degrees or less in pike position. Legs vertical and muscle tightness obvious	
iii) Hips descend vertically, toes just under the surface of the water.	
iv) Legs vertical and tight	
v) Strong upwards thrust movement	
iv) During thrust legs no more than 30 degrees over the face	
vii) Unrolling action demonstrated. Body unrolls under legs	
viii) Body vertical with water level at top of thigh. Obvious muscle tension demonstrated.	
ix) Fast vertical descent maintaining tension until feet are submerged	
x) "Vertical" body alignment maintained during decent	
Pass or Fail	
Assessor	

3. Oceanita - As per figure description 439	
i) Body horizontal with hips, thighs and feet at the surface	
ii) Head first travel into Dolphin arch	
iii) Legs and ankles fully extended and squeezed towards each other.	
iv) Hips continue to travel head first along the surface	
v) Toe is drawn along the inner leg as the knee is bent to a surface arch bent knee.	
vi) Arch in the lower spine must show angle of no more than 110 degrees	
vii) Water level at top of knee on the bent knee.	
vii) Bent knee is extended as the straight leg is lifted to a vertical position.	
viii) Vertical position with head, hips and legs in vertical alignment	
ix) Water level bottom of knee caps in the vertical	
x) 'Vertical' body alignment maintained during decent	
xi) Legs and ankles fully extended and squeezed towards each other.	
Pass or Fail	
Assessor	

4. Surface prawn - As per figure description 362	
i) Body at surface with face in, back of neck extended, buttocks and heels at the surface	
ii) Reverse scoop sculling action must be shown	
iii) Flat back throughout	
iv) Hips 'replace' head in pike position	
v) 90 degree angle shown in pike	
vi) Over head sculling action maintained until pike position achieved.	
vii) 1 leg moves around the surface in a 180 degree arch to a split position	
viii) Even split with angle of at least 150 degrees	
ix) Shoulders and hips 'square'	
x) Knees and ankles demonstrating extension	
xi) Feet drawn evenly along the surface until they reach a vertical position at ankle height	
xii) 'Vertical' body alignment maintained during descent	
xiii) During vertical descent Legs and ankles fully extended and squeezed towards each other.	
xiv) 'Vertical' alignment maintained until feet are submerged	
Pass or Fail	
Assessor	

5. Kip - As per figure description 311	
i) Body horizontal with hips, thighs and feet at the surface	
ii) Shins drawn along the surface until the knees are close to the chin. Head remains in the original position	
iii) Without pause, the body rotates backwards and becomes more compact with chin tucked in	
iv) In inverted tuck position support scull shown	
v) Legs and feet squeezed together and feet fully extended	
vi) Heels close to the buttocks and shins vertical	
vii) The trunk unrolls as the legs are straightened to assume a vertical position	
viii) Hips move forward to bring the body to an imaginary mid line between shins and hips	
ix) The trunk unrolls as the legs are straightened to assume a vertical position	
x) Thighs, shins, ankles and feet squeezed together	
xi) Knees and feet fully extended. Muscle tightness obvious.	
xii) Water level bottom of knee caps	
xiii) Vertical held stationary for 3 sculls	
xiv) 'Vertical' alignment maintained throughout vertical decent	
Pass or Fail	
Assessor	

6. Walkover front - As per figure description 360	
i) Body at surface with face in, back of neck extended, buttocks and heels at the surface	
ii) Reverse scoop sculling action must be shown	
iii) Flat back throughout	
iv) Hips 'replace' head in pike position	
v) 90 degree angle shown in pike position	
vi) Water level at ¼ point in fishtail	
vii) Even split with angle of at least 150 degree	
viii) Shoulders and hips 'square', body vertical under hips	
ix) Knees and ankles demonstrating extension	
x) Water level at ¼ point as leg passes through the Knight position	
xi) Hips knees close to the surface as the feet reach surface arch position	
xii) Split scull demonstrated from Knight position to Surface Arch position	
xiii) Knees extended in Surface Arch position	
xiv) From surface Arch to Back Layout, hips move along surface so head replaces hips	
xv) Back Layout with head, hips and feet at the surface	
Pass or Fail	
Assessor	

7. Tower - As per figure description 349	
i) Body at surface with face in, back of neck extended, buttocks and heels at the surface.	
ii) Reverse scoop sculling action must be shown	
iii) Flat back throughout	
iv) Hips 'replace' head in Pike position	
v) 90 degree angle shown in Pike Position	
vi) Over head sculling action maintained until pike position achieved.	
vii) During lift to Fishtail angle at the trunk no more than 10 degrees over piked	
viii) Water level mid-thigh.	
ix) foot of 'horizontal leg at the surface	
x) Vertical leg remains 'vertical' as 'horizontal' leg lifts to vertical position	
xi) Thighs, shins, ankles and feet squeezed together	
xii) Knees and feet fully extended. Muscle tightness obvious	
xiii) Water level bottom of knee cap in vertical position.	
xiv) Vertical held stationary for 3 skulls	
xiv) 'Vertical' position maintained throughout vertical decent	
Pass or Fail	
Assessor	

8. Swordfish Straight leg - As per figure description 406	
i) Body at surface with face in, back of neck extended, buttocks and heels at the surface. Face in or out of the water.	
ii) Body arches as the leg is lifted	
iii) Water line mid knee throughout the lift.	
iv) Minimal backwards travel during lift (no more than 1 metre).	
v) Even split with angle of at least 150 degrees	
vi) Shoulders and hips 'square', body vertical under hips.	
vii) Knees and ankles demonstrating extension	
viii) Water level at $\frac{1}{4}$ point as leg passes through the knight position.	
ix) Knees close to the surface as the feet reach surface arch position.	
x) full extension of knees in surface arch	
xi) From surface Arch to Back Layout, hips move along surface so had replaces hips	
xii) Back Layout with head, hips and feet at the surface.	
Pass or Fail	
Examiner	

9. Travelling eggbeater 5 metres in one direction, 2 metres double arm	
At least 2 metres must be double arm location of the 2 metres optional.	
i) Body erect with shoulders pulled down and back and level. Back of neck fully extended	
ii) Knee of leading leg wide of body	
iii) Trailing leg to side of body and angled to allow propulsion.	
iv) Head central	
v) Clavicles dry	
vi) Double arms - arms extended and arm pit of vertical arm dry. Hand position optional	
vii) Smooth continuous action demonstrating constant travel and constant height with minimal disturbance of the water	
viii) Distance travelled 5 metres. 2 metres double arm	
Pass or Fail	
Assessor	

10. Dive followed surfacing with a head first boost	
i) Upright stance at edge of pool. Arms extended above the head.	
ii) Feet together, stomach pulled in and tightness and extension demonstrated.	
iii) During take-off from the side, the hips must push up and the legs extend.	
iv) Angle at entry at least 45 degree to water surface.	
v) Full extension from the fingers through to the toes shown on entry.	
vi) Fully extended body shape maintained until fully submerged.	
vii) Breaststroke to bring body to tucked set up	
viii) 'Tucked' set up close to the surface (head and shoulders may be out of the water) with knees wide, pulled up towards the shoulders	
ix) Strong downwards kick and press the arms to ensure maximum height	
x) At maximum height hip bones dry	
xi) At full height, body vertical, extended, shoulders pulled down and back and neck extended. Arms by the side of the body.	
xii) Skill completed with a vertical decent until the head is fully submerged. Body extended.	
Pass or Fail	
Assessor	

11. VERTICAL POSITION (Compulsory pass)	
i) Body vertical.	
ii) Back of neck stretched so head is in line with body and trunk tight so it is in line with hips and shoulders.	
iii) Thighs shins, ankles and feet squeezed towards each other.	
iv) Knees and feet fully extended. Muscle tightness obvious.	
v) Support scull maintained throughout.	
vi) Water level at <u>mid knee cap</u> or higher.	
vii) Stationary position at constant height held for 3 sculls.	
Pass or Fail	
Assessor	

