



GRADE LEVELS

1-2-3-4-5

Updated August 30, 2018

**Thank you
U.S. Synchronized Swimming Foundation
for the support provided to the
USA Synchro education programs.**



Our Mission

The United States Synchronized Swimming Foundation exists to support grassroots development; educational opportunities for coaches, athletes and officials; and the development of synchronized swimming in the United States.

The Education Department functions by grant funding from the United States Synchronized Swimming Foundation. These education programs exist because of the generosity of the Foundation.

<http://www.synchrofoundation.com>

Follow us on



United States Synchronized Foundation

TABLE OF CONTENTS

Competition Organization	Pages 4 – 6
Grade Level 1	Pages 8 – 20
Grade Level 2	Pages 21 – 35
Grade Level 3	Pages 36 – 53
Grade Level 4	Pages 54 – 70
Grade Level 5	Pages 71 – 89
FINA Rules Swimming Strokes	Pages 90 – 91
Sample Competition Announcement	Pages 92 – 97
LTAD Scoring Guidelines	Pages 98 – 99

ACKNOWLEDGEMENTS

Special thanks to John Ortiz, Krista Bessinger-Karwosky, Sara Lowe, Megan Azebu, Sue Nesbitt, Tammy McGregor, Chris Leahy, Sara Lowe, Leah Pinette, Audrey McMahon, Jeanne Struck, Peter McGeoch, Sue Johnson, Teagan Betancourt, Jen Muzyk, Michele Kraus, Tracy Wright, Eric Darst, ANA Synchro, New Canaan YMCA Aquianas, Walnut Creek Aquanuts and Santa Clara Aquamaids for all of their hard work and contributions to the Grade Manual and LTAD Program.

COMPETITION ORGANIZATION FOR GRADES TESTING



Equipment Needed

- Gymnastics Mat
- 25 yard swimming pool (minimum 6 feet deep), for figures and routine
- Classroom or area for land testing
- Block or Mat – 12 inches high
- Chair or Bench – between 18 inches and 24 inches
- Stick or pole
- Minimum of 3 stop watches
- Minimum of 3 figure markers (more if running figures and routines at the same time)
- Metronome
- Tape measure or yardstick
- Painters tape to put on ground or mats
- Sound equipment with underwater speaker
- Minimum of 3 chairs for figures (for judges)
- Video camera to video the tests (number dependent upon number of station), have back-ups available.
- iPad, Tablet or iPhone with iPinpoint software to measure straddle split angle (or a similar app)
May also use a large protractor for marking wall.
- Computer and printer for scoring (it is not mandatory for scoring to be completed on-site).
- Patch awards – ordered through USA Synchro \$4/patch (includes shipping) for Levels 1-3. Order online at www.usasynchro.org under Merchandise in Events Registration.

Assessor Information

Affiliated Coaches who become Assessors must be a Level 2F Judge AND Level 2 Certified Coach, current in First Aid/CPR & SafeSport. Other Assessors who are affiliated judges must be a Level 2F Judge and be current in First Aid/CPR and SafeSport. Unaffiliated Assessors must be a level 2F Judge or higher & current in SafeSport.

- 3 Assessors minimum are required for each competition
- 1 or more Assessor must be from a different club or unaffiliated.
- If there are trained Assessors from only one team in your Association, you may apply for a waiver to be able to assess the athletes in that area. Please send your petition to shari@usasynchro.org
- All Assessors must be fully certified (attended training and passed test).
- A list of certified Assessors is posted on the website, in Members Only, under Grades.
- Timers may be other individuals besides Assessors – one timer per athlete being tested.
- Any Assessor may assess at any Grade Competition throughout the country.
- Potential assessors are required to take an open book online test. Passing grade is 90%. You will be notified within 5 days of the results.
- If an individual does not pass a test, they will be required to complete another training & retake the test.
- Assessors will wear black shorts/pants and a white shirt (no team logo).

Competition Information

- These rules and recommendations apply to the 2018-2019 season and may be revised every year.
- Grade Manual includes:
 - Detailed presentation of Levels 1, 2, 3, 4 & 5
 - Grade competition information
- The Grade Manual can be found in the Members Only section of the USA Synchro website.
- All Grade Competitions are USA Synchro sanctioned non-championship events costing \$30.00.
- The Grade Competition fee is \$15/Level 1, \$20/Level 2, \$25/Level 3, 4 & 5, payable to USA Synchro (registration on the USA Synchro website).
- Hosts may choose to add a sponsor fee to support the organization of the cost of the competition.
- Registration for each level will close a minimum of 4 days before the event. Any registrations after the close date will result in a late fee of \$5/athlete.

Athlete Participation in Competition

- Athletes must have a USA Synchro Competitive Athlete membership to participate in a grade competition.
- Athletes must wear a one-piece black suit and black athletic shorts for land skills and one-piece black suit and white cap for water skills.
- Hair needs to be out of face. Long hair should be worn up in a ponytail or braid.
- Goggles may be worn for figures, but not for the routine.
- An athlete may participate in several levels at a Competition, but must pass the level before moving on to the next one. (i.e. must pass Level 1 before Level 2, etc.)
- If an athlete does not pass a skill, or a level, the athlete may not retake the skill, or that level at the same competition.
- An athlete may retake a level as many times as they want.
- Level certifications do not expire.
- The athlete 120 day transfer rules do not apply.
- If an athlete is within 3 points of passing a level, the video of all of the athlete's skills may be reviewed. Please send a request, scoresheet and videos to shari@usasynchro.org.

Competition

- 1 Assessor will be used to assess the flexibility, conditioning, acrobatic, and swimming skills. This allows for multiple stations to be run simultaneously.
- 2 Assessors may be used to assess select tests in Levels 4 & 5.
- 3 Assessors must be used for the figure and routine testing.
- All skills must be videotaped and are subject to being reviewed. Videos do not need to be sent in unless requested, but must be kept on file for one year.
- A scoring person will be used to compile all of the scores. The 3 Assessor scores on figures and routine will be averaged (no high/low marked off).
- Each skill station will have a scoresheet for the assessors to record scores.
- All scores will be compiled and entered on a specified skill scoring sheet. As each sheet is entered the numbers will automatically feed into the overall scoring sheet.
- All overall scoring sheets will be sent to the Education Director at shari@usasynchro.org, compiled and kept on file within USA Synchro's database.
- The amount of time needed for Grades Testing will depend upon number of athletes and Assessors. Organization of the competition is key.

Competition Testing

- The side (right/left) for the following skills will be drawn the day of the competition: Balance with Bent Knee, Balance with Straight Leg, Forward Split on Floor, Balance “Y”. Drawn leg is the one that is lifted, or the front leg (in the split position).
- The leg (right/left) for the following skills will be drawn the day of the competition: Standing Split (Needle) with Hands on the Ground and Standing Split with Hands on a Table (Needle). Drawn leg is lifted to vertical position.
- If an Athlete does the incorrect leg it is a failed skill and no points are given except for the start position, if it was performed correctly. Routines are handled differently, please see the notes in the scoring section of each skill.
- Once an athlete is in position, the assessor will give 2 commands: when the test starts and when the test ends. If it is a timed skill, they will also say when time starts. The individual keeping track of the time will state when the time ends. For example: “Test starts - time starts - time stops - test ends”.
- For the Speed Swimming assessments, the Assessor will say “Take Your Mark, Go” – time will begin with “Go.”
- Guidelines for Movement and Time Held are clarified with each applicable skill.
- Deductions for a position held for less than the specified time are explained in the scoring criteria for each skill.
- In Levels 1 & 2 turns in the Speed Swimming Assessment are not assessed, in **Levels 3, 4 & 5** the turns are assessed.
- Assessors need to judge the entire skill from beginning to end. For some skills they will need to walk around and view different sides.
- Except for the Bridge with Straight Arms and Legs, Assessors may not coach the athlete into the position and do not talk to the athlete during the skill testing (except for start and stop commands).
- Neither coaches nor athletes may coach competitors during the skills competition unless otherwise specified in the Grade Manual.
- Athletes may only attempt each skill once.
- An Athlete must receive an 80% of the total score to pass a Level.
- If total scores are within 3 points of the required score to pass, a review of videos may be requested. All videos and scoresheets for the athlete must be forwarded to shari@usasynchro.org for review.

Requirements for 2018 - 2019

- All Athletes must pass Levels 1, 2, 3, 4 & 5 to compete at U.S. National Championships (Junior & Senior)
- All Athletes must pass Levels 1, 2, 3 & 4 to compete at U.S. National Championships (13-15)
- All Athletes must pass Levels 1 & 2 to participate at National Junior Olympic Championships.

NOTE: INSTRUCTIONS FOR SCORING ARE INCLUDED WITH THE SCORESHEETS.

**Please note that all pictures in the Manual are not perfect, please go by the written word.

Questions?

Any Questions concerning Grades - Contact the Education Director at shari@usasynchro.org

DESCRIPTION OF GRADES LEVELS 1 TO 5

GRADE LEVEL 1

PART 1 - FLEXIBILITY

TEST 1: LEG FLEXIBILITY

Starting Position: Seated pike position with body at 90 degree angle, legs together and extended, and feet flexed against the wall.

Test Instructions: Lean forward with a **flat back** (back may be slightly arched) to place the fingertips, palms down, against the wall.

Hold for 10 seconds. Test is worth 10 points.



Photo 1 – Legs extended and together.

Photo 2 – Ankles together, feet flexed and heels against the wall (heels may be off the ground). Flat lower back, shoulders down.

Photo 3 – Fingers together, palms down.

0 1	Starting Position: seated pike position with body at 90 degree angle, legs together and extended, and feet flexed against the wall. (1 pt- correct, 0 pts- not correct)
0 1 2 3	Leg Extension: determined by knee extension and quadriceps engagement (3 pts- fully extended, 2 pts- slight or inconsistent, 1 pt- minor soft knees or soft quadriceps, 0 pts- major bend or quadriceps not engaged)
0 1 2 3	Arm Placement: determined by upper back, shoulders, elbows, and fingers; arms parallel to the ground (3 pts- shoulders in neutral position, arms fully extended and parallel to the ground, 2 pts- shoulders protracted or arms not parallel to the ground, 1 pt- elbows bent, 0 pts- not able to be in correct position)
0 1	Head and Torso Alignment (1 pt- head aligned and torso straight (slight arch allowed), 0 pts- no part aligned)
0 1	Able to Touch the Wall (1 pt– touched the wall for 10 seconds, 0 pts– did not touch the wall for 10 seconds)
0 1	Time Held (1 pt- 10 seconds, 0 pts- 9.99 – 5.0 seconds)

****NOTE: Held for 4.99 seconds or less - points may be awarded only for starting position if appropriate, otherwise Automatic Failed Skill (0 points).**

TEST 2: BRIDGE WITH STRAIGHT ARMS

Starting Position: Lying on the floor with knees bent, feet flat on the floor shoulder-width apart and parallel to each other. Hands palm down on the mat with fingertips under the shoulders pointing towards the feet.

Test Instructions: Push against the ground while extending arms and legs and arching the back to assume a **Bridge** position with the arms fully extended. **Hold for 10 seconds**. Test is worth 11 points.

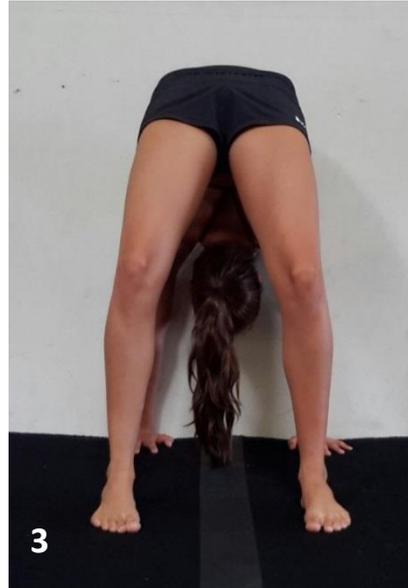


Photo 1 – Arms fully extended and on the vertical line, determined by the upper arm. (Note: Arm position shown is at 1:00, feet are not parallel)

Photo 2 – Palms are shoulder-width apart.

Photo 3 – Hands and feet in line. Feet remain flat on the ground. Legs and feet are parallel.

0 1	Starting Position: lying on the floor with knees bent, feet flat on the floor shoulder-width apart and parallel to each other. Hands palm down on the mat with fingertips under the shoulders pointing towards the feet (1 pt- correct, 0 pts- not correct)
0 1 2 3	Arm Alignment: determined by upper arm (shoulder through elbow), forearm and wrist, arms fully extended (3 pts- 12 o'clock, 2 pts- between 12 and 1 o'clock, 1 pt- between 1 and 2 o'clock, 0 pts- 2 o'clock and greater)
0 1 2 3	Leg Alignment: determined by alignment of arms with the thighs, knees, shins, and feet (3 pts- all parts aligned, 2 pts- 1-2 parts not aligned, 1 pt- 3-4 parts not aligned, 0 pts- not able to be in the correct position)
0 1	Head Alignment: in neutral position (1 pt- head aligned/neutral, 0 pts- not aligned or not neutral)
0 1 2	Movement (2 pts- hands/feet in one spot, 1 pt- hands or feet adjusted, 0 pts- both hands and feet adjusted)
0 1	Time Held (1 pt- 10 seconds, 0 pts- 9.99 – 5.0 seconds)

****NOTE:** If the athlete only moves the hands or feet, that will be assessed under “Movement”. Completely breaking the position will be assessed under “Time Held”. If held for 4.99 seconds or less - points may be awarded only for starting position if appropriate, otherwise Automatic Failed Skill (0 points).

PART 2 - CONDITIONING

TEST 3: PLANK HOLD ON THE HANDS

Starting Position: Straight body prone position supported by hands palm down on the mat, fingertips pointing forward, shoulder-width apart, arms fully extended and on vertical line. Body is fully extended, head (ears specifically), and hips and feet are in line and feet are pointed.

Test Instructions: **Hold the Position for 30 seconds.** Test is worth 10 points.



Photo 1 - Body fully extended with buttocks squeezed, abdominals engaged (belly button towards spine), and quadriceps engaged (knees fully extend).

Photo 2 – Scapulae in neutral position (flat across the back).

Photo 3 - Feet pointed, squeezed together with insteps touching.

0 1	Starting Position: straight body prone position supported with hands palm down on the mat, fingertips pointing forward, shoulder-width apart, arms fully extended and on vertical line. Body is fully extended, head (ears specifically), and hips and feet are in line and feet are pointed (1 pt- correct, 0 pts- not correct)
0 1 2 3	Body Alignment/Extension: determined by the back, abdominals, hips, legs and feet (3 pts- all parts aligned/extended, 2 pts- 1-2 parts not aligned or not extended, 1 pt- 3-4 parts not aligned or not extended, 0 pts- no parts aligned or not extended)
0 1	Arm Alignment: determined by the arms and shoulders (1 pt- arms & shoulders aligned, 0 pts- arms & shoulders not aligned)
0 1	Head Alignment: in neutral position (1 pt- head aligned/neutral, 0 pts- not aligned or not neutral)
0 1 2 3	Movement (3 pts- still the entire time, 2 pts- minor movement or adjustment at any time, 1 pt- major movement or adjustment at any time, 0 pts- places any body part on the ground before time ends)
0 1	Time Held (1 pt- 30 seconds, 0 pts- 29.99 – 15.0 seconds)

****NOTE: If the athlete only moves the hands or feet, that will be assessed under “Movement”. Completely breaking the position will be assessed under “Time Held”. If held for 14.99 seconds or less - points may be awarded only for starting position if appropriate, otherwise Automatic Failed Skill (0 points).**

TEST 4: MODIFIED HOLLOW BODY WITH BENT LEGS

Starting Position: Supine position on the back, body (head through toes) and arms fully extended. Stick held with palms down over the upper thighs.

Test Instructions: Contract the body by reaching forward toward the knees to achieve a modified hollow body position. Lift the shoulders off the ground to a rounded back position. Simultaneously lift the feet off the ground with the legs slightly bent. The back and shoulders should be off the ground. Balance on the buttocks. The stick is held in front of the kneecaps, not touching the legs. **Hold for 30 seconds.** Test is worth 10 points.



Photo 1 - Feet and top of shins in line with hands, arms and shoulders.

Photo 2 - Legs together. Stick held in front of the kneecaps. Stick should not touch the body

Photo 3 - Insteps and ankles squeezed together, ankles extended, feet pointed.



0 1	Starting Position: supine position on the back, body (head through toes) and arms fully extended. Stick held with palms down over the upper thighs (1 pt- correct, 0 pts- not correct)
0 1 2	Modified Hollow Body Position: determined by the head (ears specifically), shoulders, back & hips (2 pts- shoulders off the ground in a rounded back position, head aligned, 1 pt- shoulders off the ground, body not rounded or head not aligned, 0 pts- shoulders on the ground.
0 1 2	Horizontal Alignment/Extension: determined by the shoulders, arms and feet (2 pts- all parts aligned/extended, 1 pt- 1 part not aligned or not extended, 0 pts- 2 or more parts not aligned or not extended)
0 1	Stick Placement (1 pt- held in front of kneecaps and not touching legs the entire time, 0 pts- moved or dropped from in front of kneecaps or touched legs)
0 1 2 3	Movement (3 pts- still the entire time, 2 pts- minor movement or adjustment at any time, 1 pt- major movement or adjustment at any time, 0 pts- hands, shoulders or feet on the ground before time is up)
0 1	Time Held (1 pt- 30 seconds, 0 pts- 29.99 – 15.0 seconds)

****NOTE: If the athlete only moves the arms or legs, it will be assessed under “Movement”. Completely breaking the position will be assessed under “Time Held”. If held for 14.99 seconds or less - points may be awarded only for starting position if appropriate, otherwise Automatic Failed Skill (0 points).**

PART 3 - ACROBATICS

TEST 5: FRONT ROLL

Starting Position: Standing position with legs together and extended and arms extended overhead, shoulder-width apart, palms facing in.

Test Instructions: Slowly bend down and reach the hands forward and place hands on the ground. Push off the ground with the feet while tucking the chin to the chest. The back of the shoulders reach the floor as the body rolls forward while holding the knees with the hands. The feet press into the ground at the end of the rotation to stand up. Complete by extending arms overhead as in the starting position. Test is worth 9 points.



Show fully extended standing position with arms up as starting position. While rolling forward hold knees, keep legs together and feet pointed. Finish in fully extended standing position.

0 1	Starting Position: standing position with legs together and extended and arms extended overhead, shoulder-width apart, palms facing in (1 pt- correct, 0 pts- not correct)
0 1 2 3	Roll (3 pts- rotation tempo consistent throughout, 2 pts- rotation tempo inconsistent at any time or tipped to either side, 1 pt- pushed off with the hands, 0 pts- did not complete the full rotation)
0 1 2 3	Tuck Position: determined by head, chin, hands, knees and feet (3 pts- fully compacted, 2 pts- 1-2 parts not compacted, 1 pt- 3-4 parts not compacted, 0 pts- no parts compacted).
0 1	Feet (1 pt- pointed during the roll, 0 pts- feet not pointed during the roll)
0 1	Finish (1 pt- roll completed, stood correctly & stable, 0 pts- roll not completed, not stable or not correct).

TEST 6: BACK ROLL

Starting Position: Standing position with legs together and extended and arms extended overhead, shoulder-width apart, palms facing in.

Test Instructions: Slowly bend down into a tuck position. Arms reach forward with hands facing the floor. Lean back until the buttocks reach the floor and continue the momentum to roll over the back and shoulders. Place the hands next to the shoulders and tuck the head into the chin, push off the floor with the hands to finish the roll. Place feet on the floor and complete by extending arms overhead as in the starting position. Note: Legs may straighten before touching the ground as in the picture. Test is worth 9 points.



Show fully extended standing position with arms up as starting position. While rolling backward hold knees, keep legs together and feet pointed. Finish in fully extended standing position.

Note: Tuck may be held throughout the roll, or may open (as in picture halfway around).

0 1	Starting Position: standing position with legs together and extended and arms extended overhead, shoulder-width apart, palms facing in (1 pt- correct, 0 pts- not correct)
0 1 2 3	Roll (3 pts- rotation tempo consistent throughout, 2 pts- rotation tempo inconsistent at any time or tipped to either side, 1 pt- rolled over one shoulder, 0 pts- did not complete the full rotation)
0 1 2 3	Tuck Position: determined by head, chin, hands, knees and feet (3 pts- fully compacted, 2 pts- 1-2 parts not compacted, 1 pt- 3-4 parts not compacted, 0 pts- no parts compacted)
0 1	Feet (1 pt- pointed during the roll, 0 pts- not pointed during the roll)
0 1	Finish (1 pt- roll completed, stood correctly & stable, 0 pts- roll not completed, not stable or not correct)

TEST 7: BALANCE WITH BENT LEG (Draw)

Starting Position: Standing position with both feet on the ground, arms extended to the side, parallel to the ground and in line with shoulders, palms down.

Test Instructions: Hips remain square as the drawn leg is bent to a 90 degree angle, foot and ankle extended, toes pointed. The vertical leg remains extended and the body in line. The leg drawn is the leg that is bent. The body remains still. **Hold for 10 seconds.** Test is worth 8 points.

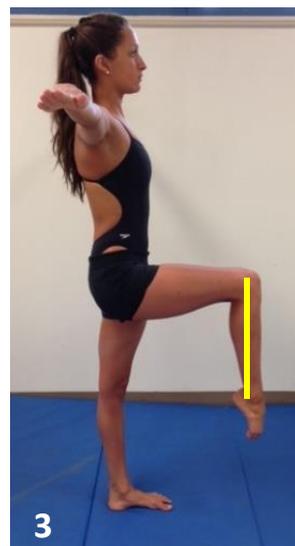


Photo 1 - Arms extended to the sides parallel to the floor. Hips in line with each other (square). Standing leg and foot is facing forward, not turned in or out.

Photos 2 & 3 - Vertical leg extended and body in line with the extended leg. Note: Assessor is looking at the angle of the hip joint.

Note: Assessment of Bent Leg Alignment - Part 1 is looking at the angle of the hip joint through the knee, Part 2 is looking at the alignment from the knee through the foot.

0 1	Starting Position: Standing position with both feet on the ground, arms extended to the side, parallel to the ground and in line with shoulders, palms down. (1 pt- correct, 0 pts- not correct)
0 1	Bent Leg Alignment – Part 1: hip, quadriceps & knee (1 pt- completely aligned & parallel to the ground, 0 pts- not aligned or parallel to the ground)
0 1	Bent Leg Alignment – Part 2: knee, shin & foot (1 pt- completely aligned & vertical, 0 pts- no parts are aligned or vertical)
0 1 2 3	Body Alignment and Extension: determined by the head (ears specifically), torso, hips, vertical leg (3 pts- all parts aligned/extended, 2 pts- 1 part not aligned or not extended, 1 pt- 2 parts not aligned or not extended, 0 pts- 3 or more parts not aligned or not extended)
0 1	Arms Alignment/Stability (1 pt- parallel to the ground & in line with shoulders, palms down & still, 0 pts- not parallel, not in line or moved)
0 1	Time Held (1 pt- 10 seconds, 0 pts- 9.99 – 5.0 seconds)

****NOTE: Held for 4.99 seconds or less - points may be awarded only for starting position if appropriate, otherwise Automatic Failed Skill (0 points). Bending the incorrect leg will result in an Automatic Failed Skill (0 points).**

PART 4 - SPEED SWIMMING

TEST 8: 75 YARD INDIVIDUAL MEDLEY

Starting Position: In water with one hand and both feet on the wall.

Test Instructions: Assessor will say "Take Your Mark, Go" – time will begin with "Go." Perform a timed 75 yard Individual Medley in the following order: 25 yards Backstroke, 25 yards Breaststroke and 25 yards Freestyle. FINA Swimming rules apply to this test. (Refer to FINA rules at the end of this manual)

Turns are not assessed, but it is highly suggested that they are used.

Test is worth 12 points.

Photo 1 - Starting position in the water



0 1	Starting Position: in water with one hand and both feet on the wall (1 pt- correct, 0 pts- not correct)
0 1 2 3	Armstrokes: per FINA description (3 pts- all strokes correct, 2 pts- 1 stroke incorrect, 1 pt- 2 strokes incorrect, 0 pts- all strokes incorrect at some point)
0 1 2 3	Kicks: per FINA description (3 pts- all kicks correct, 2 pts- 1 stroke had improper kick, 1 pt- 2 strokes had improper kicks, 0 pts- all strokes had improper kicks at some point)
0 1	Finished (1 pt- swimmer touched the wall and strokes were in the correct order, 0 pts- swimmer did not touch wall or strokes were not in the correct order)
0 1 2 3 4	Times: (4 pts- equal to/less than 1:40.00, 3 pts- 1:40.01 – 1:50.00, 2 pts- 1:50.01 – 2:00.00, 1 pt- 2:00.01 - 2:10.00, 0 pts-equal to/greater than 2:10.01) Note: time does not stop until the wall is touched)

TEST 9: 25 YARD FREESTYLE (Crawl Stroke)

Starting Position: In water with one hand and both feet on the wall.

Test Instructions: Assessor will say "Take Your Mark, Go" – time will begin with "Go." Perform a timed 25 yard Freestyle (Crawl Stroke).

Test is worth 10 points.



0 1	Starting Position: in water with one hand and both feet on the wall (1 pt- correct, 0 pts- not correct)
0 1 2 3	Stroke: determined by proper swimming, kick and rotation of stroke (3 pts- competitive style, 2 pts- arms crossing the body, 1 pt- head is up, or body is rolling on to the side to breathe, 0 pts- hips snake through water, no rotation)
0 1	Kick (1 pt- kick strong and at the surface, 0 pts- kick weak and/or underwater)
0 1	Finished (1 pt- swimmer touched the wall, 0 pts- swimmer did not touch wall)
0 1 2 3 4	Times (4 pts- equal to/less than 25.00, 3 pts- 25.01 - 30.00, 2 pts- 30.01 - 35.00, 1 pt- 35.01 - 40.00, 0 pts- equal to/greater than 40.01) (Note: time does not stop until the wall is touched)

PART 5 – SYNCHRO ROUTINE

TEST 10: TWO-LAP SYNCHRO ROUTINE

LAP 1

Starting Position: Standing position on deck with both arms up and extended, palms in, fingers together.

Test Instructions: Jump in the water feet first as the arms lower to the thighs. Note: Arms may lower to the side, or to the front.

- 5 yards breaststroke underwater.
- Eggbeater boost, no arms.
- Surface in eggbeater facing forward, followed by a quarter turn to the left (left shoulder moves back).
- Travel in eggbeater to the right until the 12.50 yard mark.
- At the 12.50 yard mark perform a sharp and quick transition to **Right Side Layout Position** with side flutter kick (right side down, left side at the surface), right arm just under the surface, left hand above the thigh, hold 4 counts. Pull right arm down to turn onto the back and achieve a **Back Layout Position**.
- Travel in **Back Layout Position** with Head First Scull to the 25 yard mark.
- At 25 yards, perform a partial Back Tuck Somersault and surface in Eggbeater facing the deep end.
(Note: somersault is performed at medium speed)

Test is worth 10 points.

****4 bonus points total possible for Boost & Eggbeater height.**

Metronome speed 120.

Photo 1 – Eggbeater with no arms



0 1	Starting Position & Entry: standing position on deck with both arms up and extended, palms in, fingers together, jumped in feet first as the arms lowered to the thighs (1 pt- correct, 0 pts- not correct)
0 1 2	Boost Set-up: determined by alignment (2 pts- looking at surface, spine straight and legs tucked up, 1 pt- 1 part not correct, 0 pts- 2 or more parts not correct)
0 1 3	Boost: determined by height (3 pts - crotch or higher, 1 pt- between pelvic bone and waist, 0 pts- above waist) **2 point bonus possible
0 1 2 4	Eggbeater: determined by height (4 pts- at or above bust line, 2 pts- armpits dry, 1 pt- collar bone dry, 0 pts- wash over shoulders) **2 point bonus possible
0 1 2	Side Layout Position: half of the face in the water, arm still over thigh, strong flutter kick on side, performed sharp and quick (2 pts- all parts performed correctly, 1 pt- 1-2 parts not correct, 0 pts- 3 or more parts not correct)
0 1	Back Layout: determined by body alignment, extension & height – face, chest, thighs & feet at the surface (1 pt- all aligned, extended and dry, 0 pts- one or more parts not aligned, not extended or underwater)
0 1	Partial Back Tuck Somersault (1 pt- knees/feet together, compacted during somersault, 0 pts- knees or feet not together, or not compacted during somersault)

PART 5 – SYNCHRO ROUTINE (continued)

TWO LAP SYNCHRO ROUTINE - LAP 2

- Surface and perform 6 Head-Up Breaststrokes.
- Place the face into the water, put arms straight out in front, and stretch out onto the stomach. Roll over onto the back to a **Back Layout Position** while simultaneously pulling both arms down to the side.
- From the **Back Layout Position**, draw the legs to a **Tub Position**, hold for 4 counts. Move the legs to a Pinwheel position.
- Perform a 180 degree Pinwheel turn. Stretch legs back out to a **Back Layout Position**.
- Travel foot first in the Back Layout Position with Foot First Scull for 8 counts.
- Open the arms and legs to a **Star Position**, hold body fully extended for 4 counts.
- With straight arms and legs, close the arms and legs together simultaneously, and perform a modified **Oyster**.
- Surface and finish the lap with Head-Up Breaststrokes.
- At the 25 yard mark, Eggbeater Boost (from the surface), no arms.
- Perform a partial underwater back tuck and extend the legs to reach a **Vertical Position** at the ankles with the back against the wall (or if there is a ledge, off the wall and facing it), arms in Overhead Scull (Totem).
- Hold the **Vertical Position** for 15 counts.

Test is worth 10 points.



Photo 1 – Star Position

Photos 2 – No Arm Boost

****NOTE:** For pools that have a ledge, the athletes are allowed to be off the wall and/or facing it if necessary.

0 1 2	Head-Up Breaststroke (both): determined by shoulders staying above the surface, proper posture and proper breaststroke kick (2 pts- all parts correct, 1 pt- 1 part incorrect, 0 pts- 2 or more parts incorrect)
0 1	Back Layout (both Back Layout Positions): determined by body alignment, extension and height – face, chest, thighs & feet at the surface (1 pt- all aligned, extended and dry, 0 pts- 1 or more parts not aligned, not extended or underwater)
0 1	Foot First Scull (1 pt- can demonstrate proper technique, 0 pts- inconsistent technique)
0 1 2	Star Position: determined by extension and height, at the surface (2 pts- head, chest, thighs & feet at surface & extended, 1 pt- 1 part underwater or not extended, 0 pts- 2 or more parts underwater or not extended)
0 1	Oyster (1 pt- descent with legs on the vertical line, 0 pts- legs are off vertical more than 1 o'clock or 11 o'clock)
0 1	Overhead Scull (1 pt- can demonstrate proper technique, 0 pts- inconsistent technique)
0 1	Vertical Position: determined body alignment and extension – head (ears specifically), hips and ankles (1 pt- all aligned/extended, 0 pts- 1 or more parts not aligned or not extended)
0 1	Vertical Position Held (1 pt- held for 15 counts, 0 pts- 14 counts or less)

PART 6 – FIGURES

TEST 11: RIGHT AND LEFT BACK LAYOUT BENT KNEE

Starting Position: **Back Layout Position**, with right side to the wall.

Test Instructions: The left leg remains at the surface as the right foot is drawn along the inside of the extended leg to assume a **Right Bent Knee Back Layout Position**. Hold **Right Bent Knee Back Layout Position**. The right toe moves along the inside of the extended leg until a **Back Layout Position** is assumed. Repeat with left leg and finish in **Back Layout Position**. Test is worth 8 points. ****4 bonus points possible for height on Right & Left Bent Knee.**

Metronome speed 120.

4 counts - Back Layout Position Hold

8 counts - Back Layout Position to Right Bent Knee Back Layout Position

4 counts - Right Bent Knee Back Layout Position Hold

8 counts - Right Bent Knee Back Layout Position to Back Layout Position

4 counts - Back Layout Position Hold

8 counts - Back Layout Position to Left Bent Knee Back Layout Position

4 counts - Left Bent Knee Back Layout Position Hold

8 counts - Left Bent Knee Back Layout Position to Back Layout Position

4 counts - Back Layout Position Hold



0 1	Back Layout: determined by body alignment, extension & height – face, chest, thighs & feet at the surface (1 pt- all aligned, extended and dry, 0 pts- 1 or more parts not aligned, not extended or underwater) Performing the layout with left side towards the wall will result in 0 points for this position.
0 1	Right Bent Knee Alignment: determined by vertical alignment of thigh (1 pt- correct vertical alignment, 0 pts- thigh did not reach vertical or thigh went past vertical line)
0 2	Right Bent Knee Height (2 pts- top of thigh or higher (bonus), 0 pts- mid-thigh or lower) **2 Bonus points possible
0 1	Left Bent Knee Alignment: determined by vertical alignment of thigh (1 pt- correct vertical alignment, 0 pts- thigh did not reach vertical or thigh went past vertical line)
0 2	Left Bent Knee Height (2 pts- top of thigh or higher (bonus), 0 pts- mid-thigh or lower) **2 Bonus points possible
0 1 2	Horizontal Leg Extension & Foot Placement (2 pts- both feet stayed at surface & legs extended, 1 pt- one foot stayed at the surface & legs extended, 0 pts- both feet went underwater or legs were not extended)
0 1	Head Placement (1 pt- head in line, 0 pts- head is tucked, over-extended or underwater)
0 1 2	Tempo (2 pts- all parts correct, 1 pt- 1-2 parts incorrect, 0 pts 3 or more parts incorrect)

****NOTE: There is no penalty for doing the left leg before the right leg.**

TEST 12: RIGHT SPLIT POSITION IN SUPPORT SCULL

Starting Position: **Right Split Position** with right side to the wall. Legs evenly split forward and back, legs fully extended and parallel to the surface. Lower back arched, with hips, shoulders and head on a vertical line. 180 degree angle between the extended legs (flat split), with the inside of each leg aligned on opposite sides of a horizontal line, regardless of the depth of the hips. Legs are “dry” at the surface. Hip joints on a horizontal line; shoulder joints on a horizontal line, both of these alignments “square” and parallel to each other. The skill is performed in support scull, with no travelling.

Test Instructions: **Hold for 15 counts.** Test is worth 8 points. ***5 bonus points possible for all criteria met & flat split.*

Metronome speed 120.

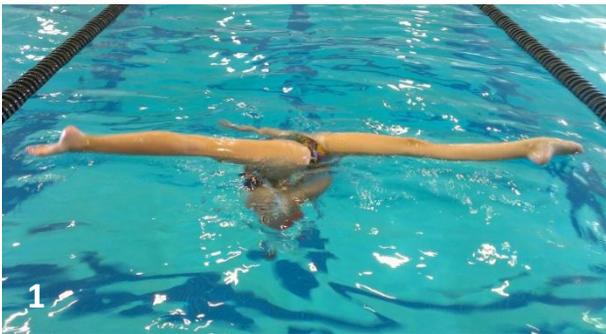
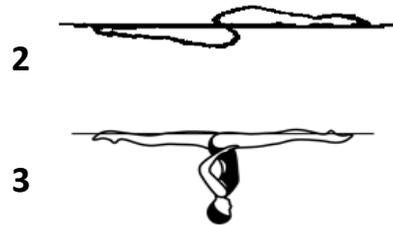


Photo 1 - Split Position, right side to wall in support scull. Hips square. Note: this athlete would receive the 5 bonus points.

Photo 2 - Legs aligned on opposite sides of vertical line.

Photo 3 - Lower back arched, hips, shoulders and head on vertical line.



0 1	Hip and Leg Rotation (1 pt- between square & 1 o'clock rotation, 0 pts- more than 1 o'clock rotation) Performing the layout with left side towards the wall will result in 0 points for this position.
0 1 2	Horizontal Split Alignment: (2 pts- both legs horizontally aligned, 1 pt- one leg out of alignment, 0 pts-major leg misalignment)
0 1 2	Extension: torso, knees & ankles (2 pts- all areas extended, 1 pt- 1 area not extended, 0 pts- 2 or more areas not extended)
0 1	Vertical Alignment: determined by hips, shoulders and head on vertical line (1 pt- all aligned, 0 pts- 1 or more parts not aligned)
0 1	Support Scull (1 pt- can demonstrate proper technique, 0 pts- inconsistent technique)
0 1	Split Hold Time (1 pt- held for 15 counts, 0 pts- 14 - 7 counts)
0 5	<i>**Split Bonus: hip/leg rotation between 12 & 1'clock, legs horizontally aligned. Perfect torso, knee & ankle extension. Vertical alignment of hips, shoulders & head. Completely flat, legs dry and at the surface. Held for 15 counts.</i>

****NOTE: Held for 6 counts or less - Automatic Failed Skill (0 points). Performing the incorrect split will result in an Automatic Failed Skill (0 points).**

GRADE LEVEL 2

PART 1 - FLEXIBILITY

TEST 1: STRADDLE SPLIT POSITION

Starting Position: Lying on the floor on the back with the buttocks against the wall, legs extended vertically and heels on, or close to, the wall. Arms extended on the floor and in line with the shoulders.

Test Instructions: The legs are opened, with continuous motion, until they reach a minimum of 150 degrees of separation. Legs remain extended and on the same plane, heels on or close to the wall, knees and feet facing straight out from the wall. Hands may not be used to pull legs down, legs/feet may not “walk” down the wall. **Hold for 10 seconds.** Test worth 11 pts. ****3 bonus points possible for all criteria met & 180 degree angle performed in straddle position.**

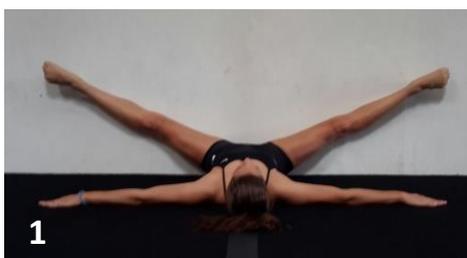


Photo 1 - Legs open at 150 degrees or more. Arms are extended on the floor and in line with shoulders. Feet and knees fully extended and facing directly away from the wall (not rolled out).

0 1	Starting Position: lying on the floor on the back with the buttocks against the wall, legs extended vertically and heels on, or close to, the wall. Arms extended on the floor and in line with the shoulders (1 pt- correct, 0 pts- not correct)
0 1 2 3	Leg Extension: determined by knee extension and quadriceps engaged in straddle position (3 pts- fully extended & firm, 2 pts- soft knees & quadriceps, 1 pt- slight bend in knees or soft quadriceps, 0 pts- major knee bend or quadriceps not engaged)
0 1 2 3 4 7	Straddle Position: determined by the width of the legs (7 pts- 180 degrees, 4 pts- 179-150 degrees, 3 pts- 149-140 degrees, 2 pts- 139-130 degrees, 1 pt- 129-120 degrees, 0 pts- 119 degrees or below) **3 point bonus possible
0 1 2	Feet and Knees: determined by knees and feet fully extended, knees and feet facing directly away from the wall – not rolled out (2 pts- both parts correct, 1 pt- 1 part not correct, 0 pts- 2 parts not correct)
0 1	Time Held (1 pt- 10 seconds, 0 pts- 9.99 – 5.0 seconds)

****NOTE: Held for 4.99 seconds or less - points may be awarded only for starting position if appropriate, otherwise Automatic Failed Skill (0 points)**

TEST 2: RIGHT AND LEFT BALLET LEG

Starting position: Supine on the floor, with the legs extended and together, arms extended to the side of the body.

Test Instructions: Perform a Right Ballet Leg, Single (Figure 101) immediately followed by a Left Ballet Leg, Single (Figure 101) with the following counts at Metronome speed 120. Test is worth 8 points.

Begin with Right Leg.

4 counts – Back Layout Position Hold

8 counts – Back Layout Position to Bent Knee Back Layout Position

4 counts – Bent Knee Back Layout Position Hold

8 counts – Bent Knee Back Layout Position to Right Ballet Leg Position

4 counts – Ballet Leg Position Hold

8 counts – Ballet Leg Position to Right Bent Knee Back Layout Position

4 counts – Bent Knee Back Layout Position Hold

8 counts – Bent Knee Back Layout Position to Back Layout Position

Repeat from the beginning with the same counts for the Left Leg

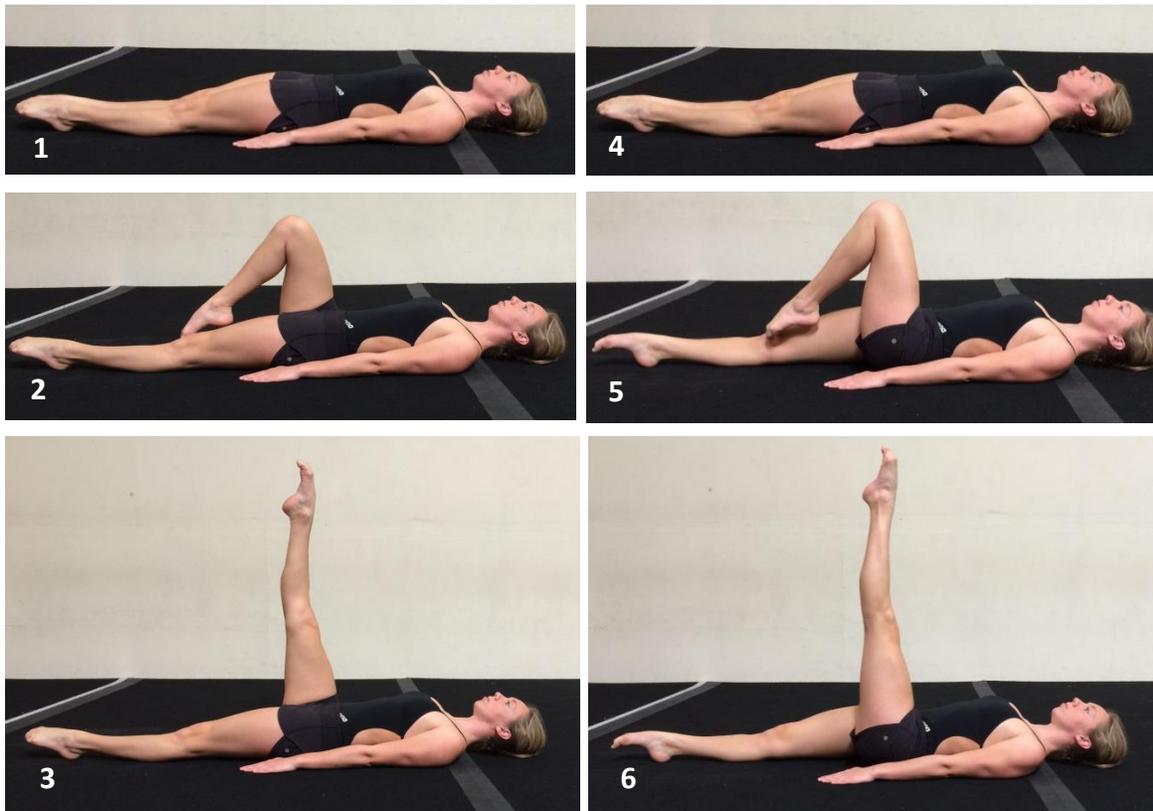


Photos 1 & 2 - View of Bent Knee and Ballet Leg from the end. The leg is vertical. Buttocks remain on the floor.

0 1	Both Back Layout Positions: determined by body alignment & extension - head, arms, torso, thighs, feet (1 pt- all aligned and extended, 0 pts- one or more parts not aligned or not extended)
0 1 2	Right Bent Knee & Ballet Leg Positions: determined by thigh and leg vertical alignment/extension (2 pts- both thighs & leg aligned, extended, and on vertical line, 1 pt- 1 thigh and/or leg is not aligned, not extended or not on vertical line, 0 pts- both thighs and/or leg are not aligned, not extended or not on vertical line)
0 1	Right Ballet Leg Tempo: determined by metronome within each transition (1 pt- all parts correct, 0 pts- 1 or more parts not correct)
0 1 2	Left Bent Knee & Ballet Leg Positions: determined by thigh and leg vertical alignment/extension (2 pts- both thighs & leg aligned, extended, and on vertical line, 1 pt- 1 thigh and/or leg is not aligned, not extended or not on vertical line, 0 pts- both thighs and/or leg are not aligned, not extended or not on vertical line)
0 1	Left Ballet Leg Tempo: determined by metronome within each transition (1 pt- all parts correct, 0 pts- 1 or more parts not correct)
0 1	Hip Placement (1 pt- square and on the ground entire time, 0 pts- turned out and/or off the ground at any time)

****NOTE: There is no penalty for doing the left leg before the right leg.**

TEST 2: RIGHT AND LEFT BALLET LEG (continued)



Photos 1 & 4 - Body fully extended with feet, ankles and legs together. Feet pointed. Palms are down with fingers extended and together. Neck extended and shoulders down. Muscles activated and lengthened to show muscle definition in legs and shoulders through arms.

Photo 2 - Right thigh perpendicular to ground. Right knee is reaching towards the ceiling, toe touching the inside of the leg.

Photo 3 - Right leg perpendicular to ground. Toes are pointed. Legs fully extended and lengthened to show muscle definition.

Photo 5 - Left thigh perpendicular to ground. Left knee is reaching towards the ceiling, toe touching the inside of the leg.

Photo 6 - Left thigh perpendicular to ground. Toes are reaching towards the ceiling. Legs fully extended and lengthened to show muscle definition.

Note: The hips should remain square, engaged and in contact with the ground throughout the entire test.

PART 2 - CONDITIONING

TEST 3: PLANK HOLD - FEET ELEVATED

Starting Position: Straight body prone position, supported by hands palm down on the mat, fingertips pointing forward, shoulder-width apart, arms fully extended and on vertical line. Body is fully extended, head (ears specifically), and hips and feet are in line and feet are pointed. The feet are on a 12-inch block.

Test Instructions: **Hold for 30 seconds**. Test is worth 10 points.

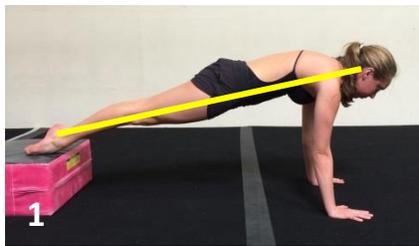


Photo 1 - Body fully extended with buttocks squeezed, abdominals engaged (belly button towards spine), and quads engaged (knees fully extend).

Feet pointed, squeezed together with insteps touching.
(Note: hips not in alignment and back is rounded in this picture)

Photo 2 - Scapulae in neutral position - flat across the back.
(Note: back is rounded in this picture)

Photo 3 - Arms parallel, fully extended & on a vertical line. Palms down and fingers pointing forward.

0 1	Starting Position: straight body prone position, supported by hands palm down on the mat, fingertips pointing forward, shoulder-width apart, arms fully extended and on vertical line. Body is fully extended, head (ears specifically), hips and feet are in line and pointed (1 pt- correct, 0 pts- not correct)
0 1 2 3	Body Alignment/Extension: determined by the back, abdominals, hips, legs and ankles (3 pts- all parts aligned/extended, 2 pts- 1-2 parts not aligned or not extended, 1 pt- 3-4 parts not aligned or not extended, 0 pts- no parts aligned or extended)
0 1	Arm Alignment: determined by the arms and shoulders (1 pt- arms & shoulders aligned, 0 pts- arms & shoulders not aligned)
0 1	Head Alignment: in neutral position (1 pt- head aligned/neutral, 0 pts- not aligned or not neutral)
0 1 2 3	Movement (3 pts- still the entire time, 2 pts- minor movement or adjustment at any time, 1 pt- major movement or adjustment at any time, 0 pts- places any body part on the ground before time ends)
0 1	Time Held (1 pt- 30 seconds, 0 pts- 29.99 – 15.0 seconds)

****NOTE: If the athlete only moves the hands or feet that will be assessed under “Movement”. Completely breaking the position will be assessed under “Time Held”. If held for 14.99 seconds or less - points may be awarded only for starting position if appropriate, otherwise Automatic Failed Skill (0 points).**

TEST 4: MODIFIED HOLLOW BODY WITH BENT LEGS

Starting Position: Supine position on the back, body (head through toes) and arms fully extended. Stick held with palms down over the upper thighs.

Test Instructions: Contract the body by reaching forward toward the knees to achieve a modified hollow body position. Lift the shoulders off the ground to a rounded back position. Simultaneously lift the feet off the ground with the legs slightly bent. The back and shoulders should be off the ground. Balance on the buttocks. The stick is held in front of the kneecaps, not touching the legs. **Hold for 60 seconds.** Test is worth 10 points.

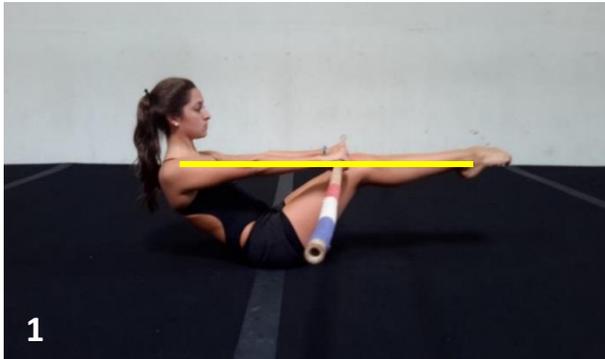


Photo 1 - Feet and top of shins in line with hands, arms and shoulders.

Photo 2 - Legs together. Stick held in front of the knee caps. Stick should not touch the body

Photo 3 - Insteps and ankles squeezed together, ankles extended, feet pointed.



0 1	Starting Position: supine position on the back, body (head through toes) and arms fully extended. Stick held with palms down over the upper thighs (1 pt- correct, 0 pts- not correct)
0 1 2	Modified Hollow Body Position: determined by the head (ear specifically), shoulders, back & hips (2 pts- shoulders off the ground in a rounded back position, head aligned, 1 pt- shoulders off the ground, body not rounded, 0 pts- shoulders on the ground.
0 1 2	Horizontal Alignment/Extension: determined by the shoulders, arms and feet (2 pts- all parts aligned/extended, 1 pt- 1 part not aligned or not extended, 0 pts- 2 or more parts not aligned or not extended)
0 1	Stick Placement (1 pt- held in front of knee caps and not touching legs the entire time, 0 pts- moved, dropped from in front of kneecaps, or touched legs)
0 1 2 3	Movement (3 pts- still the entire time, 2 pts- minor movement or adjustment at any time, 1 pt- major movement or adjustment at any time, 0 pts- hands, shoulders or feet on the ground before time is up) NOTE: slight shaking is acceptable.
0 1	Time Held (1 pt- 60 seconds, 0 pts- 59.99 – 30.0 seconds)

****NOTE: If the athlete only moves the arms or legs, it will be assessed under “Movement”. Completely breaking the position will be assessed under “Time Held”. If held for 29.99 seconds or less - points may be awarded only for starting position if appropriate, otherwise Automatic Failed Skill (0 points).**

PART 3 - ACROBATICS

TEST 5 & 6: RIGHT AND LEFT CARTWHEEL

Starting Position: Standing position with the right/left leg extended forward, arms up and extended, palms facing forward or in. The hips are facing forward.

Test Instructions: Lunge forward on the right/left leg and place the hands in a line on the floor in front of the right/left foot. Hand position is optional. Push off the right/left leg and kick the legs up and over the torso and head as the body becomes inverted. During the rotation the legs stay apart in a large, wide straddle of 90 degrees or more. At the end of the rotation, place the left/right foot on the ground, followed by the right/left foot, landing in a lunge and finishing in the same as the starting position with the body facing the opposite direction and opposite leg forward. Test is worth 9 points each cartwheel.

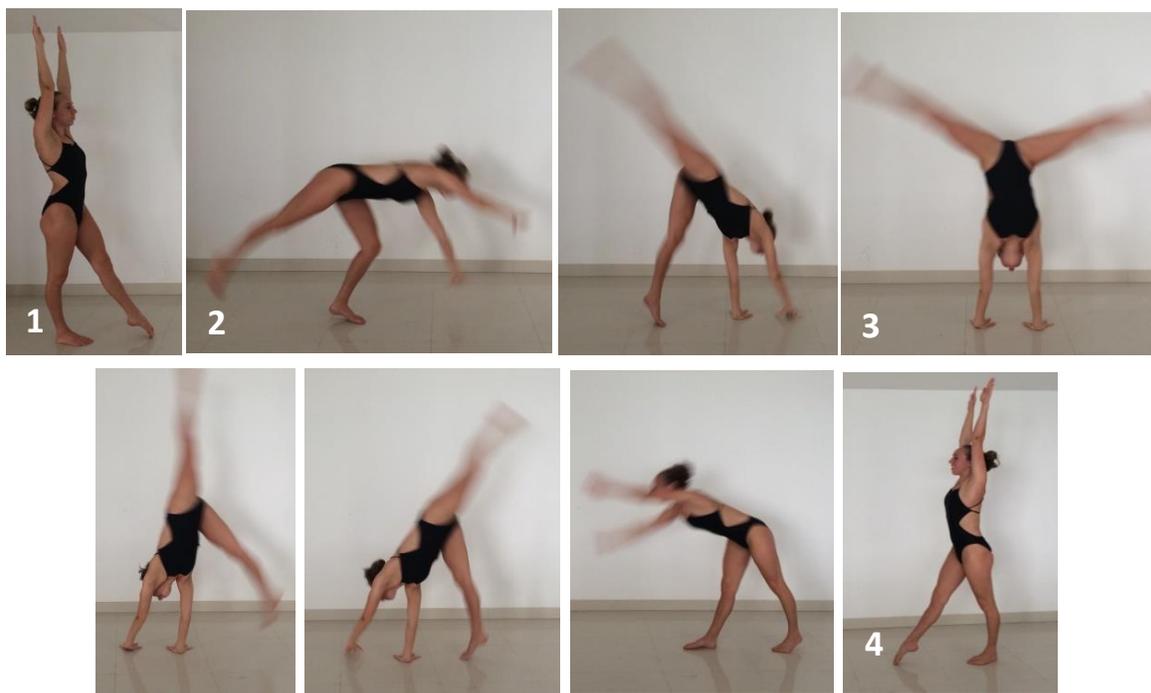


Photo 1 - Arms extended above the head, leg extended in front, hips square.

Photo 2 - When placing the hands on the floor, reach as far in front of the foot as possible.

Photo 3 - The legs are extended and open to a 90 degree angle or more. Feet pointed. The legs rotate vertically above the torso and the arms. The position is fully extended during the rotation, not piked.

Photo 4 - Finish in the same starting position with the body facing the opposite direction & the opposite leg forward.

TEST 5 & 6: RIGHT AND LEFT CARTWHEEL (continued)

Photos 5&6 - The goal is to pass the legs through the vertical line.

Photo 7 – The legs should be no less than 45 degrees from the vertical.



****Note:** The Right and Left Cartwheel are scored separately.

0 1	Starting Position: standing position with the right/left leg extended forward, arms up and extended, palms facing forward or in. The hips are facing forward. (1 pt- correct, 0 pts- not correct)
0 1 2 3	Legs Passing in Cartwheel (3 pts- legs on the vertical line, 2 pts- legs slightly off the vertical line, 1 pt- legs on a 45 degree angle, 0 pts- legs below 45 degrees)
0 1 2 3	Body Alignment/Extension: determined by the arms, shoulders, hips, legs, feet (3 pts- all parts aligned/extended, 2 pts- 1-2 parts not aligned or not extended, 1 pt- 3-4 parts not aligned or not extended, 0 pts- all parts not aligned or not extended)
0 1	Head Alignment (1 pt- neutral position or looking at the ground, 0 pts- not aligned)
0 1	Ending Position: facing the opposite direction with the other leg forward (1 pt- correct, 0 pts- not correct)

Performing the same side Cartwheel twice will result in an Automatic Failed Skill for the side which was not completed (0 points). There is no penalty for doing the left cartwheel before the right cartwheel.

TEST 7: BALANCE STRAIGHT LEG (Draw)

Starting Position: Standing position with both feet on the ground, arms extended to the side, parallel to the ground and in line with shoulders, palms down.

Test Instructions: Hips remain square as one leg is raised to a horizontal position parallel to the ground (leg is extended in a standing 90° position), foot and ankle extended, toes pointed. The horizontal leg is facing up. The vertical leg is fully extended and body in line. The leg drawn is the leg that is lifted. The body remains still. **Hold for 10 seconds.** Test is worth 8 points. ***3 bonus points possible for horizontal leg held at 90 degree angle for 10 seconds.*

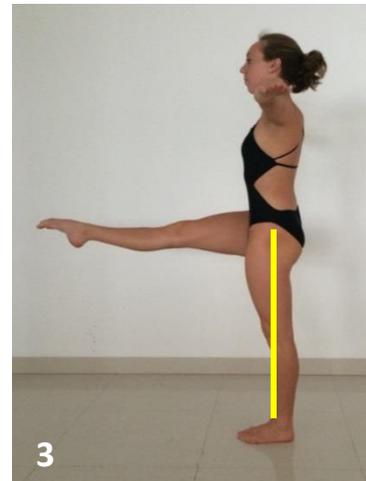


Photo 1 - Arms extended to the sides, in line with shoulders, and parallel to the ground. Hips in alignment.

Photos 2&3 - Vertical leg extended. Horizontal leg is perpendicular to the other leg and parallel to the ground (90 degree angle).

Photo 4 - No leaning, hips are in line (square). Standing leg and foot is facing forward, not turned out or in.

0 1	Starting Position: standing with both feet on the ground, arms extended to the side, parallel to the ground and in line with shoulders, palms down. (1 pt- correct, 0 pts- not correct)
0 1 4	Horizontal Straight Leg Alignment & Extension: hip in line with ankle (4 pts- perfect 90 degree position throughout & extended, 1 pt- between 90 & 45 degrees, or not aligned, or not extended, 0 pts- less than 45 degrees and not aligned or not extended) <i>**3 point bonus possible if criteria is met and held for 10 seconds.</i>
0 1	Horizontal Leg: determined by top of leg facing up (1 pt- leg is not turned out or in, 0 pts- leg is turned in or out)
0 1 2 3	Body Alignment and Extension: determined by the head (ears specifically), torso, hips, vertical leg (3 pts- all parts aligned/extended, 2 pts- 1 part not aligned or not extended, 1 pt- 2 parts not aligned or not extended, 0 pts- 3 or more parts not aligned or not extended)
0 1	Arms Alignment/Stability (1 pt- parallel to the ground & in line with shoulders and still, 0 pts- not parallel or in line or move)
0 1	Time Held (1 pt- 10 seconds, 0 pts- :9.99 – 5.0 seconds)

****NOTE: Held for 4.99 seconds or less - points may be awarded only for starting position if appropriate, otherwise Automatic Failed Skill (0 points). Performing the incorrect leg will result in an Automatic Failed Skill (0 points).**

PART 4 - SPEED SWIMMING

TEST 8: 100 YARD INDIVIDUAL MEDLEY

Starting Position: In water with one hand and both feet on the wall.

Test Instructions: Assessor will say “Take Your Mark, Go” – time will begin with “Go.” Perform a timed 100 yard Individual Medley in the following order - 25 yards Butterfly, 25 yards Backstroke, 25 yards Breaststroke and 25 yards Freestyle. FINA Swimming rules apply to this test. (Refer to FINA rules at the end of this manual). Test is worth 12 points.

Correct turns are not assessed, but it is highly suggested that they are used. (Descriptions of how to do turns is located towards the end of this manual)

Photo 1 - Starting position in the water



0 1	Starting Position: one hand & both feet on the wall (1 pt- correct, 0 pts- not correct)
0 1 2 3	Armstrokes: per FINA description (3 pts- all strokes correct, 2 pts- 1 stroke incorrect, 1 pt- 2 strokes incorrect, 0 pts- 3 or more strokes incorrect at some point)
0 1 2 3	Kicks: per FINA description (3 pts- all kicks correct, 2 pts- 1 stroke had improper kick, 1 pt- 2 strokes had improper kicks, 0 pts- 3 or more strokes had improper kicks at some point)
0 1	Finished (1 pt- swimmer touched the wall and did strokes in the correct order, 0 pts- did not touch wall or did not do strokes in the correct order)
0 1 2 3 4	Times: (4 pts- equal to/less than 2:15.00, 3 pts- 2:15.01 - 2:25.00, 2 pts- 2:25.01 - 2:35.00, 1 pt- 2:35.01 – 2:45.00, 0 pts- equal to/more than 2:45.01) Note: time does not stop until the wall is touched

2TEST 9: 25 YARD SIDE FLUTTER KICK

Starting Position: In water with one hand and both feet on the wall.

Test Instructions: Assessor will say “Take Your Mark, Go” – time will begin with “Go.” Push off the wall without pulling with either arm. Perform a timed 25 yard Right Side Flutter Kick with the right arm extended forward and sculling underwater above the head. The left arm is extended along the body, at the surface and still, no more than the bottom part of the arm may be wet. The left arm should be parallel to the body. Half of the face is in the water, mouth should be out far enough to be able to breath (turning head to breath is not allowed). Test is worth 10 points.



Photo 1 - Left arm is extended and on the surface, fingers together. Neck extended and shoulder down, half of the face in the water. Right arm sculling underwater above the head.

0 1	Starting Position: one hand and both feet on the wall (1 pt- correct, 0 pts-not correct)
0 1 2	Left Arm: determined by placement, extension, stability (2 pts- over the thigh, still, fully extended through fingertips and at the surface, 1 pt- major inconsistencies, 0 pts- arm goes underwater) Completing skill on left side instead of right, will result in 0 points for this position.
0 1	Half of the face in the water (1 pt- correct position, 0 pts- incorrect position)
0 1	Kick (1 pt- kick strong and fast, 0 pts- kick weak and/or slow)
0 1	Finished (1 pt- swimmer touched the wall, 0 pts- did not touch wall)
0 1 2 3 4	Times: (4 pts- equal to/less than 35:00, 3 pts- 35:01 - 40:00, 2 pts- 40:01 – 45:00, 1 pt- 45:01 - 50:00, 0 pts- equal to or more than 50:01) Note: time does not stop until the wall is touched)

PART 5 - SYNCHRO ROUTINE

TEST 10: TWO-LAP SYNCHRO ROUTINE

LAP 1

Starting Position: Standing position on deck with both arms up and extended, palms in, fingers together.

Test Instructions: Jump in the water feet first as the arms lower to the thighs. Note: Arms may lower to the side, or to the front.

- Swim 8 yards Breaststroke underwater.
- Double Arm Boost - 2 arms up and extended, palms facing in.
- Surface in Eggbearer moving forward and do a quarter turn to the left (left shoulder moves back).
- Immediately lift the left arm to vertical, palm in, and travel to the right in Eggbearer to the 12.50 yard mark.
- At the 12.50 yard mark, perform a sharp and quick transition to a **Right Side Layout Position** (right side down, left side at the surface) with the left arm at the surface over the thigh, hold 4 counts. Pull the right arm down to turn onto the back and achieve a **Back Layout Position**.
- Bend the right knee and travel in **Right Bent Knee Back Layout Position** with Head First Scull to the 25 yard mark. (Note: athlete should not be looking at the side/wall during the Right Bent Knee Back Layout)
- At the 25 yard mark, in 1 count perform a **Right Ballet Leg Position**, in 1 count transition to a partial **Back Tuck Position**.

Test is worth 12 points. ***4 bonus points possible for Boost & Eggbearer height.*

Metronome speed 120.

0 1	Starting Position & Entry: standing position on deck with both arms up and extended, palms in, fingers together. Jumped in feet first as the arms lowered to the thighs (1 pt- correct, 0 pts- not correct)
0 1 2	Boost Set-up: determined by alignment (2 pts- looking at surface, spine straight and legs tucked up, 1 pt- 1 part not correct, 0 pts- 2 or more parts not correct)
0 1 3	Boost: determined by height (3 pts- crotch or higher, 1 pt- between pelvic bone and waist, 0 pts- above waist) <i>**2 point bonus possible</i>
0 1 2 4	Eggbearer: determined by height (4 pts- at or above bust line, 2 pts- armpits dry, 1 pt- collar bone dry, 0 pts- wash over shoulders) <i>**2 point bonus possible</i>
0 1 2	Eggbearer Arm: determined by vertical alignment and stability (2 pts- vertical & still throughout, 1 pt- off vertical line or major movement, 0 pts- arm drops)
0 1 2	Side Layout Position: half of the face in the water, arm still over thigh, kick strong, performed sharp & quick, (2 pts- all parts performed correctly, 1 pt- 1-2 parts not correct, 0 pts- 3 or more parts not correct) Completing skill on left side instead of right, will result in 0 points for this position.
0 1	Back Layout: determined by body alignment, extension & height – head (ears specifically), chest, thighs & feet at the surface (1 pt- all aligned, extended and dry, 0 pts- 1 or more parts not aligned, not extended or underwater)
0 1	Right Bent Knee Back Layout (1 pt- thigh vertical and above mid-thigh, 0 pts- thigh is not vertical and/or lower than mid-thigh). Completing skill with Left Leg instead of Right will result in 0 points in this position.

PART 5 – SYNCHRO ROUTINE (continued)

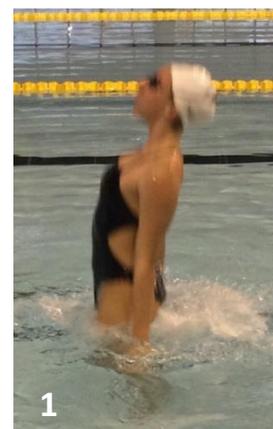
TWO-LAP SYNCHRO ROUTINE - LAP 2

- Push off the wall and execute one Breaststroke underwater, then surface into a **Front Layout Position** with Canoe Scull, head up. Hold position, with no travel, for 8 counts.
- Put the head into the water and travel with Barrel Scull to the 12.50 yard mark (2 breaths allowed). Swimmer should stay in Front Layout Position during the breaths.
- At the 12.50 yard mark, assume a **Surface Front Pike Position**. Execute a rapid Porpoise lift to **Vertical Position** (at maximum height), followed by a **Vertical Descent** and partial Back Tuck Somersault.
- Surface and finish the lap in no arm Eggbeater traveling forward.
- At the 25 yard mark, Eggbeater Boost (from the surface), no arms.
- Perform a partial underwater back tuck and extend the legs to reach a **Vertical Position**, back against the wall (or if there is a ledge, off the wall and facing it), with arms in Support Scull for 15 counts. Maximum height is desired.

Test is worth 10 points. ****2 bonus points possible for Eggbeater height.**

Photos 1 – No Arm Boost

****NOTE:** For pools that have a ledge, the athletes are allowed to be off the wall and facing it (for safety), if necessary.



0 1	Front Layout: determined by body alignment, extension & height – head, upper back, buttocks and heels at the surface (1 pt- all aligned, extended and dry, 0 pts- one or more parts not aligned, not extended or underwater)
0 1	Barrel Scull (1 pt- can demonstrate proper technique and take 2 or fewer breaths, 0 pts- inconsistent technique or took more than 2 breath)
0 1 2	Surface Front Pike Position: determined by 90 degree angle throughout (2 pts- completed a 90 degree angle with heels and back of thighs at the surface and torso aligned, 1 pt- over-piked or under-piked, heels and back of thighs at the surface, 0 pts- does not assume a 90 degree angle or hips go underwater)
0 1	Eggbeater Alignment: determined by head (ears specifically), shoulders, torso, hips (1 pt- all parts aligned, 0 pts- 1 or more parts not aligned)
0 1 2 4	Eggbeater: determined by height (4 pts- at or above bust line, 2 pts- armpits dry, 1 pt- collar bone dry, 0 pts- wash over shoulders) **2 point bonus possible
0 1	Support Scull (1 pt- can demonstrate proper technique, 0 pts- inconsistent technique)
0 1	Vertical Position: determined body alignment & extension – head (ears specifically), hips and ankles (1 pt- all aligned/extended, 0 pts- 1 or more parts not aligned or not extended)
0 1	Vertical Position Held (1 pt- held for 15 counts, 0 pts- 14 counts or less)

PART 6 - FIGURES

TEST 11: RIGHT BALLET LEG SINGLE (Figure 101)

Begin in a **Back Layout Position** with the right side to the wall. The left leg remains at the surface throughout. The right foot is drawn along the inside of the extended leg to assume a **Right Bent Knee Back Layout Position**. The knee is straightened, without movement of the thigh, to assume a **Right Ballet Leg Position**. From the **Right Ballet Leg Position** the Ballet Leg is bent, without movement of the thigh, to a **Right Bent Knee Back Layout Position**. The right toe moves along the inside of the extended leg until a **Back Layout Position** is assumed. Maximum height is desired. Test is worth 10 points. ***3 bonus points possible for Ballet Leg height held all 4 counts.*

Metronome speed 120.

4 counts – Back Layout Position Hold

8 counts – Back Layout Position to Right Bent Knee Back Layout Position

4 counts – Right Bent Knee Back Layout Position Hold

8 counts – Right Bent Knee Back Layout Position to Right Ballet Leg Position

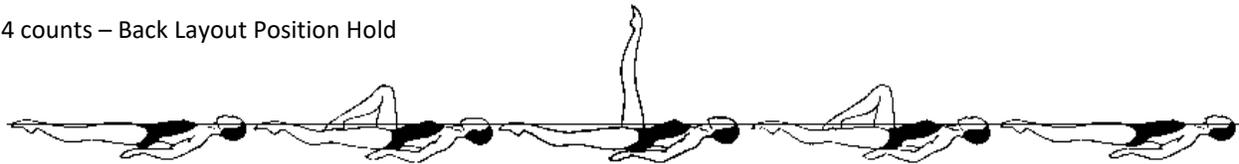
4 counts – Right Ballet Leg Position Hold

8 counts – Right Ballet Leg Position to Right Bent Knee Back Layout Position

4 counts – Right Bent Knee Back Layout Position Hold

8 counts – Right Bent Knee Back Layout Position to Back Layout Position

4 counts – Back Layout Position Hold



0 1	Back Layout: determined by body alignment, extension & height – face, chest, thighs & feet at the surface (1 pt- all aligned, extended and dry, 0 pts- one or more parts not aligned, not extended or underwater) Performing the layout with left side towards the wall will result in 0 points for this position.
0 1 2	Right Bent Knee & Ballet Leg Positions: determined by both thighs and leg vertical alignment/extension (2 pts- both thighs & leg aligned & extended, and on vertical line, 1 pt- 1 thigh or leg is not on vertical line or not extended, 0 pts- both thighs or leg not on vertical line or not extended)
0 1 2 5	Ballet Leg Height: (5 pts- upper thigh or higher – held all 4 counts, 2 pts- mid-thigh to upper thigh, 1 pt- mid-thigh to low thigh, 0 pts- above knee cap) <i>**3 point bonus possible</i>
0 1 2	Ballet Leg Tempo: (2 pts- all parts correct, 1 pt- 1-2 parts incorrect, 0 pts- 3 or more parts incorrect)
0 1	Horizontal Leg Extension & Foot Placement (1 pt- leg extended and/or foot at surface throughout, 0 pts- leg not extended, foot underwater or kicking)
0 1	Head Placement (1 pt- head in line, 0 pts- head is tucked, over-extended or underwater)
0 1	Sculling (1 pt- can demonstrate proper standard scull, 0 pts- cannot demonstrate proper standard scull)

Note: Performing the incorrect leg will result in an Automatic Failed Skill (0 points).

TEST 12: WALKOVER FRONT (Figure 360)

From a **Front Layout Position**, with right side to the wall, a *Front Pike* is assumed. One leg is lifted in a 180 degree arc over the surface to a **Split Position**. A *Walkout Front* is executed. Test is worth 9 points. ****5 bonus points possible for all criteria met & flat split.**

Metronome speed 120.

4 counts – Front Layout Position Hold with head in

8 counts – Front Layout Position to Surface Front Pike Position

4 counts – Surface Front Pike Position Hold

8 counts – Surface Front Pike Position to Split Position

4 counts – Split Position Hold

8 counts – Split Position to Surface Arch Position

4 counts – Surface Arch Position to Back Layout Position

4 counts – Back Layout Position Hold



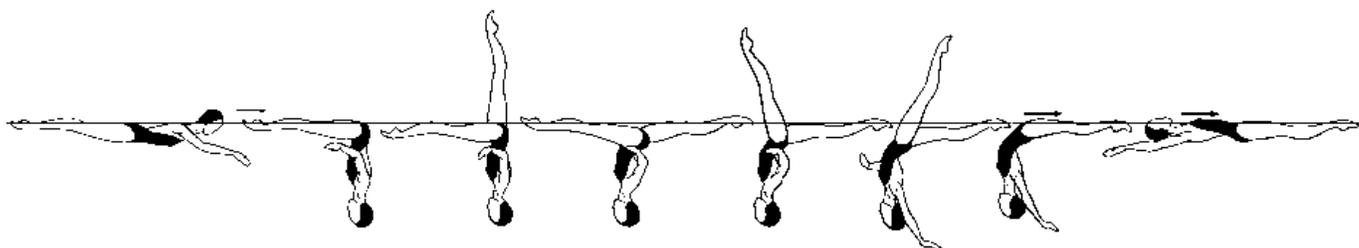
1



2

Photo 1 - Legs aligned on opposite sides of vertical line.

Photo 2 - Lower back arched, hips, shoulders and head on vertical line.



0 1	Front Layout: determined by body alignment, extension & height – head, upper back, buttocks and heels at the surface (1 pt- all aligned, extended and dry, 0 pts- one or more parts not aligned, not extended or underwater) Performing the layout with left side towards the wall will result in 0 points for this position.
0 1	Surface Front Pike Position: determined by 90 degree angle (1 pt- can maintain a 90 degree angle throughout, 0 pts- over or under-piked)
0 1 2	Horizontal Split Alignment (2 pts- both legs horizontally aligned, 1 pt- 1 leg out of alignment, 0 pts- major leg misalignment)
0 1 2	Surface Arch: determined by hips, shoulders, & head on vertical line and hips at the surface (2 pts- all parts aligned with hips at the surface, 1 pt- 1-2 parts not aligned or hips underwater, 0 pts- no parts aligned and hips underwater)
0 1	Back Layout: determined by height and body alignment & extension – face, chest, thighs & feet at the surface (1 pt- all aligned, extended and dry, 0 pts- 1 or more parts underwater, not aligned, or not extended)
0 1 2	Tempo: determined by metronome within each transition (2 pts- all parts correct, 1 pt- 1-3 parts incorrect, 0 pts- 4 or more parts incorrect)
0 5	<i>Split Bonus: hip/leg rotation between 12 & 1'clock, legs horizontally aligned. Perfect torso, knee & ankle extension. Vertical alignment of hips, shoulders & head. Completely flat, legs dry and at the surface. Held for 4 counts.</i>

GRADE LEVEL 3

PART 1 - FLEXIBILITY

TEST 1: FORWARD SPLIT ON THE FLOOR (Draw)

Starting Position: Kneel on one knee with the drawn leg stretched straight forward, hips squared. The back leg should be upright at a 90 degree angle.

Test Instructions: Slide the straight leg forward as the back leg straightens to arrive in a **Forward Split Position** on the ground. Keep the hips square, torso and shoulders facing straight ahead. Arm position is optional, but hands must remain off the ground. **Hold for 10 seconds.** Test is worth 8 points. ***5 bonus points possible for all criteria met & flat split.*



Photo 1 - Draw leg is extended forward, foot pointed. Bent leg hip is above the knee and in vertical alignment with the body. Back knee is bent at 90 degree angle.



Photo 2 – Foot of drawn leg slides forward until a split position is achieved. Front leg remains extended. Foot of drawn leg and knee face up.



Photo 3 - Flat split on the floor. Both legs and feet are extended. The drawn leg touches the floor completely. The back leg touches the floor completely up to the upper thigh. The legs are not rotated out. (This would be awarded 5 points bonus)

Arm position is optional, but hands must remain off the ground.

TEST 1: FORWARD SPLIT ON THE FLOOR (Draw) (continued)

Photo 4 – Back foot, knee and hip face down.

Photo 5 – The inside of each leg is aligned on opposite sides of a horizontal line.

In all positions, arms, body and legs are fully extended with abdominals engaged. Neck is stretched and shoulders down. Back is straight.



0 1	Starting Position: kneel on one knee with the drawn leg stretched straight forward, hips squared. The back leg should be upright at a 90 degree angle. (1 pt- correct, 0 pts- not correct)
0 1 2	Horizontal Split Alignment: determined by angle of legs (2 pts- both legs horizontally aligned, 1 pt- 1 leg out of alignment, 0 pts- both legs out of alignment)
0 1 2	Body Alignment & Extension: head (ears specifically), neck, torso (2 pts- all parts aligned and extended, 1 pt- 1 part not aligned or not extended, 0 pts- 2 or more parts not aligned or not extended)
0 1 2	Leg Alignment & Extension: both knees & both ankles (2 pts- all parts aligned and extended, 1 pt- 1 part not aligned or not extended, 0 pts- 2 or more parts not aligned or not extended)
0 1	Time held for 10 seconds (1 pt- 10 seconds, 0 pts- :9.99 – 5.0 seconds)
0 5	<i>Split Bonus: hip/leg rotation between 12 & 1'clock, legs horizontally aligned. Perfect torso, knee & ankle extension. Vertical alignment of hips, shoulders & head. Completely flat. Splits held 10 seconds.</i>

****NOTE: Held for 4.99 seconds or less - points may be awarded only for starting position if appropriate, otherwise Automatic Failed Skill (0 points).**

If hands touch the ground - points may be awarded only for starting position if appropriate, otherwise Automatic Failed Skill (0 points).

Performing the incorrect leg will result in an Automatic Failed Skill (0 points).

TEST 2: BRIDGE WITH ARMS AND LEGS EXTENDED

First Attempt Instructions: Facing the wall, perform a handstand or front walkover (may be assisted only by the assessor). Lower the legs until they touch the wall with feet flat. The athlete may adjust the hands in order to be in the correct position with the shoulders directly above the hands. The athlete may take a break at this point and the assessor marks the floor and the wall where the athlete's hands and feet were.

Starting Position & Test Instructions: From the 'surface arch' position (legs horizontal) the athlete progressively lowers the legs to the floor (if able to) with the assistance of the assessor. Reach the final position with the **arms and legs completely straight, legs & feet together**. **Hold for 10 seconds.** Test is worth 12 points.

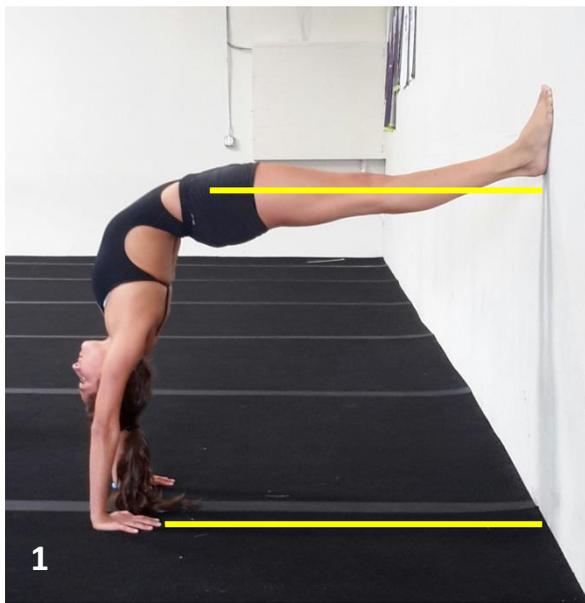


Photo 1 – Swimmer in correct position: started in arch position with the arms set on the vertical line.

Photo 2 – Arch Position - legs are between contact point of the wall and the ground in the arch position. Photo shows Assessor helping athlete to position.

TEST 2: BRIDGE WITH ARMS AND LEGS EXTENDED (continued)

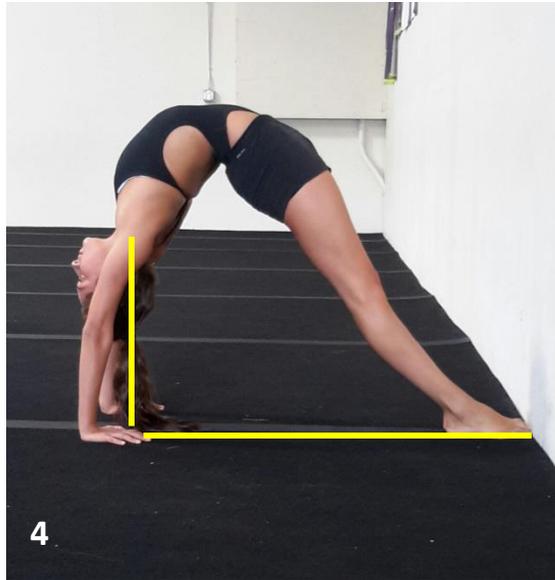


Photo 3 – Assessor helping athlete to position.

Photo 4 – Arms and legs completely straight, legs and feet together on the floor.

In all positions, arms and legs are fully extended.

0 1	Starting Position: started in arch position, with feet against the wall, the arms set on a vertical line (1 pt- correct, 0 pts- not correct)
0 1 2 3	Arch Position (3 pts- able to reach the bridge position, feet on the ground, 2 pts- legs are between contact point of the wall and the ground in the arch position, 1 pt- only able to reach the arch position with legs parallel to the ground, 0 pts- not able to achieve the arch position or could not complete the exercise).
0 1 2	Knee Extension (2 pts- fully extended, 1 pt- minor soft knees, 0 pts- major bend)
0 1 2 3	Arm Alignment: determined by upper arm (shoulder through elbow), forearm and wrist, arms fully extended (3 pts- 12 o'clock, 2 pts- between 12 and 1 o'clock, 1 pt- between 1 and 2 o'clock, 0 pts- 2 o'clock and greater)
0 1	Elbow Extension (1 pt- straight, not hyperextended, 0 pts- slight bend or more)
0 1	Head Alignment: in neutral position (1 pt- head aligned, 0 pts- not aligned)
0 1	Time Held (1 pt- 10 seconds, 0 pts- :9.99 – 5.0 seconds)

****NOTE: Held for 4.99 seconds or less - points may be awarded only for starting position if appropriate, otherwise Automatic Failed Skill (0 points).**

PART 2 - CONDITIONING

TEST 3: PUSH-UPS ON BLOCK

Starting Position: Straight body prone position, supported by arms fully extended and on vertical line, shoulder-width apart. Hands palm down on the mat, fingertips pointing forward. Body is fully extended with a long and neutral neck. Head (ears specifically), hips and feet are in line and pointed.

Test Instructions: Flex the arms (keeping the elbows by the ribs) to lower the body until the upper arms are in line with the body, elbows next to waist. Maintain a straight body position. Extend the arms to return to a straight body prone support. **Repeat 5 times.** Test is worth 11 points.



Photo 1 - Body extended, legs together with instep of the feet squeezed together. Shoulders above hands. Head (ears specifically), shoulder, hips and feet in line. (Note: photo shows incorrect body alignment)



Photo 2 - Arms are bent at 90 degrees, or less, with the elbows close to the side of the body. The upper arms and elbows are in line with the body.

Return to starting position with the arms fully extended. Head, shoulders and hips must remain in the same position when pushing back up to the starting position.

In all positions, body is fully extended with abdominals engaged. Neck is stretched and shoulders are down, feet extended and together.

0 1	Starting Position: straight body prone position, supported by arms fully extended and on vertical line, shoulder-width apart. Hands palm down on the mat, fingertips pointing forward. Body is fully extended with a long and neutral neck. Head (ears specifically), hips and feet are in line and pointed (1 pt- correct, 0 pts- not correct)
0 1 2 3	Body Alignment/Extension: determined by the back, abdominals, hips, legs and feet (3 pts- all parts aligned/extended, 2 pts- 1-2 parts not aligned or not extended, 1 pt- 3-4 parts not aligned or not extended, 0 pts- no parts aligned or extended)
0 1	Head Alignment (1 pt- head aligned, 0 pts- not aligned)
0 1	Arm Alignment: determined by the arms and shoulders (1 pt- arms & shoulders aligned, 0 pts- arms & shoulders not aligned)
0 1 2 3	Push-ups (3 pts- all push-ups done correctly, 2 pts- 1 push-up not correct, 1 pt- 2 push-ups not correct, 0 pts- 3 or more push-ups not correct)
0 1	Elbow Position (1 pt- elbows close to ribs for each push-up, 0 pts- elbows not close for one or more push-up)
0 1	Foot Stability (1 pt- feet were stable throughout, 0 pts- the feet were adjusted)

TEST 4: MODIFIED HOLLOW BODY WITH STRAIGHT LEGS

Starting Position: Supine position on the back, body (head through toes) and arms fully extended. Stick held, with palms down, over the upper thighs.

Test Instructions: Contract the body by reaching toward the knees to achieve a modified hollow body position. Lift the shoulders off the ground to a rounded back position. Simultaneously, lift the feet off the ground with the legs straight. The back and shoulders should be off the ground. Shoulders, wrist, hands and ankles are aligned. Arms must be parallel to the ground. Balance on the buttocks. The stick is in front of the kneecaps, not touching the legs.

Hold for 60 seconds. Test is worth 10 points.



Photo 1 - Legs are together and extended. The stick is held in front of the kneecaps, not touching the legs. Body is hollowed with abdominals engaged (belly button towards spine). Straight line between feet and head. The head follows the natural curve of the spine.

Photo 2 - Ankles together and feet pointed. Insteps together and squeezed. Ankles extended with feet pointed.

0 1	Starting Position: supine position on the back, body (head through toes) and arms fully extended. Stick held with palms down over the upper thighs (1 pt- correct, 0 pts- not correct)
0 1 2	Modified Hollow Body Position: determined by the head (ears specifically), shoulders, back & hips (2 pts- shoulders off the ground in a rounded back position, head aligned, 1 pt- shoulders off the ground, body not rounded, 0 pts- shoulders on the ground).
0 1 2	Horizontal Alignment/Extension: determined by the shoulders, arms and feet (2 pts- all parts aligned and extended, 1 pt- 1 part not aligned or not extended, 0 pts- 2 or more parts not aligned or not extended)
0 1	Stick Placement (1 pt- held in front of kneecaps and not touching legs the entire time, 0 pts- moved or dropped from in front of kneecaps, or touched legs)
0 1 2 3	Movement (3 pts- still the entire time, 2 pts- minor movement or adjustment at any time, 1 pt- major movement or adjustment at any time, 0 pts- hands, shoulders or feet on the ground before time is up)
0 1	Time (1 pt- 60 seconds, 0 pts- 59.99 – 30.0 seconds)

****NOTE: If the athlete only moves the arms or legs, it will be assessed under “Movement”. Completely breaking the position will be assessed under “Time Held”. If held for 29.99 seconds or less - points may be awarded only for starting position if appropriate, otherwise Automatic Failed Skill (0 points).**

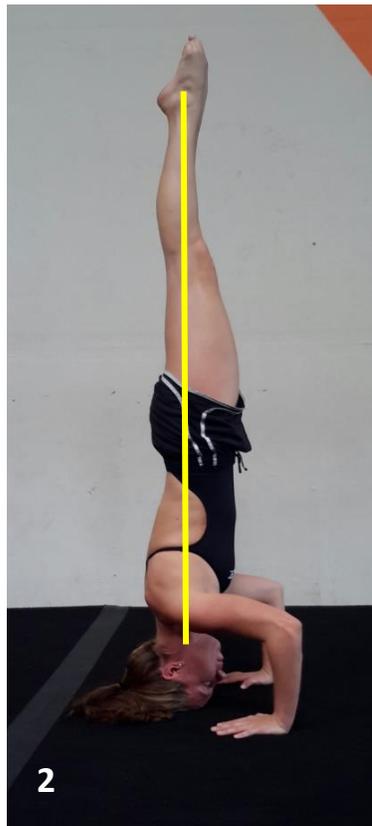
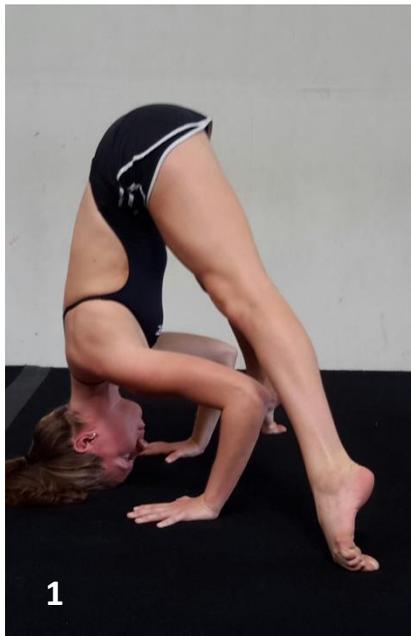
PART 3 - ACROBATICS

TEST 5: HEADSTAND WITH 2 OPTIONS

A) Tripod or B) Yoga

Starting Position: Option A - Place the hands, palms down, with the head and hands in a triangle formation – make sure the crown of the head, not the forehead, is on the ground, (Photo #1) Option B – Place the forearms on the ground, bring your hands together and interlock the fingers. Your elbows and hands will form a triangle. The top of your head is directly on the ground and your hands are resting in the back of your head, do not move the elbows, (Photo #4 on next page). Start with the legs extended in a straddle with toes touching the ground.

Test Instructions: the straight legs are lifted simultaneously to a **Vertical Position**. Legs are together and extended with feet pointed. The body is in line – head (specifically ears), hips and feet all in perfect vertical alignment. **Hold for 10 seconds.** Test is worth 9 points.



Option A

Photo 1 – Head (specifically ears), hips, knees and feet in vertical alignment.
Starting position: legs extended in straddle position with toes touching the ground.

Photos 1 & 2 & 3 - Hands, palms down, with head and hands in a triangle position.



Option B

Photo 4 – Hands, forearms down, with head and hands in a triangle position. Head (specifically ears), hips, knees and feet in vertical alignment.

Starting position: legs extended in straddle position with toes touching the ground.

Head (specifically ears), hips, knees and feet in vertical alignment.

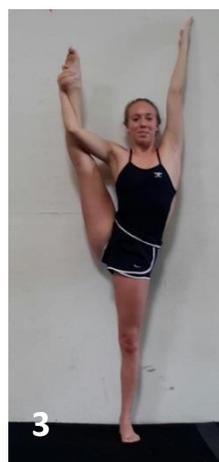
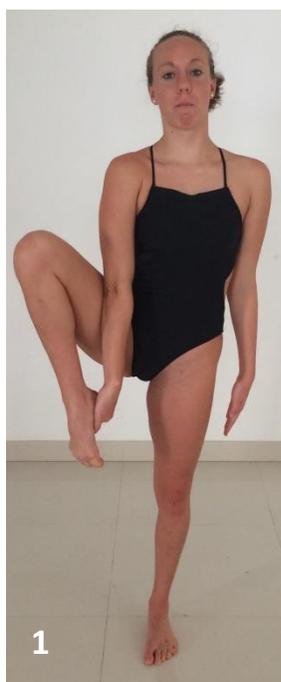
0 1	Starting Position: either Option A or B, the head and hands/forearms in a triangle formation on the ground, legs in straddle, extended, feet pointed and touching the ground (1 pt- correct, 0 pts- not correct)
0 1 2 3 4	Vertical Position Alignment & Extension: torso, hips, legs, knees, ankles and feet in alignment (4 pts- all parts aligned and extended, 3 pts- 1 part not aligned or not extended, 2 pts- 2 parts not aligned or not extended, 1 pt- 3-4 parts not aligned or not extended, 0 pts- 5 or more points not aligned or not extended)
0 1	Feet (1 pt- feet together and extended, 0 pts- not together and/or not extended)
0 1 2	Movement (2 pts- still the entire time, 1 pt- minor movement or adjustment at any time, 0 pts- major movement or adjustment at any time.)
0 1	Time Held (1 pt- 10 seconds, 0 pts :9.99 – 5.0 seconds)

****NOTE: Held for 4.99 seconds or less - points may be awarded only for starting position if appropriate, otherwise Automatic Failed Skill (0 points).**

TEST 6: BALANCE Y (Draw)

Starting Position: Balance on one foot and hold the other foot, leg bent in towards you. Entire arm must be inside of the bent leg, but hand may be in front or behind foot, and athlete may grab either inside or outside the foot.

Test Instructions: Pull the foot up until leg is fully extended to the side of the body. The knee of the lifted leg will face upward or towards the body, depending upon the flexibility of the swimmer. The foot of vertical leg remains on the floor and may be slightly turned out. The leg drawn is the leg that is bent, i.e. if the draw is right leg, the right leg is the one that is lifted to the Y position. The opposite arm is extended to approximately the same angle as the leg. The body should have the shape of a Y. There may be a slight lean away from the lifted leg. Legs, feet and entire body should be fully extended. **Hold for 10 seconds.** Test is worth 10 points



Photos 1 - Grab the inside arch of one foot
 Photo 2 & 3 – Starting “Y” position. Both legs extended.
 Photo 4 - View from the side to show body alignment.

0 1	Starting Position: balance on one foot and hold the other foot, leg bent in towards you. Hand placement may be in front or in back of the foot. (1 pt- correct, 0 pts- not correct)
0 1 2	"Y" Leg Angle: determined by the height (2 pts- between 12 and 1 o'clock, 1 pt- between 1 and 2 o'clock, 0 pts- 2 o'clock or more)
0 1 2 3	Body Alignment and Extension: head, torso, hips, vertical leg, knee (3 pts- all parts aligned and extended, 2 pts- 1-2 parts not aligned or extended, 1 pt- 3-4 not aligned or extended, 0 pts- no parts aligned or not extended) **may have slight lean.
0 1 2	Extension of "Y" Leg: knees, ankles, feet (2 pts- all parts extended, 1 pt- 1-2 areas not extended, 0 pts- no "Y" leg extension)
0 1	Arm Position: free arm in "Y" shape (1 pt- fully extended and in line, 0 pts- not extended and/or not in line)
0 1	Time Held (1 pt- 10 seconds, 0 pts :9.99 – 5.0 seconds)

****NOTE: Held for 4.99 seconds or less - points may be awarded only for starting position if appropriate, otherwise Automatic Failed Skill (0 points).**

Performing the incorrect leg will result in an Automatic Failed Skill (0 points).

PART 4 - SPEED SWIMMING

TEST 7: 200 YARD INDIVIDUAL MEDLEY

Starting Position: In water with one hand and both feet on the wall.

Test Instructions: Assessor will say "Take Your Mark, Go" – time will begin with "Go." Perform a timed 200 yard Individual Medley in the following order: 50 yards Butterfly, 50 yards Backstroke, 50 yards Breaststroke and 50 yards Freestyle (Crawl Stroke). Perform correct turns for each stroke. FINA Swimming rules apply to this test. (Refer to FINA rules at the end of this manual). Test is worth 14 points.

**Turns are assessed.

Photo 1 - Starting position in the water



0 1	Starting Position: in water with one hand and both feet on the wall. (1 pt- correct, 0 pts- not correct)
0 1 2 3	Armstrokes: per FINA descriptions (3 pts- all strokes correct, 2 pts- 1 stroke incorrect, 1 pt- 2 strokes incorrect, 0 pts- 3 or more strokes incorrect at some point)
0 1 2 3	Kicks: per FINA description (3 pts- all kicks done correctly, 2 pts- 1 stroke had improper kick, 1 pt- 2 strokes had improper kicks, 0 pts- 3 or more strokes had improper kicks at some point)
0 1 2	Turns: per FINA description (2 pts- all turns done correctly, 1 pt- 1-3 turns done incorrectly, 0 pts- 4 or more turns done incorrectly)
0 1	Finished (1 pt- swimmer touched the wall and did strokes in the correct order, 0 pts- swimmer did not touch wall or did not do strokes in the correct order)
0 1 2 3 4	Times (4 pts- equal to/less than 4:00.00, 3 pts- 4:00.01-4:10.00, 2 pts- 4:10.01 - 4:20.0, 1 pt- 4:20.01 - 4:30.00, 0 pts- equal to/more than 4:30.01) Note: time does not stop until the wall is touched)

TEST 8: 25 YARD FREESTYLE NO BREATH (Crawl Stroke)

Starting Position: In water with one hand and both feet on the wall.

Test Instructions: Assessor will say "Take Your Mark, Go" – time will begin with "Go." Perform a timed 25 yard Freestyle (Crawl Stroke) without breathing. Test is worth 10 points.



Photo 1 – Freestyle (Crawl Stroke)



Photo 2 - Starting position

0 1	Starting Position: in water one hand and both feet on the wall (1 pt- correct, 0 pts- not correct)
0 1 2	Stroke: determined by proper swimming style - kick and rotation of stroke (2 pts- competitive style, 1 pt- arms crossing the body, 0 pts- hips snake through water, no rotation)
0 1	Kick (1 pt- feet strong and at the surface, 0 pts- feet weak and/or underwater)
0 1	Finished lap with no breath (1 pt- no breath, 0 pts- 1 breath or more)
0 1	Finished (1 pt- swimmer touched the wall, 0 pts- swimmer did not touch wall)
0 1 2 3 4	Times (4 pts- equal to/less than 18.00, 3 pts- 18.01 - 21.00, 2 pts- 21.01 - 25.00, 1 pts- 25.01 – 29.00, 0 pts- greater than 29.01) Note: time does not stop until the wall is touched

PART 5 – SYNCHRO ROUTINE

TEST 9: THREE-LAP SYNCHRO ROUTINE

LAP 1

Starting Position: Standing position on deck with both arms up and extended, palms in, fingers together.

Test Instructions:

- A half squat is executed as the arms lower forward towards the knees followed by a front dive.
- 12.50 yards of Breaststroke underwater.
- Forward rotation underwater to assume a **Submerged Back Pike Position** and execute a **Barracuda Thrust**.
- Perform a partial, underwater, Back Tuck Somersault.
- One Eggbeater boost with 2 arms up, followed by one Eggbeater Boost with a no-arm catch above water, quarter turn to the left.
- Travel in Eggbeater to the right for 15 counts, sharp and quick transition to a **Side Layout Position** 4 count hold, straight arm stroke across the surface 2 counts, to **Surface Front Pike Position** 2 counts. Hold pike 4 counts, lift left leg to a **Fishtail Position** 1 count, hold 8 counts, back tuck out 1 count. Finish lap underwater touch the wall with feet.

Test is worth 13 points. ***6 bonus points possible for Thrust, Boost & Fishtail Position heights.*

Metronome speed 120.

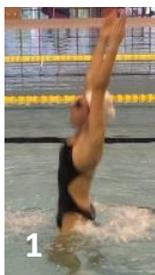


Photo 1 – 2 Arm Boost

Photo 2 – Submerged Compact Back Pike Position

0 1	Starting Position & Dive: on deck in a standing position with both arms up and extended, a half squat was executed, arms lowered to the knees followed by a front dive (1 pt- start position and dive performed correctly, 0 pts- either performed incorrectly or not at all)
0 1 2	Submerged Back Pike Position: determined by the compactness and vertical line of the legs (2 pts- torso compacted between 1 o'clock & the vertical line, 1 pt- torso open greater than 1 o'clock with legs on vertical line, 0 pts- legs not on the vertical line)
0 1 2 4	Thrust: determined by height (4 pts- waist or higher, 2 pts- between top of pelvis and showing crotch, 1 pt- between crotch and upper thigh, 0 pts- upper thigh or lower) <i>**2 point bonus possible</i>
0 1	Boost Set-up: determined by alignment (1 pt- looking at surface, spine straight and legs tucked up, 0 pts- one or more parts not correct)
0 1 3	Boost: determined by height (3 pts- crotch or higher, 1 pt- between pelvic bone and waist, 0 pts- above waist) <i>**2 point bonus possible</i>
0 1 2	Surface Front Pike Position: determined by 90 degree angle throughout (2 pts- completed a 90 degree angle with heels and back of thighs at the surface and torso aligned, 1 pt- over-piked or under-piked, heels and back of thighs at the surface, 0 pts- does not assume a 90 degree angle or hips go under water)
0 1 2 4	Fishtail Position Vertical Leg Height: determined by height for all 8 counts (4 pts- leg at upper thigh or higher, 2 pts- leg at upper thigh to mid-thigh, 1 pt- leg at mid-thigh to low thigh, 0 pts- leg lower than low-thigh at any time) <i>**2 point bonus possible</i> Performing the incorrect leg will result in 0 points for this position.
0 1 2	Fishtail Position Vertical Alignment and Extension: determined by alignment & extension of head (ears specifically), hips and ankle (2 pts- all parts aligned and extended, 1 pt- 1 part not aligned or not extended, 0 pts- 2 or more parts not aligned or not extended) Performing the incorrect leg will result in 0 points for this position.

TEST 9: THREE-LAP SYNCHRO ROUTINE (continued)

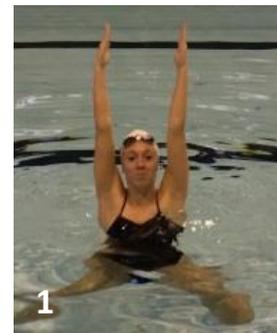
LAP 2

- Push off the wall to assume a **Back Layout Position** with the arms overhead, Reverse Torpedo (Dolphin) scull to 12.50 yard mark.
- Assume a **Right Bent Knee Surface Arch Position** and hold it for 6 counts.
- Rapid lift of the legs while straightening the bent knee to assume a **Vertical Position**, with maximum height, followed by a rapid descent.
- Partial underwater Back Tuck Somersault and turn 180°. Surface and travel forward in Eggbearer with two arms extended up, palms facing in. Travel to the end of the lap.
- Just prior to the 25 yard mark, put both arms down and perform an Eggbearer Boost (from the surface), no arms.
- Extend the legs to reach a **Vertical Position**. Back against the wall (or if there is a ledge, off the wall and facing it), arms in support scull at maximum height. Hold for 15 counts.
- Perform a **Vertical** descent, come up close to the wall and assume a **Back Layout Position** head away from the wall, toes touching the wall.

Test is worth 11 points. ****2 bonus points possible**

Photos 1 – Two Arm Eggbearer

****NOTE: For pools that have a ledge, the athletes are allowed to be off the wall and facing it if necessary.**



0 1	Back Layout: determined by body alignment, extension & height – head (ears specifically), chest, thighs & feet at the surface (1 pt- all aligned, extended and dry, 0 pts- one or more parts not aligned, not extended or underwater)
0 1 2	Surface Arch - Body: determined by alignment of hips, shoulders and head (2 pts- all parts aligned, 1 pt- 1 part not aligned, 0 pts- no parts aligned)
0 1	Surface Arch - Bent Knee: determined by vertical line, hips through knee (1 pt- aligned, 0 pts- not aligned) Performing the incorrect leg will result in 0 points for this position.
0 1	First Vertical Position: determined body alignment & extension – head (ears specifically), hips and ankles (1 pt- all aligned/extended, 0 pts- 1 or more parts not aligned or not extended)
0 1	Eggbearer Alignment: determined by head (ears specifically), shoulders, torso, hips (1 pt- all parts aligned, 0 pts – no parts aligned)
0 1 2 4	Eggbearer: determined by height (4 pts- at or above bust line, 2 pts- armpits dry, 1 pt- collar bone dry, 0 pts- wash over shoulders) **2 point bonus possible
0 1	Second Vertical Position (on wall): determined by body alignment & extension – head (ears specifically), hips and ankles (1 pt- all aligned/extended, 0 pts- 1 or more parts not aligned or not extended)
0 1	Second Vertical Position Held (on wall): (1 pt- held for 15 counts, 0 pts- 14 counts or less)
0 1	Vertical Descent followed by Back Layout Position at wall (1 pt- correct transition, 0 pts- incorrect transition)

TEST 9: THREE-LAP SYNCHRO ROUTINE (continued)

LAP 3

- 4 count **Back Layout Position** hold,
- 2 counts to a **Right Bent Knee Back Layout Position**,
- 2 counts to a **Right Ballet Leg Position**,
- Perform a 25 yard **Right Ballet Leg Position**. Both legs and body extended, legs in a 90 degree angle. Perform a Ballet Leg lap in 2 minutes or less.

Test is worth 12 points.

***3 bonus points possible for Ballet Leg height held entire length.*



Photo 1 – Right Ballet Leg Position

0 1	Back Layout: determined by body alignment, extension & height – face, chest, thighs & feet at the surface (1 pt- all aligned, extended and dry, 0 pts- one or more parts not aligned, not extended or underwater)
0 1 2	Ballet Leg Position: determined by thigh and leg vertical alignment/extension (2 pts- thigh & leg on vertical line & extended, 1 pt- thigh or leg not on vertical line or not extended, 0 pts- thigh and leg not on vertical line or not extended) Performing the incorrect leg will result in 0 points for this position.
0 1	Horizontal Leg Extension (1 pt- horizontal leg extended throughout, 0 pts- horizontal leg not extended or kicking)
0 1	Head Placement (1 pt- head in line, 0 pts- head is tucked, over-extended or underwater)
0 1 2 5	Ballet Leg Height (5 pts- well above knee to mid-thigh, 2 pts- above knee to well above knee, 1 pt- knee to above knee, 0 pts- below kneecap) <i>**3 point bonus possible</i> Performing the incorrect leg will result in 0 points.
0 1 2 3	Control (3 pts- proper scull technique, 2 pts- minor inconsistency, 1 pt- lack of pressure/some level changes, 0 pts- splash/struggling, no flow, improper scull)
0 1 2	Finished Ballet Leg lap in 2 minutes (2 pts- 2:00.00 minutes or less, 1 pt- greater than 2:00.01 minutes, 0 pts- put leg down)

PART 6 - FIGURES

TEST 10: WALKOVER BACK (Figure 420)

From a **Back Layout Position** (with right side to the wall), with the head leading a *Dolphin* is initiated. The hips, legs and feet continue to move along the surface as the back continues to arch to assume a **Surface Arch Position**. One leg is lifted in a 180 degree arc over the surface to a **Split Position**. The hips remain stationary as the back leg is lifted over the surface to meet the opposite leg in a **Surface Front Pike Position**. With Continuous movement, the feet and hips move along the surface until the body straightens to a **Front Layout Position**. Test is worth 9 points. ****5 bonus points possible for all criteria met & flat split.**

Metronome speed 120.

- 4 counts – Back Layout Position Hold
- 8 counts – Back Layout Position to Surface Arch Position
- 4 counts – Surface Arch Position Hold
- 8 counts – Surface Arch Position to Split Position
- 4 counts – Split Position Hold
- 8 counts – Split Position to Surface Front Pike Position
- 4 counts – Surface Pike Position to Front Layout Position (with head in)
- 4 counts – Front Layout Position Hold (with head in)

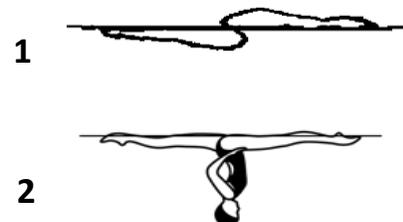
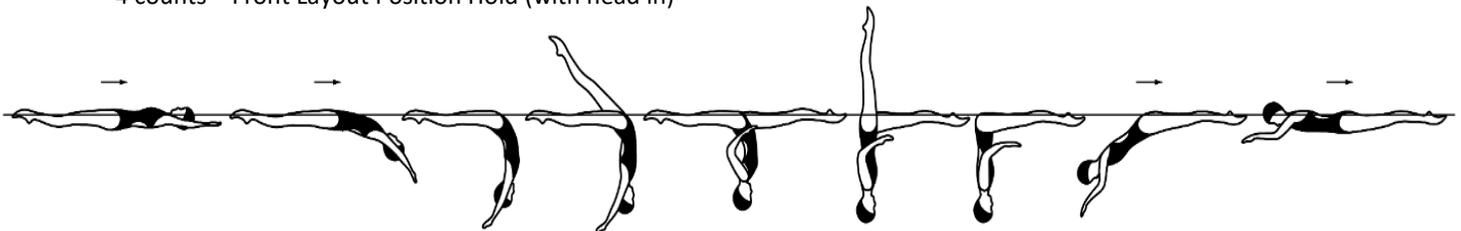


Photo 1 - Legs aligned on opposite sides of vertical line.

Photo 2 - Lower back arched, hips, shoulders and head on vertical line.



0 1	Back Layout: determined by body alignment, extension & height – face, chest, thighs and feet at the surface (1 pt- all aligned, extended and dry, 0 pts- one or more parts not aligned, not extended or underwater) Performing the layout with left side towards the wall will result in 0 points for this position.
0 1 2	Surface Arch: determined by hips, shoulders, & head on vertical line and hips at the surface (2 pts- all parts aligned with hips at the surface, 1 pt- 1-2 parts not aligned or hips underwater, 0 pts- no parts aligned and hips underwater)
0 1 2	Horizontal Split Alignment (2 pts- both legs horizontally aligned, 1 pt- 1 leg out of alignment, 0 pts- major leg misalignment)
0 1	Surface Front Pike Position: determined by 90 degree angle (1 pt- can maintain a 90 degree angle throughout, 0 pts- over or under-piked)
0 1	Front Layout: determined by body alignment, extension & height – head, upper back, buttocks and heels at the surface (1 pt- all aligned, extended and dry, 0 pts- one or more parts not aligned, not extended or underwater)
0 1 2	Tempo: determined by metronome within each transition (2 pts- all parts correct, 1 pt- 1-3 parts incorrect, 0 pts- 4 or more parts incorrect)
0 5	<i>Split Bonus: hip/leg rotation between 12 & 1'clock, legs horizontally aligned. Perfect torso, knee & ankle extension. Vertical alignment of hips, shoulders & head. Completely flat & dry. Held for 4 counts.</i>

TEST 11: BARRACUDA (Figure 301)

From a **Back Layout Position** (with right side to the wall), the legs are raised to vertical as the body is submerged to a **Submerged Back Pike Position** with the toes just under the surface. A *Thrust* is executed to a **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the *Thrust*. Maximum height is desired. Test is worth 9 points. ****3 bonus points possible for Thrust height.**

Metronome speed 120.

4 counts – Back Layout Position Hold

4 counts – Back Layout Position to Submerged Back Pike Position

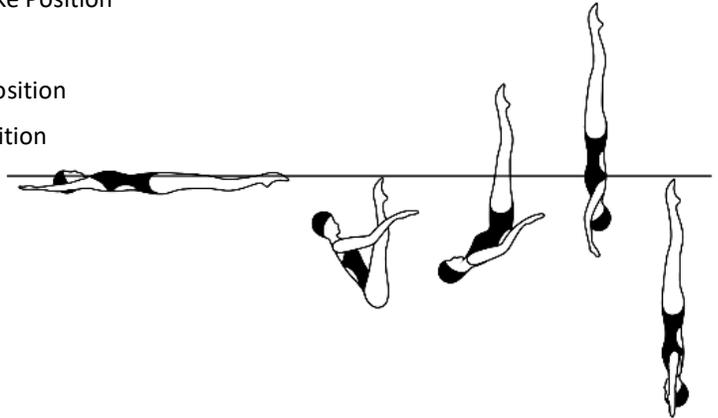
4 counts – Submerged Back Pike Position Hold

2 counts – Submerged Back Pike Position to Vertical Position

2 counts – Vertical Position to Submerged Vertical Position

2 counts – Submerged Vertical Position Hold

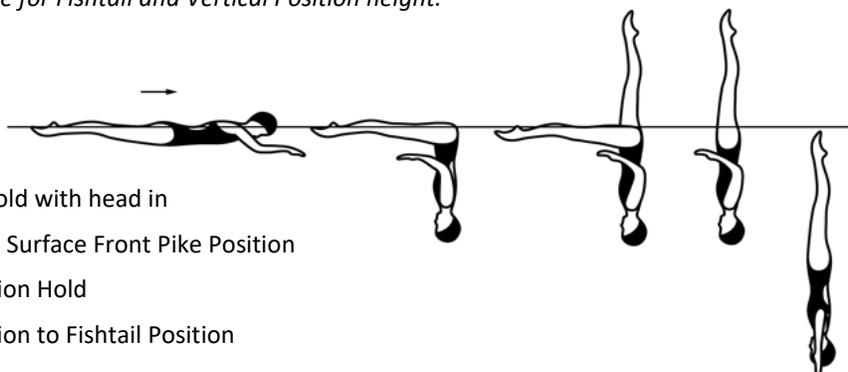
1 count – Back Tuck



0 1	Back Layout: determined by body alignment, extension & height – face, chest, thighs & feet at the surface (1 pt- all aligned, extended and dry, 0 pts- 1 or more parts not aligned, not extended or underwater) Performing the layout with left side towards the wall will result in 0 points for this position.
0 1 2	Submerged Back Pike Position: determined by the compactness and vertical line of the legs (2 pts- torso compacted between 1 o'clock & the vertical line, 1 pt- torso open greater than 1 o'clock with legs on vertical line, 0 pts- legs not on the vertical line).
0 1 2 5	Thrust: determined by height (5 pts- waist or higher, 2 pts- between top of pelvis and showing crotch, 1 pt- between crotch and upper thigh, 0 pts- upper thigh or lower) **3 point bonus possible
0 1	Vertical Position: determined by body alignment & extension – head (ears specifically), hips and ankles (1 pt- all aligned/extended, 0 pts- 1 or more parts not aligned or not extended)
0 1	Extension: legs and feet (1 pt- both parts extended and together, 0 pts- either part not extended or not together)
0 1	Back Tuck (1 pt- knees/feet together, compacted during somersault, 0 pts- 1 or more part not correct)
0 1	Tempo (1 pt- all parts correct, 0 pts- 1 or more parts incorrect)

TEST 12: TOWER (Figure 349)

From a **Front Layout Position** (with right side to the wall), a *Surface Front Pike Position* is assumed. One leg is lifted to a **Fishtail Position**. The Horizontal leg is lifted to a **Vertical Position**. A *Vertical Descent* is executed. Test is worth 11 points. ****4 bonus points possible for Fishtail and Vertical Position height.**



Metronome speed 120

4 counts – Front Layout Position Hold with head in

8 counts – Front Layout Position to Surface Front Pike Position

4 counts – Surface Front Pike Position Hold

8 counts – Surface Front Pike Position to Fishtail Position

4 counts – Fishtail Position Hold

8 counts – Fishtail Position to Vertical Position

4 counts – Vertical Position Hold

8 counts – Vertical Descent

2 counts – Submerged Vertical Position Hold

1 count – Back Tuck

0 1	Front Layout: determined by body alignment, extension & height – head, upper back, buttocks and heels at the surface (1 pt- all aligned, extended and dry, 0 pts- 1 or more parts not aligned, not extended or underwater) Performing the layout with left side towards the wall will result in 0 points for this position.
0 1	Surface Front Pike Position: determined by 90 degree angle (1 pt- can maintain a 90 degree angle throughout, 0 pts- over or under-piked)
0 1 2 4	Fishtail Vertical Leg Height for all 4 counts (4 pts- leg at upper thigh or higher, 2 pts- leg at upper thigh to mid-thigh, 1 pt- leg at mid-thigh to low thigh, 0 pts- leg lower than low-thigh at any time) **2 point bonus possible
0 1 2	Fishtail Vertical Alignment/Extension: determined by alignment & extension of head (ears specifically), hips and ankles (2 pts- all parts aligned/extended, 1 pt- 1 part not aligned or not extended, 0 pts- 2 or more parts not aligned or not extended)
0 1	Vertical Position: determined body alignment & extension – head (ears specifically), shoulders and hips (1 pt- all aligned/extended, 0 pts- 1 or more parts not aligned or not extended)
0 1 3	Vertical Height for all 4 counts (3 pts- legs at mid-thigh or higher, 1 pt- vertical at or above knee caps, 0 pts- vertical below knee caps) **2 point bonus possible
0 1	Back Tuck (1 pt- knees/feet together, compacted during somersault, 0 pts- one or more part not correct)
0 1 2	Tempo: determined by metronome within each transition (2 pts- all parts correct, 1 pt- 1-2 parts incorrect, 0 pts- 3 or more parts incorrect)

GRADE LEVEL 4

PART 1 - FLEXIBILITY

TEST 1: WALL SIT WITH STRAIGHT VERTICAL ARMS

(Shoulder Flexibility)

Starting Position: Wall sit position with back flat against the wall, feet and knees together and set approximately 2 feet away from the wall, knees bent at a 90 degree angle (knees should not be past the ankles), and thighs parallel to the ground. Arms are flat against the wall & bent at a 90 degree angle, upper arm parallel to the ground/floor.

Test Instructions: Extend arms straight up as far as possible while keeping hands, arms and back in contact with the wall. As soon as the back, upper arms or hands come (elbows do not need to be touching the wall) off the wall the athlete is to stop movement and time begins. Goal is to have arms shoulder-width apart, fully straight & extended, with arms & back totally flat against the wall. (Assessor should not be able to put their hand between the athlete's back and the wall). Arms must be on the same plane throughout, i.e. one may not be higher than the other. **Hold 30 seconds.** Test is worth 10 points



Photo 1 – Wall sit: back flat against the wall, feet and knees together and set approximately 2 feet away from the wall. Knees bent at a 90 degree angle, thighs parallel to the ground. (Knees should not be past the ankles)

Photo 2 – Arms shoulder-width apart, fully extended and touching the wall.

In all positions, torso is fully extended with abdominals engaged, back flat against the wall. Neck is stretched and shoulders are down.

0 1	Starting Position: wall sit position with back flat against the wall, feet and knees together and set approximately 2 feet away from the wall, knees bent at a 90 degree angle (knees should not be past the ankles), and thighs parallel to the ground. Arms are flat against the wall & bent at a 90 degree angle, upper arm parallel to the ground/floor. (1 pt- correct, 0 pts- not correct)
0 1 2	Body Alignment & Extension: determined by alignment & extension of head (ears specifically), shoulders, back and hips (2 pts- all parts aligned and extended, 1 pt- 1 part not aligned or not extended, 0 pts- 2 or more parts not aligned or not extended)
0 1 2 3 4	Arm Position: determined by upper arms and hands touching the wall, completely straight, shoulder-width apart and extended (4 pts- upper arms reached 12:00 o'clock, 3 pts- upper arms between 12:00 and 1:00/11:00 o'clock position, 2 pts- upper arms at 1:00/11:00 o'clock, 1 pt- upper arms between 1:00/11:00 & 2:00/10:00 position, 0 pts- unable to move arms from starting position)
0 1	Leg Alignment: determined by hips through knees and knees through ankles, held throughout test (1 pt- remained aligned, 0 pts- did not remain aligned)
0 1	Foot Stability (1 pt- the feet were stable throughout, 0 pts- the feet were adjusted)
0 1	Time Held (1 pt- 30 seconds, 0 pts- :29.99 – 15 seconds)

****NOTE: Held for 14.99 seconds or less - points may be awarded only for starting position if appropriate, otherwise Automatic Failed Skill (0 points).**

PART 2 - ACROBATICS

TEST 2: HANDSTAND WITH 2 OPTIONS

A) Facing Away from Wall

B) Facing Wall

Starting position - Option A: Standing position, facing the wall, with right/left leg extended forward, arms up and extended. Hips square.

Starting position - Option B: Standing position, facing away from the wall, with feet together, arms up and extended. Hips square.

Test Instructions - Option A: Lunge forward on the either leg, hinge forward at the waist and place the palms on the floor in front of your foot. Palms should be shoulder-width apart. Press the palms and foot into the floor as one leg is kicked up. Lift the other leg up to assume a handstand position. The body will be flat against the wall.

Test Instructions - Option B: Face away from the wall, standing position, feet together. Transition of your choice into a Handstand Position with the front of your body against the wall.

Legs are together and extended with feet pointed in a Vertical Position. The body is in line – head (specifically ears), hips and feet all in perfect vertical alignment and extended. **Hold 10 seconds.** Test is worth 9 points. ***5 Bonus points for handstand facing the wall.*

Photo 1 – Option A

Note: arms are not in the correct position.

Photo 2 – Option B



0 1	Starting Position - Option A - standing position, facing the wall, with right/left leg extended forward, arms up and extended. Hips square. Option B - standing position, facing away from the wall, feet together, arms up and extended. Hips square. (1 pt- correct, 0 pts- not correct)
0 1 2 3 4	Vertical Body Alignment & Extension: torso, hips, legs, knees, ankles & feet (4 pts- all parts aligned/extended, 3 pts- 1 part not aligned or not extended, 2 pts- 2 parts not aligned or not extended, 1 pt- 3-4 parts not aligned or not extended, 0 pts- 5 or more parts not aligned or not extended)
0 1	Head Alignment (1 pt- head aligned, 0 pts- not aligned)
0 1 2	Movement (2 pts- still the entire time, 1 pt- minor movement or adjustment at any time, 0 pts-major movement or adjustment at any time)
0 1	Time Held (1 pt- 10 seconds, 0 pts- :9.99 - :5.00 seconds)
0 5	<i>Bonus for Option B: handstand held facing the wall for 10 seconds, with all of the criteria described above met.</i>

****NOTE: Held for 4.99 seconds or less - points may be awarded only for starting position if appropriate, otherwise Automatic Failed Skill (0 points)**

TEST 3: STANDING SPLIT WITH HANDS ON GROUND – Needle Position (Draw)

Starting position - Standing with right/left leg extended forward, arms up and extended. The hips are facing forward.

Test Instructions - Hinge forward at the waist and place the palms on the floor in front of your foot. Palms should be shoulder-width apart (slight adjustment of hands is allowed until Assessor says “time starts”). **The drawn leg is lifted to a vertical position.**

Drawn leg is extended upwards with foot pointed in a standing split position. The body is in line – head (specifically ears), hips and foot all in perfect vertical alignment and extended. Athlete is allowed to extend past 180 degrees. Minimum of 190 degrees to receive bonus. **Hold 10 seconds.** Test is worth 11 points. ***either 2 or 4 bonus points possible for all criteria met and a minimum of a 180° split (amount of bonus depends on hip/leg turn out). 9 bonus points for all criteria met and a 190 degrees or greater reached.*



0 1	Starting Position - Standing position, with right/left leg extended forward, arms up and extended. The hips are facing forward. (1 pt- correct, 0 pts- not correct)
0 1 2 3 4	Leg Alignment & Extension: torso, hips, leg, knees, ankles & feet (4 pts- all parts aligned and extended, 3 pts- 1 part not aligned or not extended, 2 pts- 2 parts not aligned or not extended, 1 pt- 3-4 parts not aligned or not extended, 0 pts- 5 or more parts not aligned or not extended)
0 1 2	Leg & Hip Rotation: (2 pts- hip/leg rotation 12 to 1 o'clock, 1 pt- 1 o'clock to 2 o'clock, 0 pts- 2 o'clock or more)
0 1	Head Alignment (1 pt- head aligned, 0 pts- not aligned)
0 1 2	Movement (2 pts- still the entire time, 1 pt- minor movement or adjustment at any time, 0 pts- major movement or adjustment at any time)
0 1	Time Held (1 pt- 10 seconds, 0 pts- :9.99 - :5.00 seconds)
0 2 5 9	<i>Split Bonus: 9 pts- 190 degrees or greater and hip/leg rotation less than 2 o'clock, 4 pts- 180 degrees hip/leg rotation between 12 & 1 o'clock, 2 pts- 180 degrees and hip/leg rotation between 1 o'clock and 2 o'clock. Legs horizontally aligned. Perfect torso, knee & ankle extension. Vertical alignment of hips, shoulders & head. Held 10 seconds.</i>

****NOTE: Held for 4.99 seconds or less - points may be awarded only for starting position if appropriate, otherwise Automatic Failed Skill (0 points)**

Performing the incorrect leg - points may be awarded only for starting position if appropriate, otherwise Automatic Failed Skill (0 points).

PART 4 – SPEED TRAINING AND CONDITIONING

PART 4 WILL COMBINE SPEED TRAINING AND CONDITIONING. ATHLETE WILL COMPLETE TESTS AS FOLLOWS WITH 20 SECONDS REST BETWEEN TESTS:

TEST 4 =

4A, REST 20 SECONDS,

4B, REST 20 SECONDS,

4A, REST 20 SECONDS,

4B – TEST COMPLETE

(Athlete should not wear shoes for Test 4A – 4B)

MINIMUM REST BETWEEN TESTS 4 AND 5 – 2 MINUTES.

MAXIMUM REST BETWEEN TESTS 4 & 5 – 5 MINUTES

TEST 5 =

5A, REST 20 SECONDS,

5B, REST 20 SECONDS,

5A, REST 20 SECONDS,

5B – TEST COMPLETE

(It is suggested that athletes wear shoes for Tests 5A & 5B)

TEST 4A: 30 SQUATS IN 30 SECONDS

Starting position: Standing position in front of a chair or bench (seat – 18-24 inches high, looking for 90 degree angle of legs during squat, facing away, with the feet shoulder-width apart. Arms extended and down at the sides. (A chair or bench should be set against a wall to prevent movement – height of chair may have to be adjusted depending on the height of the athlete).

Test Instructions: Push the hips back and bend the knees to lower into a squat. Engage the abdominal muscles and look straight ahead throughout the movement. Torso may slightly pike forward. Arms move straight up to a position parallel to the ground. Lightly touch the buttocks to the seat, making sure that the knees do not extend past the toes, stand back up to the starting position. Metronome speed 120. **Complete 30 squats in 30 seconds.** Test is worth 10 points each time – 20 points total.



Photo 1 – Starting position, facing away, with the feet shoulder-width apart. Arms extended and down at the sides.

Photo 2 – Squat position, arms parallel to the ground, knees do not extend past the toes. Alignment of head (ears specifically), shoulders and hips.

0 1	Starting Position: standing position in front of a chair or bench, facing away, with the feet shoulder-width apart. Arms extended and down at the sides. (1 pt- correct, 0 pts- not correct)
0 1 2	Alignment during Squat: determined by head (ears specifically), shoulders & hips, torso - may pike forward slightly (2 pts- all parts aligned throughout, 1 pt- 1 part not aligned, 0 pts- no parts aligned)
0 1 2	Knee Alignment: determined by knees in line with feet during squat (2 pts- knees in alignment, 1 pt- inconsistent alignment, 0 pts- knees consistently out of alignment)
0 1	Movement of Feet (1 pt- completely still or minor movement or adjustment at any time, 0 pts- major movement or steps)
0 1	Timing: determined by squats on metronome ticks (1 pt- touched on every other tick, 0 pts- did not touch on every other with tick)
0 1 2 3	30 Squats Completed in 30 seconds (3 pts- 30 squats completed, 2 pts- 29-25 squats completed, 1 pt- 24-20 squats completed, 0 pts- 19 or fewer squats completed)

TEST 4B: TRICEP PUSH-UPS ON GROUND

Starting Position: Straight body prone position, supported with hands palm down on the mat, fingertips pointing forward, shoulder-width apart, arms fully extended and on vertical line. Body is fully extended, head (ears specifically), and hips and feet are in line and pointed.

Test Instructions: Maintaining a straight body position, flex the arms (keeping the elbows in) to lower the body until the upper arm is in line with the torso. Extend the arms to return to a straight body prone support. **Repeat 5 times.**

Test is worth 8 points each time – 16 points total.



Photo 1 – (Starting and Ending Position) Body extended, legs together with instep of the feet squeezed together. Shoulders in line with hands. Head (ears specifically), shoulder, hips and feet in line.

0 1	Starting Position: Straight body prone position, supported with hands palm down on the mat, fingertips pointing forward, shoulder-width apart, arms fully extended and on vertical line. Body is fully extended, head (ears specifically), hips and feet are in line and pointed. (1 pt- correct, 0 pts- not correct)
0 1 2 3	Body Alignment & Extension: determined by the head, back, abdominals, hips, legs and feet (3 pts- all parts aligned/extended, 2 pts- 1-2 parts not aligned or not extended, 1 pt- 3-4 parts not aligned or not extended, 0 pts- 5 or more parts aligned or not extended)
0 1 2 3	Push-ups (3 pts- all push-ups done correctly, 2 pts- 1 push-up not correct, 1 pt- 2 push-ups not correct, 0 pts- 3 or more push-ups not correct)
0 1	Foot Stability (1 pt- the feet were stable throughout, 0 pts- the feet were adjusted)

TEST 5A: 60 LATERAL JUMPS OVER LINE IN 30 SECONDS

Starting Position: Standing position immediately right of the line on the ground (left side of body closest to the line), with knees slightly bent, feet slightly apart, arms softly bent at the sides. The hips are facing forward. (Shoes may be worn)

Test Instructions: Slightly bend knees, keeping feet slightly apart and in line horizontally. Extend legs to perform a jump and laterally jump over the line on the ground so right side is closest to line. **Land with knees bent approximately 20 – 30 degrees**, feet slightly apart and in line horizontally. Extend legs to perform a jump, laterally jump over the line on the ground so left side is closest to line. **Land with knees bent approximately 20 – 30 degrees, feet slightly apart** and in line horizontally (knees should not be locked on the landing). **There should be no movement forward or backward during the jumps.** Metronome speed 120. **Complete 60 jumps total in 30 seconds (1 jump on each tick).** Test is worth 9 points each time – 18 points total.



0 1	Starting Position: standing position immediately right of the line on the ground (left side of body closest to line), with knees slightly bent, feet slightly apart, arms softly bent at the sides. The hips are facing forward. (1 pt- correct, 0 pts- not correct) Beginning position - standing on the left side (right side of body closest to the line) will result in 0 points for this position.
0 1 2	Movement of Feet: (1 pt- slightly apart and in line horizontally, 0 pts- feet far apart or not in line horizontally)
0 1 2	Landing: (2 pts- landing with knees bent and aligned with middle toes, heels down, 1 pt- knees not in line with middle toes or heels not down, 0 pts- knees not in line with middle toes and heels not down)
0 1	Timing: determined by jumps on metronome ticks (1 pt- touched on every tick, 0 pts- did not touch on every tick)
0 1 2 3	60 lateral jumps completed in 30 seconds (3 pts- 60 jumps completed, 2 pts- 59-50 jumps completed, 1 pt- 49-40 jumps completed, 0 pts- 39 or fewer jumps completed)

TEST 5B: SINGLE LEG V-UPS ON GROUND

Starting Position: Supine position on the back, body & arms fully extended. Arms at the side, with palms down or facing body/legs. (Shoes may be worn).

Test Instructions: Contract the body by reaching forward toward the knees. Lift the shoulders off the ground to a flat back position while simultaneously lifting right straight leg off the ground to achieve a V-Sit Position (approximately 90 degree angle) with right leg vertical and left leg horizontal. Balance on the buttocks. Arms are parallel to the ground with palms either down or facing body/legs. Return to Back Layout Position. Lift the shoulders off the ground to a flat back position while simultaneously lifting left straight leg off the ground to achieve a V-Sit Position (approximately 90 degree angle) with left leg vertical and right leg horizontal. (Horizontal leg may come up slightly off the ground) Balance on the buttocks. Arms are parallel to the ground with palms either down or facing body/legs. Return to Back Layout Position. Note tempo below. **Repeat each side 5 times –alternating sides (total of 10 V-ups).** Test is worth 9 points each time – 18 points total.

Metronome speed 120.

2 counts – Back Layout Position Hold

2 counts – Back Layout Position to Single Leg
V-Sit Position

2 counts – Single Leg V-Sit Position Hold

2 counts – Single Leg V-Sit Position to Back
Layout Position

Repeat 5 times



Photo 1 – Single Leg V-Sit Position
(Shoes may be worn)

0 1	Starting Position: Supine position on the back, body & arms fully extended. Arms at the side, with palms down or facing body/legs. (1 pt- correct, 0 pts- not correct)
0 1	Back Layout to Single Leg V-Sit Position (1 pt- all Layouts to Single Leg V-Sit completed effortlessly, 0 pts- 1 or more Layouts to Single Leg V-Sits not completed effortlessly)
0 1 2	Single Leg V-Sit Position - Leg Alignment & Extension: determined by hips, knees and ankles (2 pts- all parts aligned and extended, 1 pt- 1-2 parts not aligned or not extended, 0 pts- 3 or more parts not aligned or not extended)
0 1 2	Single Leg V-Sit Position – Body Alignment & Extension: determined by head (ears specifically), shoulders, back & hips (2 pts- all parts aligned and extended, 1 pt- 1-2 parts not aligned or not extended, 0 pts- 3 or more parts not aligned or not extended)
0 1	Single Leg V-Sit Position to Back Layout (1 pt- all V-Sit to Back Layouts completed effortlessly, 0 pts- 1 or more Single Leg V-Sits to Back Layouts not completed effortlessly or started with wrong leg)
0 1	Tempo (1 pt- all parts correct, 0 pts- 1 or more parts incorrect)
0 1	Finished 5 repetitions. (1 pt- all completed, 0 pts- 1 or more not completed)
0 5	<i>Bonus: 5 point bonus for performing legs at 90 degree angle for each V-up. All other criteria met.</i>

****NOTE: Pushing off the ground - points may be awarded only for starting position if appropriate, otherwise Automatic Failed Skill (0 points).**

PART 5 - SPEED SWIMMING

TEST 6: 200 YARD INDIVIDUAL MEDLEY

Starting Position: Standing on deck with both arms at the side.

Test Instructions: Assessor will say "Take Your Mark, Go" – time will begin with "Go." A front dive is performed. Complete a timed 200 yard Individual Medley in the following order - 50 yards Butterfly, 50 yards Backstroke, 50 yards Breaststroke and 50 yards Freestyle. Perform correct turns for each stroke. FINA Swimming rules apply to this test. (Refer to FINA rules at the end of this manual). Test is worth 14 points.

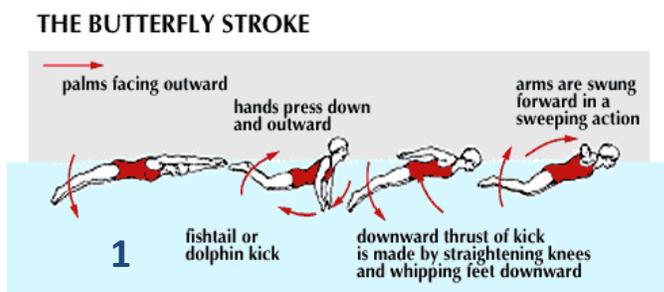


Photo 1 – Butterfly Stroke

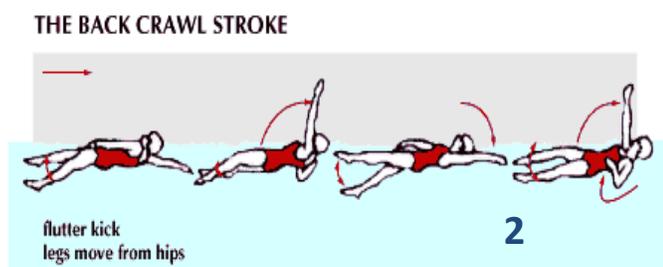


Photo 2 – Backstroke Stroke

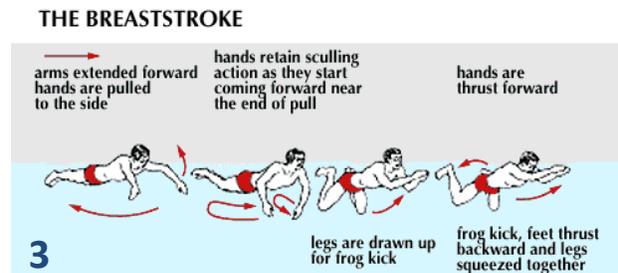


Photo 3 – Breaststroke Stroke

0 1	Starting Position & Dive: on deck in a standing position, arm position optional, a half squat was executed, followed by a front dive (1 pt- performed correctly, 0 pts- not performed correctly)
0 1 2 3	Armstrokes: per FINA description (3 pts- all strokes done correctly, 2 pts- 1 stroke incorrect, 1 pt- 2 strokes incorrect, 0 pts- 3 or more strokes incorrect at some point)
0 1 2 3	Kicks: per FINA description (3 pts- all kicks done correctly, 2 pts- 1 stroke had improper kick, 1 pt- 2 strokes had improper kicks, 0 pts- 3 or more strokes had improper kicks at some point)
0 1 2	Turns: per FINA description (2 pts- all turns done correctly, 1 pt- 1-3 turns done incorrectly, 0 pts- 4 or more turns done incorrectly)
0 1	Finished (1 pt- swimmer touched the wall and did strokes in the correct order, 0 pts- swimmer did not touch wall or did not do strokes in the correct order)
0 1 2 3 4	Times (4 pts- equal to/less than 3:10, 3 pts- 3:10.01- 3:20:00, 2 pts- 3:20.01-3:30:00, 1 pt- 3:30.01-3:40.00, 0 pts- equal to/greater than 3:40.01) Note: time does not stop until the wall is touched

TEST 7: 25 YARD FRONT FLUTTER KICK - NO BREATH

Starting Position: In water with one hand and both feet on the wall.

Test Instructions: Assessor will say "Take Your Mark, Go" – time will begin with "Go." Push off the wall with the feet and extend the other arm over the top to reach the streamline position, face in the water. Immediately perform a 25 yard Flutter Kick without breathing. Hands held in streamline position throughout, no sculling allowed. Touch the wall with both hands at the end of the 25 yards. Test is worth 10 points.



Photo 1 – Starting position



Photo 2 – Streamlined Front Flutter Kick

0 1	Starting Position: in water, one hand and both feet on the wall (1 pt- correct, 0 pts- incorrect)
0 1	Kick (1 pt- kick strong and out of the water, 0 pts- kick weak and/or underwater)
0 1 2	Body/Streamline - hands together, no sculling (2 pts- body long & streamlined, hands together, 1 pt- body not long & streamlined, hands together, 0 pts- hands not together)
0 1 2	Finished lap with no breath (2 pts- no breath, 1 pt- 1 breath, 0 pts- 2 or more breaths)
0 1	Finished (1 pt- swimmer touched the wall, 0 pts- swimmer did not touch wall)
0 1 2 3	Times (3 pts- equal to/less than 35 sec, 2 pts - 35.01 – 38.00, 1 pt - 38.01-41.00, 0 pts – equal to/greater than 41.01) Note: time does not stop until the wall is touched

PART 6 - SYNCHRO ROUTINE

TEST 8: TWO-LAP SYNCHRO ROUTINE - LAP 1

Starting Position: Standing position on deck with both arms up and extended, palms in, fingers together.

Test Instructions: A half squat is executed as the arms lower forward to the knees followed by a front dive.

Metronome speed 120.

- Swim 12.50 yards Breaststroke underwater, perform a Left 1-Arm Boost.
- After the boost, tuck backwards and extend the right leg to a Right Leg Bent Knee Vertical Position (right leg is straight) in one count, and hold for 8 counts.
- Extend the left leg to a Vertical Position in 2 counts, hold the Vertical Position for 6 counts.
- Vertical Descent in 6 counts, hold Vertical Position underwater 1 count, back tuck 1 count.
- Perform a No Arm Boost & catch at the surface.
- Travel forward in No Arm Eggbeater 8 counts.
- Perform a Boost from the surface and a partial Back Tuck Somersault.
- Extend the left leg to a Left Leg Fishtail Position (left leg is vertical) in one count, and hold for 8 counts.
- In 2 counts, lower the left leg to a Right Split Position and hold for 4 counts.
- In 2 counts, execute a Front Walkout to Surface Arch Position, hold for 2 counts.
- In 2 counts, surface to Back Layout Position.
- Finish the lap in Torpedo Scull.
- At the wall perform a partial Back Tuck Somersault in 1 count. (Do not touch the wall with hands)

0 1	Starting Position & Dive: on deck in a standing position with both arms up and extended, a half squat was executed, arms lowered to the knees followed by a front dive (1 pt- performed correctly, 0 pts- not performed correctly)
0 1 2	Right Leg Bent Knee Vertical Position Alignment/Extension/Time Held: determined by alignment & extension of head (ears specifically), hips and ankles and time held during all 8 counts (2 pts- all parts aligned/extended, time held 8 cts, 1 pt- 1 part not aligned, not extended & held for 8 counts, 0 pts- 2 parts or more not aligned, not extended, incorrect leg, or held for less than 8 counts) Performing the incorrect leg will result in 0 points for this position.
0 1 2	Vertical Position Alignment & Extension (through descent): vertical line determined by head (ears specifically), hips & ankles (2 pts- all parts aligned/extended, 1 pt- 1 part not aligned or not extended, 0 pts- 2 or more parts not aligned or not extended)
0 1 2 4	Vertical Height (4 pts- mid-thigh or higher during all 6 counts, 2 pts- leg mid-thigh to low-thigh during all 6 counts, 1 pt- leg low-thigh to above kneecap during all 6 counts, 0 pts- kneecap or lower at any time) **2 point bonus possible
0 1 2	Left Fishtail Position Alignment/Extension/Time Held: determined by alignment & extension of head (ears specifically), hips and ankles, and time held during all 8 counts (2 pts- all parts aligned/extended, time held 8 cts, 1 pt- 1 part not aligned or not extended & held for 8 counts, 0 pts- 2 or more parts not aligned or not extended or held for less than 8 counts) Performing the incorrect leg will result in 0 points for this position.
0 1 2 4	Left Fishtail - Vertical Leg Height (4 pts- leg at upper thigh or higher during all 8 counts, 2 pts- leg between upper thigh & mid-thigh during all 8 counts, 1 pt- leg between mid-thigh & low-thigh during all 8 counts, 0 pts-lower than low-thigh at any time or incorrect leg) **2 point bonus possible Performing the incorrect leg will result in 0 points & ineligible for bonus points for this position.
0 1 2	Right Split Position: determined by horizontal alignment & extension (2 pts- legs fully aligned/extended, 1 pt- 1 leg not aligned or not extended, 0 pts- neither leg aligned, or extended, or not held for 4 counts) Bonus possible - see below. Performing the incorrect leg will result in 0 points and ineligible for bonus points.
0 1	Torpedo Scull (1 pt- can demonstrate proper technique, 0 pts- inconsistent or incorrect technique)
0 5	<i>Right Split Bonus: hip/leg rotation between 12 & 1'clock, legs horizontally aligned. Perfect torso, knee & ankle extension. Vertical alignment of hips, shoulders & head. Completely flat, legs dry and at the surface. Held for 4 counts.</i>

Test is worth 14 points. ****9 Bonus points total possible for Vertical Position Height, Left Fishtail Position Height and Split Position with all criteria met & flat.**

TEST 8: TWO-LAP SYNCHRO ROUTINE (continued)

LAP 2

- Surface facing forward (down the pool),
- Perform 12.50 yards of ‘Kick Pull Kick Over’ Stroke – 4 counts for each ‘kick pull kick over’ starting with **left arm forward** (during “over” the arm moves horizontally across the water),
- At 12.50 yard mark, face forward and lift both arms up to stationary double-arm Eggbeater for 8 counts,
- Keeping arms up & extended, turn left shoulder back 90 degrees, hold stationary double-arm Eggbeater for 8 counts,
- Bend both arms down to the surface, turn left shoulder back and assume a Tub Position, hold stationary for 4 counts,
- Extend both legs to a Double Ballet Leg Position in 2 counts.
- Finish the lap in Double Ballet Legs.

Test is worth 11 points.

****4 bonus points possible for Double Arm Eggbeater & Double Ballet Leg height.**

Note:



Photo 1 – Double Ballet Legs



Photos 2&3 – Kick Pull Kick Over



0 1 2	‘Kick Pull Kick Over’ Stroke: determined by timing & correct technique (2 pts- correct technique & timing correct, 1 pt- incorrect technique or timing incorrect, 0 pts- technique & timing not correct) Starting with the incorrect arm will result in 0 points for this position.
0 1 2 4	Double Arm Eggbeater (Forward/Side): determined by height, arm stability & extension: (4 pts- armpits dry, arms extended and stable throughout, 2 pts- showing collar bone, arms extended and stable throughout, 1 pt- showing shoulder, dry or arms slightly unextended or slight movement of arms throughout, 0 pts- wash over shoulders, major lack of extension, major movement of arms, or arms not up for 8 cts at any time or any side). Note: incorrect eggbeater technique - automatic 0 pts **2 point bonus possible
0 1 2 3	Double Ballet Legs Extension: determined by head, shoulders & hips – hips, knees and ankles (3 pts- all areas extended, 2 pts- 1-2 areas not extended, 1 pt- 3-4 areas not extended, 0 pts- 5 or more areas not extended)
0 1 2	Double Ballet Legs Verticality: determined by 90 degree angle to the surface (2 pts- completely vertical throughout, 1 pt- slight loss of vertical at any time, 0 pts- legs never vertical to the surface)
0 1 3	Double Ballet Legs Height: determined by height the entire time (3 pts- above knee cap, 1 pt- at knee cap, 0 pts- below knee cap) **2 point bonus possible
0 1	Double Ballet Legs: finished lap (1 pt- face remained above water, 0 pts- face went underwater or did not complete lap)

PART 7 - FIGURES

TEST 9: STRAIGHT LEG LIFT TO 30 SECOND RIGHT BALLET LEG HOLD

Starting Position: Stationary Back Layout Position (right side to the wall),

Test Instructions: Hold a Back Layout Position for 4 counts (right side to the wall). Lift straight right leg to Ballet Leg Position in 6 counts. Body remains extended with face, chest, left leg and foot at the surface. Head (ears specifically), hips and ankles in line. No traveling allowed. **Hold for 30 Seconds.**

Test is worth 10 points. ***3 bonus points possible for Ballet Leg Height.*

3 markers are needed – placement is center, left of the center and right of the center – each 1 foot apart. Athlete starts with hips in line with the center marker for easier assessment of movement either forward or backward.

Metronome speed 120

4 counts – Back Layout Position Hold

6 counts – Back Layout Position to Right Ballet Leg

30 second - Hold



Photo 1 – Right Ballet Leg Position

Note: photo incorrect, right side should be to the wall and swimmer would receive a zero for the Back Layout Position.

0 1	Back Layout: determined by height, body alignment & extension – head, chest, thighs & feet at the surface (1 pt- all aligned, extended and dry, 0 pts- one or more parts underwater, not aligned, or not extended) Performing the layout with left side towards the wall will result in 0 points for this position.
0 1 2	Ballet Leg Position: determined by thigh and leg vertical alignment/extension (2 pts- thigh & leg on vertical line & extended, 1 pt- thigh or leg is not on vertical line or not extended, 0 pts- thigh and leg not on vertical line or not extended)
0 1 2 5	Ballet Leg Height: (5 pts- upper thigh or higher, and held all 30 seconds, 2 pts- mid-thigh to upper thigh, 1 pt- mid-thigh to low thigh, 0 pts- above knee cap) <i>**3 point bonus possible</i>
0 1	Horizontal Leg Extension (1 pt- horizontal leg extended and foot at the surface throughout, 0 pts- horizontal leg not extended or kicking)
0 1	Sculling (1 pt- can demonstrate proper standard scull, 0 pts- cannot demonstrate proper standard scull)
0 1 2	Travel (2 pts- stationary entire time, 1 pt- travel 1 foot or less, 0 pts- travel more than 1 foot)
0 1	Time Held (1 pt – held for 30 seconds, 0 pts – 29.99 – 15 seconds)

****NOTE: If held for 14.99 seconds or less - points may be awarded only for starting position if appropriate, otherwise Automatic Failed Skill (0 points).**

Performing the incorrect leg will result in Automatic Failed Skill (0 points).

TEST 10: Rio (Figure 143)

From a **Back Layout Position** (right side to the wall), one leg remains at the surface, the foot of the other leg is drawn along the inside of the extended leg to assume a **Bent Knee Back Layout Position**. The knee is straightened, without movement of the thigh, to assume a **Ballet Leg Position**. The shin of the horizontal leg is drawn along the surface to assume a Flamingo Position. The horizontal leg is extended to a Surface Ballet Leg Double Position. The body submerges vertically to a Submerged Back Pike Position with the toes just under the surface. The figure is completed as a Barracuda Spinning 360.

Test is worth 14 points. ***3 bonus points possible for Thrust height.*

Metronome speed 120.

4 counts – Back Layout Position Hold

8 counts – Back Layout Position to Bent Knee Back Layout Position

4 counts – Bent Knee Back Layout Hold

8 counts – Bent Knee Back Layout Position to Right Ballet Leg Position

4 counts – Ballet Leg Position Hold

8 counts – Ballet Leg Position to Surface Flamingo Position

4 counts – Surface Flamingo Position Hold

8 counts – Surface Flamingo Position to Surface Double Ballet Leg Position

4 counts – Surface Double Ballet Leg Position Hold

4 counts – Surface Double Ballet Leg Position to Submerged Back Pike Position

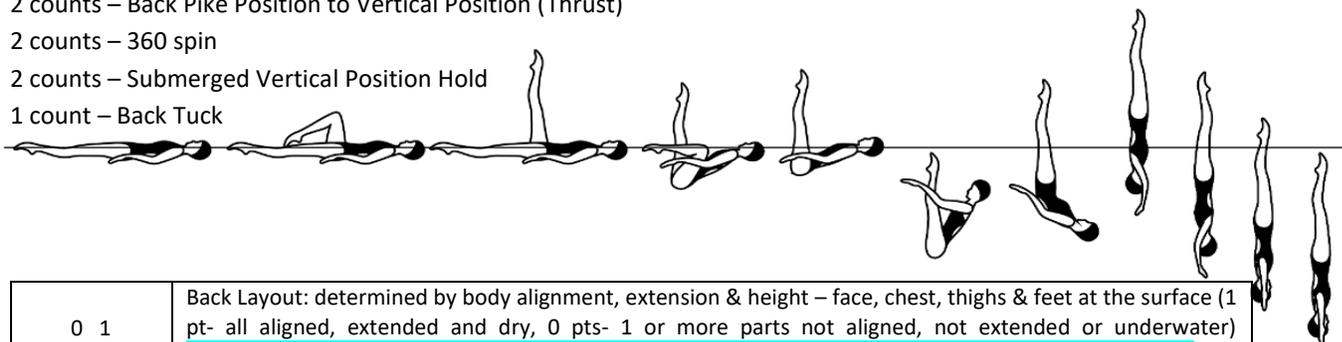
2 counts – Back Pike Position Hold

2 counts – Back Pike Position to Vertical Position (Thrust)

2 counts – 360 spin

2 counts – Submerged Vertical Position Hold

1 count – Back Tuck



0 1	Back Layout: determined by body alignment, extension & height – face, chest, thighs & feet at the surface (1 pt- all aligned, extended and dry, 0 pts- 1 or more parts not aligned, not extended or underwater) Performing the layout with left side towards the wall will result in 0 points for this position.
0 1 2	Bent Knee Back Layout, Flamingo, Ballet Leg & Double Ballet Leg Positions: determined by thigh and leg(s) vertical alignment/extension (2 pts- thighs & leg(s) aligned & extended, and on vertical line, 1 pt- 1 thigh or leg(s) not on vertical line or not extended, 0 pts- both thighs or leg(s) not on vertical line or not extended)
0 1 2	Ballet Leg Height: (2 pts- mid-thigh or higher – held all 4 counts, 1 pt- mid-thigh to low thigh, 0 pts- above knee cap and lower)
0 1 2	Submerged Back Pike Position: determined by the compactness and vertical line of the legs (2 pts- torso compacted between 1 o'clock & the vertical line, 1 pt- torso open greater than 1 o'clock with legs on vertical line, 0 pts- legs not on the vertical line.
0 1 2 5	Thrust: determined by height (5 pts- waist or higher, 2 pts- between waist & top of pelvis, 1 pt- between top of pelvis and crotch, 0 pts- crotch or below) <i>**3 point bonus possible</i>
0 1 2	Vertical Alignment & Extension: determined by vertical position through thrust & descent - head (ears specifically), hips & ankles (2 pts- all parts aligned/extended, 1 pt- 1 part not aligned or extended, 0 pts- 2 or more parts not aligned or not extended)
0 1 2	Spin: completed 360 degree rotation (2 pts- completed 360 degrees, 1 pt- 360 degrees - plus or minus 180 degrees, 0 pts- more or less than 180 degrees)
0 1	Tempo (1 pt- all parts correct, 0 pts- 1 or more parts incorrect)

TEST 11: ARIANA ROTATION + FRONT WALKOUT

Starting Position: Left Helicopter Position (left leg straight) with right side to the wall.

Test Instructions: Stretch the right leg out to a Left Split Position. Maintaining the relative position of the legs to the surface, hips rotate 90 degrees. Hold Center Split Position. Continue as the trunk turns 90 degrees around its longitudinal axis, while the legs rotate horizontally at the surface, to a Right Split Position, with the height and extension of the Split Position equal throughout. **Performing the incorrect sequence of legs will result in 0 points for right and left leg split positions.**

Alignment of Splits: Legs evenly split forward and back, legs fully extended and parallel to the surface. Lower back arched, with hips, shoulders and head on a vertical line. 180 degree angle between the extended legs, with the inside of each leg aligned on opposite sides of a horizontal line, regardless of the depth of the hips. (Legs are “dry” at the surface”) Hip joints on a horizontal line; shoulder joints on a horizontal line, both of these alignments ‘square’ and parallel to each other.

From the Split Position the front leg is lifted in a 180 degree arc over the surface to meet the left leg in a Surface Arch Position. With continuous movement, the hips, chest and face surface sequentially at the same point, with foot first movement to a Back Layout Position, until the head occupies the position of the hips at the beginning of this action. Hip height should remain constant and as close to the surface as possible. Arcing leg moves continuously at an even tempo, both legs maintain full extension. Trunk maintains same position until the feet joint. An accurate Surface Arch Position should be evident before the body begins to rise and straighten. The body straightens, rises and moves along the surface simultaneously, with a stationary Back Layout Position achieved as the face surfaces.

Test is worth 15 points. ***15 bonus points possible for all criteria met & flat splits.*

Metronome speed 120.

2 counts – Left Helicopter Position Hold

2 counts – Helicopter to Left Split position

6 counts – Left Split Position Hold

4 counts – Left Split Position to Center Split Position

6 counts – Center Split Position Hold

4 counts – Center Split Position to Right Split Position

6 counts – Right Split Position Hold

8 counts – Split Position to Surface Arch Position

4 counts – Surface Arch Position Hold

4 counts – Surface Arch Position to Back Layout Position

4 counts – Back Layout Position Hold

TEST 11: ARIANA ROTATION + FRONT WALKOUT (cont)



Photo 1 – Left Split Position



Photo 2 – Center Split Position



Photo 3 – Right Split Position

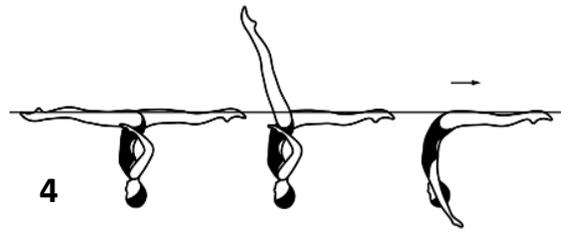


Photo 4 – Right Split Position to Surface Arch Position

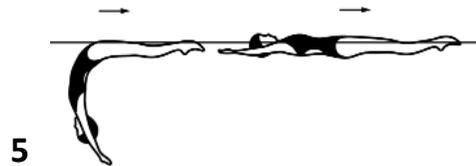


Photo 5 – Surface Arch Position to Back Layout Position

0 1	Starting Position: helicopter position (left leg straight) (1 pt- correct, 0 pts- not correct) Performing the helicopter position with left side towards the wall will result in 0 points for this position.
0 1 2 3 8	Left Split Position Alignment & Extension: determined by hips, shoulders and head - hips, knees and ankles (3 pts- fully aligned/extended throughout, 2 pts- 1-2 areas not aligned or not extended, 1 pt- 3 areas not aligned or not extended, 0 pts- no areas aligned or not extended) **5 point bonus possible (see below) Performing the incorrect leg will result in 0 points & ineligible for bonus points for this position.
0 1 2 3 8	Center Split Position Alignment & Extension: determined by hips, shoulders and head - hips, knees and ankles (3 pts- fully aligned/extended throughout, 2 pts- 1-2 areas not aligned or not extended, 1 pt- 3 areas not aligned or not extended, 0 pts- no areas aligned or not extended) **5 point bonus possible (see below)
0 1 2 3 8	Right Split Position Alignment & Extension: determined by hips, shoulders and head - hips, knees and ankles (3 pts- fully aligned/extended throughout, 2 pts- 1-2 areas not aligned or not extended, 1 pt- 3 areas not aligned or not extended, 0 pts- no areas aligned or not extended) **5 point bonus possible (see below) Performing the incorrect leg will result in 0 points & ineligible for bonus points for this position.
0 1 2	Surface Arch: determined by hips, shoulders, & head on vertical line and hips at the surface (2 pts- all parts aligned with hips at the surface, 1 pt- 1-2 parts not aligned or hips underwater, 0 pts- no parts aligned and hips underwater)
0 1	Back Layout: determined by body alignment, extension & height – face, chest, thighs & feet at the surface (1 pt- all aligned, extended and dry, 0 pts- 1 or more parts not aligned, not extended or underwater)
0 1 2	Tempo: determined by metronome within each transition (2 pts- all parts correct, 1 pt- 1-3 parts incorrect, 0 pts- 4 or more parts incorrect)
Note: Possible 15 bonus points	5 point Split Bonus/per split: hip/leg rotation between 12 & 1'clock, legs horizontally aligned. Perfect torso, knee & ankle extension. Vertical alignment of hips, shoulders and head. Completely flat, legs dry and at the surface. Correct tempo performed.

GRADE LEVEL 5

PART 1 – SPEED TRAINING, CONDITIONING, AND ACROBATICS

PART 1 WILL COMBINE SPEED TRAINING, CONDITIONING, AND ACROBATICS. ATHLETE WILL COMPLETE TESTS AS FOLLOWS WITH 20 SECONDS REST BETWEEN TESTS:

TEST 1:

1A, REST 20 SECONDS,

1B, REST 20 SECONDS,

1A, REST 20 SECONDS,

1B, REST 20 SECONDS,

1C – TEST COMPLETE

(Athlete should not wear shoes for Test 1A – 1C)

MINIMUM REST BETWEEN TESTS 1 AND 2 – 2 MINUTES.

MAXIMUM REST BETWEEN TESTS 1 AND 2 – 5 MINUTES

TEST 2:

2A, REST 20 SECONDS,

2B, REST 20 SECONDS,

2A, REST 20 SECONDS,

2B, REST 20 SECONDS,

2C – TEST COMPLETE

(It is suggested that athletes wear shoes for Tests 2A & 2B)

TEST 1A: 30 SQUATS IN 30 SECONDS

Starting position: Standing position in front of a chair or bench (seat – 18-24 inches high, looking for 90 degree angle of legs during squat), facing away, with the feet shoulder-width apart. Arms extended and down at the sides. (A chair or bench should be set against a wall to prevent movement – height of chair may have to be adjusted depending on the height of the athlete).

Test Instructions: Push the hips back and bend the knees to lower into a squat. Engage the abdominal muscles and look straight ahead throughout the movement. Torso may slightly pike forward. Arms move straight up to a position parallel to the ground. Lightly touch the buttocks to the seat, making sure that the knees do not extend past the toes, stand back up to the starting position. Metronome speed 120. **Complete 30 squats in 30 seconds.**

Test is worth 9 points each time - 18 points total.



Photo 1 – Starting position, facing away, with the feet shoulder-width apart. Arms extended and down at the sides.

Photo 2 – Squat position, arms parallel to the ground, knees do not extend past the toes. Alignment of head (ears specifically), shoulders and hips.

0 1	Starting Position: Standing position in front of a chair or bench, facing away, with the feet shoulder-width apart. Arms extended and down at the sides. (1 pt- correct, 0 pts- not correct)
0 1 2	Alignment during Squat: determined by head (ears specifically), shoulders & hips, torso - may pike forward slightly (2 pts- all parts aligned throughout, 1 pt- 1 part not aligned, 0 pts- no parts aligned)
0 1 2	Knee Alignment: determined by knees in line with feet during squat (2 pts- knees in alignment, 1 pt- inconsistent alignment, 0 pts- knees consistently out of alignment)
0 1	Movement of Feet (1 pt- completely still or minor movement or adjustment at any time, 0 pts- major movement or steps)
0 1	Timing: determined by squats on metronome ticks (1 pt- touched on every other tick, 0 pts- did not touch on every other with tick)
0 1 2	30 Squats Completed in 30 seconds (2 pts- 30 squats completed, 1 pts- 29-25 squats completed, 0 pts- 24 or fewer squats completed)

TEST 1B: TRICEP PUSH-UP COMBINED WITH ELBOW TOUCH

Starting Position: Straight body prone position, supported with hands palm down on the mat, fingertips pointing forward, shoulder-width apart, arms fully extended and on vertical line. Body is fully extended, head (ears specifically), and hips and feet are in line. Feet slightly apart (less than shoulder-width) and up on toes.

Test Instructions: Maintaining a straight body position, flex the arms (keeping the elbows in) to lower the body until the upper arm is in line with the torso. Extend the arms to return to a straight body prone support. With minimal extraneous movement, lift the right arm off the ground, touch at the left elbow or higher, then lower the right arm back to the ground holding body in the same position. Lower the body until the upper arm is in line with the torso. Extend the arms to return to a straight body prone support. With minimal extraneous movement, lift the left arm off the ground, touch at the right elbow or higher, then lower the left arm back to the ground holding body in the same position. **Repeat each side 5 times, 10 total push-ups, a total of 5 elbow touches to each side.** Test is worth 9 points each time – 18 points total.



Photo 1 – Starting position for Tricep Push-up: body extended, legs slightly apart (less than shoulder-width). Shoulders in line with hands. Head (ears specifically), shoulder, hips and feet in line. Lower the body until the upper arm is in line with the torso.

Photo 2 – Alternate touching hands to elbows or above (shoes should not be worn).

0 1	Starting Position: Straight body prone position, supported with hands palm down on the mat, fingertips pointing forward, shoulder-width apart, arms fully extended and on vertical line. Body is fully extended, head (ears specifically), hips and feet are in line. (1 pt- correct, 0 pts- not correct)
0 1 2 3	Body Alignment & Extension: determined by the head, back, abdominals, hips, legs and feet (3 pts- all parts aligned/extended, 2 pts- 1-2 parts not aligned or not extended, 1 pt- 3-4 parts not aligned or not extended, 0 pts- 5 or more parts aligned or not extended)
0 1 2	Push-ups (2 pts- all push-ups done correctly, 1 pt- 1 push-up not correct, 0 pts- 2 or more push-ups not correct)
0 1 2	During elbow touch - movement except for arms (2 pts- minimal movement the entire time, 1 pt- major movement or adjustment at any time, 0 pts- places any body part on the ground before time ends)
0 1	Foot Stability (1 pt- the feet were stable throughout, 0 pts- the feet were adjusted)

****NOTE: Completely breaking the position (stopping) - points may be awarded only for starting position if appropriate, otherwise Automatic Failed Skill (0 points).**

TEST 1C: HANDSTAND FACING WALL

Starting position - Standing position, facing away from the wall. The hips are facing forward, with feet together, and the arms extended above the head.

Test Instructions - Transition of your choice into a Handstand Position with the front of the body against the wall. (Arms may be off the wall)

Legs are together and extended with feet pointed in a Vertical Position. The body is in line – head (specifically ears), hips and feet all in perfect vertical alignment and extended. **Hold 15 seconds.** Test is worth 9 points.



0 1	Starting Position - standing position, facing away from the wall, with right/left leg extended forward, arms up and extended. The hips are facing forward. (1 pt- correct, 0 pts- not correct)
0 1 2 3 4	Vertical Body Alignment & Extension: torso, hips, legs, knees, ankles & feet (4 pts- all parts aligned/extended, 3 pts- 1 part not aligned or not extended, 2 pts- 2 parts not aligned or not extended, 1 pt- 3-4 parts not aligned or not extended, 0 pts- 5 or more parts not aligned or not extended)
0 1	Head Alignment (1 pt- head aligned, 0 pts- not aligned)
0 1 2	Movement (2 pts- still the entire time, 1 pt- minor movement or adjustment at any time, 0 pts-major movement or adjustment at any time)
0 1	Time Held (1 pt- 15 seconds, 0 pts- :14.99 - :5.00 seconds)

****NOTE: Held for 4.99 seconds or less - points may be awarded only for starting position if appropriate, otherwise Automatic Failed Skill (0 points).**

TEST 2A: 60 LATERAL JUMPS OVER LINE IN 30 SECONDS

Starting Position: Standing position immediately right of the line on the ground (left side of body closest to the line), with knees slightly bent, feet slightly apart, arms softly bent at the sides. The hips are facing forward. (Shoes may be worn)

Test Instructions: Slightly bend knees, keeping feet slightly apart and in line horizontally. Extend legs to perform a jump and laterally jump over the line on the ground so right side is closest to line. **Land with knees bent approximately 20 – 30 degrees**, feet slightly apart and in line horizontally. Extend legs to perform a jump, laterally jump over the line on the ground so left side is closest to line. **Land with knees bent approximately 20 – 30 degrees, feet slightly apart** and in line horizontally (knees should not be locked on the landing). **There should be no movement forward or backward during the jumps.** Metronome speed 120. **Complete 60 jumps total in 30 seconds (1 jump on each tick).** Test is worth 9 points each time – 18 points total.



0 1	Starting Position: standing position immediately right of the line on the ground (left side of body closest to line), with knees slightly bent, feet slightly apart, arms softly bent at the sides. The hips are facing forward. (1 pt- correct, 0 pts- not correct) Beginning position - standing on the left side (right side of body closest to the line) will result in 0 points for this position.
0 1 2	Movement of Feet: (1 pt- slightly apart and in line horizontally, 0 pts- feet far apart or not in line horizontally)
0 1 2	Landing: (2 pts- landing with knees bent and aligned with middle toes, heels down, 1 pt- knees not in line with middle toes or heels not down, 0 pts- knees not in line with middle toes and heels not down)
0 1	Timing: determined by jumps on metronome ticks (1 pt- touched on every tick, 0 pts- did not touch on every tick)
0 1 2 3	60 lateral jumps completed in 30 seconds (3 pts- 60 jumps completed, 2 pts- 59-50 jumps completed, 1 pt- 49-40 jumps completed, 0 pts- 39 or fewer jumps completed)

TEST 2B: DOUBLE LEG V-UPS

Starting Position: Supine position on the back, body & arms fully extended. Arms at the side, with palms down or facing into the body/legs. (Shoes may be worn)

Test Instructions: Contract the body by reaching forward toward the knees. Lift the shoulders off the ground to a flat back position while simultaneously lifting straight legs off the ground to achieve a V-Sit Position (minimum of a 90 degree angle). Balance on the buttocks. Arms are parallel to the ground with palms either down or facing into the body/legs. Return to Back Layout Position. Note tempo below. **Repeat 5 times.** Test is worth 9 points each time – 18 points total.

Metronome speed 120.

4 counts – Back Layout Position Hold

2 counts – Back Layout Position to V-Sit Position

4 counts – V-Sit Position Hold

2 counts – V-Sit Position to Back Layout Position

Repeat 5 times



Photo 1 – V-Sit Position

0 1	Starting Position: Supine position on the back, body & arms fully extended. Arms at the side, with palms down or facing body/legs. (1 pt- correct, 0 pts- not correct)
0 1 2	V-Sit Position - Leg Alignment & Extension: determined by hips, knees, shins & ankles (2 pts- all parts aligned and extended, 1 pt- 1-2 parts not aligned or not extended, 0 pts- 3 or more parts not aligned or not extended)
0 1 2	V-Sit Position – Body Alignment & Extension: determined by head (ears specifically), shoulders, back & hips (2 pts- all parts aligned and extended, minimum of 90 degree angle, 1 pt- 1-2 parts not aligned or not extended with 90 degree minimum, 0 pts- 3 or more parts not aligned or not extended or not 90 degree minimum)
0 1	Back Layout to V-Sit Position (1 pt- all Back Layouts to V-Sit completed effortlessly, 0 pts- 1 or more Layouts to V-Sits not completed effortlessly)
0 1	V-Sit Position to Back Layout (1 pt- all V-Sit to Back Layouts completed effortlessly, 0 pts- 1 or more V-Sits to Back Layouts not completed effortlessly)
0 1	Tempo (1 pt- all parts correct, 0 pts- 1 or more parts incorrect)
0 1	Finished 5 repetitions. (1 pt- all completed, 0 pts- 1 or more not completed)

****NOTE: Pushing off the ground - points may be awarded only for starting position if appropriate, otherwise Automatic Failed Skill (0 points).**

TEST 2C: STANDING SPLIT WITH HANDS ON TABLE - NEEDLE (Draw)

Starting position - Standing position, facing the table with right/left leg extended forward, arms up and extended. The hips are facing forward. Table should be approximately 30 inches high and in line with the athlete's hips (table height may need to be adjusted depending on the height of the athlete).

Test Instructions – Hinge forward at the waist and place the palms on the table. Palms should be shoulder-width apart, arms straight. The drawn leg is lifted to a vertical position. (Slight adjustment of hands is allowed)

Drawn leg is extended upwards with foot pointed in a standing split position (Needle). **The body is in a horizontal line – head (specifically ears) & hips (parallel to the ground). Legs in perfect vertical alignment and extended.** Athlete is allowed to extend past 180 degrees, minimum of 190 degrees to receive bonus. **Hold 10 seconds.** Test is worth 11 points. ***either 2 or 4 bonus points possible for all criteria met and a minimum of a 180° split (amount of bonus depends on hip/leg turn out). 10 bonus points for all criteria met and a 190 degree or greater split reached.*

***Bonus points possible for all criteria met, and degrees of splits, noted below.*



Photo 1 – Correct alignment of hips through torso. Note: Top leg is rolled out too far.

Photo 2 – Minimum roll-out. Note: Incorrect alignment of hips through torso.



0 1	Starting Position - standing position, facing the wall, with right/left leg extended forward, arms up and extended. The hips are facing forward. (1 pt- correct, 0 pts- not correct)
0 1 2	Horizontal Body Alignment & Extension: head and hips (2 pts- all parts aligned/extended, 1 pt- 1 part not aligned or not extended, 0 pts- 2 or more parts not aligned or not extended)
0 1 2 3 4	Leg Alignment: legs, knees, ankles & feet (4 pts- all parts aligned/extended, 3 pts- 1 part not aligned or not extended, 2 pts- 2 parts not aligned or not extended, 1 pt- 3-4 parts not aligned or not extended, 0 pts- 5 or more parts not aligned or not extended)
0 1 2	Movement (2 pts- still the entire time, 1 pt- minor movement or adjustment at any time, 0 pts-major movement or adjustment at any time)
0 1	Time Held (1 pt- 10 seconds, 0 pts- :9.99 - :5.00 seconds)
0 2 5 9	<i>Split Bonus: 9 pts- 190 degrees or greater and hip/leg rotation less than 2 o'clock, 4 pts- 180 degrees hip/leg rotation between 12 & 1 o'clock, 2 pts- 180 degrees and hip/leg rotation between 1 o'clock and 2 o'clock. Legs horizontally aligned. Perfect torso, knee & ankle extension. Vertical alignment of hips, shoulders & head. Held 10 seconds.</i>

****NOTE: Held for 4.99 seconds or less - points may be awarded only for starting position if appropriate, otherwise Automatic Failed Skill (0 points)**

Performing the incorrect leg will result in Automatic Failed Skill (0 points).

PART 2 – FLEXIBILITY

TEST 3: SHOULDER HYPEREXTENSION

Starting position: Prone position on the floor, with the legs extended and together, feet pointed, arms extended shoulder-width apart overhead, holding a stick.

Test Instructions: Slowly lift the stick up as high as possible while keeping forehead, chest, hips, and feet on the ground. **Hold for 10 seconds.** Slowly return to prone position with the arms remaining extended. Repeat three times. (Measurement occurs at the lowest point during each 10 second hold – for example, if an athlete lifts the stick up to a 10 inch height to begin with, but 5 seconds into the test drops to 4 inches, 4 inches is the amount that would be recorded.) Test is worth 16 points.



Photo 1 – Starting Position.

Photo 2 – Remaining in prone position the stick is lifted as high as possible while keeping forehead, chest, hips and feet on the ground.

Photo 3 – Starting position view from above.

0 1	Starting Prone position (considered in all 3 repetitions): determined by body alignment & extension - head, arms, torso, thighs, feet (1 pt- all aligned and extended, 0 pts- one or more parts not aligned or not extended)
0 1 2	Arm Extension (considered during all 3 repetitions: determined by elbow and wrist extension in overhead position (2 pts- fully extended & firm, 1 pt- soft elbows or wrists, 0 pts- major bend in elbows and wrists)
0 1 2 3 4	1 st Time - distance from the ground: determined by the middle of the stick to the ground (4 pts- 17 inches or greater, 3 pts- 16-7/8 in- 14 in, 2 pts- 13-7/8 in- 10 in, 1pt- 9-7/8 in- 7 in, 0 pts- 6-7/8 inches or less).
0 1 2 3 4	2 nd Time - distance from the ground: determined by the middle of the stick to the ground (4 pts- 17 inches or greater, 3 pts- 16-7/8 in- 14 in, 2 pts- 13-7/8 in- 10 in, 1pt- 9-7/8 in- 7 in, 0 pts- 6-7/8 inches or less).
0 1 2 3 4	3 rd Time - distance from the ground: determined by the middle of the stick to the ground (4 pts- 17 inches or greater, 3 pts- 16-7/8 in- 14 in, 2 pts- 13-7/8 in- 10 in, 1pt- 9-7/8 in- 7 in, 0 pts- 6-7/8 inches or less).
0 1	Time Held- consider all 3 repetitions: (1 pt- 10 seconds, 0 pts- 9.99 – 5.0 seconds)

TEST 4: RIGHT AND LEFT LEG SPLIT HOLD ON BACK

Starting position: Supine on the floor, with the legs extended and together, arms extended to the side of the body.

Test Instructions: The right leg is lifted straight, with continuous motion, until it reaches a minimum of 150 degrees of separation. Legs remain extended and on the same plane, left heel on the floor, knees and feet facing straight up. Hands may not be used to pull leg down. **Hold for 10 seconds.** Slowly return right leg to the Back Layout Position. Repeat lifting left leg. **Hold for 10 seconds.** End in a Back Layout Position. **Performing the incorrect sequence of legs will result in 0 points for right and left leg splits.** Test is worth 15 points. ****3 Bonus points each leg possible for all criteria met and leg at 180 degrees (total of 6 possible bonus points).**

Photo 1 – Legs remain extended and on the same plane.



0 1	Three Back Layout Positions: determined by body alignment & extension - head, arms, torso, thighs, feet (1 pt- all aligned and extended, 0 pts- one or more parts not aligned or not extended)
0 1 2 3	Leg Extension: determined by knee extension and quadriceps engaged in split position (3 pts- fully extended & firm, 2 pts- soft knees & quadriceps, 1 pt- slight bend in knees or soft quadriceps, 0 pts- major knee bend or quadriceps not engaged)
0 1 2	Both Legs - Feet and Knees: determined by knees and feet fully extended, knees and feet facing straight ahead – not rolled out (2 pts- both parts correct, 1 pt- 1 part not correct, 0 pts- 2 parts not correct)
0 1 2 3 4 7	Right Split Position: determined by the width of the legs (7 pts- leg touching shoulder, 4 pts- 179-150 degrees, 3 pts- 149-140 degrees, 2 pts- 139-130 degrees, 1 pt- 129-120 degrees, 0 pts- 119 degrees or below) **3 point bonus possible if all criteria met. Performing the incorrect sequence of legs will result in 0 points for this section.
0 1 2 3 4 7	Left Split Position: determined by the width of the legs (7 pts- leg touching shoulder, 4 pts- 179-150 degrees, 3 pts- 149-140 degrees, 2 pts- 139-130 degrees, 1 pt- 129-120 degrees, 0 pts- 119 degrees or below) **3 point bonus possible if all criteria met. Performing the incorrect sequence of legs will result in 0 points for this section.
0 1	Time Held – consider both positions (1 pt- 10 seconds, 0 pts- 9.99 – 5.0 seconds)

****NOTE: If either leg held between 9.99 – 5.0 seconds the points will be 0. Held for 4.99 seconds or less on either leg - points may be awarded only for starting position if appropriate, otherwise Automatic Failed Skill (0 points)**

PART 3 - SPEED SWIMMING

TEST 5:

5A, REST 10 SECONDS,

5B, REST 10 SECONDS,

5A, REST 10 SECONDS,

5B - TEST COMPLETE

TEST 5A: 100 YARD INDIVIDUAL MEDLEY

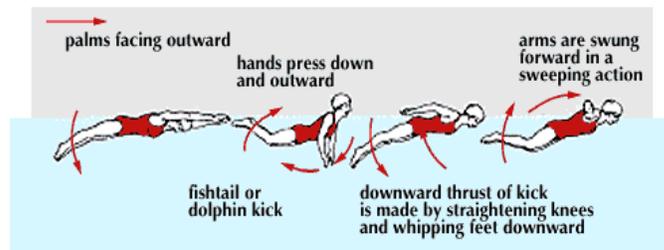
Starting Position: In water with one hand and both feet on the wall.

Test Instructions: Assessor will say “Take Your Mark, Go” – time will begin with “Go.” Perform a timed 100 yard Individual Medley in the following order - 25 yards Butterfly, 25 yards Backstroke, 25 yards Breaststroke and 25 yards Freestyle. FINA Swimming rules apply to this test. (Refer to FINA rules at the end of this manual). Test is worth 14 points each time – 28 points total.

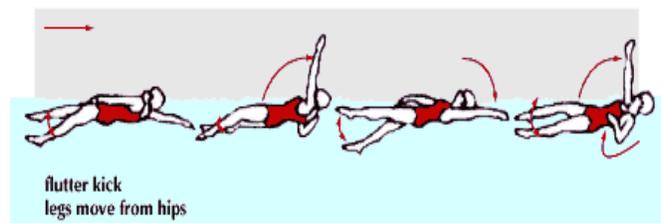
Photo 1 - Starting position in the water



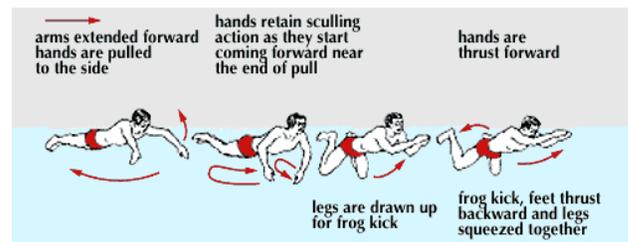
THE BUTTERFLY STROKE



THE BACK CRAWL STROKE



THE BREASTSTROKE



0 1	Starting Position: one hand & both feet on the wall (1 pt- correct, 0 pts- not correct)
0 1 2 3	Armstrokes: per FINA description (3 pts- all strokes correct, 2 pts- 1 stroke incorrect, 1 pt- 2 strokes incorrect, 0 pts- 3 or more strokes incorrect at some point)
0 1 2 3	Kicks: per FINA description (3 pts- all kicks correct, 2 pts- 1 stroke had improper kick, 1 pt- 2 strokes had improper kicks, 0 pts- 3 or more strokes had improper kicks at some point)
0 1 2	Turns per FINA descriptions (2 pts – all turns done correctly, 1 pt- 1-3 turns done incorrect, 0 pts-4 or more incorrect turns.
0 1	Finished (1 pt- swimmer touched the wall and strokes in correct order, 0 pts- did not touch wall or strokes not in correct order)
0 1 2 3 4	Times (4 pts- equal to/less than 1:40.00, 3 pts- 1:40.01 – 1:50.00, 2 pts- 1:50.01 – 2:00.00, 1 pt- 2:00.01 – 2:10.00, 0 pts- equal to/more than 2:10.01) Time does not end until wall is touched.

TEST 5B: 25 YARD FRONT FLUTTER KICK - NO BREATH

Starting Position: In water with one hand and both feet on the wall.

Test Instructions: Assessor will say "Take Your Mark, Go" – time will begin with "Go." Push off the wall with the feet and extend the other arm over the top to reach the streamline position, face in the water. Immediately perform a 25 yard Flutter Kick without breathing. Hands held in streamline position throughout, no sculling allowed. Touch the wall with both hands at the end of the 25 yards. Test is worth 10 points each time – 20 points total.



Photo 1 – Starting position



Photo 2 – Streamlined Front Flutter Kick

0 1	Starting Position: in water, one hand and both feet on the wall (1 pt- correct, 0 pts- incorrect)
0 1	Kick (1 pt- kick strong and out of the water, 0 pts- kick weak and/or underwater)
0 1 2	Body/Streamline - hands together, no sculling (2 pts- body long & streamlined, hands together, 1 pt- body not long & streamlined, hands together, 0 pts- hands not together)
0 1 2	Finished lap with no breath (2 pts- no breath, 1 pt- 1 breath, 0 pts- 2 or more breaths)
0 1	Finished (1 pt- swimmer touched the wall, 0 pts- swimmer did not touch wall)
0 1 2 3	Time - times (3 pts- equal to/less than 35 sec, 2 pts - 35.01 – 38.00, 1 pt - 38.01-41.00, 0 pts – equal to/greater than 41.01) Time does not end until the wall is touched.

PART 6 - SYNCHRO ROUTINE

TEST 6: TWO-LAP SYNCHRO ROUTINE - LAP 1

Starting Position: Standing position on deck with both arms up and extended, palms in, fingers together.

Test Instructions: A half squat is executed as the arms lower forward to the knees followed by a front dive. Lap 1 - Test is worth 16 points. ****16 Bonus points total possible for Vertical Position Height, Eggbeater Height, Left Fishtail Position Height and Left/Right Split Positions with all criteria met & Splits flat.**

Metronome speed 120.

- Swim 12.50 yards Breaststroke underwater, perform a Left 1-Arm Boost, descend underwater with a straight left arm, perform one Right 1-Arm Boost, descend underwater with a straight right arm.
- After the second boost, tuck backwards and extend the right leg to a Right Leg Bent Knee Vertical Position (right leg is straight) in one count, and hold for 4 counts, switch legs along the vertical line to a Left Leg Bent Knee Vertical Position (left leg is straight) in one count, hold for 4 counts.
- Extend the right leg to a Vertical Position in 2 counts, hold the Vertical Position for 8 counts.
- Vertical Descent in 8 counts, hold Vertical Position underwater 1 count, back tuck 1 count.
- Perform a No Arm Boost & catch at the surface.
- Travel forward in Double Arm Eggbeater 8 counts.
- Put both arms down & perform a Boost from the surface and a partial Back Tuck Somersault.
- Extend the left leg to a Left Leg Fishtail Position (left leg is vertical) in one count, and hold for 4 counts, switch legs simultaneously to a Right Leg Fishtail Position (right leg is vertical), hold for 4 counts.
- In 2 counts, lower the right leg to a Left Split Position and hold for 4 counts.
- In 2 counts, switch legs simultaneously, **passing through a Vertical Position**, to a Right Leg Split Position and hold for 4 counts.
- In 4 counts, execute a Front Walkout to Surface Arch Position, hold for 4 counts.
- In 2 counts, surface to Back Layout Position.
- Finish the lap in Torpedo Scull.
- At the wall perform a partial Back Tuck Somersault in 1 count.

TEST 6: TWO-LAP SYNCHRO ROUTINE - LAP 1 (continued)

0 1	Starting Position & Dive: on deck in a standing position with both arms up and extended, a half squat was executed, arms lowered to the knees followed by a front dive (1 pt- performed correctly, 0 pts- not performed correctly)
0 1 2	Left Leg Bent Knee Vertical Position Alignment/Extension/Time Held: determined by alignment & extension of head (ears specifically), hips and ankles for 4 counts (2 pts- all parts aligned/extended for 4 counts , 1 pt- 1 part not aligned, not extended for 4 counts , 0 pts- 2 parts or more not aligned, not extended, incorrect leg, or held for less than 4 counts) Performing the incorrect leg will result in 0 points for this position.
0 1 2	Double Leg Vertical Position Alignment & Extension (during hold & descent): vertical line determined by head (ears specifically), hips & ankles for 8 counts (2 pts- all parts aligned/extended for 8 counts , 1 pt- 1 part not aligned or not extended for 8 counts , 0 pts- 2 or more parts not aligned, not extended, or held for less than 8 counts)
0 1 2 4	Double Leg Vertical Height (4 pts- mid-thigh or higher during all 8 counts , 2 pts- leg mid-thigh to low-thigh during all 8 counts , 1 pt- leg low-thigh to above kneecap during all 8 counts , 0 pts- kneecap or lower at any time) **2 point bonus possible
0 1 2 4	Eggbeater: determined by height & alignment (4 pts- at or above bust line with good alignment for 8 counts , 2 pts- armpits dry with good alignment for 8 counts , 1 pt- collar bone dry with good alignment for 8 counts , 0 pts- wash over shoulders, poor alignment or held for less than 8 counts) **2 point bonus possible
0 1 2	Right Fishtail Position Alignment/Extension/Time Held: determined by alignment & extension of head (ears specifically), hips and ankles, and held 4 cts (2 pts- all parts aligned/extended, and held 4 cts , 1 pt- 1 part not aligned or not extended and held 4 counts , 0 pts- 2 or more parts not aligned, not extended or held for less than 4 counts) Performing the incorrect leg will result in 0 points for this position.
0 1 2 4	Right Fishtail - Vertical Leg Height (4 pts- leg at upper thigh or higher for 4 counts , 2 pts- leg between upper thigh & mid-thigh for 4 counts , 1 pt- leg between mid-thigh & low-thigh for 4 counts , 0 pts-lower than low-thigh at any time, incorrect leg, or held for less than 4 counts) **2 point bonus possible Performing the incorrect leg will result in 0 points for this position.
0 1 2	Right Split Position: determined by horizontal alignment & extension (2 pts- legs fully aligned/extended for 4 counts, 1 pt- 1 leg not aligned or not extended for 4 counts , 0 pts- neither leg aligned, or extended, or held for less than 4 counts) Performing the incorrect leg will result in 0 points for this position.
0 1	Torpedo Scull (1 pt- can demonstrate proper technique, 0 pts- inconsistent or incorrect technique)
0 5	<i>Right Split Bonus: hip/leg rotation between 12 & 1'clock, legs horizontally aligned. Perfect torso, knee & ankle extension. Vertical alignment of hips, shoulders & head. Completely flat, legs dry and at the surface. Held for 4 counts.</i>
0 5	<i>Left Split Bonus: hip/leg rotation between 12 & 1'clock, legs horizontally aligned. Perfect torso, knee & ankle extension. Vertical alignment of hips, shoulders & head. Completely flat, legs dry and at the surface. Held for 4 counts.</i>



Photo 1 – No Arm Boost



Photo 2 – Left Leg Bent
Knee Vertical



Photo 3 – Right Fishtail Position

TEST 6: TWO-LAP SYNCHRO ROUTINE (continued)

LAP 2

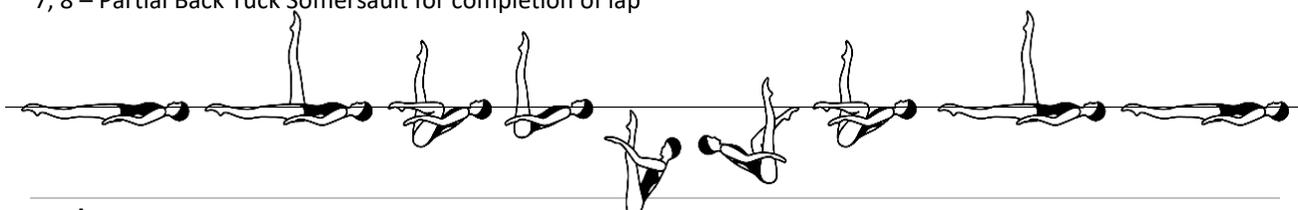
- Surface facing forward (down the pool),
- Perform 12.50 yards of 'Kick Pull Kick Over' Stroke – 4 counts for each 'kick pull kick over' starting with **left arm forward** (during "over" the arm moves horizontally across the water),
- At 12.50 yard mark, face forward and lift both arms up to stationary double-arm Eggbeater for 8 counts,
- Keeping arms up & extended, turn left shoulder back 90 degrees, hold stationary double-arm Eggbeater for 8 counts, turn right shoulder back 180 degrees, hold stationary double-arm Eggbeater 8 counts.
- Bend both arms down to the surface, turn right shoulder back and assume a Back Layout Position with arms overhead in Reverse Torpedo (Dolphin) scull, hold stationary for 4 counts,
- Assume a Right Bent Knee Surface Arch Position and hold it for **4 counts**.
- Rapid lift of the legs while straightening the bent knee to assume a Vertical Position, **as a Twirl is executed**, with maximum height, followed by a rapid descent.
- Partial underwater Back Tuck Somersault **and turn 180 degrees**. Kick into Back Layout Position and hold for 4 counts.
- Bend both legs into Tub Position, hold for 2 counts, and extend both legs to a Double Ballet Leg Position in 2 counts, hold stationary for 16 counts.
- Bend both legs into Tub Position in 2 counts, hold for 2 counts, and extend both legs to a Back Layout Position in 2 counts.
- Finish the lap with the Junior Duet Ballet Leg Sequence (Element #2).

Junior Duet Ballet Leg Sequence: From a **Back Layout Position** a straight right leg is lifted to a **Ballet Leg Position**. The shin of the left leg is drawn along the surface to assume a **Surface Flamingo Position**. The left bent knee is straightened to a **Surface Ballet Leg Double Position**. Maintaining the legs vertically, the body submerges to a **Submerged Back Pike Position** until the feet are just below the surface. Executing a 360° rotation the body rises to the surface simultaneously lowering the left leg with the foot remaining at the surface to assume a right leg **Surface Flamingo Position**. The left leg is straightened horizontally to a right **Ballet Leg Position**. The right leg is lowered straight to a **Back Layout Position**. Head first travel is allowed during the Ballet Leg sequence. Perform a partial Back Tuck Somersault to complete lap. Lap 2 - Test is worth 12 points. ***4 bonus points possible for Double Arm Eggbeater & Double Ballet Leg Height.*

Metronome speed 120

Counts:

- 1, 2, 3, 4 - Back Layout Position Hold
- 5, hold 6 – Back Layout Position to Right Ballet Leg
- 7, hold 8 – Right Ballet Leg to Right Flamingo
- 1, hold 2, 3, 4 – Right Flamingo to Double Ballet Legs
- 5, 6, 7, 8 – Double Ballet legs to Submerged Back Pike
- 1, 2, 3, 4, 5, 6, 7, 8 – Back Pike to Surface Flamingo Position
- 1, hold 2 – Flamingo to Ballet Leg
- 3, hold 4, 5, 6 – Ballet Leg to Back Layout
- 7, 8 – Partial Back Tuck Somersault for completion of lap



TEST 6: TWO-LAP SYNCHRO ROUTINE (continued)

LAP 2

0 1 2	'Kick Pull Kick Over' Stroke: determined by timing & correct technique (2 pts- correct technique & timing correct, 1 pt- incorrect technique or timing incorrect, 0 pts- technique & timing not correct) Starting with the incorrect arm will result in 0 points for this position.
0 1 2 4	Double Arm Eggbeater (Forward/Side/Side): determined by height, arm stability & extension: (4 pts- armpits dry, arms extended and stable throughout, 2 pts- showing collar bone, arms extended and stable throughout, 1 pt- shoulder, dry or arms slightly unextended or slight movement of arms throughout, 0 pts- wash over shoulders, major lack of extension, major movement of arms, or arms not up for 8 cts at any time or any side). <i>Note: incorrect eggbeater technique - automatic 0 pts</i> <i>**2 point bonus possible</i>
0 1	Right Bent Knee Surface Arch Position determined by hips, one thigh, shoulders & head on a vertical line, and hips at the surface (1 pt- hips at the surface and all parts aligned for 4 counts , 0 pts- 1 or more parts not aligned and/or hips underwater, or held for less than 4 counts) Performing the incorrect leg will result in 0 points for this position.
0 1 2	Double Ballet Legs Extension/Verticality: determined by head, shoulders & hips/hips, knees & ankles and 90 degree angle to the surface (3 pts- all areas extended, completely vertical throughout, and held for 16 counts , 1 pt- 1-3 areas not extended, slight loss of vertical at any time and held for 16 counts , 0 pts- 4 or more areas not extended, legs never vertical to the surface or not held for 16 counts)
0 1 3	Double Ballet Legs Height: determined by height for 16 counts (3 pts- above knee cap for 16 counts , 1 pt- at knee cap for 16 counts , 0 pts- below knee cap or not held for 16 counts) <i>**2 point bonus possible</i>
0 1 2	First Ballet Leg Position Alignment/Extension: determined by thigh and leg vertical alignment/extension (2 pts- thighs & legs on vertical line & extended, 1 pt- thighs or legs are not on vertical line or not extended, 0 pts- thighs or legs not on vertical line or not extended) Performing the incorrect leg will result in 0 points for this position.
0 1 2	Second Flamingo Position Alignment/Extension: determined by head, shoulders & hips – hips, knees and ankles (3 pts- all areas A/E, 2 pts- 1-2 areas not A/E, 1 pt- 3-4 areas not A/E, 0 pts- 5 or more areas not A/E) Performing the incorrect leg will result in 0 points for this position.



Photo 1 – Double Ballet Legs



Photos 2&3 – Kick Pull Kick Over
(1 count per action)



PART 7 - FIGURES

TEST 7: JUNIOR TEAM BENT KNEE THRUST - SPINNING 180° ELEMENT

(Element #1)

Starting in a **Submerged Back Pike Position** (with right side to the wall), with the legs perpendicular to the surface, a *Thrust* is executed to a **Vertical Position** and with no loss of height one leg is lowered to a **Bent Knee Vertical Position**. A rapid *180° Spin* is executed as the bent knee is extended to a **Vertical Position**. All movements are executed rapidly. Test is worth 10 points. ****3 bonus points possible for Thrust height.**

Counts: Metronome speed 120.

4 counts – Submerged Back Pike Position

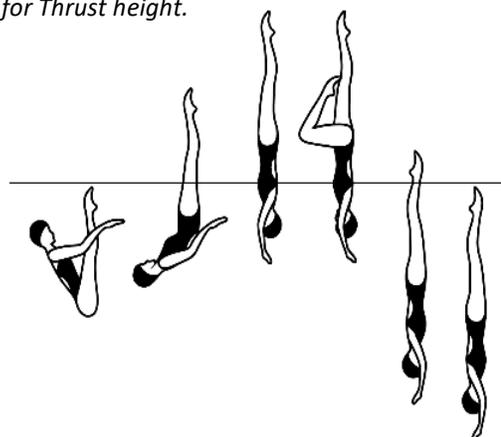
1 count – Submerged Back Pike Position to Vertical (Thrust)

1 count – Vertical Position to Bent Knee Vertical Position

1 count – Spin 180° (Bent Knee is extended to Vertical Position)

2 counts – Submerged Vertical Position Hold

1 count – Back Tuck



0 1 2	Submerged Back Pike Position: determined by the compactness and vertical line of the legs (2 pts- torso compacted between 1 o'clock & the vertical line, 1 pt- torso open greater than 1 o'clock with legs on vertical line, 0 pts- legs not on the vertical line. Performing the Submerged Back Pike Position with left side towards the wall will result in 0 points for this position.
0 1 2 5	Thrust: determined by height (5 pts- waist or higher, 2 pts- between top of pelvis and showing crotch, 1 pt- between crotch and upper thigh, 0 pts- upper thigh or lower) **3 point bonus possible
0 1	Vertical Position: determined by body alignment & extension – head (ears specifically), hips and ankles (1 pt- all aligned/extended, 0 pts- 1 or more parts not aligned or not extended)
0 1 2	Bent Knee Vertical to Vertical with 180° Spin: determined by alignment & extension of head (specifically ears), hips and ankles (2 pts- all parts A/E, 1 pt- one part not A/E, 0 pts- 2 or more parts not A/E)
0 1	Extension: legs and feet (1 pt- both parts extended and together, 0 pts- either part not extended or not together)
0 1	Back Tuck (1 pt- knees/feet together, compacted during somersault, 0 pts- 1 or more parts not correct)
0 1	Tempo (1 pt- all parts correct, 0 pts- 1 or more parts incorrect)

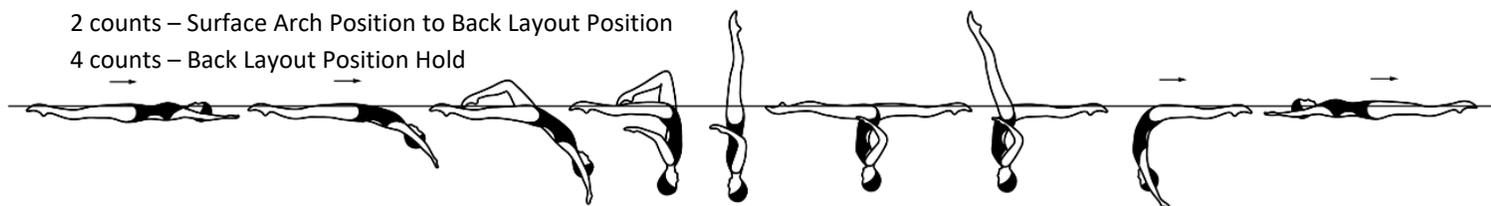
TEST 8: JUNIOR TEAM CYCLONE ELEMENT (Element #3)

Test Instructions: Starting in Back Layout Position with right side towards the wall. A Nova is executed to a Right Bent Knee Surface Arch Position. The legs are simultaneously lifted to a Vertical Position as a Twirl is executed. The legs are symmetrically lowered to a **Split Position**. A *Walkout Front* is executed.

Test is worth 14 points. ***5 bonus points possible for all criteria met & flat splits, 2 bonus points possible for Vertical Height. Total of 7 bonus points possible.*

Counts: Metronome speed 120.

- 4 counts – Back Layout Position
- 2 counts – Back Layout Position to Bent Knee Surface Arch Position
- 4 counts – Bent Knee Surface Arch Position Hold
- 1 count – Bent Knee Surface Arch Position to Vertical Position
- 4 counts – Vertical Position Hold
- 2 counts – Vertical Position to Split Position
- 4 counts – Split Position Hold
- 4 counts – Split Position to Surface Arch Position
- 4 counts – Surface Arch Position Hold
- 2 counts – Surface Arch Position to Back Layout Position
- 4 counts – Back Layout Position Hold



0 1	Back Layout: determined by height, body alignment & extension – head, chest, thighs & feet at the surface (1 pt- all aligned, extended and dry, 0 pts- one or more parts underwater, not aligned, or not extended) Performing the layout with left side towards the wall will result in 0 points for this position.
0 1	Right Bent Knee Surface Arch Position determined by hips, one thigh, shoulders & head on a vertical line, and hips at the surface (1 pt- hips at the surface, all parts aligned and held 4 counts, 0 pts- 1 or more parts not aligned, hips underwater or not held for 4 counts) Performing the incorrect leg will result in 0 points.
0 1 2	Vertical Position: determined by alignment & extension of head (specifically ears), hips and ankles (2 pts- all parts A/E and held for 4 counts, 1 pt- one part not A/E and held for 4 counts, 0 pts- 2 or more parts not A/E, or not held for 4 counts)
0 1 2 4	Vertical Height for all 4 counts (4 pts- legs at mid-thigh or higher for 4 counts, 2 pts- legs mid-thigh to low thigh for 4 counts, 1 pt- low-thigh to above knee cap for 4 counts, 0 pts- knee cap or lower at any time, or not held 4 counts) **2 point bonus possible
0 1 2 3 8	Right Split Position Alignment & Extension: determined by hips, shoulders and head - hips, knees and ankles (3 pts- fully aligned/extended throughout, 2 pts- 1-2 areas not aligned or not extended, 1 pt- 3 areas not aligned or not extended, 0 pts- no areas aligned or not extended) **5 point bonus possible (see below) Performing the incorrect leg will result in 0 points and ineligible for bonus points.
0 1 2	Surface Arch determined by hips, shoulders & head on vertical line and hips at the surface (2 pts- all parts aligned with hips at the surface, 1 pt- hips underwater or 1-2 parts not aligned, 0 pts- not aligned and hips underwater)
0 1	Back Layout: determined by height, body alignment & extension – head, chest, thighs & feet at the surface (1 pt- all aligned, extended and dry, 0 pts- one or more parts underwater, not aligned, or not extended)
0 1 2	Tempo: determined by metronome within each transition (2 pts- all parts correct, 1 pt- 1-3 parts incorrect, 0 pts- 4 or more parts incorrect)
Note: Possible 5 bonus points	5 point Right Split Bonus: hip/leg rotation between 12 & 1'clock, legs horizontally aligned. Perfect torso, knee & ankle extension. Vertical alignment of hips, shoulders and head. Completely flat, legs dry and at the surface. Correct tempo.

FINA RULES SWIMMING STROKES

SW 5 FREESTYLE

SW 5.1 Freestyle means that in an event so designated the swimmer may swim any style, except that in individual medley or medley relay events, freestyle means any style other than backstroke, breaststroke or butterfly.

SW 5.2 Some part of the swimmer must touch the wall upon completion of each length and at the finish.

SW 5.3 Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 metres after the start and each turn. By that point, the head must have broken the surface.

SW 6 BACKSTROKE

SW 6.2 At the signal for starting and after turning the swimmer shall push off and swim upon his back throughout the race except when executing a turn as set forth in SW 6.4. The normal position on the back can include a roll movement of the body up to, but not including 90 degrees from horizontal. The position of the head is not relevant.

SW 6.3 Some part of the swimmer must break the surface of the water throughout the race. It is permissible for the swimmer to be completely submerged during the turn, at the finish and for a distance of not more than 15 metres after the start and each turn. By that point the head must have broken the surface.

SW 6.4 When executing the turn there must be a touch of the wall with some part of the swimmer's body in his/her respective lane. During the turn the shoulders may be turned over the vertical to the breast after which a continuous single arm pull or a continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to the position on the back upon leaving the wall.

SW 6.5 Upon the finish of the race the swimmer must touch the wall while on the back in his/her respective lane.

SW 7 BREASTSTROKE

SW 7.1 After the start and after each turn, the swimmer may take one arm stroke completely back to the legs during which the swimmer may be submerged. A single butterfly kick is permitted during the first arm stroke, followed by a breaststroke kick.

Interpretation:

The first arm stroke begins with the separation of the hands.

SW 7.2 From the beginning of the first arm stroke after the start and after each turn, the body shall be on the breast. It is not permitted to roll onto the back at any time. From the start and throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous and on the same horizontal plane without alternating movement.

Interpretation:

A pause after the separation of the hands is not a violation of the rule.

SW 7.3 The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought

back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.

SW 7.4 During each complete cycle, some part of the swimmer's head must break the surface of the water. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke. All movements of the legs shall be simultaneous and on the same horizontal plane without alternating movement.

SW 7.5 The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter or downward butterfly kick is not permitted except as in SW 7.1. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.

SW 7.6 At each turn and at the finish of the race, the touch shall be made with both hands simultaneously at, above, or below the water level. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

SW 8 BUTTERFLY

SW 8.1 From the beginning of the first arm stroke after the start and each turn, the body shall be kept on the breast. Under water kicking on the side is allowed. It is not permitted to roll onto the back at any time.

SW 8.2 Both arms shall be brought forward together over the water and brought backward simultaneously through-out the race, subject to SW 8.5.

SW 8.3 All up and down movements of the legs must be simultaneous. The legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A breaststroke kicking movement is not permitted.

SW 8.4 At each turn and at the finish of the race, the touch shall be made with both hands simultaneously, at, above or below the water surface.

SW 8.5 At the start and at turns, a swimmer is permitted one or more leg kicks and one arm pull under the water, which must bring him to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 metres after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish.

SW 9 MEDLEY SWIMMING

SW 9.1 In individual medley events, the swimmer covers the four swimming strokes in the following order: Butterfly, Backstroke, Breaststroke and Freestyle. Each of the strokes must cover one quarter (1/4) of the distance.

SW 9.3 Each section must be finished in accordance with the rule which applies to the stroke concerned.

SAMPLE COMPETITION ANNOUNCEMENT

Meet Announcement - XXXXX Association
Level 1 and 2 LTAD Skills Competition - 13 and Up Athletes

Date:

Location:

Hosted by:

Meet Managers:

Concessions: Lunch, snacks, and drinks will be sold. Coaches and officials will be able to have lunch and a drink free of charge. Water will be provided to all coaches and officials all day as needed.

Meet Entries:

Each club is responsible for registering their own swimmers online at www.USASynchro.org. Meet entries also need to be sent no later than XXXX . Email attached sheet to:

Athletes must be competing Age Group 13-15 or older in the 2016-17 season to enter this competition.

Meet Fees:

Level 1 - \$15 per athlete

Level 2 - \$20 per athlete (payable even if athlete doesn't pass Level 1)

Attire:

Judges/Assessors should wear plain, white tops and plain, black bottoms. No team logos.

Athletes should wear black suits and short black "volleyball style" shorts. During water skills, athletes should wear plain, white caps. No team logos. Athlete's shoulders will be marked with their competition number. Goggles may be worn during swimming skills and figures, not routines.

Awards: None

Judges/Assessors:

The competition will go fastest with as many assessors as possible, at least one per station is ideal. Please fill out the attached Assessor sheet for your club and return it by XXXX so that we know how many assessors to expect.

Assessors will be assigned to a station for the entire competition. There will be three assessors for routine and figure stations and one assessor for every other station.

Volunteers:

Volunteers are needed to time stations and to facilitate scoring. Each club needs to provide at least four volunteers. Please fill out the attached Volunteer sheet for your club and return it by Friday, November.

Equipment:

All items needed for competition (mats, tape, sharpies, etc.) will be provided by the meet host.

Video:

Each club needs to provide a video recording device and videographer for every 10 swimmers they are bringing to the meet. For example, if you are bringing 11 swimmers, you need to bring 2 devices and 2 people to record.

Each club is also responsible for uploading video files to a shared folder in a timely fashion. Folder location TBD.

Schedule:

8:00am	Doors Open
8:15am	Pool open for warm-up; draw for Bent Knee Balance
8:30am	Assessor and Volunteer meeting
8:40am	Pool closed, athletes, assessors, and volunteers in place for competition
8:45am	Level 1 Competition begins
12:00pm-12:30pm	Break for lunch (or as soon as Level 1 is complete)
12:30pm	Pool open for warm-up; draw for Balance w/ Straight Leg Assessor and Volunteer meeting
12:45pm	Pool closed, athletes, assessors, and volunteers in place for competition
12:50pm	Level 2 Competition begins
5:00pm	Pool Closes--all athletes, parents, coaches, assessors, etc. must leave

**Times may change as needed, allowing for a lunch break between Levels 1 and 2.

Rotation:

Athletes will be assigned to six groups based on order of draw. One group will start at each of the six stations: Routine, Swimming, Figure Station, Conditioning, Acrobatics, and Flexibility. When athletes have completed all skills at a station, they will rotate clockwise around the pool: Routine to Swimming, Swimming to Figures, Figures to Conditioning, etc. See attached sheet for pool layout.

Meet Entry Form
XXXX Association
Level 1 and 2 LTAD Skills Competition

Each club is responsible for registering their own swimmers online at www.USASynchro.org.

Meet entries also need to be sent no later than XXXXX

Athlete's Name:	Athlete's Birthday:	Club:	Levels (circle):
1			1 2
2			1 2
3			1 2
4			1 2
5			1 2
6			1 2
7			1 2
8			1 2
9			1 2
10			1 2
11			1 2
12			1 2
13			1 2
14			1 2
15			1 2
16			1 2
17			1 2
18			1 2
19			1 2
20			1 2
21			1 2

Assessor Form
XXXXX Association
Level 1 and 2 LTAD Skills Competition

The competition will go fastest with as many assessors as possible, at least one per station is ideal. Please fill out the attached Assessor sheet for your club and return it by XXXXXX so that we know how many assessors to expect.

Assessors will be assigned to a station for the entire competition if possible. There will be three assessors for routine and figure stations and one assessor for every other station.

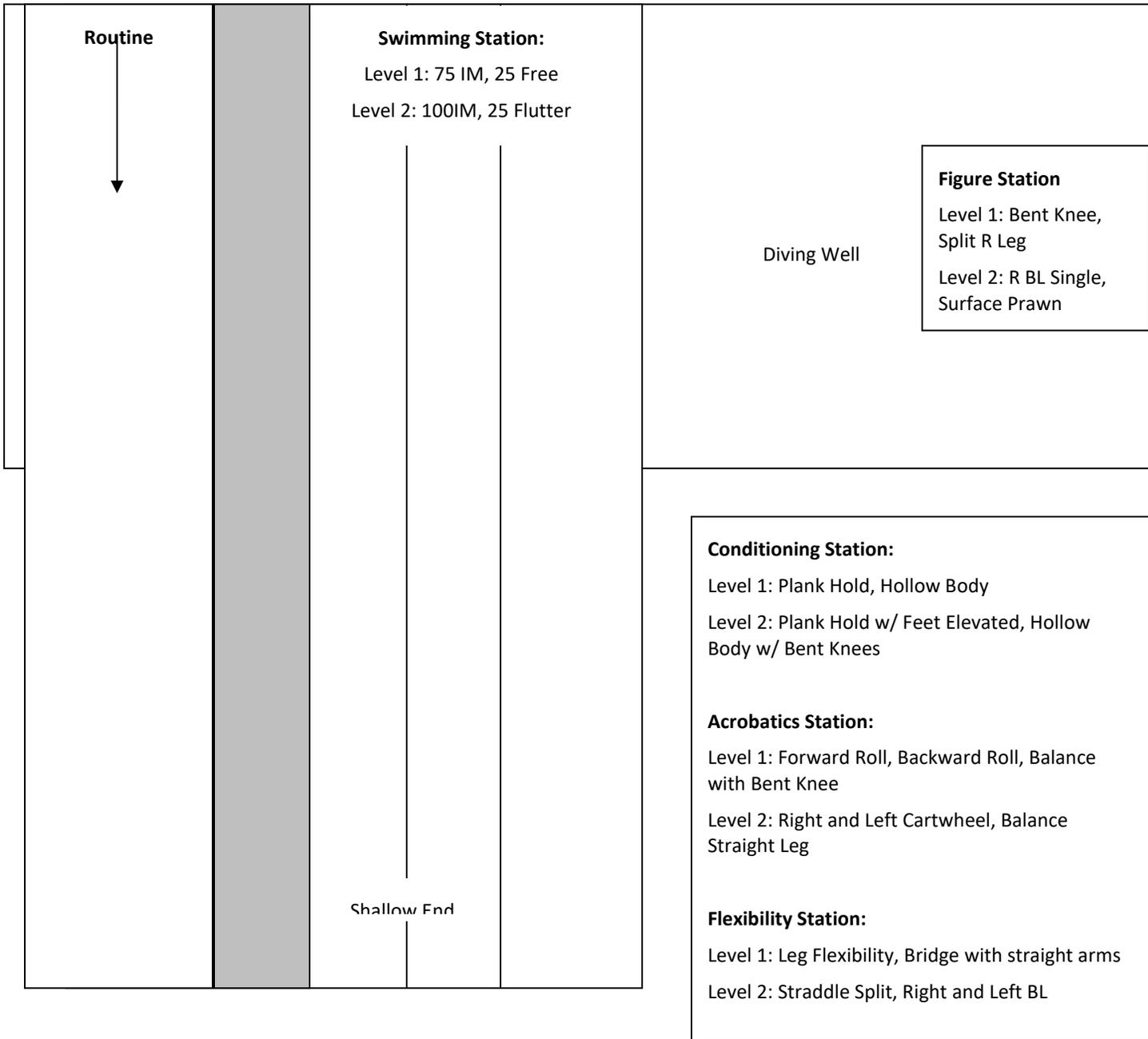
Assessor's Name:	Club:	Levels (circle):
1		1 2
2		1 2
3		1 2
4		1 2
5		1 2
6		1 2
7		1 2
8		1 2

Volunteer Form
XXXXX Association
Level 1 and 2 LTAD Skills Competition

Volunteers are needed to time stations and to facilitate scoring. Each club needs to provide at least four volunteers. Please fill out the attached Volunteer sheet for your club and return it by XXXXX

Volunteer's Name:	Club:	Levels (circle):
1		1 2
2		1 2
3		1 2
4		1 2
5		1 2
6		1 2
7		1 2
8		1 2

Pool Diagram



LTAD SCORING GUIDELINES

LTAD SCORING GUIDELINES

This information is to understand the data entry of the scoring program for LTAD Levels 1-4. All cells are protected, the program has been reviewed by USA Synchro National Scoring Personnel.

When opening the document, the first tab is the Level Overall Score Sheet. This sheet has 100 cells to enter athlete information registered for the event. All information must be entered manually. If you have more than 100 athletes entered in your LTAD Testing Event, you need to copy the whole file and name it as follows:

- 1st 100 ([Club/Assoc/Region/Zone]_LTAD Level [1,2,3,4]_Jan 1 2016_Scorer Name)
- 2nd 100 ([Club/Assoc/Region/Zone]_LTAD Level [**1B,2B,3B, 4B**]_Jan 1 2016_Scorer Name)
- Etc...

The Date and Zone on the top left of the document as well as the assessor and volunteer cells at the bottom of the document, **MUST** be hand written. Assessors and Volunteers **MUST** print/sign their name for each skill they tested. This is to facilitate the petition process.

All other cells and overall totals as well as the pass/fail (false) column are all protected. The athlete must reach 80% of the overall score to pass the level. Once the score sheets have been turned in to the scoring personnel they cannot be altered. Scores are verified by the Official Scorer of the competition. Contact shari@usasynchro.org if any alterations need to be done to the scoresheets.

Pass/Fail Points:

Level 1 is worth 121.00 pts. To pass you need 96.80 pts. 96.79 pts or lower is a failed level, **WE DO NOT ROUND UP**. There is a possibility of 13 bonus points for this Level.

Level 2 is worth 128.00 pts. To pass you need 102.40 pts. 102.39 pts or lower is a failed level, **WE DO NOT ROUND UP**. There is a possibility of 20 bonus points for this Level.

Level 3 is worth 149.00 pts. To pass you need 119.20 pts. 119.19 pts or lower is a failed level, **WE DO NOT ROUND UP**. There is a possibility of 28 bonus points for this Level.

Level 4 is worth 190.00 pts. To pass you need 152.00 pts. 151.99 pts or lower is a failed level, **WE DO NOT ROUND UP**. There is a possibility of 59 bonus points for this Level.

Level 5 is worth 218.00 pts. To pass you need 174.40 pts. 173.39 pts or lower is a failed level, **WE DO NOT ROUND UP**. There is a possibility of 46 bonus points for this Level.

When entering the data into the skill tabs, you can only enter a single digit score of the minimum (0), to the maximum score (1,2,3,4,5) of that cell. If you enter a number higher than the allotted max score, an error message will display and you will need to re-enter your result. Score 1 reflects the top cell scoring criteria; Score 2 reflects the next cell scoring criteria, etc... For Routine and Figures, the scorer needs to enter all three assessor results per column to make up the average of score 1, score 2, etc...

All totals carry over to the overall score sheet which reflects the overall total and automatically passes or fails (false) the athlete based on their final result.

For any questions regarding the scoring program, please contact erichdarst@gmail.com