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## Synchronised Swimming

### Skill Level 2

Assessors must be either Basic Skill Assessors or  
Advanced Skill Assessors

Name .....

Date.....

## **Contents**

1. Travelling eggbeater with ‘trailing’ arm vertical.
2. Kick, pull, kick over for 20 metres.
3. Inverted tuck showing support scull.
4. Hanging inverted vertical at natural buoyancy level.
5. Reverse scoop scull moving from front layout into front pike.
6. Ballet leg figure supported by bottles.
7. Alternate Bent Knee.
8. Inverted Right leg Split position.
9. Torpedo Scull 10 metres.
10. Head First Dive.
11. Dolphin Scull 10 metres.
12. On Land: Prone Plank Position.

## **General Conditions**

### **Black costume and white hat to be worn**

1. At least 11 out of 12 skills must be passed but all must be attempted.
2. Unless otherwise stated, all movements should be performed in a stationary position in uniform motion.
3. To ensure all points can be assessed, assessors may ask the swimmer to perform the skill up to 3 times.
4. For the head first dive, the water depth must be at least 1.8 metres deep.
5. Dry land skills must be assessed in an appropriate environment.
6. For dry land skills swimmers must wear a costume/leotard.
7. Assessors are asked to highlight any areas in which the swimmers are not yet competent.
8. Swimmers may retake up to 2 skills a maximum of 2 times.
9. All points of good technique i.e. pointed toes should be assumed.
10. Heights given are the minimum.
11. 5 Litre bottles must be used.
12. Words enclosed in “inverted commas” should be regarded as approximate.

<b>1. TRAVELLING EGGBEATER WITH TRAILING ARM VERTICAL</b>		
<b>Travel 8 metres in one direction and 8 metres in the opposite direction. There may be a pause between the 2 actions.</b>	R	L
i) Body erect with shoulders pulled down and back and level. Back of neck fully extended.		
ii) Knee of leading leg wide of body.		
iii) Trailing leg to side of body and angled to allow propulsion.		
iv) Vertical arm extended and arm pit of vertical arm dry.		
v) Head central.		
vi) Smooth continuous action demonstrating constant travel and constant height with minimal disturbance of the water.		
vii) Distance travelled 8 metres.		
<b>Examiner</b>		
<b>2. KICK, PULL, KICK OVER 20 METRES</b>		
i) Breast stroke kick used throughout.		
ii) Shoulders and face remain facing the direction of travel.		
iii) Shoulders pulled down and back so chin is high off the water.		
iv) During the over movement, arm fully extended and passing very close to the ear.		
v) Thumb entering first.		
vi) Constant rhythm throughout the 20 metres.		
vii) Distance travelled 20 metres.		
<b>Examiner</b>		

<b>3. INVERTED TUCK DEMONSTRATING SUPPORT SCULL</b>	
<b>Method of achieving and getting out of the tuck optional but must be controlled. Tuck position held stationary for 5 seconds.</b>	
i) Body compact, back rounded and chin tucked in.	
ii) Legs and feet squeezed together and feet fully extended.	
iii) Heels “close” to buttocks and shins vertical.	
iv) Arms bent so forearms are parallel to water surface. Palms facing the bottom of the pool.	
v) Palms face slightly out on the outward movement.	
vi) Hands flat on inward movement palms remaining facing the bottom of the pool and moving inward until the fingers “touch” in front of the body.	
vii) Continuous powerful movement with even pressure on the outward and inward movement.	
viii) Position held for 5 seconds.	
<b>Examiner</b>	
<b>4. HANGING INVERTED VERTICAL</b>	
<b>Arm position optional. Minimal arm movement allowed maintaining stability. Position maintained at natural buoyancy height of the swimmer.</b>	
i) Body extended and vertical.	
ii) Back of neck stretched so head is in line with body.	
iii) Trunk tight so it is in line with hips and shoulders.	
iv) Thighs shins, ankles and feet squeezed towards each other.	
v) Knees and feet fully extended. Muscle tightness obvious.	
vi) Position held for 5 seconds.	
<b>Examiner</b>	

<b>5. FRONT LAYOUT TO FRONT PIKE POSITION</b>	
i) Body at surface with face in, back of neck fully extended, buttocks and heels at the surface.	
ii) Reverse scoop sculling action must be shown.	
iii) Body and back of neck fully extended with shoulders pulled down and back. Flat back throughout.	
iv) Hips 'replace' head in pike position.	
v) After initial sculling action, elbows must remain in line with or behind the ears throughout.	
vi) 90 degree angle shown in pike.	
vii) Overhead sculling action maintained until pike position achieved.	
<b>Examiner</b>	
<b>6. RIGHT BALLET LEG SUPPORTED BY BOTTLES (Fig101)</b>	
<b>5 Litre bottles must be used. Swimmers holding bottles in hands. Position "stationary".</b>	
i) Body horizontal with hips, thighs and feet at surface.	
ii) Shoulders pulled down and back with upper chest high throughout figure.	
iii) Back of neck extended, face parallel to water surface.	
iv) Toe drawn along inside of horizontal leg until thigh is vertical.	
v) Water line mid thigh.	
vi). Knee stationary as leg is extended to ballet leg.	
vii) Both legs fully extended with knees straight, tightness obvious.	
viii) Foot of the non-ballet leg at the surface.	
ix) Non ballet leg rolled so heel points to bottom of pool.	
x) Vertical leg rolled so the heel points away from the face.	
xi) Water level mid thigh.	
xii) Knee remains stationary on descent to bent knee position. Water level at mid thigh.	
xiii) Shoulders pulled down and back with upper chest high as bent knee is lowered to back layout.	
xiv) Constant speed throughout.	
<b>Examiner</b>	

<b>7. ALTERNATE BENT KNEE POSITION</b>		
<b>Starting in back layout, the right leg is lifted to a bent knee position and then returned to back layout. The action is repeated using the left leg.</b>	R	L
i) Shoulders pulled down and back with upper chest high throughout.		
ii) As knee starts to bend, lift must be shown.		
iii) Toe drawn along inside of horizontal leg until thigh is vertical.		
iv) Thigh vertical. The immediate space under the bent knee must be dry.		
v) Foot of non ballet leg at the surface.		
vi) Horizontal leg extended.		
vii) Smooth flat scull not disturbing the surface of the water.		
viii) Hips pressed up towards the surface as the leg is lowered to back layout.		
ix) Toe returns along the inside of the horizontal leg.		
x) Constant speed throughout the 2 leg actions.		
<b>Examiner</b>		
<b>8. INVERTED RIGHT LEG SPLIT</b>		
i) Even split (part of legs may be out of the water)		
ii) Angle between thighs of at least 140°		
iii) Arch in lower back so body is vertical		
iv) Knees and ankles demonstrating extension		
v) Position held for 5 seconds		
<b>Examiner</b>		

<b>9. TORPEDO SCULL TRAVELLING 10 METRES</b>	
i) Body horizontal with hips, thighs and feet at surface.	
ii) Shoulders pulled down and back with upper chest high.	
iii) Back of neck extended, face parallel to water surface.	
iv) Legs and ankles fully extended and squeezed towards each other.	
v) Obvious tightness throughout the body and legs.	
vi) Arms fully extended and close to ears.	
vii) Smooth continuous sculling action allowing smooth foot first travel with minimal disturbance of the water.	
viii) Distance travelled 10 metres.	
<b>Examiner</b>	
<b>10. HEAD FIRST DIVE</b>	
i) Upright stance at edge of pool. Arms extended above the head.	
ii) Feet together, stomach pulled in and tightness and extension demonstrated.	
iii) During take off from the side, the hips must push up and the legs extend.	
iv) Angle at entry at least 45 degree to water surface.	
v) Full extension from the fingers through to the toes shown on entry.	
vi) Fully extended body shape maintained until fully submerged.	
<b>Examiner</b>	

<b>11. DOLPHIN SCULL TRAVELLING 10 METRES</b>	
i) Body horizontal with hips, thighs and feet at surface.	
ii) Shoulders pulled down and back with upper chest high.	
iii) Back of neck extended, face parallel to water surface.	
iv) Legs and ankles fully extended and squeezed towards each other.	
v) Obvious tightness throughout the body and legs.	
vi) Arms fully extended and close to ears.	
vii) Smooth continuous sculling action allowing smooth head first travel with minimal disturbance of the water.	
viii) Distance travelled 10 metres.	
<b>Examiner</b>	
<b>12. ON LAND: PRONE 'PLANK' POSITION</b>	
i) Body in press up position supported by hands or forearms.	
ii) Toes curled under so they face towards the head.	
iii) Body in a straight line.	
iv) Head in line with body.	
v) Body position held for 10 secs.	
<b>Examiner</b>	