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## Synchronised Swimming

### Skill Level 3

Assessors must be either Basic Skill Assessors or  
Advanced Skill Assessors

Name .....

Date.....

## **Contents**

1. Travelling eggbeater, with both arms vertical, 5 metres in one direction.
2. Head first boost from underwater.
3. From back layout through ballet leg to flamingo position.
4. Dolphin start from back layout into surface arch demonstrating split scull.
5. Porpoise lift supported by bottles.
6. Crane position to Inverted Bent Knee Position.
7. Kipnus from Inverted Tuck to Bent Knee Vertical.
8. Vertical Position.
9. Barracuda (Fig 301).
10. Front pike somersault from front layout to submerged double ballet leg position.
11. Swordfish from front layout bent knee to surface arch.
12. Flat right leg splits on land. (Compulsory pass).

## **General Conditions**

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

1. Full details of the figure transitions are available in ASA or FINA Handbook.
2. Unless otherwise stated, all movements should be performed relatively stationary and in uniform motion.
3. Desired water levels will be marked on legs
4. Swimmers must successfully complete at least 10 out of the 12 skills but all skills must be attempted. Item 12 Splits on dry land must be passed
5. To ensure all points can be assessed, assessors may ask the swimmer to perform the skill up to 3 times.
6. Dry land skills must be assessed in an appropriate environment.
7. For dry land skills swimmers must wear a costume/leotard.
8. Assessors are asked to highlight any areas in which the swimmers are not yet competent.
9. Heights and number of sculls given are the minimum
10. Swimmers may retake up to 2 skills a maximum of 2 times
11. 5 Litre bottles must be used.
12. Any words in inverted "commas" should be regarded as approximate.
13. The level of the hip is measured by the swimmer standing upright and lifting the legs directly out to the side of the body. The indent at the top of the legs is the hip bone.

<b>1. EGGBEATER LEG KICK TRAVELLING SIDEWAYS WITH BOTH ARMS EXTENDED ABOVE HEAD. 5 METRES TRAVELLING IN ONE DIRECTION.</b>	
i) Body erect with shoulders pulled down and back and level. Back of neck fully extended.	
ii) Both arms fully extended and held parallel close to ears and still.	
iii) Clavicles dry.	
iv) Body vertical and held directly over the hips.	
v) Effective leg kick allowing smooth continuous travel.	
vi) Distance travelled 5 metres.	
<b>Examiner</b>	
<b>2. HEAD FIRST BOOST FROM UNDERWATER</b>	
i) 'Tucked' set up close to the surface with knees wide pulled up towards the shoulders.	
ii) Strong downward kick and press the arms to ensure maximum height.	
iii) At maximum height, hip bones dry.	
iv) At full height, body vertical, extended, shoulders pulled down and back and neck extended. Arms must remain by sides of body.	
v) Skill is completed with a vertical descent until the head is fully submerged. Body extended.	
<b>Examiner</b>	

<b>3. FROM BACK LAYOUT THROUGH BALLET LEG TO FLAMINGO POSITION</b>	
i) Body horizontal with hips, thighs and feet at surface.	
ii) Toe drawn along inside of horizontal leg until thigh is vertical.	
iii) Thigh stationary as leg is extended to ballet leg.	
iv) Both legs fully extended with knees straight, tightness obvious.	
v) Toe of horizontal leg at the surface.	
vi) Shin of non ballet leg drawn along the surface into flamingo position.	
vii) In flamingo position trunk fully extended, shoulders pulled down and back.	
viii) Ballet leg vertical extended and cutting mid calf on horizontal shin.	
ix) Chest high throughout.	
<b>Examiner</b>	
<b>4. FROM BACK LAYOUT TO SURFACE ARCH. ARCH HELD USING SPLIT SCULL</b>	
i) Body horizontal with hips, thighs and feet at surface a dolphin movement is started.	
ii) Shoulders pulled down and back with upper chest high.	
iii) Legs and ankles fully extended and squeezed towards each other.	
iv) "Straight" arms in dolphin scull.	
v) Head first travel as the body arches to surface arch.	
vi) Arch in lower spine must show angle of no more than 110 degrees.	
vii) In split scull, one hand flat sculling above the head. Elbow bent and palm to the bottom of the pool.	
viii) Other arm in front of body using a reverse scoop to maintain position.	
ix) Surface arch held for 3 secs.	
<b>Examiner</b>	

<b>5. PORPOISE LIFT SUPPORTED BY BOTTLES</b>	
<b>5 Litre bottles must be used. Bottles held 'stationary'. Method to get out of vertical optional.</b>	
i) Body vertical in 90 degree pike. Back of neck extended and head in line with trunk.	
ii) Legs at surface and fully extended.	
iii) Body remaining vertical and extended as the legs are lifted.	
iv) Legs lifted until vertical position is reached.	
v) Position held for 3 seconds.	
vi) Back of neck stretched so head is in line with body and trunk tight so it is in line with hips and shoulders.	
vii) Thighs shins, ankles and feet squeezed towards each other.	
viii) Knees and feet fully extended. Muscle tightness obvious.	
<b>Examiner</b>	
<b>6. CRANE POSITION TO BENT KNEE VERTICAL</b>	
i) Crane position held for 3 skulls.	
ii) Body extended and vertical. Head in line.	
iii) Trunk tight so it is in line with hips and shoulders.	
iv) Horizontal leg rolled so that the heel points towards the surface.	
v) Vertical leg rolled in so heel points backwards.	
vi) Knees and feet fully extended. Muscle tightness obvious.	
vii) Water level mid thigh throughout.	
viii) The horizontal leg moves to Bent Knee Vertical.	
ix) Toe of the bent leg at the knee or higher.	
x) Body remains extended and vertical. Head in line.	
xi) Support skull maintained throughout.	
xii) Bent Knee Vertical Position held for 3 support skulls.	
<b>Examiner</b>	

<b>7. KIPNUS FROM INVERTED TUCK TO BENT KNEE VERTICAL</b>	
<b>Method of getting into the tuck is optional.</b>	
i) Body compact, back rounded and chin tucked in.	
ii) Legs and feet squeezed towards each other and feet fully extended.	
iii) Heels close to buttocks and shins vertical.	
iv) The trunk unrolls as the leg assumes a Bent Knee Vertical position.	
v) Hips move forward to bring body into imaginary mid line between shins and hips.	
vi) Back of neck stretched so head is in line with body and trunk tight so it is in line with hips and shoulders.	
vii) Thighs, shins, ankles and feet squeezed towards each other.	
viii) Knee and foot fully extended. Muscle tightness obvious.	
ix) Toe of bent knee at knee or higher on vertical leg.	
x) Water level at mid thigh on vertical leg.	
xi) Stable position at constant height held for 3 sculls.	
<b>Examiner</b>	
<b>8. VERTICAL POSITION</b>	
i) Body vertical.	
ii) Back of neck stretched so head is in line with body and trunk tight so it is in line with hips and shoulders.	
iii) Thighs shins, ankles and feet squeezed towards each other.	
iv) Knees and feet fully extended. Muscle tightness obvious.	
v) Support scull maintained throughout.	
vi) Water level at bottom of knee cap or higher.	
vii) Stationary position at constant height held for 3 sculls.	
<b>Examiner</b>	

<b>9. BARRACUDA (Fig 301)</b>	
i) From back layout the body pikes. Back flat throughout.	
ii) Angle of 45 degrees or less in pike position. Toes just under the surface of the water. Legs vertical and tight.	
iii) Fast upward thrust.	
iv) During thrust legs no more than 30 degrees over the face.	
v) Unrolling action demonstrated.	
vi) Body vertical with water level at top of thighs. Obvious muscle tension demonstrated.	
vii) Fast vertical descent maintaining tension until feet are submerged.	
viii) Vertical body alignment maintained during descent.	
<b>Examiner</b>	
<b>10. FRONT PIKE SOMERSAULT FROM FRONT LAYOUT TO SUBMERGED DOUBLE BALLET LEG POSITION</b>	
i) In front layout, 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. Hips and feet at surface.	
vii) Overhead sculling action maintained for approx. half the somersault.	
viii) 90 degree angle maintained during rotation.	
ix) Split scull with one hand sculling above height of the shoulder and the other "by the hips", must be shown in the submerged double ballet leg position.	
x) Water level no lower than ankle.	
xi) Full extension and tension shown in all muscles.	
xii) Constant controlled speed throughout.	
<b>Examiner</b>	

<b>11. SWORDFISH FROM FRONT LAYOUT BENT KNEE TO SURFACE ARCH</b>	
i) Body extended with heels hips and shoulders at surface. One knee bent to bent knee position. Face in or out of the water.	
ii) Body arches as the leg is lifted.	
iii) Water line at mid knee on straight leg throughout the lift.	
iv) Minimal travel backwards during lift (no more than) 1 metre.	
v) In surface arch bent knee, water line at top of knee.	
vi) Thigh vertical.	
vii) Arch in lower spine.	
viii) Body held stationary using split scull for 3 sculls.	
<b>Examiner</b>	
<b>12. FLAT SPLITS ON LAND Compulsory Pass</b>	
i) Right leg in front of body.	
ii) Legs flat on floor.	
iii) Arch in lower back (hands may support at sides of body).	
iv) Shoulders and hips "square".	
v) Knees and ankles demonstrating extension.	
vi) Front leg rolled so heel points towards the floor.	
vii) Back leg rolled so the heel aims to point towards the ceiling.	
<b>Examiner</b>	