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# Synchronised Swimming

## Skill Level 5

Assessors must be an Advanced Skill Assessors

Name .....

Date.....

## Contents

1. Flying Fish (Figure 307).
2. Porpoise lift followed by a full twist in Vertical position.
3. Travelling Vertical changing height and direction.
4. Vertical followed by a continuous spin of  $720^{\circ}$ .
5. Double arm egg-beater travelling sideways 5 metres, followed by a twirl followed by 5 metres travel with the opposite shoulder leading.
6. Vertical with 2 twirls. One twirl in one direction and the 2<sup>nd</sup> twirl in the opposite direction.
7. Knight from Ballet Leg to Bent Knee Vertical.
8. Catalina rotation from back layout to Crane position.
9. Ibis from Ballet Leg to Vertical.
10. Cyclone from Back Layout to Vertical position.
11. Gaviata from Submerged Double Ballet Leg through 180 rotation to Split position.
12. From Split position, closing  $180^{\circ}$  to Vertical position.

## General Conditions

### Black costume and white hat to be worn

1. **A separate assessment of flat right leg splits on land (skill 3) and Ariana (skill 4) must be carried out before the assessment for skill 5 begins. Failure to attain either will mean Skill 5 cannot be attempted.**
2. Full details of the figure transitions are available in ASA or FINA Handbook.
3. Unless otherwise stated, all movements should be performed relatively stationary and at constant tempo.
4. All Heights given are minimum.
5. Where positions are described as being held for 3 sculls, each out scull counts.
6. All spins and twists must be performed with the left shoulder going backwards unless specified.
7. To ensure all points can be assessed, assessors may ask the swimmer to perform the skill up to 3 times.
8. At least 10 out of 12 skills must be passed but all must be attempted.
9. Assessors are asked to highlight any areas in which the swimmers are not yet competent.
10. Swimmers may repeat up to 3 skills a maximum of 2 times.
11. All words in "inverted commas" to be regarded as approximate.
12. 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 leg is the hip bone.

**Separate Assessments to be passed before assessment for skill 5 may begin.**

<b>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>	

<b>11. ARIANA ROTATION FROM SPLIT POSITION, THROUGH BOX SPLIT, TO SPLIT POSITION (Fig 423)</b>	
<b>In all 3 split positions:</b>	
i) Pelvis tilted so trunk is under hips.	
ii) 1 <sup>st</sup> split a minimum of 160 degrees.	
iii) Hips and shoulders square.	
iv) Box split a minimum of 150 degrees.	
v) Legs remain in same plane during rotation.	
vi) 2 <sup>nd</sup> split a minimum of 160 degrees.	
vii) Hips and shoulders square.	
viii) Knees and feet fully extended. Muscle tightness obvious.	
ix) Smooth transitions between the splits.	
<b>Examiner</b>	

<b>1. FLYING FISH (Fig 307)</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) Strong upward thrust.	
iv) In vertical water level at or above hip bones.	
v) Legs maximum of “30 degrees” apart as body reaches the vertical position.	
vi) Leg “vertical” as one leg lowers rapidly to fishtail.	
vii) Foot at surface in fishtail position.	
viii) Legs fully extended throughout.	
ix) Water level at $\frac{1}{4}$ point on thighs after join.	
x) Vertical alignment maintained during fast vertical descent.	
<b>Examiner</b>	
<b>2. PORPOISE LIFT TO VERTICAL FOLLOWED BY A FULL TWIST</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 no more than 10 degrees from vertical and extended as the legs are lifted.	
iv) Legs lifted until vertical position at mid knee caps is reached.	
v) Back of neck stretched so head is in line with body and trunk tight so it is in line with hips and shoulders.	
vi) Knees and feet fully extended. Muscle tightness obvious.	
vii) Stable position at constant height held for 3 support sculls prior to the twist.	
viii) Rotation around a vertical axis must be maintained.	
ix) During rotation, constant height at mid knee caps.	
x) Vertical held for 3 support sculls.	
<b>Examiner</b>	

<b>3. TRAVELLING VERTICAL</b>	
<b>Starting at ankle height, travelling sideways at least 1 metre rising to full height. At full height travel backwards at least 1 metre and then travel sideways at least 1 metre in the same direction as original travel.</b>	
i) Body extended and vertical.	
ii) Back of neck stretched so head is in line with body.	
iii) Trunk tight in line with hips and shoulders.	
iv) Thighs, shins, ankles and feet squeezed together.	
v) Knees and feet fully extended. Muscle tightness obvious.	
vi) At full height, water level constant at mid knee cap.	
vii) Smooth travel and transitions between direction changes.	
<b>Examiner</b>	
<b>4. VERTICAL POSITION FOLLOWED BY A CONTINUOUS SPIN OF 720 degrees</b>	
i) Body extended and vertical.	
ii) Position held for 3 support sculls.	
ii) Back of neck stretched so head is in line with body.	
iii) Thighs, shins, ankles and feet squeezed together.	
iv) Water level at top of knee cap.	
v) <b>Rapid</b> continuous spin of <b>720 degrees</b> to heels and then continuing through surface.	
vi) Vertical line maintained throughout the spin.	
v) Rotation around a central axis.	
<b>Examiner</b>	

<b>5. TRAVELLING EGG-BEATER AND TWIRL</b>	
<b>Double arm egg-beater travelling sideways 5 metres followed by a twirl followed by 5 metres travel with the opposite shoulder leading.</b>	
i) Body erect with shoulders pulled down and back and level. Back of neck fully extended.	
ii) Both arms extended and vertical.	
iii) Clavicles dry.	
iv) Body vertical and held directly over the hips.	
v) Complete 180° rapid twirl.	
vi) Water level remaining constant during twirl.	
vii) Arms remaining parallel throughout the twirl.	
viii) Effective leg kick allowing smooth continuous travel in both directions.	
ix) Distance travelled 5 metres in each direction.	
<b>Examiner</b>	
<b>6. VERTICAL WITH 2 TWIRLS</b>	
<b>One twirl in one direction and the 2<sup>nd</sup> twirl in the opposite direction. Swimmers may hold the vertical between the twirls.</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 together.	
v) Knees and feet fully extended. Muscle tightness obvious.	
vi) Inverted vertical held for at least 3 support sculls before and after the twirls.	
vii) Rapid twirls around the vertical axis.	
viii) Water level constant at mid knee cap.	
<b>Examiner</b>	

<b>7. KNIGHT FROM BALLET LEG TO BENT KNEE VERTICAL</b>	
i) In ballet leg, body extended chest is high and back of neck fully extended.	
ii) Water level mid thigh on ballet leg.	
iii) Leg no more than 10° degrees over face during transition to knight.	
iv) Legs fully extended in Knight position.	
v) Water level at mid thigh of vertical leg.	
vi) Foot of vertical leg moves in a “vertical” line to Bent Knee Vertical position.	
vii) Horizontal leg arrives at Vertical position as toe of “bent knee” arrives at the knee (or higher) of the vertical leg.	
viii) Body extended and vertical. Bent Knee Vertical position held for 3 support skulls.	
ix) Water level at $\frac{3}{4}$ level on thigh in Bent Knee Vertical position.	
<b>Examiner</b>	
<b>8. CATALINA ROTATION FROM BACK LAYOUT TO CRANE POSITION (Fig 115) Rotation towards the assessors.</b>	
i) In back layout, 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) Body extended so chest is high and maximum distance between the ear lobes and the shoulders.	
vi) In Ballet Leg water level mid thigh.	
vii) Rotation initiated from the surface ballet leg.	
viii) Trunk rotating in same plane as ballet leg.	
ix) Side ‘Y’ position clearly shown.	
x) Both knees fully extended throughout rotation.	
xi) In Crane water level at mid thigh.	
<b>Examiner</b>	

<b>9. IBIS FROM BALLET LEG TO VERTICAL</b>	
i) In Ballet leg body extended so chest is high with back of neck fully extended.	
ii) In Ballet Leg water line mid thigh.	
iii) Body flat during transition to Crane position.	
iv) In Crane position water level mid thigh.	
v) Body extended and vertical. Crane position held for 3 skulls.	
vi) Horizontal leg, leg rolled so that the heel points towards the surface.	
vii) Vertical leg rolled so that heel points backwards.	
viii) Knees and feet fully extended. Muscle tightness obvious.	
ix) Vertical leg maintained as horizontal leg joins.	
x) Vertical position water level at top of knee cap.	
xi) Vertical position held for 3 support skulls.	
<b>Examiner</b>	
<b>10. CYCLONE FROM BACK LAYOUT TO VERTICAL</b>	
i) Body horizontal with hips, thighs and feet at surface with upper chest high.	
ii) Legs and ankles fully extended and squeezed together.	
iii) Head first travel as Dolphin is initiated until hips are about to submerge.	
iv) The back arches more as the right leg bends to surface arch bent knee position.	
v) In surface arch bent knee, trunk under hips and a straight line from the bent knee to the head (max 20 degrees off vertical).	
vi) Water level at mid thigh on bent knee.	
vii) Rapid twirl in either direction as horizontal leg lifts and bent knee extends to vertical.	
viii) Vertical position water level at top of knee cap.	
ix) Vertical position held for 3 support skulls.	
<b>Examiner</b>	

<b>11. GAVIATA OPEN 180° FROM SUBMERGED DOUBLE BALLET LEG THROUGH ROTATION OF 180° TO SPLIT</b>	
i) In submerged double ballet leg position 90 degree angle.	
ii) Legs vertical.	
iii) Water level no lower than ankle.	
iv) Rotation and rise start from the ankles.	
v) Side “J “shape demonstrated.	
vi) Rotation in the same plane.	
vii) In vertical position water line at ¼ point on thigh.	
viii) A rotation of 180 degrees as both legs are opened symmetrically to the Split position.	
ix) Even Split of 160 degrees or more. Hold end Split position for 3 skulls.	
x) Shoulders and hips square.	
xi) Knees and feet fully extended with feet at the surface. Muscle tightness obvious.	
<b>Examiner</b>	
<b>12. SPLIT CLOSING 180 °</b>	
i) Even Split of 160 degrees or more.	
ii) Shoulders and hips square.	
iii) Knees and feet fully extended with feet at the surface. Muscle tightness obvious.	
iv) Split position to be held for 3 support skulls.	
v) Rotation in either direction around a central axis.	
vi) Half way round legs have closed half way.	
vii) Body vertical after legs close.	
viii) Back of neck stretched so head is in line with body and trunk tight so it is in line with hips and shoulders.	
ix) Thighs, shins, ankles and feet squeezed together.	
x) Knees and feet fully extended, muscle tightness obvious.	
xi) Water level at top of knee cap.	
xii) Vertical position held for 3 support skulls.	
<b>Examiner</b>	

