

1	2	3	4	5	6	7	8	9	10	11	12

# Synchronised Swimming

## Skill Level 1

The Assessor must be a  
Basic Assessor, Assessor or Advanced Assessor

Name .....

Date.....

## **Content**

1. Splits on land. Compulsory pass
2. Ballet Leg supported by 5 litre bottles
3. Stationary Back Layout (5secs) **and** then Head First Travel on back for 5 metres
4. Back tucked somersault (Figure 310)
5. Hanging Vertical
6. Straight Arm Back Crawl to music 1 width, maximum 10 metres
7. Front layout followed by prone position travelling 3 metres using reverse scoop scull
8. Supported scull supported by side of pool or by woggle
9. Long sitting against a wall demonstrating fully extended knees
10. Stationary Eggbeater
11. Torpedo scull 8 metres
12. Pike Fall

## **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, movements should be performed relatively stationary and 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 Pike fall, the water depth must be at least 1.8 metres deep.
5. Dry land skills must be assessed in an appropriate environment.
6. For dry land skills swimmers must wear a costume/leotard.
7. Assessors are asked to highlight any areas in which the Swimmers are not yet competent.
8. Swimmers must pass a minimum of 9 skills for retakes.
9. Skill 1 is a compulsory pass but can be retaken as one of their 2 retakes
10. Except for splits, swimmers may retake up to 2 skills a maximum of 2 times
11. Heights given are minimum.
12. 5 Litre bottles must be used.
13. Words enclosed in “inverted commas” should be regarded as approximate.

<b>1. SPLITS ON LAND Compulsory Pass</b>	
<b>Either Leg. Angle of at least 160 degrees. If required hands supported by blocks. Swimmer may have 2 attempts but there must be no coach intervention between attempts</b>	
i) Arch in lower back (hands may be supported on blocks at sides of body).	
ii) Shoulders and hips “square”.	
iii) Knees and ankles demonstrating “extension”.	
<b>Pass or Fail</b>	
<b>Assessor</b>	

<b>2. BALLET LEG SUPPORTED BY BOTTLES (Fig101)</b>	
<b>Either Ballet leg</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 in both Bent Knee and Ballet Leg and	
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 and heel pointing to the bottom of the pool	
ix) Vertical leg rolled so the heel points away from the face.	
x) Knee remains stationary on descent to bent knee position. Water level at mid thigh.	
xi) Constant speed throughout.	
<b>Pass or Fail</b>	
<b>Assessor</b>	

<b>3. STATIONARY BACK LAYOUT 5 SECS FOLLOWED BY TRAVELLING HEAD FIRST ON BACK 5 METRES USING STANDARD SCULL</b>	<b>Stationary</b>	<b>Travelling</b>
i) Body horizontal with hips, thighs and feet at surface, toes pointed.		
ii) Shoulders pulled down and back.		
iii) Back of neck extended, face parallel to water surface.		
iv) Legs tight with knees fully extended with knees and feet fully extended		
v) Smooth flat sculling by hips with elbows slightly bent and upper arms stationary. Minimal disturbance of water.		
vi) Stationary layout held for 5 seconds.		
vii) Distance travelled 5 metres.		
<b>Pass or Fail</b>		
<b>Assessor</b>		

<b>4. BACK TUCKED SOMERSAULT (Fig 310)</b>	
i) Back layout as in item 3.	
ii) Shins drawn along the surface until the knees are close to chin. Head remains in original position.	
iii) Without pause, the body rotates backwards and becomes more compact with the chin tucked in.	
iv) Flat scull to initiate rotation. No scooping action allowed	
v) 360 degree rotation close to surface (feet and buttocks may leave water) until a surface tuck is achieved.	
vi) Rotation around lateral axis. Minimal Travel	
vii) Feet are extended away as swimmer returns to back layout.	
viii) All points as in back layout.	
ix) Even speed throughout the rotation.	
<b>Pass or Fail</b>	
<b>Assessor</b>	

<b>5. 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>Pass or Fail</b>	
<b>Assessor</b>	

<b>6. STRAIGHT ARM BACK CRAWL TO MUSIC</b>	
<b>Travel 1 width, maximum of 10 Metres. No push off from side. Music - Mama Mia by Abba.</b>	
i) Body angled to allow for continuous flutter kick without disturbance of the water surface with ears in the water.	
ii) Strong continuous flutter kick from hips.	
iii) On each arm action little finger out of water first which should show a shoulder lift	
iv) Arm straight over the surface.	
v) Arm “stops” at “90 degrees” to water surface and then continues over.	
vi) Little finger entering first.	
vii) Swimmer should demonstrate power in travel.	
viii) Sharp arm movements in time to selected beat.	
<b>Pass or Fail</b>	
<b>Assessor</b>	

<b>7. FRONT LAYOUT SHOWN FOLLOWED BY TRAVELLING 3 METRES DEMONSTRATING REVERSE SCOOP SCULL</b>	
i) Body at surface with face in, back of neck fully extended, buttocks and heels at the surface. Position stationary	
ii) Smooth flat sculling action with elbows bent and upper arms “stationary”.	
iii) Sculling action away from and towards the central line of the body	
iv) Arms move to a position below surface but in front of body. Depth of arms will depend on buoyancy of the swimmer.	
v) Arms bent with elbows out wide.	
vi) Elbows remaining relatively stationary throughout.	
vii) Rotation of the arms towards the body.	
viii) Sculling action allowing smooth and continuous head first travel and minimum disturbance of water.	
ix) Distance travelled 3 metres.	
<b>Pass or Fail</b>	
<b>Assessor</b>	
<b>8. SUPPORT SCULL</b>	
<b>Either hanging from knees at side of pool or hanging supported at knees by a woggle</b>	
i) Arms bent so forearms are parallel to water surface. Palms facing the bottom of the pool	
ii) Elbows in line with body.	
iii) Palms face slightly out on the outward movement.	
iv) Hands flat on inward movement palms remaining facing the bottom of the pool	
v) Long sculls	
vi) Continuous movement with even pressure on the outward and inward movement.	
vii) Effective scull demonstrating power.	
<b>Pass or Fail</b>	
<b>Assessor</b>	

<b>9. LONG SITTING AGAINST A WALL DEMONSTRATING FULLY EXTENDED KNEES.</b>	
<b>Swimmers may start with feet extended or flexed</b>	
<b>Feet flexed (toes pulled up towards body).</b>	
i) Back straight.	
ii) Shoulders pulled down and back of neck “fully” extended.	
iii) Tightness in all the muscles of legs obvious.	
iv) Inside margins of feet squeezed towards each other.	
v) Position held for 10 seconds.	
<b>Feet Pointed.</b>	
vi) Back straight.	
vii) Shoulders pulled down and back of neck “fully” extended.	
viii) Tightness in all the muscles of legs obvious.	
ix) Ankle bones squeezes towards each other.	
x) Angle at ankle to be 170 degrees	
xi) Position held for 10 seconds.	
<b>Pass or Fail</b>	
<b>Assessor</b>	

<b>10. STATIONARY EGGBEATER LEG KICK</b>	
<b>Position held for 10 seconds. A stabilising scull allowed.</b>	
i) Body erect with shoulders pulled down and back and level. Back of neck fully extended.	
ii) Knees pulled up towards the body and wider than the hips.	
iii) Knees remaining “stationary”.	
iv) Smooth continuous alternating action with feet flexed, demonstrating constant height.	
v) Water line at “top of the arm crease”	
<b>Pass or Fail</b>	
<b>Assessor</b>	

<b>11. TORPEDO SCULL TRAVELLING 8 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	
vii) Smooth continuous sculling action allowing smooth foot first travel with minimal disturbance of the water.	
viii) Distance travelled 8 metres.	
<b>Pass or Fail</b>	
<b>Assessor</b>	

<b>12. Pike Fall</b>	
i) Toes over edge of pool	
ii) Legs straight, body bent at waist to an angle of 45 degrees or less	
iii) Arms extended by ears, hands together	
iv) Body rolls forward, no push	
v) Entry: hands enter body follows line into water of at least 45 degrees	
vi) Body fully extended and muscle tension shown	
<b>Pass or Fail</b>	
<b>Assessor</b>	