

ASA Synchronised Swimming

Guide to Judging Skills (Skill Levels 0, 1 and 2)



Skill Level 0

Ballet Leg with Bottles

Look for same points as in Ballet Leg

- Body horizontal, head back in line with the body
- Toe drawn along the inside of the horizontal leg until the thigh is vertical
- Thigh remaining vertical while the leg is lifted to vertical
- Thigh remaining vertical as leg is lowered to bent knee position
- Toe returns along the inside of the horizontal leg
- Hips pushed up so the body is horizontal
- Bottles held relatively stationary

Back Layout and Head First Travel 10 metres

- Body fully extended at the surface
 - Head back in line with body
 - Body stationary
 - Body position maintained during the travel
 - Travel head first
- Judges may either stay stationary or could move with the swimmer

Stationary Eggbeater

Apply equal marks for leg action and body position.

- Judge the eggbeater leg action as well as the body position
- Knees wide and relatively stationary
- Feet flexed
- Body upright, shoulders down and back
- Chin lifted

Synchro Backcrawl

- No push off from side
- Points as in Skill Level
- Continuous rhythm

Judges may remain stationary or may move with the swimmers

Back Somersault Tucked

- Points as in skill Level
- The somersault should be close to the surface of the water



Front Layout, reverse scoop scull 3 metres

Judges should stay seated.

- The swimmer may start with the face in or out of the water, but must be in line with the body before starting the reverse scoop scull
- Sculling action as in Skill Booklet
- Smooth continuous sculling action and travel

Hanging Vertical

Swimmers should be sideways to judges but may face either direction.

The method of getting into and out of the Vertical are at the discretion of the swimmer.

Judges should mark extension as well as the vertical position.

- All points as in Skill booklet

Torpedo scull 5 metres

Judges may either move with the swimmer or stay seated.

- Swimmers should travel parallel to the judges
- Equal marks should be given to the sculling action and the body position



Skill Level 1

Ballet Leg

- All points as in Skill booklet

Front Pike to Fishtail position to Vertical supported by bottles

- In front pike position, angle 90 degrees
- Body vertical and fully extended. Head in line
- Leg lifted to Fishtail position
- Leg and body should be vertical
- Bottles held relatively stationary
- Position held long enough for the judges to see points

Kip Lift with bottles

- Start judging when the swimmer is in the tuck position and is 'stationary'
- Shins lifted vertically upwards
- Back remains rounded as legs start to lift
- Hips move forward onto the vertical line
- Body vertical with head in line
- Vertical held long enough for the judges to observe the points

Travelling eggbeater 5 metres – trailing arm raised

Apply equal marks for leg action and body position.

If the swimmer should use the leading arm, allow to repeat and apply a 2 point penalty to final score.

Allow swimmers to travel in either direction.

- Leading knee of the leading leg pointing in 'direction of travel'
- Smooth travel
- Trailing arm extended by ear
- Consider the height in the water and the body extension

Front Layout to Front Pike

Judges should consider the amount of travel as well as the body positions.

- The swimmer may start with the face in or out of the water, but must be in line with the body before starting to pike
- Travel along the surface. Hips finishing where the head started
- Flat back throughout the movement
- In pike position, body vertical, back flat and head in line with body



Split position to vertical at ankles and descent

- Swimmer can get into split position however they wish
- They may face in either direction
- Judging points as in Skill book

Judges should give half the marks for the split position and half for the transition

Back Layout to surface arch showing split scull

Judges should give equal marks to the transition and the sculling action

- All points as in the Skill Booklet

Kick pull Kick over - 10m

Judges may either move with the swimmer or stay seated

- Swimmers should travel parallel to the judges
- All points as in the Skill Booklet
- Smooth continuous travel



Skill Level 2

Ballet Leg

- All points as in Skill booklet

Barracuda

- Apply points as in the skill booklet
- Mark correct unrolling technique as well as height. Give equal marks for technique and height
- Apply the FINA Height Charts for the height element

Walkover Front

- Mark as full figure

Bent Knee Vertical to Vertical and Descent

- Look at all points in the Skill booklet
- The join from Vertical Bent Knee to Vertical is more difficult than the descent so give credit for this
- Apply the height charts as in the FINA manual (at end of guideline)
- Uniform motion through out
- Descent continued vertically until the toes are submerged

Pike position to split (as in surface prawn)

- Swimmer can get into pike position however they wish
- In front pike position, angle 90 degrees
- Body vertical and fully extended. Head in line
- Foot moves around the surface to split position
- Non-moving leg kept stationary
- Judges should give half the marks for the pike and split position and half for the transition

Travelling Eggbeater, both arms vertical - 5 metres

Apply equal marks for leg action and body position

- All points as in skill booklet
- Swimmers must travel in both directions but should always face the judges

Dive with Head First Boost

- The dive should be performed parallel to the judges
- Equal marks should be given to the dive and the head first boost
- All judging points as in the Skill Booklet
- The dive should be performed parallel to the judges
- Equal marks should be given to the dive and the head first boost
- All judging points as in the Skill Booklet



Fishtail Position

- The method of getting into and out of the position is at the discretion of the swimmer
- All judging points as in the Skill Booklet
- Judges should mark both the position and the sculling action

**ASA Synchronised Swimming Management Group
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GUIDING SCALE FOR HEIGHT QUALITY OF PERFORMANCE TERMINOLOGY

Water Levels For:	Excellent/ Near Perfect	Very Good	Good	Competent	Satisfactory	Deficient	Weak
	9.5	8.5	7.5	6.5	5.5	4.5	3.5
Vertical Double Leg	Upper thigh	Upper mid thigh	Low thigh (Well above knee cap)	Above knee cap	Knee cap	Below knee cap	Well below knee cap (mid shin)
Vertical Bent Knee	Crotch level	Upper thigh	Mid thigh	Low thigh (Well above knee cap)	Above knee cap	Knee cap	Below knee cap
Fishtail	Back of horizontal leg dry	Upper thigh	Mid thigh	Low thigh (Well above knee cap)	Above knee cap	Knee cap	Below knee cap
Stable Ballet Leg Single	At top of thigh	Upper thigh	Mid thigh	Low thigh (Well above knee cap)	Above knee cap	Knee cap	Below knee cap
Ballet Leg Double	Upper thigh	Mid thigh	Low thigh	Above knee cap	Knee cap	Below knee cap	Well below knee cap (mid shin)
Eggbeater Kick Double Arm	Mid bust	Arm pit dry	Upper bust	Showing collar bone	Showing shoulder	Mid neck	Chin
Eggbeater Kick Single Arm	Bust above surface	Mid bust	Arm pit dry	Upper bust	Showing collar bone	Showing shoulder	Mid neck
Thrust, Double Leg	Lower ribs or higher	Waist	Top of pelvis	Showing crotch	Upper thigh	Mid thigh	Above knee cap
Thrust, Single Leg	Mid ribs	Lower ribs	Waist	Top of pelvis	Showing crotch	Upper thigh	Mid thigh
Dynamic Height Rocket Split, Airborne Split	Lower ribs or higher	Waist	Top of pelvis	Showing crotch	Upper thigh	Mid thigh	Above knee cap
Boost (head up)	Crotch level or higher	Mid pelvis	Top of pelvis	Waist	Lower ribs	Arm pit	Showing shoulder

GUIDING SCALE FOR HEIGHT

