| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
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# Synchronised Swimming

# Skill Level 4

The Assessor must be an Advanced Assessor

Name …….

Date……

## Contents

Pre requisite;
PRE 1 –Right or Left Flat Split on land
PRE 2 –Right or Left Leg Over Split on land (must be the other leg)

1. Ariana
2. Barracuda spinning 360
3. Heron
4. Catalina
5. Porpoise spinning up 180
6. Flamingo bent knee
7. Albatross half twist
8. Side fishtail split
9. Travelling Ballet Leg sequence (as FINA technical element 5)
10. Head first boost with creative arms
11. Vertical position (compulsory pass)

## General Conditions

## Black costume and white hat to be worn.

1. At least 9 out of 11 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 must pass a minimum of 7 skills for retakes.
9. Except for Splits, swimmers may retake up to 2 skills once.
10. All points of good technique i.e. pointed toes should be assumed.
11. Heights given are the minimum.
12. Words enclosed in “inverted commas” should be regarded as approximate.
13. Pre requisite skills must be taken first on land. Swimmers will be informed of the result but may complete other assessments for experience.

Pre-requisite splits;

| **Pre 1 - FLAT SPLITS ON LAND Compulsory Pass** | |
|---|---|
| **Split 1. Must be the other leg to pre requisite 2<br>Swimmer may have 2 attempts but there must be no coach intervention between attempts** | |
| i) One leg in front of body | |
| ii) Legs flat on floor | |
| iii) Arch in lower back (hands position optional) | |
| iv Shoulders and hips "square" Minimal twist of the body | |
| 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' | |
| **Pass or Fail** | |
| **Assessor** | |

| **Pre 2 –OVER SPLITS ON LAND Compulsory Pass** | |
|---|---|
| **Either Leg (not box split)<br>10CM BLOCK TO BE PROVIDED AT THE VENUE.<br>Swimmer may have 2 attempts but there must be no coach intervention between attempts** | |
| i) One leg in front of body | |
| ii) Crotch touching the floor and back Leg flat on floor | |
| iii) Arch in lower back (hands position optional) | |
| iv Shoulders and hips "square" Minimal twist of the body | |
| 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' | |
| **Pass or Fail** | |
| **Assessor** | |

| | |
|---|---|
| **1, Ariana – as per figure description** | |
| i) Surface Arch in lower spine must show angle no more than 110 degrees | |
| ii) Knees extended and close to surface | |
| iii) Split scull shown in the surface arch and maintained as leg is lifted to Knight position | |
| iv) Legs fully extended during transition to split | |
| v) in Knight position water level at ¼ point on vertical leg | |
| vi) Both splits at 160 degrees or more | |
| vii) Shoulders and hips square | |
| viii) Box splits at 150 degrees or more | |
| ix) Legs remain in the same plane during the rotation | |
| x) Knees and feet fully extended. Muscle tightness obvious | |
| xi) Water level at mid-thigh as leg passes through the Knight position. | |
| xii) Hips and knees close to the surface as the feet reach Surface Arch position. | |
| xiii) Extension of knees in Surface Arch position | |
| xiv) During unroll to surface, head replaces hips | |
| xv) Back Layout with head, hips and feet at the surface | |
| **Pass or Fail** | |
| **Assessor** | |

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|---|---|
| **2. Barracuda spinning 360 – as per figure description 301e<br>Swimmer may have a 2nd attempt if they fall off the 1st attempt** | |
| i) From Back Layout the body pikes, back flat throughout | |
| ii) Angle of 45 degrees or less in pike position. Legs vertical and muscle tightness obvious | |
| iii) Hips descend vertically to piked position, toes just under the surface of the water. | |
| iv) Strong upwards thrust movement | |
| v) During thrust legs no more than 30 degrees over the face | |
| vi) Unrolling action demonstrated. Body unrolls under legs | |
| vii) Body vertical with water level at top of thigh. Obvious muscle tension demonstrated | |
| viii) 360 degrees rotation completed to the heels | |
| ix) Rotation around a vertical axis. Vertical body alignment maintained | |
| x) Fast vertical descent maintaining tension until feet are submerged | |
| **Pass or fail** | |
| **Assessor** | |

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|---|---|
| **3 Heron – as per figure description 342** | |
| i) Body at surface with face in, back of neck extended, buttocks and heels at the surface | |
| ii) 90 degree angle shown in pike. Hips and feet at the surface | |
| iii) Overhead reverse scoop scull maintained during the rotation | |
| iv) 90 degree angle maintained during the rotation | |
| v) Split scull shown in Submerged double Ballet Leg position | |
| vi) Water level no lower than ankles full extension and tension in muscles. Legs vertical | |
| vii) One leg lowers to Flamingo position as the body rises to 45 degrees or less. Back remains flat | |
| viii) One leg remains vertical as the bent knee 'cuts' vertical leg mid shin | |
| ix) Strong upward thrust as the bent knee moves to a Vertical Bent Knee position. Toe of bent leg at knee of vertical leg or higher | |
| x) Leg no more than 10 degrees over face during the thrust | |
| xi) Body vertical with water level at top of thigh. Obvious muscle tension demonstrated | |
| xii) Fast vertical descent maintaining tension until feet are submerged | |
| xiii) Vertical body alignment maintained during decent | |
| **Pass or Fail** | |
| **Assessor** | |

| **4. Catalina – as per figure description 115** | |
|---|---|
| i) From Back Layout toe drawn along inside of horizontal leg until thigh is vertical | |
| ii) Thigh stationary leg is extended to Ballet Leg. | |
| iii) Both legs fully extended with knees straight, tightness obvious. Foot of non Ballet Leg at the surface | |
| iv) Body extended so chest is high and maximum distance between ear lobes and the shoulders | |
| v) In Ballet Leg water level mid-thigh | |
| vi) Rotation initiated from the surface Ballet Leg | |
| vii) Trunk rotating in the same plane as the Ballet Leg | |
| viii) Side 'Y' position clearly shown. | |
| ix) Both knees fully extended throughout rotation. | |
| x) In Fishtail position water level mid-thigh | |
| xi) Leg remains vertical as horizontal leg lifts to Vertical position | |
| xii) Thighs, shins, ankles and feet squeezed together | |
| xiii) Knees and feet fully extended. Muscle tightness obvious | |
| xiv) Water level mid of knee cap or higher | |
| xv) Vertical alignment maintained throughout vertical descent. | |
| **Pass or Fail** | |
| **Assessor** | |

| | |
|---|---|
| **5. Porpoise spinning up 180 degrees– as per figure description 355h** | |
| i) Body at surface with face in, back of neck extended, buttocks and heels at the surface. | |
| ii) Reverse scoop sculling action must be shown | |
| iii) Flat back throughout | |
| iv) Hips 'replace' head in pike position | |
| v) 90 degree angle shown in pike, back of neck extended and head in line with trunk. | |
| vi) Body remaining no more than 20 degrees from the vertical and extended as the legs are lifted | |
| vii) Legs are lifted until Vertical position at mid knee cap is reached | |
| viii) Back of neck stretched so head is in line with the body and trunk tight and in line with the hips and shoulders | |
| ix) Knees and feet fully extended. Muscle tightness obvious | |
| x) Vertical alignment maintained to the heels. ' No' backward travel | |
| xi) 180 degree even rotation up around a vertical axis | |
| xii) Vertical position held for 3 sculls | |
| xiii) Vertical alignment maintained throughout the descent | |
| **Pass or Fail** | |
| **Assessor** | |

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|---|---|
| **6. Flamingo Bent Knee – as per figure description 140** | |
| i) From back layout toe drawn along inside of horizontal leg until thigh is vertical | |
| ii) Thigh stationary leg is extended to Ballet Leg. | |
| iii) Both legs fully extended with knees straight, tightness obvious | |
| iv) Body extended so chest is high and maximum distance between ear lobes and the shoulders | |
| v) In Ballet Leg water level mid-thigh | |
| vi) Shin drawn along the surface until cut in half by the vertical leg | |
| vii) Horizontal shin parallel to side of pool and at the surface | |
| viii) The hips rise as the body unrolls | |
| ix) 'Vertical' leg remains on vertical line, no more than 10 degrees over the face. | |
| x) Simultaneously the knee moves to the Vertical Bent Knee l position | |
| xi) Water level mid-thigh and held for 3 sculls | |
| xii) Bent knee extended alone the inside of the leg to a Vertical position. Vertical position held at mid knee for 3 sculls | |
| xiii) Knees and feet fully extended. Muscle tightness obvious | |
| xiv) Vertical alignment maintained throughout the descent | |
| **Pass or Fail** | |
| **Assessor** | |

| **7. Albatross half twist – as per figure description 240a in uniform motion** | |
|---|---|
| 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 in initiated until the hips are about to submerge. | |
| iv)The body rolls along the longitudinal axis | |
| v) During rotation body in same plane, legs and hips remain at the surface | |
| vi) Continuous head first travel during rotation to Pike position | |
| vii) In Pike position angle 90 degrees | |
| viii) The legs are simultaneously lifted to bent knee vertical. Toe of bent knee at knee or higher on vertical leg | |
| ix) During the lift to bent knee vertical angle at trunk no more than 10 degrees from vertical | |
| x) Water level mid-thigh | |
| xi) In both half twists, rotation around a vertical axis. | |
| xii) Even half twist join to Vertical position | |
| xiii) Water level mid knee in Vertical position | |
| xiv) Vertical position held for 2 support sculls | |
| xv) Knees and feet fully extended. Muscle tightness obvious. | |
| xvi) Vertical alignment maintained during descent | |
| **Pass or Fail** | |
| **Assessor** | |

| **8. Side Fishtail split – as per figure description 246.** | |
|---|---|
| i) Body at surface with face in, back of neck extended, buttocks and heels at the surface | |
| ii) Reverse scoop sculling action must be shown | |
| iii) Hips ‘replace’ head in pike position | |
| iv) From 90 degree angle in pike, body remaining vertical and extended as the leg is lifted | |
| v) Rotation of both legs initiated from the surface to a side Fishtail position | |
| vi) Heels of both legs facing back in the side Fishtail position | |
| vii) Water level mid-thigh on vertical leg. Horizontal leg at the surface | |
| viii) Body and legs in the same plane throughout the rotation to splits | |
| ix) Even split with angle of at least 160 degrees | |
| x) Shoulders and hips ‘square’, body vertical under hips | |
| xi) Knees and ankles demonstrating extension | |
| xii) Legs close evenly to a Vertical position | |
| xiii) Water level mid knee in Vertical position | |
| xiv) Vertical position held for 3 support sculls | |
| xv) Knees and feet fully extended. Muscle tightness obvious | |
| xvi) Vertical alignment maintained during decent | |
| **Pass or Fail** | |
| **Examiner** | |

| **9. Ballet Leg sequence** | |
|---|---|
| Starting in a back layout position travelling head first, a Ballet Leg is assumed, one leg bends to a flamingo position and is then lifted to a Ballet Leg double position | |
| i) From Back Layout toe drawn along inside of horizontal leg until thigh is vertical | |
| ii) Thigh stationary leg is extended to Ballet Leg | |
| iii) Both legs fully extended with knees straight, tightness obvious | |
| iv) Body extended so chest is high and maximum distance between ear lobes and the shoulders | |
| v) In Ballet Leg water level mid-thigh | |
| vi) Shin drawn along the surface until cut in half by the vertical leg | |
| vii) Horizontal shin parallel to side of pool and at the surface | |
| viii) Legs vertical in double Ballet Leg position | |
| ix) Water level at top of knees | |
| x) Face parallel to the surface with chin dry | |
| xi) At least 3 metres travel covered throughout sequence | |
| **Pass or Fail** | |
| **Assessor** | |

| **10. Head first boost with creative arms** | |
|---|---|
| i) 'Tucked' set up close to the surface with knees pulled up under the shoulders. Head and shoulders may be dry | |
| ii) Strong downward kick and push the arms to ensure maximum height | |
| iii) At maximum height, pelvic points | |
| iv) At full height, body vertical, extended, shoulders pulled down and back and neck extended | |
| v) Arms reaching a point at or above the shoulder line as the body reaches full height | |
| vi) Creative arms started at maximum height | |
| vii) Movement completed with descent until fully submerged | |
| **Pass or Fail** | |
| **Assessor** | |

| **11. VERTICAL POSITION (Compulsory pass)** | |
|---|---|
| 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 top of knee cap or higher. | |
| vii) Stationary position at constant height held for 3 sculls. | |
| **Pass or Fail** | |
| **Assessor** | |