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Synchronised Swimming

Skill Level 5

The Assessor must be an Advanced Assessor

Name

Date.....

Contents

Pre requisite:

PRE 1 – Right Leg over Split on land

PRE 2 – Left Leg over Split on land

1. Barracuda Airborne Split
2. Porpoise Twist Spin
3. Aurora Twirl
4. London
5. Manta Ray
6. Butterfly
7. Ibis Continuous Spin
8. Jupiter
9. Travelling Ballet Leg sequence FINA Technical Duet Element 2
10. Double arm eggbeater showing creative arms, 8 metres
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. Dry land skills must be assessed in an appropriate environment.
5. For dry land skills swimmers must wear a costume/leotard.
6. Assessors are asked to highlight any areas in which the swimmers are not yet competent.
7. Swimmers must pass a minimum of 7 skills for retakes.
8. Skill 11 is a compulsory pass but can be retaken as one of their 2 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 - OVER FLAT SPLITS ON LAND Compulsory Pass	Right
10CM BLOCK TO BE PROVIDED AT THE VENUE. Swimmer may have 2 attempts but there must be no coach intervention between attempts	
i) Right 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	

Pre 2 – OVER SPLITS ON LAND Compulsory Pass	Left
10CM BLOCK TO BE PROVIDED AT THE VENUE. Swimmer may have 2 attempts but there must be no coach intervention between attempts	
i) Left 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. Barracuda Airborne split – as per figure description 308	
i) From back Layout the body pikes, back flat throughout. Hips descend vertically	
ii) Angle of 45 degrees or less in pike position. Toes just under the surface of the water. Legs vertical and tight	
iii) Strong upwards movement	
iv) During thrust legs no more than 30 degrees over the face	
v) Unrolling action demonstrated. Body unrolls under the legs	
vi) Body vertical with water level at top of thigh. Obvious muscle tension demonstrated.	
vii) Even split with angle of at least 170 degrees	
viii) Shoulders and hips 'square', body vertical under hips.	
ix) Knees and ankles demonstrating extension	
x) Legs return to a Vertical position.	
xi) Water level ¼ point on thigh	
xii) Fast vertical descent maintaining vertical alignment and tension until feet are submerged	
Pass or Fail	
Assessor	

2. Porpoise Twist Spin – as per figure description 355g	
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 10 degrees from the vertical and extended as the legs are lifted	
vii) Legs are lifted until vertical position at top knee cap is reached	
viii) Back of neck stretched so head is in line with the body and trunk tight . Head, shoulders and hips in vertical alignment	
ix) Vertical position held for 3 support sculls	
x) Knees and feet fully extended. Muscle tightness obvious.	
xi) Rotation around the vertical axis	
xii) Constant height maintained throughout the twist	
xiii) Rapid continuous spin of 720 degree to the heels and then continuing through the surface	
xiv) Vertical line maintained throughout the spin	
xv) Rotation around the vertical axis.	
Pass or Fail	
Assessor	

3. Aurora Twirl – as per figure description 330c	
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) 90 degree angle maintained during the rotation	
iv) Split scull shown in Submerged double Ballet Leg position	
v) Legs vertical with water level no lower than ankles full extension and tension in muscles	
vi) Legs rise as the legs and body move to Knight position.	
vii) Water level mid-thigh on vertical leg	
viii) Legs extended in Knight position.	
ix) Legs remain in same plane during rotation to Fishtail position	
x) Leg remains 'vertical' as horizontal leg lifts to vertical position, water level mid-thigh	
xi) Knees and feet fully extended. Muscle tightness obvious	
xii) Water level top of knee cap	
xiii) Vertical position held for 2 sculls	
xiv) Rapid twirl executed around the vertical axis	
xv) Vertical position held for 2 sculls	
xvi) Vertical alignment maintained throughout vertical descent	
Pass or Fail	
Assessor	

4. London – as per figure description 154	
i) Body horizontal with hips, thighs and feet at surface with upper chest high	
ii) A rapid Ballet Leg is assumed. Face dry and horizontal foot at the surface in Ballet Leg	
iii) The Ballet Leg descends through a 'vertical' line to the tuck position	
iii) Rapidly the body rotates backwards into an Inverted Tuck position	
iv) Heels close to the buttocks and shins vertical	
v) The trunk unrolls as the legs are straightened to assume a vertical position.	
vi) The hips move forward to bring the body to an imaginary mid line between shins and hips	
vii) The trunk unrolls as the legs are straightened to assume a Vertical position.	
viii) Knees and feet fully extended. Muscle tightness obvious.	
ix) Water level top of knee cap Position held for 2 support skulls	
x) A even descending spin of 360 degrees completed around the vertical axis to heels	
xi) An even ascending spin of 360 degrees is completed to the same height as prior to the spin	
xii) Vertical line maintained throughout the spin	
xiii) Vertical position maintained throughout vertical decent	
Pass or Fail	
Assessor	

5. Manta Ray – as per figure description 142	
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) As body unrolls, 'vertical' leg no more than 10 degrees over the face	
viii) Simultaneously the leg extends to the Fishtail position	
ix) Water level $\frac{3}{4}$ point on thigh. Fishtail position held for 3 support sculls	
x) Horizontal leg lifts in 180 degrees arch, As it passes the vertical leg, both legs move simultaneously to a Surface Arch Bent Knee	
xi) Waterline at top of knee cap in 'vertical' Please note this position is not held	
xii) In Surface Arch Bent Knee, trunk under hips and straight line from the bent knee to the head (max 20 degree off vertical)	
xiii) Water level mid-thigh on bent knee	
xiv) Body 'stationary' as legs join to surface arch position	
xv) Body unrolls to surface head 'replacing' hips	
xvi) Body horizontal with hips, thighs and feet at surface with upper chest high	
Pass or Fail	
Assessor	

6. Butterfly – as per figure description 343	
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) During lift to fishtail angle at the trunk no more than 10 degrees over vertical	
iv) Water level $\frac{3}{4}$ point on thigh	
v) Rapid movement to Split position. Legs ‘hit surface’ simultaneously	
vi) Even split with angle of at least 170 degrees	
vii) Shoulders and hips ‘square’, body vertical under hips.	
viii) Knees and ankles demonstrating extension	
ix) With minimal lateral rotation of the horizontal leg, the hips rotate as the front leg is raised to Fishtail position	
x) Water level $\frac{3}{4}$ point on thigh.	
xi) Leg remains vertical as horizontal lifts to Vertical position	
xii) Vertical position held for 2 support skulls	
xiii) Knees and feet fully extended. Muscle tightness obvious	
xiv) Water level top of knee cap or higher	
xv) Vertical alignment maintained throughout vertical descent	
Pass or Fail	
Assessor	

7. Ibis Continuous Spin – as per figure description 112f	
i) Body horizontal with hips, thighs and feet at surface with upper chest high	
ii) In Ballet Leg body extended so chest is high with back of neck fully extended.	
iii) In Ballet Leg water level mid-thigh	
iv) Body flat during transition to Fishtail position	
v) In Fishtail position water level mid-thigh	
vi) Fishtail position held for 2 skulls	
vii) Heel of horizontal leg to the surface, heel of vertical leg points backwards	
viii) Knees and feet fully extended, muscle tightness obvious	
ix) 'Vertical' leg alignment maintained as horizontal leg joins	
x) Vertical position water level top of knee cap	
xi) Vertical position held for 2 support skulls	
xii) Rapid Continuous Spin of 720 degrees to the heels and then continuing through the surface	
xiii) Vertical alignment maintained throughout the spin	
xiiii) Rotation around the vertical axis	
Pass or Fail	
Assessor	

8. Jupiter – as per figure description 325	
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	
vii) During lift to Fishtail angle at the trunk no more than 10 degrees over piked	
viii) Water level at mid-point on thigh in Fishtail position	
Viv) Fishtail position held for 2 support skulls	
v) Angle of legs maintained during rotation to Knight position	
vi) Water level at mid-thigh on thigh in Knight position	
vii) Leg remains vertical as horizontal leg rotates around the surface to Fishtail position	
viii) Water level at mid-point on thigh in Fishtail position	
ix) Fishtail position held for 2 support skulls	
x) Heel of horizontal leg to the surface, heel of vertical leg points backwards.	
xi) Knees and feet fully extended, muscle tightness obvious	
xii) Vertical leg alignment maintained as horizontal leg joins	
xiii) Vertical position water level top of knee cap	
xiv) Vertical position held for 2 support skulls	
xiii) Vertical alignment maintained throughout vertical descent	
Pass or Fail	
Examiner	

9. Ballet leg sequence	
Travelling head first, one leg is raised straight to a Ballet Leg Position, followed by the other leg to a Double Ballet Leg Position. Maintaining the Double Ballet Leg Position, a rotation of 360 rotation is executed.	
i) Body horizontal with hips, thighs and feet at surface with upper chest high	
ii) Leg is lifted straight to Ballet Leg. Ballet Leg vertical	
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) Second leg lifted straight to Ballet Leg Double position	
vii) Legs vertical in Ballet Leg Double position	
viii) Water level at top of knees	
ix) Face parallel to the surface with chin dry	
x) Through the transitions to Ballet Leg double, head first travel demonstrated	
xi) A 360 Rotation around the axis of the hips, is executed	
xii) Face dry throughout the rotation	
xiii) Knees and feet fully extended, muscle tightness obvious	
Pass or Fail	
Assessor	

10. 8 Metres Double arm eggbeater showing creative arms. 8 Metres	
i) Body erect with shoulders pulled down and back and level. Back of neck fully extended	
ii) Knee of leading leg wide of body	
iii) Creative arms - arms above the water surface throughout	
iv) Water level remaining constant throughout	
v) Clavicles dry	
vi) Effective leg kick to show smooth continuous action demonstrating constant travel	
vii) Minimal disturbance of the water	
viii) Distance travelled 8 metres.	
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 ¼ point on thigh	
vii) Stationary position at constant height held for 3 sculls.	
Pass or Fail	
Assessor	