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Synchronised Swimming

Skill Level 2

Assessors must be either Basic Skill Assessors or
Advanced Skill Assessors

Name

Date.....

Contents

1. Travelling eggbeater with 'trailing' arm vertical
2. Kick, pull, kick over for 20 metres
3. Inverted tuck showing support scull
4. Hanging inverted vertical at ankle level
5. Reverse scoop scull moving from front layout into front pike
6. Ballet leg figure supported by bottles
7. Back layout to bent knee and return to back layout.
Repeat on other knee
8. Right leg split position in water supported by bottles
9. Torpedo scull 10 metres
10. Head First Dive
11. Side flutter kick into front pike
12. On land, Prone 'Plank'.

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, 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 may retake up to 2 skills a maximum of 2 times each.
9. All points of good technique i.e. pointed toes should be assumed
10. Heights given are the minimum

1. TRAVELLING EGGBEATER WITH TRAILING ARM VERTICAL		
Travel 8 metres in one direction and 8 metres in the opposite direction. There may be a pause between the 2 actions	R	L
i) Body erect with shoulders pulled down back and level, back of neck fully extended		
ii) Knee of leading leg wide of body		
iii) Trailing leg to side of body and angled to allow propulsion		
iv) Vertical arm squeezed against ear and arm pit of vertical arm dry		
v) Smooth continuous action demonstrating constant travel and constant height with minimal disturbance of the water		
vi) Distance travelled 8 metres		
Examiner		
2. KICK, PULL, KICK OVER 20 METRES		
i) Breast stroke kick used throughout		
ii) Shoulders and face remain facing the direction of travel		
iii) Shoulders pulled down and back so chin is high off the water		
iv) During the over movement, arm fully extended and passing very close to the ear		
v) Constant rhythm throughout the 20 metres		
vi) Distance travelled 20 metres		
Examiner		

3. INVERTED TUCK DEMONSTRATING SUPPORT SCULL	
Method of achieving and getting out of the tuck optional but must be controlled. Tuck position held stationary for 5 seconds	
i) Body compact, back rounded and chin tucked in	
ii) Legs and feet squeezed together and feet fully extended	
iii) Heels close to buttocks and shins vertical	
iv) Arms bent so forearms are parallel to water surface. Palms facing the bottom of the pool	
v) Palms face slightly out on the outward movement	
vi) Hands flat on inward movement palms remaining facing the bottom of the pool and moving inward until the fingers touch in front of the body	
vii) Continuous movement with even pressure on the outward and inward movement	
viii) Position held for 5 seconds	
Examiner	
4. HANGING INVERTED VERTICAL	
Arm position optional. Minimal arm movement allowed maintaining stability. Position maintained at natural buoyancy height of the swimmer	
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) Position held for 5 seconds	
Examiner	

5. FRONT LAYOUT TO FRONT PIKE POSITION	
Swimmers may complete the skill with a float or pull buoy between the ankles if required	
i) Body at surface with face in, back of neck fully extended, buttocks and heels at the surface	
ii) Reverse scoop sculling action must be shown	
iii) Body and back of neck fully extended with shoulders pulled down and back. Flat back throughout	
iv) Hips 'replace' head in pike position	
v) After initial sculling action, elbows must remain in line with or behind the ears throughout	
vi) 90° angle shown in pike	
vii) Overhead sculling action maintained until pike position achieved	
Examiner	
6. RIGHT BALLET LEG SUPPORTED BY BOTTLES (Fig101)	
5 Litre bottles must be used. Swimmers holding bottles in hands. Position stationary	
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 knee is vertical	
v). Knee stationary as leg is extended to ballet leg	
vi) Both legs fully extended with knees straight, tightness obvious	
vii) Non ballet leg rolled so heel points to bottom of pool	
viii) Vertical leg rolled so the heel points away from the face	
ix) Knee remains stationary on descent to bent knee position	
x) Shoulders pulled down and back with upper chest dry as bent knee is lowered to back layout	
xi) Constant speed throughout	
Examiner	

7. ALTERNATE BENT KNEE POSITION		
Starting in back layout, one leg is lifted to a bent knee position and then returned to back layout. The action is repeated using the other leg	R	L
i) Shoulders pulled down and back with upper chest high throughout		
ii) As knee starts to bend, lift must be shown		
iii) Toe drawn along inside of horizontal leg until knee is vertical. Horizontal leg to remain on the surface of the water and fully extended.		
iv) Knee vertical. The immediate space under the bent knee must be dry		
v) Smooth flat scull not disturbing the surface of the water		
vi) Hips pressed up towards the surface as the leg is lowered to back layout		
vii) Constant speed throughout the 2 leg actions		
Examiner		
8. INVERTED RIGHT LEG SPLIT SUPPORTED BY BOTTLES		
Size of bottles optional		
i) Even split (part of legs may be out of the water)		
ii) Angle between thighs of at least 140°		
iii) Arch in lower back so body is vertical		
iv) Knees and ankles demonstrating extension		
v) Position held for 5 seconds		
Examiner		

9. TORPEDO SCULL TRAVELLING 10 METRES	
i) Body horizontal with hips, thighs and feet at surface	
ii) Shoulders pulled down and back with upper chest dry	
iii) Back of neck extended, face parallel to water surface	
iv) Legs and ankles fully extended and squeezed together	
v) Obvious tightness throughout the body and legs	
vi) Arms fully extended and close to ears	
vii) Smooth continuous sculling action allowing smooth foot first travel with minimal disturbance of the water	
viii) Distance travelled 10 metres	
Examiner	
10. HEAD FIRST DIVE	
i) Upright stance at edge of pool. Arms extended above the head	
ii) Feet together, stomach pulled in and tightness and extension demonstrated	
iii) During take off from the side, the hips must push up and the legs extend	
iv) Angle at entry at least 45 degree to water surface	
v) Full extension from the fingers through to the toes shown on entry	
vi) Fully extended body shape maintained until fully submerged	
Examiner	

11. SIDE FLUTTER KICK INTO FRONT PIKE POSITION	
i) Body on side with top arm fully extended by the ear and lower arm fully extended in line with the body and at the surface of the water	
ii) Kicking from the tops of the legs	
iii) Efficient kick allowing smooth travel	
iv) Top arm swishes around the side of the body as the face goes into the water	
v) Both arms used to pull into 90° angle pike position	
vi) Back flat as it moves rapidly into pike position	
vii) Legs fully extended as they travel along the surface into pike	
viii) Body vertical in pike position	
Examiner	
12. ON LAND: PRONE 'PLANK' POSITION	
i) Body in press up position supported by hands or forearms	
ii) Toes curled under so they face towards the head	
iii) Body in a straight line	
iv) Head in line with body	
v) Body position must be held long enough to be clearly shown	
Examiner	