



Synchronised Swimming

Skill Level 1

Assessors must be either Basic Skill Assessors or
Advanced Skill Assessors

Name

Date.....

Content

1. Step entry
2. Stationary eggbeater
3. Back layout
4. 10 metres head first sculling using standard scull
5. Back tucked somersault (Figure 310)
6. Inverted vertical supported by bottles
7. Count to 2 pieces of music with a basic count of 8. These must have different speeds. (standard tape provided)
8. Prone position travelling 5 metres using reverse scoop scull
9. Standing in shoulder depth water demonstrating support sculling action
10. Sitting against a wall demonstrating fully extended knees
11. Sitting against a wall demonstrating fully extended knees and plantar flexed feet.
12. Right leg splits on land

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 Step Entry, 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
9. Heights given are minimum

1. STEP ENTRY	
i) Body upright, toes at edge of pool, arms extended above head and close to the ears	
ii) Step off side	
iii) Head up, eyes looking forwards	
iv) Body vertical with legs together and feet pointed on entry and maintained until body is totally submerged	
v) Arms remaining vertical and close to the ears throughout	
Examiner	
2. STATIONARY EGGBEATER LEG KICK	
Position held for 10 seconds. A stabilising scull allowed	
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' height	
Examiner	
3. BACK LAYOUT (stationary)	
i) Body horizontal with hips, thighs and feet at surface, toes pointed	
ii) Shoulders pulled down and back with upper chest dry	
iii) Back of neck extended, face parallel to water surface	
iv) Legs tight	
v) Ankles extended and squeezed together toes pointed	
vi) Smooth flat sculling action by hips with elbows slightly bent and upper arms stationary. No disturbance of water	
Examiner	

4. TRAVELLING HEAD FIRST ON BACK 10 METRES USING STANDARD SCULL	
i) Body horizontal with hips, thighs and feet at surface, toes pointed	
ii) Shoulders pulled down and back with upper chest 'dry'	
iii) Back of neck extended, face parallel to water surface	
iv) Legs tight with knees straight	
v) Ankles extended and squeezed together, toes pointed	
vi) Smooth sculling action, with fingers angled towards the water surface, by hips allowing smooth continuous head first travel	
vii) Distance travelled 10metres	
Examiner	
5. BACK TUCKED SOMERSAULT (Fig 310)	
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) 360 degree rotation close to surface- (feet may leave water) until a surface tuck is achieved	
v) Feet are extended away as swimmer returns to back layout. All points as in back layout	
vi) All parts as described in FINA/ASA hand book	
Examiner	

6. INVERTED VERTICAL HOLDING BOTTLES	
Size of bottles optional. Hands holding bottles and arms held 'stationary. Position held for 5 seconds	
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	
7. COUNT 2 PIECES OF MUSIC	
i) Swimmers must be able to clearly recognise different tempos and count the beats confidently	
Examiner	
8. PRONE POSITION TRAVELLING 5 METRES DEMONSTRATING REVERSE SCOOP SCULL	
i) Body at surface with face in, back of neck fully extended, buttocks and heels at the surface	
ii) Arms below surface but in front of body. Depth of arms will depend on buoyancy of the swimmer	
iii) Arms bent with elbows out wide	
iv) Elbows remaining relatively stationary throughout	
v) Rotation of the arms towards the body	
vi) Sculling action allowing smooth and continuous head first travel and minimum disturbance of the water	
viii) Distance travelled 5 metres	
Examiner	

9. STANDING IN SHOULDER DEPTH WATER DEMONSTRATING SUPPORT SCULLING ACTION	
Standing shoulder depth, back and knees straight. Where only deep water is available, swimmers may use an eggbeater action, but only the arm action must be assessed	
i) Arms bent so forearms are parallel to water surface. Palms facing the surface	
ii) Elbows in line with body	
iii) Palms face slightly out on the outward movement	
vi) Hands flat on inward movement (palms remaining facing the surface and moving inward until the fingers touch in front of the body)	
v. Continuous movement with even pressure on the outward and inward movement.	
Examiner	
10. LONG SITTING AGAINST A WALL DEMONSTRATING FULLY EXTENDED KNEES	
Feet flexed (toes pulled up towards body) Position held for 10 seconds	
i) Back straight touching wall	
ii) Shoulders pulled down and back of neck fully extended	
iii) Thighs and shins squeezed together	
iv) Tightness in all the muscles of the legs obvious	
v) Inside margins of feet squeezed together	
vi) Position held for 10 seconds	
Examiner	

11. LONG SITTING AGAINST A WALL DEMONSTRATING FULLY EXTENDED KNEES AND POINTED (PLANTAR FLEXED) FEET	
i) Back straight touching wall	
ii) Shoulders pulled down and back of neck fully extended	
iii) Angle at ankle at least 170 degrees	
iv) Inside margins of feet squeezed together	
v) Ankle bones squeezed together (maximum 2cms apart)	
vi) Tightness in all the muscles of the legs obvious.	
Examiner	
12. RIGHT LEG SPLIT ON LAND	
If required, partner may support under the armpits	
i) Angle between thighs of at least 140 degrees	
ii) Arch in lower back so body is vertical (hands may support at sides of body)	
iii) Knees demonstrating extension	
iv) Front leg rolled so heel points towards the floor	
v) Back leg rolled so that heel aims to point towards the ceiling	
Examiner	

