



Synchronised Swimming

Skill Level 3

Assessors must be either Basic Skill Assessors or
Advanced Skill Assessors

Name

Date.....

Contents

1. Travelling eggbeater, with both arms vertical, 5 metres in one direction
2. Head first boost from underwater.
3. From back layout through ballet leg to flamingo position
4. Dolphin start from back layout into surface arch demonstrating split scull
5. Porpoise lift supported by bottles
6. Crane position (mid thigh) demonstrating support scull
7. Inverted bent knee ½ twist
8. Inverted vertical position at knee height
9. Sprint torpedo 20 metre
10. Front pike somersault from front layout to submerged double ballet leg position
11. Head first dive from one foot from the poolside
12. Flat right leg splits on land (must be passed).

General Conditions

Black costume and white hat to be worn

1. Full details of the figure transitions are available in ASA or FINA Handbook.
2. Unless otherwise stated, all movements should be performed relatively stationary and in uniform motion.
3. Desired water levels will be marked on legs
4. Swimmers must successfully complete at least 10 out of the 12 skills but all skills must be attempted. Item 12 Splits on dry land must be passed
5. To ensure all points can be assessed, assessors may ask the swimmer to perform the skill up to 3 times.
6. For the Dive Entry, the water depth must be at least 1.8 metres deep.
7. Dry land skills must be assessed in an appropriate environment.
8. For dry land skills swimmers must wear a costume/leotard.
9. Assessors are asked to highlight any areas in which the swimmers are not yet competent.
10. Heights given are the minimum
11. Swimmers may retake up to 2 skills a maximum of 2 times

1. EGGBEATER LEG KICK TRAVELLING SIDEWAYS WITH BOTH ARMS EXTENDED ABOVE HEAD. 5 METRES TRAVELLING IN ONE DIRECTION.	
i) Body erect with shoulders pulled down and back and level. Back of neck fully extended	
ii) Both arms fully extended and held parallel close to ears and still	
iii) Clavicles dry	
iv) Body vertical and held directly over the hips	
v) Effective leg kick allowing smooth continuous travel in both directions	
vi) Distance travelled 5 metres	
Examiner	
2. HEAD FIRST BOOST FROM UNDERWATER	
i) 'Tucked' set up close to the surface with knees wide pulled up towards the shoulders	
ii) Strong downward kick and press the arms to ensure maximum height	
iii) At maximum height, hip bones dry	
iv) At full height, body vertical, extended, shoulders pulled down and back and neck extended. Arms must remain by sides of body	
v) Skill is completed with a descent until the head is fully submerged. Body extended	
Examiner	

3. FROM BACK LAYOUT THROUGH BALLET LEG TO FLAMINGO POSITION	
i) Body horizontal with hips, thighs and feet at surface	
ii) Toe drawn along inside of horizontal leg until knee is vertical	
iii) Knee stationary as leg is extended to ballet leg	
iv) Both legs fully extended with knees straight, tightness obvious	
v) Shin of non ballet leg drawn along the surface into flamingo position	
vi) In flamingo position trunk fully extended, shoulders pulled down and back	
vii) Ballet leg vertical cutting mid calf on horizontal shin	
Examiner	
4. FROM BACK LAYOUT TO SURFACE ARCH. ARCH HELD USING SPLIT SCULL	
i) Body horizontal with hips, thighs and feet at surface a dolphin movement is started	
ii) Shoulders pulled down and back with upper chest dry	
iii) Legs and ankles fully extended and squeezed together	
iv) 'Straight' arms in dolphin scull	
v) Head first travel as the body arches to surface arch	
vi) Arch in lower spine must show angle of no more than 110 °	
vii) In split scull, one hand flat sculling above the head. Elbow bent and palm to the bottom of the pool.	
viii) Other arm in front of body using a reverse scoop to maintain position	
Examiner	

5. PORPOISE LIFT SUPPORTED BY BOTTLES	
5 Litre bottles must be used. Bottles held 'stationary'. Method to get out of vertical optional	
i) Body vertical in 90° pike. Back of neck extended and head in line with trunk	
ii) Legs at surface and fully extended	
iii) Body remaining vertical and extended as the legs are lifted	
iv) Legs lifted until vertical position is reached	
v) Position held for 3 seconds	
vi) Back of neck stretched so head is in line with body and trunk tight so it is in line with hips and shoulders	
vii) Thighs shins, ankles and feet squeezed together	
viii) Knees and feet fully extended. Muscle tightness obvious	
Examiner	
6. CRANE POSITION held for 5 seconds	
i) Body extended and vertical. Head in line	
ii) Trunk tight so it is in line with hips and shoulders	
iii) Horizontal leg rolled so that the heel points towards the surface	
iv) Vertical leg rolled in so heel points backwards	
v) Knees and feet fully extended. Muscle tightness obvious	
vi) Water level mid thigh	
vii) Support scull maintained throughout	
viii) Position held for 5 seconds	
Examiner	

7. INVERTED BENT KNEE ½ TWIST	
i) Body extended and vertical	
ii) Back of neck stretched so head is in line with body, Trunk tight so it is in line with hips and shoulders	
iii) Vertical leg rolled in so heel points backwards.	
iv) Toe of bent knee on inside of knee of vertical leg or higher	
v) Water level mid thigh	
vi) Support scull maintained throughout	
vii) Rotation around a vertical axis must be maintained	
Examiner	
8. INVERTED VERTICAL POSITION	
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 together	
iv) Knees and feet fully extended. Muscle tightness obvious	
v) Support scull maintained throughout	
vi) Water level at bottom of knee cap or higher	
vii) Stationary position at constant height held for 5 seconds	
Examiner	

9. SPRINT TORPEDO (20 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) Elbows bent so finger tips are approximately level with the top of the head.	
vii) Very fast sculling action to create rapid feet first movement	
viii) Continuous fast movement for 20 metres	
Examiner	

10. FRONT PIKE SOMERSAULT FROM FRONT LAYOUT TO SUBMERGED DOUBLE BALLET LEG POSITION	
i) In front layout, 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. Hips and feet at surface	
vii) Overhead sculling action maintained until submerged double ballet leg position is achieved	
viii) 90 degree angle maintained during rotation	
ix) Split scull with one hand sculling by the shoulder and the other by the hips, must be shown in the submerged double ballet leg position	
x) Water level no lower than ankle	
xi) Full extension and tension shown in all muscles	
xii) Constant controlled speed throughout	
Examiner	

11. HEAD FIRST DIVE FROM ONE FOOTED TAKE-OFF	
i) Upright stance at edge of pool with one foot on the edge and the other extended behind the body with the toe resting on the poolside. Arms extended above the head	
ii) Stomach pulled in and tightness and extension demonstrated	
iii) The rear leg is lifted (straight) and a push from the front leg to take-off	
iv) Legs brought together in the air	
v) Angle at entry at least 45° to water surface	
vi) Full extension from the fingers through to the toes shown on entry	
vii) Fully extended body shape maintained until fully submerged	
Examiner	
12. FLAT SPLITS ON LAND	
i) Right leg in front of body	
ii) Legs flat on floor crotch on the floor	
iii) Arch in lower back so body is vertical (hands may support at sides of body)	
iv) Knees demonstrating extension	
v) Front leg rolled so heel points towards the floor	
vi) Back leg rolled so the heel aims to point towards the ceiling	
Examiner	

