



Synchronised Swimming

Skill Level 5

Assessors must be an Advanced Skill Assessors

Contents

1. 10 metres underwater followed by a rocket split
2. 10 metres underwater followed by a head first boost
3. Travelling inverted vertical changing height and direction.
4. Inverted vertical followed by a continuous spin of at least 720°
5. Double arm egg-beater travelling sideways 5 metres followed by a twirl followed by 5 metres travel with the opposite shoulder leading
6. Inverted vertical with 2 twirls. One twirl in one direction and the 2nd twirl in the opposite direction
7. Aurora from submerged double ballet leg position to Fishtail position followed by Beluga rotation to knight position
8. Catalina rotation from back layout to crane position
9. 5 metres underwater followed by a Heron thrust and spin 360 degrees
10. Nova beginning from back layout to inverted bent knee position
11. Starting in fishtail position 2 leg switches
12. Barracuda thrust followed by a cont spin of at least 360°

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 at constant tempo
3. All Heights given are minimum, desired water levels will be marked on legs
4. Where positions are described as being held for 3 sculls, each out scull counts
5. All spins and twists must be performed with the left shoulder going backwards unless specified
6. To ensure all points can be assessed, assessors may ask the swimmer to perform the skill up to 3 times
7. At least 10 out of 12 skills must be passed but all must be attempted
8. Assessors are asked to highlight any areas in which the swimmers are not yet competent
9. Swimmers may retake up to 3 skills a maximum of 2 times

1. 10 METRE UNDERWATER SWIM FOLLOWED BY A ROCKET SPLIT	
i) Angle of pike 45° or less	
ii) Legs fully extended	
iii) Back flat and fully extended but need not be perpendicular to water surface	
In vertical:	
iv) Strong upward thrust	
v) In vertical water level at top of thigh	
vi) Legs no more than 30° apart as body reaches the vertical position	
vii) Even split of at least 160°	
viii) Legs fully extended throughout	
ix) Water level at ¼ point on thighs after join	
x) Vertical alignment maintained during fast vertical descent	
Examiner	
2. 10 METRE UNDERWATER SWIM FOLLOWED BY HEAD FIRST BOOST	
The arms must be above the surface <u>as</u> the body reaches full height	
i) 'Tucked' set up close to the surface with knees pulled up under the shoulders	
ii) Strong downward kick and push the arms to ensure maximum height	
iii) At maximum height, top of thigh dry	
iv) At full height, body vertical, extended, shoulders pulled down and back and neck extended	
v) Arms reaching point above the surface <u>as</u> the body reaches full height	
vi) Movement completed with descent until fully submerged	
Examiner	

3. TRAVELLING VERTICAL	
Starting at ankle height, travelling sideways at least 1 metre rising to full height. At full height travel backwards at least 1 metre and then travel sideways at least 1 metre in the same direction as original travel	
i) Body extended and vertical	
ii) Back of neck stretched so head is in line with body	
iii) Trunk tight in line with hips and shoulders	
iv) Thighs, shins, ankles and feet squeezed together	
v) Knees and feet fully extended. Muscle tightness obvious	
vi) At full height, water level constant at mid knee cap	
vii) Smooth travel and transitions between direction changes	
Examiner	
4. VERTICAL POSITION FOLLOWED BY A CONTINUOUS SPIN	
i) Body extended and vertical	
ii) Back of neck stretched so head is in line with body	
iii) Thighs, shins, ankles and feet squeezed together	
iv) Water level at top of knee cap	
v) Rapid continuous spin of at least 720° continuing through surface	
vi) Vertical line maintained throughout the spin	
vii) Rotation around a central axis	
Examiner	

5. TRAVELLING EGG-BEATER AND TWIRL	
Double arm egg-beater travelling sideways 5 metres followed by a twirl followed by 5 metres travel with the opposite shoulder leading	
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	
iii) Clavicles dry	
iv) Body vertical and held directly over the hips	
v) Complete 180° rapid twirl	
vi) Water level remaining constant during twirl	
vii) Arms remaining parallel throughout the twirl	
viii) Effective leg kick allowing smooth continuous travel in both directions	
ix) Distance travelled 5 metres in each direction	
Examiner	
6. INVERTED VERTICAL WITH 2 TWIRLS	
One twirl in one direction and the 2nd twirl in the opposite direction. Swimmers may hold the vertical between the twirls.	
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) Inverted vertical held for at least 3 sculls before and after the twirls	
vii) Rapid twirls around the vertical axis	
viii) Water level constant at mid knee cap	
Examiner	

7. AURORA FROM SUBMERGED DOUBLE BALLET LEGS TO FISHTAIL POSITION FOLLOWED BY BELUGA ROTATION TO KNIGHT POSITION	
i) In submerged double ballet leg legs vertical and body at 90 degrees fully extended with back of neck stretched so head is in line with body	
ii) Water level at ankles	
iii) Vertical leg rising as the horizontal leg moves along the surface and simultaneously the body lowers to knight position	
iv) Full height achieved as the legs and body arrive in the knight position	
v) Vertical alignment of body and leg maintained from knight to fishtail position	
vi) Water level at mid thigh	
vii) Smooth rotation to fishtail position	
viii) Horizontal leg remaining in the same plane as the body during the rotation	
ix) Water line in fishtail position at $\frac{3}{4}$ point of thigh	
x) Foot of horizontal leg remaining at the surface	
xi) Both legs remaining fully extended	
xii) Leg accelerates during rotation	
xiii) Water line at mid thigh	
xix) Vertical leg vertical	
Examiner	

8. CATALINA ROTATION FROM BACK LAYOUT TO CRANE POSITION (Fig 115)	
Using a right ballet leg	
i) In back layout, 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) Body extended so chest is high and maximum distance between the ear lobes and the shoulders	
vi) Water line mid thighs	
vii) Rotation initiated from the surface ballet leg	
viii) Trunk rotating in same plane as ballet leg	
ix) Side 'Y' position clearly shown	
x) Both knees fully extended throughout rotation	
xi) Constant height on the vertical leg with water line at or above mid thigh	
Examiner	

9. 5 METRES UNDERWATER FOLLOWED BY A HERON THRUST AND SPINNING 360 (Fig 342e)	
i) Submerged double ballet leg - 90° angle	
ii) Right leg lowers to flamingo position <u>as</u> body rises to 45°	
iii) Back flat	
iv) Strong upward thrust as the bent leg moves to bent knee position	
v) Leg no more than 10° over face during the thrust	
vi) 'Catch' in inverted bent knee at mid thigh	
vii) Spin with bent knee moving across the body	
viii) Smooth continuous 360 spin with rotation at same speed as prior to the thrust	
ix) Rotation completed at ankles but downward vertical descent continuing through the surface.	
Examiner	
10. NOVA FROM BACK LAYOUT TO INVERTED BENT KNEE (Fig 435)	
i) Body horizontal with hips, thighs and feet at surface with upper chest 'dry'	
ii) Legs and ankles fully extended and squeezed together	
iii) Head first travel as dolphin is initiated	
iv) The back arches more as the right leg bends to surface arch bent knee position	
v) In surface arch bent knee, trunk under hips and a straight line from the bent knee to the head (max 20° off vertical)	
vi) Water level at mid thigh on bent knee	
vii) Trunk remaining vertical as leg is lifted to Inverted bent knee	
viii) Straight leg fully extended throughout the lift	
ix) Water line at mid thigh	
xi) Body in vertical line with muscle tightness obvious	
Examiner	

11. FISHTAIL POSITION 'SWITCHING LEGS'	
Starting in Fishtail position with left leg vertical, switch legs to right leg vertical and then return to left leg	
In all 3 fishtail positions	
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) Legs rolled so heel of vertical leg points backwards and heel of horizontal leg points toward the ceiling	
v) Knees and feet fully extended. Muscle tightness obvious	
vi) Switching leg must achieve vertical position	
vii) Water level at mid point on thigh	
viii) Minimal backward travel. No more than ½ metre	
Examiner	
12. BARRACUDA THRUST FOLLOWED BY A SPIN OF AT LEAST 360 DEGREES CONTINUING THROUGH SURFACE	
i) Angle of 45° or less in pike position. Toes just under the surface of the water	
ii) Legs fully extended and showing obvious muscle tension	
iii) During strong thrust legs no more than 20° over the face.	
iv) Unrolling action demonstrated	
v) Body vertical with water level top of thighs	
vi) Muscle tension obvious	
vii) Vertical line maintained during rapid rotation	

viii) Rotation around the central axis	
ix) Rotation of at least 360° continued through the surface	
Examiner	