

1	2	3	4	5	6	7	8	9	10	11	12

Synchronised Swimming

Skill Level 2

The Assessor must be a
Basic Assessor, Assessor or Advanced Assessor

Name

Date.....

Contents

1. Travelling eggbeater with 'trailing' arm vertical.
2. Kick, pull, kick over for 10 metres.
3. Fishtail showing support scull.
4. Inverted Tuck to Vertical (Kip lift) supported by bottles
5. Reverse scoop scull moving from front layout into front pike.
6. Ballet leg
7. Split position to Vertical at ankles.
8. Back Layout to surface arch showing split scull
9. Front Pike to Fishtail position to Vertical supported by bottles
10. Head First Dive.
11. Right or Left leg split on land (compulsory pass)
12. On Land: Prone Plank Position.

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 must pass a minimum of 9 skills for retakes.
9. Skill 11 is a compulsory pass but can be retaken as one of their 2 retakes
10. Except for Splits, swimmers may retake up to 2 skills a maximum of 2 times.
11. All points of good technique i.e. pointed toes should be assumed.
12. Heights given are the minimum.
13. 5 Litre bottles must be used.
14. Words enclosed in "inverted commas" should be regarded as approximate.
15. Skill 11 must be taken first on land. Swimmers will be informed of the result but may complete other assessments for experience.

1. TRAVELLING EGGBEATER WITH TRAILING ARM VERTICAL		
Travel at least 5 metres in one direction and 5 metres in the opposite direction. There may be a pause between the 2 actions.	R	L
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) Trailing leg to side of body and angled to allow propulsion		
iv) Vertical arm extended and arm pit of vertical arm dry. Hand positional optional		
v) Head central		
vi) Smooth continuous action demonstrating constant travel and constant height with minimal disturbance of the water.		
vii) Distance travelled at least 5 meters in each direction.		
Pass or Fail		
Assessor		

2. KICK, PULL, KICK OVER 10 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 close to the ear.		
v) Thumb entering first.		
vi) Constant rhythm throughout the 10 metres.		
vii) Distance travelled 10 metres.		
Pass or Fail		
Assessor		

3. FISHTAIL POSITION DEMONSTRATING SUPPORT SCULL (either leg vertical)	
Method of achieving and getting out of the Fishtail Position optional but must be controlled. Fishtail Position held stationary for 5 seconds.	
i) Body 'vertical' and extended	
ii) Horizontal leg, foot at the surface	
iii) Vertical leg extended and muscle tension obvious	
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	
vii) Continuous powerful movement with even pressure on the outward and inward movement	
viii) Position held for 5 seconds	
Pass or Fail	
Assessor	

4. KIP LIFT SUPPORTED BY BOTTLES	
Supported by 5 litre bottles	
Method of getting into the tuck is optional.	
i) Body compact, back rounded and chin tucked in.	
ii) Legs and feet squeezed towards each other and feet fully extended.	
iii) Heels close to buttocks and shins vertical.	
iv) The trunk unrolls as the leg assumes a Vertical position.	
v) Hips move forward to bring body into imaginary mid line between shins and hips.	
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 towards each other.	
viii) Stable Vertical position at constant height held for a minimum of 3 seconds	
Pass or Fail	
Assessor	

5. FRONT LAYOUT TO FRONT PIKE POSITION	
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 degree angle shown in pike	
vii) Overhead sculling action maintained until pike position achieved.	
Pass or Fail	
Assessor	

6. BALLET LEG	
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 thigh is vertical.	
v) Water line ¼ point on thigh.	
vi). Knee stationary as leg is extended to ballet leg.	
vii) Both legs fully extended with knees straight, tightness obvious.	
viii) Foot of the non-ballet leg at the surface.	
ix) Vertical leg rolled so the heel points away from the face.	
x) Water level ¼ point on thigh	
xi) Knee remains 'stationary' on descent to bent knee position.	
xii) Shoulders pulled down and back with upper chest high as bent knee is lowered to back layout.	
xiii) 'Constant' speed throughout.	
Pass or Fail	

7.SPLIT TO POSITION TO VERTICAL AT ANKLES	
i) Angle between thighs of at least 150 degrees	
ii) Even split	
iii) Arch in lower back so body is vertical	
iv) Knees and ankles demonstrating extension	
v) Legs closed symmetrically	
vi) As legs close water level at ankles	
vii) Body extended and vertical.	
viii) Back of neck stretched so head is in line with body.	
ix) Trunk tight so it is in line with hips and shoulders.	
x) Thighs shins, ankles and feet squeezed towards each other.	
xi) Position held for 3 seconds.	
Pass or Fail	
Assessor	

8. BACK LAYOUT TO SURFACE ARCH DEMONSTRATING 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 high.	
iii) Legs and ankles fully extended and squeezed towards each other.	
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 100 degrees.	
vii) In split scull, one hand flat sculling above the head. Elbow bent and palm to the bottom of the pool.	
Pass or Fail	
Assessor	

9. FRONT PIKE TO FISHTAIL TO VERTICAL SUPPORTED BY BOTTLES	
Supported by 5 litre bottles	
i) Body vertical in 90 degree 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 one leg lifted. to Fishtail position	
iv) Back of neck stretched so head is in line with body and trunk tight so it is in line with hips and shoulders.	
v) Horizontal leg, foot at the surface	
vi) Body remaining vertical and extended as leg lifted. to Vertical position	
vii) Thighs shins, ankles and feet squeezed towards each other.	
viii) Knees and feet fully extended. Muscle tightness obvious.	
Pass or Fail	
Assessor	

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.	
Pass or Fail	
Assessor	

11. FLAT SPLITS ON LAND Compulsory Pass	
Either Leg (not box split) If required hands supported by blocks. Swimmer may have 2 attempts but there must be no coach intervention between attempts	
i) One leg in front of body	
ii) Legs 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	

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 held for 10 secs	
Pass or Fail	
Assessor	