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# Synchronised Swimming

## Skill Level 4

Assessors must be an Advanced Skill Assessor

Name .....

Date.....

## Contents

1. Bent Knee Vertical, join to Vertical held above the knees followed by a vertical descent.
2. Vertical and Spin 360°.
3. Albatross from back layout to Inverted Bent Knee.
4. Heron Thrust from submerged Double Ballet Leg to Vertical Bent Knee including descent.
5. Catalina Reverse from Crane to Ballet Leg.
6. Flamingo Bent knee from Flamingo Position to Inverted Bent Knee.
7. Walkover Back from surface arch to split position.
8. Walkout from split position to back layout.
9. Kip lift from inverted tuck to inverted vertical position followed by a half twist.
10. Travelling double ballet leg for 5 metres.
11. Ariana rotation (must be passed).
12. Head first boost.

## General Conditions

### Black costume and white hat to be worn

1. **A separate assessment of flat right leg splits on land (as in skill 3) must be carried out before the assessment for skill 4 begins. Failure to attain flat Splits will mean Skill 4 cannot be attempted. The swimmer may attempt this a maximum of 3 times**
2. Full details of the figure transitions are available in ASA or FINA Handbook.
3. Unless otherwise stated, all movements should be performed relatively stationary and at constant tempo.
4. Water levels given are minimum.
5. Where positions are described as being held for 3 sculls, each out scull counts. This is a minimum number.
6. All spins and twists must be performed with the left shoulder going backwards unless specified.
7. To ensure all points can be assessed, assessors may ask the swimmer to perform the skill up to 3 times.
8. Swimmers must successfully complete at least 10 out of the 12 skills but all skills must be attempted. Item 11 Ariana rotation must be passed.
9. Assessors are asked to highlight any areas in which the swimmers are not yet competent.
10. Swimmers may retake up to 3 skills a maximum of 2 times.
11. Any words in "inverted commas" should be regarded as approximate.
12. The level of the hip is measured by the swimmer standing upright and lifting the legs directly out to the side of the body. The indent at the top of the legs is the hip bone.

**Separate Assessment to be passed before assessment for skill 4 may begin.**

<b>FLAT SPLITS ON LAND Compulsory Pass</b>	
i) Right leg in front of body.	
ii) Legs flat on floor.	
iii) Arch in lower back (hands may support at sides of body).	
iv) Shoulders and hips “square”.	
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.	
<b>Examiner</b>	

<b>1. BENT KNEE VERTICAL POSITION FOLLOWED BY A JOIN TO VERTICAL POSITION FOLLOWED BY A VERTICAL DESCENT</b>	
i) Body extended and vertical. Bent Knee Vertical position held for 3 sculls.	
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) Toe of the bent knee at the knee or higher towards the hips.	
v) Bent knee in line with the body.	
vii) Back of neck stretched so head is in line with body and trunk tight so it is in line with hips and shoulders.	
vii) Toe of bent knee slides along inside of vertical leg.	
viii) Vertical leg remains vertical as leg joins.	
ix) In Vertical position thighs, shins, ankles and feet squeezed together.	
x) Knees and feet fully extended. Muscle tightness obvious.	
xi) Water level at top of knee cap.	
xii) Stable position at constant height held for 3 support sculls.	
xiii) Vertical line and tightness maintained throughout a controlled descent.	
<b>Examiner</b>	
<b>2. VERTICAL AND SPIN 360°</b>	
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) Water level at top of knee cap.	
vi) Rotation around a vertical axis must be maintained.	
vii) Water level at ½ way point after rotation of 180 degrees.	
viii) Rotation complete by heels.	
ix) Vertical descent complete with toes under water.	
x) Constant speed throughout.	
<b>Examiner</b>	

<b>3. ALBATROSS FROM BACK LAYOUT TO BENT KNEE VERTICAL</b>	
i) Body horizontal with hips, thighs and feet at surface with upper chest high.	
ii) Legs and ankles fully extended and squeezed together.	
iii) Head first travel as Dolphin is initiated until the hips are about to submerge.	
iv) The body rolls along the longitudinal axis.	
v) During rotation body in same plane.	
vi) Continuous head first travel during rotation to pike.	
vii) In pike position angle of 90 degrees.	
viii) The legs are simultaneously lifted to Bent Knee Vertical.	
ix) During lift to Bent Knee Vertical angle at trunk no more than 10 degrees from vertical.	
x) Knees and feet fully extended. Muscle tightness obvious.	
xi) Toe of bent leg at the knee or higher.	
xii) In Bent Knee Vertical position water level mid thigh.	
xiii) Bent Knee Vertical position held for 3 support sculls.	
<b>Examiner</b>	
<b>4. HERON THRUST FROM SUBMERGED DOUBLE BALLET LEG TO BENT KNEE VERTICAL &amp; DESCENT</b>	
i) Submerged double ballet leg 90 degree angle.	
ii) Right leg lowers to flamingo position <u>as</u> body rises to 45 degrees.	
iii) One leg remains vertical.	
iv) Bent knee “cuts” vertical leg mid shin.	
v) Back flat.	
vi) Strong upward thrust as the bent leg moves to bent knee position.	
viii) Leg no more than 10 degrees over face during the thrust.	
ix) Body vertical with water level at top of thigh. Obvious muscle tension demonstrated.	
x) Fast vertical descent maintaining tension until feet are submerged.	
xi) Vertical body alignment maintained during descent.	
<b>Examiner</b>	

<b>5. CATALINA REVERSE FROM CRANE TO BALLET LEG. Rotation towards the Assessors</b>	
i) Crane leg, water line at least mid thigh, horizontal leg rolled so the heel points to the ceiling.	
ii) Rotation initiated from the crane position.	
iii) Side “Y” position clearly shown.	
iv) During rotation body in same plane as horizontal leg.	
v) Both knees fully extended throughout rotation.	
vi) Vertical leg no more than 10degrees over face throughout rotation.	
vii) During rotation and in ballet leg water level at ¼ point on thigh.	
viii) In ballet leg, body extended so chest is high and maximum distance between the ear lobes and the shoulders.	
<b>Examiner</b>	
<b>6. FLAMINGO BENT KNEE FROM FLAMINGO POSTION TO BENT KNEE VERTICAL</b>	
i) In Flamingo position trunk fully extended, shoulders pulled down and back.	
ii) Ballet leg vertical cutting mid calf on horizontal shin.	
iii) Horizontal shin parallel to side of pool.	
iv) The hips rise as the body unrolls.	
v) ‘Vertical’ leg no more that 10 degrees over the face.	
vi) Simultaneously the knee moves to bent knee vertical position.	
vii) Toe of the bent knee at the knee of vertical leg or higher.	
viii) Water level mid thigh.	
ix) Body extended and vertical. Bent Knee Vertical position held for 3 sculls.	
<b>Examiner</b>	

<b>7. WALKOVER BACK FROM SURFACE ARCH TO SPLIT</b>	
i) Surface arch in lower spine must show angle of no more than 110 degrees.	
ii) Knees close to surface.	
iii) In split scull, one hand flat sculling “above the head”. Elbow bent and palm to the bottom of the pool. Other arm in front of the body using “pulling” actions.	
iv) Legs fully extended during transition to split.	
v) In Knight position water level at $\frac{1}{4}$ point of the vertical leg.	
vi) Split at 160 degrees or more.	
vii) Shoulders and hips ‘square’.	
viii) Knees and feet fully extended with feet at the surface. Muscle tightness obvious.	
ix) Split position to be held for 3 support sculls.	
<b>Examiner</b>	
<b>8. WALKOUT FROM SPLIT POSITION TO BACK LAYOUT</b>	
i) Angle of split at least 160 degrees in split.	
ii) Shoulders and hips ‘square’.	
iii) Full extension of the knees and ankles in split position.	
iv) Split position to be held for 3 support sculls.	
v) Water line at mid thigh as leg passes through knight position.	
vi) Knees close to surface as feet reach surface arch position.	
vii) Full extension of knees in surface arch.	
viii) After unroll, head finishes at position of hips.	
ix) Back layout with head, hips and feet at the surface.	
<b>Examiner</b>	

<b>9. KIP LIFT FROM INVERTED TUCK TO VERTICAL POSITION FOLLOWED BY HALF TWIST</b>	
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) The trunk unrolls as the legs are straightened to assume 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 together.	
viii) Knees and feet fully extended. Muscle tightness obvious.	
ix) Water level at middle of knee cap or higher.	
x) Stable position at constant height held for 3 sculls prior to the half twist.	
xi) Rotation around a vertical axis and height must be maintained.	
xii) After half twist, stable position at maintained height held for 3 support sculls.	
<b>Examiner</b>	
<b>10. TRAVELLING DOUBLE BALLET LEG FOR 5 METRES</b>	
i) Trunk extended with shoulders pulled back. Face including chin dry.	
ii) Legs vertical.	
iii) Knees and ankles fully extended showing obvious muscle tension.	
iv) Top of knee caps dry.	
v) Sculling action allows smooth, continuous travel with minimal disturbance of the surface of the water.	
vi) Distance travelled head first 5metres.	
<b>Examiner</b>	

<b>11. ARIANA ROTATION FROM SPLIT POSITION, THROUGH BOX SPLIT, TO SPLIT POSITION (Fig 423)</b>	
<b>In all 3 split positions:</b>	
i) Pelvis tilted so trunk is under hips.	
ii) 1 <sup>st</sup> split a minimum of 160 degrees.	
iii) Hips and shoulders “square”.	
iv) Box split a minimum of 150 degrees.	
v) Legs remain in same plane during rotation.	
vi) 2 <sup>nd</sup> split a minimum of 160 degrees.	
vii) Hips and shoulders ‘square’.	
viii) Knees and feet fully extended. Muscle tightness obvious.	
ix) Smooth transitions between the splits.	
<b>Examiner</b>	
<b>12. HEAD FIRST BOOST</b>	
<b>The arms must be at or above the shoulder line <u>as</u> the body reaches full height.</b>	
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 at or above the shoulder line <u>as</u> the body reaches full height.	
vi) Movement completed with descent until fully submerged.	
<b>Examiner</b>	