

GRADE LEVEL 1

Grade Level 1

PART 1 - FLEXIBILITY

TEST 1: LEG FLEXIBILITY

Starting Position: Seated pike position with body at 90-degree angle, legs together and extended, and feet flexed against the wall.

Test Instructions: Lean forward with a flat back (back may be slightly arched) to place the fingertips, palms down, against the wall.

Hold for 10 seconds. Test is worth 10 points.



Photo 1 – Legs extended and together.

Photo 2 – Ankles together, feet flexed and heels against the wall (heels may be off the ground). Flat lower back, shoulders down.

Photo 3 – Fingers together, palms down.

0 1	Starting Position: seated pike position with body at 90-degree angle, legs together and extended, and feet flexed against the wall. (1 pt- correct, 0 pts- not correct)
0 1 2 3	Leg Extension: determined by knee extension and quadriceps engagement (3 pts- fully extended, 2 pts- slight or inconsistent, 1 pt- minor soft knees or soft quadriceps, 0 pts- major bend or quadriceps not engaged)
0 1 2 3	Arm Placement: determined by upper back, shoulders, elbows, and fingers; arms parallel to the ground (3 pts- shoulders in neutral position, arms fully extended and parallel to the ground, 2 pts- shoulders protracted or arms not parallel to the ground, 1 pt- elbows bent, 0 pts- not able to be in correct position)
0 1	Head and Torso Alignment (1 pt- head aligned and torso straight (slight arch allowed), 0 pts- no part aligned)
0 1	Able to Touch the Wall (1 pt- touched the wall for 10 seconds, 0 pts- did not touch the wall for 10 seconds)
0 1	Time Held (1 pt- 10 seconds, 0 pts- 9.99 – 5.0 seconds)

****NOTE: Held for 4.99 seconds or less - points may be awarded only for starting position if appropriate, otherwise Automatic Failed Skill (0 points).**

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TEST 2: BRIDGE WITH STRAIGHT ARMS

Starting Position: Lying on the floor with knees bent, feet flat on the floor shoulder-width apart and parallel to each other. Hands palm down on the mat with fingertips under the shoulders pointing towards the feet.

Test Instructions: Push against the ground while extending arms and legs and arching the back to assume a Bridge position with the arms fully extended. Hold for 10 seconds. Test is worth 11 points.

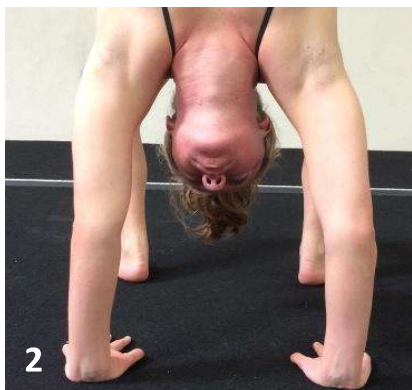
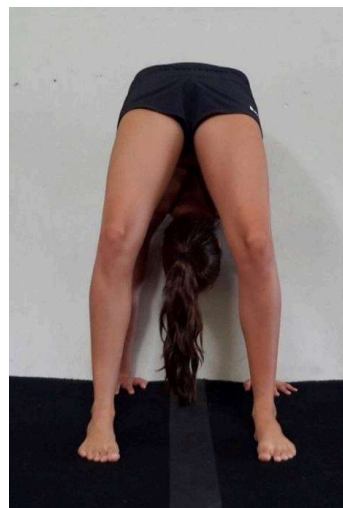
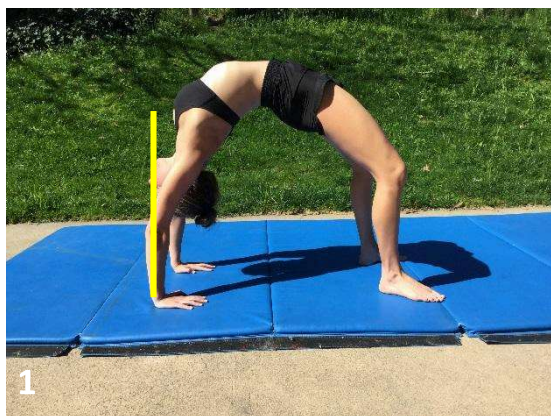


Photo 1 – Arms fully extended and on the vertical line, determined by the upper arm. (Note: Arm position shown is at 1:00, feet are not parallel)

Photo 2 – Palms are shoulder-width apart.

Photo 3 – Hands and feet in line. Feet remain flat on the ground. Legs and feet are parallel.

0 1	Starting Position: lying on the floor with knees bent, feet flat on the floor shoulder-width apart and parallel to each other. Hands palm down on the mat with fingertips under the shoulders pointing towards the feet (1 pt- correct, 0 pts- not correct)
0 1 2 3	Arm Alignment: determined by upper arm (shoulder through elbow), forearm and wrist, arms fully extended (3 pts- 12 o'clock, 2 pts- between 12 and 1 o'clock, 1 pt- between 1 and 2 o'clock, 0 pts- 2 o'clock and greater)
0 1 2 3	Leg Alignment: determined by alignment of arms with the thighs, knees, shins, and feet (3 pts- all parts aligned, 2 pts- 1-2 parts not aligned, 1 pt- 3-4 parts not aligned, 0 pts- not able to be in the correct position)
0 1	Head Alignment: in neutral position (1 pt- head aligned/neutral, 0 pts- not aligned or not neutral)
0 1 2	Movement (2 pts- hands/feet in one spot, 1 pt- hands or feet adjusted, 0 pts- both hands and feet adjusted)
0 1	Time Held (1 pt- 10 seconds, 0 pts- 9.99 – 5.0 seconds)

****NOTE:** If the athlete only moves the hands or feet, that will be assessed under “Movement”. Completely breaking the position will be assessed under “Time Held”. If held for 4.99 seconds or less - points may be awarded only for starting position if appropriate, otherwise Automatic Failed Skill (0 points).

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PART 2 - CONDITIONING

TEST 3: PLANK HOLD ON THE HANDS

Starting Position: Straight body prone position supported by hands palm down on the mat, fingertips pointing forward, shoulder-width apart, arms fully extended and on vertical line. Body is fully extended, head (ears specifically), and hips and feet are in line and feet are pointed.

Test Instructions: Hold for 30 seconds. Test is worth 10 points.

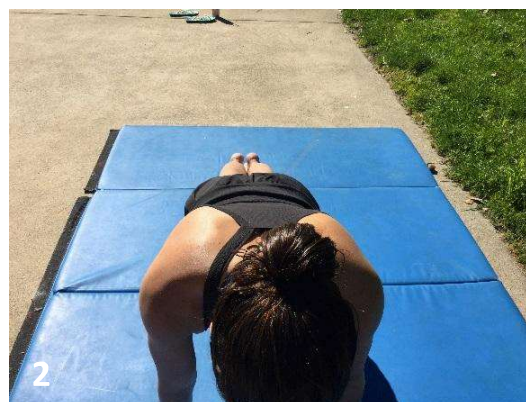
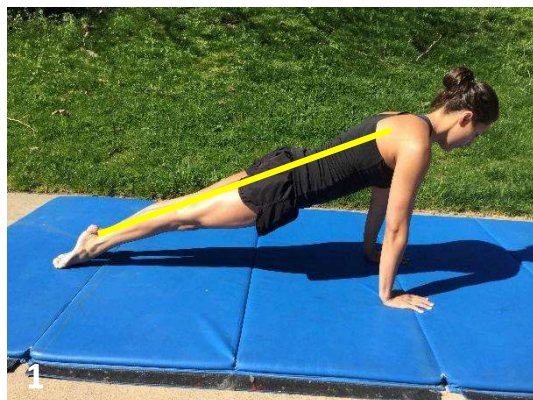


Photo 1 - Body fully extended with buttocks squeezed, abdominals engaged (belly button towards spine), and quadriceps engaged (knees fully extended).

Photo 2 – Scapulae in neutral position (flat across the back).

Photo 3 - Feet pointed, squeezed together with insteps touching.

0 1	Starting Position: straight body prone position supported with hands palm down on the mat, fingertips pointing forward, shoulder-width apart, arms fully extended and on vertical line. Body is fully extended, head (ears specifically), hips and feet are in line and feet are pointed (1 pt- correct, 0 pts- not correct)
0 1 2 3	Body Alignment/Extension: determined by the back, abdominals, hips, legs and feet (3 pts- all parts aligned/extended, 2 pts- 1-2 parts not aligned or not extended, 1 pt- 3-4 parts not aligned or not extended, 0 pts- no parts aligned or not extended)
0 1	Arm Alignment: determined by the arms and shoulders (1 pt- arms & shoulders aligned, 0 pts- arms & shoulders not aligned)
0 1	Head Alignment: in neutral position (1 pt- head aligned/neutral, 0 pts- not aligned or not neutral)
0 1 2 3	Movement (3 pts- still the entire time, 2 pts- minor movement or adjustment at any time, 1 pt- major movement or adjustment at any time, 0 pts- places any body part on the ground before time ends)
0 1	Time Held (1 pt- 30 seconds. 0 pts- 29.99 – 15.0 seconds)

****NOTE:** If the athlete only moves the hands or feet, that will be assessed under “Movement”. Completely breaking the position will be assessed under “Time Held”. If held for 14.99 seconds or less - points may be awarded only for starting position if appropriate, otherwise Automatic Failed Skill (0 points).

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TEST 4: MODIFIED HOLLOW BODY WITH BENT LEGS

Starting Position: Supine position on the back, body (head through toes) and arms fully extended. Stick held with palms down over the upper thighs.

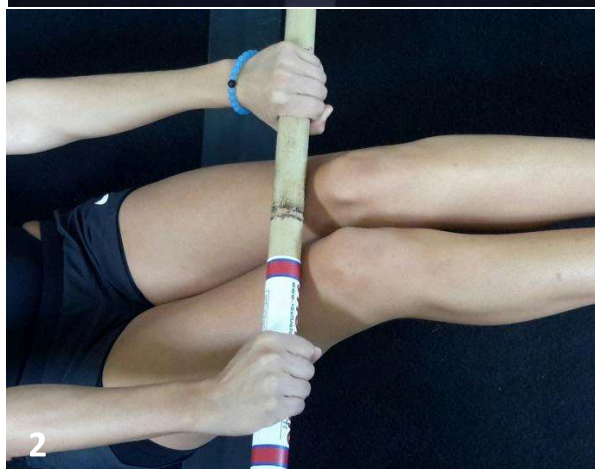
Test Instructions: Contract the body by reaching forward toward the knees to achieve a modified hollow body position. Lift the shoulders off the ground to a rounded back position. Simultaneously lift the feet off the ground with the legs slightly bent. The back and shoulders should be off the ground. Balance on the buttocks. The stick is held in front of the kneecaps, not touching the legs. Hold for 30 seconds. Test is worth 10 points.



Photo 1 - Feet and top of shins in line with hands, arms and shoulders.

Photo 2 - Legs together. Stick held in front of the kneecaps. Stick should not touch the body

Photo 3 - Insteps and ankles squeezed together, ankles extended, feet pointed.



0 1	Starting Position: supine position on the back, body (head through toes) and arms fully extended. Stick held with palms down over the upper thighs (1 pt- correct, 0 pts- not correct)
0 1 2	Modified Hollow Body Position: determined by the head (ears specifically), shoulders, back & hips (2 pts- shoulders off the ground in a rounded back position, head aligned, 1 pt- shoulders off the ground, body not rounded or head not aligned, 0 pts- shoulders on the ground.
0 1 2	Horizontal Alignment/Extension: determined by the shoulders, arms and feet (2 pts- all parts aligned/extended, 1 pt- 1 part not aligned or not extended, 0 pts- 2 or more parts not aligned or not extended)
0 1	Stick Placement (1 pt- held in front of kneecaps and not touching legs the entire time, 0 pts- moved or dropped from in front of kneecaps or touched legs)
0 1 2 3	Movement (3 pts- still the entire time, 2 pts- minor movement or adjustment at any time, 1 pt- major movement or adjustment at any time, 0 pts- hands, shoulders or feet on the ground before time is up)
0 1	Time Held (1 pt- 30 seconds, 0 pts- 29.99 – 15.0 seconds)

****NOTE:** If the athlete only moves the arms or legs, it will be assessed under “Movement”. Completely breaking the position will be assessed under “Time Held”. If held for 14.99 seconds or less - points may be awarded only for starting position if appropriate, otherwise Automatic Failed Skill (0 points).

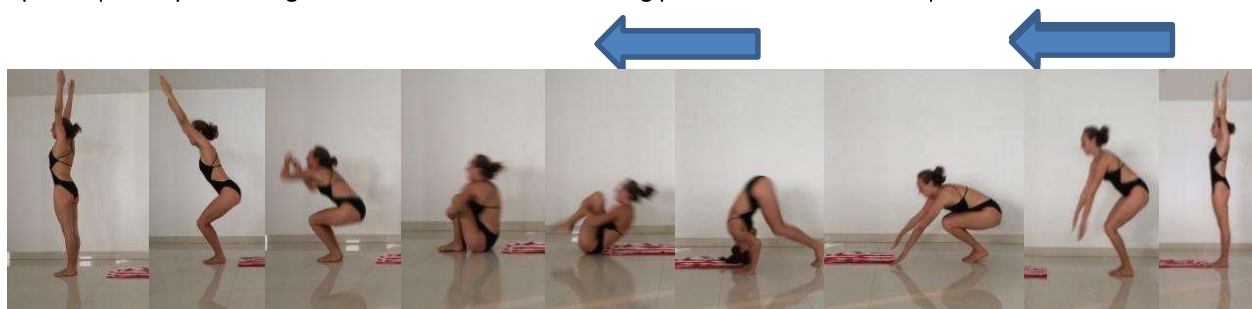
Grade Level 1

PART 3 - ACROBATICS

TEST 5: FRONT ROLL

Starting Position: Standing position with legs together and extended and arms extended overhead, shoulder-width apart, palms facing in.

Test Instructions: Slowly bend down and reach the hands forward and place hands on the ground. Push off the ground with the feet while tucking the chin to the chest. The back of the shoulders reach the floor as the body rolls forward while holding the knees with the hands. The feet press into the ground at the end of the rotation to stand up. Complete by extending arms overhead as in the starting position. Test is worth 9 points.



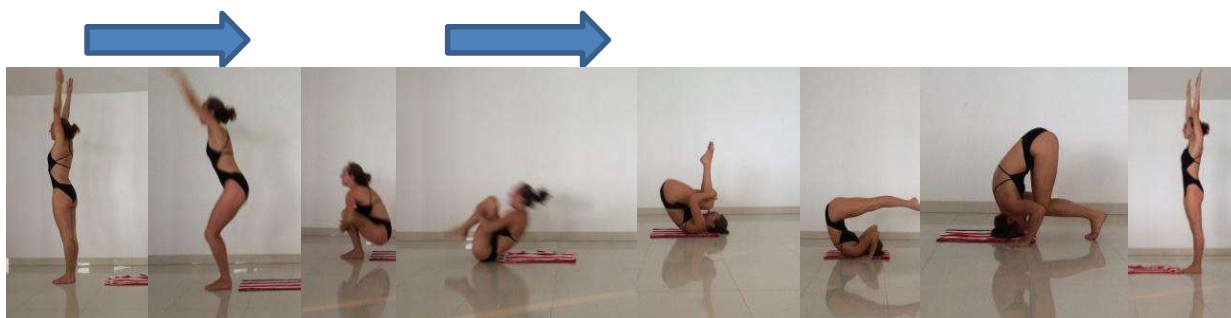
Show fully extended standing position with arms up as starting position. While rolling forward hold knees, keep legs together and feet pointed. Finish in fully extended standing position.

0 1	Starting Position: standing position with legs together and extended and arms extended overhead, shoulder-width apart, palms facing in (1 pt- correct, 0 pts- not correct)
0 1 2 3	Roll (3 pts- rotation tempo consistent throughout, 2 pts- rotation tempo inconsistent at any time or tipped to either side, 1 pt- pushed off with the hands, 0 pts- did not complete the full rotation)
0 1 2 3	Tuck Position: determined by head, chin, hands, knees and feet (3 pts- fully compacted, 2 pts- 1-2 parts not compacted, 1 pt- 3-4 parts not compacted, 0 pts- no parts compacted).
0 1	Feet (1 pt- pointed during the roll, 0 pts- feet not pointed during the roll)
0 1	Finish (1 pt- roll completed, stood correctly & stable, 0 pts- roll not completed, not stable or not correct).

TEST 6: BACK ROLL

Starting Position: Standing position with legs together and extended and arms extended overhead, shoulder-width apart, palms facing in.

Test Instructions: Slowly bend down into a tuck position. Arms reach forward with hands facing the floor. Lean back until the buttocks reach the floor and continue the momentum to roll over the back and shoulders. Place the hands next to the shoulders and tuck the head into the chin, push off the floor with the hands to finish the roll. Place feet on the floor and complete by extending arms overhead as in the starting position. Note: Legs may straighten before touching the ground as in the picture. Test is worth 9 points.



Show fully extended standing position with arms up as starting position. While rolling backward hold knees, keep legs together and feet pointed. Finish in fully extended standing position.

Note: Tuck may be held throughout the roll, or may open (as in picture halfway around).

0 1	Starting Position: standing position with legs together and extended and arms extended overhead, shoulder-width apart, palms facing in (1 pt- correct, 0 pts- not correct)
0 1 2 3	Roll (3 pts- rotation tempo consistent throughout, 2 pts- rotation tempo inconsistent at any time or tipped to either side, 1 pt- rolled over one shoulder, 0 pts- did not complete the full rotation)
0 1 2 3	Tuck Position: determined by head, chin, hands, knees and feet (3 pts- fully compacted, 2 pts- 1-2 parts not compacted, 1 pt- 3-4 parts not compacted, 0 pts- no parts compacted)
0 1	Feet (1 pt- pointed during the roll, 0 pts- not pointed during the roll)
0 1	Finish (1 pt- roll completed, stood correctly & stable, 0 pts- roll not completed, not stable or not correct)

TEST 7: BALANCE WITH BENT LEG (Draw)

Starting Position: Standing position with both feet on the ground, arms extended to the side, parallel to the ground and in line with shoulders, palms down.

Test Instructions: Hips remain square as the drawn leg is bent to a 90-degree angle, foot and ankle extended, toes pointed. The vertical leg remains extended and the body in line. The leg drawn is the leg that is bent. The body remains still. Hold for 10 seconds. Test is worth 8 points.

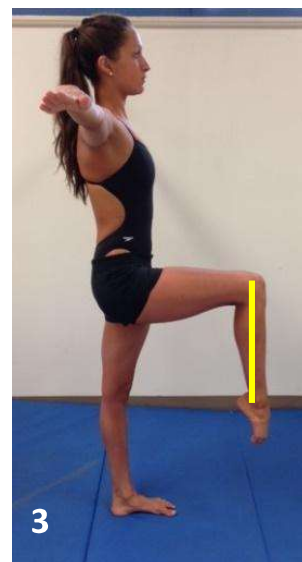
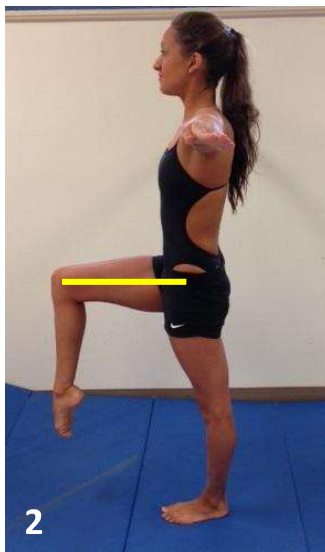


Photo 1 - Arms extended to the sides parallel to the floor. Hips in line with each other (square). Standing leg and foot is facing forward, not turned in or out.

Photos 2 and 3 - Vertical leg extended and body in line with the extended leg. Note: Assessor is looking at the angle of the hip joint.

Note: Assessment of Bent Leg Alignment - Part 1 is looking at the angle of the hip joint through the knee, Part 2 is looking at the alignment from the knee through the foot.

0 1	Starting Position: Standing position with both feet on the ground, arms extended to the side, parallel to the ground and in line with shoulders, palms down. (1 pt- correct, 0 pts- not correct)
0 1	Bent Leg Alignment – Part 1: hip, quadriceps & knee (1 pt- completely aligned & parallel to the ground, 0 pts- not aligned or parallel to the ground)
0 1	Bent Leg Alignment – Part 2: knee, shin & foot (1 pt- completely aligned & vertical, 0 pts- no parts are aligned or vertical)
0 1 2 3	Body Alignment and Extension: determined by the head (ears specifically), torso, hips, vertical leg (3 pts- all parts aligned/extended, 2 pts- 1 part not aligned or not extended, 1 pt- 2 parts not aligned or not extended, 0 pts- 3 or more parts not aligned or not extended)
0 1	Arms Alignment/Stability (1 pt- parallel to the ground & in line with shoulders, palms down & still, 0 pts- not parallel, not in line or moved)
0 1	Time Held (1 pt- 10 seconds, 0 pts- 9.99 – 5.0 seconds)

****NOTE:** Held for 4.99 seconds or less - points may be awarded only for starting position if appropriate, otherwise Automatic Failed Skill (0 points). Bending the incorrect leg will result in an Automatic Failed Skill (0 points).

Grade Level 1

PART 4 - SPEED SWIMMING

TEST 8: 75 YARD INDIVIDUAL MEDLEY

Starting Position: In water with one hand and both feet on the wall.

Test Instructions: Assessor will say “Take Your Mark, Go” – time will begin with “Go.” Perform a timed 75 yard Individual Medley in the following order: 25 yards Backstroke, 25 yards Breaststroke and 25 yards Freestyle. FINA Swimming rules apply to this test. (Refer to FINA rules at the end of this manual).

Correct turns are assessed. (Descriptions of how to do turns is located towards the end of this manual) Test is worth 14 points.

Photo 1 - Starting position in the water



0 1	Starting Position: in water with one hand and both feet on the wall (1 pt- correct, 0 pts- not correct)
0 1 2 3	Armstrokes: per FINA description (3 pts- all strokes correct, 2 pts- 1 stroke incorrect, 1 pt- 2 strokes incorrect, 0 pts- all strokes incorrect at some point)
0 1 2 3	Kicks: per FINA description (3 pts- all kicks correct, 2 pts- 1 stroke had improper kick, 1 pt- 2 strokes had improper kicks, 0 pts- all strokes had improper kicks at some point)
0 1 2	Turns: per FINA description (2 pts- all turns done correctly, 1 pt- 1 turn done incorrectly, 0 pts- all turns done incorrectly)
0 1	Finished (1 pt- swimmer touched the wall and did strokes in the correct order, 0 pts- swimmer did not touch wall or did not do strokes in the correct order)
0 1 2 3 4	Times: (4 pts- equal to/less than 1:40.00, 3 pts- 1:40.01 – 1:50.00, 2 pts- 1:50.01 – 2:00.00, 1 pt- 2:00.01 - 2:10.00, 0 pts-equal to/greater than 2:10.01) Note: time does not stop until the wall is touched.

TEST 9: 25 YARD FREESTYLE (Crawl Stroke)

Starting Position: In water with one hand and both feet on the wall.

Test Instructions: Assessor will say “Take Your Mark, Go” – time will begin with “Go”. Perform a timed 25-yard Freestyle (Crawl Stroke).

Test is worth 10 points.



0 1	Starting Position: in water with one hand and both feet on the wall (1 pt- correct, 0 pts- not correct)
0 1 2 3	Stroke: determined by proper swimming, kick and rotation of stroke (3 pts- competitive style, 2 pts- arms crossing the body, 1 pt- head is up, or body is rolling on to the side to breathe, 0 pts- hips snake through water, no rotation)
0 1	Kick (1 pt- kick strong and at the surface, 0 pts- kick weak and/or underwater)
0 1	Finished (1 pt- swimmer touched the wall, 0 pts- swimmer did not touch wall)
0 1 2 3 4	Times (4 pts- equal to/less than 25.00, 3 pts- 25.01 - 30.00, 2 pts- 30.01 - 35.00, 1 pt- 35.01 - 40.00, 0 pts- equal to/greater than 40.01) Note: time does not stop until the wall is touched.

Grade Level 1

PART 5 – SYNCHRO ROUTINE

TEST 10: TWO-LAP SYNCHRO ROUTINE

LAP 1

Starting Position: Standing position on deck with both arms up, extended and vertical, palms in, fingers together.

Test Instructions: Jump in the water feet first as the arms lower to the thighs. Note: Arms may lower to the side, or to the front.

- 5 yards breaststroke underwater.
- Eggbeater boost, no arms.
- Surface in eggbeater facing forward, followed by a quarter turn to the left (left shoulder moves back).
- Travel in eggbeater to the right until the 12.50 yard mark.
- At the 12.50 yard mark perform a sharp and quick transition to **Right Side Layout Position** with side flutter kick with the right arm extended forward and sculling underwater above the head. The left arm is extended along the body, at the surface and still, no more than the bottom part of the arm may be wet. The left arm should be parallel to the body. Half of the face is in the water, mouth should be out far enough to be able to breath (turning head to breath is not allowed), hold 4 counts. Pull right arm down to turn onto the back and achieve a **Back Layout Position**.
- Travel in **Back Layout Position** with Head First Scull to the 25 yard mark.
- At 25 yards, perform a partial Back Tuck Somersault and surface in Eggbeater facing the deep end.
(Note: somersault is performed at medium speed)

Test is worth 10 points.

****4 bonus points total possible for Boost and Eggbeater height.**

Metronome speed 120.



Photo 1 – Eggbeater with no arms

0 1	Starting Position & Entry: standing position on deck with both arms up and extended, palms in, fingers together, jumped in feet first as the arms lowered to the thighs (1 pt- correct, 0 pts- not correct)
0 1 2	Boost Set-up: determined by alignment (2 pts- looking at surface, spine straight and legs tucked up, 1 pt- 1 part not correct, 0 pts- 2 or more parts not correct)
0 1 3	Boost: determined by height (3 pts - crotch or higher, 1 pt- between pelvic bone and waist, 0 pts- above waist) **2 point bonus possible
0 1 2 4	Eggbeater: determined by height (4 pts- at or above bust line, 2 pts- armpits dry, 1 pt- collar bone dry, 0 pts- wash over shoulders) **2 point bonus possible
0 1 2	Side Layout Position: half of the face in the water, arm still over thigh, strong flutter kick on side, performed sharp and quick (2 pts- all parts performed correctly, 1 pt- 1-2 parts not correct, 0 pts- 3 or more parts not correct)

0 1	Back Layout: determined by body alignment, extension & height – face, chest, thighs & feet at the surface (1 pt- all aligned, extended and dry, 0 pts- one or more parts not aligned, not extended or underwater)
0 1	Partial Back Tuck Somersault (1 pt- knees/feet together, compacted during somersault, 0 pts- knees or feet not together, or not compacted during somersault)

PART 5 – SYNCHRO ROUTINE (continued)

TWO LAP SYNCHRO ROUTINE - LAP 2

- Surface and perform 6 Head-Up Breaststrokes.
- Place the face into the water, put arms straight out in front, and stretch out onto the stomach. Roll over onto the back to a **Back Layout Position** then pull both arms down to the side. *Pull will be after the roll.
- From the **Back Layout Position**, draw the legs to a **Tub Position**, hold for 4 counts. Move the legs to a Pinwheel position.
- Perform a 180-degree Pinwheel turn. Stretch legs back out to a **Back Layout Position**.
- Travel foot first in the Back Layout Position with Foot First Scull for 8 counts.
- Open the arms and legs to a **Star Position**, hold body fully extended for 4 counts.
- With straight arms and legs, close the arms and legs together simultaneously, and perform a modified **Oyster**.
- Surface and finish the lap with Head-Up Breaststrokes.
- At the 25 yard mark, Eggbeater Boost (from the surface), no arms.
- Perform a partial underwater back tuck and extend the legs to reach a **Vertical Position** at the ankles with the back against the wall (or if there is a ledge, off the wall and facing it), arms in Overhead Scull (Totem).
- Hold the **Vertical Position** for 15 counts.

Test is worth 10 points.



Photo 1 – Star Position

Photos 2 – No Arm Boost

****NOTE:** For pools that have a ledge, the athletes are allowed to be off the wall and facing it if necessary.

0 1 2	Head-Up Breaststroke (both): determined by shoulders staying above the surface, proper posture and proper breaststroke kick (2 pts- all parts correct, 1 pt- 1 part incorrect, 0 pts- 2 or more parts incorrect)
0 1	Back Layout (both Back Layout Positions): determined by body alignment, extension and height – face, chest, thighs & feet at the surface (1 pt- all aligned, extended and dry, 0 pts- 1 or more parts not aligned, not extended or underwater)
0 1	Foot First Scull (1 pt- can demonstrate proper technique, 0 pts- inconsistent technique)
0 1 2	Star Position: determined by extension and height, at the surface (2 pts- head, chest, thighs & feet at surface & extended, 1 pt- 1 part underwater or not extended, 0 pts- 2 or more parts underwater or not extended)
0 1	Oyster (1 pt- descent with legs on the vertical line, 0 pts- legs are off vertical more than 1 o'clock or 11 o'clock)
0 1	Overhead Scull (1 pt- can demonstrate proper technique, 0 pts- inconsistent technique)
0 1	Vertical Position: determined body alignment and extension – head (ears specifically), hips and ankles (1 pt- all aligned/extended, 0 pts- 1 or more parts not aligned or not extended)
0 1	Vertical Position Held (1 pt- held for 15 counts, 0 pts- 14 counts or less)

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PART 6 – FIGURES

TEST 11: RIGHT AND LEFT BACK LAYOUT BENT KNEE

Starting Position: **Back Layout Position**, with right side to the wall.

Test Instructions: The left leg remains at the surface as the toe of the bending leg is drawn along the inside of the extended leg to assume a **Right Bent Knee Back Layout Position**. Hold **Right Bent Knee Back Layout Position**. The right toe moves along the inside of the extended leg until a **Back Layout Position** is assumed. Repeat with left leg and finish in **Back Layout Position**. Test is worth 8 points. ***4 bonus points possible for height on Right and Left Bent Knee.*

Metronome speed 120.

4 counts - Back Layout Position Hold

8 counts - Back Layout Position to Right Bent Knee Back Layout Position

4 counts - Right Bent Knee Back Layout Position Hold

8 counts - Right Bent Knee Back Layout Position to Back Layout Position

4 counts - Back Layout Position Hold

8 counts - Back Layout Position to Left Bent Knee Back Layout Position

4 counts - Left Bent Knee Back Layout Position Hold

8 counts - Left Bent Knee Back Layout Position to Back Layout Position

4 counts - Back Layout Position Hold



0 1	Back Layout: determined by body alignment, extension & height – face, chest, thighs & feet at the surface (1 pt- all aligned, extended and dry, 0 pts- 1 or more parts not aligned, not extended or underwater) Performing the layout with left side towards the wall will result in 0 points for this position.
0 1	Right Bent Knee Alignment: determined by vertical alignment of thigh (1 pt- correct vertical alignment, 0 pts- thigh did not reach vertical or thigh went past vertical line)
0 2	Right Bent Knee Height (2 pts- top of thigh or higher (bonus), 0 pts- mid-thigh or lower) <i>**2 Bonus points possible</i>
0 1	Left Bent Knee Alignment: determined by vertical alignment of thigh (1 pt- correct vertical alignment, 0 pts- thigh did not reach vertical or thigh went past vertical line)
0 2	Left Bent Knee Height (2 pts- top of thigh or higher (bonus), 0 pts- mid-thigh or lower) <i>**2 Bonus points possible</i>
0 1 2	Horizontal Leg Extension & Foot Placement (2 pts- both feet stayed at surface & legs extended, 1 pt- one foot stayed at the surface & legs extended, 0 pts- both feet went underwater or legs were not extended)
0 1	Head Placement (1 pt- head in line, 0 pts- head is tucked, over-extended or underwater)
0 1 2	Tempo (2 pts- all parts correct, 1 pt- 1-2 parts incorrect, 0 pts- 3 or more parts incorrect)

****NOTE: There is no penalty for doing the left leg before the right leg.**

Grade Level 1

TEST 12: RIGHT SPLIT POSITION IN SUPPORT SCULL

Starting Position: **Right Split Position** with right side to the wall. Legs evenly split forward and back, legs fully extended and parallel to the surface. Lower back arched, with hips, shoulders and head on a vertical line. 180-degree angle between the extended legs (flat split), with the inside of each leg aligned on opposite sides of a horizontal line, regardless of the depth of the hips. Legs are “dry” at the surface. Hip joints on a horizontal line; shoulder joints on a horizontal line, both of these alignments “square” and parallel to each other. The skill is performed in support scull, with no travelling.

Test Instructions: Hold for 15 counts. Test is worth 8 points. ***5 bonus points for the split position may only be given if athlete received full points on all other parts of this skill.*

Metronome speed 120.

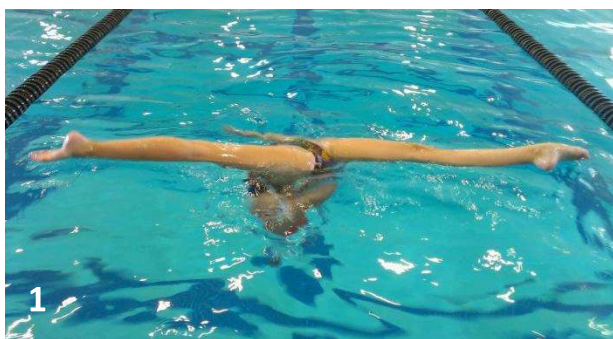
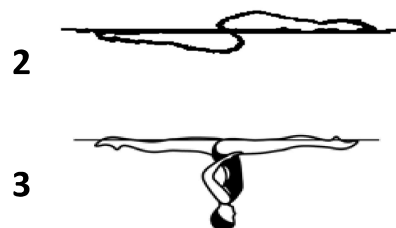


Photo 1 - Split Position, right side to wall in support scull. Hips square. Note: this athlete would receive the 5 bonus points.

Photo 2 - Legs aligned on opposite sides of vertical line.

Photo 3 - Lower back arched, hips, shoulders and head on vertical line.



0 1	Hip and Leg Rotation (1 pt- between square & 1 o'clock rotation, 0 pts- more than 1 o'clock rotation). Performing the layout with left side towards the wall will result in 0 points for this position.
0 1 2	Horizontal Split Alignment: (2 pts- both legs horizontally aligned, 1 pt- one leg out of alignment, 0 pts-major leg misalignment)
0 1 2	Extension: torso, knees & ankles (2 pts- all areas extended, 1 pt- 1 area not extended, 0 pts- 2 or more areas not extended)
0 1	Vertical Alignment: determined by hips, shoulders and head on vertical line (1 pt- all aligned, 0 pts- 1 or more parts not aligned)
0 1	Support Scull (1 pt- can demonstrate proper technique, 0 pts- inconsistent technique)
0 1	Split Hold Time (1 pt- held for 15 counts, 0 pts- 14 - 7 counts)
0 5	<i>Right Split Bonus: hip/leg rotation between 12 & 1 o'clock, legs horizontally aligned. Perfect torso, knee & ankle extension. Vertical alignment of hips, shoulders & head. Completely flat, legs dry and at the surface. Held for 4 counts. **5 point bonus point possible.</i>

****NOTE: Held for 6 counts or less - Automatic Failed Skill (0 points). Performing the incorrect split will result in an Automatic Failed Skill (0 points).**

Grade Level 1