

GRADE LEVEL 2

PART 1 - FLEXIBILITY

TEST 1: STRADDLE SPLIT POSITION

Starting Position: Lying on the floor on the back with the buttocks against the wall, legs extended vertically and heels on, or close to, the wall. Arms extended on the floor and in line with the shoulders.

Test Instructions: The legs are opened, with continuous motion, until the legs are separated as far as the athlete is capable. Legs remain extended and on the same plane, heels on or close to the wall, knees and feet facing straight out from the wall. Hands may not be used to pull legs down, legs/feet may not “walk” down the wall. Hold for 10 seconds. Test worth 11 pts. ***3 bonus points for the straddle position may only be give if athlete received full points on all other parts of this skill.*



Photo 1 - Legs open at 150 degrees or more. Arms are extended on the floor and in line with shoulders. Feet and knees fully extended and facing directly away from the wall (not rolled out).

0 1	Starting Position: lying on the floor on the back with the buttocks against the wall, legs extended vertically and heels on, or close to, the wall. Arms extended on the floor and in line with the shoulders (1 pt- correct, 0 pts- not correct)
0 1 2 3	Leg Extension: determined by knee extension and quadriceps engaged in straddle position (3 pts- fully extended & firm, 2 pts- soft knees & quadriceps, 1 pt- slight bend in knees or soft quadriceps, 0 pts- major knee bend or quadriceps not engaged)
0 1 2 3 4 7	Straddle Position: determined by the width of the legs (7 pts- 180 degrees, 4 pts- 179-150 degrees, 3 pts- 149-140 degrees, 2 pts- 139-130 degrees, 1 pt- 129-120 degrees, 0 pts- 119 degrees or below) <i>**3 bonus points for the straddle position may only be give if athlete received full points on all other parts of this skill.</i>
0 1 2	Feet and Knees: determined by knees and feet fully extended, knees and feet facing directly away from the wall – not rolled out (2 pts- both parts correct, 1 pt- 1 part not correct, 0 pts- 2 parts not correct)
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)**

TEST 2: RIGHT AND LEFT BALLET LEG

Starting position: Supine on the floor, with the legs extended and together, arms extended to the side of the body.

Test Instructions: Perform a Right Ballet Leg, Single (Figure 101) immediately followed by a Left Ballet Leg, Single (Figure 101) with the following counts at Metronome speed 120. Test is worth 8 points.

Begin with Right Leg.

4 counts – Back Layout Position Hold

8 counts – Back Layout Position to Bent Knee Back Layout Position

4 counts – Bent Knee Back Layout Position Hold

8 counts – Bent Knee Back Layout Position to Right Ballet Leg Position

4 counts – Ballet Leg Position Hold

8 counts – Ballet Leg Position to Right Bent Knee Back Layout Position

4 counts – Bent Knee Back Layout Position Hold

8 counts – Bent Knee Back Layout Position to Back Layout Position

Repeat from the beginning with the same counts for the Left Leg



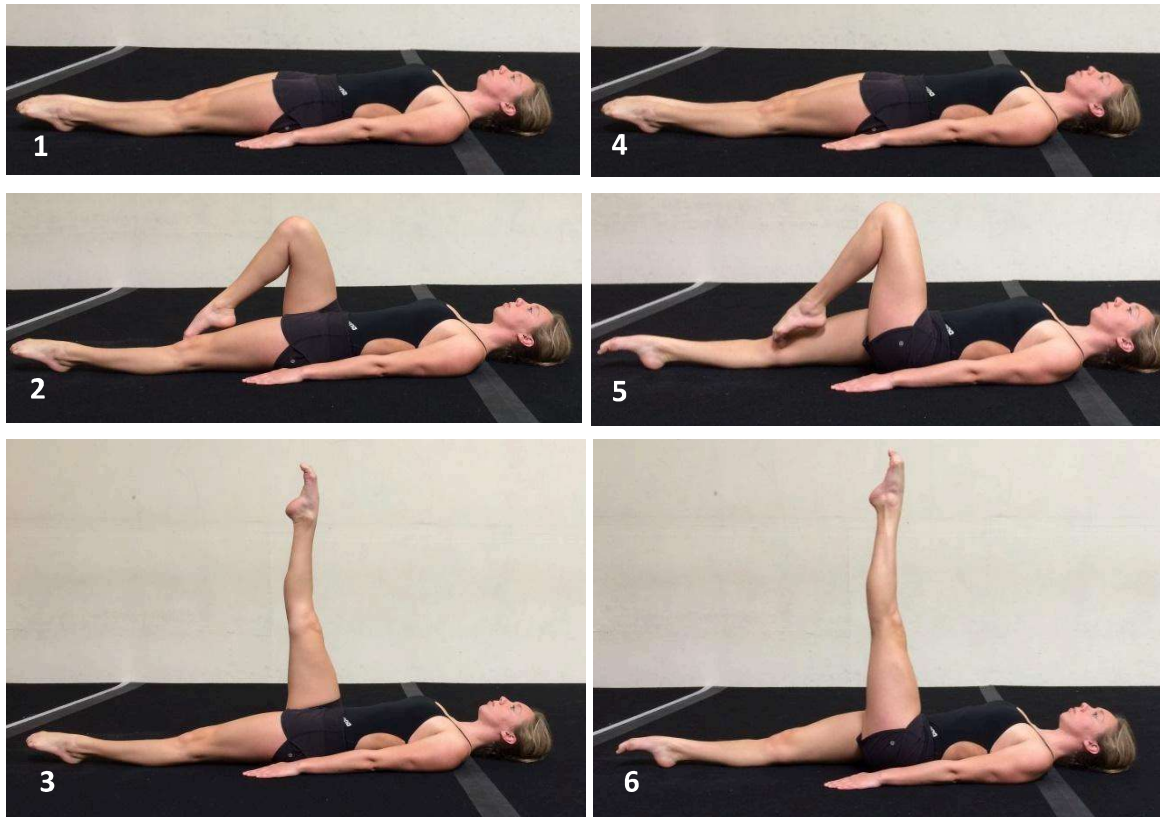
Photos 1 and 2 - View of Bent Knee and Ballet Leg from the end. The leg is vertical. Buttocks remain on the floor

0 1	Both Back Layout Positions: determined by body alignment & extension - head, arms, torso, thighs, feet (1 pt- all aligned and extended, 0 pts- one or more parts not aligned or not extended)
0 1 2	Right Bent Knee & Ballet Leg Positions: determined by thigh and leg vertical alignment/extension (2 pts- both thighs & leg aligned, extended, and on vertical line, 1 pt- 1 thigh and/or leg is not aligned, not extended or not on vertical line, 0 pts- both thighs and/or leg are not aligned, not extended or not on vertical line)
0 1	Right Ballet Leg Tempo: determined by metronome within each transition (1 pt- all parts correct, 0 pts- 1 or more parts not correct)
0 1 2	Left Bent Knee & Ballet Leg Positions: determined by thigh and leg vertical alignment/extension (2 pts- both thighs & leg aligned, extended, and on vertical line, 1 pt- 1 thigh and/or leg is not aligned, not extended or not on vertical line, 0 pts- both thighs and/or leg are not aligned, not extended or not on vertical line)
0 1	Left Ballet Leg Tempo: determined by metronome within each transition (1 pt- all parts correct, 0 pts- 1 or more parts not correct)
0 1	Hip Placement (1 pt- square and on the ground entire time, 0 pts- turned out and/or off the ground at any time)

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

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TEST 2: RIGHT AND LEFT BALLET LEG (continued)



Photos 1 and 4 - Body fully extended with feet, ankles and legs together. Feet pointed. Palms are down with fingers extended and together. Neck extended and shoulders down. Muscles activated and lengthened to show muscle definition in legs and shoulders through arms.

Photo 2 - Right thigh perpendicular to ground. Right knee is reaching towards the ceiling, toe touching the inside of the leg.

Photo 3 - Right leg perpendicular to ground. Toes are pointed. Legs fully extended and lengthened to show muscle definition.

Photo 5 - Left thigh perpendicular to ground. Left knee is reaching towards the ceiling, toe touching the inside of the leg.

Photo 6 - Left thigh perpendicular to ground. Toes are reaching towards the ceiling. Legs fully extended and lengthened to show muscle definition.

Note: The hips should remain square, engaged and in contact with the ground throughout the entire test.

PART 2 - CONDITIONING

TEST 3: PLANK HOLD - FEET ELEVATED

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. The feet are on a 12-inch block.

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

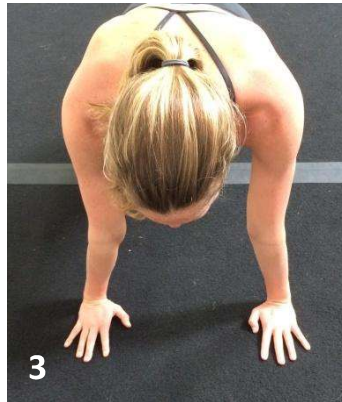
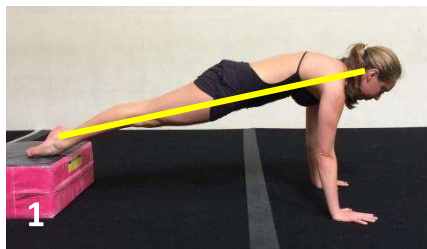


Photo 1 - Body fully extended with buttocks squeezed, abdominals engaged (belly button towards spine), and quads engaged (knees fully extend). Feet pointed, squeezed together with insteps touching.
(Note: hips not in alignment and back is rounded in this picture)

Photo 2 - Scapulae in neutral position - flat across the back.
(Note: back is rounded in this picture)

Photo 3 - Arms parallel, fully extended and on a vertical line. Palms down and fingers pointing forward.

0 1	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), hips and feet are in line and pointed (1 pt- correct, 0 pts- not correct)
0 1 2 3	Body Alignment/Extension: determined by the back, abdominals, hips, legs and ankles (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 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 60 seconds. Test is worth 10 points.

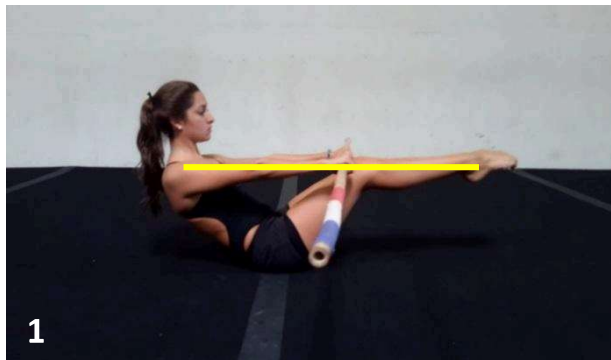


Photo 1 - Feet and top of shins in line with hands, arms and shoulders.

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 (ear 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, 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 knee caps and not touching legs the entire time, 0 pts- moved, 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) NOTE: slight shaking is acceptable.
0 1	Time Held (1 pt- 60 seconds, 0 pts- 59.99 – 30.0 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 29.99 seconds or less - points may be awarded only for starting position if appropriate, otherwise Automatic Failed Skill (0 points).

PART 3 - ACROBATICS

TEST 5 AND 6: RIGHT AND LEFT CARTWHEEL

Starting Position: Standing position with the right/left leg extended forward, arms up and extended, palms facing forward or in. The hips are facing forward.

Test Instructions: Lunge forward on the right/left leg and place the hands in a line on the floor in front of the right/left foot. Hand position is optional. Push off the right/left leg and kick the legs up and over the torso and head as the body becomes inverted. During the rotation the legs stay apart in a large, wide straddle of 90-degrees or more. At the end of the rotation, place the left/right foot on the ground, followed by the right/left foot, landing in a lunge and finishing in the same as the starting position with the body facing the opposite direction and opposite leg forward. Test is worth 9 points each cartwheel.

Grade Level 2

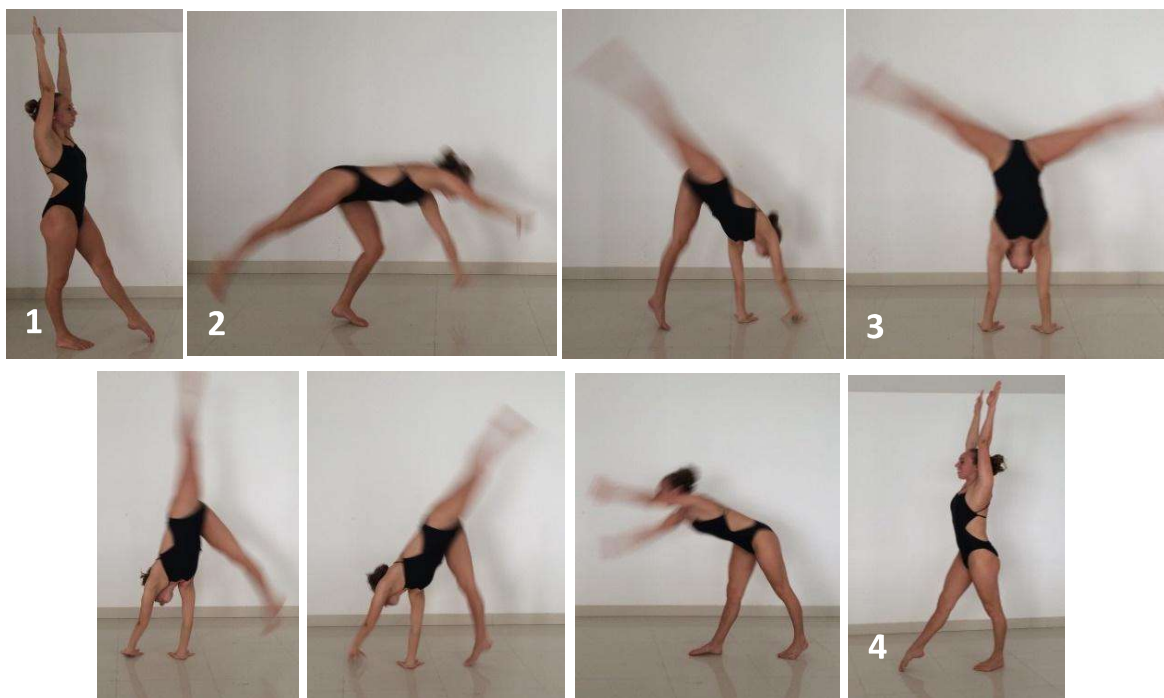


Photo 1 - Arms extended above the head, leg extended in front, hips square.

Photo 2 - When placing the hands on the floor, reach as far in front of the foot as possible.

Photo 3 - The legs are extended and open to a 90-degree angle or more. Feet pointed. The legs rotate vertically above the torso and the arms. The position is fully extended during the rotation, not piked.

Photo 4 - Finish in the same starting position with the body facing the opposite direction and the opposite leg forward.

TEST 5 AND 6: RIGHT AND LEFT CARTWHEEL (continued)

Photos 5 and 6 - The goal is to pass the legs through the vertical line.

Photo 7 – The legs should be no less than 45 degrees from the vertical.



****Note:** The Right and Left Cartwheel are scored separately.

0 1	Starting Position: standing position with the right/left leg extended forward, arms up and extended, palms facing forward or in. The hips are facing forward. (1 pt- correct, 0 pts- not correct)
0 1 2 3	Legs Passing in Cartwheel (3 pts- legs on the vertical line, 2 pts- legs slightly off the vertical line, 1 pt- legs on a 45 degree angle, 0 pts- legs below 45 degrees)
0 1 2 3	Body Alignment/Extension: determined by the arms, shoulders, hips, legs, 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- all parts not aligned or not extended)
0 1	Head Alignment (1 pt- neutral position or looking at the ground, 0 pts- not aligned)
0 1	Ending Position: facing the opposite direction with the other leg forward (1 pt- correct, 0 pts- not correct)

Performing the same side Cartwheel twice will result in an Automatic Failed Skill for the side which was not completed (0 points). There is no penalty for doing the left cartwheel before the right cartwheel.

TEST 7: BALANCE STRAIGHT 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 one leg is raised to a horizontal position parallel to the ground (leg is extended in a standing 90° position), foot and ankle extended, toes pointed. The horizontal leg is facing up. The vertical leg is fully extended and body in line. The leg drawn is the leg that is lifted. The body remains still. Hold for 10 seconds. Test is worth 8 points. ***3 bonus points possible for horizontal leg held at 90-degree angle for 10 seconds.*

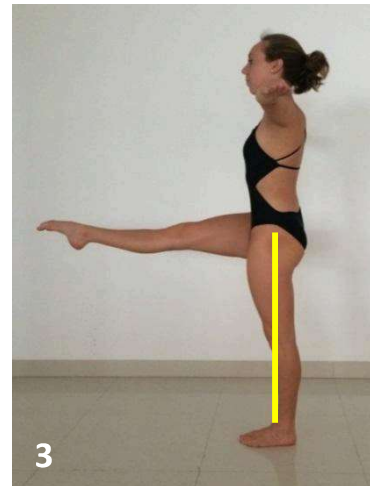
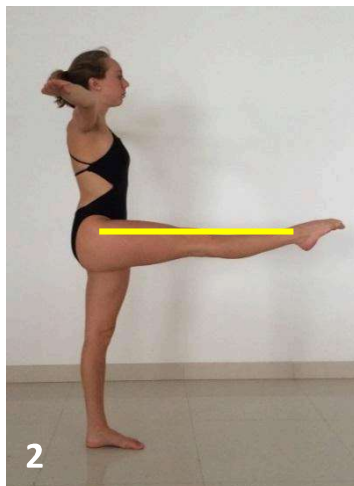


Photo 1 - Arms extended to the sides, in line with shoulders, and parallel to the ground. Hips in alignment.

Photos 2 and 3 - Vertical leg extended. Horizontal leg is perpendicular to the other leg and parallel to the ground (90-degree angle).

Photo 4 - No leaning, hips are in line (square). Standing leg and foot is facing forward, not turned out or in.

0 1	Starting Position: standing 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 4	Horizontal Straight Leg Alignment & Extension: hip in line with ankle (4 pts- perfect 90-degree position throughout & extended, 1 pt- between 90 & 45 degrees, or not aligned & extended, 0 pts- less than 45 degrees and not aligned or not aligned or not extended) <i>**3 point bonus possible if criteria is met and held for 10 seconds.</i>
0 1	Horizontal Leg: determined by top of leg facing up (1 pt- leg is not turned out or in, 0 pts- leg is turned in or out)
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 and still, 0 pts- not parallel or in line or move)
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). Performing the incorrect leg will result in an Automatic Failed Skill (0 points).

Grade Level 2

PART 4 - SPEED SWIMMING

TEST 8: 100 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 100 yard Individual Medley in the following order - 25 yards Butterfly, 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). Test is worth 14 points.

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

Photo 1 - Starting position in the water



0 1	Starting Position: 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- 3 or more 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- 3 or more 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- 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 2:15.00, 3 pts- 2:15.01 - 2:25.00, 2 pts- 2:25.01 - 2:35.00, 1 pt- 2:35.01 – 2:45.00, 0 pts- equal to/more than 2:45.01) Note: time does not stop until the wall is touched.

TEST 9: 25 YARD SIDE FLUTTER KICK

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”. Push off the wall without pulling with either arm. Perform a timed 25 yard Right 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). Test is worth 10 points.



Photo 1 - Left arm is extended, and on the surface, fingers together. Neck extended and shoulder down, half of the face in the water. Right arm sculling underwater above the head.

0 1	Starting Position: one hand and both feet on the wall (1 pt- correct, 0 pts-not correct)
0 1 2	Left Arm: determined by placement, extension, stability (2 pts- over the thigh, still, fully extended through fingertips and at the surface, 1 pt- major inconsistencies, 0 pts- arm goes underwater) Completing skill on left side instead of right, will result in 0 points for this position.
0 1	Half of the face in the water (1 pt- correct position, 0 pts- incorrect position)
0 1	Kick (1 pt- kick strong and fast, 0 pts- kick weak and/or slow)
0 1	Finished (1 pt- swimmer touched the wall, 0 pts- did not touch wall)
0 1 2 3 4	Times: (4 pts- equal to/less than 35.00, 3 pts- 35.01 - 40.00, 2 pts- 40.01 – 45.00, 1 pt- 45:01 - 50:00, 0 pts- equal to or more than 50:01) Note: time does not stop until the wall is touched)

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.

- Swim 8 yards Breaststroke underwater.
- Double Arm Boost - 2 arms up and extended, palms facing in.
- Surface in Eggbeater moving forward and do a quarter turn to the left (left shoulder moves back).
- Immediately lift the left arm to vertical, palm in, and travel to the right in Eggbeater to the 12.50 yard mark.
- At the 12.50 yard mark, perform a sharp and quick transition to a **Right Side Layout Position** (right side down, left side at the surface) with the left arm at the surface over the thigh, hold 4 counts. Pull the right arm down to turn onto the back and achieve a **Back Layout Position**.
- Bend the right knee and travel in **Right Bent Knee Back Layout Position** with Head First Scull to the 25 yard mark. (Note: athlete should not be looking at the side/wall during the Right Bent Knee Back Layout)
- At the 25 yard mark, in 1 count perform a **Right Ballet Leg Position**, in 1 count transition to a partial **Back Tuck Position**.

Test is worth 12 points. ***4 bonus points possible for Boost and Eggbeater height.*

Metronome speed 120.

PART 5 – SYNCHRO ROUTINE (continued)

TWO-LAP SYNCHRO ROUTINE - LAP 2

- Push off the wall and execute one Breaststroke underwater, then surface into a **Front Layout Position** with Canoe Scull, head up. Hold position, with no travel, for 8 counts.
- Put the head into the water and travel with Barrel Scull to the 12.50 yard mark (2 breaths allowed). Swimmer should stay in **Front Layout Position** during the breaths.
- At the 12.50 yard mark, assume a **Surface Front Pike Position**. Execute a rapid Porpoise lift to **Vertical Position** (at maximum height), followed by a **Vertical Descent** and partial Back Tuck Somersault.
- Surface and finish the lap in no arm *Eggbeater* traveling forward.
- 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**, back against the wall (or if there is a ledge, athlete is allowed to be off the wall and facing it), with arms in Support Scull for 15 counts. Maximum height is desired.

Test is worth 10 points. ***2 bonus points possible for Eggbeater height.*

Photos 1 – No Arm Boost

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



0 1	Starting Position & Entry: standing position on deck with both arms up, extended and vertical, 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) <i>**2 point bonus possible</i>
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) <i>**2 point bonus possible</i>
0 1 2	Eggbeater Arm: determined by vertical alignment and stability (2 pts- vertical & still throughout, 1 pt- off vertical line or major movement, 0 pts- arm drops)
0 1 2	Side Layout Position: half of the face in the water, arm still over thigh, kick strong, performed sharp & quick, (2 pts- all parts performed correctly, 1 pt- 1-2 parts not correct, 0 pts- 3 or more parts not correct) Completing skill on left side instead of right, will result in 0 points for this position.
0 1	Back Layout: determined by body alignment, extension & height – head (ears specifically), 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	Right Bent Knee Back Layout (1 pt- thigh vertical and above mid-thigh, 0 pts- thigh is not vertical and/or lower than mid-thigh). Completing skill with Left Leg instead of Right will result in 0 points in this position.

0 1	Front Layout throughout the 12.50 yards: determined by body alignment, extension & height – head, upper back, buttocks and heels at the surface (1 pt- all aligned, extended and dry, 0 pts- one or more parts not aligned, not extended or underwater)
0 1	Barrel Scull (1 pt- can demonstrate proper technique and take 2 or fewer breaths, 0 pts- inconsistent technique or took more than 2 breaths)
0 1 2	Surface Front Pike Position: determined by 90-degree angle throughout (2 pts- completed a 90-degree angle with heels and back of thighs at the surface and torso aligned, 1 pt- over-piked or under-piked, heels and back of thighs at the surface, 0 pts- does not assume a 90-degree angle or hips go underwater)
0 1	Eggbeater Alignment: determined by head (ears specifically), shoulders, torso, hips (1 pt- all parts aligned, 0 pts- 1 or more parts not aligned)
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) <i>**2 point bonus possible</i>
0 1	Support Scull (1 pt- can demonstrate proper technique, 0 pts- inconsistent technique)
0 1	Vertical Position: determined body alignment & 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)

PART 6 - FIGURES

TEST 11: RIGHT STRAIGHT BALLET LEG (Figure 106)

Begin in a **Back Layout Position** with the right side to the wall. From a **Back Layout Position**, the right leg is raised straight to a **Right Ballet Leg Position**. From the **Right Ballet Leg Position** the Ballet Leg is bent, without movement of the thigh, to a **Right Bent Knee Back Layout Position**. The right toe moves along the inside of the extended leg until a **Back Layout Position** is assumed. Maximum height is desired. Test is worth 10 points. ***3 bonus points possible for Ballet Leg height held all 4 counts.*

Metronome speed 120.

4 counts – Back Layout Position Hold

8 counts – Back Layout Position to Right Ballet Leg Position

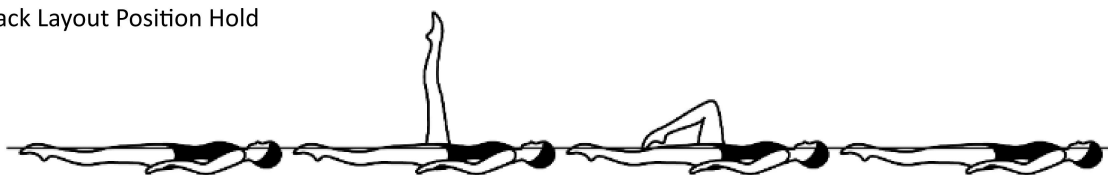
4 counts – Right Ballet Leg Position Hold

8 counts – Right Ballet Leg 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



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) Performing the layout with left side towards the wall will result in 0 points for this position.
0 1 2	Right Bent Knee Back Layout and Ballet Leg Positions: determined by one thigh and one leg vertical alignment/extension (2 pts- thigh & leg aligned & extended, and on vertical line, 1 pt- thigh or leg is not on vertical line or not extended, 0 pts- thigh and leg not on vertical line or not extended)
0 1 2 5	Ballet Leg Height: (5 pts- upper thigh or higher – held all 4 counts, 2 pts- mid-thigh to upper thigh, 1 pt- mid-thigh to low thigh, 0 pts- above kneecap) <i>**3 point bonus possible</i>
0 1 2	Ballet Leg Tempo: (2 pts- all parts correct, 1 pt- 1-2 parts incorrect, 0 pts- 3 or more parts incorrect)
0 1	Horizontal Leg Extension & Foot Placement (1 pt- leg extended and/or foot at surface throughout, 0 pts- leg not extended, foot underwater or kicking)
0 1	Head Placement (1 pt- head in line, 0 pts- head is tucked, over-extended or underwater)
0 1	Sculling (1 pt- can demonstrate proper standard scull, 0 pts- cannot demonstrate proper standard scull)

Note: Performing the incorrect leg will result in an Automatic Failed Skill (0 points).

TEST 12: WALKOVER FRONT (Figure 360)

From a **Front Layout Position**, with right side to the wall, a *Front Pike* is assumed. One leg is lifted in a 180-degree arc over the surface to a **Split Position**. A *Walkout Front* is executed. Test is worth 9 points. ****5 bonus points possible for the split position may only be given if athlete received full points on all other parts of this skill.**

Metronome speed 120.

4 counts – Front Layout Position Hold with head in

8 counts – Front Layout Position to Surface Front Pike Position

4 counts – Surface Front Pike Position Hold

8 counts – Surface Front Pike Position to Split Position

4 counts – Split Position Hold

8 counts – Split Position to Surface Arch Position

4 counts – Surface Arch Position to Back Layout Position

4 counts – Back Layout Position Hold

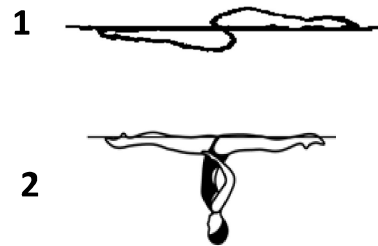
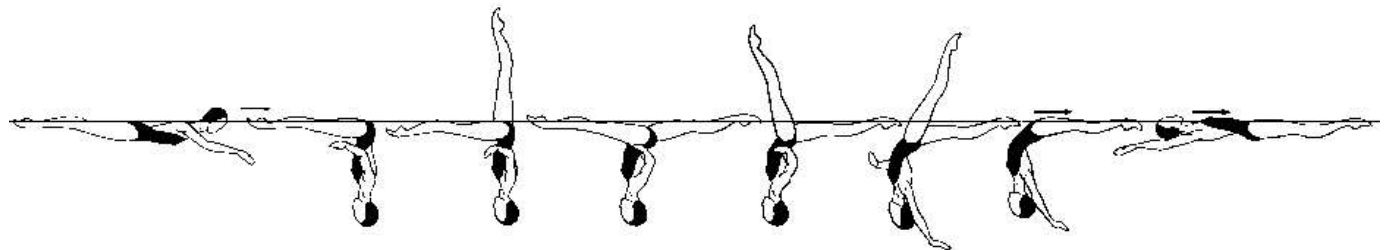


Photo 1 - Legs aligned on opposite sides of vertical line.

Photo 2 - Lower back arched, hips, shoulders and head on vertical line.



0 1	aligned, not extended or underwater) Performing the layout with left side towards the wall will result in 0 points for this position.
0 1	Surface Front Pike Position: determined by 90-degree angle (1 pt- can maintain a 90-degree angle throughout, 0 pts- over or under-piked)
0 1 2	Horizontal Split Alignment (2 pts- both legs horizontally aligned, 1 pt- 1 leg out of alignment, 0 pts- major leg misalignment)
0 1 2	Surface Arch: determined by hips, shoulders, & head on vertical line and hips at the surface (2 pts- all parts aligned with hips at the surface, 1 pt- 1-2 parts not aligned or hips underwater, 0 pts- no parts aligned and hips underwater)
0 1	Back Layout: determined by height and body alignment & extension – face, chest, thighs & feet at the surface (1 pt- all aligned, extended and dry, 0 pts- 1 or more parts underwater, not aligned, or not extended)
0 1 2	Tempo: determined by metronome within each transition (2 pts- all parts correct, 1 pt- 1-3 parts incorrect, 0 pts- 4 or more parts incorrect)
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>