

# GRADE LEVEL 3

# PART 1 - FLEXIBILITY

## TEST 1: FORWARD SPLIT ON THE FLOOR (Draw)

Starting Position: Kneel on one knee with the drawn leg stretched straight forward, hips squared. The back leg should be upright at a 90-degree angle.

Test Instructions: Slide the straight leg forward as the back leg straightens to arrive in a **Forward Split Position** on the ground. Keep the hips square, torso and shoulders facing straight ahead. Arm position is optional, but hands must remain off the ground. Hold for 10 seconds. Test is worth 8 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.*



Photo 1 - Draw leg is extended forward, foot pointed. Bent leg hip is above the knee and in vertical alignment with the body. Back knee is bent at 90-degree angle.



Photo 2 – Foot of drawn leg slides forward until a split position is achieved. Front leg remains extended. Foot of drawn leg and knee face up.



Photo 3 - Flat split on the floor. Both legs and feet are extended. The drawn leg touches the floor completely. The back leg touches the floor completely up to the upper thigh. The legs are not rotated out. (This would be awarded 5 points bonus)

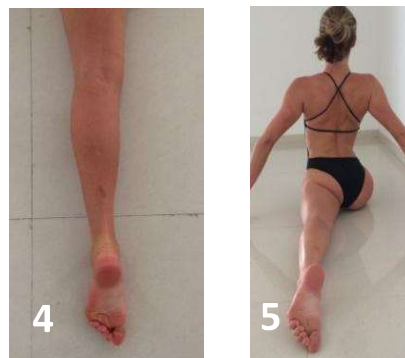
Arm position is optional, but hands must remain off the ground.

## TEST 1: FORWARD SPLIT ON THE FLOOR (Draw) (continued)

Photo 4 – Back foot, knee and hip face down.

Photo 5 – The inside of each leg is aligned on opposite sides of a horizontal line.

In all positions, arms, body and legs are fully extended with abdominals engaged. Neck is stretched and shoulders down. Back is straight.



0 1	Starting Position: kneel on one knee with the drawn leg stretched straight forward, hips squared. The back leg should be upright at a 90-degree angle. (1 pt- correct, 0 pts- not correct)
0 1 2	Horizontal Split Alignment: determined by angle of legs (2 pts- both legs horizontally aligned, 1 pt- 1 leg out of alignment, 0 pts- both legs out of alignment)
0 1 2	Body Alignment & Extension: head (ears specifically), neck, torso (2 pts- all parts aligned and extended, 1 pt- 1 part not aligned or not extended, 0 pts- 2 or more parts not aligned or not extended)
0 1 2	Leg Alignment & Extension: both knees & both ankles (2 pts- all parts aligned and extended, 1 pt- 1 part not aligned or not extended, 0 pts- 2 or more parts not aligned or not extended)
0 1	Time held for 10 seconds (1 pt- 10 seconds, 0 pts- :9.99 – 5.0 seconds)
0 5	<b>**Split Bonus: may only be give if athlete received full points on all other parts of this skill.</b>

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

**If hands touch the ground - 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).**

## TEST 2: BRIDGE WITH ARMS AND LEGS EXTENDED

**Starting Position:** Lying on the floor with knees bent, feet flat on the floor, together 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 and legs completely straight, legs and feet together. Hold for 10 seconds. Test is worth 10 points.

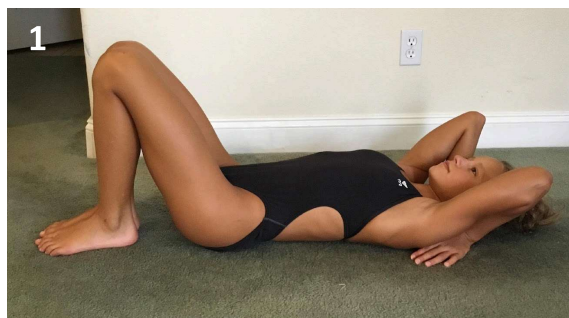


Photo 1 – Starting Position.

Photo 2 – Hands and feet in line. Feet remain flat on the ground. Legs and feet are straight and extended.

0 1	Starting Position: lying on the floor with knees bent, feet flat on the floor, together 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	Knee Extension (2 pts- fully extended, 1 pt- minor soft knees, 0 pts- major bend)
0 1	Feet together (1 pt- feet together, 0 pts- feet not together)
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	Elbow Extension (1 pt- straight, not hyperextended, 0 pts- slight bend or more)
0 1	Head Alignment: in neutral position (1 pt- head aligned, 0 pts- not aligned)
0 1	Time Held (1 pt- 10 seconds, 0 pts- :9.99 – 5.0 seconds)



## PART 2 - CONDITIONING

### TEST 3: PUSH-UPS ON BLOCK

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

**Test Instructions:** Flex the arms (keeping the elbows by the ribs) to lower the body until the upper arms are in line with the body, elbows next to waist. Maintain a straight body position. Extend the arms to return to a straight body prone support. Repeat 5 times. Test is worth 11 points.

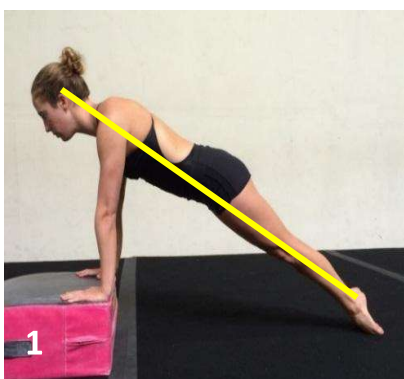
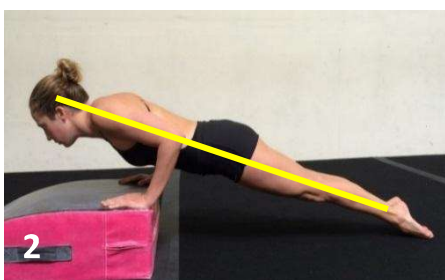


Photo 1 - Body extended, legs together with instep of the feet squeezed together. Shoulders above hands. Head (ears specifically), shoulder, hips and feet in line. *(Note: photo shows incorrect body alignment)*

Photo 2 - Arms are bent at 90-degrees, or less, with the elbows close to the side of the body. The upper arms and elbows are in line with the body.

Return to starting position with the arms fully extended. Head, shoulders and hips must remain in the same position when pushing back up to the starting position.



In all positions, body is fully extended with abdominals engaged. Neck is stretched and shoulders are down, feet extended and together.

**NOTE:** Mat or block should be 12 inches high.

**NOTE**

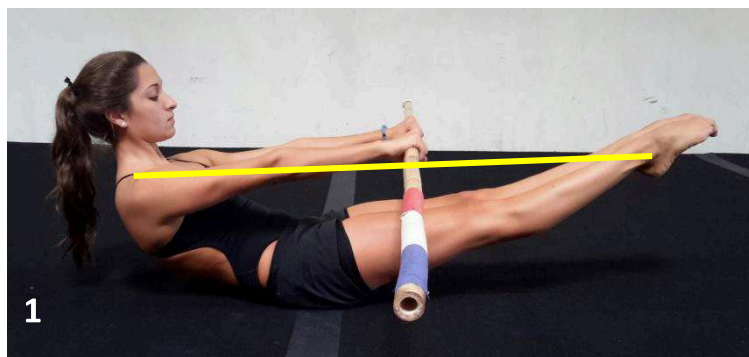
0 1	Starting Position: straight body prone position, supported by arms fully extended and on vertical line, shoulder-width apart. Hands palm down on the mat, fingertips pointing forward. Body is fully extended with a long and neutral neck. Head (ears specifically), hips and feet are in line and pointed (1 pt- correct, 0 pts- not correct)
0 1 2 3	Body Alignment/Extension: determined by the back, abdominals, hips, legs and 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 extended)
0 1	Head Alignment (1 pt- head aligned, 0 pts- not aligned)
0 1	Arm Alignment: determined by the arms and shoulders (1 pt- arms & shoulders aligned, 0 pts- arms & shoulders not aligned)
0 1 2 3	Push-ups (3 pts- all push-ups done correctly, 2 pts- 1 push-up not correct, 1 pt- 2 push-ups not correct, 0 pts- 3 or more push-ups not correct)
0 1	Elbow Position (1 pt- elbows close to ribs for each push-up, 0 pts- elbows not close for one or more push-up)
0 1	Foot Stability (1 pt- feet were stable throughout, 0 pts- the feet were adjusted)

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## TEST 4: MODIFIED HOLLOW BODY WITH STRAIGHT 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 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 straight. The back and shoulders should be off the ground. Shoulders, wrist, hands and ankles are aligned. Arms must be parallel to the ground. Balance on the buttocks. The stick is in front of the kneecaps, not touching the legs. Hold for 60 seconds. Test is worth 10 points.



**Photo 1 -** Legs are together and extended. The stick is held in front of the kneecaps, not touching the legs. Body is hollowed with abdominals engaged (belly button towards spine). Straight line between feet and head. The head follows the natural curve of the spine.

**Photo 2 -** Ankles together and feet pointed. Insteps together and squeezed. Ankles extended with 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, 0 pts- shoulders on the ground).
0 1 2	Horizontal Alignment/Extension: determined by the shoulders, arms and feet (2 pts- all parts aligned and 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 (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).

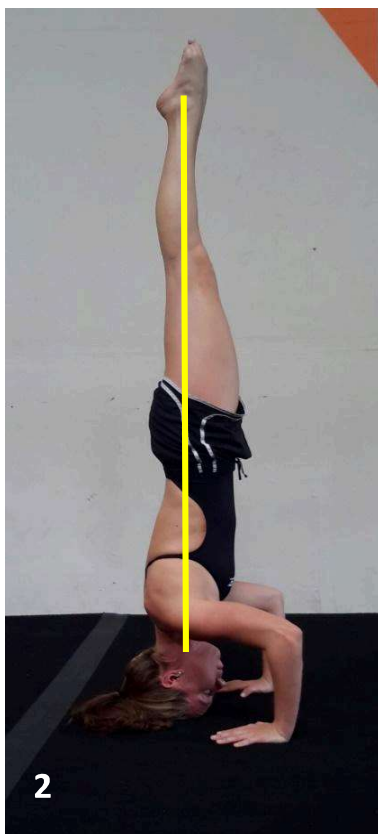
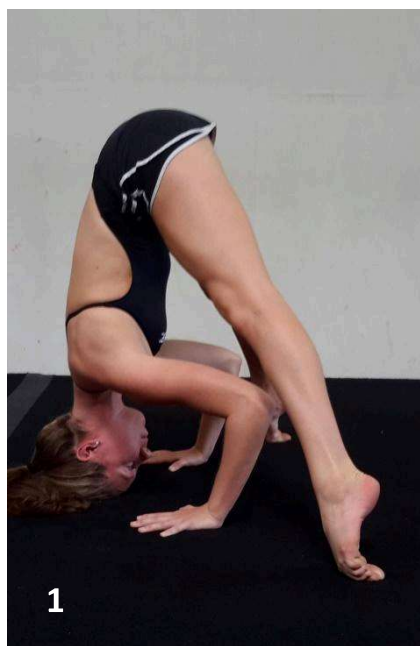
## PART 3 - ACROBATICS

### TEST 5: HEADSTAND WITH 2 OPTIONS

#### A) Tripod or B) Yoga

Starting Position: Option A - Place the hands, palms down, with the head and hands in a triangle formation – make sure the crown of the head, not the forehead, is on the ground, (Photo #1) Option B – Place the forearms on the ground, bring your hands together and interlock the fingers. Your elbows and hands will form a triangle. The top of your head is directly on the ground and your hands are resting in the back of your head, do not move the elbows, (Photo #4 on next page). Start with the legs extended in a straddle with toes touching the ground.

Test Instructions: the straight legs are lifted simultaneously to a **Vertical Position**. Legs are together and extended with feet pointed. The body is in line – head (specifically ears), hips and feet all in perfect vertical alignment. Hold for 10 seconds. Test is worth 9 points.

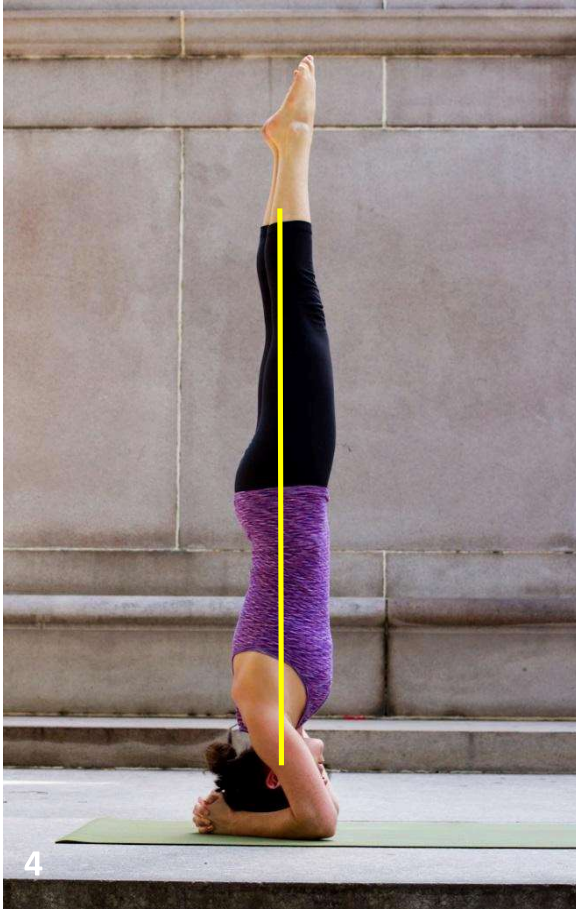


#### Option A

Photo 1 – Head (specifically ears), hips, knees and feet in vertical alignment.

Starting position: legs extended in straddle position with toes touching the ground.

Photos 1, 2 and 3 - Hands, palms down, with head and hands in a triangle position.



#### Option B

Photo 4 – Hands, forearms down, with head and hands in a triangle position. Head (specifically ears), hips, knees and feet in vertical alignment.

Starting position: legs extended in straddle position with toes touching the ground.

Head (specifically ears), hips, knees and feet in vertical alignment.

0 1	Starting Position: either Option A or B, the head and hands/forearms in a triangle formation on the ground, legs in straddle, extended, feet pointed and touching the ground (1 pt- correct, 0 pts- not correct)
0 1 2 3 4	Vertical Position Alignment & Extension: torso, hips, legs, knees, ankles and feet in alignment (4 pts- all parts aligned and extended, 3 pts- 1 part not aligned or not extended, 2 pts- 2 parts not aligned or not extended, 1 pt- 3-4 parts not aligned or not extended, 0 pts- 5 or more points not aligned or not extended)
0 1	Feet (1 pt- feet together and extended, 0 pts- not together and/or not extended)
0 1 2	Movement (2 pts- still the entire time, 1 pt- minor movement or adjustment at any time, 0 pts-major movement or adjustment at any time.
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 6: BALANCE Y (Draw)

Starting Position: Balance on one foot and hold the other foot, leg bent in towards you. Entire arm must be inside of the bent leg, but hand may be in front or behind foot, and athlete may grab either inside or outside the foot.

Test Instructions: Pull the foot up until leg is fully extended to the side of the body. The knee of the lifted leg will face upward or towards the body, depending upon the flexibility of the swimmer. The foot of vertical leg remains on the floor and may be slightly turned out. The leg drawn is the leg that is bent, i.e. if the draw is right leg, the right leg is the one that is lifted to the Y position. The opposite arm is extended to approximately the same angle as the leg. The body should have the shape of a Y. There may be a slight lean away from the lifted leg. Legs, feet and entire body should be fully extended. Hold for 10 seconds. Test is worth 10 points



Photos 1 - Grab the inside arch of one foot

Photo 2 and 3 – Starting “Y” position. Both legs extended.

Photo 4 - View from the side to show body alignment.

0 1	Starting Position: balance on one foot and hold the other foot, leg bent in towards you. Hand placement may be in front or in back of the foot (1 pt- correct, 0 pts- not correct)
0 1 2	“Y” Leg Angle: determined by the height (2 pts- between 12 and 1 o'clock, 1 pt- between 1 and 2 o'clock, 0 pts- 2 o'clock or more)
0 1 2 3	Body Alignment and Extension: head, torso, hips, vertical leg, knee (3 pts- all parts aligned and extended, 2 pts- 1-2 parts not aligned or extended, 1 pt- 3-4 not aligned or extended, 0 pts- no parts aligned or not extended) <i>**may have slight lean</i>
0 1 2	Extension of “Y” Leg: knees, ankles, feet (2 pts- all parts extended, 1 pt- 1-2 areas not extended, 0 pts- no “Y” leg extension)
0 1	Arm Position: free arm in “Y” shape (1 pt- fully extended and in line, 0 pts- not extended and/or not in line)
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).**

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## PART 4 - SPEED SWIMMING

### TEST 7: 200 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 200 yard Individual Medley in the following order: 50 yards Butterfly, 50 yards Backstroke, 50 yards Breaststroke and 50 yards Freestyle (Crawl Stroke). Perform correct turns for each stroke. FINA Swimming rules apply to this test. (Refer to FINA rules at the end of this manual). Test is worth 14 points.

\*\*Turns are assessed.

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 descriptions (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 done correctly, 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- 1-3 turns done incorrectly, 0 pts- 4 or more 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 4:00.00, 3 pts- 4:00.01-4:10.00, 2 pts- 4:10.01 - 4:20.0, 1 pt- 4:20.01 - 4:30.00, 0 pts- equal to/more than 4:30.01) Note: time does not stop until the wall is touched

## TEST 8: 25 YARD FREESTYLE NO BREATH (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) without breathing. Test is worth 10 points.



Photo 1 – Freestyle (Crawl Stroke)



Photo 2 - Starting position

0 1	Starting Position: in water one hand and both feet on the wall (1 pt- correct, 0 pts- not correct)
0 1 2	Stroke: determined by proper swimming style - kick and rotation of stroke (2 pts- competitive style, 1 pt- arms crossing the body, 0 pts- hips snake through water, no rotation)
0 1	Kick (1 pt- feet strong and at the surface, 0 pts- feet weak and/or underwater)
0 1	Finished lap with no breath (1 pt- no breath, 0 pts- 1 breath or more)
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 18.00, 3 pts- 18.01 - 21.00, 2 pts- 21.01 - 25.00, 1 pts- 25.01 – 29.00, 0 pts- greater than 29.01) Note: time does not stop until the wall is touched)



# PART 5 – SYCHRO ROUTINE

## TEST 9: 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:

- A half squat is executed as the arms lower forward towards the knees followed by a front dive.
- 12.50 yards of Breaststroke underwater.
- Forward rotation underwater to assume a **Submerged Back Pike Position** and execute a **Barracuda Thrust**.
- Perform a partial, underwater, Back Tuck Somersault.
- One Eggbeater boost with 2 arms up, followed by one Eggbeater Boost with a no-arm catch above water, quarter turn to the left.
- Travel in Eggbeater to the right for 15 counts, sharp and quick transition to a **Side Layout Position** 4 count hold, straight arm stroke across the surface 2 counts, to **Surface Front Pike Position** 2 counts. Hold pike 4 counts, lift left leg to a **Fishtail Position** 1 count, hold 8 counts, back tuck out 1 count. Finish lap underwater and touch the wall with the feet.

Test is worth 13 points (Lap 1). *\*\*6 bonus points possible for Thrust, Boost and Fishtail Position heights.*

Metronome speed 120.

0 1	Starting Position & Dive: on deck in a standing position with both arms up, extended and vertical, a half squat was executed, arms lowered to the knees followed by a front dive (1 pt- start position and dive performed correctly, 0 pts- either performed incorrectly or not at all)
0 1 2	Submerged Back Pike Position: determined by the compactness and vertical line of the legs (2 pts- torso compacted between 1 o'clock & with legs on vertical line, 1 pt- torso open greater than 1 o'clock with legs on vertical line, 0 pts- legs not on the vertical line)
0 1 2 4	Thrust: determined by height (4 pts- waist or higher, 2 pts- between top of pelvis and showing crotch, 1 pt- between crotch and upper thigh, 0 pts- upper thigh or lower) <i>**2 point bonus possible</i>
0 1	Boost Set-up: determined by alignment (1 pt- looking at surface, spine straight and legs tucked up, 0 pts- one 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	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 under water)
0 1 2 4	Fishtail Position Vertical Leg Height: determined by height for all 8 counts (4 pts- leg at upper thigh or higher, 2 pts- leg at upper thigh to mid-thigh, 1 pt- leg at mid-thigh to low thigh, 0 pts- leg lower than low-thigh at any time) <i>**2 point bonus possible</i> <b>Performing the incorrect leg will result in 0 points for this position.</b>
0 1 2	Fishtail Position Vertical Alignment and Extension: determined by alignment & extension of head (ears specifically), hips and ankle (2 pts- all parts aligned and extended, 1 pt- 1 part not aligned or not extended, 0 pts- 2 or more parts not aligned or not extended) <b>Performing the incorrect leg will result in 0 points for this position.</b>

## TEST 9: TWO-LAP SYNCHRO ROUTINE (continued)

### LAP 2

- Assume a **Back Layout Position** with toes touching the wall, hold for 4 counts.
- Without any head first movement and in 2 counts, assume a **Right Bent Knee Back Layout Position** and hold for 2 counts. In 2 counts assume a **Right Ballet Leg Position**.
- Perform a 12.5 yard **Right Ballet Leg Position**. Both legs and body extended, legs at a 90° angle. Perform the 12.5 yards in 1 minute or less.
- Stop at the 12.5 yard mark, and with no head first movement, lower the **Ballet Leg**, in 2 counts, to assume a **Right Bent Knee Back Layout Position** hold for 2 counts. In 2 counts assume a **Back Layout Position**, hold for 2 counts.
- While stationary, transition the arms overhead for 8 counts. Perform Reverse Torpedo (Dolphin) scull for 8 counts.
- Assume a **Right Bent Knee Surface Arch Position** and hold for 6 counts.
- Rapid lift of the legs while straightening the bent knee to assume a **Vertical Position**, followed by a rapid vertical descent.
- Partial underwater *Back Tuck Somersault* and turn 180°. Surface and travel forward in Eggbeater with two arms extended and vertical, palms facing in. Travel to the end of the lap.
- Just prior to the 25-yard mark, put both arms down and from the surface perform a no-arm Boost.
- Extend the legs to reach a **Vertical Position**. Back against the wall (or if there is a ledge, off the wall and facing it), arms in support scull at maximum height. Hold for 15 counts.
- Perform a *Vertical Descent*.

Test is worth 16 points (Lap 2). *\*\*5 bonus points possible for Ballet Leg and Eggbeater heights.*



Photo 1 – 2 Arm Boost

Photo 2 – Submerged Compact Back Pike Position

Photo 3 – 2 Arm Eggbeater

Photo 4 – Right Ballet Leg Position

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



#### Lap 1

*\*\*2 bonus points possible for Thrust height*

*\*\*2 bonus points possible for Boost height*

*\*\*2 bonus points possible for Fishtail Position height*

#### Lap 2

*\*\*3 bonus points possible for Ballet Leg height held entire time.*

*\*\*2 bonus points possible for Eggbeater height.*

## TEST 9: TWO-LAP SYNCHRO ROUTINE (continued)

### LAP 2 Scoring

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 2	Ballet Leg Position: determined by thigh and leg vertical alignment/extension (2 pts- thigh & leg on vertical line & extended, 1 pt- thigh or leg not on vertical line or not extended, 0 pts- thigh and leg not on vertical line or not extended) <b>Performing the incorrect leg will result in 0 points for this position.</b>
0 1	Horizontal Leg Extension (1 pt- horizontal leg extended throughout, 0 pts- horizontal leg not extended or kicking)
0 1	Head Placement (1 pt- head in line, 0 pts- head is tucked, over-extended or underwater)
0 1 4	Ballet Leg Height entire half-lap (4 pts- above knee to well above knee, 1 pt- knee to above knee, 0 pts- below kneecap) <b>**3 point bonus possible Performing the incorrect leg will result in 0 points.</b>
0 1	Control (1 pt- proper scull technique, 0 pts- splash/struggling, no flow, improper scull)
0 1 2	Finished Ballet Leg half-lap in 1 minute or less (2 pts- 1:00.00 minute or less, 1 pt- greater than 1:00.01 minutes, 0 pts- put leg down)
0 1 2	Surface Arch - Body: determined by alignment of hips, shoulders and head (2 pts- all parts aligned, 1 pt- 1 part not aligned, 0 pts- no parts aligned)
0 1	Surface Arch - Bent Knee: determined by vertical line, hips through knee (1 pt- aligned, 0 pts- not aligned). <b>Performing the incorrect leg will result in 0 points for this position.</b>
0 1 3	Eggbeater: determined by height (3 pts- at or above bust line, 1 pts- collar bone dry, 0 pts- wash over shoulders) <b>**2 point bonus possible</b>
0 1	Second Vertical Position (on wall): determined by 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	Second Vertical Position Held (on wall): (1 pt- held for 15 counts, 0 pts- 14 counts or less)
0 1	Vertical Descent (1 pt- correct transition, 0 pts- incorrect transition)

## PART 6 – FIGURES

### TEST 10: FRONT ARIANA (Figure 359)

From a **Front Layout Position** (with right side to the wall), with face in the water as the trunk moves downward to assume a **Front Pike Position**, the buttocks, legs, and feet travel along the surface until the hips occupy the position of the head at the beginning of this action. The right or left leg is lifted in a 180-degree arc over the surface to a **Right or Left Split Position**. Maintaining the relative position of the legs to surface, the hips rotate 180-degree. The front leg is lifted in a 180-degree arc over the surface to meet the opposite leg in a Surface Arch Position. The hips, chest and face surface sequentially at the same point, with foot first movement to a Back Layout Position, until the head occupies the position of the hips at the beginning of this action. Test is worth 9 points. *\*\*5 bonus points possible for the split position may only be given if the athlete receives 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 Front Pike Position

4 counts – Front Pike Position Hold

8 counts – Front Pike Position to Right or Left Split Position

4 counts – Right or Left Split Position Hold

8 counts – Right to Left Split Position or Left to Right Split Position

4 counts – Right or Left Split Position Hold

8 counts – Right or Left Split Position to Surface Arch Position

4 counts – Surface Arch Position to Back Layout Position

4 counts – Back Layout Position Hold

0 1	Front Layout: determined by body alignment, extension & height – head, upper back, buttocks and heels at the surface (1 pt- all aligned, extended and dry, 0 pts- 1 or more parts not aligned, not extended or underwater) <b>Performing the layout with left side towards the wall will result in 0 points for this position.</b>
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	Right or Left Split (2 <sup>nd</sup> Split Position shown) Horizontal 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	<b><i>**Right or Left Split Bonus: hip/leg rotation between 12 &amp; 1 o'clock, legs horizontally aligned. Perfect torso, knee &amp; ankle extension. Vertical alignment of hips, shoulders &amp; head. Completely flat, legs dry and at the surface. Held for 4 counts. **5 point bonus point possible.</i></b>

## TEST 11: BARRACUDA (Figure 301)

From a **Back Layout Position** (with right side to the wall), the legs are raised to vertical as the body is submerged to a **Submerged Back Pike Position** with the toes just under the surface. A *Thrust* is executed to a **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the *Thrust*. Maximum height is desired. Test is worth 9 points.  
**\*\*3 bonus points possible for Thrust height.**

Metronome speed 120.

4 counts – Back Layout Position Hold

4 counts – Back Layout Position to Submerged Back Pike Position

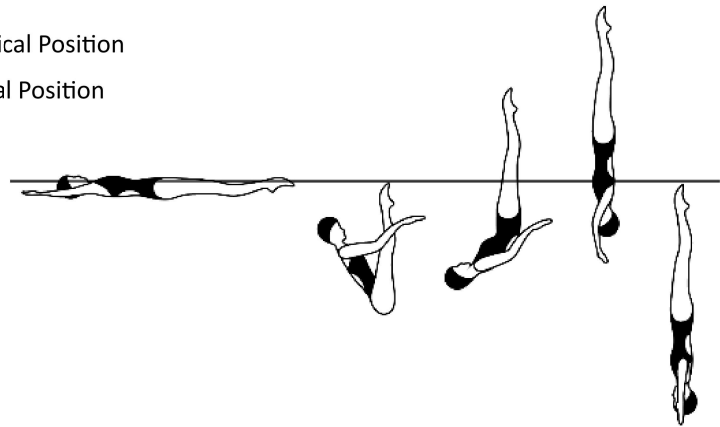
4 counts – Submerged Back Pike Position Hold

2 counts – Submerged Back Pike Position to Vertical Position

2 counts – Vertical Position to Submerged Vertical Position

2 counts – Submerged Vertical Position Hold

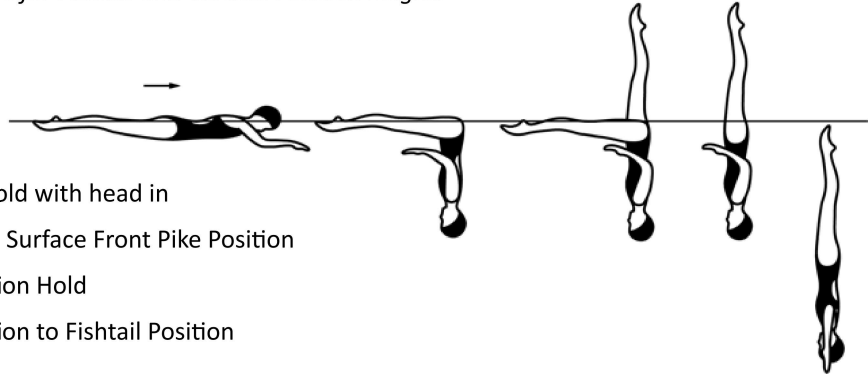
1 count – Back Tuck



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) <b>Performing the layout with left side towards the wall will result in 0 points for this position.</b>
0 1 2	Submerged Back Pike Position: determined by the compactness and vertical line of the legs (2 pts- torso compacted between 1 o'clock & the vertical line with legs on the vertical line, 1 pt- torso open greater than 1 o'clock with legs on vertical line, 0 pts- legs not on the vertical line.
0 1 2 5	Thrust: determined by height (5 pts- waist or higher, 2 pts- between top of pelvis and showing crotch, 1 pt- between crotch and upper thigh, 0 pts- upper thigh or lower) <b>**3 point bonus possible</b>
0 1	Vertical Position: determined by 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	Extension: legs and feet (1 pt- both parts extended and together, 0 pts- either part not extended or not together)
0 1	Back Tuck (1 pt- knees/feet together, compacted during somersault, 0 pts- 1 or more part not correct)
0 1	Tempo (1 pt- all parts correct, 0 pts- 1 or more parts incorrect)

## TEST 12: TOWER (Figure 348)

From a **Front Layout Position** (with right side to the wall), a *Surface Front Pike Position* is assumed. One leg is lifted to a **Fishtail Position**. The Horizontal leg is lifted to a **Vertical Position**. A *Vertical Descent* is executed. Test is worth 11 points. *\*\*4 bonus points possible for Fishtail and Vertical Position height.*



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 Fishtail Position

4 counts – Fishtail Position Hold

8 counts – Fishtail Position to Vertical Position

4 counts – Vertical Position Hold

8 counts – Vertical Descent

2 counts – Submerged Vertical Position Hold

1 count – Back Tuck

0 1	Front Layout: determined by body alignment, extension & height – head, upper back, buttocks and heels at the surface (1 pt- all aligned, extended and dry, 0 pts- 1 or more parts not aligned, not extended or underwater) <b>Performing the layout with left side towards the wall will result in 0 points for this position.</b>
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 4	Fishtail Vertical Leg Height for all 4 counts (4 pts- leg at upper-thigh or higher, 2 pts- leg at upper-thigh to mid-thigh, 1 pt- leg at mid-thigh to low thigh, 0 pts- leg lower than low-thigh at any time) <i>**2 point bonus possible</i>
0 1 2	Fishtail Vertical Alignment/Extension: determined by alignment & extension of head (ears specifically), hips and ankles (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	Vertical Position: determined body alignment & extension – head (ears specifically), shoulders and hips (1 pt- all aligned/extended, 0 pts- 1 or more parts not aligned or not extended)
0 1 3	Vertical Height for all 4 counts (3 pts- legs at mid-thigh or higher, 1 pt- vertical at or above kneecaps, 0 pts- vertical below kneecaps) <i>**2 point bonus possible</i>
0 1	Back Tuck (1 pt- knees/feet together, compacted during somersault, 0 pts- one or more part not correct)
0 1 2	Tempo: determined by metronome within each transition (2 pts- all parts correct, 1 pt- 1-2 parts incorrect, 0 pts- 3 or more parts incorrect)