

GRADE LEVEL 4

Grade Level 3

PART 1 - FLEXIBILITY

TEST 1: WALL SIT WITH STRAIGHT VERTICAL ARMS

(Shoulder Flexibility)

Starting Position: Wall sit position with back flat against the wall, feet and knees together and set approximately 2 feet away from the wall, knees bent at a 90 -angle (knees should not be past the ankles), and thighs parallel to the ground. Arms are flat against the wall and bent at a 90-degree angle, upper arm parallel to the ground/floor.

Test Instructions: Extend arms straight up as far as possible while keeping hands, arms and back in contact with the wall. As soon as the back, upper arms or hands come (elbows do not need to be touching the wall) off the wall the athlete is to stop movement and time begins. Goal is to have arms shoulder-width apart, fully straight and extended, with arms and back totally flat against the wall. (Assessor should not be able to put their hand between the athlete's back and the wall). Arms must be on the same plane throughout, i.e. one may not be higher than the other. Hold 30 seconds. Test is worth 10 points



Photo 1 – Wall sit: back flat against the wall, feet and knees together and set approximately 2 feet away from the wall. Knees bent at a 90-degree angle, thighs parallel to the ground. (Knees should not be past the ankles)

Photo 2 – Arms shoulder-width apart, fully extended and touching the wall.

In all positions, torso is fully extended with abdominals engaged, back flat against the wall. Neck is stretched and shoulders are down.

0 1	Starting Position: wall sit position with back flat against the wall, feet and knees together and set approximately 2 feet away from the wall, knees bent at a 90-degree angle (knees should not be past the ankles), and thighs parallel to the ground. Arms are flat against the wall & bent at a 90-degree angle, upper arm parallel to the ground/floor. (1 pt- correct, 0 pts- not correct)
0 1 2	Body Alignment & Extension: determined by alignment & extension of head (ears specifically), shoulders, back and hips (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 3 4	Arm Position: determined by upper arms and hands touching the wall, completely straight, shoulder-width apart and extended (4 pts- upper arms reached 12:00 o'clock, 3 pts- upper arms between 12:00 and 1:00/11:00 o'clock position, 2 pts- upper arms at 1:00/11:00 o'clock, 1 pt- upper arms between 1:00/11:00 & 2:00/10:00 position, 0 pts- unable to move arms from starting position)
0 1	Leg Alignment: determined by hips through knees and knees through ankles, held throughout test (1 pt- remained aligned, 0 pts- did not remain aligned)
0 1	Foot Stability (1 pt- the feet were stable throughout, 0 pts- the feet were adjusted)
0 1	Time Held (1 pt- 30 seconds, 0 pts- :29.99 – 15 seconds)

****NOTE:** 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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PART 2 - ACROBATICS

TEST 2: HANDSTAND WITH 2 OPTIONS

A) Facing Away from Wall

B) Facing Wall

Starting position - Option A: Standing position, facing the wall, with right/left leg extended forward, arms up and extended. Hips square.

Starting position - Option B: Standing position, facing away from the wall, with feet together, arms up and extended. Hips square.

Test Instructions - Option A: Lunge forward on the either leg, hinge forward at the waist and place the palms on the floor in front of your foot. Palms should be shoulder-width apart. Press the palms and foot into the floor as one leg is kicked up. Lift the other leg up to assume a handstand position. The body will be flat against the wall.

Test Instructions - Option B: Face away from the wall, standing position, feet together. Transition of your choice into a Handstand Position with the front of your body against the wall.

Legs are together and extended with feet pointed in a Vertical Position. The body is in line – head (specifically ears), hips and feet all in perfect vertical alignment and extended. Hold 10 seconds. Test is worth 9 points. ****5 Bonus points for handstand facing the wall.**

Photo 1 – Option A

Note: arms are not in the correct position.

Photo 2 – Option B



0 1	Starting Position - Option A - standing position, facing the wall, with right/left leg extended forward, arms up and extended. Hips square. Option B - standing position, facing away from the wall, feet together, arms up and extended. Hips square. (1 pt- correct, 0 pts- not correct)
0 1 2 3 4	Vertical Body Alignment & Extension: torso, hips, legs, knees, ankles & feet (4 pts- all parts aligned/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 parts not aligned or not extended)
0 1	Head Alignment (1 pt- head aligned, 0 pts- not aligned)
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 - :5.00 seconds)
0 5	<i>Bonus for Option B: handstand held facing the wall for 10 seconds, with all of the criteria described above met.</i>

****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 3: STANDING SPLIT WITH HANDS ON GROUND – Needle Position (Draw)

Starting position - Standing with right/left leg extended forward, arms up and extended. The hips are facing forward.

Test Instructions - Hinge forward at the waist and place the palms on the floor in front of your foot. Palms should be shoulder-width apart. The drawn leg is lifted, in 4 counts, to a vertical position. (Slight adjustment of hands is allowed until the assessors says “time starts”)

Drawn leg is extended upwards with foot pointed in a standing split position (Needle). Athlete is allowed to extend past 180 degrees, minimum of 190 degrees to receive bonus. Hold for 10 seconds. Test is worth 11 points. ***either 2 or 4 bonus points possible for all criteria met and a minimum of a 180°. The body is in a horizontal line – head (specifically ears) and hips (parallel to the ground). Legs in perfect vertical alignment and extended. (Split - amount of bonus depends on hip/leg turn out). 9 bonus points for all criteria met and a 190 degree or greater split reached.*

Any angle 90° or less will receive a score of zero (0) for the Leg Alignment and Extension category.



0 1	Starting Position - Standing position, with right/left leg extended forward, arms up and extended. The hips are facing forward. (1 pt- correct, 0 pts- not correct)
0 1 2 3 4	Leg Alignment & Extension: With torso as close to bottom leg as possible; lower leg, hips, top leg aligned and both knees & ankles extended (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 parts not aligned or not extended)
0 1 2	Leg & Hip Rotation: (2 pts- hip/leg rotation 12 to 1 o'clock, 1 pt- 1 o'clock to 2 o'clock, 0 pts- 2 o'clock or more)
0 1	Head Alignment (1 pt- head aligned, 0 pts- not aligned)
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 - :5.00 seconds)
0 2 4 9	<i>Split Bonus: 9 pts- 190 degrees or greater and hip/leg rotation less than 2 o'clock, 4 pts- 180 degrees hip/leg rotation between 12 and 1 o'clock, 2 pts- 180 degrees and hip/leg rotation between 1 o'clock and 2 o'clock. Legs horizontally aligned, unless greater than 190°. Perfect torso, knee & ankle extension. Vertical alignment of hips, shoulders and head. Held 10 seconds.</i>

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

Any angle 90° or less will receive a score of zero (0) for the Leg Alignment & Extension category.

Performing the incorrect leg - points may be awarded only for starting position if appropriate, otherwise Automatic Failed Skill (0 points).

PART 3 – SPEED TRAINING AND CONDITIONING

TESTS 4 & 5 WILL COMBINE SPEED TRAINING AND CONDITIONING. ATHLETE WILL COMPLETE TESTS AS FOLLOWS WITH 20 SECONDS REST BETWEEN TESTS:

TEST 4 =

4A, REST 20 SECONDS,

4B, REST 20 SECONDS,

4A, REST 20 SECONDS,

4B – TEST COMPLETE

(Athlete should not wear shoes for Test 4A – 4B)

MINIMUM REST BETWEEN TESTS 4 AND 5 – 2 MINUTES.

MAXIMUM REST BETWEEN TESTS 4 AND 5 – 5 MINUTES

TEST 5 =

5A, REST 20 SECONDS,

5B, REST 20 SECONDS,

5A, REST 20 SECONDS,

5B – TEST COMPLETE

(It is suggested that athletes wear shoes for Tests 5A and 5B)

TEST 4A: 30 SQUATS IN 30 SECONDS

Starting position: Standing position in front of a chair or bench (seat – 18-24 inches high, looking for 90-degree angle of legs during squat, facing away, with the feet shoulder-width apart. Arms extended and down at the sides. (A chair or bench should be set against a wall to prevent movement – height of chair may have to be adjusted depending on the height of the athlete).

Test Instructions: Push the hips back and bend the knees to lower into a squat. Engage the abdominal muscles and look straight ahead throughout the movement. Torso may slightly pike forward. Arms move straight up to a position parallel to the ground. Lightly touch the buttocks to the seat, making sure that the knees do not extend past the toes, stand back up to the starting position. Metronome speed 120. Complete 30 squats in 30 seconds. Test is worth 10 points each time – 20 points total.



Photo 1 – Starting position, facing away, with the feet shoulder-width apart. Arms extended and down at the sides.

Photo 2 – Squat position, arms parallel to the ground, knees do not extend past the toes. Alignment of head (ears specifically), shoulders and hips.

0 1	Starting Position: standing position in front of a chair or bench, facing away, with the feet shoulder-width apart. Arms extended and down at the sides. (1 pt- correct, 0 pts- not correct)
0 1 2	Alignment during Squat: determined by head (ears specifically), shoulders & hips, torso - may pike forward slightly (2 pts- all parts aligned throughout, 1 pt- 1 part not aligned, 0 pts- no parts aligned)
0 1 2	Knee Alignment: determined by knees in line with feet during squat (2 pts- knees in alignment, 1 pt- inconsistent alignment, 0 pts- knees consistently out of alignment)
0 1	Movement of Feet (1 pt- completely still or minor movement or adjustment at any time, 0 pts- major movement or steps)
0 1	Timing: determined by squats on metronome ticks (1 pt- touched on every other tick, 0 pts- did not touch on every other with tick)
0 1 2 3	30 Squats Completed in 30 seconds (3 pts- 30 squats completed, 2 pts- 29-25 squats completed, 1 pt- 24-20 squats completed, 0 pts- 19 or fewer squats completed)

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TEST 4B: TRICEP PUSH-UPS ON GROUND

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), and hips and feet are in line and pointed.

Test Instructions: Maintaining a straight body position, flex the arms (keeping the elbows in) to lower the body until the upper arm is in line with the torso. Extend the arms to return to a straight body prone support. Repeat 5 times. Test is worth 8 points each time – 16 points total.



Photo 1 – (Starting and Ending Position) Body extended, legs together with instep of the feet squeezed together. Shoulders in line with hands. Head (ears specifically), shoulder, hips and feet in line.

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 pointed. (1 pt- correct, 0 pts- not correct)
0 1	Foot Stability (1 pt- the feet were stable throughout, 0 pts- the feet were adjusted)
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 2 3	Body Alignment & Extension: determined by the head, 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- 5 or more parts aligned or not extended)

TEST 5A: 60 LATERAL JUMPS OVER LINE IN 30 SECONDS

Starting Position: Standing position immediately right of the line on the ground (left side of body closest to the line), with knees slightly bent, feet slightly apart, arms softly bent at the sides. The hips are facing forward. (Shoes may be worn)

Test Instructions: Slightly bend knees, keeping feet slightly apart and in line horizontally. Extend legs to perform a jump and laterally jump over the line on the ground so right side is closest to line. **Land with knees bent approximately 20 – 30 degrees**, feet slightly apart and in line horizontally. Extend legs to perform a jump, laterally jump over the line on the ground so left side is closest to line. **Land with knees bent approximately 20 – 30 degrees, feet slightly apart** and in line horizontally (knees should not be locked on the landing). Heels should touch the ground lightly after the toes (landing should not be flat-footed). There should be no movement forward or backward during the jumps. Metronome speed 120. **Complete 60 jumps total in 30 seconds (1 jump on each tick).** Test is worth 8 points each time – 16 points total.



0 1	Starting Position: standing position immediately right of the line on the ground (left side of body closest to line), with knees slightly bent, feet slightly apart, arms softly bent at the sides. The hips are facing forward. (1 pt- correct, 0 pts- not correct) Beginning position - standing on the left side (right side of body closest to the line) will result in 0 points for this position.
0 1	Movement of Feet: (1 pt- slightly apart and in line horizontally, 0 pts- feet far apart or not in line horizontally)
0 1 2	Landing: (2 pts- landing with knees bent and aligned with middle toes, heels down, 1 pt- knees not in line with middle toes or heels not down, 0 pts- knees not in line with middle toes and heels not down)
0 1	Timing: determined by jumps on metronome ticks (1 pt- touched on every tick, 0 pts- did not touch on every tick)
0 1 2 3	60 lateral jumps completed in 30 seconds (3 pts- 60 jumps completed, 2 pts- 59-50 jumps completed, 1 pt- 49-40 jumps completed, 0 pts- 39 or fewer jumps completed)

TEST 5B: SINGLE LEG V-UPS ON GROUND

Starting Position: Supine position on the back, body and arms fully extended. Arms at the side, with palms down or facing body/legs. (Shoes may be worn).

Test Instructions: Contract the body by reaching forward toward the knees. Lift the shoulders off the ground to a flat back position while simultaneously lifting right straight leg off the ground to achieve a V-Sit Position (approximately 90-degree angle) with right leg vertical and left leg horizontal. Balance on the buttocks. Arms are parallel to the ground with palms either down or facing body/legs. Return to Back Layout Position. Lift the shoulders off the ground to a flat back position while simultaneously lifting left straight leg off the ground to achieve a V-Sit Position (approximately 90-degree angle) with left leg vertical and right leg horizontal. (Horizontal leg may come up slightly off the ground) Balance on the buttocks. Arms are parallel to the ground with palms either down or facing body/legs. Return to Back Layout Position. Note tempo below. Repeat each side 5 times – alternating sides (total of 10 V-ups). Test is worth 9 points each time – 18 points total. Bonus of 5 each time – 10 points total.

Metronome speed 120.

2 counts – Back Layout Position Hold

2 counts – Back Layout Position to Single Leg

V-Sit Position

2 counts – Single Leg V-Sit Position Hold

2 counts – Single Leg V-Sit Position to Back

Layout Position

Repeat 5 times



Photo 1 – Single Leg V-Sit Position
(Shoes may be worn)

0 1	Starting Position: Supine position on the back, body and arms fully extended. Arms at the side, with palms down or facing body/legs. (1 pt- correct, 0 pts- not correct)
0 1	Back Layout to Single Leg V-Sit Position (1 pt- all Layouts to Single Leg V-Sit completed effortlessly, 0 pts- 1 or more Layouts to Single Leg V-Sits not completed effortlessly)
0 1 2	Single Leg V-Sit Position - Leg Alignment & Extension: determined by hips, knees and ankles (2 pts- all parts aligned and extended, 1 pt- 1-2 parts not aligned or not extended, 0 pts- 3 or more parts not aligned or not extended)
0 1 2	Single Leg V-Sit Position – Body Alignment & Extension: determined by head (ears specifically), shoulders, back & hips (2 pts- all parts aligned and extended, 1 pt- 1-2 parts not aligned or not extended, 0 pts- 3 or more parts not aligned or not extended)
0 1	Single Leg V-Sit Position to Back Layout (1 pt- all V-Sit to Back Layouts completed effortlessly, 0 pts- 1 or more Single Leg V-Sits to Back Layouts not completed effortlessly or started with wrong leg)
0 1	Tempo (1 pt- all parts correct, 0 pts- 1 or more parts incorrect)
0 1	Finished 5 repetitions. (1 pt- all completed, 0 pts- 1 or more not completed)

****NOTE: Pushing off the ground - points may be awarded only for starting position if appropriate, otherwise Automatic Failed Skill (0 points).**

PART 4 – SPEED SWIMMING

TEST 6: 200 YARD INDIVIDUAL MEDLEY

Starting Position: Standing on deck with both arms at the side.

Test Instructions: Assessor will say “Take Your Mark, Go” – time will begin with “Go”. A front dive is performed. Complete a timed 200 yard Individual Medley in the following order - 50 yards Butterfly, 50 yards Backstroke, 50 yards Breaststroke and 50 yards Freestyle. 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.

THE BUTTERFLY STROKE

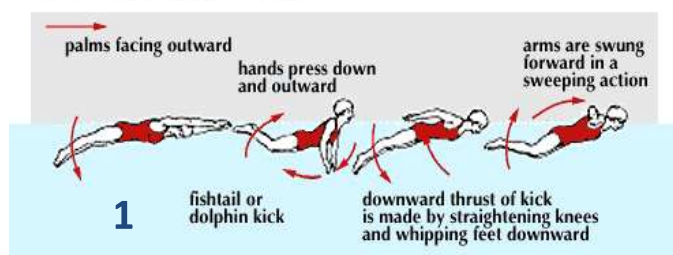


Photo 1 – Butterfly Stroke
description

THE BACK CRAWL STROKE

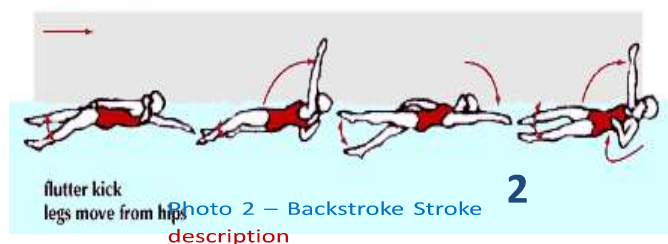


Photo 2 – Backstroke Stroke
description

THE BREASTSTROKE

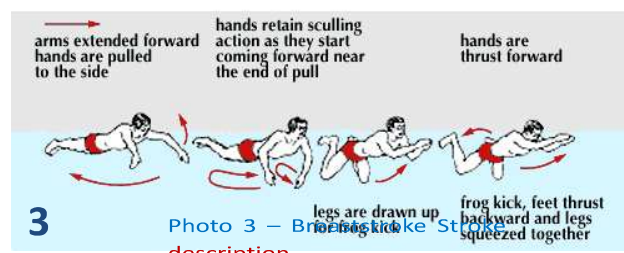


Photo 3 – Breaststroke Stroke
description

0 1	Starting Position & Dive: on deck in a standing position, arm position optional, a half squat was executed, followed by a front dive (1 pt- performed correctly, 0 pts- not performed correctly)
0 1 2 3	Armstrokes: per FINA description (3 pts- all strokes done correctly, 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 3:10, 3 pts- 3:10.01- 3:20:00, 2 pts- 3:20.01-3:30:00, 1 pt- 3:30.01-3:40:00, 0 pts- equal to/greater than 3:40.01) Note: time does not stop until the wall is touched.

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TEST 7: 25 YARD FRONT FLUTTER KICK - NO BREATH

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 with the feet and extend the other arm over the top to reach the streamline position, face in the water. Immediately perform a 25 yard Flutter Kick without breathing. Hands held in streamline position throughout, no sculling allowed. Touch the wall with both hands at the end of the 25 yards. Test is worth 10 points.



Photo 1 – Starting position



Photo 2 – Streamlined Front Flutter Kick

0 1	Starting Position: in water, one hand and both feet on the wall (1 pt- correct, 0 pts- incorrect)
0 1	Kick (1 pt- kick strong and out of the water, 0 pts- kick weak and/or underwater)
0 1 2	Body/Streamline - hands together, no sculling (2 pts- body long & streamlined, hands together, 1 pt- body not long & streamlined, hands together, 0 pts- hands not together)
0 1 2	Finished lap with no breath (2 pts- no breath, 1 pt- 1 breath, 0 pts- 2 or more breaths)
0 1	Finished (1 pt- swimmer touched the wall, 0 pts- swimmer did not touch wall)
0 1 2 3	Times (3 pts- equal to/less than 35 sec, 2 pts - 35.01 – 38.00, 1 pt - 38.01-41.00, 0 pts – equal to/greater than 41.01) Note: time does not stop until the wall is touched.

PART 5 - SYNCHRO ROUTINE

TEST 8: 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 to the knees followed by a front dive.

Metronome speed 120.

- Swim 12.50 yards Breaststroke underwater, perform a Left 1-Arm *Boost*.
- After the boost, tuck backwards and extend the right leg to a **Right Leg Bent Knee Vertical Position** (right leg is straight) in one count, and hold for 8 counts.
- Extend the left leg to a **Vertical Position** in 2 counts, hold the **Vertical Position** for 6 counts.
- *Vertical Descent* in 6 counts, hold **Vertical Position** underwater 1 count, back tuck 1 count.
- Perform a No Arm *Boost* and catch at the surface.
- Travel forward in No Arm *Eggbeater* 8 counts.
- Perform a Boost from the surface and a partial *Back Tuck Somersault*.
- Extend the left leg to a **Left Leg Fishtail Position** (left leg is vertical) in one count, and hold for 8 counts.
- In 2 counts, lower the left leg to a **Right Split Position** and hold for 4 counts.
- In 2 counts, execute a *Front Walkout* to **Surface Arch Position**, hold for 2 counts.
- In 2 counts, surface to **Back Layout Position**.
- Finish the lap in Torpedo Scull.
- At the wall perform a partial *Back Tuck Somersault* in 1 count. (Do not touch the wall with hands)

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- performed correctly, 0 pts- not performed correctly)
0 1 2	Right Leg Bent Knee Vertical Position Alignment/Extension/Time Held: determined by alignment & extension of head (ears specifically), hips and ankles and time held during all 8 counts (2 pts- all parts aligned/extended, time held 8 cts, 1 pt- 1 part not aligned, not extended & held for 8 counts, 0 pts- 2 parts or more not aligned, not extended, incorrect leg, or held for less than 8 counts) Performing the incorrect leg will result in 0 points for this position.
0 1 2	Vertical Position Alignment & Extension (through descent): vertical line determined by head (ears specifically), hips & 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 2 4	Vertical Height (4 pts- mid-thigh or higher during all 6 counts, 2 pts- leg mid-thigh to low-thigh during all 6 counts, 1 pt- leg low-thigh to above kneecap during all 6 counts, 0 pts- kneecap or lower at any time) **2 point bonus possible
0 1 2	Left Fishtail Position Alignment/Extension/Time Held: determined by alignment & extension of head (ears specifically), hips and ankles, and time held during all 8 counts (2 pts- all parts aligned/extended, time held 8 cts, 1 pt- 1 part not aligned or not extended & held for 8 counts, 0 pts- 2 or more parts not aligned or not extended or held for less than 8 counts) Performing the incorrect leg will result in 0 points for this position.
0 1 2 4	Left Fishtail - Vertical Leg Height (4 pts- leg at upper thigh or higher during all 8 counts, 2 pts- leg between upper thigh & mid-thigh during all 8 counts, 1 pt- leg between mid-thigh & low-thigh during all 8 counts, 0 pts-lower than low-thigh at any time or incorrect leg) **2 point bonus possible Performing the incorrect leg will result in 0 points & ineligible for bonus points for this position.
0 1 2	Right Split Position: determined by horizontal alignment & extension (2 pts- legs fully aligned/extended, 1 pt- 1 leg not aligned or not extended, 0 pts- neither leg aligned, or extended, or not held for 4 counts) <i>Bonus possible - see below.</i> Performing the incorrect leg will result in 0 points and ineligible for bonus points.
0 1	Torpedo Scull (1 pt- can demonstrate proper technique, 0 pts- inconsistent or incorrect technique)
0 5	**Split Bonus: may only be give if athlete received full points on all other parts of this skill.

Test is worth 14 points. ****9 Bonus points total possible for Vertical Position Height, Left Fishtail Position Height and Split Position with all criteria met and flat.**

TEST 8: TWO-LAP SYNCHRO ROUTINE (continued)

LAP 2

- Surface facing forward (down the pool),
- Perform 12.50 yards of ‘Kick Pull Kick Over’ Stroke – 4 counts for each ‘kick pull kick over’ starting with left arm forward (during “over” the arm moves horizontally across the water),
- At 12.50 yard mark, face forward and lift both arms up to stationary double-arm Eggbearer for 8 counts,
- Keeping arms up and extended, turn left shoulder back 90 degrees, hold stationary double-arm Eggbearer for 8 counts,
- Bend both arms down to the surface, turn left shoulder back and assume a **Tub Position**, hold stationary for 4 counts,
- Extend both legs to a **Double Ballet Leg Position** in 2 counts.
- Finish the lap in **Double Ballet Leg Position**.

Test is worth 11 points.

****4 bonus points possible for Double Arm Eggbearer and Double Ballet Leg height.**

Over



Photo 1 – Double Ballet Legs



Photos 2&3 – Kick Pull Kick



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0 1 2	‘Kick Pull Kick Over’ Stroke: determined by timing & correct technique (2 pts- correct technique & timing correct, 1 pt- incorrect technique or timing incorrect, 0 pts- technique & timing not correct) Starting with the incorrect arm will result in 0 points for this position.
0 1 2 4	Double Arm Eggbearer (Forward/Side): determined by height, arm stability & extension: (4 pts- armpits dry, arms extended and stable throughout, 2 pts- showing collar bone, arms extended and stable throughout, 1 pt- showing shoulder, dry or arms slightly unextended or slight movement of arms throughout, 0 pts- wash over shoulders, major lack of extension, major movement of arms, or arms not up for 8 cts at any time or any side). <i>Note: incorrect eggbearer technique - automatic 0 pts **2 point bonus possible</i>
0 1 2 3	Double Ballet Legs Extension: determined by head, shoulders & hips – hips, knees and ankles (3 pts- all areas extended, 2 pts- 1-2 areas not extended, 1 pt- 3-4 areas not extended, 0 pts- 5 or more areas not extended)
0 1 2	Double Ballet Legs Verticality: determined by 90-degree angle to the surface (2 pts- completely vertical throughout, 1 pt- slight loss of vertical at any time, 0 pts- legs never vertical to the surface)
0 1 3	Double Ballet Legs Height: determined by height the entire time (3 pts- above knee cap, 1 pt- at knee cap, 0 pts- below knee cap) **2 point bonus possible
0 1	Double Ballet Legs: finished lap (1 pt- face remained above water, 0 pts- face went underwater or did not complete lap)

PART 6 - FIGURES

TEST 9: STRAIGHT LEG LIFT TO 30 SECOND RIGHT BALLET LEG HOLD

Starting Position: Stationary **Back Layout Position** (right side to the wall),

Test Instructions: Hold a **Back Layout Position** for 4 counts (right side to the wall). Lift straight right leg to **Ballet Leg Position** in 6 counts. Body remains extended with face, chest, left leg and foot at the surface. Head (ears specifically), hips and ankles in line. No traveling allowed. Hold for 30 Seconds.

Test is worth 10 points. ***3 bonus points possible for Ballet Leg Height.*

3 markers are needed – placement is center, left of the center and right of the center – each 1 foot apart. Athlete starts with hips in line with the center marker for easier assessment of movement either forward or backward.

Metronome speed 120

4 counts – Back Layout Position Hold

6 counts – Back Layout Position to Right Ballet Leg

30 second – Right Ballet Leg Position



Photo 1 – Right Ballet Leg Position

Note: photo incorrect, right side should be to the wall and swimmer would receive a zero for the Back Layout Position.

0 1	Back Layout: determined by height, body alignment & extension – head, chest, thighs & feet at the surface (1 pt- all aligned, extended and dry, 0 pts- one or more parts underwater, not aligned, or not extended) Performing the layout with left side towards the wall will result in 0 points for this position.
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 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, and held all 30 seconds, 2 pts- mid-thigh to upper thigh, 1 pt- mid-thigh to low thigh, 0 pts- above knee cap) <i>**3 point bonus possible</i>
0 1	Horizontal Leg Extension (1 pt- horizontal leg extended and foot at the surface throughout, 0 pts- horizontal leg not extended or kicking)
0 1	Sculling (1 pt- can demonstrate proper standard scull, 0 pts- cannot demonstrate proper standard scull)
0 1 2	Travel (2 pts- stationary entire time, 1 pt- travel 1 foot or less, 0 pts- travel more than 1 foot)
0 1	Time Held (1 pt – held for 30 seconds, 0 pts – 29.99 – 15 seconds)

****NOTE: If held for 14.99 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 Automatic Failed Skill (0 points).**

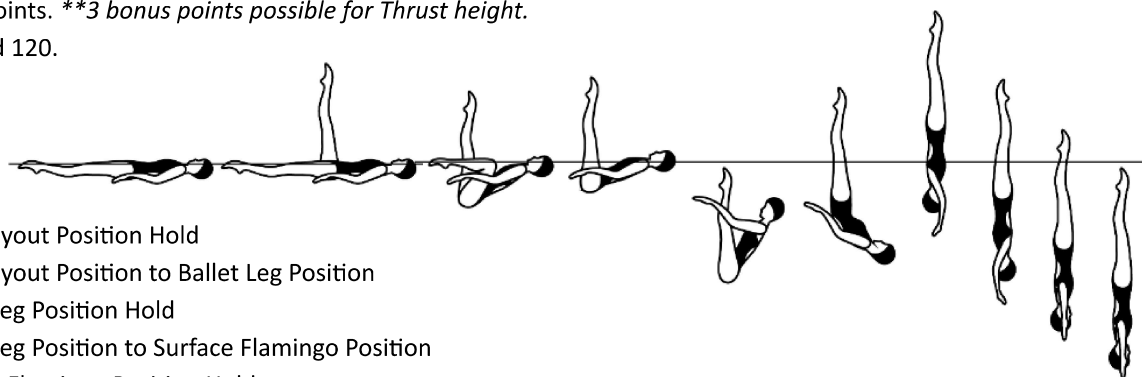
Grade Level 4

TEST 10: Rio Straight Leg (Figure 144)

From a **Back Layout Position** (either side to the wall), one leg remains at the surface, the foot of the other leg is raised straight to a **Ballet Leg Position**. The shin of the horizontal leg is drawn along the surface to assume a **Flamingo Position**. The horizontal leg is extended to a **Surface Ballet Leg Double Position**. The body submerges vertically to a **Submerged Back Pike Position** with the toes just under the surface. The figure is completed as a *Barracuda Spinning 360* (spin is rapid).

Test is worth 14 points. ***3 bonus points possible for Thrust height.*

Metronome speed 120.



4 counts – Back Layout Position Hold

8 counts – Back Layout Position to Ballet Leg Position

4 counts – Ballet Leg Position Hold

8 counts – Ballet Leg Position to Surface Flamingo Position

4 counts – Surface Flamingo Position Hold

8 counts – Surface Flamingo Position to Surface Double Ballet Leg Position

4 counts – Surface Double Ballet Leg Position Hold

8 counts – Surface Double Ballet Leg Position to Submerged Back Pike Position

2 counts – Back Pike Position Hold

2 counts – Back Pike Position to Vertical Position (Thrust)

2 counts – 360° Spin to Ankles

2 counts – Ankles to Submergence

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) Performing the layout with left side towards the wall will result in 0 points for this position.
0 1 2	Ballet Leg, Flamingo & Double Ballet Leg Positions: determined by leg(s) vertical alignment/extension (2 pts- leg(s) aligned & extended, and on vertical line in all positions, 1 pt- leg(s) not on vertical line or not extended in 1 position, 0 pts- both leg(s) not on vertical line or not extended in all positions)
0 1 2	Ballet Leg Height: (2 pts- mid-thigh or higher – held all 4 counts, 1 pt- mid-thigh to low thigh, 0 pts- above kneecap and lower)
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 waist & top of pelvis, 1 pt- between top of pelvis and crotch, 0 pts- crotch or below) <i>**3 point bonus possible</i>
0 1 2	Vertical Alignment & Extension: determined by vertical position through thrust & descent - head (ears specifically), hips & ankles (2 pts- all parts aligned/extended, 1 pt- 1 part not aligned or extended, 0 pts- 2 or more parts not aligned or not extended)
0 1 2	Spin: completed 360-degree rotation (2 pts- completed 360 degrees. 1 pt- 360 degrees - plus or minus 90 degrees, 0 pts- more than 540 degrees or less than 270 degrees)
0 1	Tempo (1 pt- all parts correct, 0 pts- 1 or more parts incorrect)

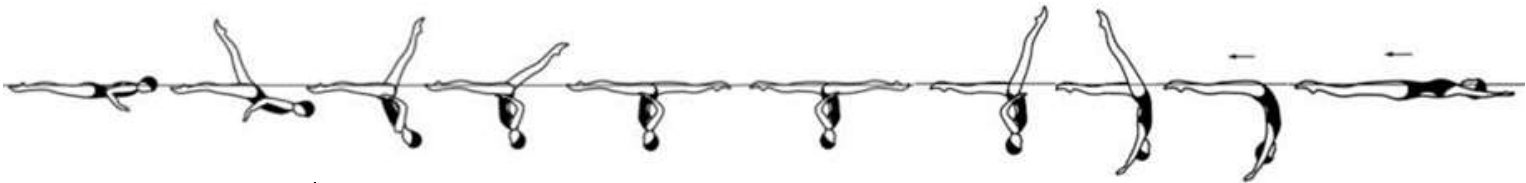
TEST 11: SWORDFISH STRAIGHT LEG ARIANA ROTATION (Figure 407)

Starting Position: **Front Layout Position** with either side to the wall.

Test Instructions: From a **Front Layout Position**, the back arches as one leg is lifted in a 180-degree arc over the surface to a **Left Split Position**. Maintaining the relative position of the legs to the surface, the hips rotate 90-degree. Hold **Center Split Position**. Continue as the trunk turns 90-degrees around its longitudinal axis, while the legs rotate horizontally at the surface, to a **Right Split Position**, with the height and extension of the **Split Position** equal throughout. From the **Right Split Position**, the front leg is lifted in a 180-degree arc over the surface to meet the left leg in a **Surface Arch Position**. With continuous movement, 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. Hip height should remain constant and as close to the surface as possible. Arcing leg moves continuously at an even tempo, both legs maintain full extension. Trunk maintains same position until the feet joint. An accurate **Surface Arch Position** should be evident before the body begins to rise and straighten. The body straightens, rises and moves along the surface simultaneously, with a stationary **Back Layout Position** achieved as the face surfaces.

Alignment of Splits: 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, 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.

Test is worth 15 points. ***15 bonus points 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

8 counts – Front Layout Position to Left Split Position

6 counts – Left Split Position Hold

4 counts – Left Split Position to Center Split Position

6 counts – Center Split Position Hold

4 counts – Center Split Position to Right Split Position

6 counts – Right Split Position Hold

8 counts – Split Position to Surface Arch Position

4 counts – Surface Arch Position Hold

4 counts – Surface Arch Position to Back Layout Position

4 counts – Back Layout Position Hold

Grade Level 4

TEST 11: SWORDFISH STRAIGHT LEG ARIANA ROTATION (cont)



Photo 1 – Left Split Position

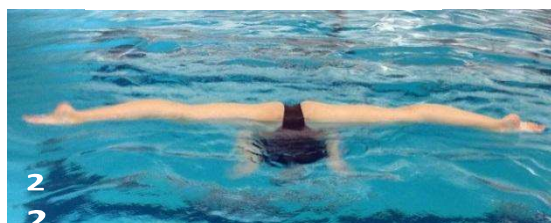


Photo 2 – Center Split Position



Photo 3 – Right Split Position
pSplitOPositionPosition

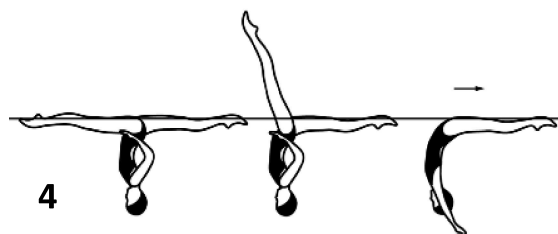


Photo 4 – Right Split Position
to Surface Arch Position

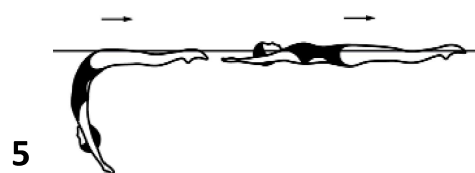


Photo 5 – Surface Arch Position
to Back Layout Position

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)
0 1 2 3 8	1 st Split Position Alignment & Extension: determined by hips, shoulders, and head - hips, knees, and ankles (3 pts- fully aligned/extended throughout, 2 pts- 1-2 areas not aligned or not extended, 1 pt- 3 areas not aligned or not extended, 0 pts- no areas aligned or not extended) **5 point bonus possible (see below)
0 1 2 3 8	Center Split Position Alignment & Extension: determined by hips, shoulders and head - hips, knees and ankles (3 pts- fully aligned/extended throughout, 2 pts- 1-2 areas not aligned or not extended, 1 pt- 3 areas not aligned or not extended, 0 pts- no areas aligned or not extended) **5 point bonus possible (see below)
0 1 2 3 8	2 nd Split Position Alignment & Extension: determined by hips, shoulders, and head - hips, knees, and ankles (3 pts- fully aligned/extended throughout, 2 pts- 1-2 areas not aligned or not extended, 1 pt- 3 areas not aligned or not extended, 0 pts- no areas aligned or not extended) **5 point bonus possible (see below)
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 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)
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)
Note: Possible 15 bonus points	**Split Bonuses: 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.