

# GRADE LEVEL 5

# **PART 1 – SPEED TRAINING, CONDITIONING, AND ACROBATICS**

**PART 1 WILL COMBINE SPEED TRAINING, CONDITIONING, AND ACROBATICS. ATHLETE WILL COMPLETE TESTS AS FOLLOWS WITH 20 SECONDS REST BETWEEN TESTS:**

## **TEST 1:**

1A, REST 20 SECONDS,

1B, REST 20 SECONDS,

1A, REST 20 SECONDS,

1B, REST 20 SECONDS,

1C – TEST COMPLETE

(Athlete should not wear shoes for Test 1A – 1C)

MINIMUM REST BETWEEN TESTS 1 AND 2 – 2 MINUTES.

MAXIMUM REST BETWEEN TESTS 1 AND 2 – 5 MINUTES

## **TEST 2:**

2A, REST 20 SECONDS,

2B, REST 20 SECONDS,

2A, REST 20 SECONDS,

2B, REST 20 SECONDS,

2C – TEST COMPLETE

(It is suggested that athletes wear shoes for Tests 2A and 2B)

## TEST 1A: 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 9 points each time - 18 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	30 Squats Completed in 30 seconds (2 pts- 30 squats completed, 1 pts- 29-25 squats completed, 0 pts- 24 or fewer squats completed)

## TEST 1B: TRICEP PUSH-UP COMBINED WITH ELBOW TOUCH

**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. Feet slightly apart (less than shoulder-width) and up on toes.

**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. With minimal extraneous movement, lift the right arm/hand off the ground, touch at the left elbow or higher, then lower the right arm/hand back to the ground holding body in the same position. Lower the body until the upper arm is in line with the torso. Extend the arms to return to a straight body prone support. With minimal extraneous movement, lift the left arm/hand off the ground, touch at the right elbow or higher, then lower the left arm/hand back to the ground holding body in the same position. Repeat each side 5 times, 10 total push-ups, a total of 5 elbow touches to each side. Test is worth 9 points each time – 18 points total.

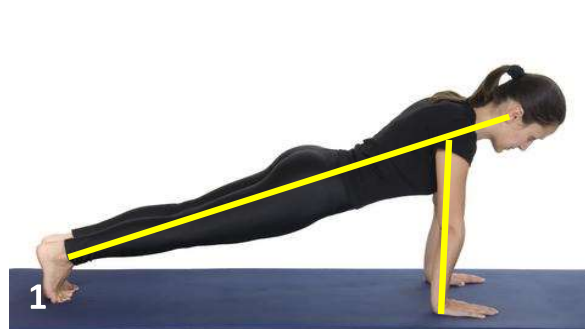


Photo 1 – Starting position for Tricep Push-up: body extended, legs slightly apart (less than shoulder-width). Shoulders in line with hands. Head (ears specifically), shoulder, hips and feet in line. Lower the body until the upper arm is in line with the torso.



Photo 2 – Alternate touching hands to elbows or above (shoes should not be worn).

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. (1 pt- correct, 0 pts- 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)
0 1 2	Push-ups (2 pts- all push-ups done correctly, 1 pt- 1 push-up not correct, 0 pts- 2 or more push-ups not correct)
0 1 2	During elbow touch - movement except for arms (2 pts- minimal movement the entire time, 1 pt- major movement or adjustment at any time, 0 pts- places any body part on the ground before time ends) <b>Performing the touch with the left arm/hand first will result in 0 points for this position.</b>
0 1	Foot Stability (1 pt- the feet were stable throughout, 0 pts- the feet were adjusted)

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## TEST 1C: HANDSTAND FACING WALL

Starting position - Standing position, facing away from the wall. The hips are facing forward, with feet together, and the arms extended above the head.

Test Instructions - Transition of your choice into a Handstand Position with the front of the body against the wall. (Arms may be off 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 15 seconds. Test is worth 9 points.



0 1	Starting Position - standing position, facing away from the wall, with feet together, arms up and extended. The hips are facing forward. (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- 15 seconds, 0 pts- :14.99 - :5.00 seconds)

## TEST 2A: 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). There should be no movement forward or backward during the jumps. Heels should touch the ground lightly after the toes (landing should not be flat-footed). 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) <b>Beginning position - standing on the left side (right side of body closest to the line) will result in 0 points for this position.</b>
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)

**\*\*NOTE: Completely stopping - points may be awarded only for starting position if appropriate, otherwise Automatic Failed Skill (0 points).**

## TEST 2B: DOUBLE LEG V-UPS

Starting Position: Supine position on the back, body and arms fully extended. Arms at the side, with palms down or facing into the 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 straight legs off the ground to achieve a V-Sit Position (minimum of a 90-degree angle). Balance on the buttocks. Arms are parallel to the ground with palms either down or facing into the body/legs. Return to Back Layout Position. Note tempo below. Repeat 5 times. Test is worth 9 points each time – 18 points total.

Metronome speed 120.

4 counts – Back Layout Position Hold

2 counts – Back Layout Position to V-Sit Position

4 counts – V-Sit Position Hold

2 counts – V-Sit Position to Back Layout Position

Repeat 5 times

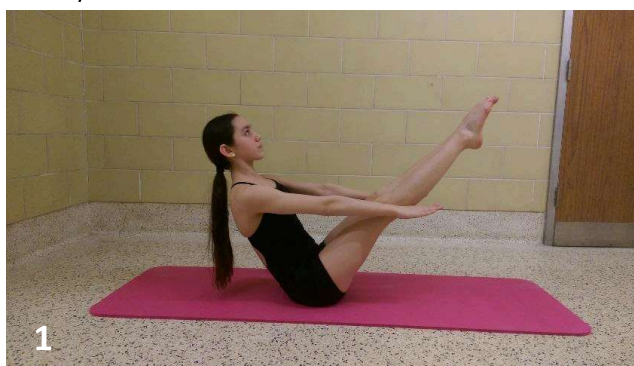


Photo 1 – V-Sit Position

0 1	Starting Position: Supine position on the back, body & arms fully extended. Arms at the side, with palms down or facing body/legs. (1 pt- correct, 0 pts- not correct)
0 1 2	V-Sit Position - Leg Alignment & Extension: determined by hips, knees, shins & 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	V-Sit Position – Body Alignment & Extension: determined by head (ears specifically), shoulders, back & hips (2 pts- all parts aligned and extended, minimum of 90-degree angle, 1 pt- 1-2 parts not aligned or not extended with 90-degree minimum, 0 pts- 3 or more parts not aligned or not extended or not 90-degree minimum)
0 1	Back Layout to V-Sit Position (1 pt- all Back Layouts to V-Sit completed effortlessly, 0 pts- 1 or more Layouts to V-Sits not completed effortlessly)
0 1	V-Sit Position to Back Layout (1 pt- all V-Sit to Back Layouts completed effortlessly, 0 pts- 1 or more V-Sits to Back Layouts not completed effortlessly)
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).**

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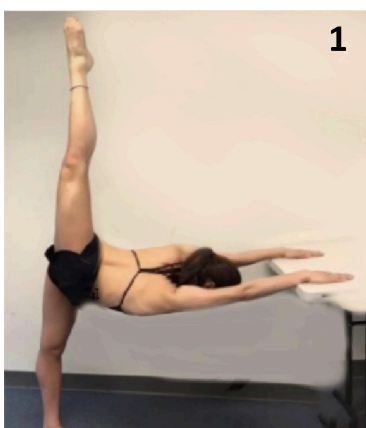
## TEST 2C: STANDING SPLIT WITH HANDS ON TABLE - NEEDLE (Draw)

Starting position - Standing position, facing the table with right/left leg extended forward, arms up and extended. The hips are facing forward. Table should be approximately 30 inches high and in line with the athlete's hips (table height may need to be adjusted depending on the height of the athlete).

Test Instructions – Hinge forward at the waist and place the palms on the table. Palms should be shoulder-width apart, arms straight. The drawn leg is lifted, in 4 counts, to a vertical position. (Slight adjustment of hands is allowed until the assessor 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 10 seconds. Test is worth 10 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. *Degree of 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.*

*\*\*Bonus points possible for all criteria met, and degrees of splits, noted below.*



**Photo 1 – Correct alignment of hips through torso with minimum roll-out.**  
**NOTE: Height of table may be adjusted to match the height of the athlete.**

Any angle 90-degrees or less will receive a score of zero (0) for Horizontal Body Alignment and Extension category and Leg Alignment category.

0 1	Starting Position - standing position, facing the wall, 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	Horizontal Body Alignment & Extension: head (specifically ears) & both hips (parallel to the ground) (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 3 4	Leg Alignment: legs, hips, 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 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 &amp; 1 o'clock, 2 pts- 180 degrees and hip/leg rotation between 1 o'clock and 2 o'clock.</i> <i>Legs horizontally aligned, unless greater than 190°. Perfect horizontal alignment &amp; extension. Vertical alignment of legs, knees, ankles &amp; feet. Held 10 seconds.</i>

## PART 2 – FLEXIBILITY

### TEST 3: SHOULDER HYPEREXTENSION

Starting position: Prone position on the floor, with the legs extended and together, feet pointed, arms extended shoulder-width apart overhead, holding a stick.

Test Instructions: Slowly lift the stick up as high as possible while keeping forehead, chest, hips, and feet on the ground. Hold for 10 seconds. Slowly return to prone position with the arms remaining extended. Repeat three times, 5 seconds rest between. The Assessor will be to the side of the athlete, and will measure the pinpoints of Stick => Chest (where chest is on the ground => and Horizontal Floor Point, with a device or app with the ability to measure degrees. If you use a protractor type measurement on the wall, make sure that the athlete's armpit is lined up at the point. *(The measurement will occur at the lowest point during each 10 second hold – for example, if an athlete lifts the stick up to a 20.00 degree height to begin with, but 5 seconds into the test drops to 18.00 degrees, 18.00 degrees is the amount that would be recorded.)* Test is worth 16 points.

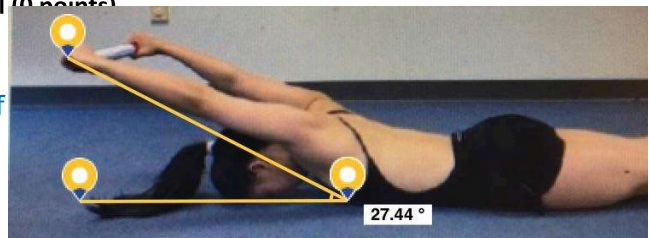


or starting position if appropriate, otherwise Automatic

al Body Alignment and Extension and Leg Alignment

Performing the incorrect leg will result in Automatic Failed Skill (0 points)

Photo 1 – Example of measuring with iPinPoint



0 1	Starting Prone position (considered in all 3 repetitions): 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	Arm Extension (considered during all 3 repetitions): determined by elbow and wrist extension in overhead position (2 pts- fully extended & firm, 1 pt- soft elbows or wrists, 0 pts- major bend in elbows and wrists)
0 1 2 3 4	1 <sup>st</sup> Time: determined by degrees- Stick => Chest => Floor Point (4 pts- 30 degrees or greater, 3 pts- 29.99-25.00 degrees, 2 pts- 24.99 degrees-20.00 degrees, 1pt- 19.99 degrees-15.00 degrees, 0 pts- 14.99 degrees or less).
0 1 2 3 4	2 <sup>nd</sup> Time: determined by degrees- Stick => Chest => Floor Point (4 pts- 30 degrees or greater, 3 pts- 29.99-25.00 degrees, 2 pts- 24.99 degrees-20.00 degrees, 1pt- 19.99 degrees-15.00 degrees, 0 pts- 14.99 degrees or less).
0 1 2 3 4	3 <sup>rd</sup> Time: determined by degrees- Stick => Chest => Floor Point (4 pts- 30 degrees or greater, 3 pts- 29.99-25.00 degrees, 2 pts- 24.99 degrees-20.00 degrees, 1pt- 19.99 degrees-15.00 degrees, 0 pts- 14.99 degrees or less).
0 1	Time Held- consider all 3 repetitions: (1 pt- 10 seconds, 0 pts- 9.99 – 5.0 seconds)



## TEST 4: RIGHT AND LEFT LEG SPLIT HOLD ON BACK

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

Test Instructions: The right leg is lifted straight, with continuous motion, until it reaches a minimum of 150 degrees of separation. Legs remain extended and on the same plane, left heel on the floor, knees and feet facing straight up. Hands may not be used to pull leg down. Hold for 10 seconds. Slowly return right leg to the Back Layout Position. Repeat lifting left leg. Hold for 10 seconds. End in a Back Layout Position. **Performing the incorrect sequence of legs will result in 0 points for Right and Left Splits.** Using a tool or app such as iPinPoint, the Assessor should measure on the outside of the leg – Ankle => Hip => Ankle (i.e. right leg is up then measure from the right side). Test is worth 15 points. **\*\*3 Bonus points each leg possible for all criteria met and leg at 180 degrees (total of 6 possible bonus points).**

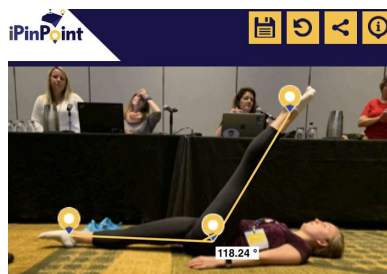


Photo 2 – Example of measurement with iPinPoint



Photo 2 – Legs remain extended and on the same plane.

0 1	Three 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 3	Leg Extension: determined by knee extension and quadriceps engaged in split 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	Both Legs - Feet and Knees: determined by knees and feet fully extended, knees and feet facing straight ahead – not rolled out (2 pts- both parts correct, 1 pt- 1 part not correct, 0 pts- 2 parts not correct)
0 1 2 3 4 7	Right Split Position: determined by the width of the legs (7 pts- 150 degrees or more, 4 pts- 149-140 degrees, 3 pts- 139-130 degrees, 2 pts- 129-120 degrees, 1 pt- 119-110 degrees, 0 pts- 109 degrees or below) <b>**3 point bonus possible if all criteria met. Performing the incorrect sequence of legs will result in 0 points for this section.</b>
0 1 2 3 4 7	Left Split Position: determined by the width of the legs (7 pts- 150 degrees or more, 4 pts- 149-140 degrees, 3 pts- 139-130 degrees, 2 pts- 129-120 degrees, 1 pt- 119-110 degrees, 0 pts- 109 degrees or below) <b>**3 point bonus possible if all criteria met. Performing the incorrect sequence of legs will result in 0 points for this section.</b>
0 1	Time Held – consider both positions (1 pt- 10 seconds, 0 pts- 9.99 – 5.0 seconds)

**\*\*NOTE:** If either leg held between 9.99 – 5.0 seconds the points will be 0. Held for 4.99 seconds or less on either leg - points may be awarded only for starting position if appropriate, otherwise Automatic Failed Skill (0 points).

## PART 3 - SPEED SWIMMING

### TEST 5:

5A, REST 10 SECONDS,

5B, REST 10 SECONDS,

5A, REST 10 SECONDS,

5B - TEST COMPLETE

## TEST 5A: 100 YARD INDIVIDUAL MEDLEY

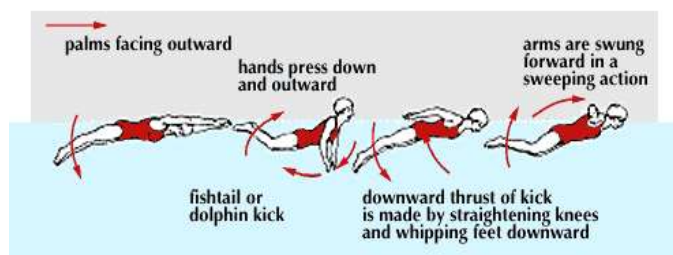
Starting Position: In water with one hand and both feet on the wall.

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 the FINA rules at the end of this manual). Test is worth 14 points each time – 28 points total.

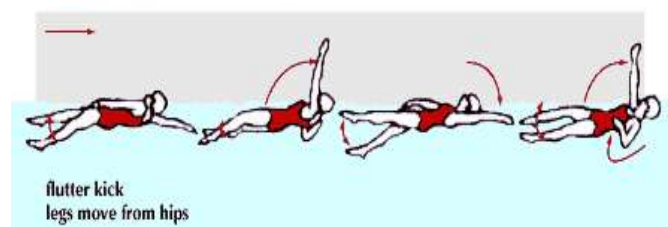
Photo 1 - Starting position in the water



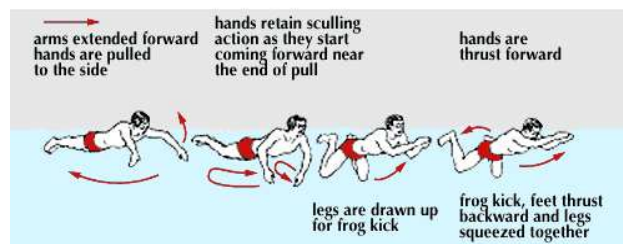
### THE BUTTERFLY STROKE



### THE BACK CRAWL STROKE



### THE BREASTSTROKE



0 1	Starting Position: one hand & 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 descriptions (2 pts – all turns done correctly, 1 pt- 1-3 turns done incorrect, 0 pts-4 or more incorrect turns.
0 1	Finished (1 pt- swimmer touched the wall and strokes in correct order, 0 pts- did not touch wall or strokes not in correct order)
0 1 2 3 4	Times (4 pts- equal to/less than 1:40.00, 3 pts- 1:40.01 – 1:50.00, 2 pts- 1:50.01 – 2:00.00, 1 pt- 2:00.01 – 2:10.00, 0 pts- equal to/more than 2:10.01) Time does not end until wall is touched.



## TEST 5B: 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 each time – 20 points total.



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	Time - 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) Time does not end until the wall is touched.

## PART 4 - SYNCHRO ROUTINE

### TEST 6: 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. Lap 1 - Test is worth 16 points. ***\*\*16 Bonus points total possible for Vertical Position Height, Eggbeater Height, Left Fishtail Position Height and Left/Right Split Positions with all criteria met and Splits flat.***

Metronome speed 120.

- Swim 12.50 yards Breaststroke underwater, perform a Left 1-Arm Boost, descend underwater with a straight left arm, perform one Right 1-Arm Boost, descend underwater with a straight right arm.
- After the second 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 4 counts, switch legs along the vertical line to a **Left Leg Bent Knee Vertical Position** (left leg is straight) in one count, hold for 4 counts.
- Extend the right leg to a **Vertical Position** in 2 counts, hold the **Vertical Position** for 8 counts.
- *Vertical Descent* in 8 counts, hold **Vertical Position** underwater 1 count, back tuck 1 count.
- Perform a No Arm Boost and catch at the surface.
- Travel forward in Double Arm Eggbeater 8 counts.
- Put both arms down and 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 4 counts, switch legs simultaneously to a **Right Leg Fishtail Position** (right leg is vertical), hold for 4 counts.
- In 2 counts, lower the right leg to a **Left Split Position** and hold for 4 counts.
- In 2 counts, switch legs simultaneously, passing through a **Vertical Position**, to a **Right Leg Split Position** and hold for 4 counts.
- In 4 counts, execute a *Front Walkout* to **Surface Arch Position**, hold for 4 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.

## TEST 6: TWO-LAP SYNCHRO ROUTINE - LAP 1 (continued)

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	Left Leg Bent Knee Vertical Position Alignment/Extension/Time Held: determined by alignment & extension of head (ears specifically), hips and ankles for 4 counts (2 pts- all parts aligned/extended for 4 counts, 1 pt- 1 part not aligned, not extended for 4 counts, 0 pts- 2 parts or more not aligned, not extended, incorrect leg, or held for less than 4 counts) <b>Performing the incorrect leg will result in 0 points for this position.</b>
0 1 2	Double Leg Vertical Position Alignment & Extension (during hold & descent): vertical line determined by head (ears specifically), hips & ankles for 8 counts (2 pts- all parts aligned/extended for 8 counts, 1 pt- 1 part not aligned or not extended for 8 counts, 0 pts- 2 or more parts not aligned, not extended, or held for less than 8 counts)
0 1 2 4	Double Leg Vertical Height (4 pts- mid-thigh or higher during all 8 counts, 2 pts- leg mid-thigh to low-thigh during all 8 counts, 1 pt- leg low-thigh to above kneecap during all 8 counts, 0 pts- kneecap or lower at any time) <b>**2 point bonus possible</b>
0 1 2 4	Eggbeater: determined by height & alignment (4 pts- at or above bust line with good alignment for 8 counts, 2 pts- armpits dry with good alignment for 8 counts, 1 pt- collar bone dry with good alignment for 8 counts, 0 pts- wash over shoulders, poor alignment or held for less than 8 counts) <b>**2 point bonus possible</b>
0 1 2	Right Fishtail Position Alignment/Extension/Time Held: determined by alignment & extension of head (ears specifically), hips and ankles, and held 4 cts (2 pts- all parts aligned/extended, and held 4 cts , 1 pt- 1 part not aligned or not extended and held 4 counts, 0 pts- 2 or more parts not aligned, not extended or held for less than 4 counts) <b>Performing the incorrect leg will result in 0 points for this position.</b>
0 1 2 4	Right Fishtail - Vertical Leg Height (4 pts- leg at upper thigh or higher for 4 counts, 2 pts- leg between upper thigh & mid-thigh for 4 counts, 1 pt- leg between mid-thigh & low-thigh for 4 counts, 0 pts-lower than low-thigh at any time, incorrect leg, or held for less than 4 counts) <b>**2 point bonus possible Performing the incorrect leg will result in 0 points for this position.</b>
0 1 2	Right Split Position: determined by horizontal alignment & extension (2 pts- legs fully aligned/extended for 4 counts, 1 pt- 1 leg not aligned or not extended for 4 counts, 0 pts- neither leg aligned, or extended, or held for less than 4 counts) <b>Performing the incorrect leg will result in 0 points for this position.</b>
0 1	Torpedo Scull (1 pt- can demonstrate proper technique, 0 pts- inconsistent or incorrect technique)
0 5	<i>Right Split Bonus: hip/leg rotation between 12 &amp; 1'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.</i>
0 5	<i>Left Split Bonus: hip/leg rotation between 12 &amp; 1'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.</i>



Photo 1 – No Arm Boost

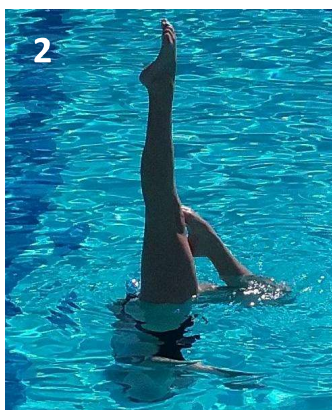


Photo 2 – Left Leg Bent Knee Vertical

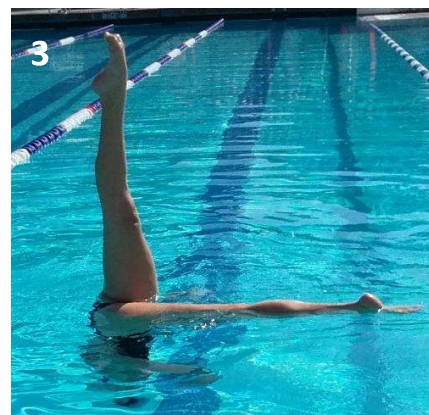


Photo 3 – Right Fishtail Position

## TEST 6: 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 Eggbeater for 8 counts.
- Keeping arms up and extended, turn left shoulder back 90 degrees, hold stationary double-arm Eggbeater for 8 counts, turn right shoulder back 180 degrees, hold stationary double-arm Eggbeater 8 counts.
- Bend both arms down to the surface, turn right shoulder back and use a whip kick to kick onto the back, assume a **Back Layout Position** with arms overhead in *Reverse Torpedo* (Dolphin) scull. Travel headfirst for 4 counts.
- Assume a **Right Bent Knee Surface Arch Position** and hold it for 4 counts.
- Rapid lift of the legs while straightening the bent knee to assume a **Vertical Position**, as a *Twirl* is executed, with maximum height, followed by a rapid descent.
- Partial underwater Back Tuck Somersault and turn 180 degrees. Kick into **Back Layout Position** and hold for 4 counts.
- Bend both legs into **Tub Position**, hold for 2 counts, and extend both legs to a **Double Ballet Leg Position** in 2 counts, hold stationary for 16 counts.
- Bend both legs into **Tub Position** in 2 counts, hold for 2 counts, and extend both legs to a **Surface Ballet Leg Double Position** in 2 counts.
- Finish the lap with the **Women's Technical Duet Element #3 (Modified to below).**

**Women's Technical Duet – Modified Element #3:** Starting in a **Surface Ballet Leg Double Position**, maintaining the vertical position of the legs, the hips are lifted as the trunk is unrolled to a **Vertical Position**. A *Half Twist* is performed. The legs open symmetrically to a **Right Split Position**. From the **Split Position** the front leg is lifted in a 180-degree arc over the surface to meet the opposite leg in a **Surface Arch Position** and 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. Perform a partial *Back Tuck Somersault* to complete lap. Lap 2 - Test is worth 14 points. *\*\*11 bonus points possible for Double Arm Eggbeater, Double Ballet Leg Height, Vertical Height and Split Position.*

Metronome speed 120

Counts:

- 1, 2, 3, 4 – Surface Double Ballet Leg Position Hold
- 5, 6, 7, 8 – Double Ballet Legs to Vertical Position
- 1, 2 – Vertical Position Hold
- 3, 4, 5, 6, 7, 8 – Half Twist
- 1, 2, 3, 4 – Vertical Position to Right Split Position
- 5, 6, 7, 8 – Right Split Position Hold
- 1, 2, 3, 4 – Right Split Position to Surface Arch Position
- 5, 6 – Surface Arch Position Hold
- 7, 8, 1, 2 – Surface Arch Position to Back Layout Position
- 3, 4, 5, 6 – Back Layout Position Hold
- 7, 8 – Partial Back Tuck Somersault for completion of lap



## TEST 6: TWO-LAP SYNCHRO ROUTINE (continued)

Grade Level 5

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) <b>Starting with the incorrect arm will result in 0 points for this position.</b>
0 1 2 4	Double Arm Eggbeater (Forward/Side/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- 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 eggbeater technique - automatic 0 pts</i> <i>**2 point bonus possible</i>
0 1	Right Bent Knee Surface Arch Position determined by hips, one thigh, shoulders & head on a vertical line, and hips at the surface (1 pt- hips at the surface and all parts aligned for 4 counts, 0 pts- 1 or more parts not aligned and/or hips underwater or held for less than 4 counts) <b>Performing the incorrect leg will result in 0 points for this position.</b>
0 1 2	Double Ballet Legs Extension/Verticality: determined by head, shoulders & hips/hips, knees & ankles and 90-degree angle to the surface (2 pts- all areas extended, completely vertical throughout, and held for 16 counts, 1 pt- 1-3 areas not extended, slight loss of vertical at any time and held for 16 counts, 0 pts- 4 or more areas not extended, legs never vertical to the surface or not held for 16 counts)
0 1 3	Double Ballet Legs Height: determined by height for 16 counts (3 pts- above knee cap for 16 counts, 1 pt- at knee cap for 16 counts, 0 pts- below knee cap or not held for 16 counts) <i>**2 point bonus possible</i>
0 1 2	Double Leg Vertical Position Alignment & Extension (during hold & descent): vertical line determined by head (ears specifically), hips & ankles for 8 counts (2 pts- all parts aligned/extended for 8 counts, 1 pt- 1 part not aligned or not extended for 8 counts, 0 pts- 2 or more parts not aligned, not extended, or held for less than 8 counts)
0 1 2 4	Double Leg Vertical Height (4 pts- mid-thigh or higher during all 8 counts, 2 pts- leg mid-thigh to low-thigh during all 8 counts, 1 pt- leg low-thigh to above kneecap during all 8 counts, 0 pts- kneecap or lower at any time) <i>**2 point bonus possible</i>
0 1 2	Right Split Position: determined by horizontal alignment & extension (2 pts- legs fully aligned/extended for 4 counts, 1 pt- 1 leg not aligned or not extended for 4 counts, 0 pts- neither leg aligned, or extended, or held for less than 4 counts) <b>Performing the incorrect leg will result in 0 points for this position.</b>
0 5	<i>Right Split Bonus: hip/leg rotation between 12 &amp; 1'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.</i>

### LAP 2



Photo 1 – Double Ballet Legs



Photos 2 and 3 – Kick Pull Kick Over  
(1 count per action)



## PART 5 - ELEMENTS

### TEST 7: FLYING FISH HYBRID ELEMENT

#### (Team Element #1, Group B)

From a **Submerged Back Pike Position** (with right side to the wall), and the legs perpendicular to the surface, a *Thrust* is executed to a **Vertical Position** and with no loss of height one leg is rapidly lowered to an airborne **Fishtail Position**. Without a pause the horizontal leg is rapidly lifted to a **Vertical Position** followed by a *Vertical Descent*. A Back Tuck Somersault is executed to complete the test. Metronome speed is 120 bpm. Test is worth 10 points. *\*\*3 bonus points possible for Thrust height.*

Counts: Metronome speed 120.

4 counts – Submerged Back Pike Position

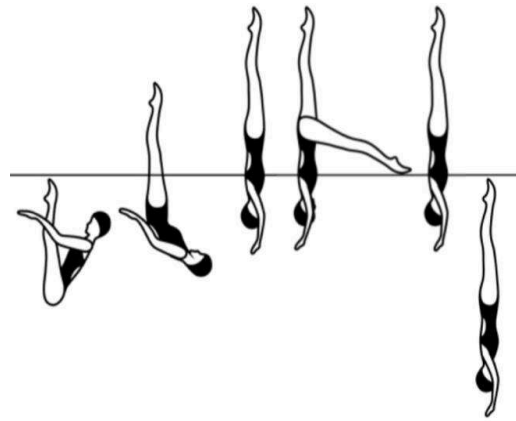
1 count – Submerged Back Pike Position to Vertical (Thrust)

1 count – Vertical to Fishtail to Vertical

2 counts – Vertical Descent

2 counts – Submerged Vertical Position Hold

1 count – Back Tuck



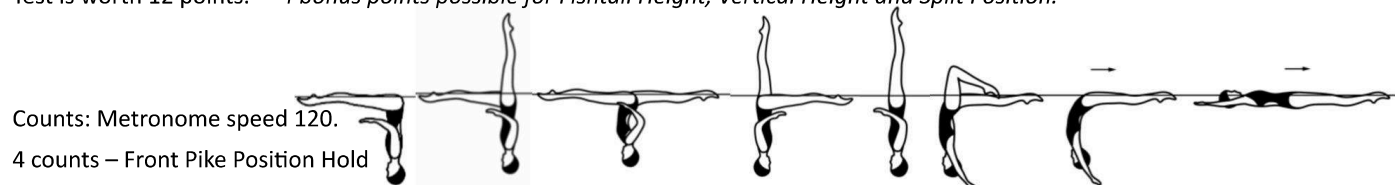
0 1 2	Submerged Back Pike Position: determined by the compactness and vertical line of the legs (2 pts- torso compacted between 1 o'clock & the vertical line with legs on the vertical line, 1 pt- torso open greater than 1 o'clock with legs on vertical line, 0 pts- legs not on the vertical line). <b>Performing the Submerged Back Pike Position with left side towards the wall will result in 0 points for this position.</b>
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) <i>**3 point bonus possible</i>
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 2	Vertical to Fishtail to Vertical Positions: determined by alignment & extension of head (specifically ears), hips and ankles (2 pts- all parts A/E, 1 pt- one part not A/E, 0 pts- 2 or more parts not A/E)
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 parts not correct)
0 1	Tempo (1 pt- all parts correct, 0 pts- 1 or more parts incorrect)

## TEST 8: BUTTERFLY HYBRID ELEMENT

### (Team Element #4)

Test Instructions: From a **Surface Front Pike Position** (with right side to the wall), one leg is lifted to a **Fishtail Position**. The horizontal leg is lifted through an arc of 180° as the vertical leg is lowered to assume a **Split Position**. Without a pause a hip rotation of 180° is executed as the front leg is raised to assume a **Fishtail Position**. Continuing in the same direction a 180° rotation is executed as the horizontal leg is lifted to a **Vertical Position**. The legs are lowered simultaneously to a **Bent Knee Surface Arch Position**. (Note: The **Bent Knee Surface Arch Position** can be assumed by using either leg). The bent knee is straightened to a **Surface Arch Position** and with continuous motion an *Arch to Back Layout Finish Action* is executed.

Test is worth 12 points. *\*\*4 bonus points possible for Fishtail Height, Vertical Height and Split Position.*



Counts: Metronome speed 120.

- 4 counts – Front Pike Position Hold
- 2 counts – Front Pike Position to Fishtail Position
- 2 counts – Fishtail Position Hold
- 1 count – Fishtail Position to Split Position to Fishtail Position
- 2 counts – Fishtail Position Hold
- 2 counts – Fishtail Position to Vertical Position
- 2 counts – Vertical Position Hold
- 2 counts – Vertical Position to Bent Knee Surface Arch Position
- 2 counts – Bent Knee Surface Arch Position Hold
- 2 counts – Bent Knee Surface Arch Position to Surface Arch Position
- 2 counts – Surface Arch Position to Back Layout Position
- 4 counts – Back Layout Position Hold

0 1	Surface Front Pike Position: determined by body alignment, extension & 90-degree angle – 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 2 4	Both Fishtail Vertical Leg Positions Height for 2 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 2 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 2	Bent Knee Surface Arch Position determined by thigh perpendicular to the surface, hips, shoulders & head on vertical line (2 pts- all parts aligned and thigh perpendicular, 1 pt- 1-2 parts not aligned and thigh perpendicular, 0 pts- not aligned or thigh not perpendicular)
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)
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)

Grade Level 5