

GRADE LEVEL 6

Grade Level 6

PART 1 – SPEED TRAINING AND CONDITIONING

TEST 1: JUMP ROPE / BURPEES / JUMPING LUNGE SWITCHES

Starting position: Standing with head, shoulders, hips and feet in line; legs together; knees slightly bent; shoulder blades set; core engaged; hands slightly in front of hips; jump rope in hands with rope behind feet. Shoes may be worn for this test.

Test Instructions:

Jump Rope: Maintaining body posture, complete as many jump rope revolutions as possible in 60 seconds (it is not necessary to jump in time with the metronome). Knees should bend only slightly and should not come up during the jumping, jump should be done with two feet at the same time. Continue until time is called at 60 seconds, drop the jump rope and immediately begin burpees.

Burpees: Standing with feet shoulder-width apart, arms at the side. Push hips back, bend knees and lower body into a squat. Place hands on the floor, directly in front of, and just inside feet. Jump feet back to softly land on the balls of the feet in a plank position. Jump feet back to land just outside of the hands. Reach arms overhead and explosively jump up into the air. Land and immediately lower back into a squat position for the next repetition. Note tempo below. Repeat 5 times.

1 count - squat

1 count - jump to plank

1 count - hold plank

1 count - jump to squat

1 count - jump up – arms up

Without pausing repeat

There should be no pause between landing and squatting to begin the next burpee.

After the last burpee, immediately begin jumping lunge switches.

Jumping Lunge Switches: Standing with feet shoulder-width apart, hands on hips, body vertical. Jump your left leg forward and your right leg back into a lunge, with both knees at a 90-degree angle. From the front/back, feet, knees and hips remain vertically aligned throughout. Jump up and switch your legs in midair so that you land in a lunge with your right leg in front. A left and right lunge together count as one repetition. Note tempo below. Repeat 10 times (20 switches).

1 count - jump to left lunge

1 count - hold

1 count - jump to right lunge

1 count - hold

Metronome speed 120 bpm. Test is worth 17 points.

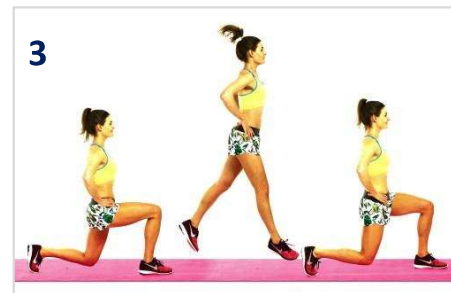
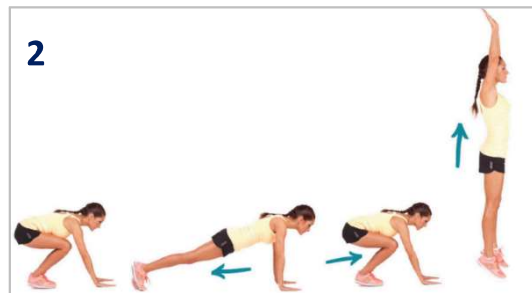


Photo 1 – Jump Rope

Photo 2 – Burpees

Photo 3 – Jumping Lunges

0 1	Starting Position: standing with head, shoulders, hips and feet in line; legs together; knees slightly bent; shoulder blades set; core engaged; hands slightly in front of hips; jump rope in hands with rope behind feet (1 pt- correct, 0 pts- not correct)
0 1	Jump Rope Body Position: posture maintained throughout 60 seconds. Knees remain slightly bent and do not come up during the jumping. Two feet at the same time. (1 pt- correct, 0 pts- not correct)
0 1 2 3 4	Jump Rope: successful revolutions completed (4 pts- 130 or more, 3 pts- 120-129, 2 pts- 110-119, 1 pt- 100-109, 0 pts- 99 or less) Note: If jump rope gets tangled with feet, that revolution does not count. i.e. if rope gets tangled on revolution 17, once athlete resets and begins again, the first revolution will be counted as #17.
0 1	Burpees - body alignment & extension in plank position: determined by the back, abdominals, hips, legs and ankles during all 5 repetitions (1 pt- correct, 0 pts- not correct)
0 1	Burpees - body alignment & extension at top of jumps: full extension of body and arms overhead, feet off the ground and slightly pointed during all 5 repetitions (1 pt- correct, 0 pts- not correct)
0 1	Burpees: tempo (1 pt- all parts correct, 0 pts- 1 or more parts incorrect)
0 1	Burpees finished 5 repetitions (1 pt- all completed, 0 pts- 1 or more not completed)
0 1 2	Lunge Jump Switches - leg alignment from the side: knees at 90 degrees in all lunges (2 pts- knees in alignment throughout, 1 pt- inconsistent alignment, 0 pts- knees consistently out of alignment)
0 1 2	Lunge Jump Switches - leg alignment from the front/back: Feet, knees and hips vertically aligned (2 pts- vertical alignment throughout, 1 pt- inconsistent alignment, 0 pts- consistently out of alignment)
0 1	Lunge Jump Switches - body alignment & extension: body remains vertically aligned and extended throughout (1 pt- correct, 0 pts- not incorrect)
0 1	Lunge Jump Switches: tempo (1 pt- all parts correct, 0 pts- 1 or more parts incorrect)
0 1	Lunge Jump Switches: finished 10 repetitions (20 switches) (1 pt- all completed, 0 pts- 1 or more not completed)

TEST 2: PLANKS AND TRICEP PUSH-UPS

Starting Position: Straight body right side plank position, supported with right hand palm down on the mat, fingertips pointing forward, arm fully extended and on vertical line. Body is fully extended, head (ears specifically), hips and feet are in line and left arm is extended vertically. Feet are stacked on top of each other and are flexed. Shoes may be worn for this test. The athlete should resume and continue to hold the position if they break it at any time.

Test Instructions: Begin with right-side plank. Hold for 30 seconds. Immediately following the 30 second hold, maintaining alignment, rotate the body 90 degrees and place the left hand on the floor to a plank position. Body is 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. Feet slightly apart (less than shoulder-width) and up on toes. Hold for 30 seconds.

Following the hold, 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. Immediately following the push-ups, maintaining alignment, rotate the body 90 degrees lifting the right hand off the ground to a left side plank with right arm extended vertically. Hold for 30 seconds. Immediately following rotate the body 90 degrees and place the right hand on the floor to a plank position. Hold for 30 seconds. Following the hold, 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 15 points.

1



Photo 1 – Right Plank

2



Photo 2 – Plank

3



Photo 3 – Left Plank

0 1	Starting Position: right hand palm down on the mat, fingertips pointing forward, arm fully extended and on vertical line. Body is fully extended, feet are stacked on top of each other and are flexed. (1 pt- correct, 0 pts- not correct)
0 1 2 3	Body Alignment & Extension of Planks: 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	Tricep Push-ups: total of 10 (2 pts- all push-ups done correctly, 1 pt- 1 push-up not correct, 0 pts- 2 or more pushups not correct)
0 1 2 3	Body Alignment & Extension of Tricep Push-ups: 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 3	Movement (3 pts- still during each plank, 2 pts- minor movement or adjustment at any time, 1 pt- major movement or adjustment at any time, 0 pts- places any body part on the ground before time ends)
0 1 2 3	Time Held: plank position held 30 seconds each (3 pts- all 4 planks were held for 30 seconds, 2 pts- 3 planks were held for 30 seconds, 1 pt- 2 planks were held for 30 seconds, 0 pts- none of the planks were held for 30 seconds)

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PART 2 – ACROBATICS

TEST 3: ELEVATED BALLET LEG

Starting position: Athlete assumes a **Back Layout Position** with head and shoulder blades (at the armpit level) resting on a chair, bench or folded panel mat. The athlete's heels will be placed on an adjacent chair, bench or folded panel mat of equal height. Athlete engages glutes and core to assume a **Back Layout Position**. Arms are held at athlete's side.

Test instructions: Back Layout Position. Hold 5 seconds. Athlete raises right leg in straight position to assume a **Right Ballet Leg Position**. Hold 30 seconds. Leg is lowered to assume a **Back Layout Position**. Hold 5 seconds. Left leg is raised straight to assume a **Left Ballet Leg Position**. Hold 30 seconds. Athlete lowers leg to **Back Layout Position**. Hold 5 seconds. **Note:** there are no set counts for lifting and lowering the legs. Test is worth 9 points.

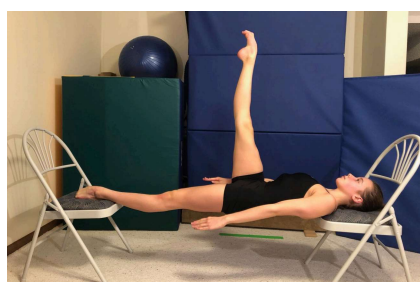


Photo 1 – Right Ballet Leg

0 1	Three Back Layout Positions: determined by body alignment & extension - head, arms, torso, thighs, and feet together (1 pt- all aligned and extended, 0 pts- one or more parts not aligned or not extended)
0 1 2	Right and Left Ballet Leg Positions: determined by vertical position of leg, and alignment of head, hips, knees and feet throughout (2 pts- both legs vertical and body aligned horizontally, 1 pt- 1 leg not vertical or body not aligned horizontally, 0 pts – both legs not vertical or body not aligned horizontally during both ballet legs)
0 1 2	Leg extension throughout: determined by knee extension and quadriceps engaged (2 pts – fully extended and firm, 1 pt- slight bend in knees or soft quadriceps, 0 pts major knee bend or quadriceps not engaged)
0 1	Feet (1 pt- extended throughout, 0 pts- feet not extended throughout)
0 1	Arm extension throughout: arms extended at sides and aligned with body (1 pt- extended and aligned, 0 pts- not extended and/or not aligned)
0 1	Right Ballet Leg held for 30 seconds (1 pt - right ballet leg held for 30 seconds, 0 pts- right ballet leg held for 29.99 to 15 seconds)
0 1	Left Ballet Leg held for 30 seconds (1 pt - left ballet leg held for 30 seconds, 0 pts- left ballet leg held for 29.99 to 15 seconds)

****NOTE:** Either leg held for 14.99 seconds or less, or any body part touches the floor at any time - Automatic Failed Skill (0 points)

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

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TEST 4: BALANCE “Y” HOLD AND RELEASE (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. When 10 second have been achieved and prompted by the assessor, release held leg, keeping Y position. Hold for 10 seconds.

Test is worth 13 points. **4 bonus points possible for Y Leg Angle.



Photos 1 - Grab the inside arch of one foot

Photo 2 – Held “Y” position. Both legs extended.

Photo 3 – Released “Y” position. Both legs extended.

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 4	Held "Y" Leg Angle: determined by the height (4 pts- 12 o'clock, 2 pts- 1 o'clock, 1 pt- between 1 and 2 o'clock, 0 pts- 2 o'clock or more) **2 bonus points possible
0 1 2 4	Released "Y" Leg Angle: determined by the height (4 pts- between 12 o'clock and 1 o'clock, 2 pts- between 1 o'clock and 2 o'clock, 1 pt- between 2 o'clock and 3 o'clock, 0 pts- 3 o'clock or more) **2 bonus points possible
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 parts not aligned or extended, 0 pts- no parts aligned or not extended) **may have slight lean.
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(s) in "Y" shape (1 pt- fully extended and in line, 0 pts- not extended and/or not in line)
0 1	Time Held with hand (1 pt- 10 seconds, 0 pts- 9.99-5.0 seconds)
0 1	Time Held once released (1 pt- 10 seconds, 0- pts 9.99-5.0 seconds)

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

Bonuses for Held “Y” and/or Released “Y” Leg Angle will not be awarded unless all other criteria are met.

Performing the incorrect leg will result in Automatic Failed Skill (0 points) – except for the starting position if appropriate.

PART 3 – FLEXIBILITY

TEST 5: RIGHT AND LEFT KNIGHT ARCH HOLD

Starting Position: Prone position on the floor, forehead down, with legs extended (knees off ground) and together, feet pointed, arms by sides, palms down.

Test Instructions: Slowly lift the right leg in a continuous motion while keeping the forehead, chest, hips and horizontal leg (specifically top of foot) on the ground, knees extended and off the ground. Angle between legs must be a minimum of 90 degrees with hip rotation no farther than 1 o'clock to receive full bonus. Hold 10 seconds. Slowly return right leg to starting position. Hold 5 seconds. Repeat using left leg. Hold 10 seconds. Slowly return left leg to starting position. Hold 5 seconds. Using a tool or app such as iPinPoint, the Assessor should measure on the outside of the leg – Ankle => Hip (i.e. right leg is up then measure from the right side). Test is worth 15 points. ****6 Bonus Points possible for right and left Knight Positions.**

Photo 1 – Correct alignment of hips through torso with minimal roll-out.



0 1	Three Front 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	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	Both Legs 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	Hip rotation throughout (2 pts- square to 1 o'clock, 1 pt- hips rotated 1 o'clock to 2 o'clock, 0 pts- rotation greater than 2 o'clock)
0 1 2 5	Right Knight Position: determined by the angle of the legs (5 pts- 90 degrees or greater with hip rotation 1 o'clock or less and full alignment and extension, 2 pts- 89-70 degrees, 1 pt- 69-45 degrees, 0 pts- 44 degrees or less) **3 bonus points possible
0 1 2 5	Left Knight Position: determined by the angle of the legs (5 pts- 90 degrees or greater with hip rotation 1 o'clock or less and full alignment and extension, 2 pts- 89-70 degrees, 1 pt- 69-45 degrees, 0 pts- 44 degrees or below) **3 bonus points possible
0 1	Time Held Right Leg (1 pt- 10 seconds, 0 pts- 9.99 - 5.0 seconds)
0 1	Time Held Left Leg (1 pt- 10 seconds, 0 pts- 9.99 - 5.0 seconds)

****NOTE:** If either leg is held for 4.99 seconds or less on either leg - points may be awarded only for the Three Front Layouts if appropriate, otherwise Automatic Failed Skill (0 points)

Performing the incorrect sequence of legs will result in 0 points – points may be awarded for the Three Front Layouts if appropriate.

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TEST 6: SURFACE ARCH SEQUENCE

Starting Position: Athlete will assume an **Arch Position** on the wall. Feet should be flexed flat on the wall; hands should be directly under shoulders. Hips, shoulders, head (specifically ears) and hands should be vertically aligned. As swimmers moves into **Split Position**, the foot may be pointed in order to allow for a shift in weight. Method of getting into arch on the wall is optional. Using a tool or app such as iPinPoint, the Assessor should measure on the outside of the leg – Ankle => Crotch => Ankle (i.e. right leg is up then measure from the right side). Test is worth 15 points. **6 possible bonus points for Right and Left Splits.

Metronome speed 120 bpm.

- 4 counts – Hold Surface Arch in handstand position with feet flexed on wall
- 4 counts – Move to Left Bent Knee Surface Arch Position
- 4 counts – Hold Left Bent Knee Surface Arch Position
- 4 counts – Move to Left Leg Knight Position
- 4 counts – Hold Left Leg Knight Position
- 4 counts – Move to Left Leg Split Position
- 4 counts – Hold Left Leg Split Position
- 4 counts – Return to Surface Arch Position with feet flexed on wall
- 4 counts – Hold Surface Arch Position on wall
- 4 counts – Move to Right Bent Knee Surface Arch Position
- 4 counts – Hold Right Bent Knee Surface Arch Position
- 4 counts – Move to Right Leg Knight Position
- 4 counts – Hold Right Leg Knight Position
- 4 counts – Move to Right Leg Split Position
- 4 counts – Hold Right Leg Split Position
- Push left foot off the wall to return to a standing position

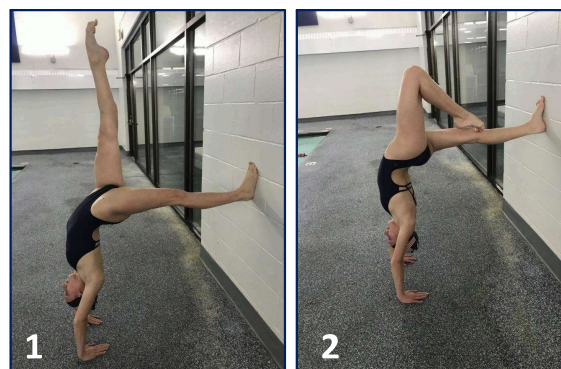


Photo 1 – Left Knight Position with foot on the wall.

Photo 2 – Right Bent Knee Surface Arch Position with foot on the wall.

0 1	Both Surface Arch Positions: determined by arms extended, alignment of hips with shoulders, head & hands, hips squared (1 pt- arms extended, hips aligned with shoulders, head & hands, hips squared, 0 pts- arms not extended, hips not aligned or hips not squared)
0 1 2	Left and Right Leg Surface Bent Knee Arch Position: determined by verticality or right thigh and alignment of hips with shoulders, head & hands, hips squared (2 pts- both positions aligned, 1 pt- 1 position not aligned or not 90°, 0 pts- neither position aligned or not 90°)
0 1 2	Left and Right Knight Positions: determined by 90° opening of legs and alignment of hips with shoulders, head & hands, hips squared (2 pts- both positions aligned, 1 pt- 1 position not aligned or not 90°, 0 pts- neither position aligned or not 90°)
0 1 2	Leg extension throughout: determined by knee extension and quadriceps engaged (2 pts – fully extended and firm, 1 pt- slight bend in knees or soft quadriceps, 0 pts- major knee bend or quadriceps not engaged)
0 1	Feet (1 pt- feet together and extended, 0 pts- feet not together and/or not extended)
0 1 2 3 6	Left Leg Split Position: 6 pts- 180° or more with extension/alignment, 3 pts- 179° - 170°, 2 pts- 169-160° with extension/alignment, 1 pt- 159-150° with extension/alignment, 0 pts- less than 149° or no extension/alignment) **3 bonus points possible
0 1 2 3 6	Right Leg Split Position: 6 pts- 180° or more with extension/alignment, 3 pts- 179° - 170°, 2 pts- 169-160° with extension/alignment, 1 pt- 159-150° with extension/alignment, 0 pts- less than 149° or no extension/alignment) **3 bonus points possible

****NOTE: If the Surface Arch Sequence is broken at any time, points may be awarded for only the positions, if appropriate.**

Performing the incorrect leg sequence (includes right vs left legs) will result in an Automatic Failed Skill (0 points) – points may be awarded for starting position if appropriate.

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PART 4 – SPEED SWIMMING

TEST 7: 200 IM SWIM, VERTICAL, EGGBEATER SET

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.” FINA Swimming rules apply to this test. (Refer to FINA rules at the end of this manual). Metronome speed 120 bpm. Test is worth 21 points total.

****4 Bonus points possible for Double Leg Vertical height and Eggbearer height.**

- 200 IM (butterfly, backstroke, breaststroke and freestyle).
- Upon completion of first 175 yards, no breath may be taken out of the freestyle flip turn, athlete will swim no-breath freestyle to 12.50 yard mark.
- At 12.50 yard mark, athlete will somersault forward to a **Table Top Position** and raise one leg at a time to reach a **Double Leg Vertical Position**. Clarification: No breath may be taken before vertical.
- **Double Leg Vertical Position** will be held in support scull for 8 counts.
- Athlete will tuck out of vertical and do a no-arm Boost with a catch at the surface.
- Immediately turn right shoulder back, lift both arms straight up to vertical position.
- Travel for 6 yards, keeping both arms up and vertical.
- With arms remaining vertical, rotate to facing forward (left shoulder back), and complete the lap.
- At end of lap put both arms down, touch the wall with one hand and time will stop.

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 2	No breath taken out of the freestyle flip turn or somersault to Table Top Position (2 pts- no breaths taken, 1 pt- 1 breath taken, 0 pts- 2 or more breaths taken)
0 1 2	Double Leg Vertical Position Alignment & Extension: 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) **2 point bonus possible
0 1 2 4	Eggbearer: determined by height & alignment (4 pts- at or above bust line with good alignment, 2 pts- armpits dry with good alignment for 1 pt- collar bone dry with good alignment, 0 pts- wash over shoulders, poor alignment or did not hold arms up until touching the wall) **2 point bonus possible
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	Times (3 pts- equal to/less than 3:10.00, 2 pts- 3:10.01 – 3:40.00, 1 pt- 3:40.01 – 4:10.00, 0 pts- equal to/more than 4:10.01). Time does not end until wall is touched.

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PART 5 - 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 towards the knees followed by a front dive.

Lap 1 – Test is worth 17 points. ***13 Bonus points possible for Thrust, Double Leg Vertical, Double Arm Eggbeater, Double Ballet Leg Height and performing Lap 1 correctly.*

Metronome speed 120.

- Forward rotation underwater to assume a **Submerged Back Pike Position** and execute a **Barracuda Thrust**.
- Perform a partial, underwater, Back Tuck Somersault.
- Eggbeater boost with 2 arms up, descend underwater with straight arms, followed by a quarter turn to the right.
- Surface in Eggbeater, travel in Eggbeater to the left for 2 counts. Perform a sharp and quick kick 1 count, pull 1 count, kick to **Left Side Layout Position** (left side down, right side at the surface) for 2 counts, straight arm stroke across the surface 1 count, to **Surface Front Pike Position** 2 counts. Hold Pike 1 count, assume a **Table Top Position** 1 count, lift legs to a **Vertical Position** 1 count, full twist 8 counts, followed by a *Continuous Spin 720°* (2 spins) in the same direction 1 count per 180°.
- Surface in Double Arm Eggbeater, travel forward 8 counts, keeping arms up and extended, turn right shoulder back 90 degrees, travel to the left in double-arm Eggbeater for 8 counts.
- Bring both arms down to the side at the surface, 'pull, kick, pull, kick, over' with right arm while turning 90 degrees on over to face down the pool – 5 counts for 'pull, kick, pull, kick, over' (during "over" the arms moves horizontally across the water)
- Perform a sharp and quick transition to a **Right Side Layout Position** (right side down, left side at the surface), hold 2 counts. Pull the right arm down to turn onto the back and achieve a **Back Layout Position**, hold for 2 counts.
- Lift a straight right leg to assume a **Right Ballet Leg Position**, hold 8 counts. Lift a straight left leg to assume a **Double Ballet Leg Position**, hold for 4 counts. Maintaining the legs vertically, the body rotates 180° for 4 counts. Hold for 4 counts. Lower a straight right leg to assume a **Left Ballet Leg Position**, hold for 8 counts. Lower a straight left leg to assume a Back Layout Position for 4 counts. Head first travel is allowed during the Ballet Leg sequence.

TEST 8: 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 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) **2 point bonus possible
0 1 2	Double Leg Vertical Position Alignment & Extension (during hold & twist): 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) **2 point bonus possible
0 1 2	Spin: completed 720 degree rotation by ankles with even drop spaces (2 pts- completed 720 degrees with even drop spaces, 1 pt- 720 degrees plus or minus 180 degrees with even drop spaces, 0 pts- more than 900 degrees or less than 540 degrees or without even drop spaces)
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) **2 point bonus possible
0 1	First Ballet Leg Position (Right) Alignment/Extension: determined by thigh and leg vertical alignment/extension (1 pt- thighs & legs on vertical line & extended, 0 pts- thighs or legs not on vertical line or not extended) Performing the incorrect leg will result in 0 points for this position.
0 1 2	Double Ballet Legs Extension/Verticality: determined by head, shoulders & hips/hips, knees & ankles and 90 -angle to the surface (2 pts- all areas extended, completely vertical throughout, and held for 8 counts, 1 pt- 1-3 areas not extended, slight loss of vertical at any time and held for 8 counts, 0 pts- 4 or more areas not extended, legs never vertical to the surface or not held for 8 counts)
0 1 3	Double Ballet Legs Height: determined by height for 8 counts (3 pts- above knee cap for 8 counts, 1 pt- at knee cap for 8 counts, 0 pts- below knee cap or not held for 8 counts) **2 point bonus possible
0 1	Second Ballet Leg Position (Left) Alignment/Extension: determined by thigh and leg vertical alignment/extension (1 pt- thighs & legs on vertical line & extended, 0 pts- thighs or legs not on vertical line or not extended) Performing the incorrect leg will result in 0 points for this position.
0 1	Manner of Presentation (1 pt- confident, expression using the whole body, energy, 0 pts- 1 or more parts not present)
0 5	Bonus: Lap 1 was completed correctly (5 pts- all performed correctly, 0 pts- 1 or more parts no performed correctly) **5 point bonus

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TEST 8: TWO-LAP SYNCHRO ROUTINE (continued) - LAP 2

Lap 2 – Test is worth 12 points. ***14 Bonus points total possible for Right Split, Flexibility Kick, Right Leg Bent Knee Position and Lap 2 completed correctly.* (Note: See video for complete instructions)

- From **Back Layout Position**, pull into **Table Top Position** 1 count, Right Leg Straight Helicopter 1 count, 90° left shoulder back turn to **Table Top Position**, hold 2 counts. Lift legs to **Vertical Position**, hold 8 counts while traveling to the right side.
- Lower the legs to a **Middle Split Position** 1 count, lift legs to **Vertical Position** 1 count, lower legs to a **Left Split Position** while turning 90° left shoulder back, switch legs to **Right Split Position** 1 count, lift legs to **Vertical Position**, hold 2 counts.
- In 4 counts, lower the legs to a **Right Split Position** and hold 2 counts.
- In 6 counts, execute a *Front Walkout* to **Surface Arch Position**, hold 2 counts. In 2 counts, surface to **Back Layout Position**, travel in Torpedo for 4 counts.
- Perform a “down the drain” under, feet first.
- Surface with a kick out into a **Front Layout Position** with head up, hold 4 counts. In 1 count, kick left leg up with bent knee to touch head or water (flexibility kick).
- Perform a *Boost* from the surface and a partial *Back Tuck Somersault*.
- Surface in **Table Top Position**, hold 1 count (1). Extend the right leg to a **Right Leg Bent Knee Vertical Position** (right leg is straight) in 1 count (2). Lower Right Leg to assume a Right Leg Straight Helicopter into **Table Top Position** 1 count (3).
- Extend the legs to a 45° **Front Pike Position** 1 count (4), assume a 45° **Vertical Position** on the back then bring legs forward to 45° **Front Pike Position** 1 count (5), bring legs back to a 45° **Vertical Position** on the back and bring legs forward to a 45° **Front Pike Position** 1 count (6), assume **Table Top Position** 1 count (7).
- Extend the legs to a 45° **Front Pike Position** 1 count (8). While isolating the left leg, move the right leg to a 45° **Fishtail Position** on the back, switch to left leg 45° **Fishtail Position** on the back 1 count (1), return to 45° **Front Pike Position** 1 count (2), assume **Table Top Position** 1 count (3), hold 1 count (4).
- Extend the left leg to a **Left Leg Bent Knee Vertical Position** (left leg is straight) and lift right leg to a **Vertical Position** in 1 count (5), bring both legs down to assume a **Right Split Position** 1 count (6), assume a **Table Top Position** 1 count (7), hold 2 (8,1).
- In 2 counts, extend the legs to a **Left Leg Fishtail Position** (left leg is vertical), switch legs while turning left shoulder back to a **Right Leg Fishtail Position**, lower the right leg to **Surface Front Pike Position** (90° rotation of hips), assume a **Table Top Position** while turning 90° left shoulder back (whole sequence is $\frac{3}{4}$ of a full turn) (2,3).

TEST 8: TWO-LAP SYNCHRO ROUTINE (continued)

LAP 2

- Extend the legs to a **Left Leg Fishtail Position** 1 count (4), while isolating the left leg, bring right leg up to assume a **Vertical Position** and return to **Left Leg Fishtail Position**, bend right leg to **Left Leg Bent Knee Vertical Position** (left leg is straight) and return to **Left Leg Fishtail Position** 1 count (5), bring right leg up to assume a **Vertical Position** and return to **Left Leg Fishtail Position**, bend right leg to **Left Leg Bent Knee Vertical Position** (left leg is straight) and return to **Left Leg Fishtail Position** 1 count (6), bring right leg up to assume a **Vertical Position** and return to **Left Leg Fishtail Position**, bend right leg to **Left Leg Bent Knee Vertical Position** (left leg is straight) and return to **Left Leg Fishtail Position** 1 count (3 full repetitions) (7), bring right leg up to assume a **Vertical Position** and return to **Left Leg Fishtail Position**, bring left leg down while bending right leg into a **Left Leg Straight Helicopter** 1 count (8).
- Extend Right Leg into **Right Leg Fishtail Position** 1 count (1), back tuck out 1 count (2).
- Surface in *Eggbeater* 1 count (3), extend both arms to the side at the surface 1 count (4), bring arms in to chest 1 count (5), extend both arms up with head back 1 count (6), hold 2 (7,8).

TEST 8: TWO-LAP SYNCHRO ROUTINE (continued)

LAP 2

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) Performing the incorrect leg will result in 0 points for this position.
0 1 3	Flexibility Kick: determined by leg position (3 pts- foot touches the water over the head, 1 pt- foot touches the head, 0 pts- foot does not touch head) **2 point bonus possible
0 1 2	Right Leg Bent Knee Vertical Position Alignment & Extension: 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	Right Leg Bent Knee Vertical Position Height: determined by height for hold count (4 pts- leg at upper thigh or higher, 2 pts- leg between upper thigh & mid-thigh, 1 pt- leg between mid-thigh & low-thigh, 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	45° Front Pike and 45° Vertical on Back: determined by accuracy of positions & timing (2 pts- correct positions and timing correct, 1 pt- incorrect positions or timing incorrect, 0 pts- positions & timing not correct)
0 1 2	Left Leg Fishtail Position: determined by isolation of the leg during right leg movements & timing (2 pts- left leg stable & timing correct throughout 6 count move, 1 pt- left leg unstable or timing incorrect throughout 6 count move, 0 pts- left leg unstable & incorrect timing)
0 1	Manner of Presentation (1 pt- confident, expression using the whole body, energy, 0 pts- 1 or more parts not present)
0 5	<i>Bonus: Lap was completed correctly (5 pts- all performed correctly, 0 pts- 1 or more parts not performed correctly) **5 point bonus possible.</i>
0 5	<i>Right Split Bonus: hip/leg rotation between 12 & 1 o'clock, legs horizontally aligned. Perfect torso, knee & ankle extension. Vertical alignment of hips, shoulders & head. Completely flat, legs dry and at the surface. Held for 4 counts. **5 point bonus point possible.</i>

Video of Routine

click [HERE](#)

NOTE: a video of the routine with metronome only will be posted upon return to the water. There is no deckwork, just a dive as described.

Video of Last Figure

click [HERE](#)

NOTE: a video of the figure with metronome only will be posted upon return to the water.

Video of Routine Landdrill

click [HERE](#)

PART 6 - ELEMENTS

TEST 9: TWIST SPIN

Starting in a **Tabletop Position** (with right side to the wall), the legs are lifted to a **Vertical Position**. Execute a *Half Twist*, and without pause, followed immediately with a *Continuous Spin of 720°* (2 rotations) and continued through submergence. A Back Tuck Somersault is executed to complete the test. Metronome speed of 120 bpm. Test is worth 11 points. ****2 Bonus points total possible for Vertical Height.**

Counts: Metronome speed 120.

4 counts – Hold Tabletop Position

1 count – Tabletop Position to Vertical Position

4 counts – Vertical Position Hold

4 counts – 1/2 Twist (180 degrees)

4 counts – Continuous Spin 720 degrees (2 rotations by the ankles)

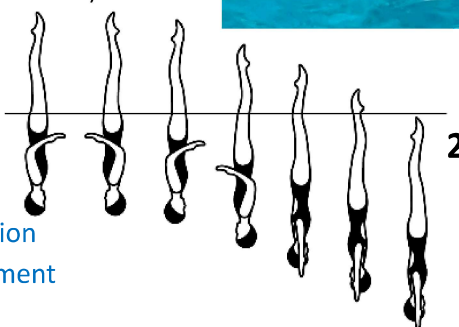
1 count – Spin continues until the toes are submerged

2 counts – Hold Vertical Position

1 count – Back Tuck



1



2

****Click [HERE](#) for example.**

Photo 1 – Tabletop Position

Photo 2 – Twist Spin Element

0 1	Starting Position: knees bent with shins horizontal and flat across the water. Body vertical, hips, shoulders and ears in line. (1 pt- shins horizontal/flat, body aligned/extended, 0 pts- shins not horizontal/flat, or body not aligned/extended) Performing the layout with left side towards the wall will result in 0 points for this position.
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 4	Vertical Height: for 4 counts (4 pts- legs at mid-thigh or higher for 4 counts, 2 pts- legs mid-thigh to low thigh for 4 counts, 1 pt- mid-thigh to above the kneecap for 4 counts, 0 pts- kneecap or lower at any time or not held 4 counts) **2 point bonus possible
0 1	Twist (180 degrees): determined by the rotation (1 pt- completes full 180 degrees, stable, and no travel, 0 pts- rotation +/- of 50 degrees, not stable or travelled)
0 1 2	Spin: completed 720-degree rotation by ankles with even drop spaces (2 pts- completed 720 degrees with even drop spaces, 1 pt- 720 degrees plus or minus 180 degrees with even drop spaces or correct amount of spin without even drop spaces, 0 pts- more than 900 degrees or less than 540 degrees or without even drop spaces)
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 2	Tempo: (2 pts- all parts correct, 1 pt- one part incorrect, 0 pts- 2 or more parts incorrect)

Grade Level 6

TEST 10: ROCKET SPLIT BENT KNEE HYBRID ELEMENT (Team Element #5B)

Test Instructions: From a **Submerged Back Pike Position** (with right side to the wall) with the legs perpendicular to the surface, a *Thrust* is executed to a **Vertical Position**. Maintaining maximum height, the legs are split rapidly to assume a **Right Leg Airborne Split Position** followed by the front leg rapidly bending and the back leg rapidly lifting to a vertical to assume an airborne **Right Bent Knee Vertical Position**. A *Vertical Descent* is executed as the bent knee is extended to join the vertical leg completed as the ankles reach the surface of the water followed by a *Vertical Descent*.

Test is completed with the execution of a Back Tuck Somersault.

Test is worth 9 points. ****Total of 6 bonus points possible for Thrust height and Split Position.**

Counts:

Metronome speed 120.

4 counts – Submerged Back Pike Position Hold

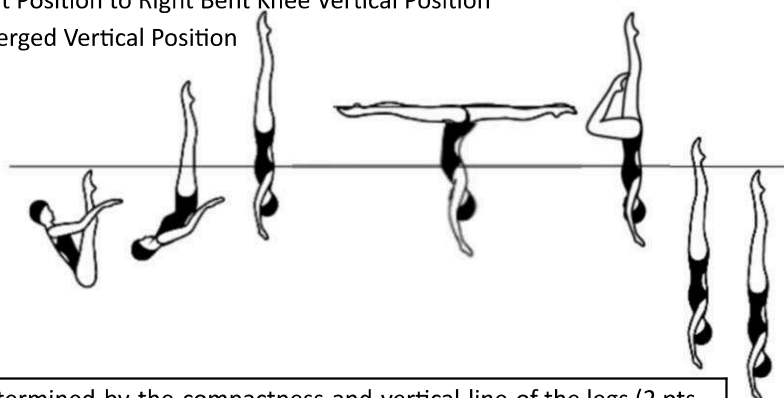
1 count – Submerged Back Pike Position to Vertical Position

1 count – Vertical position to Right Leg Airborne Split Position to Right Bent Knee Vertical Position

1 count – Right Bent Knee Vertical Position to Submerged Vertical Position

2 counts – Submerged Vertical 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 & vertical line with legs in 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) Performing the layout with left side towards the wall will result in 0 points for this position.
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 pt- upper thigh or lower) ** 3 bonus points possible
0 1 4	Right Leg Airborne Split Position (4 pts- 180° or more with extension/alignment, 1 pt- less than 180° with extension/alignment, 0 pts- less than 180° and with no extension/alignment)
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 parts not correct)
0 1	Tempo: (1 pt- all parts correct, 0 pts- 1 or more parts incorrect)

****NOTE: If incorrect leg for Split Rocket is performed it will be considered an Automatic Failed Skill (0 points), points may be awarded for starting position if appropriate.**