



Endurance Swim

T20/T30- Swimming	DESCRIPTION	SCORING CRITERIA
	<ul style="list-style-type: none"> - Athlete swims continuously for the desired time: 20 or 30 minutes. - Athlete must touch the wall at each end of the pool with the feet or hands. Flip turn is desirable but open turn is acceptable. - It is recommended that the athlete swim freestyle, but the stroke is optional. Athlete should swim rather than kick. - Athlete must make an honest effort to cover as much distance as possible. - Athlete should attempt to maintain an even pace throughout the swim. - GOAL: To complete as much distance as possible. 	<p>Total number of lengths/laps/yards/meters completed.</p>
EQUIPMENT	MEASUREMENTS	SCORING
<ul style="list-style-type: none"> - Monitors to count the number of laps for each swimmer - Stop watch/clock 	<ul style="list-style-type: none"> - Count the total number of lengths. - Round to the nearest completed length, i.e. 1/3 of a length completed would round to the previous length, 3/4 completed would round to the next length. - Convert the number of lengths into total yards/meters. - Calculate the average time for 100 yards. 	<p>**Not tested at competition but will be used for NT Coach/ Club evaluation.</p>



Endurance Kick

T10/T20- Kicking	DESCRIPTION	SCORING CRITERIA
	<ul style="list-style-type: none"> - Athlete kicks continuously for the desired time: 10 or 20 minutes. Athlete does flutter kick. Front flutter kick for odd numbered lengths and back flutter kick for even numbered lengths. - Athlete must touch the wall at each end of the pool with the feet or hands. - Athlete must hold the kickboard with both hands with the exception of the turns. Athlete does an open turn, i.e. not a flip turn. During the turns, one hand should stay on the board; the other hand touches the wall and then stays above the surface as it returns to the kickboard. - Athlete must make an honest effort to cover as much distance as possible. - Athlete should attempt to maintain an even pace throughout the kick. - GOAL: To complete as much distance as possible. 	<p>Total number of lengths/laps/yards/meters completed.</p>
EQUIPMENT	MEASUREMENTS	SCORING
<ul style="list-style-type: none"> - Kickboard - Monitors to count the number of laps for each swimmer - Stop watch/clock 	<ul style="list-style-type: none"> - Count the total number of lengths. - Round to the nearest completed length, i.e. 1/3 of a length completed would round to the previous length, 3/4 completed would round to the next length. - Convert the number of lengths into total yards/meters. - Calculate the average time for 100 yards. 	<p>**Not tested at competition but will be used for NT Coach/ Club evaluation.</p>

Endurance Sculling

Bent Knee Vertical, Fishtail, & Vertical Holds	DESCRIPTION	SCORING CRITERIA
	<ul style="list-style-type: none"> - Set up: Athlete will assume the position from a submerged vertical position - Athlete holds a stationary bent knee vertical, fishtail, and vertical position for 30 seconds (20 seconds for 12 and under age group. - Align the hips with a pool marker and/or stationary deck item. - Athlete uses support scull only, i.e. hands at waist to hip level and forearms moving in a nearly horizontal motion; no totem/overhead torpedo allowed. - No part of the body is touching a wall, lane line, etc. - GOAL: To hold for the desired time while maintaining vertical alignment. 	<ul style="list-style-type: none"> - Length of hold (pass/ fail). - Stationary - Height - Vertical alignment: Ankles, knees, hips, shoulders and ears should be aligned vertically. - Foot/ankle and knee extension of both right and left legs <p>Height deductions</p> <ul style="list-style-type: none"> 0 at or above the 1/4 mark 1 at the 1/2 to below 1/4 mark 2 at the 3/4 mark to below the 1/2 mark 3 above the knee cap to below the 3/4 mark 4 at the knee cap 5 below the knee cap
EQUIPMENT	MEASUREMENTS	SCORING
<ul style="list-style-type: none"> - Stop watch/clock - Pool marker as used in figures - Two markers 3 feet from the center marker - A designated timer who will indicate to the athlete when the specified time is completed. 	<ul style="list-style-type: none"> - Total time held. - Maximum height. - Time at maximum height. 	<p>20 points possible.</p> <p>4 separate scores:</p> <ol style="list-style-type: none"> 1. Stationary: 0-5 2. Height: 0-5 3. Vertical alignment: 0-5 4. Extension: 0-5 <p>-If an athlete does not hold for the specified amount it is a failed test.</p> <p>-Outside of 3 foot marker is a (-5).</p>



Eggbeater Endurance

Eggbeater Endurance	DESCRIPTION	SCORING CRITERIA
	<ul style="list-style-type: none"> - Eggbeater for 4 minutes continuously while moving for 1 minute in each direction: forward, backward, left and right. - Maximum height is desirable. - Arm position in the water is optional. Minimal sculling is acceptable. - Swimmer should complete a minimum of 100 yards in the 4 minutes. Swimmer can touch each end of the pool with one hand to complete each 25 yard segment. Swimmer can complete each 25 yards in 1 minute or less as desired. Example: the 100 yards can be completed in 1 minute 30 seconds. Swimmer must continue moving for the remaining time. - GOAL: To eggbeater while moving at maximum height and to complete 100 total yards in 4 minutes. 	<ul style="list-style-type: none"> - Stability/Effortlessness: Swimmer appears stable with minimal extraneous movement and appears effortless. - Height: Arm pits are 3+ range. - Extension/Posture: Neck, chest and back should be open and extended. - Distance covered (only full laps are counted). - Three deductions will be given per lap and then each category will be averaged.
EQUIPMENT	MEASUREMENTS	SCORING
<ul style="list-style-type: none"> - Stopwatch. - Monitor to communicate time at 30 second intervals and to communicate when swimmers should change direction of movement at 1 minute intervals. - Video or still camera to record maximum and minimum heights, extension, posture and effortlessness. 	<ul style="list-style-type: none"> - Distance covered. - Maximum and minimum heights. 	<p>20 points possible. 3 separate scores per direction:</p> <ol style="list-style-type: none"> 1. Stability/effortlessness: 1-5 2. Height: 1-5 3. Extension/Posture (spine alignment): 1-5 <ul style="list-style-type: none"> - Distance covered: 0 or 5 (1 bonus point for each additional lap covered- 25 yards)



Synchro Water Skills Testing



Propulsion / Torpedo

Torpedo- 25 yards	DESCRIPTION	SCORING CRITERIA
	<ul style="list-style-type: none"> - Start with fingertips on the wall and in a back layout with the hands overhead in torpedo position. - Hands should be touching the edge of the pool with feet extended towards the opposite end. - Start torpedo at the edge of the pool- no push off with the hands allowed. - Torpedo until the toes touch the opposite end of the pool. - Body should be extended along the surface. Face must remain at the surface for the entire length. - Hands must remain overhead in torpedo scull. No presses or pushes allowed. - GOAL: To complete the length as rapidly as possible. 	<ul style="list-style-type: none"> - Time. - Stability: Smooth and effortless appearance. - Arm, neck, torso, hip, foot and knee extension. Alignment head to toe - Time Bonus: <ul style="list-style-type: none"> +2 30 seconds and under +1 30.1 – 35 seconds
EQUIPMENT	MEASUREMENTS	SCORING
<ul style="list-style-type: none"> - Stopwatch. - 	<ul style="list-style-type: none"> - Time is rounded down to the next tenth of a second. - A 5pt penalty will be assessed if an athlete pushes off 	<p>15 points possible.</p> <p>-3 separate scores:</p> <ol style="list-style-type: none"> 1. Body alignment (head to toe) 1-5 2. Extension: 1-5 3. Ease of movement: 1-5 <p>-Plus time bonus:</p> <ul style="list-style-type: none"> +2pts 30 seconds and under +1pt 30.1 – 35 seconds <p>-A 5pt penalty will be assessed if an athlete pushes off wall.</p>



Propulsion / Ballet Leg

Ballet Leg- 25 yards	DESCRIPTION	SCORING CRITERIA
	<ul style="list-style-type: none"> - Start in a right ballet leg at one end of the pool with the toes of the non-ballet leg touching the wall. - Back scull to the opposite end while holding the ballet leg at 90 degrees. - GOAL: To complete the 25 yards as rapidly as possible while maintaining vertical alignment. 	<ul style="list-style-type: none"> - Stability: Smooth and effortless appearance. - Height - Body alignment (leg and 90 degree angle) - Leg extension. - Time Bonus: <ul style="list-style-type: none"> +2pts 40 seconds and under +1pt 40.1 - 43 seconds
EQUIPMENT	MEASUREMENTS	SCORING
<ul style="list-style-type: none"> - Stopwatch. 	<ul style="list-style-type: none"> - Time will be rounded up to the next tenth of a second. - Maximum and minimum heights. <p>Height deductions</p> <ul style="list-style-type: none"> 0 at or above the 1/4mark 1 at the 1/2 to below 1/4mark 2 at the 3/4mark to below the 1/2mark 3 above the knee cap to below the 3/4mark 4 at the knee cap 5 below the knee cap 	<p>20 points possible. 4 separate scores:</p> <ol style="list-style-type: none"> 1. Stability/effortlessness: 1-5 2. Height: 1-5 3. Body alignment: 1-5 4. Leg Extension- 1-5 <p>-Plus time bonus:</p> <ul style="list-style-type: none"> +2pts 40 seconds and under +1pt 40.1 - 43 seconds <p>-A 5pt penalty will be assessed if an athlete pushes off wall.</p>



Propulsion/ Distance per Stroke/ Stroke Rate

Distance per stroke/ Stroke Rate	DESCRIPTION	SCORING CRITERIA																																				
	<ul style="list-style-type: none"> - Pull (no kicking) one 25 yards of freestyle. - Hold a pull buoy between the ankles. - Start with the toes touching one end of the pool. Do not push off the wall. - Start with one arm/hand extended forward above the head and the other arm extended towards the legs. - SPRINT: Pull freestyle to the opposite end of the pool. - GOAL: To complete the 25 yards pulling freestyle in the fastest possible time with the minimum number of stroke cycles. 	<p>TBD</p> <p>Time and # of strokes will both be scored (10 points each).</p>																																				
EQUIPMENT	MEASUREMENTS	SCORING																																				
<ul style="list-style-type: none"> - Pull buoy. - Stopwatch. - Monitor to count the number of stroke cycles for each swimmer. - Calculator. 	<ul style="list-style-type: none"> - Time to complete 25 yards to the nearest tenth of a second. - Count the number of strokes cycles completed, right hand entry to right hand entry for freestyle and backstroke. Average rounded up to the nearest ½ cycle. - Calculate the distance covered on average per stroke. 25 yds / # stroke cycles = yds per stroke cycle - Calculate stroke rate: # stroke cycles completed / total time = stroke cycles per second 	<p>20 points possible</p> <table border="0"> <thead> <tr> <th>Time</th> <th>Score</th> <th>Strokes</th> </tr> </thead> <tbody> <tr> <td>33.0 and up</td> <td>0</td> <td>36 and up</td> </tr> <tr> <td>30-32.9</td> <td>1</td> <td>33-35</td> </tr> <tr> <td>28-29.9</td> <td>2</td> <td>30-32</td> </tr> <tr> <td>26-27.9</td> <td>3</td> <td>27-29</td> </tr> <tr> <td>24-25.9</td> <td>4</td> <td>24-26</td> </tr> <tr> <td>22-23.9</td> <td>5</td> <td>22-23</td> </tr> <tr> <td>20-21.9</td> <td>6</td> <td>20-21</td> </tr> <tr> <td>18-19.9</td> <td>7</td> <td>18-19</td> </tr> <tr> <td>17-17.9</td> <td>8</td> <td>17</td> </tr> <tr> <td>16-16.9</td> <td>9</td> <td>16</td> </tr> <tr> <td>15.9 and below</td> <td>10</td> <td>15 and below</td> </tr> </tbody> </table>	Time	Score	Strokes	33.0 and up	0	36 and up	30-32.9	1	33-35	28-29.9	2	30-32	26-27.9	3	27-29	24-25.9	4	24-26	22-23.9	5	22-23	20-21.9	6	20-21	18-19.9	7	18-19	17-17.9	8	17	16-16.9	9	16	15.9 and below	10	15 and below
Time	Score	Strokes																																				
33.0 and up	0	36 and up																																				
30-32.9	1	33-35																																				
28-29.9	2	30-32																																				
26-27.9	3	27-29																																				
24-25.9	4	24-26																																				
22-23.9	5	22-23																																				
20-21.9	6	20-21																																				
18-19.9	7	18-19																																				
17-17.9	8	17																																				
16-16.9	9	16																																				
15.9 and below	10	15 and below																																				



Boosts

Boosts	DESCRIPTION	SCORING CRITERIA												
	<ul style="list-style-type: none"> - Swimmer completes 3 boosts within 15 seconds. Third boost must reach maximum height at 15 second mark or before, descent can be completed after 15 seconds. - Swimmer starts at the surface or just beneath the surface. - Swimmer uses the legs and arms (as desired) to boost to maximum height. - Arms stay extended down towards the water surface (a head or body boost, no-arm boost). - After each boost the swimmer should descend beneath the surface and then prepare for the next boost. - GOAL: To complete 3 boosts within 15 seconds while achieving maximum height. 	<ul style="list-style-type: none"> -Stability: Swimmer should boost with minimal extraneous movement. Head and torso position should be stable from height of the boost through the descent. -Height: see deductions in measurements. -Extension/Posture: Neck and torso should be extended. Head, shoulders and torso should be in “good” posture- chest open, shoulders down, back flat -Power/Quickness: Swimmer should move rapidly from beneath the surface to maximum height. 												
EQUIPMENT	MEASUREMENTS	SCORING												
<ul style="list-style-type: none"> - Stopwatch. - Pace clock visible to swimmers in order to monitor time. - Timer to indicate time in 1/2way time 	<p>Height deductions</p> <table style="margin-left: 40px; border: none;"> <tr><td>0</td><td>Clear the 1/4mark</td></tr> <tr><td>1</td><td>Crotch</td></tr> <tr><td>2</td><td>Between the crotch and hip bone</td></tr> <tr><td>3</td><td>Hip bone</td></tr> <tr><td>4</td><td>Waist</td></tr> <tr><td>5</td><td>Lower ribs</td></tr> </table>	0	Clear the 1/4mark	1	Crotch	2	Between the crotch and hip bone	3	Hip bone	4	Waist	5	Lower ribs	<p>15 points possible. 3 separate scores:</p> <ol style="list-style-type: none"> 1. Height: 1-5 2. torso alignment/ extension 1-5 3. Power/Quickness: 1-5 <p>-Not completing 3 boosts in the 15 seconds will result in a failed test.</p>
0	Clear the 1/4mark													
1	Crotch													
2	Between the crotch and hip bone													
3	Hip bone													
4	Waist													
5	Lower ribs													

**Agility and Accuracy: Leg position switches
(Height- Speed-Position)**

Helicopter to Fishtail switch sequence	DESCRIPTION	SCORING CRITERIA
	<ul style="list-style-type: none"> - Swimmer starts in a helicopter position: head and torso vertical (perfect vertical alignment of the torso is not necessary), one leg extended horizontally in front of the body along the surface, the other leg is bent with the heel above the buttocks, the shin should be parallel to the surface and knee should be at the surface. - Swimmer lifts the straight leg to a vertical position. - Swimmer simultaneously extends the bent leg forward, moving the body into a fishtail position. - Simultaneously move both legs back to the original helicopter position. - 20 repetitions should be completed. 1 repetition starts in a helicopter, switches to a fishtail and returns to the same helicopter. - Repetitions should be performed to a metronome. One move completed per beat; i.e. helicopter to fishtail = 1 beat, fishtail to helicopter = 1 beat. Total time = 20 seconds. - Tempo is set at 180 beats per minute or 3 beats per second. - GOAL: To complete 20 repetitions from helicopter to fishtail with accuracy of timing and position, at maximum height, with minimal splash, and with good extension. Travel should be minimal. 	<ul style="list-style-type: none"> - Stability: Positions are hit cleanly with minimal or no extraneous movements of the legs or of the entire body. Height: Height on the vertical leg in the fishtail positions, hips at the surface for the entire action. - Extension: knee and feet extension in the helicopter and fishtail positions. - Accuracy of position: flat helicopter position, bent and straight legs aligned in helicopter, vertical leg in fishtail position, horizontal leg is flat along the surface. - Accuracy of timing: - Clean: There should be minimal splash.
EQUIPMENT	MEASUREMENTS	SCORING
<ul style="list-style-type: none"> - Metronome - Stopwatch. - Monitor to count the number of repetitions and indicate the number completed to swimmers over a microphone every 5 repetitions. 	<p>Accuracy of position and accuracy of timing are defined in the description.</p> <p>Each position should be clearly defined (hit/hold and then move) there should be holds and not continuous movement.</p>	<p>20 points possible.</p> <p>4 Separate scores for each area:</p> <ol style="list-style-type: none"> 1. Stability/ Height: 1-5 2. Leg Extension: 1-5 3. Accuracy of position: 1-5 4. Accuracy of timing: 1-5 <p>If 20 repetitions are not complete, the result is a failed skill.</p>

Split Flexibility

Eggbeater transition/ Front Walkover	DESCRIPTION	SCORING CRITERIA
	<ul style="list-style-type: none"> - Start in eggbeater. Travel towards the right side for 8 counts. On count 1, kick/transition into side flutter kick on the right side with the right arm overhead (in the water) and the left arm extended along the surface. - On count 5, the left arm sweeps/moves over the surface into a front layout. On count 7, pike down into a surface front pike. - On count 1, lift the left leg over the surface into a right split position. Hold the split position for counts 2, 3, 4. On count 5, do a front walkout into a surface arch and hold count 6-8 then torpedo into a back layout position with the arms in torpedo scull. Head should surface on count 3. - No movement from the time the pike is assumed through the surface arch - GOAL: To perform a strong transition from eggbeater into side flutter kick; to move quickly and precisely on the prescribed counts; to keep the hips at the surface throughout the front walkover; to move strongly down the pool on the walkout and torpedo. 	<ul style="list-style-type: none"> - Height: Eggbeater, hips in surface front pike, left and right legs, hips in the split and surface arch. - Flexibility: Hips at the surface in the split. - Extension: Torso and neck in eggbeater and side flutter, left arm, feet and knees. - Movement: Swimmer appears to move over or on top of the surface from eggbeater into side flutter. Hips should continue headfirst movement into the pike. Hips should move foot first during the walkout and torpedo. Movement is strong and continuous.
EQUIPMENT	MEASUREMENTS	SCORING
<ul style="list-style-type: none"> - Metronome set at 120 bpm/ 2 beats per second. 	<p>Position deductions</p> <ul style="list-style-type: none"> - 0 For a gold Split - 1 silver and better - 2 bronze but not silver - 3 less than bronze - Up to 2 points for the surface arch position 	<p>20 points possible. Separate scores for each area</p> <ol style="list-style-type: none"> 1. Split Position/Surface Arch: 1-5 2. Accuracy of timing: 1-5 3. Extension: 1-5 4. Continuous Movement: (as defined) 1-5

Split Flexibility/Power

Rocket Split	DESCRIPTION	SCORING CRITERIA
	<ul style="list-style-type: none"> - A thrust to a vertical position followed by a rapid airborne right split position, followed by a join to vertical with maximum height. - Swimmer has 2 opportunities to perform the rocket split within 20 seconds. May breath between each split - GOAL: To achieve maximum height in the vertical and right split position, to achieve a flat or over split position. - Must start with legs perpendicular to the surface 	<p>Stability: Feet together in both verticals; precise movements, minimal extraneous movement.</p> <p>Height: height in both vertical and in the split position.</p> <p>Extension: Knee and foot extension.</p> <p>Vertical alignment in both verticals.</p> <p>Flexibility: Flat split or over split.</p> <p>Power: Rapid thrust to maximum height; legs open quickly to the split, legs close quickly to vertical.</p>
EQUIPMENT	MEASUREMENTS	SCORING
	<ul style="list-style-type: none"> - Time Starts when the athlete goes under. - See rulebook for definition of thrust to vertical. - Will take the better of the 2 scores. 	<p>25 points possible.</p> <p>5 Separate scores for each area:</p> <ol style="list-style-type: none"> 1. Height (vertical and split): 1-5 2. Leg Extension: 1-5 3. Airborne Split Position: 1-5 4. Power: 1-5 5. Position (Start and verticals): 1-5

Spin

Continuous Spin	DESCRIPTION	SCORING CRITERIA
<p>Athletes will assume the vertical from under water and rise to assume the vertical position Right side to the panel.</p>	<ul style="list-style-type: none"> - Swimmer starts in a vertical position at maximum height. Swimmer will hold for 4 ticks before spinning. - Swimmer completes a continuous spin of at least 4 revolutions (1440°) to the ankles and continues to spin 180-360° to descend beneath the surface. - Swimmer can complete more revolutions with bonus points for up to 8 revolutions. Rate of descent should be even. - Timing is set at 1 beat per 180°, i.e. 1 second per 360°. Metronome set at 120 bpm. - GOAL: To achieve maximum height in the vertical, maintain vertical alignment during the spin, rapid spins with even rate of descent. 	<ul style="list-style-type: none"> -Stability: Vertical is stable/ still. Spin is smooth and alignment maintained. -Height: height in vertical position. Even rate of descent during the continuous spin. -Extension: Knee and foot extension. Vertical alignment in the vertical and through the entire spin. Spin should revolve around a central axis within the body. -Vertical Alignment: The body should remain vertically aligned throughout the spin and rotate around a central axis. -Timing/Speed of revolution: Swimmer stays on prescribed time. -Rate of Descent: There should be an even rate of descent during each revolution. The rate should be consistent from maximum height through completion of the descent.
EQUIPMENT	MEASUREMENTS	SCORING
<ul style="list-style-type: none"> - A person will be designated to count the number of spins - Metronome set at 120 bpm/ 2 beats per second. 		<p>20 points possible. 4 Separate scores for each area</p> <ol style="list-style-type: none"> 1. Height: 1-5 2. Leg Extension: 1-5 3. Body alignment: 1-5 4. Timing/Speed: 1-5 (Rate of Descent) <ul style="list-style-type: none"> - Bonus points: 0.5 points for each additional 360° over 1440° (up to 8 Spins). Rate of descent must remain even. No bonus points if additional 360°'s are completed only at the heels. - If 4 spins are not completed by the ankles, the result is a failed skill.