



T +27 11 404 2480

F +27 11 402 2486

P.O. Box 17009, Doornfontein, Johannesburg, 2028, RSA

124 Van Beek Street, North Wing, Ground Floor Johannesburg Stadium, New Doornfontein

www.swimsa.org

25 October 2011

From: Chief Executive Officer
To: Affiliate Presidents
Affiliate Secretaries
Cc: SSA Executive Committee
Convenors of Technical Committees

RE: SYNCHRONISED SWIMMING NATIONAL AGE GROUP CHAMPIONSHIPS 2011

Herewith an update on rules, programmes and qualifying standards for the Synchronised Swimming National Age Group Championships, as attached.

Should you require any clarification, kindly contact Ms. Daphne Bird on 011 404 2480 or via e-mail on daphne@swimsa.co.za.

Yours sincerely

A handwritten signature in black ink that reads "Adriaanse".

SL Adriaanse
Chief Executive

SA National Age Group Synchronised Swimming Championships

1. GENERAL EVENT INFORMATION

- 1.1. The 2011 Swimming South Africa National Age group Synchronized Swimming Championships will be held at the UWC Aquatic Centre, Bellville, Cape Town from 10 to 14 December 2011.
- 1.2. The LOC Contact details are as follows:
- 1.2.1. Tournament Director : Sue Manners-Wood 0823311159 sue@manners.co.za
- 1.2.2. Competition steward : Frances Keyte 0727752772 keyte@telkomsa.net
- 1.2.3. Accommodation options : Sandra Reynolds wpamarketing@icon.co.za

2. ENTRY PROCEDURES

- 2.1. This competition is run according to FINA and SSA rules. Also please see S.A. Age Group Rules attached.
- 2.2. All SA swimmers, including novices, must be registered with SSA with reg nos. included on entry form
- 2.3. The closing date for entries and costs are:

	Dates	Fees
1 st Closing Date	07 November 2011	R 300.00
	Novices	R 100.00
	Team & Free Routine	R 100.00
2 nd Closing Date	01 December 2011	R 600.00
	Novices	R 200.00
	Team & Free Routine	R 200.00
Dash for cash	Per team Entries	R 50.00

Entry fee includes a NAG swim cap to be worn for figures competition

- 2.4. Each Team will check and summarize entries and forward these along with the indemnity forms, athlete declaration forms and deposit the entry fees into the WP bank account.
- WP Aquatics
Standard Bank
Branch no 00051001
Acc no 070853703
- 2.5. Payment confirmation ref NAG and club name to be sent to Elna Cecil, WP treasurer elnac@netactive.co.za cc Linda Thomson lindat@nfp.nedbank.co.za



2.6. **Additional Costs**

2.6.1. T-Shirts

- 2.6.1.1. NAG T shirts may be on sale at the competition.
- 2.6.1.2. Cost of the T shirts will be advised as soon as available.
- 2.6.1.3. Please indicate size and quantity on entry form.

2.6.2. Awards Dinner.

- 2.6.2.1. Cost will be advised as soon as details are finalized.
- 2.6.2.2. Payment to be made at Registration

2.6.3. Photographs of teams and individuals will be available at the competition.

2.6.4. Pool meals for competitors – details to follow

3. **TECHNICAL OFFICIALS**

- 3.1 Teams are invited to submit technical officials to assist with the presentation of the championships.
- 3.2 Technical Officials must be correctly attired, White shirts and Navy Blue Trousers/shorts
- 3.3 Only technical officials registered with SSA will be eligible to officiate.
- 3.4 Level 1 Judges will officiate for skills levels 1 and 2, 10&U and 12&U routines only.

4. **Entry Criteria**

4.1. NAG 2011 is trials for selection of teams aged 13-15 and 15-18 years in 2012. All athletes wishing to be considered for inclusion must compete in the figure competition in their 2012 age group as well as 2011 age group

4.2. **Age Groups**

- 4.2.1. 10 & U 2001 or later
- 4.2.2. 12 & U 1999 or 2000
- 4.2.3. 13,14,15 1998, 1997, 1996
- 4.2.4. 16,17,18 1995, 1994, 1993
- 4.2.5. Open

- 4.2.6. The 12&U team may comprise of competitors from the 10&U or 12&U age group.
- 4.2.7. The 13–18 team may comprise 13-18 year olds.
- 4.2.8. The free routine combination may comprise 10 swimmers of any age. No swimmer may enter in more than one routine per event.

4.3. **Dash for Cash (1)**

- 4.3.1. 4 X 25m medley ladder relay ie 1X10&u; 1X11-12; 1X13-15 and 1 X junior or senior swimmer
- 4.3.2. Clubs may combine to make up teams

4.4. **Dash for Cash (2)**

- 4.4.1. 4 X 50m medley ladder relay ie 1X10&u; 1X11-12; 1X13-15 and 1 X junior or senior swimmer
- 4.4.2. Clubs may combine to make up teams

4.5. **Music:**

- 4.5.1. Music on CD will be accepted.
- 4.5.2. All music must be clearly labeled stating the competitors & club name and age group event and draw number.
- 4.5.3. A compulsory music practice session with sound technician must be scheduled prior to competition as music will be loaded onto computer

4.5.4. **Music Time Limits**

AGE GROUP	SOLO	DUET	*TRIOS	TEAM
10&U	2:00	2:15	-	-
12&U	2:00	2:30	2:30	3:00
13, 14, 15	2:30	3:00	-	-
Juniors	3:00	3:30	3:00	3:30
Senior technical	2:00	2:20		

- 4.5.4.1. (* see trio rules.) Free routine combination – 4.00 min

4.5.5. Trios

- 4.5.6. Competitors may now enter both duet & trio competition, but must swim different routines to different music.
- 4.5.7. No figure score will count in computing the result.
- 4.5.8. The event is in two age groups viz. 12&u and 13-18 years as for the team event
- 4.5.9. A swimmer may only enter in one routine per event

5. Pool Layout

- 5.1. The UWC pool is 50m X 25m.
- 5.2. There will be a lane rope across the pool at 30m from start platform, making the competition pool 25m X 30m X 5m.
- 5.3. The shallower end of the pool may be utilised for swimming, drills and practice.
- 5.4. Music time takes preference and tapping may not disrupt music practice.
- 5.5. Pool plan to follow

6. Competition Rules**6.1. Introduction**

- 6.1.1. This is a club competition. Clubs from outside SA are eligible to compete by invitation.

6.2. Ages

- 6.2.1. Age is as at 31st December of the end of the year of competition
- 6.2.2. Age groups are: 10&u, 12&u, 13-15, junior, senior
- 6.2.3. A novice is a swimmer who is in her 1st or 2nd year of competition
- 6.2.4. Senior competitors will swim technical solos, technical duets, and senior figures.
- 6.2.5. 10&u age group use figures set every 4 years by the TC (see below)
- 6.2.6. All competitors within the specified age groups are eligible to compete.

6.3. Format

- 6.3.1. Figures as per FINA age group figures, viz: 12&u, 13-15, Junior and Senior
- 6.3.2. Skills levels 1 and 2 for Novices (see below)



- 6.3.3. NAG 2011 is trials for selection of teams aged 13-15 and 15-18 years in 2012.
- 6.3.4. All athletes wishing to be considered for inclusion must compete in the figure competition in their 2012 age group as well as 2011 age group
- 6.3.5. Time limits for routines for these age groups will follow FINA rules.
- 6.3.6. 10&U: the TC sets Figures and routine time limits for 4 years. (see below)
- 6.3.7. Duet partners may be from different age groups.
- 6.3.8. The younger partner must swim figures in own as well as partner's age group.
- 6.3.9. Points and medals (if applicable) are only allocated for figures in own age groups.
- 6.3.10. Team & trio events do not include figure scores.
- 6.3.11. However 12&U teams and trios may only use 12&U competitors and conversely 12&u competitors may not swim in 13-18 teams or trios.
- 6.3.12. No swimmer may enter twice in one event
- 6.3.13. All competitors including open and novice swimmers are eligible to compete in the Free Routine Combination

6.4. **10 & U: Figures**

Compulsory:

- | | | |
|-----|-----------------------|-----|
| 101 | Single Ballet Leg | 1.6 |
| 320 | Front Pike Somersault | 1.7 |

Group 1

- | | | |
|-----|----------------------|-----|
| 310 | Back Tuck somersault | 1.1 |
| 302 | Blossom | 1.4 |

Group 2

- | | | |
|-----|----------------------|-----|
| 303 | Back Pike somersault | 1.5 |
| 315 | Kipnus | 1.6 |

6.5. **10 & U: Time limits**

Solo: 2.00 Duets: 2.15



6.6. Trios: Time limits

12&U: 2.30 13-18: 3.00

6.7. This event may be swum at the same time as the Free Routine combination. No figure score will count in computing the result.

6.8. The event is in two age groups viz. 12&u and 13-18 years as for the team event

6.9. Competition

6.9.1. The program includes figures, solos and duets for all the specified age groups, and team and trio competitions as above.

6.9.2. The competition also comprises a Free Combination Team according to Fina rules.

6.9.3. Both intermediate and senior athletes may swim in this.

6.9.4. The intermediate athletes will not lose their eligibility for intermediate entry in the following year.

6.10. Points

6.10.1. Points are allocated in accordance with SSA guidelines (14,11,9,7,6,5,4,3,2,1).

6.10.2. All competitors at SA Age Groups receive 1 point if they do not qualify for points on the above scale.

6.10.3. Double points are allocated for teams, trios and FRC events.

6.10.4. Clubs may combine for team and FRC event but points will be split accordingly

6.11. Trophies

6.11.1. Trophies are awarded to SA entries only.

6.11.2. Separate medals are awarded to international competitors and the trophies are as follows:

6.11.3. NAG Winning club trophy

6.11.4. Karen Schoombee Trophy for the 10&u Champion

6.11.5. Caroline Vorster Trophy for 11-12 solo champion

6.11.6. Willie Vorster Trophy for highest solo score overall

6.11.7. Barbara Dowell Trophy for Free Routine Combination Champion

7. TIME TABLE FOR EVENTS

<u>Friday 09 December</u>		
08h30	Figure Draw	
<u>Saturday 10 December</u>		
09h00 – 16h00	Allocated music time	
12h00 – 16h00	Registration	
13h30	Judges meeting (skills levels 1,2)	
14h00	EVENT 1	Novices : skills level 1
16h00	Managers meeting	
<u>Sunday 11 December</u>		
08h00 – 09h30	Allocated music time	
	Open practice time for figures	
09h15	Judges meeting	
10h00	EVENT 2	Senior figure competition
10h30	EVENT 3	10&U figure competition
	EVENT 4	Novices : skills level 2
11h30	Tea	
12h00	EVENT 5	13-15 figure competition
13h15	Lunch	
13h45	EVENT 6	12&U figure competition
15h00	EVENT 7	Junior figure competition
16h00	Managers' meeting	
<u>Monday 12 December</u>		
08h00 – 10h00	Allocated music practice time	
08h00 – 10h00	shallow end available for swim warm up	
09h30	judges meeting (events 8,9)	
10h15	EVENT 8	13-15 solo prelims
11h15	EVENT 9	Open tech solos
12h00	lunch	
12h30	Opening ceremony/march past	
13h00	Judges meeting (events 10,11,12)	
13h30	EVENT 10	13-18 trios
14h15	EVENT 11	11-12 duets
15h00	EVENT 12	16-18 solo prelims
	Dash for Cash 1	
16h00	Managers meeting	

<u>Tuesday 13 December</u>		
08h00 – 09h30	Allocated music practice time	
09h30	Judges' meeting	
10h00 EVENT 13	13-15 duets	
10h45	EVENT 14	10&U solos
11h45	EVENT 15	Open technical duets
12h30	Lunch	
13h00	EVENT 16	16-18 solo finals
14h30	Tea	
15h00	EVENT 17	12&U team routine
15h30	EVENT 18	13-18 team routine
<u>Wednesday 14 December</u>		
08h00 – 09h00	Allocated music practice time	
09h00	Judges' meeting	
09h30	Dash for Cash 2	
10h00	EVENT 19	11-12 solos
11h00	EVENT 20	16-18 duets
11h30	EVENT 21	13-15 solo finals
12h00	EVENT 22	12&U trios
12h30	Lunch	
13h30	EVENT 23	10&U duets
14h00	Tea	
14h30	EVENT 24	Combination team routine

8. SKILLS LEVELS

SKILLS LEVEL 1

1. STEP ENTRY		
If deck level pool, a small jump is allowed		
i) Body upright, at edge of pool, arms "vertical" above head and close to the ears.		
ii) Step off side.		
iii) Head up, eyes looking forwards.		
iv) Body vertical with legs together and feet pointed on entry and maintained until body is totally submerged.		
v) Arms remaining "vertical" and close to the ears throughout.		
Examiner		
2. STATIONARY EGGBEATER LEG KICK		
Position held for 10 seconds. A stabilising scull allowed.		
i) Body erect with shoulders pulled down and back and level. Back of neck fully extended.		
ii) Knees pulled up towards the body and wider than the hips.		
iii) Knees remaining "stationary".		
iv) Smooth continuous alternating action with feet flexed, demonstrating constant height.		
v) Water line at "top of the arm crease" height.		
Examiner		
3. FRONT LAYOUT (stationary)		
i) Body at surface with face in, extended, buttocks and heels at the surface.		
ii) Shoulders pulled down and back.		
iii) Back of neck extended,		
iv) Legs tight and fully extended.		
v) Ankles extended and squeezed towards each other toes pointed.		
vi) Smooth flat sculling action with elbows bent and upper arms "stationary". Minimal disturbance of water.		
vii) Position held for 5 secs.		
Examiner		
4. STATIONARY BACK LAYOUT FOLLOWED BY TRAVELLING HEAD FIRST ON BACK 10 METRES USING STANDARD SCULL	Stationary	Travelling
i) Body horizontal with hips, thighs and feet at surface, toes pointed.		
ii) Shoulders pulled down and back.		
iii) Back of neck extended, face parallel to water surface.		
iv) Legs tight with knees fully extended.		
v) Ankles extended and squeezed towards each other toes pointed.		
vi) Smooth flat sculling by hips with elbows slightly bent and upper arms stationary. Minimal disturbance of water.		
vii) Stationary layout held for 5 seconds.		
viii) Smooth standard sculling action, with fingers angled towards the water surface, by hips allowing smooth continuous head first travel.		
ix) Distance travelled 10 metres.		
Examiner		
5. BACK TUCKED SOMERSAULT (Fig 310)		
i) Back layout as in item 4.		
ii) Shins drawn along the surface until the knees are close to chin. Head remains in original position.		
iii) Without pause, the body rotates backwards and becomes more compact with the chin tucked in.		
iv) 360 degree rotation close to surface- (feet and buttocks may leave water) until a surface tuck is achieved.		

v) Feet are extended away as swimmer returns to back layout.	
vi) All points as in back layout.	
vii) Even speed throughout the rotation.	
viii) Travel minimal.	
As figure description 310.	
Examiner	
6. INVERTED VERTICAL HOLDING BOTTLES	
5 Litre bottles to be used. Hands holding bottles and arms held "stationary". Position held for 5 secs.	
i) Body extended and vertical.	
ii) Back of neck stretched so head is in line with body.	
iii) Trunk tight so it is in line with hips and shoulders.	
iv) Thighs shins, ankles and feet squeezed towards each other.	
v) Knees and feet fully extended. Muscle tightness obvious.	
vi) Position held for 5 seconds.	
Examiner	
7. STRAIGHT ARM BACK CRAWL TO MUSIC.	
Travel 10metres. No push off from side Music to be used "Waterloo" from Abba's Greatest Hits.	
i) Body angled to allow for continuous flutter kick without disturbance of the water surface with ears in the water.	
ii) Strong continuous flutter kick from hips.	
iii) On each arm action little finger out of water first which should show a shoulder lift. It should appear that the arm starts at the bottom of the ribs.	
iv) Arm straight over the surface.	
v) Arm "stops" at "45" to water surface and then continues over.	
vi) Little finger entering first.	
vii) Swimmer should demonstrate power in travel.	
viii) Sharp arm movements in time to selected beat.	
Examiner	
8. PRONE POSITION TRAVELLING 5 METRES DEMONSTRATING REVERSE SCOOP SCULL	
i) Body at surface with face in, back of neck fully extended, buttocks and heels at the surface.	
ii) Arms below surface but in front of body. Depth of arms will depend on buoyancy of the swimmer.	
iii) Arms bent with elbows out wide.	
iv) Elbows remaining relatively stationary throughout.	
v) Rotation of the arms towards the body.	
vi) Sculling action allowing smooth and continuous head first travel and minimum disturbance of water.	
vii) Distance travelled 5 metres.	
Examiner	
9. STANDING IN SHOULDER DEPTH WATER DEMONSTRATING SUPPORT SCULLING ACTION	
Standing/kneeling at shoulder depth, back straight. Where only deep water is available, swimmers may use an eggbeater action, but only the arm action must be assessed.	
i) Arms bent so forearms are parallel to water surface. Palms facing the surface.	
ii) Elbows in line with body.	
iii) Palms face slightly out on the outward movement.	
iv) Hands flat on inward movement palms remaining facing the surface and moving inward until the fingers	

"touch" in front of the body.		
v) Continuous movement with even pressure on the outward and inward movement.		
vi) Effective scull demonstrating power.		
Examiner		
10. LONG SITTING AGAINST A WALL DEMONSTRATING FULLY EXTENDED KNEES.		
Feet flexed (toes pulled up towards body).		
i) Back straight.		
ii) Shoulders pulled down and back of neck "fully" extended.		
iii) Tightness in all the muscles of legs obvious.		
iv) Inside margins of feet squeezed towards each other.		
v) Position held for 10 seconds.		
AND THEN Feet Pointed.		
vi) Back straight.		
vii) Shoulders pulled down and back of neck "fully" extended.		
viii) Tightness in all the muscles of legs obvious.		
ix) Ankle bones squeezes towards each other.		
x) Position held for 10 seconds.		
Examiner		
12. INVERTED RIGHT LEG SPLIT SUPPORTED BY BOTTLES		
5 Litre bottles must be used.		
i) Angle between thighs of at least 140 degrees but need not be even.		
ii) Arch in lower back so body is „vertical“.		
iii) Shoulders and hips square.		
iv) Knees and ankles demonstrating extension.		
v) Position held for 5 seconds.		
Examiner		

11. ALTERNATE BENT KNEES WITH BOTTLE			
5 Litre bottles must be used. Swimmers holding bottles in hands.	R	L	
Position stationary.			
Starting with right leg			
i) Body horizontal with hips, thighs and feet at surface.			
ii) Shoulders pulled down and back with upper chest high throughout figure.			
iii) Back of neck extended, face parallel to water surface.			
iv) Toe drawn along inside of horizontal leg until thigh is vertical.			
v) Water level at mid thigh.			
vi) Toe returns along the inside of the horizontal leg.			
vii) Hips pressed up towards the surface as the leg is lowered to back layout.			
viii) The action is repeated on the other leg.			
ix) Constant speed throughout the 2 leg actions.			
x) Body horizontal with hips, thighs and feet at surface.			
Examiner			

SKILLS LEVEL 2

1. TRAVELLING EGGBEATER WITH TRAILING ARM VERTICAL		
Travel 8 metres in one direction and 8 metres in the opposite direction. There may be a pause between the 2 actions.	R	L
i) Body erect with shoulders pulled down and back and level. Back of neck fully extended.		
ii) Knee of leading leg wide of body.		
iii) Trailing leg to side of body and angled to allow propulsion.		
iv) Vertical arm extended and arm pit of vertical arm dry.		
v) Head central.		
vi) Smooth continuous action demonstrating constant travel and constant height with minimal disturbance of the water.		
vii) Distance travelled 8 metres.		
Examiner		
2. KICK, PULL, KICK OVER 20 METRES		
i) Breast stroke kick used throughout.		
ii) Shoulders and face remain facing the direction of travel.		
iii) Shoulders pulled down and back so chin is high off the water.		
iv) During the over movement, arm fully extended and passing very close to the ear.		
v) Thumb entering first.		
vi) Constant rhythm throughout the 20 metres.		
vii) Distance travelled 20 metres.		
Examiner		
3. INVERTED TUCK DEMONSTRATING SUPPORT SCULL		
Method of achieving and getting out of the tuck optional but must be controlled. Tuck position held stationary for 5 seconds.		
i) Body compact, back rounded and chin tucked in.		
ii) Legs and feet squeezed together and feet fully extended.		
iii) Heels "close" to buttocks and shins vertical.		
iv) Arms bent so forearms are parallel to water surface. Palms facing the bottom of the pool.		
v) Palms face slightly out on the outward movement.		
vi) Hands flat on inward movement palms remaining facing the bottom of the pool and moving inward until the fingers "touch" in front of the body.		
vii) Continuous powerful movement with even pressure on the outward and inward movement.		
viii) Position held for 5 seconds.		
Examiner		
4. HANGING INVERTED VERTICAL		
Arm position optional. Minimal arm movement allowed maintaining stability. Position maintained at natural buoyancy height of the swimmer.		
i) Body extended and vertical.		
ii) Back of neck stretched so head is in line with body.		
iii) Trunk tight so it is in line with hips and shoulders.		
iv) Thighs shins, ankles and feet squeezed towards each other.		
v) Knees and feet fully extended. Muscle tightness obvious.		
vi) Position held for 5 seconds.		
Examiner		
5. FRONT LAYOUT TO FRONT PIKE POSITION		
i) Body at surface with face in, back of neck fully extended, buttocks and heels at the surface.		
ii) Reverse scoop sculling action must be shown.		
iii) Body and back of neck fully extended with shoulders pulled down and back. Flat back throughout.		
iv) Hips „replace“ head in pike position.		
v) After initial sculling action, elbows must remain in line with or behind the ears throughout.		
vi) 90 degree angle shown in pike.		
vii) Overhead sculling action maintained until pike position achieved.		
Examiner		
6. RIGHT BALLET LEG SUPPORTED BY BOTTLES (Fig101)		

5 Litre bottles must be used. Swimmers holding bottles in hands. Position "stationary".		
i) Body horizontal with hips, thighs and feet at surface.		
ii) Shoulders pulled down and back with upper chest high throughout figure.		
iii) Back of neck extended, face parallel to water surface.		
iv) Toe drawn along inside of horizontal leg until thigh is vertical.		
v) Water line mid thigh.		
vi) Knee stationary as leg is extended to ballet leg.		
vii) Both legs fully extended with knees straight, tightness obvious.		
viii) Foot of the non-ballet leg at the surface.		
ix) Non ballet leg rolled so heel points to bottom of pool.		
x) Vertical leg rolled so the heel points away from the face.		
xi) Water level mid thigh.		
xii) Knee remains stationary on descent to bent knee position. Water level at mid thigh.		
xiii) Shoulders pulled down and back with upper chest high as bent knee is lowered to back layout.		
xiv) Constant speed throughout.		
Examiner		
7. ALTERNATE BENT KNEE POSITION		
Starting in back layout, the right leg is lifted to a bent knee position and then returned to back layout. The action is repeated using the left leg.	R	L
i) Shoulders pulled down and back with upper chest high throughout.		
ii) As knee starts to bend, lift must be shown.		
iii) Toe drawn along inside of horizontal leg until thigh is vertical.		
iv) Thigh vertical. The immediate space under the bent knee must be dry.		
v) Foot of non ballet leg at the surface.		
vi) Horizontal leg extended.		
vii) Smooth flat scull not disturbing the surface of the water.		
viii) Hips pressed up towards the surface as the leg is lowered to back layout.		
ix) Toe returns along the inside of the horizontal leg.		
x) Constant speed throughout the 2 leg actions.		
Examiner		
8. INVERTED RIGHT LEG SPLIT		
i) Even split (part of legs may be out of the water)		
ii) Angle between thighs of at least 140°		
iii) Arch in lower back so body is vertical		
iv) Knees and ankles demonstrating extension		
v) Position held for 5 seconds		
Examiner		
9. TORPEDO SCULL TRAVELLING 10 METRES		
i) Body horizontal with hips, thighs and feet at surface.		
ii) Shoulders pulled down and back with upper chest high.		
iii) Back of neck extended, face parallel to water surface.		
iv) Legs and ankles fully extended and squeezed towards each other.		
v) Obvious tightness throughout the body and legs.		
vi) Arms fully extended and close to ears.		
vii) Smooth continuous sculling action allowing smooth foot first travel with minimal disturbance of the water.		
viii) Distance travelled 10 metres.		
Examiner		
10. HEAD FIRST DIVE		
i) Upright stance at edge of pool. Arms extended above the head.		
ii) Feet together, stomach pulled in and tightness and extension demonstrated.		
iii) During take off from the side, the hips must push up and the legs extend.		
iv) Angle at entry at least 45 degree to water surface.		
v) Full extension from the fingers through to the toes shown on entry.		
vi) Fully extended body shape maintained until fully submerged.		
Examiner		

11. DOLPHIN SCULL TRAVELLING 10 METRES	
i) Body horizontal with hips, thighs and feet at surface.	
ii) Shoulders pulled down and back with upper chest high.	
iii) Back of neck extended, face parallel to water surface.	
iv) Legs and ankles fully extended and squeezed towards each other.	
v) Obvious tightness throughout the body and legs.	
vi) Arms fully extended and close to ears.	
vii) Smooth continuous sculling action allowing smooth head first travel with minimal disturbance of the water.	
viii) Distance travelled 10 metres.	
Examiner	
12. ON LAND: PRONE „PLANK“ POSITION	
i) Body in press up position supported by hands or forearms.	
ii) Toes curled under so they face towards the head.	
iii) Body in a straight line.	
iv) Head in line with body.	
v) Body position held for 10 secs.	
Examiner	