

## GOLD SKILLS - Specific criteria requirements for skills testing:

### URNS

#### Free Flip Turn

- 1 tight somersault - knees into chest, chin tucked
- 2 both feet land on wall & pushoff on bk. at same time
- 3 roll onto front in streamline - 3 free strokes

#### 2-Hand Touch Turn

- 1 touch w. long arms - fingers at water level, shoulders even
- 2 head goes back -1 elbow to side, 1 hand close to head
- 3 2 hands on wall, 1 hand, nothing - 2 feet pushoff

#### Backstroke Finish

- 1 full backstroke swimming into the wall
- 2 knowing stroke count - how many strokes into wall
- 3 touch wall on back - no flipping over, no looking for wall

### BP & BUOYANCY

#### Streamline Float on Back - 3 sec hold

- 1 hands stacked, thumb wrapped, head squeezed
- 2 hips, belly, legs on surface of water, toes pointed
- 3 hold flat - long body position for 3 seconds

#### Streamline Float on Front - 3 sec hold

- 1 hands stacked, thumb wrapped, head squeezed
- 2 hips, belly, legs on surface of water, toes pointed
- 3 hold flat - long body position for 3 seconds

### KICK

#### 150m Flutter Kick w/Board

- 1 toes pointed, legs straight, hips at surface
- 2 arms straight on board, eyes looking forward
- 3 continuous flutterkick - boiling water

#### 50m Dolphin Kick w/Board

- 1 hips at surface
- 2 arms straight on board, eyes looking forward
- 3 toes touching, hips moving up/down

#### 50m Whip Kick w/Board

- 1 hips at surface
- 2 arms straight on board, eyes looking forward
- 3 feet to bum, toes out, kick around (at same time)

#### 100 Flutter Kick on Back (No Board)

- 1 no stopping for 100 meters
- 2 no pulling with arms or touching rope
- 3 body is on surface of water, toes pointed

### ENTRIES

#### Checkmark Pushoff w/3 Dolphin Kicks

- 1 one hand on wall, other outstretched, 2 feet on wall
- 2 drop bum, hands into streamline - push off on side
- 3 roll onto front - 3 dolphin kicks, toes touching

#### Two Foot Wall Entry

- 1 arms in streamline, chin tucked
- 2 body enters in one hole - feet last
- 3 legs start bent, and end straight - toes pointed

#### Backwards Somersault

- 1 chin tucked to chest on flip
- 2 legs together on floipturn
- 3 arms thrown out and around - into streamline

### SCULLING

#### Front Scull - 15m

- 1 arms extended - slight elbow bend when sculling out
- 2 eyes remain above surface
- 3 arms move out and in - cup shape with hands

### FREESTYLE

#### 200m Free Continuous

- 1 swimmers must breathe to the side - ear down
- 2 toes pointed, kick is at surface
- 3 big arms, pull finishes past hip (bathing suit)

### BACKSTROKE

#### 200m Back Continuous

- 1 hips at surface, eyes looking at ceiling
- 2 arms are always moving, opposite of each other
- 3 toes pointed, kick is at surface

### BREASTSTROKE

#### 50m Breaststroke Swim

- 1 one pull per kick
- 2 continuous arm pull - only stopping with glide (arms out)
- 3 no scissor kick - no flutter kick - legal kick

### BUTTERFLY

#### 10 Strokes of Butterfly (not failable)

- 1 2 kicks per pull
- 2 hourglass pull under body
- 3 chest and hip undulating each stroke