



2018 USA Synchro Judging Exam Zone & Collegiate Regional Level 3 Study Guide



This is an **open book test with a two hour time limit.** You will need the following:

- **USA Synchro Rulebook**
Posted on the Resources section of the USA Synchro website. You may download it to your personal device or print it out completely.
- **FINA Synchronized Swimming Manual for Judges, Coaches and Referees 2017-21.** Posted on the USA Synchro Judging or Coaches Resources page.
- **FINA Synchronized Swimming Handbook 2017-2021 (FINA Rulebook).** Posted on the USA Synchro Judging or Coaches Resources page.

You will need to apply your knowledge to Free Routines, Figures and All Technical Routines. A 90% is passing.

Figures - Study & Know:

- General Regulations & Guidelines (*USA Synchro Rulebook*)
- Basic Body Positions (*USA Synchro Rulebook*)
- Basic Transitions and Movements – including Spins, Thrusts & Twists (*USA Synchro Rulebook*)
- Officials and Duties, Rule IV (*USA Synchro Rulebook*)
- Application of Penalties (*USA Synchro Rulebook*)
- All 12-U, 13-15 Age Group and Junior Level Figures (*USA Synchro Rulebook*)
- Difficulty in Transitions (*FINA Synchronized Swimming Manual for Judges, Coaches and Referees*)
- Evaluation of a Figure Performance (which swimmer is better?)
- FINA Manual Height Chart
- Body Positions for the following figures:
 - Albatross ½ Twist, Rio, Ariana, Swordtail, Seagull, Jupiter

Routines - Study & Know:

- Rule IV – Officials and Duties, (*USA Synchro Rulebook*)
- Categories of routine judging and percentages for Free & Technical Routines (*USA Synchro Rulebook*)
- Duties of Referees, (*USA Synchro Rulebook*)
- Penalties, (*USA Synchro Rulebook*)
- Free Combination Routine specifics (*USA Synchro Rulebook and FINA Manual*)

Be able to recognize difficulty in a routine: (*FINA Synchronized Swimming Manual for Judges*)

- Strokes and propulsion techniques
- Figures and hybrids
- Transitions
- Patterns/formations
- Risk elements
- Synchronization
- Placement of difficulty

Understand and Apply: (*FINA Synchronized Swimming Manual for Judges*)

- The Quality of Performance Scale as it applies to routines and the scoring table.
- Judging and Referee Responsibilities as they apply to all Technical Routines
- Required Elements for Intermediate and Senior Routines. (*USA Synchro Rulebook Appendix L*)

Test Content:

True/False

Comparison of Execution, Artistic Impression & Difficulty

Multiple Choice

Short Answer

Figures - Most Weighted Transitions

Routines – Category and Percentages for Scoring

Routine Comparisons

FINA Manual Height Chart

Matching