



## 2019 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.**  
<https://www.teamusa.org/usa-synchronized-swimming/resources/for-judges>
- **FINA Synchronized Swimming Handbook 2017-2021 (FINA Rulebook).** Posted on the USA Synchro  
<https://www.teamusa.org/usa-synchronized-swimming/resources/for-judges>

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
- Basic Body Positions
- Basic Transitions and Movements – including Spins, Thrusts & Twists
- Officials and Duties, Rule IV
- Application of Penalties
- All 12-U, 13-15 Age Group and Junior Level Figures
- 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 13-15 figures:

### **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, Junior and Senior Routines and Mixed Duet (*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