

WATER STUNT TESTS

1. Back Somersault: (5 times)

The performer works in water 7 to 9 feet deep. He is supposed to successfully execute 5 back somersaults without coming up for air. Judges should score 2 points for each successful revolution, body must be tucked as in doing a back somersault in the air. The arms are to be the only means of propelling the body. Possible 10 points.

2. Porpoise--20 Yards

Start from deep end, dive to bottom, immediately pushing off from the bottom with the feet, go to surface, take a quick breath without a stop, and by a jack-knife moving of body and upward pull of arms, go to bottom again. Continue this procedure for one length of pool. Performer must appear 5 times--2 points for each successful movement if progress is continuous. Possible 10 points.

3. Crab Swim: (20 Yards)

The performer starts at the deep end and swims feet first face down; he propels his body by a sculling motion of the hands. His feet may be kept in motion--to keep them afloat. 1 point for each 6 feet. Possible 10 points.

4. Submarine: (10 Yards)

The performer starts by sculling head first (face up); as he travels head first he raises one foot out of the water (periscope) he submerges until this foot is out of sight; it must disappear and again reappear while the performer travels 30 feet.

5. Treading Water; (10 Yards)

The performer travels 30 feet by use of his feet only, body vertical in the water, hands out of the water. Possible 10 points.

6. Bobbing; (30 times)

Performer bobs up and down inhaling as the head comes to the surface; the hands may be used to aid in going down or up--body must be vertical. Three times per one point. Possible 10 points.

7. Crocodile Swim; (30 feet)

Performer placed hands on his hips and travels 30 feet using a flutter (crawl) kick; face down but not necessarily submerged. One point for each three feet. Possible 10 points.

8. Swim Hands Only; (20 Yards)

Performer must swim 20 yards--without the use of the feet; use the crawl stroke with the hands. Possible 10 points.

9. Floating; (30 seconds)

Hands and feet must be motionless.

10. Push-Off; (4 times)

The performer must be able to push off and travel across the pool without swimming. $2\frac{1}{2}$ points for each successful push-off across the pool. Possible 10 points.