



WE MOVE AS
ONE

2025 JUNIOR NATIONAL TEAM

2025 ELITE CAMP

SELECTION EVENT

National Skills Testing Protocols

Updated December 10, 2024



APPENDIX E

2025 JUNIOR NATIONAL TEAM

Through the evaluation process we will select up to 16 athletes who will be eligible for the 2025 Junior National Team. Exact number to be determined by the Chief of Sport or designee.

****NOTE:** To ensure that the Youth National Team has a minimum of 1 male and not more than 2 males, the Chief of Sport (or Designee) may go below the last athlete(s) being considered for the Junior National Team in order to replace the last ranked athlete(s) with up to 2 males, if necessary, to finalize the 2025 Junior National Team.

2025 JUNIOR NATIONAL ELITE CAMP

Through the evaluation process we will select up to 8 athletes who will be invited to attend the National Elite Camp.

Full details for the National Training Squad Trials process can be found [here](#)

NOTE: Refer to the USAAS website, Appendix E, to find the most recent information concerning ongoing Age Group Trials procedures and/or the National Teams and National Elite Camp. Click [here](#).

NATIONAL SKILL TESTING RULES



IMPORTANT: Athletes participating in the Junior National Team Trials are required to have completed Grade Levels 1,2,3, 4 & 5.

All athletes performing the National Skills Testing must wear white cap and black bathing suit for the water testing, and tight black shorts and black bathing suit for the land testing. There may not be any club affiliation displayed on the athlete's outfit.

The draw numbers may be written on the caps and/or the athletes' bodies.

For skills & routines, Athletes will be evaluated by official evaluators listed on the prerequisites for evaluators for all trials.

The Chief of Sport (or Designee) will select the appropriate number of individuals from the list on appendix E to serve on a panel during a Trials event.

No coaches, parents or non-competing athletes will be allowed in the area where the National Skill Testing takes place. A viewing area for coaches, parents and non-competing athletes will be provided only if space allows.



SUMMARY OF SKILL TESTING – Phase 1



Phase 1A - Swimming & Conditioning Test

3x100 Fly, Free, Free, Free No Breather

Note: All athletes from Phase 1A shall advance to Phase 1B and 1C.

Phase 1B - Technical Skill Test

Double Arm Eggbeater – Vertical Hold – Technical Elements

Phase 1C - Strength & Flexibility Tests

- A. Handstand Push-Ups
- B. Plank Test
- C. Vertical Jump Test
- D. Needle Kicks and Knight Arch Hold

Note: The top 40 athletes in rank order from Phase 1 shall advance to Phase 2. To ensure that the Junior National Team has a minimum of 1 male and not more than 2 males, the Chief of Sport (or Designee) may go below the top 40 ranked athletes to advance male athletes to Phase 2.



Phase 1A – Swimming and Conditioning Test



SWIMMING AND CONDITIONING TEST



Objective of the Test

Evaluate swimming and conditioning

Test Description

Starting Position: In water with one hand and both feet on the wall.

Test Instructions: The athlete will perform a 300 repeating the following set 3 times:

25 Fly

25 Free

25 Free

25 Free No Breather

Scoring Criteria

Time. 0.25 points will be taking off for every breath taken during the swimming and conditioning test.

How is the test evaluated?

A timer will be assigned for each swimmer and points will be earned depending on the time achieved in the 300 swimming set per the table below

Time	Score
4:00 minutes or less	10 points
4:00-4:10 minutes	7 points
4:10-4:20 minutes	4 points
4:20-4:40 minutes	1 point
4:40 minutes or more	0 points



Phase 1B – Technical Skill Test



TECHNICAL SKILL TEST



Technical Skill Set:

Metronome to 120 tempo. A total of 70 points possible

Test Description:

Swimmer will perform a series of technical skills mixed with the Team TRE to the metronome following the count sheet and video below.

The metronome counts will begin counting once the swimmer puts both arms up in the eggbeater. The body boost height won't be judged but expected to be higher than 7.0 score (dynamic ht. Boost head up scale)

Scoring Criteria:

Maximum height, extension, accuracy of movements, and synchronization.

10 points possible for each TRE (50 points)

10 points possible for each Vertical Hold (20 points)

Deduction for off Counts and Synchronization as per criteria below

How is the test evaluated?

Up to 5 Evaluators will evaluate:

Elements: TRE and Vertical Holds Execution Scores

Each Judge shall award scores from 0-10 points in increments of 0.25

A National Team Coach will evaluate Synchronization. Deductions for Synchronization will be the following:

Small mistakes (-0.1) / Obvious mistakes (-0.5) / Major mistakes (-1.0)

Trials phase 1B test video can be found [HERE](#)

Count Sheet can be found [HERE](#)

****NOTE: Please follow the video named "2025 JNT Trials - Phase 1B "Technical Skill Set" for directions of where each skills should go towards but use the "Count Sheet" document for the specific counts through the test!**

SCORESHEET – Each Element is worth 10 points AQUA Scoring Rules



Phase 1C – STRENGTH & FLEXIBILITY TESTS



Pike Handstand Push-Ups Test

Objective of the Test - A

Evaluate overhead upper body strength skills

Test Description

Starting Position: The athlete will start with the feet elevated in a piked handstand position facing towards their feet with hands, shoulders and hips in vertical alignment

Test Description: The athlete's feet during position the test is optional (flexed or pointed) but they should remain in contact with the box throughout the test with knees extended. Hands should be shoulder width apart with fingers pointing away from the feet. After assuming the starting position, an evaluator will announce "Test Begins". The athlete will lower their body in a controlled manner, bending the elbows until the head makes contact with the ground/mat. The contact with head must be made at or in front of the line of thumbs. No bouncing or excessive arching of the back is allowed. The repetition is completed when the athlete returns to the starting position with shoulders and hips in vertical alignment. The athlete will complete as many repetitions as possible in 1-minute. The repetitions will not be recorded if: the athlete is unable to continue or drops from the pike position, the evaluator determines that the form has deteriorated significantly, or the head does not reach the ground/mat. A 17-20 inch box will be used for all athletes.

Scoring Criteria

Number of repetitions achieved.

How is the test evaluated?

Up to four evaluators will assess this test and record the number of successful repetitions achieved in 1-minute.





Handstand Push-Ups Test

How is the test evaluated?

The athlete will be awarded points as explained in the criteria listed below for the amount of repetitions achieves in 1-minute. Test is terminated if athlete is unable to complete the repetition. 10 points maximum.

Scoring for Female Athletes

Score	Repetitions
10 points	42+
9 points	38-41
8 points	35-37
7 points	31-34
6 points	27-30
5 points	23-26
4 points	19-22
3 points	16-18
2 points	13-15
1 points	10-12
0 points	0-9

Scoring for Male Athletes

Score	Repetitions
10 points	65+
9 points	61-64
8 points	56-60
7 points	51-55
6 points	46-50
5 points	41-45
4 points	36-40
3 points	31-35
2 points	26-30
1 points	21-25
0 points	0-20

BRACE Plank Test

Objective of the Test - B

Evaluate strength, stability and control skills

Test Description

Starting Position: Athlete will begin in a low plank position, on forearms, with head, shoulders, back and hip in alignment. Shoulders should be above elbows and hips squared. Total test time is 1:30.

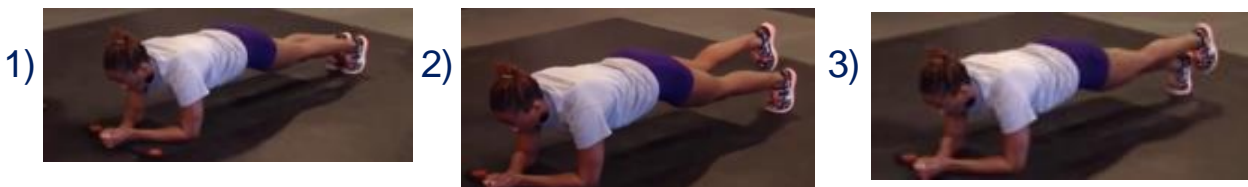
Test Instructions: When the athlete assumes the low plank position, evaluator will announce "Time Begins." The athlete will hold the low plank position for 30 seconds. After being able to hold a proper low plank position for 30 seconds, the athlete will lift right foot a few inches off the ground so that the lifted leg is aligned with the rest of body for 10 seconds, place it back, then lift left foot off the ground for 10 seconds. After being able to execute prior movements, the athlete will put both feet on ground and reach right arm straight out in line with the body for 10 seconds, then switch to reaching forward with left arm for 10 seconds. After being able to execute prior movements, athlete switches to reach out with right arm and lift left foot with the same alignment criteria for 10 seconds, then switches to reach out with left arm and lift the right foot for 10 seconds. At 1 minute and 30 seconds, test is complete. The transitions between movements should take less than 2 seconds.

Scoring Criteria

Proper alignment and extension of the all the body parts with minimal to no movement of rotation of the hips. Time Held.

How is the test evaluated?

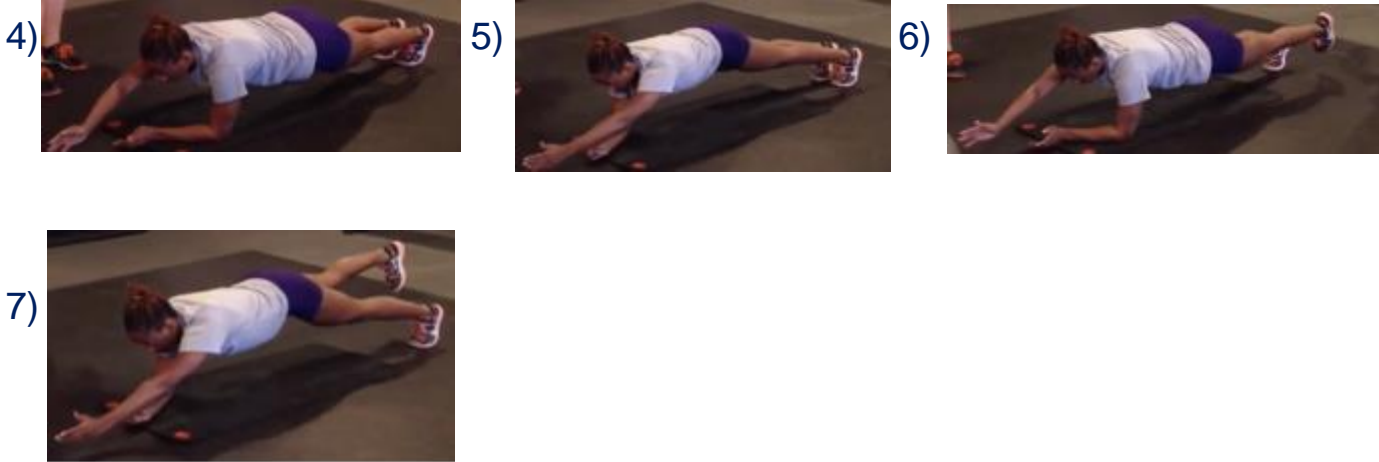
Up to four evaluators will assess this test. Athlete will start with a score depending on the length of time held, and points will be deducted as explained in the next page



STRENGTH TESTS



BRACE Plank Test



How is the test evaluated?

The athlete will be awarded points as explained in the criteria listed below for each skill of this test. 10 points total possible.

Skill	Description of requirement	Score
Time	<p>This will determine the score the athlete will receive as their ceiling (maximum) score.</p> <p>The test will be terminated if the athlete can no longer maintain the proper low plank position or execute the movements assigned.</p>	<p>1:30 – 10 points</p> <p>1:15-1:30 – 9 points</p> <p>1:00-1:15 – 7 points</p> <p>0:45-1:00 – 5 points</p> <p>0:30-0:45 – 3 points</p> <p>0:15-0:30 – 1 point</p> <p>0:00-0:15 – 0 points</p>
Deductions for Body Alignment Errors	<p>The following points will be deducted from the score of time if the athlete:</p> <ul style="list-style-type: none"> - Adjusting hips, hiking up hips - More than minimal rotation at hips - Improper leg alignment at lift - Improper arm alignment at lift - Improper neck/head alignment - Any significant movement in the low plank position 	<p>Point Deductions:</p> <p>5 – More than three of the described</p> <p>3 – Three of the described</p> <p>2 – Two of the described</p> <p>1 – One of the described</p> <p>0 – No actions from the described performed</p>

Vertical Jump Test

Objective of the Test - C

Evaluates lower body explosiveness skills

Test Description

Starting Position: Standing position with hands on hips, feet hip-width apart.

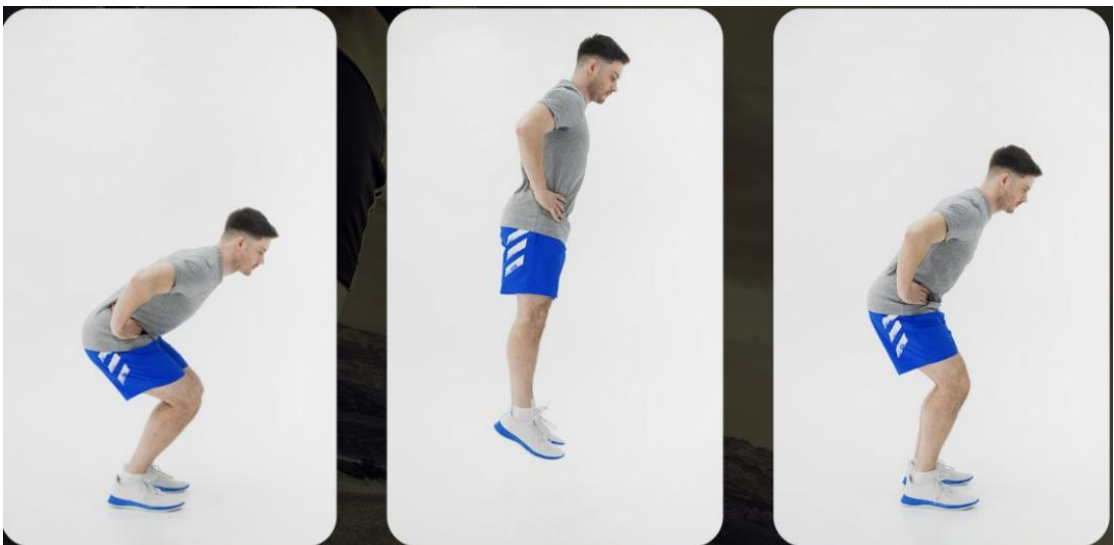
Test Instructions: Keeping the chest up and looking forward, the athlete will bend the knees to assume a self-selected depth squat position. Without pausing, execute a maximum effort vertical jump, landing in a safe a controlled manner. Athlete must keep their hands on their hips throughout the test. This process will be repeated until executing three jumps or repetitions. No side steps, falling forward upon landing allowed.

Scoring Criteria

The average height of three successfully completed jumps.

How is the test evaluated?

Up to four evaluators will assess this test. With a recorded device and measuring tape on the wall behind athletes, evaluators will calculate the average height achieved during all three jumps.



STRENGTH TESTS



Vertical Jump Test

How is the test evaluated?

The athlete will be awarded points as explained in the criteria listed below for each skill of this test. 10 points total possible

Scoring for Female Athletes

Skill	Jump Height in Centimeters	Score
Average Height of 3 Successful Repetitions	40+	10 points
	35 – 39	9 points
	30 – 34	8 points
	25 – 29	7 points
	20 – 24	6 points
	15 – 19	5 points
	11 – 14	4 points
	0 – 10	0 points

Scoring for Male Athletes

Skill	Jump Height in Centimeters	Score
Average Height of 3 Successful Repetitions	60+	10 points
	53 – 59	9 points
	47 – 52	8 points
	40 – 46	7 points
	35 – 39	6 points
	30 – 34	5 points
	25 – 29	4 points
	0 – 24	0 points

Needle Kicks and Knight Arch Hold

Objective of the Test - D

Evaluates flexibility skills

Test Description

Starting Position: Back pike position with feet in vertical alignment with the hips, hands on the ground as close to the legs as possible.

Test Instructions: The athlete will execute 10 needle kicks with the right leg, keeping the foot and hands in place at all times.

Immediately after, the athlete will assume a prone position on the floor with the hands by their side face down, knees extended and off the ground and feet pointed. A knight arch position will be assumed lifting the left leg. This position will be held for 15 seconds. If the athlete performs less than 10 needle kicks or holds the knight arch position for less than 15 seconds, a zero will be given by the evaluators.

Scoring Criteria

Needle Kicks – Range of motion. Deductions for lack of knees and ankle extension.

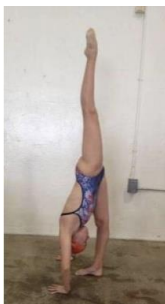
Knight Arch Hold - Range of motion. Deductions for lack of knees and ankle extension.

Executing less than 10 kicks or holding less than 15 seconds will result in an automatic zero for this skill.

How is the test evaluated?

Up to four evaluators will assess this test. Evaluators will score 0-10 each skills to achieve a total of 20 points

Needle Kicks



Knight Arch Hold



FLEXIBILITY TEST



Needle Kicks and Knight Arch Hold

How is the test evaluated?

The athlete will be awarded points as explained in the criteria listed below for each skill of this test. 20 points total possible

Failure to perform 15 needle kicks or hold the knight arch position for 10 seconds will result in a zero automatically.

Skill	Description of requirement	Score
Needle Kicks	Legs alignment determined by the still leg being in vertical alignment with the hips throughout all 15 repetitions and knee extension of both legs and ankle extension of the leg being kicked	5 – All parts correct 3 – Two parts not correct 1 – Three parts not correct 0 – More than three parts not correct
	Determined by the angle of the legs	5 – 180 degrees or more 4 – 180-170 degrees 3 – 170-135 degrees 1 – 135-90 degrees 0 – 90 degrees or less
Knight Arch Hold	Body and legs alignment determined by head, shoulder, back and hips. Extension of both legs and ankles. Hips must stay on the ground at all time.	5 – All parts correct 3 – Two parts not correct 1 – Three parts not correct 0 – More than three parts not correct
	Determined by the angle of the legs	5 – 90 degrees or more 3 – 90-70 degrees 1 – 70-45 degrees 0 – 45 degrees or less



Phase 2



SUMMARY OF SKILL TESTING – Phase 2



Phase 2Aa - Stationary Technical Skill Tests

Vertical Hold Endurance – Vertical Hold Height

Phase 2Ab - Stationary Technical Skill Tests

3 Double Arm Body Boosts

1 Double Leg Thrust

3 Double Arm Body Boosts

1 Female Duet TRE5A

3 Double Arm Body Boosts

1 T8

End of test

Note: All athletes from Phase 1A shall advance to Phase 1B and 1C.

Phase 2B - Routine (Individual Routine Swim)

2024 JNT Team Free – Junior Worlds Championship (Lima-Peru)

Phase 2Ca– Acrobatic Skill Test

Single Arm Eggbeater Hold – 10 pounds

Phase 2Cb – Acrobatic Skill Test

Double Arm Eggbeater Hold – 10 pounds

Note: The top 30 athletes in rank order from Phase 1 shall advance to Phase 2. To ensure that the Junior National Team has a minimum of 1 male and not more than 2 males, the Chief of Sport (or Designee) may go below the top 30 ranked athletes to advance male athletes to Phase 2.



Phase 2A – Stationary Technical Skill "A" Test



STATIONARY TECHNICAL SKILL



Objective of the Test

Evaluate technical skills.

Test Description

Starting Position: Tabletop position with left side to the evaluators.

Test Instructions: An evaluator will announce "Ready - Under". The athlete is required to independently assume the vertical position, with the tick of the metronome being counted once both legs are raised into the double leg vertical position. The athlete must hold 40 metronome ticks (equal 20 second

Test Description

Starting Position: Tabletop position with left side to the evaluators.

Test Instructions: An evaluator will announce "Ready - Under". The athlete is required to independently assume the vertical position, with the tick of the metronome being counted once both legs are raised into the double leg vertical position. The athlete must hold 40 metronome ticks (equal 20 seconds) - 120 tempo.

Note: At the halfway mark (after completing 20 ticks), the athlete will rotate $\frac{1}{4}$ (90 degrees) to face the evaluators. The athlete should be stationery the entire time.

Failure to complete all 40 metronome ticks in the double vertical position or to perform the skill without movement will result in a 2-point penalty.

The athlete will have 20 metronome ticks to breathe and get set for the next set:

The athlete is required to independently assume the vertical position with the knees facing the evaluators, with the tick of the metronome being counted once both legs are raised into the double leg vertical position. The athlete must hold 15 metronome ticks (equal 7.5 seconds) - 120 tempo.

Scoring Criteria

Vertical Position – Height, Vertical Alignment, Extension. Deductions for traveling, performing less than 40/15 metronome ticks or missing the turn.

How is the test evaluated?

Up to four evaluators will assess this test. Evaluators will award a score between 0-10 to each skill (double vertical and hybrid) to reach a maximum of 20 points.

STATIONARY TECHNICAL SKILL



How is the test evaluated?

The athlete will be awarded points as explained in the criteria listed below for the Vertical Hold portion of the test. 20 points total possible

Area	Description of requirement
Vertical Height Points for each criteria achieved must be achieved perfectly throughout	AQUA Height Chart for Double Leg Vertical (0-10.0)
Vertical Alignment Points for each criteria achieved must be achieved perfectly throughout	AQUA Judges Manual for Alignment deductions (0.25 reference)
Extension Points for each criteria achieved must be achieved perfectly throughout	AQUA Judges Manual for Extension deductions (0.25 reference)
Travelling Deduction	Small traveling by 0.5 meters - 0.25 deduction Obvious traveling by 1 meter or more – 1 point deduction
Number of Metronome Ticks Deduction	0.25 deduction from each count not performed



Phase 2A – Stationary Technical Skill "B" Test



STATIONARY TECHNICAL SKILL



Objective of the Test

Evaluate technical skills.

Test Description

Starting Position: Underwater prep position with the left side to the evaluators

Test Instructions: An evaluator will announce "Ready - Go". The athlete is required to independently assume the underwater prep position for a body boost. The athlete will perform 3 double arm body boosts (jumps), pencil jump into a submerge back pike position and perform a Double Leg Thrust. The athlete will repeat this process 2 more times and perform the TRE for female duet #5A (Thrust Bent Knee Twirl Spin 360°) and a T8 (Thrust with flexibility -right split- followed by a spin 720)

3 Double Arm Body Boosts

1 Double Leg Thrust

3 Double Arm Body Boosts

1 Duet TRE5A

3 Double Arm Body Boosts

1 T8

End of test

Scoring Criteria

Height, Vertical Alignment, Extension.

How is the test evaluated?

Up to four evaluators will assess this test. Evaluators will award a score between 0-10 to each skill (double vertical and hybrid) to reach a maximum of 30 points.

STATIONARY TECHNICAL SKILL



How is the test evaluated?

The athlete will be awarded points as explained in the criteria listed below for each one of the thrust performed. 30 points total possible.

Area	Description of requirement
Thrust Height Points for each criteria achieved must be achieved perfectly throughout	AQUA Height Chart for Thrust, Double Leg (0-10.0)
Vertical Alignment Points for each criteria achieved must be achieved perfectly throughout	AQUA Judges Manual for Alignment deductions (0.25 reference)
Extension Points for each criteria achieved must be achieved perfectly throughout	AQUA Judges Manual for Extension deductions (0.25 reference)



Phase 2B – Routine Assessment



ROUTINE ASSESSMENT



Description of Routine:

Pre-learned routine as posted.

2024 JNT Free Team form Worlds (Lima, Peru) with adjustments

Scoring Criteria:

Maximum height, extension, accuracy of movements, artistic impression.

10 points possible for each Hybrid (30 points)

10 points for Performance (10 points)

10 points for Transitions (10 points)

How is the test evaluated?

Up to 5 Evaluators will evaluate:

Elements: 3 Hybrid Execution Scores

Performance and Transitions:

Artistic Impression - Performance/Presentation - Effortlessness throughout, Consistency of performance, Charisma and communication, Interpretation of character, mood, feeling. Transitions should be smooth and seemingly effortless, without bouncing, jerkiness or splashing unless clearly intended otherwise in the choreography. There should not be any excessive, extraneous movements, loss of control, extension or height during a transition. Pool coverage, constant flowing actions should be shown.

Routine starts in the water.

Each Judge shall award scores from 0-10 points in increments of 0.25

A National Team Coach will evaluate Synchronization. Deductions for Synchronization will be the following:

Small mistakes (-0.1) / Obvious mistakes (-0.5) / Major mistakes (-1.0)

Entire Playlist for Trials can be found [HERE](#)

SCORESHEET – Each Element is worth 10 points AQUA Scoring Rules



Phase 2C – Acrobatic Skill "A" Test



SINGLE ARM EGGBEATER TEST



Objective of the Test

Evaluate the strength and endurance in eggbeater

Test Description

Starting Position: Eggbeater in front of the evaluators, facing away from them.

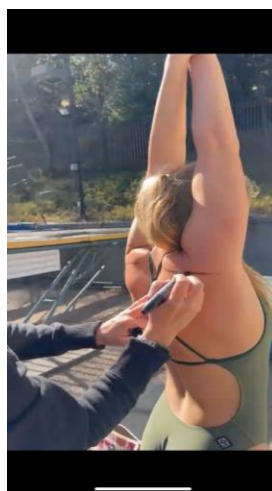
Test Instructions: The evaluator will announce “Ready - Test Begins” for the athlete to assume a right arm eggbeater with the 10 pounds ball on the right arm elevated in the air. Once the arm is extended over the head the evaluator will announce “Time Begins.” Athlete will hold the ball over the head for as long as possible without the marking on the back touching the water. The moment the marking on the back touches the water, the athlete will be given a cue to stop and the time achieved will be recorded. The left arm can be used to scull.

Scoring Criteria

Hold above the marking for as long as possible.

How is the test evaluated?

Up to four evaluators will assess this test. Evaluators will record the number of seconds achieve before the marking touches the water.



SINGLE ARM EGGBEATER TEST



How is the test evaluated?

The athlete will be awarded points as explained in the criteria listed below for each this skill

10 points total possible

Seconds Held	Score
35 seconds or more	10 points
30-35 seconds	8 points
25-30 seconds	7 points
20-25 seconds	6 points
15-20 seconds	5 points
10-15 seconds	4 points
5-10 seconds	3 points
3-5 seconds	2 points
1-3 seconds	1 point
0-1 second	0 points



Phase 2C – Acrobatic Skill "B" Test



DOUBLE ARM EGGBEATER TEST



Objective of the Test

Evaluate the strength and endurance in eggbeater

Test Description

Starting Position: Eggbeater in front of the evaluators, facing away from them.

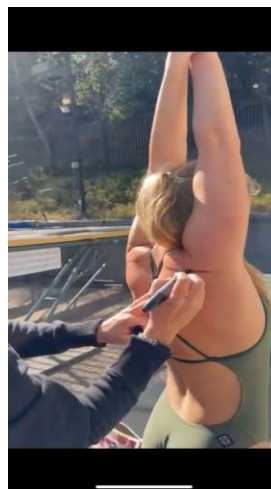
Test Instructions: The evaluator will announce “Ready - Test Begins” for the athlete to assume a double arm eggbeater with a 10 pounds ball in the air over their heads. Once the arms are extended over the head the evaluator will announce “Time Begins.” Athlete will hold the ball over the head for as long as possible without the marking on the back touching the water. The moment the marking on the back touches the water, the athlete will be given a cue to stop and the time achieved will be recorded. The left arm can be used to scull.

Scoring Criteria

Hold above the marking for as long as possible.

How is the test evaluated?

Up to four evaluators will assess this test. Evaluators will record the number of seconds achieve before the marking touches the water.



DOUBLE ARM EGGBEATER TEST



How is the test evaluated?

The athlete will be awarded points as explained in the criteria listed below for each this skill

10 points total possible

Seconds Held	Score
10 seconds	10 points
9 seconds	9 points
8 seconds	8 points
7 seconds	7 points
6 seconds	6 points
5 seconds	5 points
4 seconds	4 points
3 seconds	3 points
2 seconds	2 points
1 seconds	1 point
0 second	0 points



**FOR ANY QUESTIONS CONTACT
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