

SKILLS ASSESSMENT

All competitors will be required to do the Manoeuvrability Test and this will be scored according to the time taken to complete the test. In addition, competitors will be assessed on 5 skills.

- Competitors in the Beginners' Event will be assessed on 5 of the Beginners' Event Skills detailed below.
- Competitors in the Main Event will be assessed on 5 skills selected from the Beginners' Event and Main Event skills detailed below.

For the purposes of overall points the following scoring will be applied:

- PASS = 0 point
- INTERMEDIATE (if applicable) = 2 points
- FAIL = 4 points

Where a FAIL standard is not detailed below, a sculler will be deemed to have failed if the PASS standard has not been attained.

BEGINNERS' SKILLS

SKILL	DETAILS & STANDARD REQUIRED
360 Boat Turn	Using powerful (whole body) strokes, turn the boat round as close to on the spot as possible, returning to the start position
	PASS = 1 to be completed in under 30 seconds
	INTERMEDIATE = 1 completed in 30-50 seconds
	FAIL = not completed within 50 seconds
Seated Rigger Dips	Rock the boat, dipping the riggers in the water, by moving the sculling handles up and down. Half slide is recommended (to give enough room) and a light grip keeps the blades on the surface.
	PASS = 50 in 30 seconds or under
	INTERMEDIATE = between 10 and 50 in 30 seconds
	FAIL = less than 10 in 30 seconds
Standing Rigger Dips	Stand up (lock handles together and pull to help). Then rock the boat, dipping the riggers in the water, by moving the sculling handles up and down – use feet to help rock boat, keep blades on surface.
	PASS = 50 in 30 seconds or under
	INTERMEDIATE = between 10 and 50 in 30 seconds
	FAIL = less than 10 in 30 seconds
Tap Down & Feather	From “backstops” tap handles down and away, feathering with fingers and thumb (some small wrist movement allowed, but hand must open out). Left hand lead needed, boat should balance.
	PASS = 3 in 60 seconds
	INTERMEDIATE = tight grip OR no lead OR poor balance
	FAIL = any two of the intermediate standard
Hands off at Catch	At full slide, full reach, take one hand off the handle at a time (right off and hand must pause & be still). Complete twice on each side. Having core engaged is recommended.
	PASS = able to complete
	INTERMEDIATE = not being still / stable
	FAIL = unable to complete

BEGINNERS' EVENT SKILLS (cont.)

SKILL	DETAILS & STANDARD REQUIRED
Grip Demo	One side at a time. Do 3 full strokes (with one hand) showing correct grip, squaring and feathering (and control generally).
	PASS = able to complete
	INTERMEDIATE = some (not much) gripping
	FAIL = gripping, wrists dropping, lack of blade control
Back Down Stop	Back boat down firmly. Square blades and get pulled out to the catch position. Stop boat (dead) by driving into footplate / engaging glutes / suspending. No pulling allowed (i.e. hands stay apart). Full suspension off seat not required (but ok if done).
	PASS = 2 good ones from a maximum of 6 attempts
	INTERMEDIATE = some pulling or not really stopping
	FAIL = pulling / not stopping dead / not suspending
Stake Boat L&R	Start one boat length from coach. Back down into coach's hands (allowed to reach but not move). Staying attached, tap boat round 30° left, then 30° right then back to straight.
	PASS = able to complete in 45 seconds
	INTERMEDIATE = able to complete in 45 – 70 seconds
	FAIL = detaching
Standing 360 in boat	Stand up. Athlete turns round (360°) in boat. Sit down. Repeat opposite way round.
	PASS = complete in 45 seconds
	INTERMEDIATE = complete in 45 – 90 seconds
	FAIL = incomplete or not achieved within 90 seconds
Straight Arm ½ Slide Suspension	Starting at ½ slide, drive into feet, suspend and drive to end of stroke maintaining (a) suspension & (b) straight arms (elbows will flex naturally <i>at the end</i>).
	PASS = 2 goods ones from a maximum of 4 attempts
	INTERMEDIATE = pulling
	FAIL = not suspending

MAIN EVENT SKILLS

SKILL	DETAILS & STANDARD REQUIRED
Roll Ups	Starting from backstops, a <u>controlled</u> recovery, <u>blades off water (feathered)</u> , ending with entry (<u>at full slide/reach</u>). NO propulsive movement. PASS = 3 good ones in 1 minute
Sequencing	a) tap blades in & out - arms only, no body movement. b) drive legs flat, no change in body angle from catch (learn where legs lose traction & therefore where hips should open) c) add hips, extend duration of leg drive. d) make shoulders break elbows, to get timing of arm pull. e) add arm pull but release (light hands) at end. PASS = Need to demonstrate 5-10 of each
Flat Hands	After 3-5 normal strokes, be able to scull for at least 250m with the hands and fingers <u>completely</u> flat (thumb still on end) as soon as possible after extraction & feathering. Close hand up to square. Need to have grip correct before starting this. PASS = Able to demonstrate over 150m