**Freestyle**

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| **Component/ method** | **% weight** |
| **Written test** | 25% |
| **Skill test**  **1、连续游50米（停一次扣3分，带一个漂浮设备扣5分,1次蛙泳扣1分）**  50 meters（stop once reduce 3points, use one floating board reduce 5 points）  **2、50米自由泳 （speed）**  男:43秒以内15分、44-56秒13分、57-70秒11分、71-80秒9分、81-90秒7分、91秒以下5分  Man: 15 points for 43 seconds, 13 points for 44-56 seconds, 11 points for 57-70 seconds, 9 points for 71-80 seconds, 7points for 81-90 seconds, 5 points for 91 seconds or less.  女：47秒以内 15分、48-60秒13分、61-74秒11分、75-84秒9分、85-94秒7分、95秒以下5分  Women: 15 points for 47 seconds, 13 points for 48-60 seconds, 11 points for 61-74 seconds,9 points for 75-84 seconds, 7 points for 85-94 seconds, 5 points for 95 seconds or less.  **3、技术评定 Technical evaluation**  4、**踩水30秒** (若未到时停，差1秒扣1分)  Tread water for 30seconds.if it’s not time to stop,1 second reduce 1 points.  手肘出水15分，手腕出水13分，手臂加划水11分  15 points for exiting water with elbow, 13 points for exiting water with wrist, 11points for arm stroke. | Total：60%  10%  15%  20%  15% |
| **Classroom participation** | 10% |
| **Physical fitness test** | 5% |
| **Total** | 100% |