Breaststroke

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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）**   50 meters（stop once reduce 3 points; use one floating board reduce 5 points）  **2、25米蛙泳腿（第9周） 25m breaststroke kick（speed）**  男：28秒以内12分、29-38秒10分、39-53秒8分、54-72秒6分、73秒以下3分  Man: 12 points for 28 seconds, 10 points for 29-38 seconds, 8 points for 39-53seconds, 6points for 54-72 seconds,3 points for 73 seconds or less.  女:30秒以内12分、31-40秒10分、41-55秒8分、56-74秒6分、75秒以下3分  Women: 12 points for 30 seconds, 10 points for 31-40 seconds, 8 points for 41-55 seconds, 6 points for 56-74seconds, 3 points for 75 seconds or less.  **3、50米蛙泳（speed）**  男：56秒以内 18分、57-66秒15分、67-76秒12分、77-86秒9分、87-95秒7分、96秒以下5分  Man: 18 points for 56 seconds, 15 points for 57-66 seconds, 12 points for 67-76 seconds, 9 points for 77-86 seconds, 7 points for 87-95 seconds, 5 points for 96 seconds or less.  女：60秒以内 18分、61-70秒15分、71-80秒12分、81-90秒9分、91-99秒7分、100秒以下5分  Women: 18 points for 60 seconds, 15 points for 61-70 seconds, 12 points for 71-80 seconds, 9 points for 81-90 seconds, 7 points for 91-99 seconds, 5 points for 100 seconds or less.  **4、技术评定 technical assessment** | Total：60%  10%  12%  18%  20% |
| **Classroom participation** | 15% |
| **Total** | 100% |