



# Artistic Swimming

1	2	3	4	5	6	7	8	9	10

## Routine Grade 1

The Judge must be a Level 1, Level 2 or Level 3 judge.

Name

Date

**Average mark**

**No. below 4.5**

**Result**





# Content

1. Walk on with good posture, step entry into water with two breaststroke to surface in eggbeater.
2. Stationary eggbeater for 10 seconds
3. Eggbeater travelling sideways for 2 metres into side flutter kick for 3 metres
4. Torpedo scull for 10 metres
5. Straight arm backstroke to a metronome for 15 metres(160bpm)
6. Tub 360° (from back layout and returning to back layout).
7. Travelling fast bent knee switches
8. Back layout followed by a rapid back tuck somersault, surfacing in eggbeater for 5 seconds.
9. Eggbeater press/eggbeater 'pop'
10. Table top position held for 5 seconds





# Routine Grade 1

Focus on basic entry, travel and hybrids.

## Element 1

Walk on with good posture, step entry into water with two breaststroke to surface in eggbeater for 5 seconds.  
(Arms position is optional but should be extended)

### MINIMUM REQUIREMENT FOR 5.0

- Body straight on entry and to fully submerged.
- Eggbeater shown on the surface

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Mark

Feedback





**Scottish  
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## Element 2

Stationary egg beater for 10 seconds

### MINIMUM REQUIREMENT FOR 5.0

- Knees wide
- Shoulders still
- Arm crease dry

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**Mark**

**Feedback**





## Element 3

Eggbeater travelling sideways for 2 metres into side flutter kick travelling for 3 metres.

### MINIMUM REQUIREMENT FOR 5.0

- 5 metres covered
- Kick shown from eggbeater into flutter kick
- Continuous travel shown

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**Mark**

**Feedback**





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## Element 4

Torpedo scull for 10metres

### MINIMUM REQUIREMENT FOR 5.0

- Hips, thighs and feet dry throughout
- Smooth and effective travel shown
- 10 metres completed

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**Mark**

**Feedback**





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## Element 5

Straight arm backstroke to metronome for 15 metres (160bpm)

### MINIMUM REQUIREMENT FOR 5.0

- Arm stops at 90 degrees to the surface
- Little finger in first
- Strong effective leg kick.
- 2 counts per movement.

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**Mark**

**Feedback**





## Element 6

Tub 360° (from back layout and returning to back layout) .

### MINIMUM REQUIREMENT FOR 5.0

- Hips thighs and feet dry in both layouts
- Feet, shins and knees remain at the surface throughout.

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**Mark**

**Feedback**







## Element 7

Travelling fast bent knee switches for 5metres

### MINIMUM REQUIREMENT FOR 5.0

- Horizontal foot stays at the surface
- Knee should stop when aligned with hips
- Knee cap dry should remain dry on bent knee

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Mark

Feedback





## Element 8

Back layout followed by a rapid back tuck somersault surfacing in eggbeater held for 5 seconds

### MINIMUM REQUIREMENT FOR 5.0

- Hips, thighs and feet dry in back layout
- Tight tuck in somersault
- Eggbeater shown at the surface

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Mark

Feedback





## Element 9

Eggbeater press/egg 'pop' (egg beater at the surface followed by a fast double kick to increase height above the surface)

### MINIMUM REQUIREMENT FOR 5.0

- Double kick shown
- Waist height on kick

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**Mark**

**Feedback**





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## Element 10

Table top position held for 5 seconds

### MINIMUM REQUIREMENT FOR 5.0

- Feet and knees together
- Feet and knees at the surface
- Support scull shown

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**Mark**

**Feedback**

