



Artistic Swimming

1	2	3	4	5	6	7	8	9	10

Routine Grade 2

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, dive entry, 2 breaststrokes to the surface and surface in eggbeater.
2. Single arm eggbeater for 10 metres, (5metres with one side leading, turn and continue for 5metres opposite side leading).
3. Head first boost and descent (starting from underwater – arms to remain by side)
4. Dolphin scull for 5metres
5. Side flutter (5metres) eggbeater (3metres) side flutter (5 metres) .
6. Bucket/flick flack switches (4) completed to a metronome (160bpm) within a count of 8
7. Pike to vertical with bucket/flick flack exit (rapid)
8. Travelling single arm egg beater to a metronome for 3 counts of 8 (160bpm)
– arm action optional but rapid movements.
9. Travelling back layout then assume a ballet leg and rapid back tuck somersault surfacing in egg beater.
10. Kick pull kick over to metronome for 15metres (160bpm) .





Routine Grade 1

Focus on basic entry, travel and hybrids.

Element 1

Walk on with good posture, dive entry, 2 breaststrokes to the surface and surface in eggbeater.

MINIMUM REQUIREMENT FOR 5.0

- Good posture shown on walk on
- Dive and entry to travel at least 5 metres
- Full body extension on dive

Mark

Feedback





Element 2

Single arm eggbeater for 10metres, (5metres with one side leading turn and continue for 5metres opposite side leading. In both directions trailing arm is raised.

MINIMUM REQUIREMENT FOR 5.0

- Armpit of raised arm dry throughout
- 5m in each direction completed
- Trailing leg kicking to the side

Mark

Feedback





Element 3

Head first boost and descend (starting from underwater, with arms remaining at side)
Element completed to a metronome (160bpm); 1,2, under water 3,4 cap at
the surface, 5,6 boost, 7,8 descend.

MINIMUM REQUIREMENT FOR 5.0

- Body vertical
- Hip bones dry
- Positions to be accurate on counts

Mark

Feedback





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Element 4

Dolphin scull for 5metres

MINIMUM REQUIREMENT FOR 5.0

- Chest, hips and feet at the surface
- 5metres travelled

Mark

Feedback





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Element 5

Side flutter (5metres) eggbeater (3metres) side flutter (5metres) .

MINIMUM REQUIREMENT FOR 5.0

- 13 metres continuous travel shown
- Kick shown between eggbeater and side flutter
- Crease line dry on egg beater

Mark

Feedback





Element 6

Bucket/flick flack switches (4) completed to a metronome within a count of 8 (bucket/flick flack = one leg extended while the other leg is bent to at least 90 degrees, knees together) Entry into the bucket position is not marked.

MINIMUM REQUIREMENT FOR 5.0

- Feet extended throughout
- Straight leg to full extension on each switch.
- Both feet stay at the surface.

Mark

Feedback





Element 7

Front Pike position followed by a lift to vertical with bucket/flick flack exit (rapid)

MINIMUM REQUIREMENT FOR 5.0

- Hips at the surface in pike
- Vertical line reached in vertical
- Top of knee out of the water in vertical

Mark

Feedback





Element 8

Travelling single arm egg beater to a metronome for 3 counts of 8 (160bpm) – creative arm action optional but should be rapid movements.

MINIMUM REQUIREMENT FOR 5.0

- Armpit dry throughout
- Continuous travel shown
- Continuous arm movement

Mark

Feedback





Element 9

Travelling back layout then assume a ballet leg and rapid back tuck somersault surfacing in egg beater. At least 5 metres should be covered during the element.

MINIMUM REQUIREMENT FOR 5.0

- Hips and feet dry in layout
- Ballet leg vertical and accurate position shown
- Tight tuck
- Eggbeater to be held for 5 seconds with shoulders dry

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Element 10

Kick pull kick over to metronome for 15metres (160bpm) .

MINIMUM REQUIREMENT FOR 5.0

- Chin dry throughout
- Powerful and smooth travel shown
- Arm straight and passes by the ear.

Mark

Feedback

