



# Artistic Swimming

1	2	3	4	5	6	7	8	9	10

## Routine Grade 3

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

Name

Date

Average mark

No. below 4.5

Result





# Content

1. Walk on with counts and good posture and assume a start pose. From pose step to edge dive entry and head first boost.
2. Double arm eggbeater for 6 metres, 3metres with one side leading, turn and continue for 3metres opposite side leading.
3. Head first boost and 'catch' in eggbeater
4. Eggbeater travelling 8 metres, 2 metres in all four directions.
5. Side flutter into front pike to front walkout and torpedo for 5metres
6. Bucket to fishtail swaps for a count of 8 (2 counts for each swap) metronome at 160 bpm.
7. Single leg swirls 4 times. All start and finish in pike position.
8. Start from under the water, dynamic foot first bent knee thrust.
9. Table top to bucket to vertical followed by a 180° spin
10. Travelling head first assume a ballet leg return to back layout, assume the opposite ballet leg and return to back layout. Completed to metronome (160bpm) 1 count per movement.





# Routine Grade 3

Focus on deck work and entry, travel and hybrids.

## Element 1

Walk on with counts and good posture and assume a start pose. From pose step to edge dive entry and head first boost.

### MINIMUM REQUIREMENT FOR 5.0

- Extension and tension shown in pose – eye contact with judge
- Dive entry covers at least 5 metres before the boost.
- Full extension and feet together in the dive.
- Hips dry on head first boost

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**Mark**

**Feedback**





## Element 2

Double arm eggbeater for 6metres, 3metres with one side leading turn and continue for 3metres opposite side leading.

### MINIMUM REQUIREMENT FOR 5.0

- Clavicles dry
- Body vertical
- 3 metres travel completed in each direction
- Arms and shoulders should be stable throughout.

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**Mark**

**Feedback**





**Scottish  
Swimming**  
Artistic Swimming



## Element 3

Head first boost and 'catch' in eggbeater

### MINIMUM REQUIREMENT FOR 5.0

- Hip bones dry
- Body vertical in boost
- Crease of arms dry in eggbeater

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**Mark**

**Feedback**





## Element 4

Eggbeater travelling 8metres, 2metres in all directions.

Travel continues along a straight line with a  $\frac{1}{4}$  turn every 2 metres

### MINIMUM REQUIREMENT FOR 5.0

- Crease level dry throughout
- 1 movement/count for each  $\frac{1}{4}$  turn
- Continuous movement/travel throughout

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Mark

Feedback





## Element 5

Side flutter for 5 metres followed by a rapid transition into Front Pike Position, followed by a Walkover Front and then torpedo for 5metres.

### MINIMUM REQUIREMENT FOR 5.0

- Heels to hips at the surface in Pike position
  - Clear split position shown
  - Full extension in the walkover
  - Torpedo to start when face reaches surface
  - In torpedo scull Body, hips and feet at the surface.
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**Mark**

**Feedback**





## Element 6

Bucket/flick flack to fishtail swaps for a count of 8 (2 counts for each swap) metronome at 160 bpm. Starting in a bucket/flick flack the straight leg is lifted to vertical as the bent leg is extended horizontally into Fishtail position. Return to bucket/flick flack by lowering the vertical leg to horizontal while the horizontal leg is bending to under 90 degrees. Repeat for a count of eight.

### MINIMUM REQUIREMENT FOR 5.0

- Full extension in legs throughout
- $\frac{1}{4}$  point on vertical leg dry in each fishtail each time.
- Foot in Fishtail position to be on the surface

## Mark

## Feedback







## Element 7

Single leg swirls 4 times. All start and finish in pike position. Swirl can rotate in either direction.

### MINIMUM REQUIREMENT FOR 5.0

- Full extension in every turn.
- Horizontal foot at the surface throughout
- Swirl leg must reach beyond the vertical line, while trunk remains stable

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Mark

Feedback





## Element 8

Starting from under the water in a Submerged Back Pike Position, with toes just below the surface and legs perpendicular to the surface, a vertical thrust is executed, as the legs rise one leg is lowered into a vertical Bent Knee Position.

### MINIMUM REQUIREMENT FOR 5.0

- Back Pike Position must be 45° or less
- In Bent knee position the body and straight leg must be vertical
- Minimum hip bones dry in thrust.

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Mark

Feedback





## Element 9

Starting in a Table Top position, one leg is extended to a bucket/flick flack position, both legs then lift to a Vertical Position followed by a spin 180.

### MINIMUM REQUIREMENT FOR 5.0

- Shins dry in table top
- Vertical position showing top of knee
- Vertical position maintained during 180 spin.

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**Mark**

**Feedback**





## Element 10

From a Back Layout, travel head first while assuming a ballet leg. Return to back layout, assume the opposite ballet leg and return to back layout. Completed to metronome (160bpm) 1 count per movement.

### MINIMUM REQUIREMENT FOR 5.0

- Full layout shown each time
- Thigh vertical in bent knee
- Leg vertical in ballet leg.

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**Mark**

**Feedback**

