



Artistic Swimming

1	2	3	4	5	6	7	8	9	10

Routine Grade 4

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

Name

Date

Average mark

No. below 4.5

Result





Content

1. Walk on to counts with presentation and assume a pose and short deck work. Followed by a dive entry followed by double arm head first boost.
2. 5metres of travelling eggbeater with a single arm twirl followed by 5metres travelling opposite direction.
3. Head first boost followed by 3metres double arm egg beater travel
4. 5 metres torpedo scull, smooth transition coming out sideways into 3 metres double arm eggbeater with creative arms.
5. Vertical position travelling, 1 metres sideways, 1 metres backwards.
6. Foot first thrust with a spin of at least 360 degrees – leg position optional.
7. Fishtail switches for a count of 8 (2 counts per switch) to metronome 160bpm .
8. Double arm eggbeater for 4 counts of 8 to metronome at 160bpm
9. Technical team element 3 to metronome with 8 counts per transition (160bpm)
10. Cookie position to straddle to vertical followed by a continuous spin of at least 720 degrees.





Routine Grade 4

Focus on Controlled entry, travel and hybrids.

Element 1

Walk on to counts with presentation and assume a pose and short deck work. Followed by a dive entry followed by double arm head first boost.

MINIMUM REQUIREMENT FOR 5.0

- Full Extension in pose and deck work – make eye contact with Judge
- Surface at least 5 metres from side
- Hips dry on the head first boost.

Mark

Feedback





Element 2

5metres of travelling eggbeater with a single arm twirl (rapid 180 rotation) followed by 5m travelling opposite direction.

MINIMUM REQUIREMENT FOR 5.0

- 10 metres covered
- Arm pit dry throughout
- Continuous travel throughout

Mark

Feedback





Element 3

Starting from under the water a double arm head first boost is executed until the body and arms have fully submerged. Resurface in eggbeater and travel sideways for 3 metres in double arm eggbeater

MINIMUM REQUIREMENT FOR 5.0

- Hip bones dry on head first boost
- Clavicles dry during eggbeater
- 3 metres eggbeater completed.

Mark

Feedback





Element 4

5 metres torpedo scull, smooth transition coming out sideways (rapidly) into 3m double arm eggbeater with creative arms.

MINIMUM REQUIREMENT FOR 5.0

- Hips, thighs and feet at the surface in torpedo
- Smooth transition to egg beater
- Clavicles dry in eggbeater
- Continuous arms movement over 3metres

Mark

Feedback





**Scottish
Swimming**
Artistic Swimming



Element 5

Vertical position travelling, 1metre sideways, 1metre backwards.

MINIMUM REQUIREMENT FOR 5.0

- Body vertical throughout.
- Mid knee dry
- Continuous travel.

Mark

Feedback





Element 6

Starting in a submerged Back Pike Position a Thrust is executed. A descending spin of 360 degrees is executed. The leg position is optional in the thrust and spin.

MINIMUM REQUIREMENT FOR 5.0

- Thrust to at least hip bones dry.
- Spin around a vertical axis
- At least 360 degrees completed to ankles

Mark

Feedback





Element 7

From a Fishtail position both legs move simultaneously to swap to the opposite Fishtail Position. Four Fishtail switches for a count of 8 (2 counts per switch) to metronome 160bpm.

MINIMUM REQUIREMENT FOR 5.0

- Minimum height mid thigh in vertical leg
- Leg vertical in every swap
- Full extension maintained
- Foot of Fishtail leg should reach the surface on each swap

Mark

Feedback





Element 8

Double arm eggbeater for 4 counts of 8 to metronome at 160bpm.

Creative arms shown throughout – swimmers may choose the movements used.

MINIMUM REQUIREMENT FOR 5.0

- Clavicles dry throughout
- Arms above the water (height above water is optional)
- Continuous travel throughout
- Movement on every count.

Mark

Feedback





Element 9

Technical team element 3 to metronome with 8 counts per transition (160bpm)

Starting in a Front Pike Position, the legs are lifted to a Vertical Position. A full Twist is executed, the legs are lowered to a Split Position. A Walkover Front is executed. (DD 2.9)

MINIMUM REQUIREMENT FOR 5.0

- At least mid knee in vertical
- Vertical maintained in twist
- 150 degrees in split position.

Mark

Feedback





Element 10

Starting in a Cookie position legs are extended into a straddle position on the surface. Followed by both legs being lifted to a vertical position finished with a continuous spin of at least 720 degrees. (Cookie – body inverted with the hips at the surface, knees wide and at the surface, toes touching close to bottom. Straddle Position – body inverted with the hips at the surface, both legs extended along the surface with an angle of at least 90 degrees)

MINIMUM REQUIREMENT FOR 5.0

- Hips dry in first two positions.
- Vertical at least mid knee.
- 720 degrees completed around a vertical axis before heels.

Mark

Feedback

