



# Artistic Swimming

1	2	3	4	5	6	7	8	9	10

## Routine Grade 5

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 presentation assume a start pose followed by solo deck work, dive entry followed immediately followed by a foot first boost.
2. Double arm eggbeater 8metres travelling in all directions. (2metres in each direction).
3. 2 head first boosts both with double arms, 1 must contain a twirl.
4. 5 metres torpedo scull. Sit up forwards into eggbeater, followed by 5 metres forward double arm eggbeater
5. Side Flutter kick followed by a rapid transition into a Front Pike Position followed immediately by a rapid double leg walk over into Torpedo Scull followed by a smooth transition into double arm eggbeater
6. Full vertical twist in off angle position (position optional) .
7. Combined spin of 360 degrees down and 360 degrees up. Leg position optional.
8. Fishtail into vertical, followed by pikeout and up to the surface followed by two counts of 8 of double arm egg beater to metronome (160bpm) .
9. Table top to fishtail, to vertical. Vertical twirl to table top, return to vertical finished with a 360 degree spin. (160bpm) 1 count for each move except spin in 4 counts.
10. Technical team element number 2 to metronome 8 counts per transition. (160bpm)





# Routine Grade 5

Focus on Deckwork, entries, travel and hybrids.

## Element 1

Walk on with presentation and assume a start pose followed by solo deck work. Dive entry immediately followed by a foot first thrust to a Vertical Position followed by a rapid vertical descent.

### MINIMUM REQUIREMENT FOR 5.0

- Extension and control shown on the deckwork – make eye contact with Judge
- The foot first thrust should be at least 5 metres from the side of pool
- Hip bones dry on foot first thrust

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Mark

Feedback





## Element 2

Double arm eggbeater 8metres travelling in all directions. (2metres in each direction). Travel should continue in the same direction for 8 metres, with the body rotating 90° every 2 metres.

### MINIMUM REQUIREMENT FOR 5.0

- Clavicles dry
- Continuous travel.
- Arms and shoulders stable throughout

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**Mark**

**Feedback**





## Element 3

2 head first boosts (in quick succession) both with double arms, 1 must contain a twirl.

### MINIMUM REQUIREMENT FOR 5.0

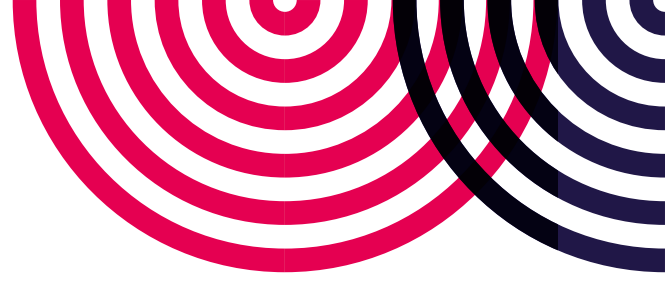
- Hips bones dry on both boosts
- Arms above shoulder height at the top of each boost
- Twirl started at the top of chosen boost

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**Mark**

**Feedback**





## Element 4

5 metres torpedo scull followed by a smooth transition coming out forwards into 5metres forward double arm eggbeater.

### MINIMUM REQUIREMENT FOR 5.0

- Rapid torpedo with effective and accurate sculling
- Hips thighs and feet at the surface
- Clavicles dry in eggbeater
- Shoulders and arms stable in travelling eggbeater.

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**Mark**

**Feedback**





## Element 5

Side flutter kick is completed for 5metres with a rapid transition into Front Pike Position, from this position both legs are simultaneously lifted to form a 180 arc over the surface of the water to a surface arch position. Torpedo scull is executed to exit to a back layout Position. With a smooth transition coming out forwards double arm eggbeater is then completed for 5metres.

### MINIMUM REQUIREMENT FOR 5.0

- Continuous travel shown
- Full extension in walkover
- Top of knee out through the vertical
- Clavicles dry in egg beater

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**Mark**

**Feedback**





## Element 6

Full Twist with legs arched with a minimum of 20° off the vertical axis

### MINIMUM REQUIREMENT FOR 5.0

- Height maintained throughout
- 360 degrees completed round a vertical axis
- Minimum height top of knee in the twist.

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Mark

Feedback







## Element 7

Starting in a vertical Position a rapid Combined spin of 360 degrees down and 360 degrees up is executed. Leg position during the spin is optional.

### MINIMUM REQUIREMENT FOR 5.0

- Minimum start and end height of top of knee
- Even spin down
- Even spin up
- Vertical position maintained

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**Mark**

**Feedback**





## Element 8

From a Fishtail Position, the horizontal leg is lifted to the vertical position. Both legs lowered rapidly into a pike position, followed by a rapid tuck into Egg beater. Arms are lifted above the water for two counts of 8 of double arm egg beater to metronome (160bpm) .

### MINIMUM REQUIREMENT FOR 5.0

- Fishtail height mid-thigh
- Vertical position shown clearly
- Egg beater height clavicles dry
- 1 movement per count in both leg and arm movements

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**Mark**

**Feedback**





## Element 9

Starting in a Table Top Position one leg is extended horizontally as one leg is extended vertically to assume a Fishtail Position. The Horizontal leg is then lifted to a vertical position. A Twirl executed before both legs are lowered to a Table Top Position. Both Legs are extended again to a Vertical Position followed by a rapid descending spin of 360 degrees. All moments are completed to a metronome (160bpm) 1 count for each move except spin in 4 counts.

### MINIMUM REQUIREMENT FOR 5.0

- Shins dry and together on each table top
- Minimum top of knee in vertical positions
- 360 degrees completed in a vertical position

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**Mark**

**Feedback**





## Element 10

Technical team element number 2 to metronome 8 counts per transition. (160bpm) 435 – A Nova is executed to the Bent Knee Surface Arch Position. A rotation of 360 degrees is executed as the legs are lifted to a Vertical Position followed by a Continuous Spin of 720 degrees (2 rotations). (DD 2.4)

### MINIMUM REQUIREMENT FOR 5.0

- Mid thigh in the surface arch bent knee
- Top of knee dry in vertical
- 720 degrees completed to the heels in spin.

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**Mark**

**Feedback**

