

1	2	3	4	5	6	7	8	9	10

# Synchronised Swimming

## Figure Grade 6

The Judge must be a Level 3 judge.

Name .....

Date.....

**Average Mark**

**Number below 4.5**

**Result**

# Content

1. Senior Team Element 2
2. Senior Duet Element 1
3. Senior Duet Element 3
4. Senior Duet Element 5
5. Senior Solo Element 1
6. Senior Solo Element 2
7. Senior Solo Element 3
8. Senior Solo Element 4
9. Senior Solo Element 5
10. Split position on land – Right leg and left leg. Both legs must be attempted

## General Conditions

### Black costume and white hat to be worn

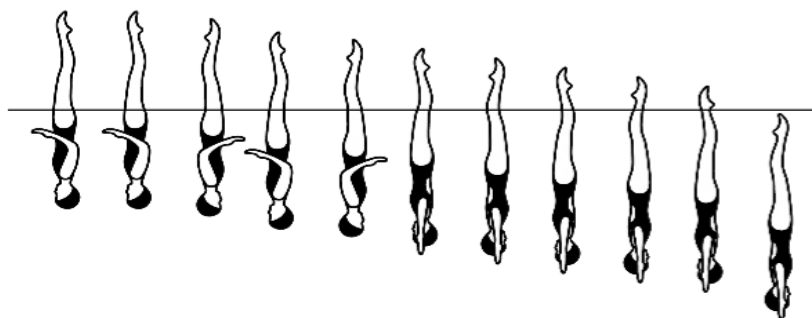
1. All elements must be attempted and awarded a mark.
2. The result will be determined by the average mark over the 10 elements.
3. All elements have to contain the minimum requirements to achieve the bronze pass mark of a 5.0.
4. If more than 2 elements have a score of less than 4.5 it will be an automatic fail.
5. Unless otherwise stated, movements should be performed relatively stationary and in uniform motion.
6. Assessments will mimic a competition and all swimmers can only attempt each element once.
7. For the entries in routine grades, the water depth must be at least 1.8 meters.
8. For figure grades 3-6 an appropriate depth of water should be available for vertical descents and spins.
9. For dry land skills swimmers must wear a costume/leotard.
10. Judges are asked to highlight any areas in which the Swimmers are not yet competent in the feedback box.
11. No retakes will be offered unless requested by the Supervising level 3 Judge.
12. All figures will be judged following the current FINA judging guide.
13. Any concerns about how an assessment has taken place must be brought to the supervising level 3 Judge by a coach or team manager from the club during the assessment time.

# Figure Grade 6

Focus on Senior Elements

## Element 1

Team Element 2 (DD 2.2)



### Details

From Vertical Position, a Full Twist is executed, followed by a Continuous Spin 1440° (4 rotations)

#### DESIRED ACTIONS FOR 5.0

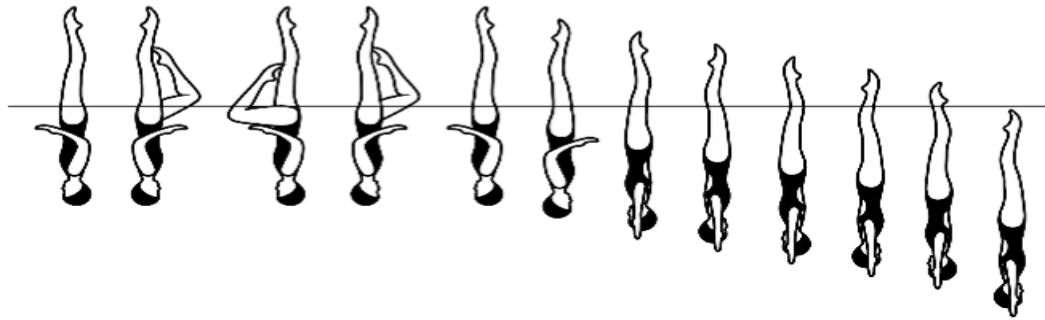
- Height maintained in full twist
- Even drop within spins
- Vertical axis maintained in spins
- Clear faster tempo shown in spins.

Mark

Feedback

# Element 2

Duet 1 (DD 2.3)



## Details

Starting in a Vertical Position, a Full Twist is executed as one leg is lowered to a Bent Knee Vertical Position. Continuing in the same direction another Full Twist is executed, as the bent knee is extended to a Vertical Position. A Continuous Spin of 1080° is executed. (3 rotations).

### DESIRED ACTIONS FOR 5.0

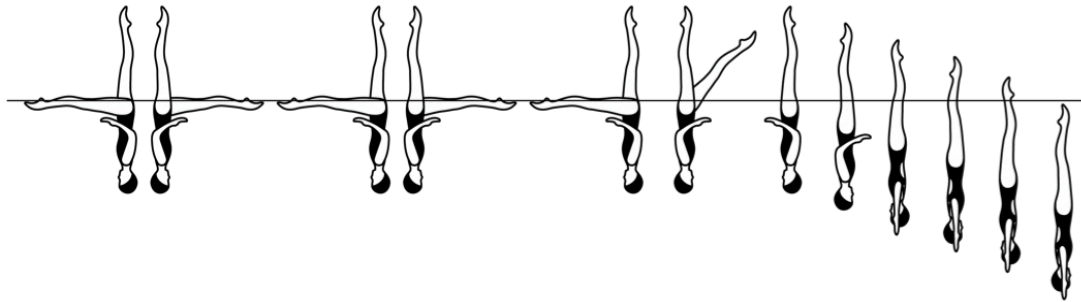
- *Even lower and extension of the bent knee.*
- *Vertical alignment maintained throughout.*

Mark

Feedback

# Element 3

Duet 3 (DD 2.8)



## Details

Starting and maintaining a Fishtail Position, with the horizontal leg leading toward the vertical leg, 2 rapid rotations (720°) are executed. Continuing in the same direction and same speed, a rapid Full Twist is executed as the horizontal leg is lifted to a Vertical Position. A Continuous Spin 720° is executed.

### DESIRED ACTIONS FOR 5.0

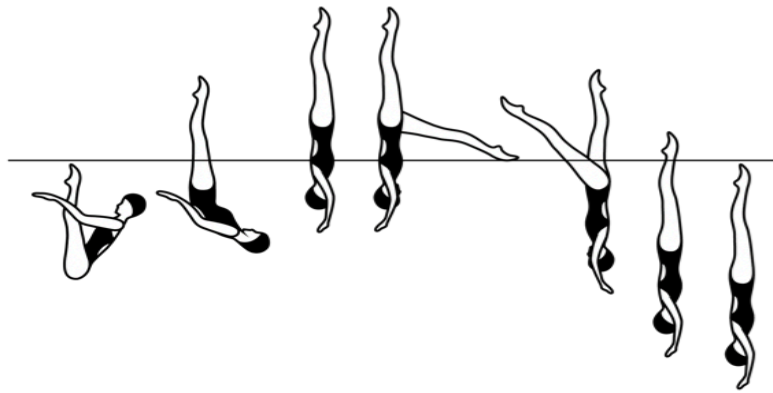
- Maintain vertical line in vertical leg in fishtail.
- Foot remains at the surface during the fishtail rotations.
- Even spin of 720 completed by ankles.

Mark

Feedback

# Element 4

Duet 5 (2.5)



## Details

Starting in a submerged Back Pike Position with the legs perpendicular to the surface, a Thrust is executed to a Vertical Position and with no loss of height one leg is rapidly lowered to a Fishtail Position. The horizontal leg is lifted to a Vertical Position as a Spin 360° is executed.

### DESIRED ACTIONS FOR 5.0

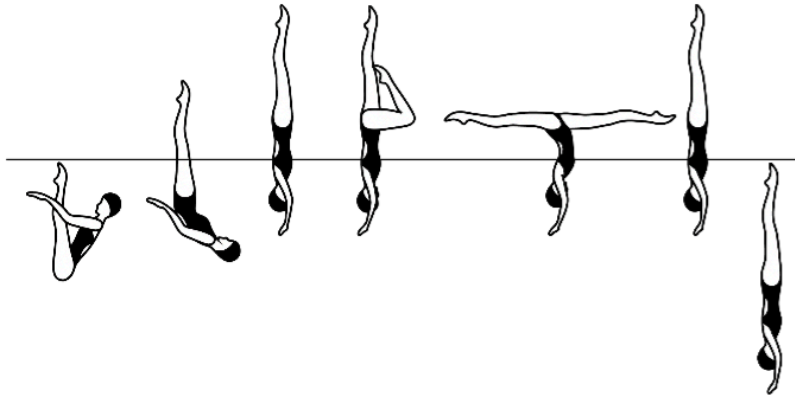
- *Body unrolls during thrust to a vertical position.*
- *vertical leg maintains vertical line during lower to fishtail and spin.*

Mark

Feedback

# Element 5

Solo 1 (DD 2.7)



## Details

Starting in a Submerged Back Pike Position with the legs perpendicular to the surface, a Thrust is executed to a Vertical Position and with no loss of height one leg is lowered rapidly to a Bent Knee Position and as the vertical leg is lowered forward, the bent knee is extended to assume an Airborne Split Position and maintaining maximum height the legs are lifted symmetrically to a Vertical Position, followed by a Vertical Descent. All movements are executed rapidly.

### DESIRED ACTIONS FOR 5.0

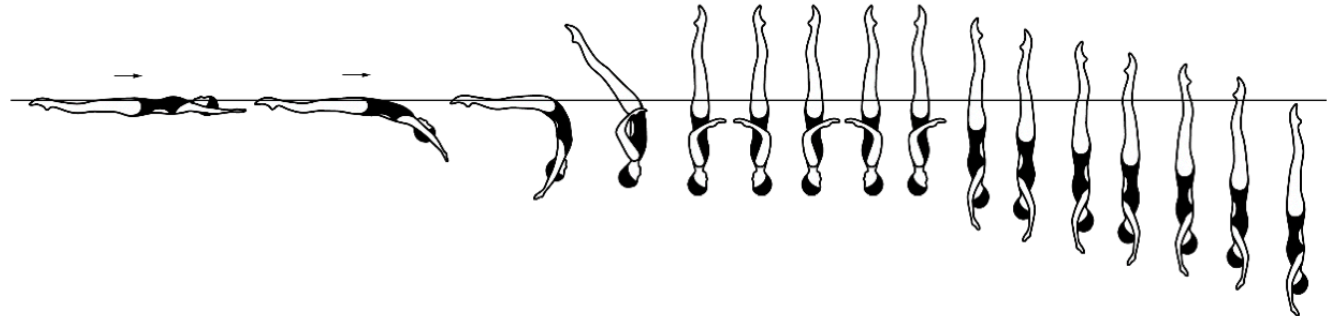
- Maintaining vertical leg alignment throughout thrust
- Even split at the top of the thrust.

Mark

Feedback

# Element 6

Solo 2 (DD 3.4)



## Details

A Dolphin is initiated, and the back continues to arch to assume a Surface Arch Position. The legs are lifted to a Vertical Position. Two Full Twists (720°) are executed, and continuing in the same direction a Continuous Spin 1080° (3 rotations) executed.

### DESIRED ACTIONS FOR 5.0

- *legs LIFTED to vertical position*
- *Height maintained during the twists.*
- *Even drop in height for the 3 spins*

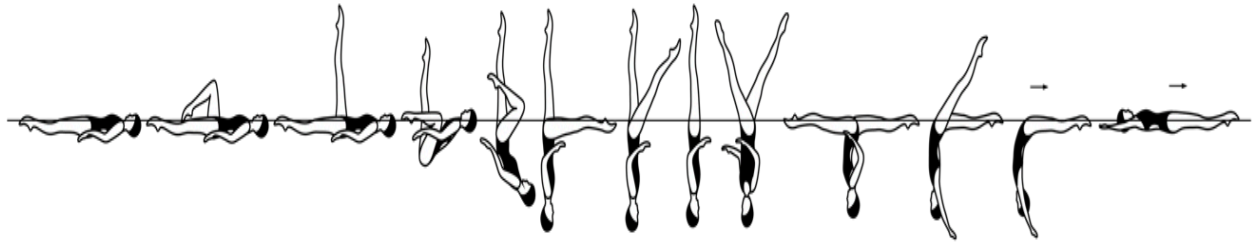
Mark

Feedback



# Element 7

Solo 3 (DD 3.2)



## Details

141 Stingray - A Flamingo is executed to a Surface Flamingo Position, travelling head first. With the ballet leg maintaining its vertical position, the hips are lifted as the trunk unrolls while the bent leg moves with the knee at the surface to assume a Fishtail Position. The horizontal leg is lifted in an arc over the surface. As it passes the vertical leg which moves symmetrically, a 180° rotation is started and is completed as a Split Position is assumed. A Walkout Front is executed.

### DESIRED ACTIONS FOR 5.0

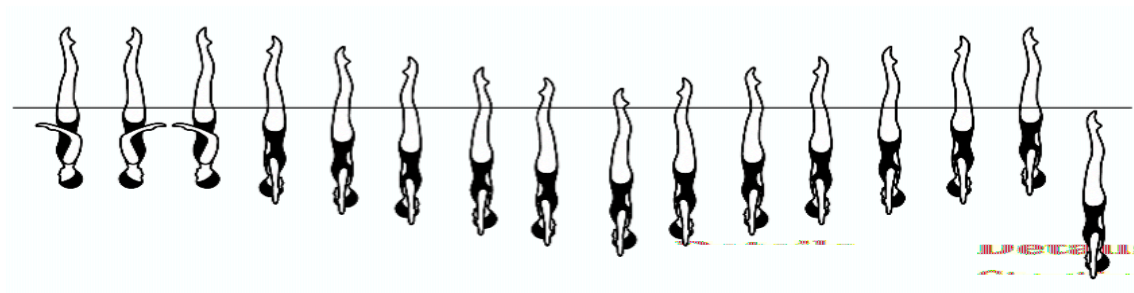
- Height maintained during transition to fishtail.
- Maintaining vertical axis throughout rotation
- Even drop to at least a 150 split.

Mark

Feedback

# Element 8

Solo 4 (DD 2.7)



## Details

Starting in a Vertical Position a Full Twist is executed followed by a Combined Spin of 1080° (3 rotations + 3 rotations)

### DESIRED ACTIONS FOR 5.0

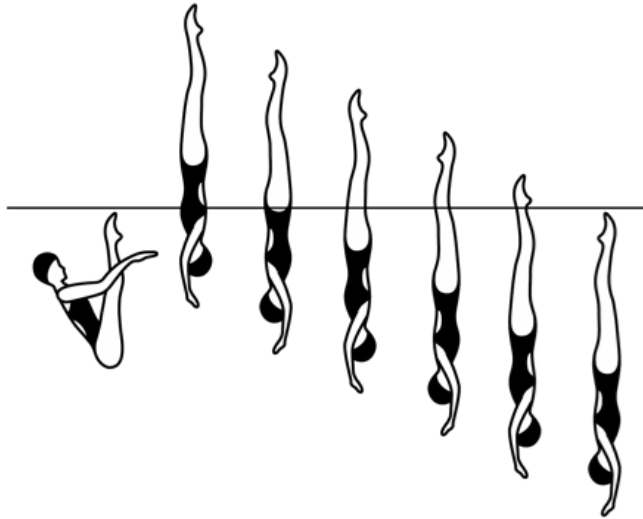
- Height maintained in twists
- Vertical axis maintained throughout
- Even drop and rise on combined spin.

Mark

Feedback

# Element 9

Solo 5 (DD 2.3)



## Details

Starting in a submerged Back Pike Position with the legs perpendicular to the surface, a Barracuda Continuous Spin 720° (2 rotations) is executed.

### DESIRED ACTIONS FOR 5.0

- *Body unrolls under hips in the thrust.*
- *Even and rapid rotations in the spin*
- *Vertical alignment maintained in the spin.*

Mark

Feedback

# Element 10

Split position on land – Right leg and left leg. Both legs must be attempted

## Details

If not flat swimmers may use blocks to support the body on both sides. For a flat and over split the crotch must be on the floor. If the swimmer is not flat then it will be measured in relation to the crotch height from the floor. All positions should be completed with full extension and body vertical or 0 will be given. Minimum requirement is set for every split to be attempted.

If swimmers do not meet the minimum requirements for the angle attempted, then they may attempt the angle below. 10cm block to be used to see the crotch distance from the floor (if not flat) and used for over splits.

### MINIMUM REQUIREMENT FOR ALL ANGLES

*Legs and feet fully extended*  
*Body and shoulders above hips*  
*Hips 'square'*  
*Back heel towards the ceiling*  
*>20cm from the floor = 0*  
*<20cm from the floor = 4.0*  
*<10cm from the floor = 5.0*  
*Flat split = 6.0*  
*10cm over split = 7.0*  
*20cm over split = 8.0*

Mark	
Right leg	Left leg

Feedback