

Swim England

Artistic Swimming Routine Grade 5

Artistic Swimming Routine Grade 5

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

Name	
Date	

Average mark	Number below 4.5	Result

1	2	3	4	5	6	7	8	9	10

Content

Theme – Element

1. WALK ON AND ENTRY – Walk on with presentation assume a start pose followed by solo deck work, dive entry followed immediately followed by a foot first boost.
 2. EGGBEATER – Travelling double arm eggbeater for 8 meters with creative arms.
 3. HEADFIRST BOOST – Two headfirst boosts both with double arms, one must contain a twirl.
 4. TRANSITIONS – SCULLING AND PROPULSION – 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.
 5. TRANSITIONS – PROPULSION AND BALLET LEGS – straight leg ballet leg, flamingo, swap twice, doubles, flamingo, ballet leg, bent knee back layout.
-
1. THRUST – See page 9 for hybrid combination.
 2. SPIN – See page 10 for hybrid combination.
 3. ROTATIONS – See page 11 for hybrid combination.
 4. AIRBORNE WEIGHT – See page 12 for hybrid combination.
 5. FLEXIBILITY – See page 13 for hybrid combination.

General Conditions

Black swimwear 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 are marked according to guidance tables and height charts from World Aquatics. To achieve a pass the average mark should be at least 5.0: Bronze pass: 5.0, Silver pass: 6.0, Gold pass: 7.0.
4. Figure grades shall be marked in 0.1 increments, Routine grade elements shall be marked in 0.25 increments.
5. If more than 2 elements have a score of less than 4.5 it will be an automatic fail.
6. Unless otherwise stated, movements should be performed relatively stationary and in uniform motion.
7. Assessments will mimic a competition and all swimmers can only attempt each element once.
8. For the entries in routine grades, the water depth must be at least 1.8 meters.
9. For figure grades 3-5 an appropriate depth of water should be available for vertical descents and spins.
10. For dry land skills swimmers must wear fitted shorts or leggings.
11. Judges are asked to highlight any areas in which the swimmers are not yet competent in the feedback box.
12. No retakes will be offered unless requested by the supervising Level 3 Judge.
13. All figures will be judged following the current World Aquatics judging guide.
14. 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.

Routine Grade 5

Focus on deck work, entries, travel and hybrids.

Element 1 – Walk on and entry

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.

POINTS TO CONSIDER

Extension and control shown on the deck work – make eye contact with Judge

Presentation throughout

The foot first thrust should be at least 5 metres from the side of pool

MARK

Feedback

Element 2 – Eggbeater

Travelling double arm eggbeater for 8 meters with creative arms. Arms should be sharp and 1 per count to metronome 160bpm.

POINTS TO CONSIDER

Height in eggbeater

Sharp arm movements

Effective travel throughout

MARK

Feedback

Element 3 – Headfirst boost

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

POINTS TO CONSIDER

Height in both boosts according to charts

Arms above shoulder height at the top of each boost

Twirl started at the top of chosen boost

Posture throughout the element

MARK

Feedback

Element 4 Transitions – Sculling and Propulsion

Side flutter kick is completed for 5 metres 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 5 metres.

POINTS TO CONSIDER

Effective and continuous travel shown

Full extension in walkover

Height in double leg walkover

Height in eggbeater

MARK

Feedback

Element 5 Transitions – Propulsion and Ballet Legs

Travelling throughout, straight leg ballet leg, to a flamingo, swap flamingo positions twice, Lift leg to double ballet leg, lower to flamingo, ballet leg, bent knee back layout. Leg choice is up to the swimmer. Minimum 5 metre covered during the combination.

POINTS TO CONSIDER

Full extension throughout

All ballet legs at least knee out of the water

Travelling throughout

MARK

Feedback

Element 6 – Thrusts

Hybrid will be marked on execution of the transitions including height extension and accuracy of positions. Speed of transitions are at the swimmer's choice.

HYBRID DESCRIPTION

- T5a – Thrust spin 360° 0.9
- A3b - Vertical ascent 0.2
- SCD1 - Two direction combined spin 360° 0.85
- A7 - 3 sec hold in vertical 1.45
- Travel to right or left during A7 – minimum 30cm
- **Total Dd 3.4**

MARK

Feedback

Element 7 – Spins

Hybrid will be marked on execution of the transitions including height extension and accuracy of positions. Speed of transitions are at the swimmer's choice.

HYBRID DESCRIPTION

- A1a - Pike to bent knee vertical 0.10
- A1d - Bent knee vertical to vertical 0.10
- SC2 - Combined 720° spin 1.60
- F1a - Rapid split 0.10
- RC1 - Split closing 360° to VP 0.55
- S1 - Spin 360° 0.35
- **TOTAL DD 2.80**

MARK

Feedback

Element 8 – Rotations

Hybrid will be marked on execution of the transitions including height extension and accuracy of positions. Speed of transitions are at the swimmer's choice.

HYBRID DESCRIPTION

- A4a - Pike to fishtail while turning 360 0.45
- A1d - Fishtail to vertical 0.10
- RD1- Two direction 360° 0.50
- F1a - Rapid split
- RC1 - Split closing 360° to VP 0.55
- RO1 - VP open 360° to split 0.55
- F2a - Walkout front to breath 0.2
- **Total dd 2.35**

MARK

Feedback

Element 9 – Airborne Weight

Hybrid will be marked on execution of the transitions including height extension and accuracy of positions. Speed of transitions are at the swimmer's choice.

HYBRID DESCRIPTION

- A5 – Front pike to VP while turning 360° 0.65
- A7 sustained height in VP for 3 seconds 1.45
- Travel to right or left during A7 – minimum 30cm
- VP to tabletop
- A1c - Lift to vertical from table top 0.10
- S1 - Spin 360° 0.35
- A3b - Vertical ascent 1 or 2 legs 0.20
- Tuck out
- **Total dd 2.75**

MARK

Feedback

Element 10 – Flexibility

Hybrid will be marked on execution of the transitions including height extension and accuracy of positions. Speed of transitions are at the swimmer's choice.

HYBRID DESCRIPTION

- F7 - Surface arch to vertical 0.75
- Vertical to fishtail
- F4e - Fishtail to knight across the surface 0.40
- F5a - Knight to vertical 0.5
- F1a - Rapid split 0.10
- RC1 - Split close 360° to VP 0.65
- 2R1 - twist/twirl 360° 0.35
- A2a - Vertical descent in vertical position 0.15
- **Total dd 2.9**

MARK

Feedback