

Swim England

Artistic Swimming Figure Grade 2

Artistic Swimming Figure Grade 2

The judge must be a Level 1, 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

1. Back layout to inverted tuck held for 5 sec (BP 9).
2. Ballet leg (Fig 101 DD 1.6).
3. Somersault back pike (Fig 303 DD 1.5).
4. Somersault front pike (Fig 320 DD 1.7).
5. Blossom (Fig 302 DD 1.4).
6. Neptunus (Fig 344 DD1.8).
7. Walkout Front (BM 6a).
8. Back layout to surface arch bent knee.
9. Vertical with a vertical descent (BM 10).
10. Split position on land – Right leg and left leg. Both legs must be attempted.

General Conditions

Black swimwear and white hat to be worn.

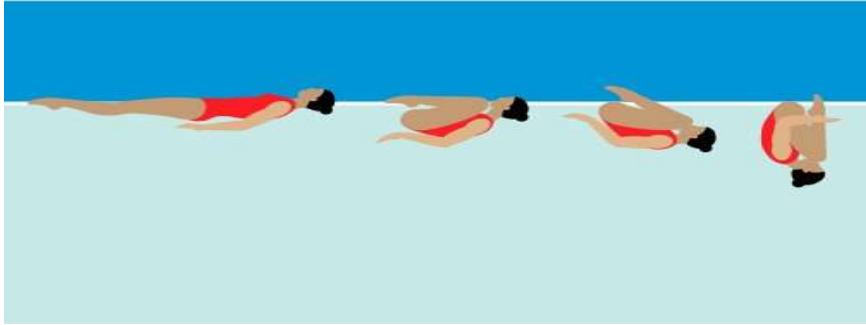
1. All elements must be attempted and awarded a mark.
2. The result will be determined by the average mark over the 10 elements.
3. All elements are marked according to guidance tables and height charts from World Aquatics. To achieve a pass the average mark should be at least 5.0: Bronze pass: 5.0, 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.

Figure Grade 2

Focus on basic transitions and figures

Element 1

Back layout to inverted tuck held for five seconds (BP 9).



Details

From a **Back Layout Position**, a partial somersault **Back Tuck** is executed until the shins are perpendicular to the surface. Position held for five seconds.

MARK

Feedback

Element 2

Ballet leg (Fig 101 DD 1.6).



Details

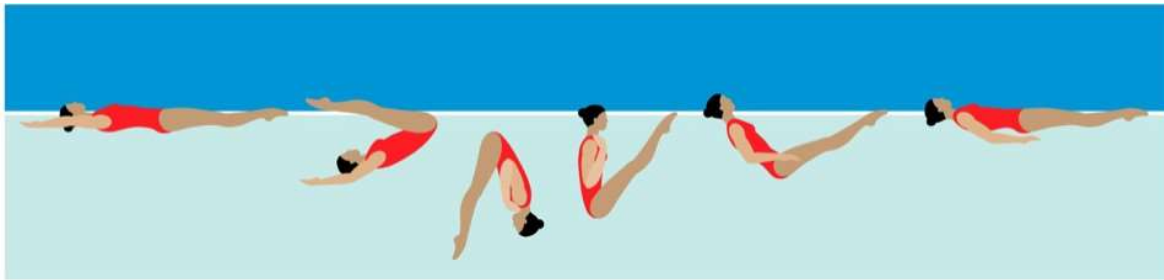
Begin in a **Back Layout Position**. One leg remains at the surface throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a **Bent Knee Back Layout Position**. The knee is straightened, without movement of the thigh, to assume a Ballet Leg Position. From a **Ballet Leg Position** the ballet leg is bent, without movement of the thigh, to a **Bent Knee Back Layout Position**. The toe moves along the inside of the extended leg until a **Back Layout Position** is assumed.

MARK

Feedback

Element 3

Somersault back pike (Fig 303 DD 1.5).



Details

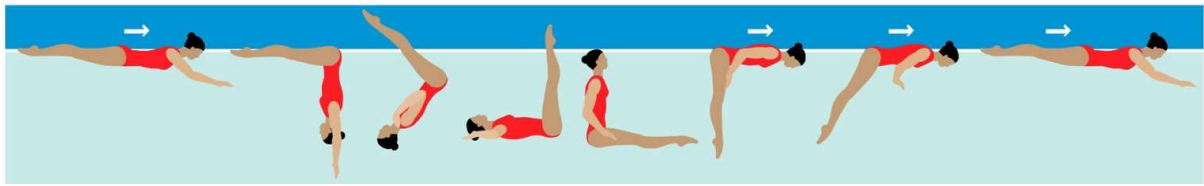
From a **Back Layout Position** with the body remaining parallel and close to the surface, the legs are lifted rapidly to assume a **Back Pike Position**. Without a pause the body somersaults backwards around a lateral axis until the feet and head simultaneously reach the surface. A **Back Layout Position** is assumed.

MARK

Feedback

Element 4

Somersault front pike (Fig 320 DD 1.7).



Details

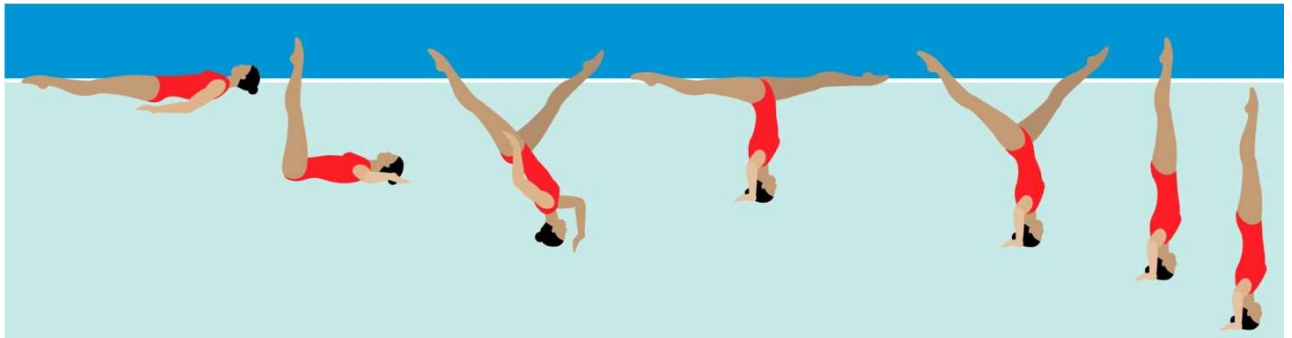
From a **Front Layout Position** a **Front Pike Position** is assumed, followed by continuous rotation to assume a **Submerged Ballet Leg Double Position**, and with continuous motion a **Front Pike Position** is maintained as the body continues to somersault forward around a lateral axis so that the hips replace the head at each quarter point of the revolution until the head and buttocks return to the surface. As the legs move upward to assume a **Front Layout Position**, the head, back and buttocks travel along the surface until hips occupy the same position as the head at the beginning of this action.

MARK

Feedback

Element 5

Blossom (Fig 302 DD 1.4).



Details

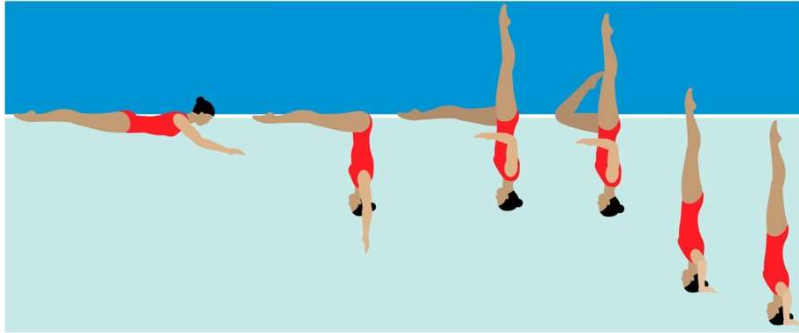
From a Back Layout position the trunk is lowered as the hips are bent to assume a **Submerged Ballet Leg Double Position**. The feet separate along the surface as the hips rise and the body assumes a Split Position. The legs join to assume a **Vertical Position** at ankle level. A **Vertical Descent** is executed.

MARK

Feedback

Element 6

Neptunus (Fig 344 DD1.8).



Details

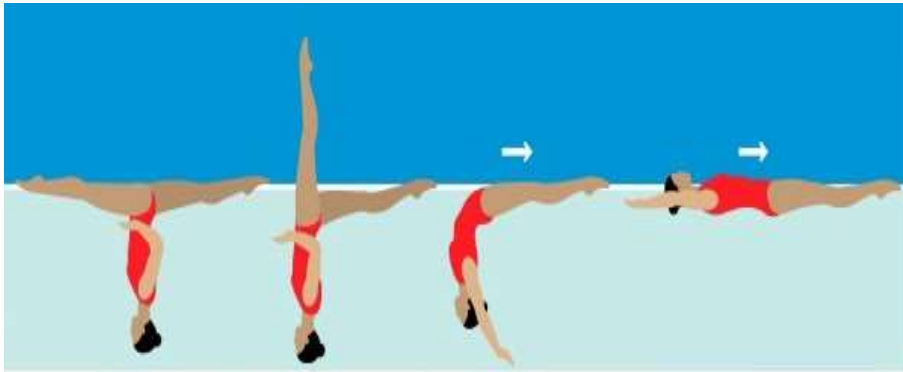
From a **Front Layout Position**, a **Front Pike Position** is assumed. One leg is lifted to a **Fishtail Position**. The horizontal leg is bent to assume a **Bent Knee Vertical Position**. A **Vertical Descent** is executed as the bent knee is extended to meet the vertical leg as the ankles submerge.

MARK

Feedback

Element 7

Walkout front (BM 6a).



Details

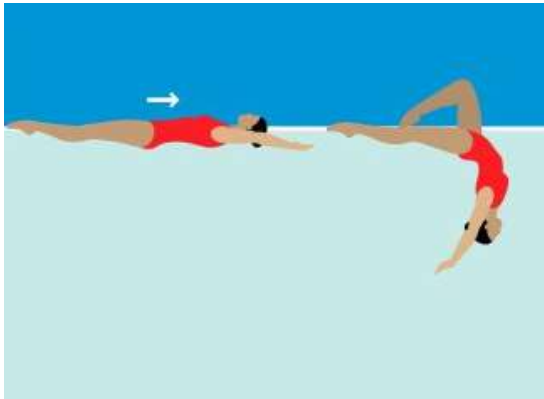
From a split position the front leg is lifted in a 180 degree arc over the surface to meet the opposite leg in a Surface Arch Position and with continuous movement, an **Arch to Back Layout Finish Action** is executed.

MARK

Feedback

Element 8

Back layout to surface arch bent knee.



Details

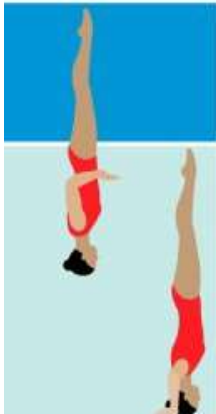
With the head leading a **Dolphin** is initiated until the hips are about to submerge. The hips, legs and feet continue to move along the surface as the back is arched more as one knee is bent to assume a **Bent Knee Surface Arch Position**.

MARK

Feedback

Element 9

Vertical with a vertical descent (BM 10).



Details

From a vertical position held for three sculls, the body descends along its longitudinal axis until the toes are submerged and a back tuck is executed to return to the surface.

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

--