

Swim England

Artistic Swimming Routine Grade 3

Artistic Swimming Routine Grade 3

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 counts and good posture and assume a start pose. From pose step to edge dive entry and head first boost.
2. EGGBEATER – Single arm eggbeater for 6 metres, 3 metres with one side leading, turn and continue for 3 metres opposite side leading.
3. HEADFIRST BOOST – Headfirst boost and ‘catch’ in eggbeater.
4. TRANSITIONS - SCULLING AND PROPULSION – Side flutter into front pike to front walkout and torpedo for 5 metres.
5. TRANSITION - PROPULSION AND BALLET LEGS – Travelling alternate ballet leg
6. THRUST – See page 9 for hybrid combination.
7. SPIN – See page 10 for hybrid combination
8. ROTATIONS – See page 11 for hybrid combination.
9. AIRBORNE WEIGHT – See page 12 for hybrid combination.
10. 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 3

Focus on deck work and entry, travel and hybrids.

Element 1 – Walk on and Entry

Walk on with counts and good posture and assume a start pose. From pose step to edge dive entry and head first boost.

POINTS TO CONSIDER

Extension and tension shown in pose – eye contact with judge

Dive entry covers at least 5 metres before the boost

Full extension and feet together in the dive

Body height on headfirst boost checked on charts

MARK

Feedback

Element 2 – Eggbeater

Single arm eggbeater for 6 metres, 3 metres with one side leading turn and continue for 3 metres opposite side leading.

POINTS TO CONSIDER

Presentation

Body height out of the water

Body posture

3 metres travel completed in each direction

Arms and shoulders should be stable throughout

Arm pit dry of raised arm.

MARK

Feedback

Element 3 – Headfirst Boost

Headfirst boost (from under the water) and 'catch' in eggbeater.

POINTS TO CONSIDER

Body height in boost

Body posture

Clear preparation

Eggbeater shown and height considered

MARK

Feedback

Element 4 Transitions – Sculling and Propulsion

Side flutter for 5 metres followed by a rapid transition into **Front Pike Position**, followed by a **Walkover Front** and then torpedo for 5 metres.

POINTS TO CONSIDER

Position in Pike position

Clear split position shown

Full extension in the walkover

Torpedo to start when face reaches surface

In torpedo scull Body, hips and feet at the surface

MARK

Feedback

Element 5 – Transitions – Propulsion and Ballet Legs

From a **Back Layout**, travel headfirst while assuming a ballet leg. Return to back layout, assume the opposite ballet leg and return to back layout. Completed to metronome (160bpm) one count per movement.

POINTS TO CONSIDER

Full layout shown each time

Body extension throughout the element

Thigh vertical in bent knee

Leg vertical in ballet leg

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

- T3a - Thrust with vertical descent 0.65
- A3b Vertical ascent with two legs 0.20
- Tuck out
- **TOTAL DD 0.85**

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

- AB Tabletop to bent knee vertical. 0.05
- A1d vertical bent knee to vertical 0.1
- S1 vertical spin 360. 0.35
- **TOTAL DD 0.5**

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

- A1a - pike to bent knee vertical
- A1b – single leg descent 0.1
- A3b - ascent to bent knee vertical 0.2
- 1RB - 180° twist in bent knee vertical 0.15
- Tuck out
- **TOTAL DD 0.55**

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

- A3a - Front Pike to vertical 0.2
- F1a - Rapid split 0.1
- F2a - Walkout front to breath 0.2
- **TOTAL DD 0.5**

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

- FB - Layout to surface arch bent knee 0.05
- F1b - Rapid knight 0.10
- F1a - Rapid split 0.10
- F3b - Ariana rotation 0.30
- F2a – Walkout front to breath 0.20
- **TOTAL DD 0.75**

MARK

Feedback