

Swim England

Artistic Swimming Routine Grade 2

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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

Theme – Element

1. WALK ON AND ENTRY – Walk on with good posture, dive entry, two breaststrokes to the surface and surface in eggbeater.
2. EGGBEATER – Eggbeater for 10 metres, 5 metres with one side leading arm raised, turn and continue for 5 metres opposite side leading no arm raised.
3. HEADFIRST BOOST – Headfirst boost and descent (starting from underwater – arms to remain by side).
4. TRANSITIONS - SCULLING AND PROPULSION – Dolphin scull for 5 metres.
5. TRANSITIONS – PROPULSION AND BALLET LEGS – Kick pull kick over to metronome for 15 metres (160bpm).
6. THRUST – TB - Thrust with two legs followed by crash.
7. SPIN – SB - Basic spin 180°.
8. ROTATIONS – RB - Basic swirl 180°.
9. AIRBORNE WEIGHT – A1a - Lift to fishtail position from front pike.
10. FLEXIBILITY – F2a - Walk out front (to breath).

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 2

Focus on basic entry, travel and hybrids.

Element 1 – Walk on and entry

Walk on with good posture, dive entry, two breaststrokes to the surface and surface in eggbeater.

POINTS TO CONSIDER

Good posture shown on walk on

Dive and entry to travel at least 5 metres

Full body extension on dive

MARK

Feedback

Element 2 – Eggbeater

Single arm eggbeater for 10 metres, 5 metres with one arm raised, turn and continue for 5 metres opposite side leading with no arm raised.

POINTS TO CONSIDER

Arm pit of raised arm dry throughout 5 metres in each direction completed.

Trailing leg kicking to the side

MARK

Feedback

Element 3 – Headfirst boost

Head first boost and descend (starting from underwater, with arms remaining at side).

Element completed to a metronome (160bpm); one, two, under water, three, four, cap at the surface, five, six, boost, seven, eight, descend.

POINTS TO CONSIDER

Body vertical

Hip bones dry

Positions to be accurate on counts

MARK

Feedback

Element 4 – Transitions - Sculling and Transitions

Dolphin scull for 5 metres.

POINTS TO CONSIDER

Chest, hips and feet at the surface 5 meters travelled

Effective head first travel

MARK

Feedback

Element 5 – Transitions – Propulsion and Ballets legs

Kick pull kick over to metronome for 15 metres (160bpm).

POINTS TO CONSIDER

Chin dry throughout

Effective and smooth travel shown

Arm straight and passes by the ear

MARK

Feedback

Element 6 – Thrusts

TB - Thrust with two legs followed by a crash.

POINTS TO CONSIDER

Full extension throughout the body

Fast movement to vertical

MARK

Feedback

Element 7 – Spin

SB - From a vertical position with two legs a spin 180° is completed.

POINTS TO CONSIDER

Full extension throughout

180° rotation completed

Even descent during the rotation

Vertical position maintained

MARK

Feedback

Element 8 – Rotations

Piked Swirl 180° completed.

RB - Swirl = A 1 or 2 leg rotation in a piked/arched body position while turning. Swirls may have height variation – legs can be lower than vertical position definition or can move in and out of the VP area. Body must turn the declared degree of rotation wall to wall.

POINTS TO CONSIDER

Body turns 180° degrees

Body maintains vertical

MARK

Feedback

Element 9 – Airborne weight

A1a - From a front pike position 1 leg is lifted with a straight leg to a fishtail position.

POINTS TO CONSIDER

Pike position shown

Fishtail position shown

Full extension shown throughout

MARK

Feedback

Element 10 – Flexibility

F2a - From a split position a walk out front is completed finishing in a back layout position.

POINTS TO CONSIDER

Split position shown (refer to split chart)

Back layout shown

Full extension shown throughout

Speed optional

MARK

Feedback