

# Swim England

## Artistic Swimming Routine Grade 1

### Artistic Swimming Routine Grade 1

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, step entry into water with two breaststroke to surface in eggbeater.
2. EGGBEATER – Stationary eggbeater for 10 seconds.
3. HEAD FIRST BOOST – Eggbeater press/eggbeater 'pop'.
4. TRANSITIONS – SCULLING AND PROPULSION – Torpedo scull for 5 metres.
5. TRANSITIONS – PROPULSION AND BALLET LEGS – Straight arm backstroke to a metronome for 15 metres (160bpm).
6. THRUST – Basic thrust – one leg and crash.
7. SPIN – Hanging vertical and 180 rotation.
8. ROTATIONS – Tub turn 360.
9. AIRBORNE WEIGHT – Inverted tuck to vertical bent knee.
10. FLEXIBILITY – Rapid split from tuck position.

## 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 1

Focus on basic entry, travel and hybrids.

## Element 1 – Walk on and entry

Walk on with good posture, step entry into water with two breaststroke to surface in eggbeater for five seconds (arms position is optional but should be extended).

### POINTS TO CONSIDER

Presentation during the element

Body position during entry

Effective travel to the surface

Eggbeater shown on the surface

### MARK

### Feedback

## Element 2 – Eggbeater

Stationary eggbeater for 10 seconds.

### POINTS TO CONSIDER

Knees wide

Shoulders still

Height according to charts

### MARK

### Feedback

### Element 3 – Headfirst boost

Eggbeater press/egg 'pop' (eggbeater at the surface followed by a fast double kick to increase height above the surface). This is completed with complete submergence under the water.

#### POINTS TO CONSIDER

Double kick shown

Waist height on kick

Complete under the water

#### MARK

#### Feedback

## Element 4 – Transitions – Sculling and Propulsion

Torpedo scull for 5 metres.

### POINTS TO CONSIDER

Hips, thighs and feet dry throughout

Smooth and effective travel shown 5 metres completed

### MARK

### Feedback

## Element 5 – Transitions – Propulsion and Ballet Legs

Straight arm backstroke to metronome for 15 metres (160bpm).

### POINTS TO CONSIDER

Arm stops at 90 degrees to the surface

Little finger in first

Strong effective leg kick

Two counts per movement

### MARK

### Feedback



## Element 6 – Thrust

Thrust with one leg followed by crashing on the surface.

### POINTS TO CONSIDER

Mid-thigh on vertical leg out of the water

Fast movement up and down

### MARK

### Feedback

## Element 7 – Spins

Hanging vertical established then an inverted rotation of 180 completed maintaining the vertical position. Speed optional.

### POINTS TO CONSIDER

Vertical position established

Full extension throughout

180 turn completed

### MARK

### Feedback

## Element 8 – Rotations

Tub 360 degrees (from back layout and returning to back layout).

### POINTS TO CONSIDER

Hips thighs and feet dry in both layouts

Feet, shins and knees remain at the surface throughout

### MARK

### Feedback

## Element 9 – Airborne Weight

Lift to a vertical bent knee position from inverted tuck.

### POINTS TO CONSIDER

Tuck position shown

Final vertical bent knee position shown

Full extension reached in vertical bent knee

### MARK

### Feedback

## Element 10 – Flexibility

Rapid split position from a tuck.

### POINTS TO CONSIDER

Tuck position shown

Full extension in splits

Split position shown

Refer to split chart

### MARK

### Feedback