

1	2	3	4	5	6	7	8	9	10

Synchronised 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

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 costume and white hat to be worn

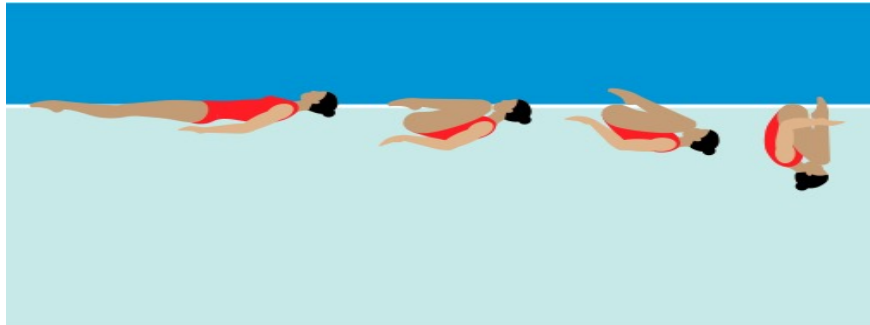
1. All elements must be attempted and awarded a mark.
2. The result will be determined by the average mark over the 10 elements.
3. All elements have to contain the minimum requirements to achieve the bronze pass mark of a 5.0.
4. If more than 2 elements have a score of less than 4.5 it will be an automatic fail.
5. Unless otherwise stated, movements should be performed relatively stationary and in uniform motion.
6. Assessments will mimic a competition and all swimmers can only attempt each element once.
7. For the entries in routine grades, the water depth must be at least 1.8 meters.
8. For figure grades 3-6 an appropriate depth of water should be available for vertical descents and spins.
9. For dry land skills swimmers must wear a costume/leotard.
10. Judges are asked to highlight any areas in which the Swimmers are not yet competent in the feedback box.
11. No retakes will be offered unless requested by the Supervising level 3 Judge.
12. All figures will be judges following the current FINA judging guide.
13. 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 5 sec (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 5 seconds.

DESIRED ACTIONS FOR 5.0

- Layout
- Shins at the surface
- Held for 5 sec

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.

DESIRED ACTIONS FOR 5.0

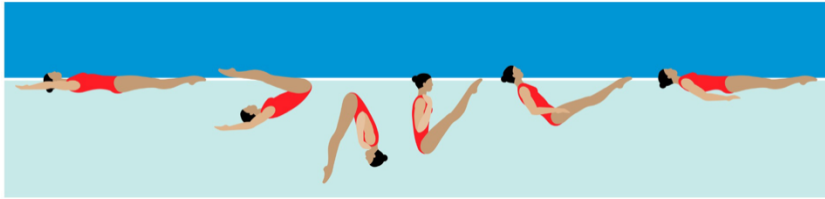
- Layout shown at both ends of the figure
- Thigh remains vertical

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.

DESIRED ACTIONS FOR 5.0

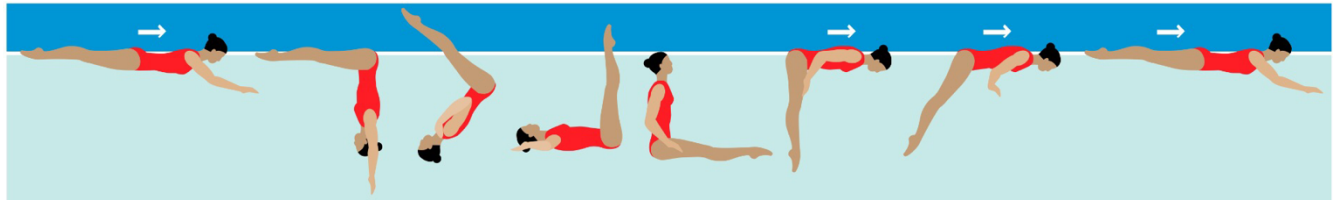
- *Legs straight*
- *Layout at start and end*
- *Initial tight position*

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.

DESIRED ACTIONS FOR 5.0

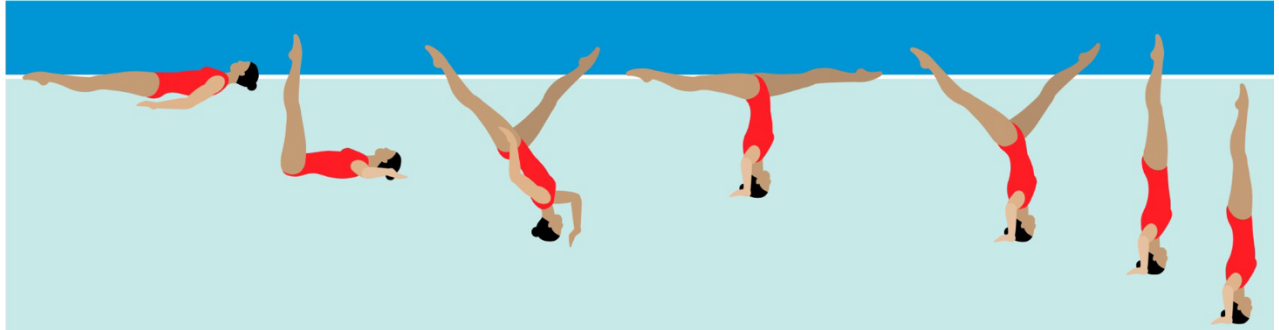
- Layout at start and end
- Travel into pike
- 90 in initial pike
- Legs straight



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.

DESIRED ACTIONS FOR 5.0

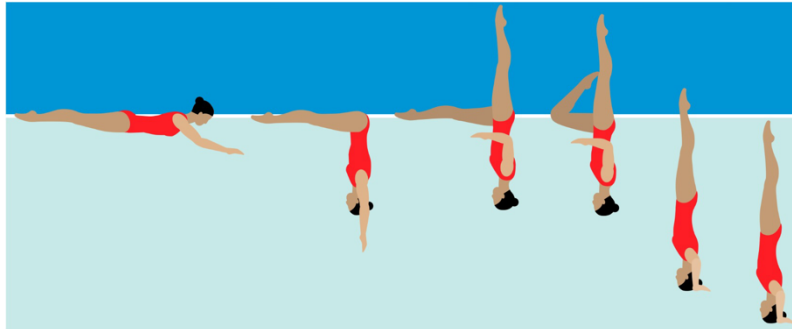
- 150 even Split
- Body under hips
- Vertical line

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.

DESIRED ACTIONS FOR 5.0

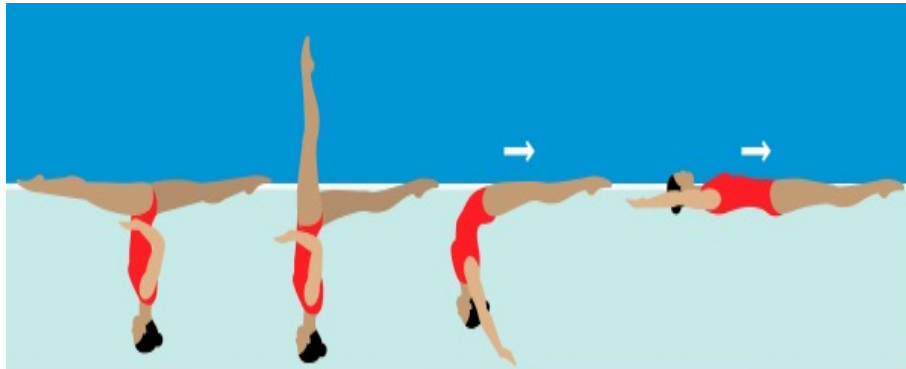
- *Front layout shown*
- *Travels to 90 pike*
- *Toe on leg in bent knee*

Mark

Feedback

Element 7

Walkout Front (BM 6a)



Details

From a split position the Front leg is lifted in a 180° 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.

DESIRED ACTIONS FOR 5.0

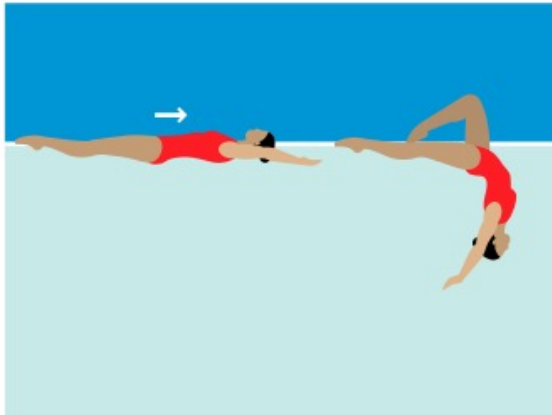
- *Must show a surface arch*
- *½ body's travel*
- *End in a layout*

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.

DESIRED ACTIONS FOR 5.0

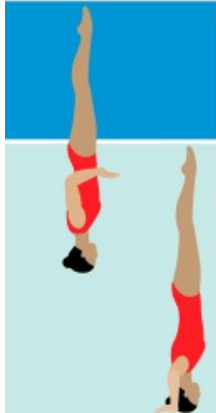
- *Start in a layout*
- *Must travel head first*
- *Bent knee as travel*

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.

DESIRED ACTIONS FOR 5.0

- *Vertical axis maintained*
- *Back tuck completed once under the surface*

Mark

Feedback

Element 10

Split position on land – Right leg and left leg. Both legs must be attempted

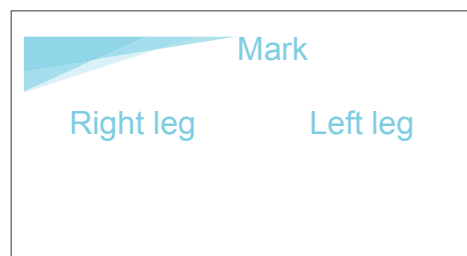
Details

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



Feedback