Synchronised Swimming

Figure Grade 3

The Judge must be a Level 2 or Level 3 judge.

Name …………………………………………………….

Date……………………………………………………

Average Mark	Number below 4.5	Result

Content

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 3

Focus on 12 and Under Figures

Element 1

Straight Ballet Leg (Fig 106 DD 1.6)

Details

Begin in a Back Layout Position. One leg remains at the surface throughout. From a Back Layout Position, one leg is raised straight to 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.
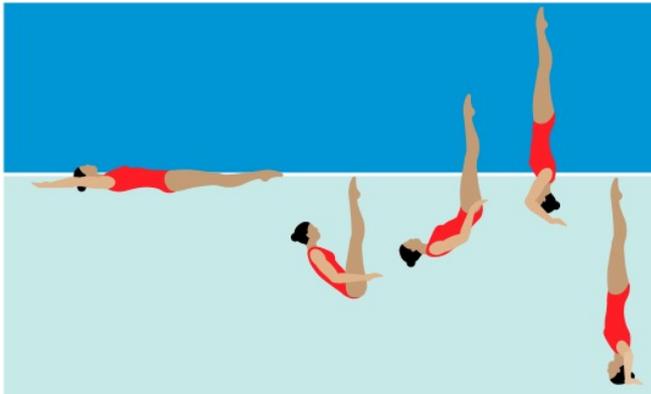
DESIRED ACTIONS FOR 5.0
- *Back layout at start and end*
- *Ballet leg vertical*
- *Bent knee thigh vertical*

Mark

Feedback

Element 2

Barracuda (Fig 301 DD 1.9)

Details

From a Back Layout Position, the legs are raised to vertical as the body is submerged to a Back Pike Position with the toes just under the surface. A Thrust is executed to Vertical Position. A Vertical Descent is executed at the same tempo as the Thrust.
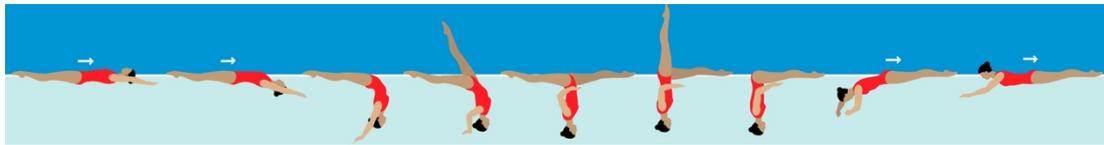
DESIRED ACTIONS FOR 5.0
- *Thrust is a rapid Movement*
- *Descent at the same speed as the thrust*
- *Vertical position hit at the top.*

Mark

Feedback

Element 3

Walkover Back (Fig 420 DD 1.9)

Details

With the head leading a Dolphin is initiated. The hips, legs and feet continue to move along the surface as the back is arched more to assume a Surface Arch Position. One leg is lifted in a 180° arc over the surface to a Split Position. The back leg is lifted in a 180° arc over the surface to meet the opposite leg in a Front Pike Position and with continuous movement, the body straightens to a Front Layout Position. The head surfaces at the position occupied by the hips at the beginning of this action.
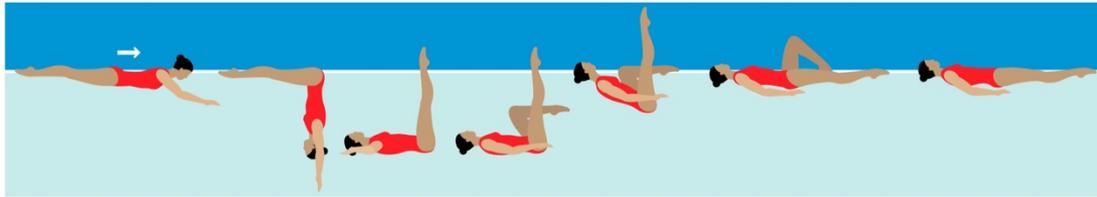
DESIRED ACTIONS FOR 5.0
- *Head First Travel.*
- *Full extension in split position*
- *Head replaces hips in final layout.*

Mark

Feedback

Element 4

Ballerina (Fig 327 DD 1.8)

Details

From a Front Layout Position a Somersault Front Pike is executed to a Submerged Ballet Leg Double Position. One knee is bent to assume a Submerged Flamingo Position. Maintaining this position, the body rises to a Surface Flamingo Position. The ballet leg is lowered in a 90° arc to the surface as the other leg moves to assume a Bent Knee Position. The toe moves along the inside of the extended leg until a Back Layout Position is assumed.
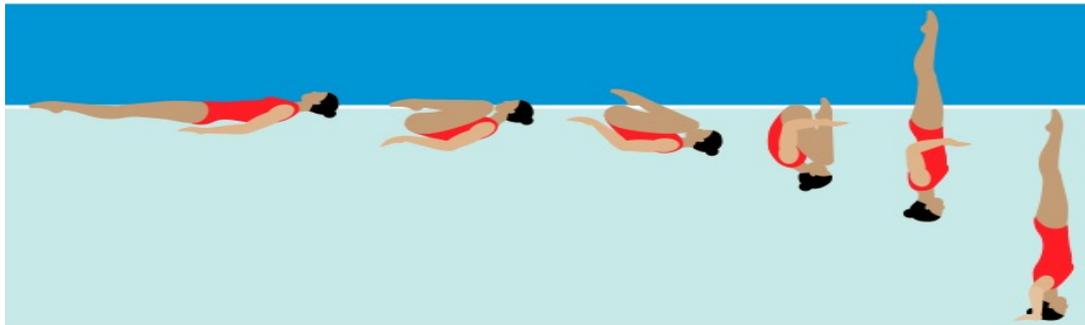
DESIRED ACTIONS FOR 5.0
•   90 degrees maintained from the surface to submerged Flamingo.
•   Extension maintained as leg lowers to bent knee.

Mark

Feedback

Element 5

Kip (Fig 311 DD 1.6)

Details

From a Back Layout Position, a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface. The trunk unrolls as the legs are straightened to assume a Vertical Position midway between the former vertical line through the hips and the former vertical line through the head and the shins. A Vertical Descent is executed.

DESIRED ACTIONS FOR 5.0
- *Tight tuck maintained to inverted tuck.*
- *Legs lift to vertical.*

Mark

Feedback

Element 6

Details

From a Front Layout Position, a Bent Knee Position is assumed. The back arches more as the extended leg is lifted in a 180° arc over the surface to assume a Bent Knee Surface Arch Position. The bent knee is straightened to assume a Surface Arch Position, and with continuous motion, an Arch to Back Layout Finish Action is executed.
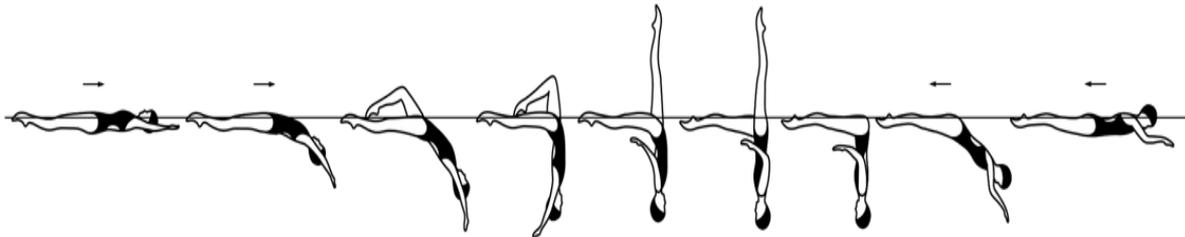
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DESIRED ACTIONS FOR 5.0
•   Arch started from the surface
•   Half body length travel from arch to layout.
•   Some lift shown in back leg
•   Surface arch position seen on way to layout.

Mark

Feedback

Element 7

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. The bent leg straightens to assume a Knight Position. The body rotates 180° to assume a Fishtail Position. The vertical leg is lowered to the surface to meet the opposite leg in a Front Pike Position and with continuous movement the body straightens to a Front Layout Position. The head surfaces at the point occupied by the hips at the beginning of this action.
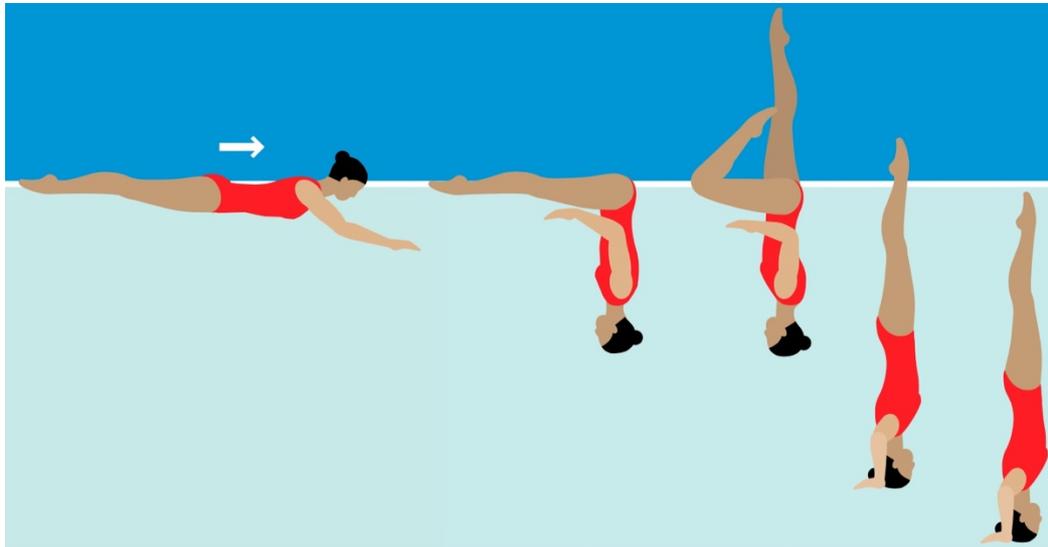
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DESIRED ACTIONS FOR 5.0
* *Head first travel seen into arch.*
* *Arch removed from back as rotate to fishtail*
* *Head replaces hips from pike to layout*

Mark

Feedback

Element 8

Water Drop (Fig 363 DD 1.5)

Details

From a Front Layout Position, a Front Pike Position is assumed. The legs are lifted simultaneously to a Bent Knee Vertical Position. A 180o Spin is executed as the bent knee is extended to a Vertical Position before the ankles reach the surface of the water.
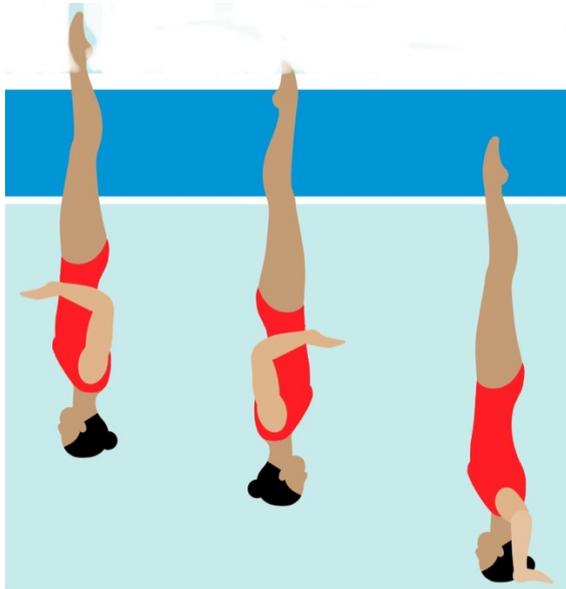
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DESIRED ACTIONS FOR 5.0
- *90 Degree pike seen before lift.*
- *Vertical line maintained in the spin.*

Mark

Feedback

Element 9

Details

Vertical position held for 3 sculls followed by a spin of 360 to ankles and vertical descent.

DESIRED ACTIONS FOR 5.0
- *Vertical line maintained.*
- *360 completed to heels*

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 must be completed with full extension and body vertical or a 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