

1	2	3	4	5	6	7	8	9	10

Synchronised Swimming

Figure Grade 4

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

Name

Date.....

Average Mark

Number below 4.5

Result

Content

1. Ariana (Fig 423 DD 2.2)
2. Rio (Fig 143 DD 3.1)
3. Jupiter (Fig 351 DD 2.8)
4. Oceanea (Fig 437 DD 2.1)
5. Albatross Half twist (Fig 240ah DD 2.2)
6. Sword Tail (Fig 403 DD 2.3)
7. Porpoise continuous spin 720 (Fig 355f DD 2.1)
8. Seagull (Fig 315 DD 2.1)
9. Vertical Continuous Spin 720
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

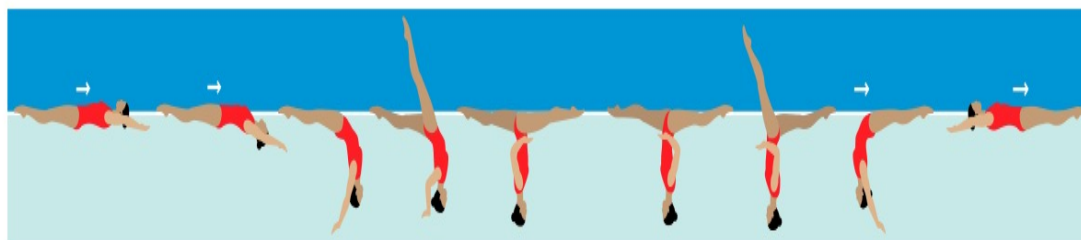
1. All elements must be attempted and awarded a mark.
2. The result will be determined by the average mark over the 10 elements.
3. All elements have to contain the minimum requirements to achieve the bronze pass mark of a 5.0.
4. If more than 2 elements have a score of less than 4.5 it will be an automatic 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 4

Focus on 13 - 15 figures

Element 1

Ariana (Fig 423 DD 2.2)



Details

A Walkover Back is executed to a Split Position. Maintaining the relative position of the legs to the surface, the hips rotate 180°. A Walkout Front is executed.

DESIRED ACTIONS FOR 5.0

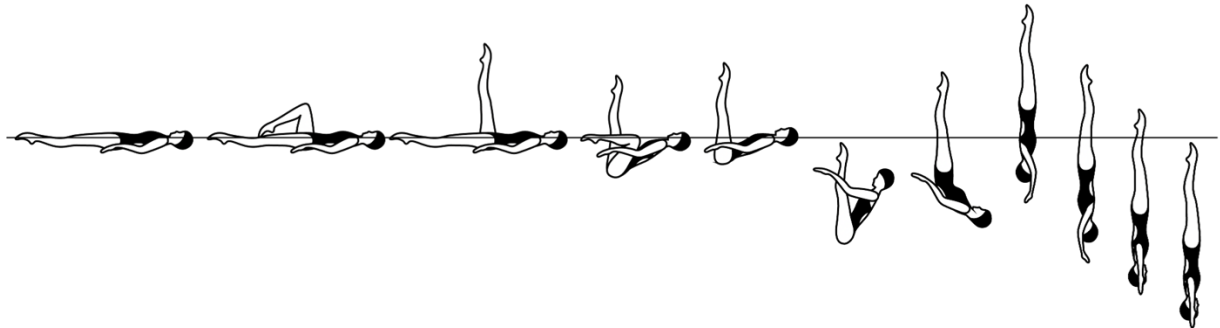
- *Correct travel into and out of surface arch*
 - *Hips and shoulders in alignment through the rotation*
-

Mark

Feedback

Element 2

Rio (Fig 143 DD 3.1)



Details

A Flamingo is executed to a Surface Flamingo Position. The horizontal leg is extended to a Surface Ballet Leg Double Position. The body submerges vertically to a Back Pike Position with the toes just under the surface. The figure is completed as a Barracuda Spin 360°.

DESIRED ACTIONS FOR 5.0

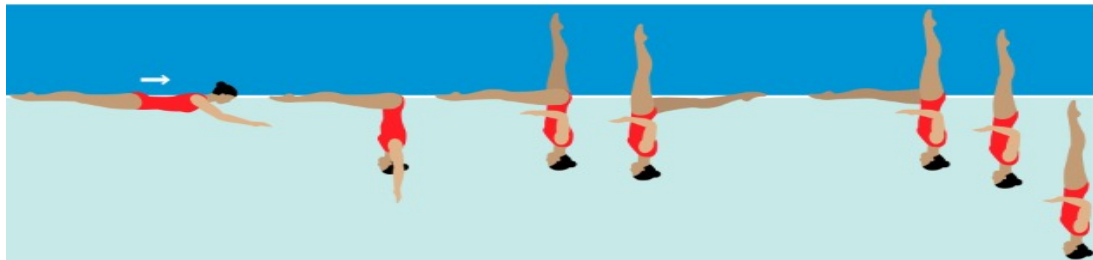
- Ballet leg vertical maintained to doubles
- Unrolling demonstrated from the start of thrust
- Rotation around the vertical



Feedback

Element 3

Jupiter (Fig 325 DD 2.8)



Details

From a Front Layout Position a Front Pike Position is assumed. One leg is lifted to a Fishtail Position. Maintaining the angle between the legs, the horizontal leg moves to vertical as the vertical leg simultaneously continues its arc to the surface to assume a Knight Position. Maintaining the vertical alignment of the body, the horizontal leg is moved in a 180° arc at the surface of the water to a Fishtail Position. The horizontal leg is lifted to the Vertical Position. A Vertical Descent is executed.

DESIRED ACTIONS FOR 5.0

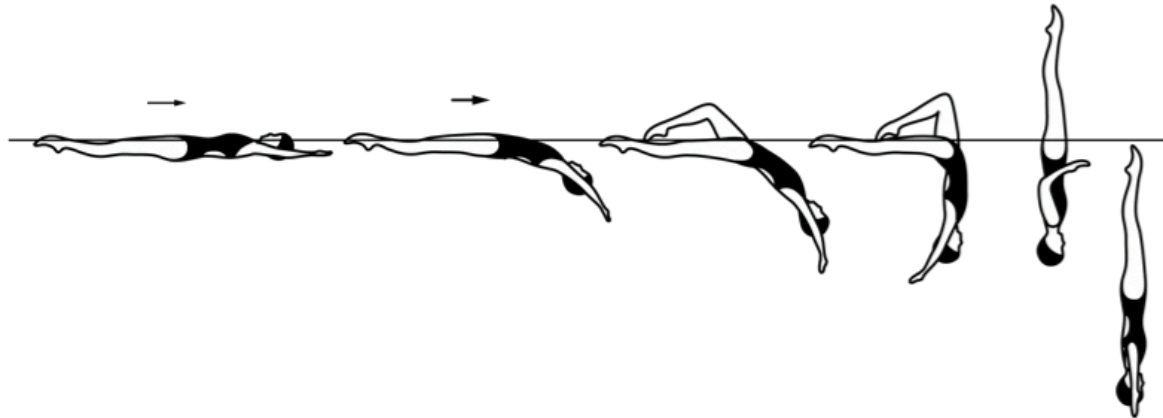
- *Minimal overpiking*
 - *Angle of the legs maintained during rotation*
 - *Height of legs maintained during the rotation*
-



Feedback

Element 4

Oceanea (Fig 437 DD 2.1)



Details

A Nova is executed to a Bent Knee Surface Arch Position. The horizontal leg is lifted to the vertical as the bent knee is extended to assume a Vertical Position. A Continuous Spin of 720° (2 rotations) is executed.

DESIRED ACTIONS FOR 5.0

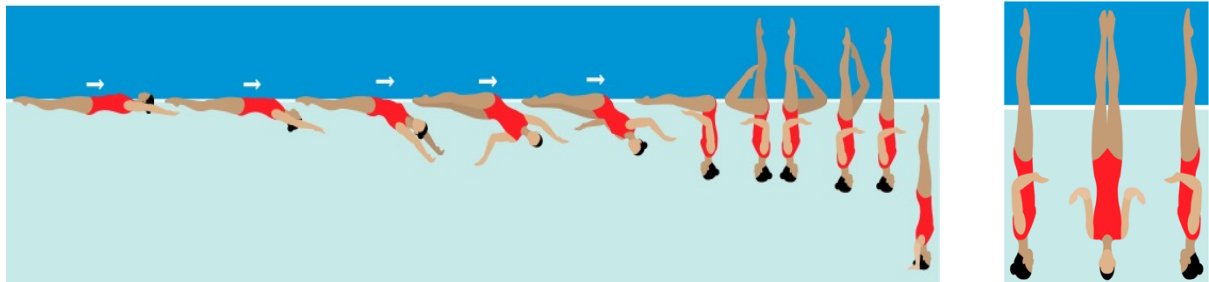
- Travel seen to surface arch bent knee
- Vertical line maintained and 2 rotations completed

Mark

Feedback

Element 5

Albatross 1/2 Twist (Fig 240a DD 2.2) (Diagram not accurate please read details)



Details

An Albatross is executed until the Half Twist is completed. A Half Twist is executed as the bent knee is extended to meet the vertical leg. A Vertical Descent is executed.

DESIRED ACTIONS FOR 5.0

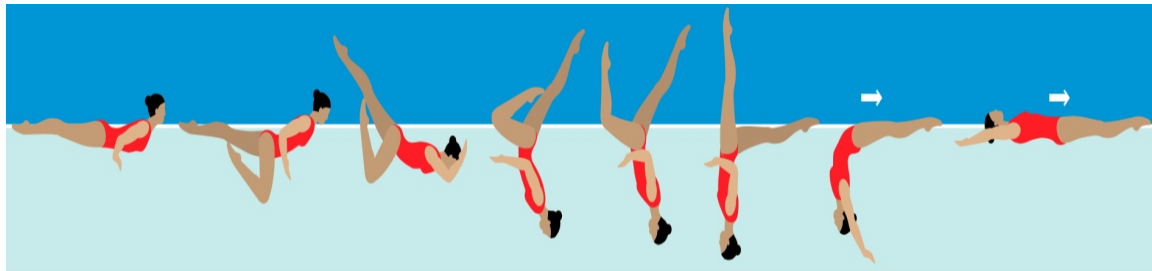
- *Head first travel as dolphin initiated and travel continuing into pike*
- *Minimal over piking to lift*
- *Both half twists around a vertical axis*

Mark

Feedback

Element 6

Swordtail (Fig 403 DD 2.3)



Details

From a Front Layout Position the Bent Knee Position is assumed. The back arches more as the extended leg is lifted in an arc of 180° over the surface of the water. As the extended leg passes vertical, the bent leg straightens with the foot following a vertical line to assume a Knight Position. The vertical leg is lowered to a Surface Arch Position. An Arch to Back Layout Finish Action is executed.

DESIRED ACTIONS FOR 5.0

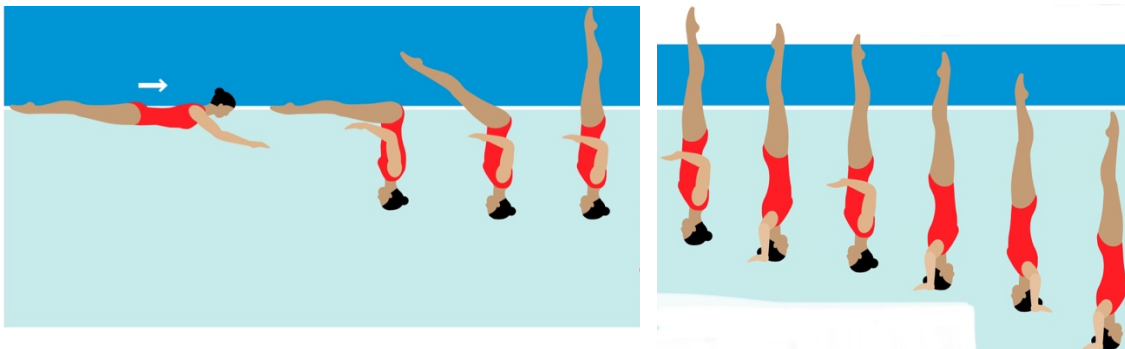
- *Back arches from the start of the rotation.*
- *Knight position shown*
- *Head replaces hips in lay out.*

Mark

Feedback

Element 7

Porpoise Continuous Spin 720 (Fig 355f DD 2.1)



Details

From a Front Layout Position, a Front Pike Position is assumed. The legs are lifted to Vertical Position. A descending Spin with a rapid rotation of: 720° (2) is completed as the ankles reach the surface and continues through submergence.

DESIRED ACTIONS FOR 5.0

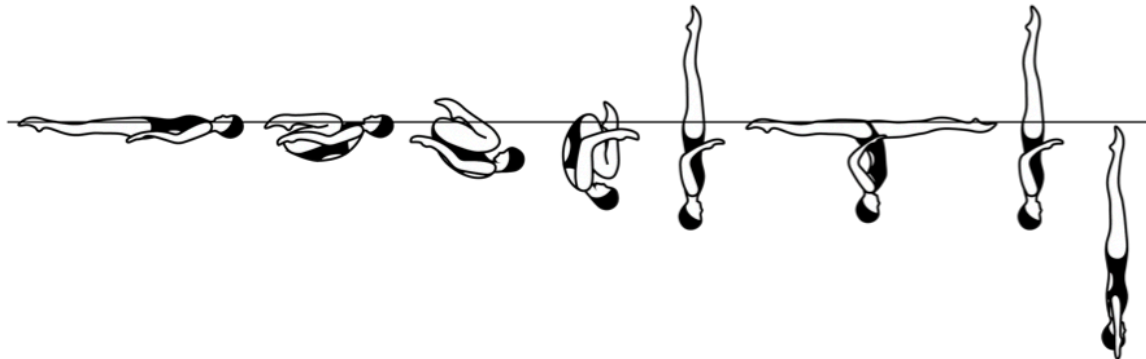
- *Head replaces hips in pike position*
 - *Minimal overpiking to lift to vertical*
 - *Both spins around a vertical axis*
-

Mark

Feedback

Element 8

Seagull (Fig 315 DD 2.1)



Details

From a Back Layout Position, a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface of the water. The trunk unrolls rapidly 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. The legs are lowered rapidly symmetrically to Split Position. The legs are joined rapidly to resume Vertical Position. A Vertical Descent is executed at the same tempo as the initial actions of the figure.

DESIRED ACTIONS FOR 5.0

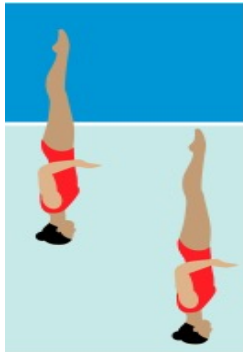
- *Legs vertical in tuck position.*
 - *Even split in between two verticals.*
 - *Vertical decent completed at controlled speed*
-



Feedback

Element 9

Vertical Continuous Spin 720



Details

Vertical position Held for 3 sculls followed by a continuous spin of 720°.

DESIRED ACTIONS FOR 5.0

- *Vertical line maintained*
 - *Rapid spin*
 - *720 covered to the 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 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

Mark	
Right leg	Left leg

Feedback