

1	2	3	4	5	6	7	8	9	10

Synchronised Swimming

Figure Grade 5

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

Name

Date.....

Average Mark

Number below 4.5

Result

Content

1. Junior Team element 1 (DD 2.3)
2. Junior Team element 2 (DD 1.8)
3. Junior Team element 4 (DD 3.1)
4. Junior Team element 5 (DD 2.5)
5. Junior Duet element 2 (DD 2.9)
6. Junior Duet element 4 (DD 3.0)
7. Junior Duet element 5 (DD 2.5)
8. Junior Solo element 2 (DD 2.5)
9. Junior Solo element 4 (DD 1.9)
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

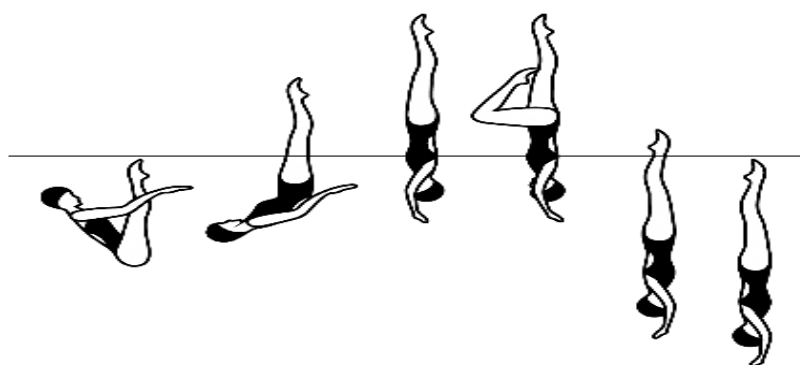
1. All elements must be attempted and awarded a mark.
2. The result will be determined by the average mark over the 10 elements.
3. All elements have to contain the minimum requirements to achieve the bronze pass mark of a 5.0.
4. If more than 2 elements have a score of less than 4.5 it will be an automatic 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 5

Focus on Junior Elements

Element 1

Team 1 (DD 2.3)



Details

Starting in a Submerged Back Pike Position with the legs perpendicular to the surface, a Thrust is executed to a Vertical Position and with no loss of height one leg is lowered to a Bent Knee Vertical Position. A rapid 180° Spin is executed as the bent knee is extended to a Vertical Position. All movements are executed rapidly. [DD 2.3]

DESIRED ACTIONS FOR 5.0

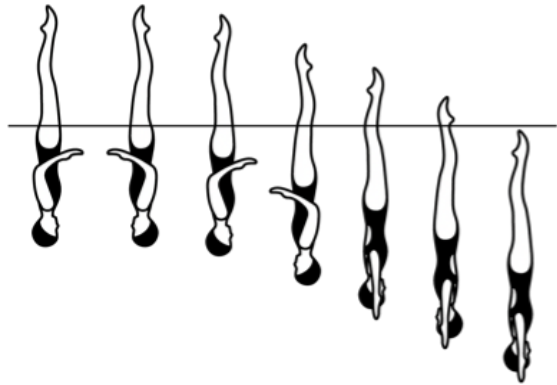
- *Back pike clearly shown*
- *Body unrolls from start of the transition*
- *Vertical archived prior to the bent knee position.*

Mark

Feedback

Element 2

Team 2 (DD 1.8)



Details

From a Vertical position, a Twist Spin is executed.

DESIRED ACTIONS MENT FOR 5.0

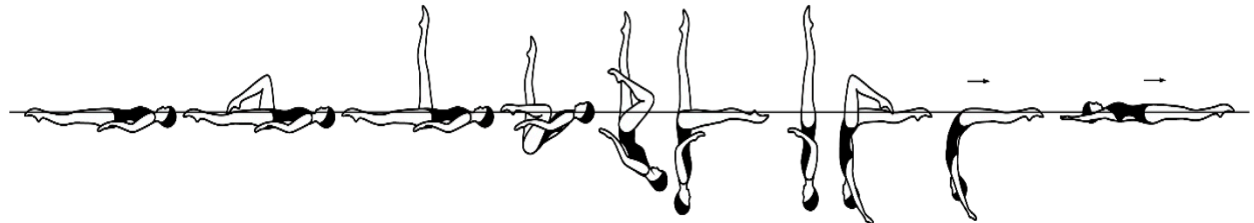
- *Height maintained in twist*
- *Noticeable increase in speed between the twist and the spin*
- *720 completed by the heels*

Mark

Feedback

Element 3

Team 4 (DD 3.1)



Details

Manta Ray Hybrid: A Flamingo is executed to a Surface Flamingo Position, travelling head first. With the ballet leg maintaining its vertical position, the hips are lifted as the trunk unrolls while the bent leg moves with the knee at the surface to assume a Fishtail Position. The horizontal leg is lifted rapidly to a Vertical Position, as the body rotates 180°. The direction of the 180 rotation is closing into the vertical leg. (Note: A right flamingo start requires the right shoulder back during the 180° rotation and a left flamingo start requires the left shoulder back during the 180° rotation) The legs are lowered rapidly simultaneously to a Bent Knee Surface Arch Position. (Note: The Bent Knee Surface Arch Position can be assumed by using either leg). The bent knee is straightened to a Surface Arch Position and with continuous motion, an Arch to Back Layout finish is executed.

DESIRED ACTIONS FOR 5.0

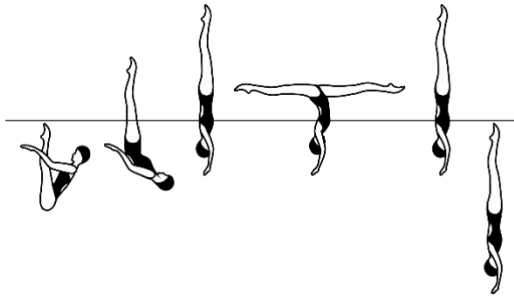
- *Trunk unrolls and hips lift clearly shown*
 - *Continuous action from fishtail to bent knee surface arch*
-

Mark

Feedback

Element 4

Team 5 (DD 2.5)



Details

From a Submerged Back Pike Position, with the legs perpendicular to the surface, a Barracuda Airborne Split is executed.

DESIRED ACTIONS FOR 5.0

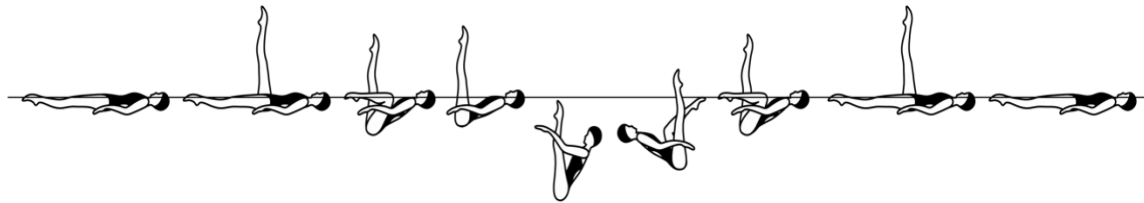
- *Back pike clearly shown*
- *Body unrolls from start of the transition*
- *Vertical archived prior to the rocket split*

Mark

Feedback

Element 5

Duet 2 (DD 2.9)



Details

From a Back Layout Position a straight leg is lifted to a Ballet Leg Position. The shin of the horizontal leg is drawn along the surface to assume a Surface Flamingo Position. The bent knee is straightened to a Surface Ballet Leg Double Position. Maintaining the legs vertical, the body submerges to a Submerged Back Pike Position until the feet are just below the surface. Executing a 360° rotation the body rises to the surface simultaneously lowering one leg with foot at the surface to assume a Surface Flamingo Position. The horizontal leg is straightened horizontally to a Ballet Leg Position. The vertical leg is lowered straight to a Back Layout Position. Head first travel is allowed during the Ballet Leg sequence.

DESIRED ACTIONS FOR 5.0

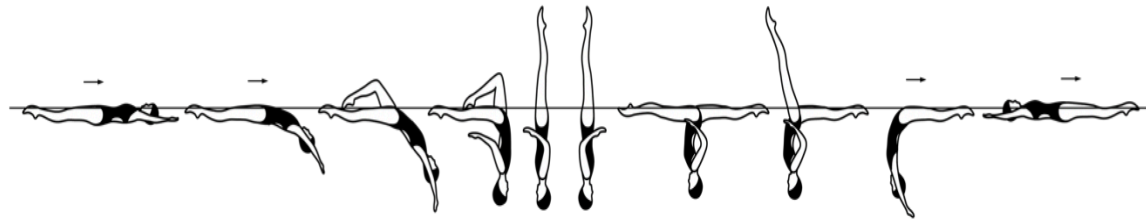
- *Ballet leg remaining vertical throughout*
- *Head first travel seen to the double ballet leg.*

Mark

Feedback

Element 6

Duet 4 (DD 3.0)



Details

A Nova is executed to a Bent Knee Surface Arch Position. The legs are simultaneously lifted to a Vertical Position as a Twirl is executed. A Half Twist is executed. Continuing in the same direction an additional rotation of 180° is executed as the legs are symmetrically opened to assume a Split Position. A Walkout Front is executed.

DESIRED ACTIONS FOR 5.0

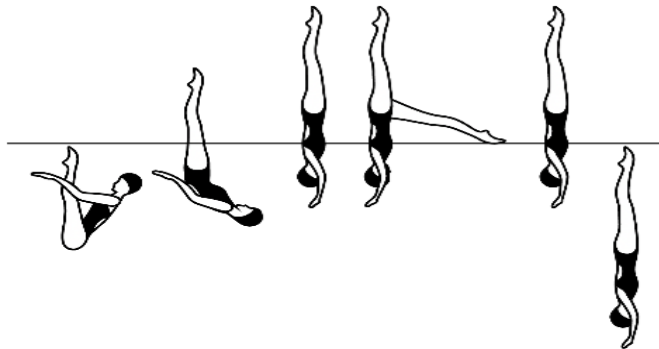
- *Rapid movement shown in twirl to vertical*
 - *Split of at least 150 degrees*
 - *Even drop to split position*
-

Mark

Feedback

Element 7

Duet 5 (DD 2.5)



Details

Starting in a submerged Back Pike Position with the legs perpendicular to the surface, a Flying Fish is executed.

DESIRED ACTIONS FOR 5.0

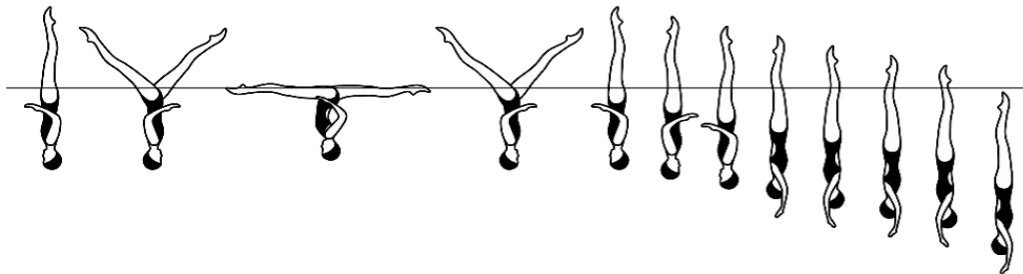
- *Body Unrolls to vertical*
- *Vertical leg remains vertical during the flying fish.*

Mark

Feedback

Element 8

Solo 2 (DD 2.5)



Details

Starting in a Vertical Position, the body rotates 360° as the legs are lowered symmetrically to assume a Split Position. Continuing in the same direction an additional rotation of 360° is completed as the legs are raised symmetrically to assume a Vertical Position. Followed by a Continuous Spin 1080° (3) in the same direction.

DESIRED ACTIONS FOR 5.0

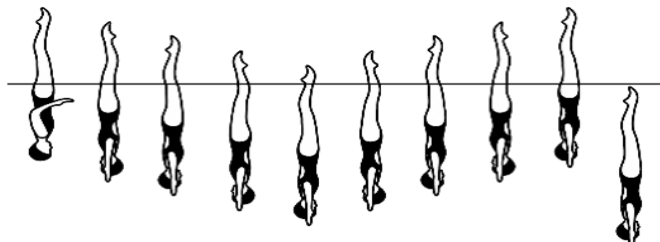
- Even legs to split position
- vertical line maintained in 3 spins.

Mark

Feedback

Element 9

Solo 4 (DD 1.9)



Details

Starting in a Vertical Position a Combined Spin of 720° (2 rotations + 2 rotations) is executed.

DESIRED ACTIONS FOR 5.0

- *Vertical position maintained*
 - *Continuous and even drop*
 - *2 rotations both descending and ascending (720)*
-

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