

1	2	3	4	5	6	7	8	9	10



Synchronised Swimming

Routine Grade 2

The Judge must be a

Level 1, level 2 or level 3 judge.

Name

Date.....

<p>Average Mark</p>	<p>Number below 4.5</p>	<p>Result</p>
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CONTENT

1. Walk on with good posture, dive entry, 2 breaststrokes to the surface and surface in eggbeater.
2. Single arm eggbeater for 10 metres, (5metres with one side leading, turn and continue for 5metres opposite side leading.
3. Head first boost and descent (starting from underwater – arms to remain by side)
4. Dolphin scull for 5metres
5. Side flutter (5metres) eggbeater (3metres) side flutter (5 metres) .
6. Bucket/flick flack switches (4) completed to a metronome (160bpm) within a count of 8
7. Pike to vertical with bucket/flick flack exit (rapid)
8. Travelling single arm egg beater to a metronome for 3 counts of 8 (160bpm) - arm action optional but rapid movements.
9. Travelling back layout then assume a ballet leg and rapid back tuck somersault surfacing in egg beater.
10. Kick pull kick over to metronome for 15metres (160bpm) .

ROUTINE GRADE 2

Focus on basic entry, travel and hybrids.

ELEMENT 2

Walk on with good posture, dive entry, 2 breaststrokes to the surface and surface in eggbeater.

MINIMUM REQUIREMENT FOR 5.0

Good posture shown on walk on

Dive and entry to travel at least 5 metres

Full body extension on dive

 Mark
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Feedback

ELEMENT 2

Single arm eggbeater for 10metres , (5metres with one side leading turn and continue for 5metres opposite side leading. In both directions trailing arm is raised.

MINIMUM REQUIREMENT FOR 5.0

Arm pit of raised arm dry throughout

5m in each direction completed

Trailing leg kicking to the side

 Mark

Feedback

ELEMENT 3

Head first boost and descend (starting from underwater, with arms remaining at side)

Element completed to a metronome (160bpm); 1,2, under water 3,4 cap at the surface, 5,6 boost, 7,8 descend.

MINIMUM REQUIREMENT FOR 5.0

Body vertical

Hip bones dry

Positions to be accurate on counts



Feedback

ELEMENT 4

Dolphin scull for 5metres

MINIMUM REQUIREMENT FOR 5.0

Chest, hips and feet at the surface

5 metres travelled

 Mark
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Feedback

ELEMENT 5

Side flutter (5metres) eggbeater (3metres) side flutter (5metres) .

MINIMUM REQUIREMENT FOR 5.0

13 metres continuous travel shown

Kick shown between eggbeater and side flutter

Crease line dry on egg beater



Feedback

ELEMENT 6

Bucket/flick flack switches (4) completed to a metronome within a count of 8 (bucket/flick flack = one leg extended while the other leg is bent to at least 90 degrees, knees together)

Entry into the bucket position is not marked.

MINIMUM REQUIREMENT FOR 5.0

Feet extended throughout

Straight leg to full extension on each switch.

Both feet stay at the surface.



Feedback

ELEMENT 7

Front Pike position followed by a lift to vertical with bucket/flick flack exit
(rapid)

MINIMUM REQUIREMENT FOR 5.0

Hips at the surface in pike

Vertical line reached in vertical

Top of knee out of the water in vertical

 Mark
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Feedback

ELEMENT 8

Travelling single arm egg beater to a metronome for 3 counts of 8
(160bpm) - creative arm action optional but should be rapid movements.

MINIMUM REQUIREMENT FOR 5.0

Arm pit dry throughout

Continuous travel shown

Continuous arm movement

 Mark
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Feedback

ELEMENT 9

Travelling back layout then assume a ballet leg and rapid back tuck somersault surfacing in egg beater. At least 5 metres should be covered during the element.

MINIMUM REQUIREMENT FOR 5.0

Hips and feet dry in layout

Ballet leg vertical and accurate position shown

Tight tuck

Eggbeater to be held for 5 seconds with shoulders dry

 Mark
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Feedback

ELEMENT 10

Kick pull kick over to metronome for 15metres (160bpm) .

MINIMUM REQUIREMENT FOR 5.0

Chin dry throughout

Powerful and smooth travel shown

Arm straight and passes by the ear.

 Mark
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Feedback
