

1	2	3	4	5	6	7	8	9	10



Synchronised Swimming

Routine Grade 5

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

Name

Date.....

<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;">Average Mark</div> <div style="border: 1px solid black; height: 100px; width: 100%;"></div>	<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;">Number below 4.5</div> <div style="border: 1px solid black; height: 100px; width: 100%;"></div>	<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;">Result</div> <div style="border: 1px solid black; height: 100px; width: 100%;"></div>
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CONTENT

1. Walk on with presentation assume a start pose followed by solo deck work, dive entry followed immediately followed by a foot first boost.
2. Double arm eggbeater 8metres travelling in all directions. (2metres in each direction).
3. 2 head first boosts both with double arms, 1 must contain a twirl.
4. 5 metres torpedo scull. Sit up forwards into eggbeater, followed by 5 metres forward double arm eggbeater
5. Side Flutter kick followed by a rapid transition into a Front Pike Position followed immediately by a rapid double leg walk over into Torpedo Scull followed by a smooth transition into double arm eggbeater
6. Full vertical twist in off angle position (position optional) .
7. Combined spin of 360 degrees down and 360 degrees up. Leg position optional.
8. Fishtail into vertical, followed by pikeout and up to the surface followed by two counts of 8 of double arm egg beater to metronome (160bpm) .
9. Table top to fishtail, to vertical. Vertical twirl to table top, return to vertical finished with a 360 degree spin. (160bpm) 1 count for each move except spin in 4 counts.
10. Technical team element number 2 to metronome 8 counts per transition. (160bpm)

ROUTINE GRADE 5

Focus on Deckwork, entries, travel and hybrids.

ELEMENT 1

Walk on with presentation and assume a start pose followed by solo deck work. Dive entry immediately followed by a foot first thrust to a Vertical Position followed by a rapid vertical descent.

MINIMUM REQUIREMENT FOR 5.0

Extension and control shown on the deckwork- make eye contact with Judge

The foot first thrust should be at least 5 metres from the side of pool

Hip bones dry on foot first thrust

 Mark
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Feedback

ELEMENT 2

Double arm eggbeater 8metres travelling in all directions. (2metres in each direction). Travel should continue in the same direction for 8 metres, with the body rotating 90 ° every 2 metres.

MINIMUM REQUIREMENT FOR 5.0

Clavicles dry

Continuous travel.

Arms and shoulders stable throughout

 Mark

Feedback

ELEMENT 3

2 head first boosts (in quick succession) both with double arms, 1 must contain a twirl.

MINIMUM REQUIREMENT FOR 5.0

Hips bones dry on both boosts

Arms above shoulder height at the top of each boost

Twirl started at the top of chosen boost

 Mark

Feedback

ELEMENT 4

5 metres torpedo scull followed by a smooth transition coming out forwards into 5 metres forward double arm eggbeater.

MINIMUM REQUIREMENT FOR 5.0

Rapid torpedo with effective and accurate sculling

Hips thighs and feet at the surface

Clavicles dry in eggbeater

Shoulders and arms stable in travelling eggbeater.

 Mark
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Feedback

ELEMENT 5

Side flutter kick is completed for 5 metres with a rapid transition into Front Pike Position, from this position both legs are simultaneously lifted to form a 180 arc over the surface of the water to a surface arch position. Torpedo scull is executed to exit to a back layout Position. With a smooth transition coming out forwards forwards double arm eggbeater is then completed for 5 metres.

MINIMUM REQUIREMENT FOR 5.0

Continuous travel shown

Full extension in walkover

Top of knee out through the vertical

Clavicles dry in egg beater

 Mark
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Feedback

ELEMENT 6

Full Twist with legs arched with a minimum of 20 ° off the vertical axis

MINIMUM REQUIREMENT FOR 5.0

Height maintained throughout

360 degrees completed round a vertical axis

Minimum height top of knee in the twist.

 Mark
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Feedback

ELEMENT 7

Starting in a vertical Position a rapid Combined spin of 360 degrees down and 360 degrees up is executed. Leg position during the spin is optional.

MINIMUM REQUIREMENT FOR 5.0

Minimum start and end height of top of knee

Even spin down

Even spin up

Vertical position maintained



Feedback

ELEMENT 8

From a Fishtail Position, the horizontal leg is lifted to the vertical position. Both legs lowered rapidly into a pike position, followed by a rapid tuck into Egg beater. Arms are lifted above the water for two counts of 8 of double arm egg beater to metronome (160bpm) .

MINIMUM REQUIREMENT FOR 5.0

Fishtail height mid-thigh

Vertical position shown clearly

Egg beater height clavicles dry

1 movement per count in both leg and arm movements



Feedback

ELEMENT 9

Starting in a Table Top Position one leg is extended horizontally as one leg is extended vertically to assume a Fishtail Position. The Horizontal leg is then lifted to a vertical position. A Twirl executed before both legs are lowered to a Table Top Position. Both Legs are extended again to a Vertical Position followed by a rapid descending spin of 360 degrees.

All moments are completed to a metronome (160bpm) 1 count for each move except spin in 4 counts.

MINIMUM REQUIREMENT FOR 5.0

Shins dry and together on each table top

Minimum top of knee in vertical positions

360 degrees completed in a vertical position



Feedback

ELEMENT 10

Technical team element number 2 to metronome 8 counts per transition.
(160bpm)

435 – A Nova is executed to the Bent Knee Surface Arch Position. A rotation of 360 degrees is executed as the legs are lifted to a Vertical Position followed by a Continuous Spin of 720 degrees (2 rotations). (DD 2.4)

MINIMUM REQUIREMENT FOR 5.0

Mid thigh in the surface arch bent knee

Top of knee dry in vertical

720 degrees completed to the heels in spin.



Feedback