Artistic Swimming Routine Grade 4

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

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| Name |  |
| Date |  |

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| Average mark | Number below 4.5 | Result  |
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| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
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Content

1. Walk on to counts with presentation and assume a pose and short deck work. Followed by a dive entry followed by double arm head first boost.
2. 5 metres of travelling eggbeater with a single arm twirl followed by 5 metres travelling opposite direction.
3. Head first boost followed by 3 metres double arm egg beater travel.
4. 5 metres torpedo scull, smooth transition coming out sideways into 3 metres double arm eggbeater with creative arms.
5. Vertical position travelling, 1 metres sideways, 1 metres backwards.
6. Foot first thrust with a spin of at least 360 degrees − leg position optional.
7. Fishtail switches for a count of eight (two counts per switch) to metronome 160bpm.
8. Body boost from under the water. Followed by right leg max height fishtail for 10 seconds followed by four fishtail switches and pike out.
9. Technical team element four – Butterfly Hybrid DD2.9 to metronome with eight counts per transition (160bpm).
10. Cookie position to straddle to vertical followed by a continuous spin of at least 720 degrees.

Routine Grade 4

# Focus on controlled entry, travel and hybrids

# Element 1

Walk on to counts with presentation and assume a pose and short deck work. Followed by a dive entry followed by double arm head first boost.

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| **MINIMUM REQUIREMENT FOR 5.0.**Full extension in pose and deck work – make eye contact with judge.Surface at least 5 metres from side.Hips dry on the head first boost. |  | **MARK** |

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# Element 2

5 metres of travelling eggbeater with a single arm twirl (rapid 180 rotation) followed by 5 metres travelling opposite side leading .

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| **MINIMUM REQUIREMENT FOR 5.0.**10 metres covered.Arm pit dry throughout.Continuous travel throughout. |  | **MARK** |

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# Element 3

Staring from under the water a double arm head first boost is executed until the body and arms have fully submerged. Resurface in eggbeater and travel sideways for 3 metres in double arm eggbeater.

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| **MINIMUM REQUIREMENT FOR 5.0.**Hip bones dry on head first boost.Clavicles dry during eggbeater.3 metres eggbeater completed. |  | **MARK** |

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# Element 4

5 metres torpedo scull, smooth transition coming out sideways (rapidly) into 3 metre double arm eggbeater with creative arms.

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| **MINIMUM REQUIREMENT FOR 5.0.**Hips, thighs and feet at the surface in torpedo.Smooth transition to egg beater.Clavicles dry in eggbeater.Continuous arms movement over 3 metres. |  | **MARK** |

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# Element 5

Vertical position travelling, 1 metre sideways, 1 metre backwards.

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| **MINIMUM REQUIREMENT FOR 5.0.**Body vertical throughout. Mid knee dry.Continuous travel. |  | **MARK** |

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# Element 6

Starting in a submerged **Back Pike Position** a thrust is executed. A descending spin of 360 degrees is executed. The leg position is optional in the thrust and spin.

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| **MINIMUM REQUIREMENT FOR 5.0.**Thrust to at least hip bones dry. Spin around a vertical axis.At least 360 degrees completed to ankles. |  | **MARK** |

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# Element 7

From a **Fishtail** position both legs move simultaneously to swap to the opposite **Fishtail** position. Four fishtail switches for a count of eight (two counts per switch) to metronome 160bpm.

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| **MINIMUM REQUIREMENT FOR 5.0.**Minimum height mid-thigh in vertical leg. Leg vertical in every swap.Full extension maintained.Foot of Fishtail leg should reach the surface on each swap. |  | **MARK** |

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# Element 8

Body boost from under the water. Followed by right leg max height fishtail for 10 seconds followed by 4 fishtail switches and pike out.

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| **MINIMUM REQUIREMENT FOR 5.0.**Ribs dry on boost.Low thigh out in Fishtail hold.Leg to vertical on each switch.Sharp movements on each fishtail switch. |  | **MARK** |

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# Element 9

Technical team element 4 – Butterfly Hybrid DD2.9 to metronome with 8 counts per controlled transition 1 count for rapid transitions (160bpm)

The **Butterfly Hybrid** is to be performed rapidly. From a **Front Pike Position**, one leg is lifted to a **Fishtail Position**. The horizontal leg is lifted through an arc of 180 degrees as the vertical leg is lowered to assume a **Split Position**. Without a pause a hip rotation of 180 degrees is executed as the front leg is raised to assume a **Fishtail Position**. Continuing in the same direction a 180 degrees rotation is executed as the horizontal leg is lifted to a **Vertical Position**. The legs are lowered 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 Action** is executed.

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| **MINIMUM REQUIREMENT FOR 5.0.**At least mid-knee in vertical.Vertical maintained in twist.150 degrees in split position. |  | **MARK** |

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# Element 10

Staring in a Cookie position legs are extended into a straddle position on the surface. Followed by both legs being lifted to a vertical position finished with a continuous spin of at least 720 degrees.

(Cookie – body inverted with the hips at the surface, knees wide and at the surface, toes touching close to bottom.

Straddle position – body inverted with the hips at the surface, both legs extended along the surface with an angle of at least 90 degrees).

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| **MINIMUM REQUIREMENT FOR 5.0.**Hips dry in first two positions. Vertical at least mid-knee.720 degrees completed around a vertical axis before heels. |  | **MARK** |

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