

Swim England

Artistic Swimming Routine Grade 4

Artistic Swimming Routine Grade 4

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

Name	
Date	

Average mark	Number below 4.5	Result

1	2	3	4	5	6	7	8	9	10

Content

THEME - Element

1. WALK ON AND ENTRY - Walk on to counts with presentation and assume a pose and short deck work. Followed by a dive entry followed by double arm headfirst boost.
2. EGGBEATER 3 meters of travelling eggbeater with double arms twirl (rapid 180 rotation) followed by 5 meters travelling opposite side leading with a single arm.
3. HEADFIRST BOOST - Starting 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.
4. TRANSITIONS - SCULLING AND PROPULSION - 5 metres torpedo scull, smooth transition coming out sideways into 3 metres single arm eggbeater with creative arm.
5. TRANSITIONS – PROPULSION AND BALLETS LEGS – back layout, bent knee, ballet leg, flamingo, double ballet leg, flamingo, ballet leg, bent knee, back layout
6. THRUSTS – See page 9 for hybrid combination
7. SPINS - See page 10 for hybrid combination
8. ROTATIONS - See page 11 for hybrid combination
9. AIRBORNE WEIGHT - See page 12 for hybrid combination
10. FLEXIBILITY - See page 13 for hybrid combination

General Conditions

Black Swimwear 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 are marked according to guidance tables and height charts from World Aquatics. To achieve a pass the average mark should be at least 5.0: Bronze pass: 5.0, Silver pass: 6.0, Gold pass: 7.0.
4. Figure grades shall be marked in 0.1 increments, Routine grade elements shall be marked in 0.25 increments.
5. If more than 2 elements have a score of less than 4.5 it will be an automatic fail.
6. Unless otherwise stated, movements should be performed relatively stationary and in uniform motion.
7. Assessments will mimic a competition and all swimmers can only attempt each element once.
8. For the entries in routine grades, the water depth must be at least 1.8 meters.
9. For figure grades 3-5 an appropriate depth of water should be available for vertical descents and spins.
10. For dry land skills swimmers must wear fitted shorts or leggings.
11. Judges are asked to highlight any areas in which the swimmers are not yet competent in the feedback box.
12. No retakes will be offered unless requested by the supervising Level 3 Judge.
13. All figures will be judged following the current World Aquatics judging guide.
14. 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.

Routine Grade 4

Focus on controlled entry, travel and hybrids.

Element 1 – Walk on and entry

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.

POINTS TO CONSIDER

Presentation during the element

Body position during entry

Effective travel to the surface

Height of headfirst boost

MARK

Feedback

Element 2 - Eggbeater

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

POINTS TO CONSIDER

8 meters covered

Arm pit dry throughout

Effective Continuous travel throughout

MARK

Feedback

Element 3 – Headfirst boost

Starting 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.

POINTS TO CONSIDER

Height in headfirst boost

Height during eggbeater

Effective travel in eggbeater

Posture throughout

MARK

Feedback

Element 4 Transitions - Sculling and propulsion

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

POINTS TO CONSIDER

Hips, thighs and feet at the surface in torpedo

Smooth transition to eggbeater

Height in eggbeater

Effective travel and Continuous arms movement over 3 meters

MARK

Feedback

Element 5 Transitions - Propulsion and Ballet legs

Travelling throughout, back layout, to a bent knee, to a ballet leg, to flamingo, to double ballet leg, to flamingo, to ballet leg to bent knee, to back layout. Leg choice is up to the swimmer. Minimum 5m covered during the combination.

POINTS TO CONSIDER

Full extension throughout

All ballet legs at least knee out of the water

Travelling throughout

MARK

Feedback

Element 6 - Thrusts

Hybrid will be marked on execution of the transitions including height extension and accuracy of positions. Speed of transitions are at the swimmers choice.

HYBRID DESCRIPTION

- T4b THRUST WITH FLEX AND DECENT. 0.8
- A3 VERTICAL ACENT WITH TWO LEGS 0.20
- SC1 COMBINED 360 0.8
- A2a VERTICAL DECENT 0.15
- **TOTAL DD 1.95**

MARK

Feedback

Element 7 - Spins

Hybrid will be marked on execution of the transitions including height extension and accuracy of positions. Speed of transitions are at the swimmers choice.

HYBRID DESCRIPTION

- A3a FRONT PIKE TO VERTICAL 0.2
- RO1 360 TO SPLIT 0.55
- RC1 360 TO VERT 0.55
- S2 720 SPIN. 0.75

- **TOTAL DD 2.05**

MARK

Feedback

Element 8 - Rotations

Hybrid will be marked on execution of the transitions including height extension and accuracy of positions. Speed of transitions are at the swimmers choice.

HYBRID DESCRIPTION

- FB BACK LAYOUT TO SURFACE ARCH BENT KNEE. 0.05
- F5b BENT KNEE SURFACE ARCH TO VERTICAL 0.5
- RD1 TWO DIRECTIONAL 360 0.5
- A2a VERTICAL DECENT 0.15
- A1c TABLETOP TO VERTICAL 0.1
- VERT TUCK OUT
- **TOTAL DD 1.3**

MARK

Feedback

Element 9 – Airborne Weight

Hybrid will be marked on execution of the transitions including height extension and accuracy of positions. Speed of transitions are at the swimmers choice.

HYBRID DESCRIPTION

- A3b VERTICAL ASCENT WITH 1 LEG 0.20
- A6 FISHTAIL, BENT KNEE, VERTICAL, BENT KNEE, FISHTAIL, VERTICAL, TABLETOP (A6) 1.15
- AB TABLETOP TO BENT KNEE 0.05
- A1d BENT KNEE TO VERTICAL POSITION 0.1
- TUCK OUT

- **TOTAL DD 1.5**

MARK

Feedback

Element 10 - Flexibility

Hybrid will be marked on execution of the transitions including height extension and accuracy of positions. Speed of transitions are at the swimmers choice.

HYBRID DESCRIPTION

- FB BACK LAYOUT TO SURFACE ARCH BENT KNEE 0.05
- F4b BENT KNEE SURFACE ARCH TO BENT KNEE VERTICAL 0.40
- F3a SPLIT TO SPLIT THROUGH VP (CHANGING LEGS) 0.30
- F1b RAPID KNIGHT 0.10
- F5a KNIGHT TO VERTICAL 0.50
- S1 Spin 360 0.35

- **TOTAL DD 1.70**

MARK

Feedback