

# Swim England

## Artistic Swimming Figure Grade 4

### Artistic Swimming Figure 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	11	12	13

# Content

1. Flying fish spinning 360 (Fig 307e DD 2.9).
2. Cyclone, Open 180 (Fig 437 DD 2.6).
3. Barracuda Airbourne split spin up 180 (Fig 308h DD 2.9).
4. Swordfish straight leg Ariana rotation(Fig 407 DD 2.6).
5. Whip Continuous Spin 720 (Fig 356f. DD 3.0).
6. Saturn (Fig 441 DD 2.5).
7. Venus (Fig 352. DD 3.0).
8. Albatross Spin up 360 (Fig 240i. DD 2.5).
9. Flamingo Bent Knee Combined Spin 360 +360 (Fig 140j DD3.1).
10. Walkover Back Closing 360 (Fig 421 DD 2.4).
11. Ipanema Spinning 180 (Fig 440d DD 3.1).
12. London Continuous spin 720 (Fig 154f DD 2.4).
13. Split position on land – right leg and left leg. Both legs must be attempted.

## General Conditions

### Black Swimwear and white hat to be worn

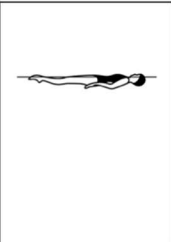

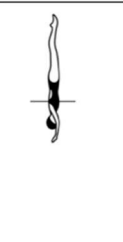
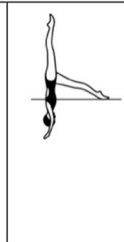
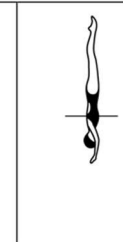
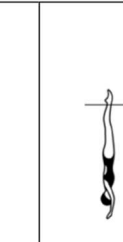

1. All elements must be attempted and awarded a mark.
2. The result will be determined by the average mark over the 10 elements.
3. All elements are marked according to guidance tables and height charts from World Aquatics. To achieve a pass the average mark should be at least 5.0: Bronze pass: 5.0, 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.

# Figure Grade 4

Focus on 13-15 figures

## Element 1

Flying fish spinning 360 (Fig 307e DD 2.9).

							Total
NVT=	7.0	31.0	18.5	14.0	39.0	0	109.5
PV =	0.64	2.83	1.69	1.28	3.56	0	10

## Details







From a **Back Layout Position** the legs are raised to vertical as the body is submerged to a **Back Pike Position** with the toes just below the surface of the water. A *Thrust* is executed to a **Vertical Position** and with no loss of height one leg is rapidly lowered to a **Fishtail Position**, and without a pause the horizontal leg is rapidly lifted to a **Vertical Position**. The 360 *Spin* is executed at the same tempo as the *Thrust*.

MARK

Feedback

## Element 2

Cyclone, Open 180 (Fig 437 DD 2.6).

						<b>Total</b>
NVT=	17.5	29.0	20.0	23.0	7.0	96.5
PV =	1.81	3.01	2.07	2.38	0.73	10

## Details









From a **Back Layout Position** a **Bent Knee Surface Arch Position** is assumed. The legs are simultaneously lifted to a **Vertical Position** as a **Twirl** is executed. Continuing in the same direction the legs are opened symmetrically to a **Split Position** as a 180 degrees rotation is executed. A **Walkout Front** is executed.

MARK

Feedback

## Element 3

Barracuda Airbourne split spin up 180 (Fig 308h DD 2.9).

								Total
NVT=	7.0	31.0	17.0	13.0	13.0	20.0	13.0	114
PV =	0.61	2.72	1.49	1.14	1.14	1.75	1.14	10

## Details






From a **Back Layout Position** the legs are raised to a vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface of the water. All remaining movements are performed rapidly. A **Rocket Split** is executed. A **Vertical Descent** is executed and is completed as the ankles reach the surface of the water. A Spin Up 180 degrees is executed. A **Vertical Descent** is executed.

MARK

Feedback

## Element 4

Swordfish straight leg Ariana rotation (Fig 407 DD 2.6).

						Total
NVT=		48.0	17.0	23.0	7.0	95
PV =		5.05	1.79	2.42	0.74	10

## Details







From a **Front Layout Position** the back arches as one leg is lifted in a 180 degrees arc over the surface of the water to a **Split Position**. Maintaining the relative position of the legs to the surface of the water an **Ariana Rotation** is performed. A **Walkout Front** is executed.

MARK

Feedback

## Element 5

Whip Continuous Spin 720 (Fig 356f. DD 3.0).

						<b>Total</b>
NVT=	6.0	33.0	22.5	20.5	34.0	116
PV =	0.52	2.84	1.94	1.77	2.93	10

## Details







From a **Front Layout Position** a **Front Pike Position** is assumed. The legs are lifted to a **Vertical Position**. All remaining movements are performed rapidly. One leg is lowered to a **Fishtail Position** and without a pause is lifted to a **Vertical Position**. Without a pause a **Continuous Spin 720 degrees** is executed.

MARK

Feedback

## Element 6

Saturn (Fig 441 DD 2.5).

							Total
NVT=		12.0	23.5	14.0	23.5	14.0	87
PV =		1.38	2.70	1.61	2.70	1.61	10

## Details











From a **Back Layout Position** a **Surface Arch Position** is assumed. One leg is lifted to assume a **Knight Position**. Maintaining the vertical alignment the body rotates 180 degrees to assume a **Fishtail Position**. Continuing in the same direction a Twirl is executed as the horizontal leg is lifted to a **Vertical Position**. A **Vertical Descent** is executed.

MARK

Feedback

## Element 7

Venus (Fig 352. DD 3.0).

										Total
NVT=	6.0	12.5	12.5	18.5	24.0		20.5	23.0	0	117
PV =	0.51	1.07	1.07	1.58	2.05		1.75	1.97	0	10

## Details








From a **Front Layout Position** a **Front Pike Position** is assumed. All remaining movements are performed rapidly. One leg is lifted to a **Fishtail Position**. The horizontal leg is bent to assume a **Bent Knee Vertical Position**. The bent leg is extended to vertical as the vertical leg is lowered to become the horizontal leg in **Fishtail Position**. A rotation of 360 degrees is executed in the Fishtail Position. The horizontal leg is lifted to a **Vertical Position**. A **360 Degree Spin** is executed.

MARK

Feedback

## Element 8

Albatross Spin up 360 (Fig 240i. DD 2.5).

							Total
NVT=	15.0	15.0	15.0	10.0	18.5	14.0	87.5
PV =	1.71	1.71	1.71	1.14	2.11	1.60	10

### Details









From a **Back Layout Position** with the head leading, the head, hips and feet move along the surface of the water. The hips, legs and feet continue to move along the surface of the water as the body rolls onto the face and a **Front Pike Position** is assumed with the hips occupying the position of the head at the beginning of this action. The legs are lifted simultaneously to a **Bent Knee Vertical Position**. A **Half Twist** is executed. Maintaining a **Bent Knee Vertical Position**, a Vertical Descent is executed until the ankle of the extended leg reaches the surface of the water. A **Spin Up 360 Degrees** is executed as the bent leg is extended to **Vertical Position**. A **Vertical Descent** is executed.

<b>MARK</b>
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Feedback

## Element 9

Flamingo Bent Knee Combined Spin 360 +360 (Fig 140j DD3.1).

								Total
NVT=	10.5	11.0	7.5	20.0	16.5	40.0	14.0	119.5
PV =	0.88	0.92	0.63	1.67	1.38	3.35	1.17	10

**\*Note: Refer to Section BM 13 Spins. There is no Spin Allowance for Combined Spins.**

## Details






A *Ballet Leg* is assumed. The shin of the horizontal leg is drawn along the surface of the water to assume a **Surface Flamingo Position**. With the ballet leg maintaining its vertical position the hips are lifted as the trunk unrolls while the bent leg moves to a **Bent Knee Vertical Position**. The bent leg is extended to **Vertical Position**. The combined spin 360 +360 is executed. A *Vertical Descent* is executed.

MARK

Feedback

## Element 10

Walkover Back Closing 360 (Fig 421 DD 2.4).

					Total
NVT=	12.0	29.0	27.0	14.0	82
PV =	1.46	3.54	3.29	1.71	10

### Details








From a **Back Layout Position** a **Surface Arch Position** is assumed. One leg is lifted in a 180 degree arc over the surface of the water to a **Split Position**. With continuous motion a rotation of 360 degrees is executed as the legs are symmetrically lifted and closed to a **Vertical Position**. A **Vertical Descent** is executed.

MARK

Feedback

## Element 11

Ipanema Spinning 180 (Fig 440d DD 3.1).

							<b>Total</b>
NVT=	17.5	21.0	33.0	33.0	19.0	0	123.5
PV =	1.42	1.70	2.67	2.67	1.54	0	10

## Details

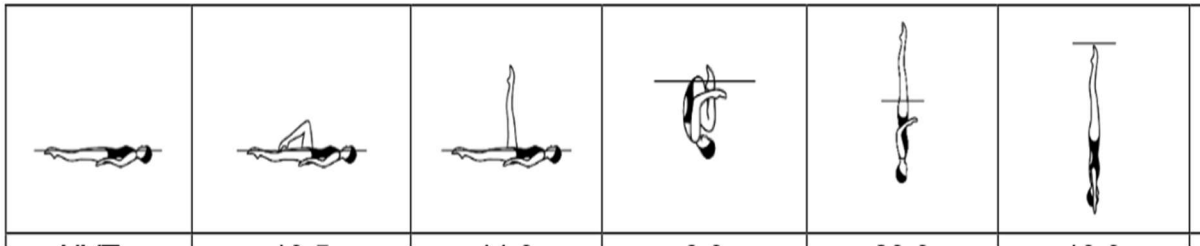
From a **Back Layout Position** a **Bent Knee Surface Arch Position** is assumed. The horizontal leg is lifted to vertical as the bent leg is straightened to assume a **Vertical Position**. The legs are lowered to a **Front Pike Position**. A rapid 180 degree rotation is executed as the legs are lifted to a **Vertical Position**. Continuing in the same direction a rapid 180 degree spin is executed.

**MARK**

Feedback

## Element 12

London Continuous spin 720 (Fig 154f DD 2.4).



### Details

A *Ballet Leg* is assumed. A partial Somersault Back Tuck is executed until the shins are perpendicular to the surface of the water. The trunk unrolls rapidly as the legs are rapidly straightened to assume a **Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins. A rapid continuous spin 720 *Spin* is executed.

MARK

Feedback

## Element 13

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