

1	2	3	4	5	6	7	8	9	10



## Synchronised Swimming

### Figure Grade 1

The Judge must be a  
Level 1, level 2 or level 3 judge.

Name .....

Date.....

<b>Average Mark</b>  	<b>Number below 4.5</b>  	<b>Result</b>  
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# CONTENT

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1. Stationary back Layout held for 5 seconds (BP 1)
2. Front Layout (BP 2) followed by 1metre Reverse Scoop Scull.
3. Front Pike Position (BP 10)
4. Hanging vertical (BP 6 )
5. Back Layout to Bent Knee Position returning to back Layout (BP14b)
6. Inverted Split Position
7. Back Layout to Back Pike Position (BP 11)
8. Back Tuck Somersault (Fig 310 – DD 1.1)
9. Fishtail position (BP 8)
10. Split Position on land – Right leg and left leg. Both legs must be attempted

## *Mandatory Requirements in all Elements.*

- *Extension must be evident throughout.*
- *Toes and feet must be pointed.*
- *Effective and smooth sculling.*
- *All figures should be stable and controlled.*

# FIGURE GRADE 1

*Focus on positions and basic positions*

## ELEMENT 1

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Stationary back Layout held for 5 seconds (BP 1)



### Details

Body extended with face, chest, thighs and feet at the surface. Head (ears specifically), hips, and ankles in line.

#### MANDATORY REQUIREMENTS

- Hips, thighs and feet at the surface
- Shoulders pulled back and down

Mark

Feedback

# ELEMENT 2

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Front Layout (BP 2) held for 3 seconds followed by 1metre reverse scoop scull



## Details

Body extended with head, upper back, buttocks and heels at the surface.

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### *MANDATORY REQUIREMENT*

- Feet at the surface
- Maintain body position
- Maintain neck extension

 Mark
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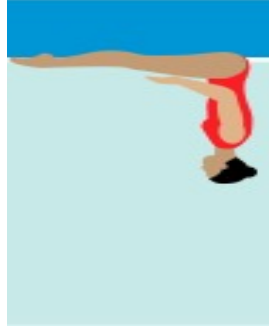
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Feedback

# ELEMENT 3

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Front pike position (BP 10) method of entry optional and held for 5 seconds.



## Details

Body bent at hips to form a 90° angle. Legs extended and together. Trunk extended with back straight and head in line.

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### *MANDATORY REQUIREMENT*

- *Feet to hips at the surface*
  - *Body at 90 degrees*
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 Mark
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Feedback
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# ELEMENT 4

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Hanging vertical (BP 6) arm position optional.



## Details

Body extended, perpendicular to the surface, legs together, head downward. Head (ears specifically), hips and ankles in line. Held for 5 seconds at floating height.

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### *MANDATORY REQUIREMENT*

- *Stable height*
  - *Vertical position*
  - *Extension obvious*
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 Mark
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Feedback
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# ELEMENT 5

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Back Layout to Bent knee returning to Back Layout (BP 14b)



## Details

Begin in a Back Layout Position. One leg remains at the surface throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a Bent Knee Position. The toe moves along the inside of the extended leg until a Back Layout Position is assumed.

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### MANDATORY REQUIREMENT

- *Must show 2 Layouts*
- *Horizontal foot at the surface*
- *Knee visible above water surface.*
- *Thigh vertical in bent knee.*



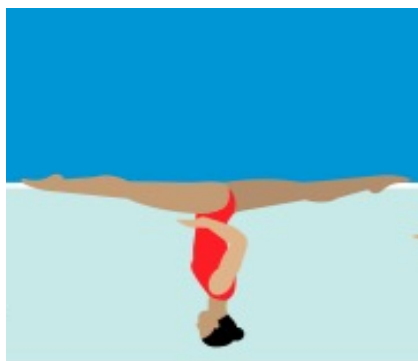
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Feedback

# ELEMENT 6

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## Inverted Split Position (BP 16)



### Details

Legs evenly split forward and back. The legs are parallel to the surface. Lower back arched, with hips, shoulders and head on a vertical line. 180° angle between the extended legs (Flat split), with inside of each leg aligned on opposite sides of a horizontal line, regardless of the height of the hips.

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#### MANDATORY REQUIREMENT

- *Back heel facing the bottom of the pool.*
- *Knees straight*
- *Leg angle at least 150*
- *Body under hips*



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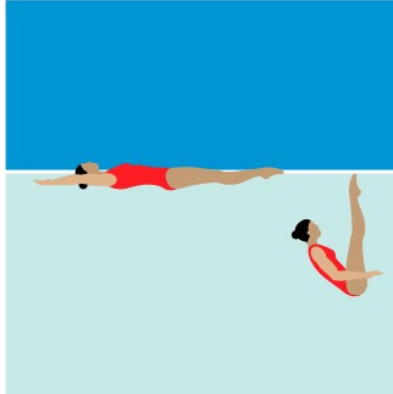
Feedback



# ELEMENT 7

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Back Layout to back pike position (BP 11)



## 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 under the surface.

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### *MANDATORY REQUIREMENT*

- *Less than 45 degree pike*
- *Knees straight throughout*

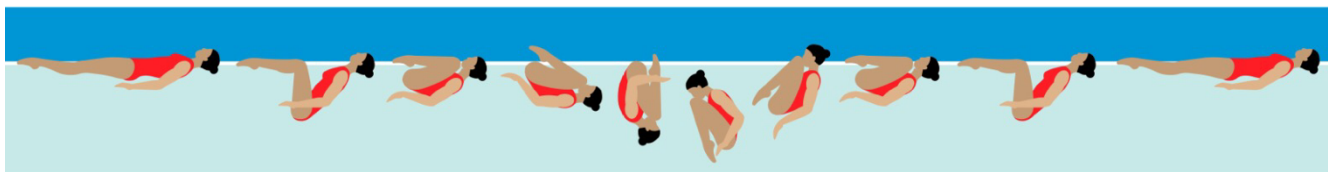
 Mark
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Feedback
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# ELEMENT 8

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Back tuck somersault (Fig 310 – DD 1.1 )



## Details

From a Back Layout Position, the knees and toes are drawn along the surface to assume a Tuck Position. With continuous motion, the tuck becomes more compact as the body somersaults backward around a lateral axis for one complete revolution. A Back Layout Position is resumed.

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### MANDATORY REQUIREMENT

- *Must have 2 Layouts*
- *Rotate on horizontal axis*
- *Close to the surface*



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Feedback

# ELEMENT 9

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Fishtail position (BP 8) held for 5 seconds.



## Details

Body extended in Vertical Position, with one leg extended forward to the body. The foot of the forward leg is at the surface, regardless of the height of the hips.

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### MANDATORY REQUIREMENT

- *Body vertical*
  - *Foot at the surface*
  - *With support scull*
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 Mark
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Feedback
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# ELEMENT 10

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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. Mandatory requirement is set for every split to be attempted. If swimmers do not meet the mandatory 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.

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*MANDATORY REQUIREMENT FOR ALL ANGLES*

- Legs and feet fully extended*
- Body and shoulders above hips*
- Hips 'square'*
- Back heel towards the ceiling*
- >10cm 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
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Feedback
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