

1	2	3	4	5	6	7	8	9	10



Synchronised Swimming

Figure Grade 3

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

Name

Date.....

<p>Average Mark</p>	<p>Number below 4.5</p>	<p>Result</p>
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CONTENT

1. Ballet Leg Single (Fig 101 DD 1.6)
2. Barracuda (Fig 301 DD 2.0)
3. Oceanita (Fig 439 DD 1.9)
4. Surface Prawn (Fig 362 DD 1.4)
5. Kip (Fig 311 DD 1.8)
6. Walkover Front (Fig 360 DD 2.1)
7. Tower (Fig 349 DD 1.9)
8. Swordfish straight leg (Fig 406 DD 2.0)
9. Vertical spin 180 (BM 1)
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 3

Focus on 12 and Under Figures

ELEMENT 1

Ballet Leg Single (Fig 101 DD 1.6)



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 Back Layout Position. The knee is straightened, without movement of the thigh, to assume a Ballet Leg Position. From a Ballet Leg Position the ballet leg is bent, without movement of the thigh, to a Bent Knee Back Layout Position. The toe moves along the inside of the extended leg until a Back Layout Position is assumed.

MANDATORY REQUIREMENTS

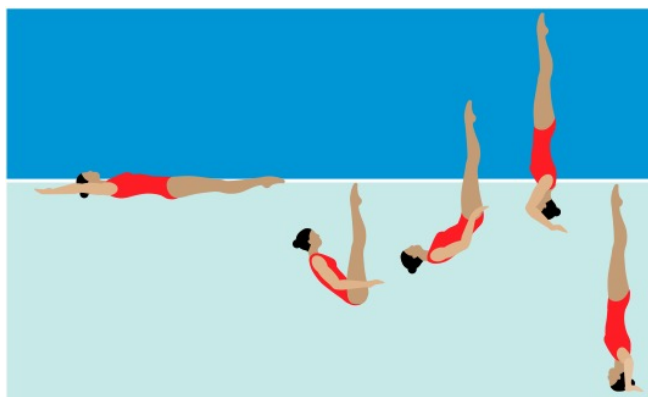
- *Back layout at start and end*
 - *Bent knee thigh to remain vertical*
 - *Ballet leg vertical*
-



Feedback

ELEMENT 2

Barracuda (Fig 301 DD 2.0)



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. A Thrust is executed to Vertical Position. A Vertical Descent is executed at the same tempo as the Thrust.

MANDATORY REQUIREMENTS

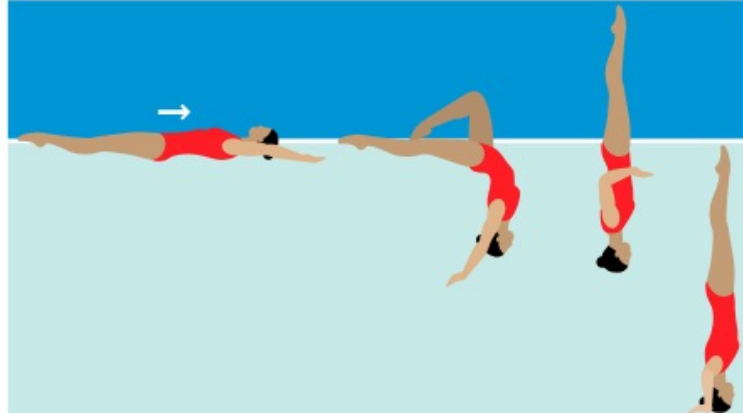
- *Thrust is a rapid Movement*
- *Vertical position to be reached at the top.*
- *Descent at the same speed as the thrust*



Feedback

ELEMENT 3

Oceanita (Fig 439 DD 1.9)



Details

A Nova is executed to a Bent Knee Surface Arch Position. The horizontal leg is lifted to the vertical as the bent knee is extended to assume a Vertical Position. A Vertical Descent is executed.

MANDATORY REQUIREMENTS

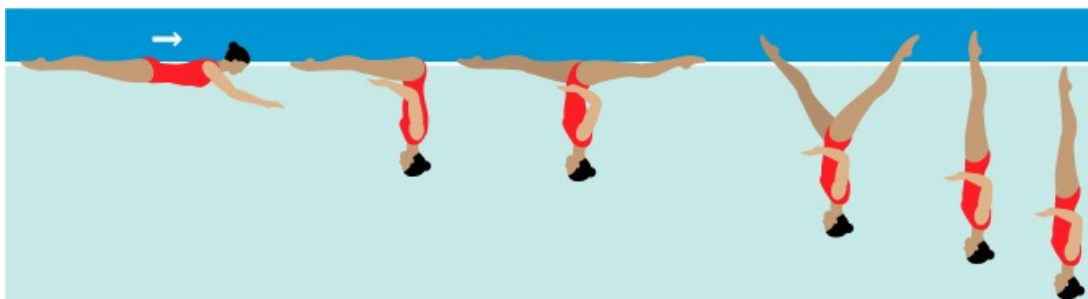
- *Head First Travel.*
 - *In Bent Knee Surface Arch – thigh vertical*
 - *Vertical position shown*
-

 Mark
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Feedback

ELEMENT 4

Surface Prawn (Fig 362 DD 1.4)



Details

From a Front Layout Position, a Front Pike Position is assumed. One foot is moved in horizontal arc of 180° at the surface to a Split Position. The legs are joined to assume a Vertical Position at the ankles. A Vertical Descent is executed.

MANDATORY REQUIREMENTS

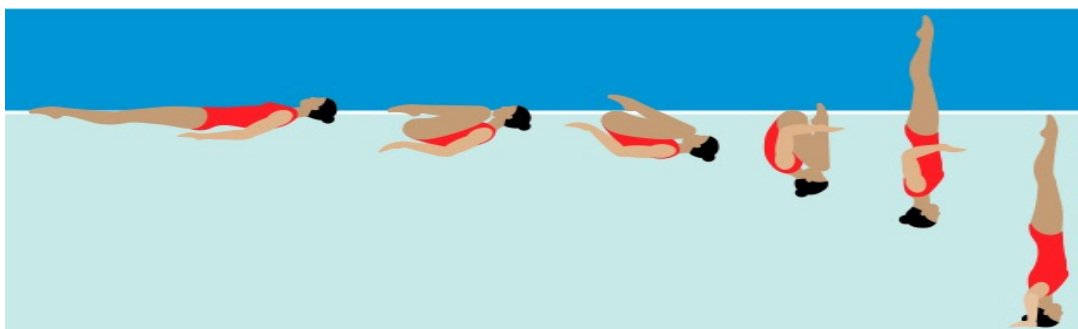
- *From pike the shoulders are maintained close to the vertical line as the leg rotates.*
 - *Close symmetrically*
-

Mark

Feedback

ELEMENT 5

Kip (Fig 311 DD 1.8)



Details

From a Back Layout Position, a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface. The trunk unrolls as the legs are 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 Vertical Descent is executed.

MANDATORY REQUIREMENTS

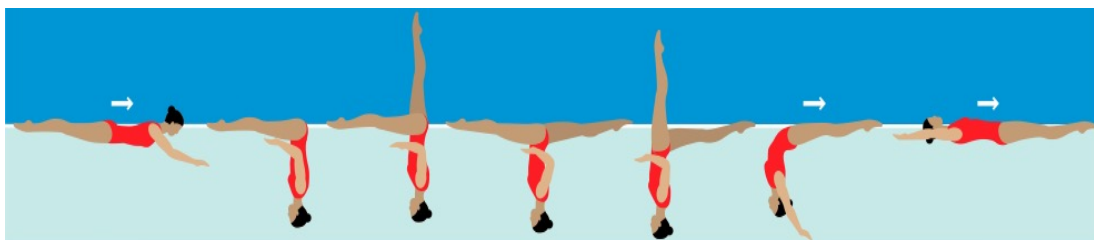
- *Tight tuck maintained to inverted tuck.*
 - *Legs lift to vertical.*
-

Mark

Feedback

ELEMENT 6

Walkover Front (Fig 360 DD 2.1)



Details

From a Front Layout Position, a Front Pike Position is assumed. One leg is lifted in a 180° arc over the surface to a Split Position. A Walkout Front is executed.

MANDATORY REQUIREMENTS

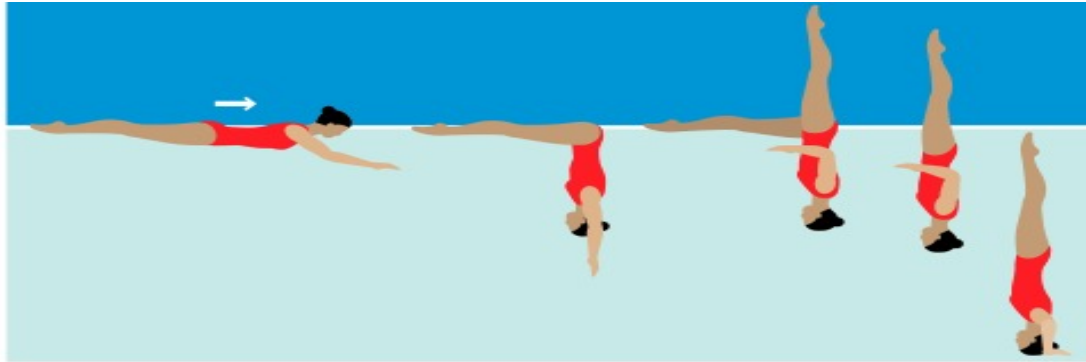
- *Horizontal leg maintained at the surface in the lift to split.*
- *Even split*
- *Leg lifted through knight to surface arch*



Feedback

ELEMENT 7

Tower (Fig 349 DD 1.9)



details

From a Front Layout Position, a Front Pike Position is assumed. One leg is lifted to a Fishtail Position. The horizontal leg is lifted to a Vertical Position. A Vertical Descent is executed.

MANDATORY REQUIREMENTS

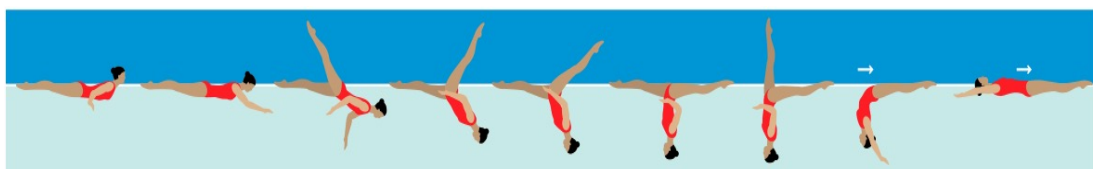
- *Extension of legs and knees throughout*
 - *Legs are lifted to each position.*
 - *Accurate transition to Front Pike Position*
-

 Mark
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Feedback

ELEMENT 8

Swordfish Straight Leg (Fig 406 DD 2.0)



details

From a Front Layout Position, the back arches as one leg is lifted in a 180 arc over the surface to a Split Position. A Walkout Front is executed.

MANDATORY REQUIREMENTS

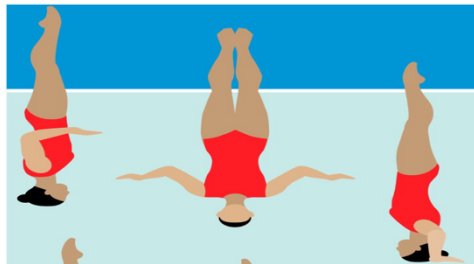
- *From layout the back arches*
- *Leg is lifted without flexing/piking the hip*



Feedback

ELEMENT 9

Vertical spin 180 (BM 1)



details

Vertical position held for a minimum of 3 seconds followed by a spin of 180 to ankles and vertical descent.

MANDATORY REQUIREMENTS

- *Vertical line maintained.*
- *180 completed to ankles*

Mark

Feedback

ELEMENT 10

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. 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
>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



Feedback