

1	2	3	4	5	6	7	8	9	10



Synchronised Swimming

Figure Grade 4

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. Ariana (Fig 423 DD 2.2)
2. Barracuda spinning 360° (Fig 301e DD2.2)
3. Heron (Fig 342 DD 2.1)
4. Catalina (Fig 115 DD 2.3)
5. Porpoise Spin Up 180° (Fig 355h DD 2.2)
6. Flamingo Bent Knee (Fig 140 DD2.4)
7. Albatross 1/2 Twist (Fig 240a DD 2.6)
8. Side Fishtail Split (Fig 346 DD 2.0)
9. Vertical Continuous Spin 720
10. Split position on land – Right leg and left leg. Both legs must be attempted

Mandatory Requirements in all Elements.

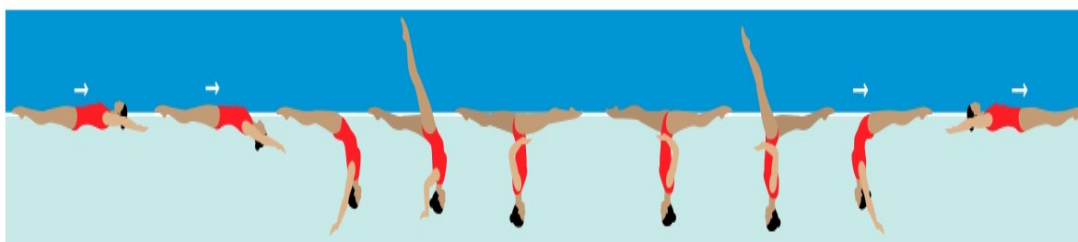
- *Extension must be evident throughout.*
- *Toes and feet must be pointed.*
- *Effective and smooth sculling.*
- *All figures should be stable and controlled.*

FIGURE GRADE 4

Focus on 13-15 figures

ELEMENT 1

Ariana (Fig 423 DD 2.2)



Details

A Walkover Back is executed to a Split Position. Maintaining the relative position of the legs to the surface, the hips rotate 180°. A Walkout Front is executed.

MANDATORY REQUIREMENT

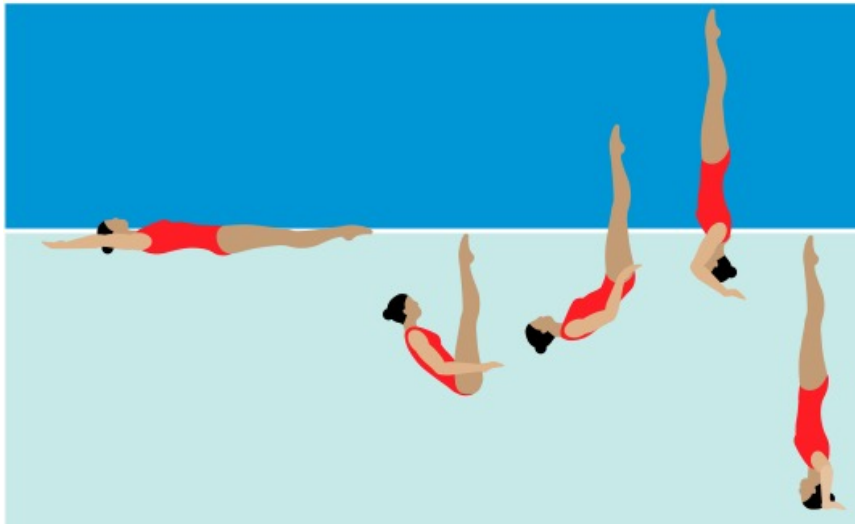
- *Half a body length travel into and out of surface arch*
 - *Hips and shoulders in alignment throughout the rotation*
-



Feedback

ELEMENT 2

Barracuda spinning 360° (Fig 301e DD2.2)



Details

A Barracuda is executed to Vertical Position. A Spinning 360° is executed at the same tempo as the Thrust to complete the figure.

MANDATORY REQUIREMENT

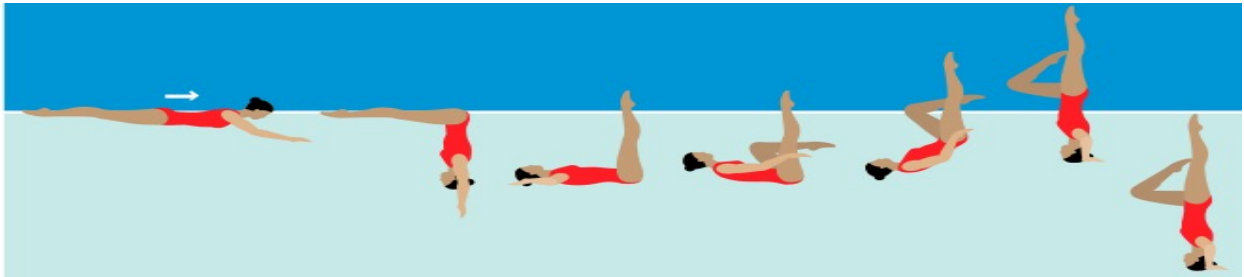
- *Back pike clearly shown*
 - *Unrolling demonstrated from the start*
 - *Rotation around the vertical*
 - *Spin to begin when vertical reached*
-

 Mark
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Feedback

ELEMENT 3

Heron (Fig 342 DD 2.1)



Details

From a Front Layout Position, a Somersault Front Pike is executed to a Submerged Ballet Leg Double Position. One leg is bent with the shin parallel to the surface and the mid-calf opposite the vertical leg, as the trunk moves toward the legs. A Thrust is executed to a Bent Knee Vertical Position, with the foot of the bent leg moving simultaneously to the inside of the vertical leg during the rise. A Vertical Descent is executed in a Bent Knee Vertical Position at the same tempo as the Thrust.

MANDATORY REQUIREMENT

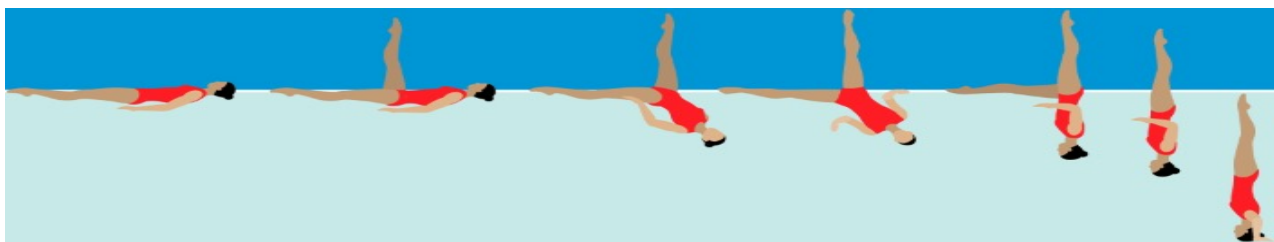
- *Leg lowers as body rises*
 - *Leg maintains the vertical line on the thrust*
 - *Rapid thrust and descent*
-



Feedback

ELEMENT 4

Catalina (Fig 115 DD 2.3)



Details

A Ballet Leg is assumed. A Catalina Rotation is executed. The horizontal leg is lifted to Vertical Position. A Vertical Descent is executed.

MANDATORY REQUIREMENT

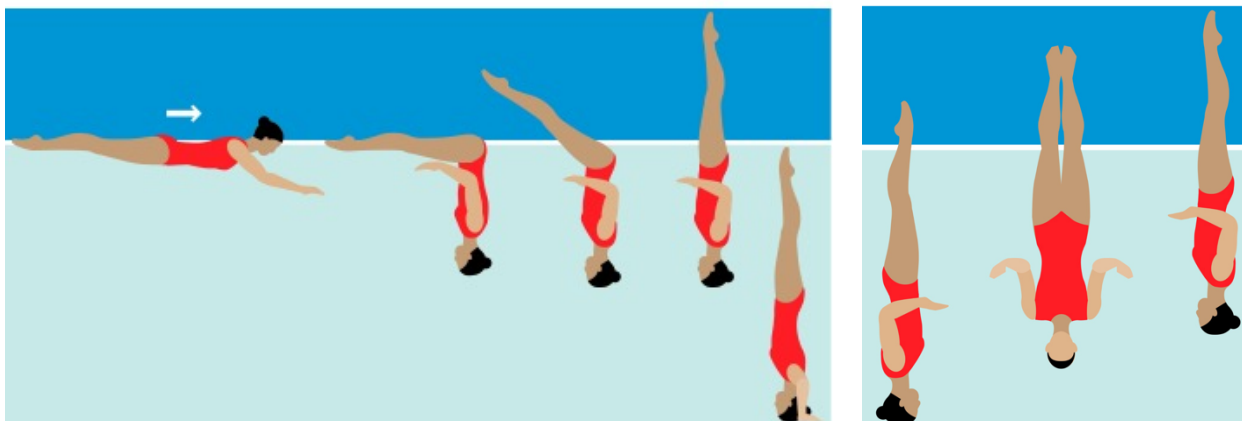
- *Rotation initiated from the surface ballet leg*
 - *'Side Y' shown*
-



Feedback

ELEMENT 5

Porpoise Spin up **180°** (Fig 355h DD 2.2) (Diagram not accurate please read details.)



Details

A Porpoise is executed to Vertical Position with heels above the surface. A Spin Up 180° is executed.

MANDATORY REQUIREMENT

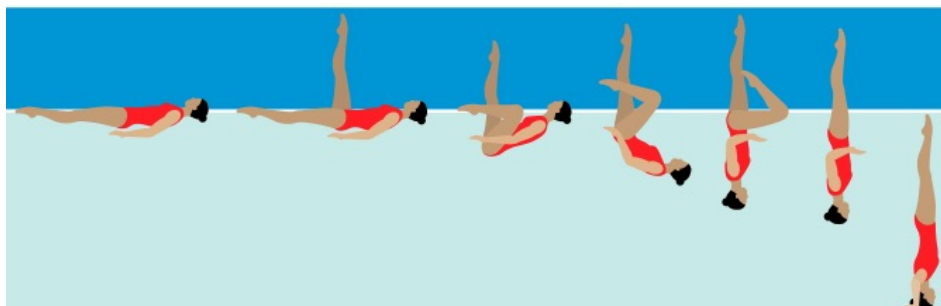
- *Minimal overpiking to achieve lift*
 - *Both verticals clearly shown at same height*
 - *Same tempo throughout*
-



Feedback

ELEMENT 6

Flamingo Bent Knee (Fig 140 DD2.4)



Details

A Flamingo is executed to 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 knee is extended to Vertical Position. A Vertical Descent is executed.

MANDATORY REQUIREMENT

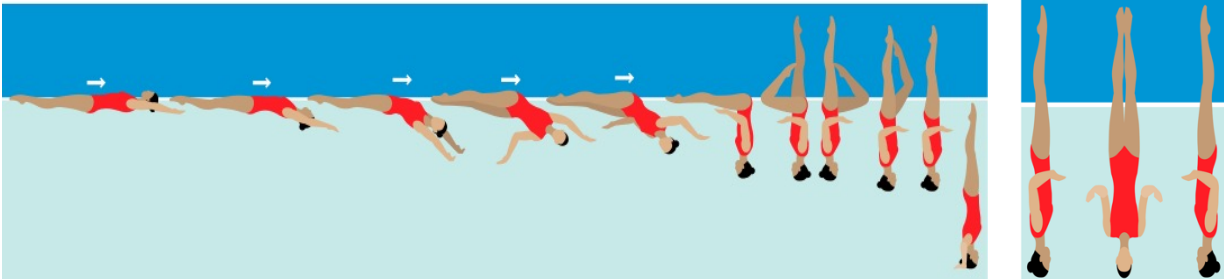
- *Hips rise as the body unrolls*
 - *Minimal vertical leg movement on unroll.*
-

 Mark
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Feedback

ELEMENT 7

Albatross 1/2 Twist (Fig 240a DD 2.6) (Diagram not accurate please read details.)



Details

An Albatross is executed until the Half Twist is completed. A Half Twist is executed as the bent knee is extended to meet the vertical leg. A Vertical Descent is executed.

MANDATORY REQUIREMENT

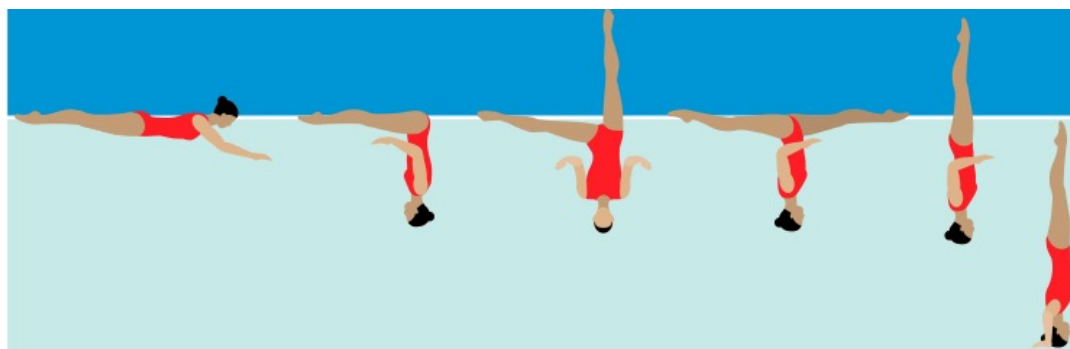
- *Head first travel as dolphin initiated and travel continuing into pike*
- *Minimal overpiking to lift*
- *Both half twists around a vertical axis*

 Mark

Feedback

ELEMENT 8

Side Fishtail Split (Fig 346 DD 2.0)



details

From a Front Layout Position, a Front Pike Position is assumed. One leg is lifted to vertical as the body rotates 90° on its longitudinal axis to assume a Side Fishtail Position, and with continuous motion another 90° rotation is executed in the same direction as the vertical leg lowers to assume a Split Position. The legs are lifted to Vertical Position. A Vertical Descent is executed.

MANDATORY REQUIREMENT

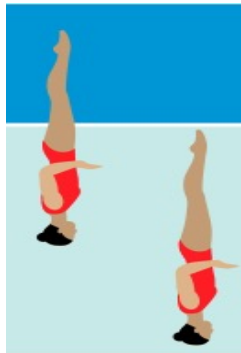
- *Rotation of both legs initiated from the surface*
- *Continuous movement throughout the lift*
- *Legs to join symmetrically from split to vertical*



Feedback

ELEMENT 9

Vertical Continuous Spin 720°



details

Vertical position held for a minimum of 3 second followed by a continuous spin of 720°

MANDATORY REQUIREMENT

- *Vertical line maintained*
 - *Rapid spin*
 - *720° to be completed as heels reach the surface*
-

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

 Mark
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Feedback
