

1	2	3	4	5	6	7	8	9	10



Synchronised Swimming

Figure Grade 5

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

Name

Date.....

Average Mark 	Number below 4.5 	Result
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CONTENT

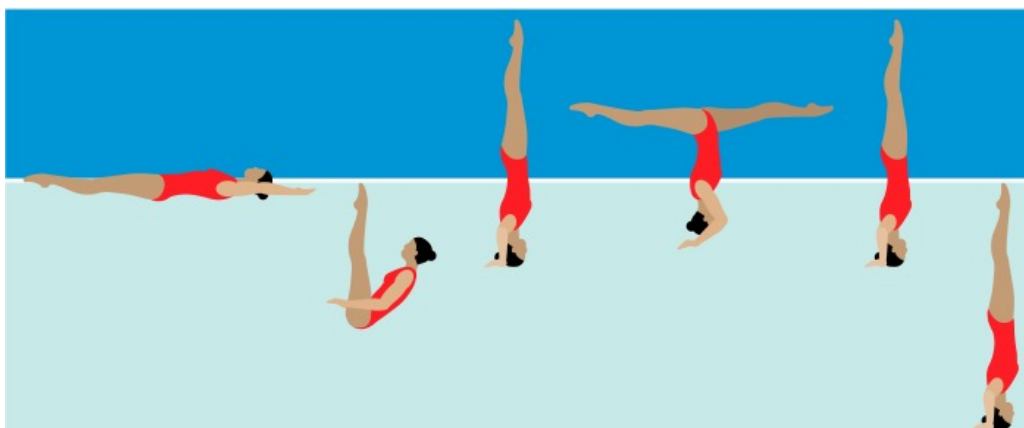
1. Barracuda Airborne Split (Fig 308 DD 2.8)
2. Porpoise Twist Spin (Fig 355g DD 2.6)
3. Aurora Twirl (Fig 330c DD3.0)
4. London (Fig 154 DD 2.8)
5. Manta Ray (Fig 142 DD 2.8)
6. Butterfly (Fig 343 DD 2.9)
7. Ibis Continuous Spin (720°) (Fig 112f DD2.8)
8. Jupiter (Fig 325 DD 2.8)
9. Vertical continuous spin (3 spins)
10. Split position on land – Right leg and left leg. Both legs must be attempted

FIGURE GRADE 5

Focus on 15-18 Figures

ELEMENT 1

Barracuda Airborne Split (Fig 308 DD 2.8)



Details

A Barracuda is executed to a submerged Back Pike Position with the toes just under the surface. A Rocket Split is executed.

MANDATORY REQUIREMENT

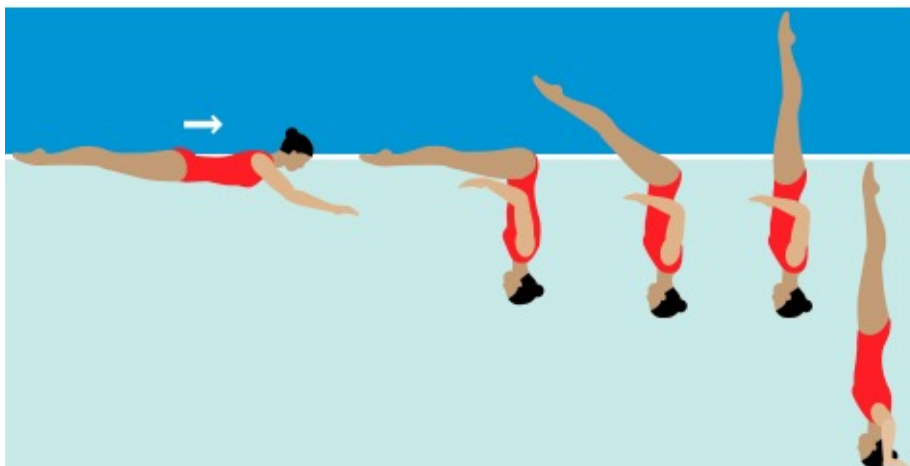
- *Back pike clearly shown*
 - *Body unrolls from start of the transition*
 - *Vertical achieved prior to the rocket split*
-

 Mark
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Feedback

ELEMENT 2

Porpoise Twist Spin (Fig 355g DD 2.6)



Details

A Porpoise is executed to Vertical Position. A Twist Spin is executed.

MANDATORY REQUIREMENT

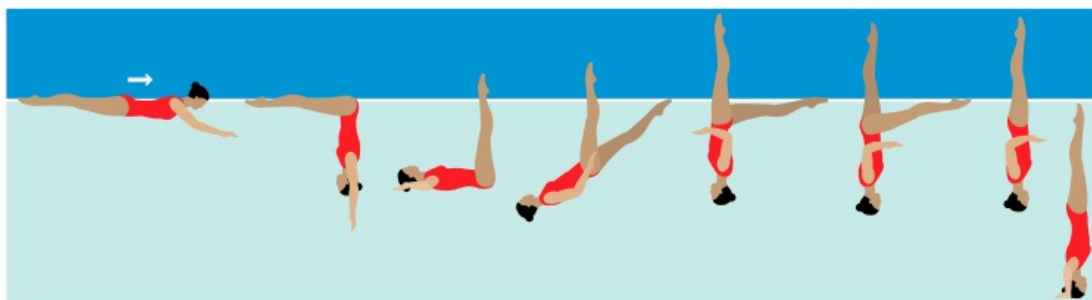
- *Minimal overpiking in lift*
 - *Noticeable increase in speed between the twist and the spin*
 - *720° completed as heels reach the surface*
-



Feedback

ELEMENT 3

Aurora Twirl (Fig 330c DD3.0)



Details

An Aurora is executed to Vertical Position. A Twirl is executed.

MANDATORY REQUIREMENT

- *The trunk unrolls beneath the vertical leg*
 - *Movement of trunk and legs to Knight position is simultaneous with rise.*
 - *Horizontal and vertical legs maintain alignment during rotation*
 - *Twirl to be rapid (ie faster than rest of the figure)*
-



Feedback

ELEMENT 4

London (Fig 154 DD 2.8)



details

A rapid Ballet Leg is assumed followed by a rapid partial Somersault Back Tuck, as both legs are drawn into a Tuck Position, 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 Combined Spin of 360° is executed.

MANDATORY REQUIREMENT

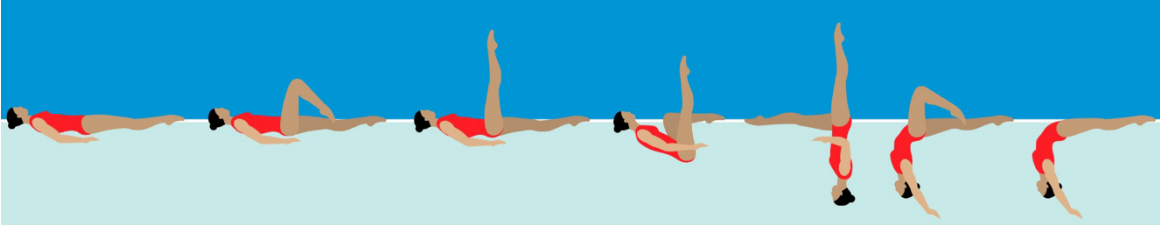
- *Clear positions as rapid ballet leg is assumed*
 - *Trunk unrolls as the legs are straightened*
 - *Heights of beginning of descending Spin and finish of the ascending Spin are the same.*
-



Feedback

ELEMENT 5

Manta Ray (Fig 142 DD 2.8)



Details

A Flamingo is executed to a Surface Flamingo Position. As the body unrolls, the bent leg is extended horizontally to assume a Fishtail Position. The horizontal leg is lifted in a 180° arc over the surface of the water, as it passes vertical; the vertical leg is moved to assume a Bent Knee Surface Arch Position. The bent knee is straightened and with continuous motion, an Arch to Back Layout is executed.

MANDATORY REQUIREMENT

- Trunk unrolls and hips lift clearly shown
- The Fishtail Position assumed under, and in the same place, as the Ballet Leg of the Surface Flamingo Position.

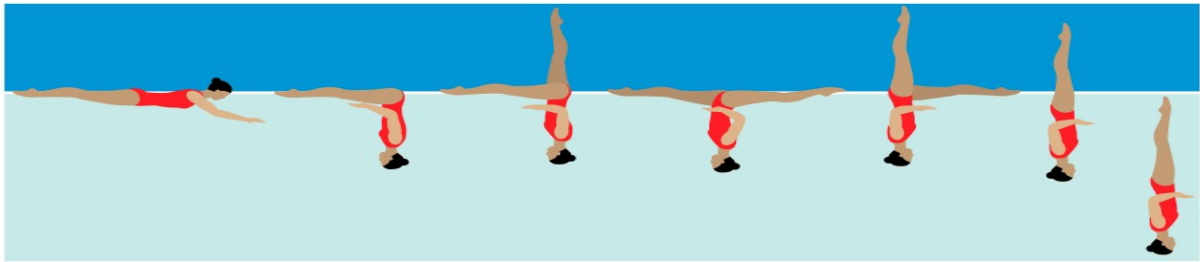
Continuous action from Fishtail Position to Bent Knee Surface Arch Position

 Mark
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Feedback

ELEMENT 6

Butterfly (Fig 343 DD 2.9)



details

From a Front Layout Position, a Front Pike Position is assumed. One leg is lifted to a Fishtail Position. The horizontal leg is rapidly lifted through an arc of 180° as the vertical leg is lowered to assume a Split Position, without hesitating a hip rotation of 180° is executed as the front leg is raised to assume a Fishtail Position. The horizontal leg is lifted to a Vertical Position at the same tempo as the initial actions of the figure. A Vertical Descent is executed.

MANDATORY REQUIREMENT

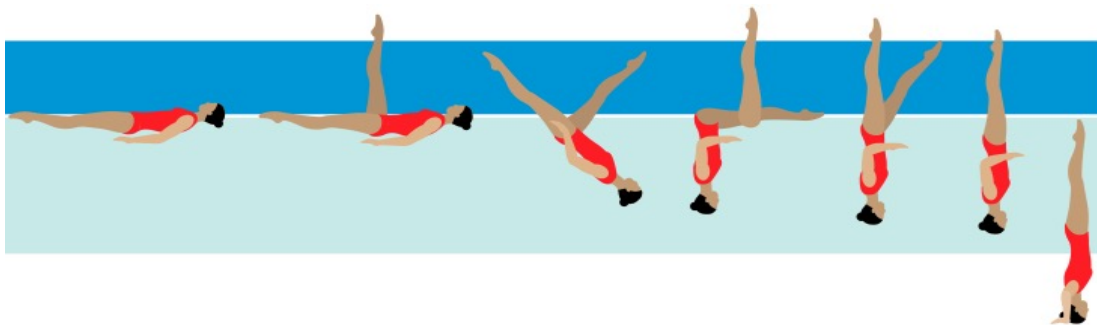
- *Rapid movement shown – clear tempo changes*
- *Split position clearly shown and hips and shoulders ‘square’*



Feedback

ELEMENT 7

Ibis Continuous Spin (720°) (Fig 112f DD2.8) (diagram incorrect, please read details)



details

An Ibis is executed to Vertical Position. A Continuous Spin (720°) is executed.

MANDATORY REQUIREMENT

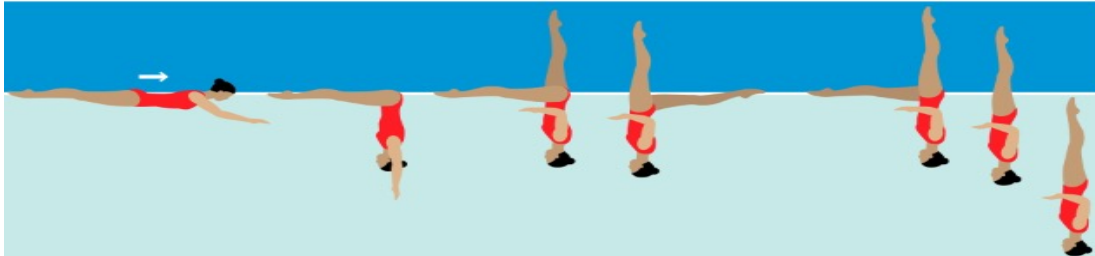
- *Body remaining flat*
- *720° to be completed as heels reach the surface and continues through submergence*
- *Obvious changes in tempo between Ibis and Spin*



Feedback

ELEMENT 8

Jupiter (Fig 325 DD 2.8)



details

From a Front Layout Position a Front Pike Position is assumed. One leg is lifted to a Fishtail Position. Maintaining the angle between the legs, the horizontal leg moves to vertical as the vertical leg simultaneously continues its arc to the surface to assume a Knight Position. Maintaining the vertical alignment of the body, the horizontal leg is moved in a 180° arc at the surface of the water to a Fishtail Position. The horizontal leg is lifted to the Vertical Position. A Vertical Descent is executed.

MANDATORY REQUIREMENT

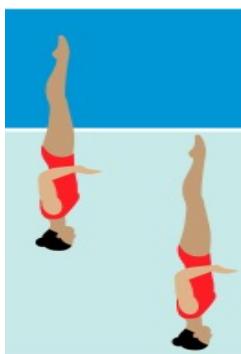
- *Minimal overpiking*
- *Angle of the legs maintained during rotation*
- *Height and vertical alignment of trunk maintained.*

 Mark

Feedback

ELEMENT 9

Vertical continuous spin for 3 spins (1080°)



Details

Vertical positions held for a minimum of 3 seconds followed by a continuous spin of 3 rotations (1080°)

MANDATORY REQUIREMENT

- *Vertical position maintained*
- *Rapid from the start*
- *Continuous and even drop*
- *1080° spin to be completed as heels reach the surface and then continue through submergence.*



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