

1	2	3	4	5	6	7	8	9	10



Synchronised Swimming

Routine 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. Walk on with counts and good posture and assume a start pose. From pose step to edge dive entry and head first boost.
2. Double arm eggbeater for 6 metres, 3metres with one side leading, turn and continue for 3metres opposite side leading.
3. Head first boost and 'catch' in eggbeater
4. Eggbeater travelling 8 metres, 2 metres in all four directions.
5. Side flutter into front pike to front walkout and torpedo for 5metres
6. Bucket to fishtail swaps for a count of 8 (2 counts for each swap) metronome at 160 bpm.
7. Single leg swirls 4 times. All start and finish in pike position.
8. Start from under the water, dynamic foot first bent knee thrust.
9. Table top to bucket to vertical followed by a 180° spin
10. Travelling head first assume a ballet leg return to back layout, assume the opposite ballet leg and return to back layout. Completed to metronome (160bpm) 1 count per movement.

ROUTINE GRADE 3

Focus on deck work and entry, travel and hybrids.

ELEMENT 1

Walk on with counts and good posture and assume a start pose. From pose step to edge dive entry and head first boost.

MINIMUM REQUIREMENT FOR 5.0

Extension and tension shown in pose – eye contact with judge

Dive entry covers at least 5 metres before the boost.

Full extension and feet together in the dive.

Hips dry on head first boost



Feedback

ELEMENT 2

Double arm eggbeater for 6metres , 3metres with one side leading turn and continue for 3metres opposite side leading.

MINIMUM REQUIREMENT FOR 5.0

Clavicles dry

Body vertical

3 metres travel completed in each direction

Arms and shoulders should be stable throughout.



Feedback

ELEMENT 3

Head first boost and 'catch' in eggbeater

MINIMUM REQUIREMENT FOR 5.0

Hip bones dry

Body vertical in boost

Crease of arms dry in eggbeater

 Mark
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Feedback

ELEMENT 4

Eggbeater travelling 8metres , 2metres in all directions.

Travel continues along a straight line with a $\frac{1}{4}$ turn every 2 metres

MINIMUM REQUIREMENT FOR 5.0

Crease level dry throughout

1 movement/count for each $\frac{1}{4}$ turn

Continuous movement/travel throughout



Feedback

ELEMENT 5

Side flutter for 5 metres followed by a rapid transition into Front Pike Position, followed by a Walkover Front and then torpedo for 5metres.

MINIMUM REQUIREMENT FOR 5.0

Heels to hips at the surface in Pike position

Clear split position shown

Full extension in the walkover

Torpedo to start when face reaches surface

In torpedo scull Body, hips and feet at the surface.



Feedback

ELEMENT 6

Bucket/flick flack to fishtail swaps for a count of 8 (2 counts for each swap) metronome at 160 bpm.

Starting in a bucket/flick flack the straight leg is lifted to vertical as the bent leg is extended horizontally into Fishtail position. Return to bucket/flick flack by lowering the vertical leg to horizontal while the horizontal leg is bending to under 90 degrees. Repeat for a count of eight.

MINIMUM REQUIREMENT FOR 5.0

Full extension in legs throughout

¼ point on vertical leg dry in each fishtail each time.

Foot in Fishtail position to be on the surface



Feedback

ELEMENT 7

Single leg swirls 4 times. All start and finish in pike position. Swirl can rotate in either direction.

MINIMUM REQUIREMENT FOR 5.0

Full extension in every turn.

Horizontal foot at the surface throughout

*Swirl leg must reach beyond the vertical line,
while trunk remains stable*

 Mark

Feedback

ELEMENT 8

Starting from under the water in a Submerged Back Pike Position, with toes just below the surface and legs perpendicular to the surface, a vertical thrust is executed, as the legs rise one leg is lowered into a vertical Bent Knee Position.

MINIMUM REQUIREMENT FOR 5.0

Back Pike Position must be 45° or less

In Bent knee position the body and straight leg must be vertical

Minimum hip bones dry in thrust.



Feedback

ELEMENT 9

Starting in a Table Top position, one leg is extended to a bucket/flick flack position, both legs then lift to a Vertical Position followed by a spin 180.

MINIMUM REQUIREMENT FOR 5.0

Shins dry in table top

Vertical position showing top of knee

Vertical position maintained during 180 spin.



Feedback

ELEMENT 10

From a Back Layout, travel head first while assuming a ballet leg. Return to back layout, assume the opposite ballet leg and return to back layout. Completed to metronome (160bpm) 1 count per movement.

MINIMUM REQUIREMENT FOR 5.0

Full layout shown each time

Thigh vertical in bent knee

Leg vertical in ballet leg.



Feedback