

1	2	3	4	5	6	7	8	9	10



### Synchronised Swimming

Routine Grade 4

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

Name .....

Date.....

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

# CONTENT

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1. Walk on to counts with presentation and assume a pose and short deck work. Followed by a dive entry followed by double arm head first boost.
2. 5metres of travelling eggbeater with a single arm twirl followed by 5metres travelling opposite direction.
3. Head first boost followed by 3metres double arm egg beater travel
4. 5 metres torpedo scull, smooth transition coming out sideways into 3 metres double arm eggbeater with creative arms.
5. Vertical position travelling, 1 metres sideways, 1 metres backwards.
6. Foot first thrust with a spin of at least 360 degrees - leg position optional.
7. Fishtail switches for a count of 8 ( 2 counts per switch) to metronome 160bpm .
8. Double arm eggbeater for 4 counts of 8 to metronome at 160bpm
9. Technical team element 3 to metronome with 8 counts per transition (160bpm)
10. Cookie position to straddle to vertical followed by a continuous spin of at least 720 degrees..

# ROUTINE GRADE 4

*Focus on Controlled entry, travel and hybrids.*

## ELEMENT 1

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Walk on to counts with presentation and assume a pose and short deck work. Followed by a dive entry followed by double arm head first boost.

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*MINIMUM REQUIREMENT FOR 5.0*

*Full Extension in pose and deck work – make eye contact with Judge*

*Surface at least 5 metres from side*

*Hips dry on the head first boost.*

 Mark
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Feedback
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# ELEMENT 2

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5metres of travelling eggbeater with a single arm twirl (rapid 180 rotation) followed by 5m travelling opposite direction.

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*MINIMUM REQUIREMENT FOR 5.0*

*10 metres covered*

*Arm pit dry throughout*

*Continuous travel throughout*

 Mark
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Feedback
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# ELEMENT 3

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Starting from under the water a double arm head first boost is executed until the body and arms have fully submerged. Resurface in eggbeater and travel sideways for 3 metres in double arm eggbeater

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## *MINIMUM REQUIREMENT FOR 5.0*

*Hip bones dry on head first boost*

*Clavicles dry during eggbeater*

*3 metres eggbeater completed.*

 Mark
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Feedback
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# ELEMENT 4

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5 metres torpedo scull, smooth transition coming out sideways (rapidly) into 3m double arm eggbeater with creative arms.

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*MINIMUM REQUIREMENT FOR 5.0*

*Hips, thighs and feet at the surface in torpedo*

*Smooth transition to egg beater*

*Clavicles dry in eggbeater*

*Continuous arms movement over 3metres*

 Mark
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Feedback
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# ELEMENT 5

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Vertical position travelling, 1metre sideways, 1metre backwards.

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*MINIMUM REQUIREMENT FOR 5.0*

*Body vertical throughout.*

*Mid knee dry*

*Continuous travel.*

 Mark
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Feedback
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# ELEMENT 6

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Starting in a submerged Back Pike Position a Thrust is executed. A descending spin of 360 degrees is executed. The leg position is optional in the thrust and spin.

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*MINIMUM REQUIREMENT FOR 5.0*

*Thrust to at least hip bones dry.*

*Spin around a vertical axis*

*At least 360 degrees completed to ankles*

 Mark
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Feedback
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# ELEMENT 7

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From a Fishtail position both legs move simultaneously to swap to the opposite Fishtail Position. Four Fishtail switches for a count of 8 (2 counts per switch) to metronome 160bpm.

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## *MINIMUM REQUIREMENT FOR 5.0*

*Minimum height mid thigh in vertical leg*

*Leg vertical in every swap*

*Full extension maintained*

*Foot of Fishtail leg should reach the surface on each swap*



Feedback

# ELEMENT 8

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Double arm eggbeater for 4 counts of 8 to metronome at 160bpm.  
Creative arms shown throughout – swimmers may choose the movements used.

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## *MINIMUM REQUIREMENT FOR 5.0*

*Clavicles dry throughout*

*Arms above the water (height above water is optional)*

*Continuous travel throughout*

*Movement on every count.*



Feedback

# ELEMENT 9

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Technical team element 3 to metronome with 8 counts per transition  
(160bpm)

Starting in a Front Pike Position, the legs are lifted to a Vertical Position.  
As full Twist is executed, the legs are lowered to a Split Position. A  
Walkover Front is executed. (DD 2.9)

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*MINIMUM REQUIREMENT FOR 5.0*

*At least mid knee in vertical*

*Vertical maintained in twist*

*150 degrees in split position.*



Feedback
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# ELEMENT 10

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Starting in a Cookie position legs are extended into a straddle position on the surface. Followed by both legs being lifted to a vertical position finished with a continuous spin of at least 720 degrees.

(Cookie – body inverted with the hips at the surface, knees wide and at the surface, toes touching close to bottom.

Straddle Position – body inverted with the hips at the surface, both legs extended along the surface with an angle of at least 90 degrees)

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*MINIMUM REQUIREMENT FOR 5.0*

*Hips dry in first two positions.*

*Vertical at least mid knee.*

*720 degrees completed around a vertical axis  
before heels.*

 Mark
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Feedback
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