

1	2	3	4	5	6	7	8	9	10



### Synchronised Swimming

Routine Grade 5

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 with presentation assume a start pose followed by solo deck work, dive entry followed immediately followed by a foot first boost.
2. Double arm eggbeater 8metres travelling in all directions. (2metres in each direction).
3. 2 head first boosts both with double arms, 1 must contain a twirl.
4. 5 metres torpedo scull. Sit up forwards into eggbeater, followed by 5 metres forward double arm eggbeater
5. Side Flutter kick followed by a rapid transition into a Front Pike Position followed immediately by a rapid double leg walk over into Torpedo Scull followed by a smooth transition into double arm eggbeater
6. Full vertical twist in off angle position (position optional) .
7. Combined spin of 360 degrees down and 360 degrees up. Leg position optional.
8. Fishtail into vertical, followed by pikeout and up to the surface followed by two counts of 8 of double arm egg beater to metronome (160bpm) .
9. Table top to fishtail, to vertical. Vertical twirl to table top, return to vertical finished with a 360 degree spin. (160bpm) 1 count for each move except spin in 4 counts.
10. Technical team element number 2 to metronome 8 counts per transition. (160bpm)

# ROUTINE GRADE 5

*Focus on Deckwork, entries, travel and hybrids.*

## ELEMENT 1

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Walk on with presentation and assume a start pose followed by solo deck work. Dive entry immediately followed by a foot first thrust to a Vertical Position followed by a rapid vertical descent.

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### *MINIMUM REQUIREMENT FOR 5.0*

*Extension and control shown on the deckwork- make eye contact with Judge*

*The foot first thrust should be at least 5 metres from the side of pool*

*Hip bones dry on foot first thrust*

 Mark
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Feedback
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## ELEMENT 2

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Double arm eggbeater 8metres travelling in all directions. (2metres in each direction). Travel should continue in the same direction for 8 metres, with the body rotating 90 ° every 2 metres.

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*MINIMUM REQUIREMENT FOR 5.0*

*Clavicles dry*

*Continuous travel.*

*Arms and shoulders stable throughout*

 Mark
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Feedback
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# ELEMENT 3

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2 head first boosts (in quick succession) both with double arms, 1 must contain a twirl.

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*MINIMUM REQUIREMENT FOR 5.0*

*Hips bones dry on both boosts*

*Arms above shoulder height at the top of each boost*

*Twirl started at the top of chosen boost*

 Mark
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Feedback
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# ELEMENT 4

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5 metres torpedo scull followed by a smooth transition coming out forwards into 5 metres forward double arm eggbeater.

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*MINIMUM REQUIREMENT FOR 5.0*

*Rapid torpedo with effective and accurate sculling*

*Hips thighs and feet at the surface*

*Clavicles dry in eggbeater*

*Shoulders and arms stable in travelling eggbeater.*

 Mark
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Feedback
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# ELEMENT 5

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Side flutter kick is completed for 5 metres with a rapid transition into Front Pike Position, from this position both legs are simultaneously lifted to form a 180 arc over the surface of the water to a surface arch position. Torpedo scull is executed to exit to a back layout Position. With a smooth transition coming out forwards forwards double arm eggbeater is then completed for 5 metres.

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## *MINIMUM REQUIREMENT FOR 5.0*

*Continuous travel shown*

*Full extension in walkover*

*Top of knee out through the vertical*

*Clavicles dry in egg beater*

 Mark
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Feedback
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# ELEMENT 6

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Full Twist with legs arched with a minimum of 20 ° off the vertical axis

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*MINIMUM REQUIREMENT FOR 5.0*

*Height maintained throughout*

*360 degrees completed round a vertical axis*

*Minimum height top of knee in the twist.*

 Mark
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Feedback
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# ELEMENT 7

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Starting in a vertical Position a rapid Combined spin of 360 degrees down and 360 degrees up is executed. Leg position during the spin is optional.

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## *MINIMUM REQUIREMENT FOR 5.0*

*Minimum start and end height of top of knee*

*Even spin down*

*Even spin up*

*Vertical position maintained*



Feedback

# ELEMENT 8

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From a Fishtail Position, the horizontal leg is lifted to the vertical position. Both legs lowered rapidly into a pike position, followed by a rapid tuck into Egg beater. Arms are lifted above the water for two counts of 8 of double arm egg beater to metronome (160bpm) .

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## *MINIMUM REQUIREMENT FOR 5.0*

*Fishtail height mid-thigh*

*Vertical position shown clearly*

*Egg beater height clavicles dry*

*1 movement per count in both leg and arm movements*



Feedback

# ELEMENT 9

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Starting in a Table Top Position one leg is extended horizontally as one leg is extended vertically to assume a Fishtail Position. The Horizontal leg is then lifted to a vertical position. A Twirl executed before both legs are lowered to a Table Top Position. Both Legs are extended again to a Vertical Position followed by a rapid descending spin of 360 degrees.

All moments are completed to a metronome (160bpm) 1 count for each move except spin in 4 counts.

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- MINIMUM REQUIREMENT FOR 5.0*
  - Shins dry and together on each table top*
  - Minimum top of knee in vertical positions*
  - 360 degrees completed in a vertical position*



Feedback
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# ELEMENT 10

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Technical team element number 2 to metronome 8 counts per transition.  
(160bpm)

435 – A Nova is executed to the Bent Knee Surface Arch Position. A rotation of 360 degrees is executed as the legs are lifted to a Vertical Position followed by a Continuous Spin of 720 degrees (2 rotations). (DD 2.4)

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## *MINIMUM REQUIREMENT FOR 5.0*

*Mid thigh in the surface arch bent knee*

*Top of knee dry in vertical*

*720 degrees completed to the heels in spin.*



Feedback