

1	2	3	4	5	6	7	8	9	10



Swim England Synchro

Synchronised Swimming

Routine Grade 4

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. 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

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.

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

ELEMENT 2

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

MINIMUM REQUIREMENT FOR 5.0

10 metres covered

Arm pit dry throughout

Continuous travel throughout

 Mark
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Feedback

ELEMENT 3

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

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

ELEMENT 4

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

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

ELEMENT 5

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

MINIMUM REQUIREMENT FOR 5.0

Body vertical throughout.

Mid knee dry

Continuous travel.

 Mark
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Feedback

ELEMENT 6

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.

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

ELEMENT 7

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.

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

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

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

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. A full Twist is executed, the legs are lowered to a Split Position. A Walkover Front is executed. (DD 2.9)

MINIMUM REQUIREMENT FOR 5.0

At least mid knee in vertical

Vertical maintained in twist

150 degrees in split position.



Feedback

ELEMENT 10

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)

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
