

1	2	3	4	5	6	7	8	9	10



Synchronised Swimming

Routine Grade 1

The Judge must be a
Level 1, level 2 or level 3 judge.

Name

Date.....

Average Mark

**Number
below 4.5**

Result

CONTENT

1. Walk on with good posture, step entry into water with two breaststroke to surface in eggbeater.
2. Stationary eggbeater for 10 seconds
3. Eggbeater travelling sideways for 2 metres into side flutter kick for 3 metres
4. Torpedo scull for 10 metres
5. Straight arm backstroke to a metronome for 15 metres(160bpm)
6. Tub 360 ° (from back layout and returning to back layout) .
7. Travelling fast bent knee switches
8. Back layout followed by a rapid back tuck somersault, surfacing in eggbeater for 5 seconds.
9. Eggbeater press/eggbeater 'pop'
10. Table top position held for 5 seconds

ROUTINE GRADE 1

Focus on basic entry, travel and hybrids.

ELEMENT 1

Walk on with good posture, step entry into water with two breaststroke to surface in eggbeater for 5 seconds. (Arms position is optional but should be extended)

MINIMUM REQUIREMENT FOR 5.0

Body straight on entry and to fully submerged.

Eggbeater shown on the surface

 Mark
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Feedback

ELEMENT 2

Stationary egg beater for 10 seconds

MINIMUM REQUIREMENT FOR 5.0

Knees wide

Shoulders still

Arm crease dry

 Mark
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Feedback

ELEMENT 3

Eggbeater travelling sideways for 2 metres into side flutter kick travelling for 3 metres.

MINIMUM REQUIREMENT FOR 5.0

5 metres covered

Kick shown from eggbeater into flutter kick

Continuous travel shown

 Mark
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Feedback

ELEMENT 4

Torpedo scull for 10metres

MINIMUM REQUIREMENT FOR 5.0
Hips , thighs and feet dry throughout
Smooth and effective travel shown
10 metres completed

 Mark
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Feedback

ELEMENT 5

Straight arm backstroke to metronome for 15 metres (160bpm)

MINIMUM REQUIREMENT FOR 5.0

Arm stops at 90 degrees to the surface

Little finger in first

Strong effective leg kick.

2 counts per movement.



Feedback

ELEMENT 6

Tub 360° (from back layout and returning to back layout) .

MINIMUM REQUIREMENT FOR 5.0

Hips thighs and feet dry in both layouts

Feet, shins and knees remain at the surface throughout.

 Mark
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Feedback

ELEMENT 7

Travelling fast bent knee switches for 5metres

MINIMUM REQUIREMENT FOR 5.0

Horizontal foot stays at the surface

Knee should stop when aligned with hips

Knee cap dry should remain dry on bent knee

Mark

Feedback

ELEMENT 8

Back layout followed by a rapid back tuck somersault surfacing in eggbeater held for 5 seconds

MINIMUM REQUIREMENT FOR 5.0

Hips, thighs and feet dry in back layout

Tight tuck in somersault

Eggbeater shown at the surface

 Mark
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Feedback

ELEMENT 9

Eggbeater press/egg 'pop' (egg beater at the surface followed by a fast double kick to increase height above the surface)

MINIMUM REQUIREMENT FOR 5.0

Double kick shown

Waist height on kick

 Mark
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Feedback

ELEMENT 10

Table top position held for 5 seconds

MINIMUM REQUIREMENT FOR 5.0

Feet and knees together

Feet and knees at the surface

Support scull shown

 Mark
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Feedback
