

Swim England

Artistic Swimming Figure Grade 3

Artistic Swimming Figure Grade 3

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

Name	
Date	

Average mark	Number below 4.5	Result

1	2	3	4	5	6	7	8	9	10

Content

1. Straight Ballet Leg (Fig 106 DD 1.6).
2. Barracuda (Fig 301 DD 1.9).
3. Front Ariana (Fig 359 DD 2.2).
4. Tower (Fig 348 DD 1.9).
5. Water Drop (Fig 363 DD 1.8).
6. Swordfish (Fig 401 DD 2.1).
7. Kip (Fig 311 DD 1.6).
8. Swanita spinning 180 degrees (Fig 227d DD 1.9).
9. Vertical spin 360 degrees (BM 13e).
10. Split position on land – Right leg and left leg. Both legs must be attempted.

General Conditions

Black swimwear and white hat to be worn.

1. All elements must be attempted and awarded a mark.
2. The result will be determined by the average mark over the 10 elements.
3. All elements are marked according to guidance tables and height charts from World Aquatics. To achieve a pass the average mark should be at least 5.0: Bronze pass: 5.0, Silver pass: 6.0, Gold pass: 7.0.
4. Figure grades shall be marked in 0.1 increments, Routine grade elements shall be marked in 0.25 increments.
5. If more than 2 elements have a score of less than 4.5 it will be an automatic fail.
6. Unless otherwise stated, movements should be performed relatively stationary and in uniform motion.
7. Assessments will mimic a competition and all swimmers can only attempt each element once.
8. For the entries in routine grades, the water depth must be at least 1.8 meters.
9. For figure grades 3-5 an appropriate depth of water should be available for vertical descents and spins.
10. For dry land skills swimmers must wear fitted shorts or leggings.
11. Judges are asked to highlight any areas in which the swimmers are not yet competent in the feedback box.
12. No retakes will be offered unless requested by the supervising Level 3 Judge.
13. All figures will be judged following the current World Aquatics judging guide.
14. Any concerns about how an assessment has taken place must be brought to the supervising Level 3 Judge by a coach or team manager from the club during the assessment time.

Figure Grade 3

Focus on 12 and under figures

Element 1

Straight ballet leg (Fig 106 DD 1.6).



Details

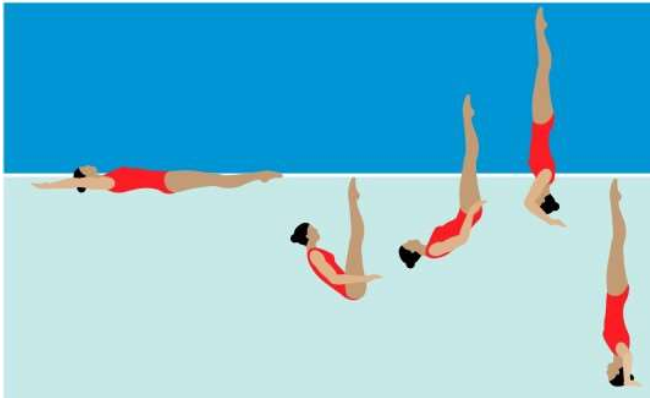
Begin in a **Back Layout Position**. One leg remains at the surface throughout. From a **Back Layout Position**, one leg is raised straight to a **Ballet Leg Position**. From a **Ballet Leg Position** the ballet leg is bent, without movement of the thigh, to a **Bent Knee Back Layout Position**. The toe moves along the inside of the extended leg until a **Back Layout Position** is assumed.

MARK

Feedback

Element 2

Barracuda (Fig 301 DD 1.9).



Details

From a **Back Layout Position**, the legs are raised to vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface. A **Thrust** is executed to **Vertical Position**. A **Vertical Descent** is executed at the same tempo as the Thrust.

MARK

Feedback

Element 3

Front Ariana (Fig 359 DD 2.2).



Details

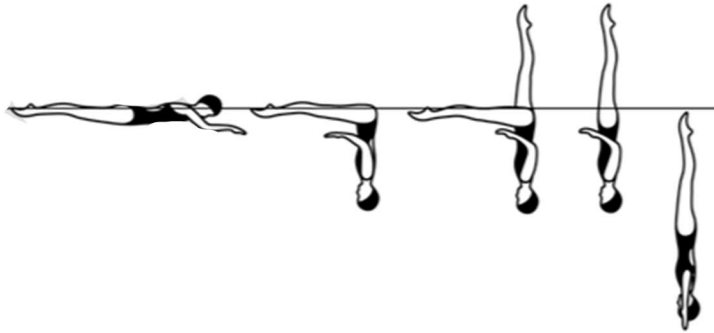
From a **Front Layout Position** a **Front Pike Position** is assumed. One leg is lifted in a 180 degree arc over the surface of the water to a **Split Position**. Maintaining the relative position of the legs to the surface of the water, an **Ariana Rotation** is performed where maintaining the relative position of the legs to the surface, hips rotate 180 degrees. A **Walkout Front** is executed with the front leg is lifted in a 180 degree arc over the surface of the water to meet the opposite leg in a **Surface Arch Position** and with continuous movement an **Arch to Back Layout Finish Action** is executed.

MARK

Feedback

Element 4

Tower (Fig 348 DD 1.9).



Details

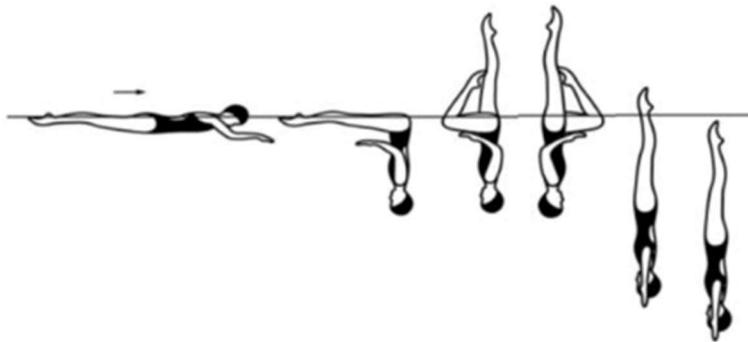
From a **Front Layout Position** a **Front Pike Position** is assumed. One leg is lifted to a **Fishtail Position**. The horizontal leg is lifted to a **Vertical Position**. A **Vertical Descent** is executed.

MARK

Feedback

Element 5

Water Drop (Fig 363 DD 1.8)



Details

From a **Front Layout Position** a **Front Pike Position** is assumed. The legs are lifted simultaneously to a **Bent Knee Vertical Position**. A **Half Twist** is executed. A **180 Degree Spin** is executed in the same direction as the bent leg is extended to a Vertical Position and completed as the ankles reach the surface of the water. A **Vertical Descent** is executed.

MARK

Feedback

Element 6

Swordfish (Fig 401 DD 2.0).



Details

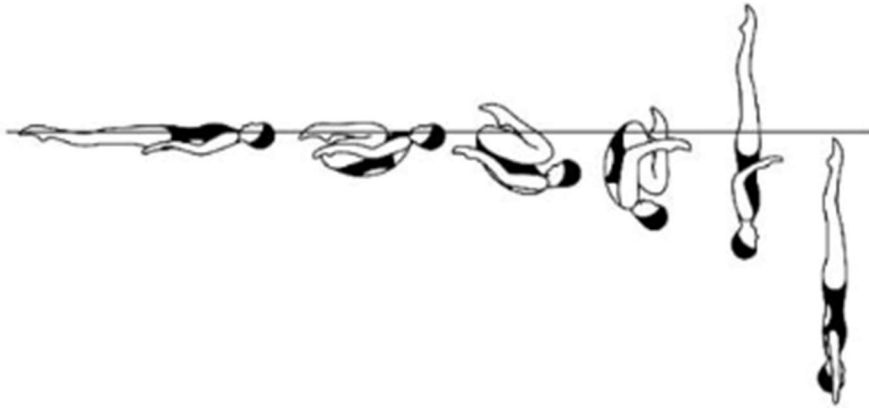
From a **Front Layout Position**, a **Bent Knee Position** is assumed. The back arches more as the extended leg is lifted in a 180 degree arc over the surface to assume a **Bent Knee Surface Arch Position**. The bent knee is straightened to assume a **Surface Arch Position**, and with continuous motion, an **Arch to Back Layout Finish Action** is executed.

MARK

Feedback

Element 7

Kip (Fig 311 DD 1.6).



Details

From a **Back Layout Position**, a partial **Somersault Back Tuck** is executed until the shins are perpendicular to the surface. The trunk unrolls as the legs are straightened to assume a **Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins. A **Vertical Descent** is executed.

MARK

Feedback

Element 8

Swanita Spinning 180 degrees (Fig 227d DD 1.9)



Details

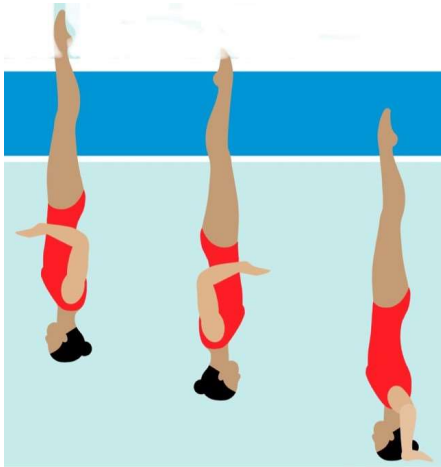
From a **Back Layout Position** a **Bent Knee Surface Arch Position** is assumed. The bent leg straightens to assume a **Knight Position**. The body rotates 180 degrees to assume a **Fishtail Position**. Continuing in the same direction a descending **Spinning 180 Degrees** rotation is executed as the horizontal leg is lifted to a **Vertical Position** and is completed as the ankles reach the surface of the water. A **Vertical Descent** is executed.

MARK

Feedback

Element 9

Vertical spin 360 degrees (BM 1).



Details

Vertical position held for three sculls followed by a spin of 360 to ankles and vertical descent.

MARK

Feedback

Element 10

Split position on land – Right leg and left leg. Both legs must be attempted

Details

If not flat swimmers may use blocks to support the body on both sides. For a flat and over split the crotch must be on the floor. If the swimmer is not flat then it will be measured in relation to the crotch height from the floor. All positions must be completed with full extension and body vertical or a 0 will be given.

Minimum requirement is set for every split to be attempted. If swimmers do not meet the minimum requirements for the angle attempted, then they may attempt the angle below. 10cm block to be used to see the crotch distance from the floor (if not flat) and used for over splits.

MINIMUM REQUIREMENT FOR ALL ANGLES.

Legs and feet fully extended.

Body and shoulders above hips.

Hips 'square'.

Back heel towards the ceiling.

>20cm from the floor = 0.

<20cm from the floor = 4.0.

<10cm from the floor = 5.0.

Flat split = 6.0.

10cm over split = 7.0.

20cm over split = 8.0.

MARK	
RIGHT LEG	LEFT LEG

Feedback