

Synchronised Swimming Awards

Routine Grade Outcomes

Synchronised Swimming Routine Grade Award 1

1. Walk on with good posture, perform a step entry into water with two breaststrokes 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 at 160 beats per minute for 15 metres.
6. Tub 360 degrees 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 five seconds.
9. Eggbeater press / Eggbeater 'pop'.
10. Table top position held for five seconds.

Synchronised Swimming Routine Grade Award 2

1. Walk on with good posture, dive entry, two breaststrokes to the surface and surface in Eggbeater.
2. Single arm Eggbeater for 10 metres; 5 metres with one side leading, turn and continue for 5 metres with the opposite side leading.
3. Head first boost and descent (starting from underwater – arms to remain by side).
4. Dolphin scull for 5 metres.
5. Side Flutter (5 metres), Eggbeater (3 metres), Side Flutter (5 metres).
6. Four Bucket or Flick Flack switches completed to a metronome at 160 beats per minute within a count of eight.
7. Pike to Vertical with Bucket or Flick Flack exit (rapid).
8. Travelling single arm Eggbeater to a metronome at 160 beats per minute for three counts of eight. Arm action optional but rapid movements.
9. Travelling Back Layout, then assume a Ballet Leg and rapid Back Tuck Somersault surfacing in Eggbeater.
10. Kick pull kick over to metronome at 160 beats per minute for 15 metres.

Synchronised Swimming Routine Grade Award 3

1. Walk on with counts and good posture and assume a start pose. From pose, step to edge dive entry and head first boost.
2. Double arm Eggbeater for 6 metres, which is 3 metres with one side leading, turn and continue for 3 metres with the opposite side leading.
3. Head first boost and 'catch' in Eggbeater.
4. Eggbeater travelling for 8 metres (2 metres in all four directions).

5. Side Flutter into Front Pike to Front Walkout and Torpedo for 5 metres.
6. Bucket to Fishtail swaps for a count of eight (two counts for each swap) to a metronome at 160 beats per minute.
7. Single leg swirls four times. All start and finish in Pike position.
8. Start from under the water, dynamic foot first Bent Knee thrust.
9. Table top to Bucket to Vertical followed by a 180 degree spin.
10. Travelling head first, assume a Ballet Leg, return to Back Layout, assume the opposite Ballet Leg and return to Back Layout. Completed to metronome at 160 beats per minute, one count per movement.

Synchronised Swimming Routine Grade Award 4

1. Walk on to counts with presentation and assume a pose. Short deck work, followed by a dive entry, followed by double arm head first boost.
2. 5 metres of travelling Eggbeater with a single arm twirl followed by 5 metres travelling opposite direction.
3. Head first boost followed by 3 metre double arm Eggbeater travel.
4. 5 metre Torpedo scull, smooth transition coming out sideways into 3 metre double arm Eggbeater with creative arms.
5. Vertical position travelling, 1 metre sideways, 1 metre backwards.
6. Foot first thrust with at least one full spin of 360 degrees – leg position optional.
7. Fishtail switches for a count of eight (two counts per switch) to metronome at 160 beats per minute.
8. Double arm Eggbeater for four counts of eight to metronome at 160 beats per minute
9. Technical team element three to metronome with eight counts per transition at 160 beats per minute.
10. Cookie position to Straddle, to Vertical, followed by a Continuous Spin of at least 720 degrees (2 full rotations).

Synchronised Swimming Routine Grade Award 5

1. Walk on with presentation, assume a start pose followed by solo deck work and dive entry followed immediately by a foot first boost.
2. Double arm Eggbeater 8 metres travelling in all directions (2 metres in each direction).
3. Two head first boosts, both with double arms. One must contain a twirl.
4. 5 metre Torpedo scull. Sit up forwards into Eggbeater, followed by 5 metre 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 Walkover into Torpedo scull. Follow with 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 Pike out and up to the surface. Followed by two counts of eight of double arm Eggbeater to metronome at 160 beats per minute.
9. Table top to Fishtail then to Vertical. Vertical Twirl to table top, return to Vertical finished with a 360 degree spin (160 beats per minute). One count for each move except spin in four counts.
10. Technical Team Element number two to metronome at 160 beats per minute, eight counts per transition.