

## FIFE ARTISTIC SWIMMING GRADING AND COMPETITION SELECTION PROCESS



### GRADING

There are two types of Grades. Figure Grades and Routine Grades.

#### Figure Grades:

- There are 5 Artistic Swimming Figure Grades, these test athletes on their age group figures.
- Athletes are tested on their splits too.
- The higher the grade, the more difficult the moves.
- 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).
- If more than 2 elements have a score of less than 4.5 it will be an automatic fail.
- Higher grades are age-restricted and athletes can only attempt them at the appropriate age which is Figure Grade 4 – from 1st January of the year they turn 13 and Figure Grade 5 & 6 – from 1st January of the year they turn 15.
- Links to Figure Grades videos and judging guides can be found here  
<https://www.swimming.org/artistic-swimming/artistic-swimmer-development/figure-grades/>

#### Routine Grades:

- There are 5 Routine Grades which provide an increasing test of ability for athletes on their routine skills.
- The higher the grade, the more difficult the moves.
- These grades complement the figure grades and ensure athletes are developing their transitions, speed of movement and hybrids ready for solos, teams and routines as they develop.
- The same criteria to achieve a Pass as Figure Grades.
- Links to Routine Grades videos and judging guides can be found here  
<https://www.swimming.org/artistic-swimming/artistic-swimmer-development/routine-grades/>

Grade assessment days take place four times a year (usually two Figure Grade and two Routine Grade assessments).

Figures are taught throughout the year with our club Judges and Coaches assessing athletes for grading readiness in the weeks leading up to the Grade day.

Athletes will be selected for grade days based on the following selection criteria:

- A Figure is consistently performed to a passable standard
- Extension must be evident throughout
- Toes and feet must be pointed
- Effective and smooth sculling
- Stable and controlled
- Show constant accurate and specific height out of the water (according to FINA grade scales)
- Splits on both legs are a minimum of 20cm away from flat splits, with legs and feet fully extended, body and shoulders above hips and hips 'square'.
- No more than 2 elements having an assessment score of less than 4.5

Athletes may receive additional Coaching support (than those athletes not grading) once they have been entered, this will depend on Coach availability.

## **COMPETITIONS**

### **NOVICE COMPETITION / ARTISTIC SWIMMING FOR ALL**

A competition including a Figure event and routines.

This competition is aimed at athletes who do not have any grades; or who have or swim around G1 level; or who have or swim around G2 level. This competition also includes a Masters section (those over 19 years).

All eligible athletes can compete at this event.

All athletes must compete in the Figure events.

Routines are optional but participation is strongly preferred. Routines for this event are short and are usually athlete-choreographed with assistance from a member of the Poolside team.

The Coaches select solos, duet pairings and teams based on:

- Age
- Grade level
- Ability to perform Figures and routine skills
- Artistic impression (ie. synchronisation, presentation)
- How well the athletes match and/or complement each other whilst performing
- The availability of the athlete to attend training sessions
- Athletes' preferences will also be taken into consideration where possible.

Athletes will be advised regarding what they need to include in their short routine. Support is provided throughout the process.

Depending on the Annual Calendar of Events if the Novice competition falls before Club Championships, if enough progress is made with teams or duets performed at the Novice competition these may also be entered into Club Championships at club Coaches/Judges decision.

### **SCOTTISH ARTISTIC SWIMMING CLUB CHAMPIONSHIPS**

An annual event where clubs in Scotland compete. A routine competition comprising solos, duets and teams.

Each club has a maximum number of entries in each category. If there are too many potential entries then our club Judges and Coaches will select those with the greatest chance of achieving higher scores.

Eligibility:

<b>Routine Event</b>	<b>Eligibility</b>	<b>Notes</b>
Solo	Must have Figure Grade 3	This is competition requirement
Duet	Swimming around Grade 2 level and above	This is the minimum standard generally in this event
Combination Team	Swimming at a minimum of around Grade 1 level and above	This depends on number of athletes and teams entered, if we have one team entered then standard likely to be above that.

Coaching resources are the main determinant of how many entries we can put in. Pool time is also a constraint. Priority will go to combination team/s.

We generally enter Combination teams in this event. These comprise mixed-levels of athletes in teams of 4(min) – 10(max). We always plan to have a minimum of 5 athletes per team in case an athlete needs to withdraw due to injury etc, meaning the remaining members can still compete.

Main selection criteria for inclusion in teams and for the different roles within teams (eg. solo, duet, lifter, flyer) and duets are:

- Grade level
- Age
- Height in Figures
- Height in eggbeater and head first boosts
- Manner of presentation
- Pattern awareness
- Accuracy and sharpness of movement
- Synchronisation
- Flexibility
- Fitness
- Acrobatics
- Extension

In addition, other factors, eg. attendance, positive attitude, work ethic, ability to make corrections quickly, concentration and trying to achieve the best outcomes for each session and ability to make a contribution to a positive team dynamic, eg. through leadership in the water, may also be considered.

Trials may be carried out to assess in which team to place an athlete or in which role to place an athlete.

## **SNAGS (Scottish National Age Group Artistic Swimming Open Championships)**

An annual competition, held in Scotland with UK wide competitors, comprising of a Figure event and routines. Athletes must be age/grade qualified to compete at this event.

Eligibility:

<b>Age Group*</b>	<b>Event</b>	<b>Eligibility – minimum Figure Grade level</b>
12 & under	Figures	Grade 2 bronze
12 & under	Solo/duet	Grade 3 bronze
12 & under	Team	Grade 2 bronze
Youth (13-15)	Figures	Grade 3 bronze
Youth (13-15)	Solo/duet	Grade 4 bronze
Youth (13-15)	Team	Grade 3 bronze
Juniors (15-19)	Solo/duet	Grade 5 bronze
Juniors (15-19)	Team	Grade 4/5 bronze
Open Free	Team	All athletes with appropriate grade for age
*Age is at midnight on 31 <sup>st</sup> Dec in the year of competition		

Selection criteria:

- Age/grade qualified
- A figure is consistently performed to a passable standard
- Extension must be evident throughout
- Toes and feet must be pointed
- Effective and smooth sculling
- Stable and controlled

Due to the level of Figures required to perform any recently Grade qualified athletes may not be recommended to enter.

Duet and team selection policy is as per noted above under Scottish Club Championships heading.

Routines for this event may require to be athlete-choreographed. Athletes will be advised regarding what they need to include in their routine. Support is provided throughout the process.

Athletes may receive additional Coaching support (than those athletes not competing) once they have been entered, this will depend on Coach availability.

## **FIGURE COMPETITION**

An annual competition for Scottish Clubs. Only Figures and technical routines are performed. Eligibility and selection process as per SNAGS.

Due to the level of Figures required to perform any recently Grade qualified athletes may not be recommended to enter.

Athletes may receive additional Coaching support (than those athletes not competing) once they have been entered, this will depend on Coach availability.

## **CHOREOGRAPHY**

Due to coaching time being limited the majority of the Poolside Team's routine focussed time is spent on team routines. Fortunately, we currently have a small choreography team focusing on team routines for Club Championships.

Duets and soloists may need, or choose, to choreograph their own routines in whole or in part.

Athletes will be supported by a member of the poolside team who will advise with ideas and feedback. Pooltime will be allocated for athletes to work on their own or with a member of the poolside team but this cannot be guaranteed. It is therefore recommended that much of duets and solos are also worked on in the athletes' own time. Coaches will determine the appropriate allocation of their coaching time and will advise the athletes.