

ARTISTIC SWIMMING TEST 1 2022 – 2025

SWIMMING		DESCRIPTION	GOAL/TEST	JUDGEMENT
1	<ul style="list-style-type: none"> • 5m underwater + object recovery • 20m backstroke • 20m breaststroke kick + 20m breaststroke • 20m crawl kick + 20m crawl • 20m flutter kick (side as free) 	<p>Each swimming part is done separately; stops during the designated distance are not allowed.</p> <p>5m distance will be marked under water. Style used is free.</p> <p>For underwater the whole body and head must be totally submerged. Penalty for incorrect underwater = -0.1 per judge.</p>	swimming technique	Score for technique of EACH part. The AVERAGE is considered for the final score.
FLEXIBILITY		DESCRIPTION	GOAL/TEST	JUDGEMENT
2	Passive flexibility: right, left and side SPLITS on land	Measure each SPLIT as described in the "Description of Measuring Flexibility"; for over splits use boards (3cm).	passive flexibility of hips	AVERAGE of the marks for each split.

BASICS		DESCRIPTION	GOAL/TEST	JUDGEMENT
3	Front Layout Position AQUA BP2 hold the position for 6 seconds	Body extended with head, upper back, buttocks, and heels at the surface of the water. Face in the water + straight arms WITHOUT SCULLING above the shoulders.	body position, extension	pass/fail
4	Back Layout Position AQUA BP1 hold the position for 6 seconds	Body extended with face, chest, thighs, and feet at the surface of the water. Head (especially the ears), hips and ankles in horizontal alignment. Straight arms WITHOUT SCULLING above the shoulders.	body position, extension	pass/fail
5	5m headfirst sculling + 5m foot first sculling in Back Layout position	Hands are close to the hips. The glide must be regular and quiet, arms movement must be correct. No stops allowed. Marking point at 5m, change from headfirst to foot first sculling without break.	sculling technique, body position, extension	pass/fail
6	Head dive	Before starting, the position must be solid (the body is extended). The movement during the jump and during the lifting of the arms above the head is uniform and rapid. The legs and the feet are stretched and joined during the whole action. The body is extended. Immerse with the hands first without any splash.	diving technique	pass/fail
7	10 sec eggbeaters without travelling facing the judges	Body is extended with flat back and shoulders and head upright; arms may help. Leg movement: hips open, knees bent and near to the surface, feet flexed, the feet describe inside circles alternating left and right.	legs technique, body position	pass/fail

