

PISTE JUN-ELI REQUIREMENTS

PROGNOSTIC INTEGRATIVE SYSTEMATIC TRAINER ESTIMATION

SEASON 2024-2025

Introduction

In Artistic Swimming PISTE is used as a tool to detect future talents of the sport for the selection of regional and national team members. The PISTE test serves as the basis for obtaining the Swiss Olympic Talent Card. PISTE stands for **P**rognostic **I**ntegrative **S**ystematic **T**rainer **E**stimation.

PISTE CATEGORIES

The athletes are divided into 4 categories according to the year of birth of a swimmer. The PISTE 2025 serves as the basis for the distribution of the Swiss Olympic Cards 2025-2026 and national team selection 2025-2026. Junior swimmers fulfilling the minimum year of birth can participate in PISTE Junior and Elite.

Season	KIDS (J3)	YOUTH (J2)	JUNIOR (J1)	ELITE	Selection for national team and SOTC
2024-25	2014 & younger	2013-2021-2011	2010-2009- 2008-2007	2009 & older	2025-2026
2025-26	2015 & younger	2014-2013-2012	2011-2010-2009- 2008	2010 & older	2025-2026

To take part in the PISTE 2024 the swimmers must have the following test level the **latest by PISTE Day**:

KIDS (J3)	YOUTH (J2)	JUNIOR (J1) /ELITE
3	4	5

SWISS OLYMPIC TALENT CARDS

Swiss Olympic Cards are distributed to the swimmers that fulfill the given requirements. Cardholders can profit from various benefits from different partners and easy access to certain athletic infrastructures and sports schools. More information regarding the Swiss Olympic Cards can be found on their website: <https://www.swissolympic.ch/athleten-trainer/swiss-olympic-card>

Swiss Olympic Card Elite: distributed to elite national team members.

Swiss Olympic Talent Card National: distributed to the national team members.

Swiss Olympic Talent Card Regional: distributed to regional team members and/or athletes that reach the minimum required points.

NATIONAL TEAM SELECTION

National teams are selected according to the selection process and selection policy of Swiss Aquatics - Artistic Swimming. All athletes including current national team members must take part in the PISTE 2025.

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REQUIREMENTS PISTE 2025

The PISTE requirements were reviewed in 2023 in collaboration with Swiss Olympic. The aim was to introduce additional factors alongside land and water exercises and competition results in order to better predict an athlete's future performance at elite level. Previously, only an athlete's current performance was taken into account. Now, the athlete's environment is also considered as a predictive factor. A swimmer's relative age and biological stage of development are measured, and the results are adjusted accordingly. In the revision of PISTE 2025, new land and water tests were introduced to promote specific skills, including core stability, active flexibility, extension and acrobatic skills. In addition, more general improvements have been made (e.g. specification of penalties, adaptations of scales for more balanced scores, etc.).

The PISTE 2025 includes the same factors as the PISTE 2024:

- 1 Land and Water Tests
- 2 Competition results
- 3 Environment
- 4 Relative Age and Biological State of Development

CALCULATION OF RESULTS

The following formula and table provide an overview of how the results of the various PISTE parts are calculated.

Final Result per athlete = [(Land test_{weighted} + Water tests_{weighted} + Competition results_{weighted}) * Factor Environment * Correction factor of Biological State of Development (BSD) and Relative Age (RA)]

Category	Land tests	Water tests	Competition results	Environment	Correction BSD and RA*
ELITE & JUNIORS	30%	70%	-	1.0-1.01	correction per age*
YOUTH	30%	40%	30%	1.0-1.05	correction per age*
KIDS	30%	40%	30%	1.0-1.1	correction per age*

* Mean value from scientific studies, see also ranking tool PISTE Swiss Olympic.

PENALTIES

SPECIFICATION OF PENALTIES

These penalties are valid for all categories

1. Exercise "Height"

Penalty: 2 points per position if the number of beats is not respected.

2. Exercise "BB+BR"

Penalty: 2 points per element if the counts are not respected.

3. Routine Set

- Penalty for counts not respected: deduction for obvious error (0.5-point penalty).
- Penalty for movement not done: deduction for major error (3.0-point penalty).
- Touching the floor at any time will result in a deduction of 2 points from the total score.

Additional penalties and zeros may be assigned by the referee.

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GYM DEVELOPMENT PROGRAM FOR JUNIOR NATIONAL TEAM ATHLETES

1. PISTE (In-Person Session) - Once a Year
2. Assessment during training camp - Twice a Year

Objective: To maintain continuity in training and monitor the progressive development and improvement of general physical and special physical preparedness.

OFFICIALS BEHAVIOUR

Professional Coach behaviour is essential to maintain professionalism, fairness, and sportsmanship. Coaches are expected to show respect towards judges, referees, and other officials at all times. Any disagreements or concerns should be addressed through the appropriate channels in a respectful manner. Coaches must promote fair play and integrity among their athletes, discouraging any form of cheating, unsportsmanlike conduct, or rule violations. During the PISTE sessions, coaches are responsible for guiding their athletes through the warm-up. However, during the PISTE trials, coaches must respect the competition zone and are not allowed to enter it while the trials are in progress. Club coaches may watch from the stands.

PUBLICATION OF RESULTS

The provisional results will be published within two weeks after the PISTE Day. Protests/objections can be made up to two weeks after publication of the provisional results. After that, protests/objections will no longer be possible at a later point in time.

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


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1 LAND AND WATER TESTS

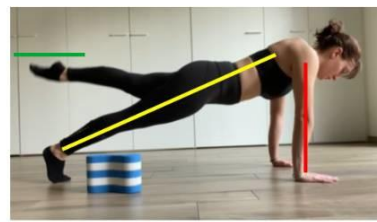
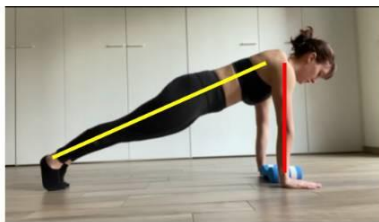
LAND TESTS JUNIOR AND ELITE

UPPER BODY COMBINATION

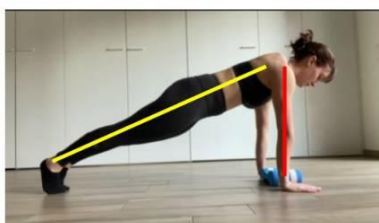
- A) **45 seconds** plank with straight leg kicks
- Shoulders, hips and heels in a line 
 - Hands and shoulders in a line 
 - Foot and legs need to reach the horizontal line of shoulders 

- B) **20 seconds** triceps push ups
- Chest touching pull boy 
 - Elbows touching the body 

a) plank with legs kicks



b) triceps push-ups



A) Plank position + leg kicks evaluation: Mark for execution.

- 8: Correct and stable execution
- 6: Slight loss of line between shoulders and hands and/or slight loss of core control
- 4: Significant loss of core control, loss of extension of elbows and/or knees, loss of line between shoulders and wrists, loss of line between head and shoulders
- 2: Evident instability of position and inability to maintain position without noticeable changes
- 0: No execution was performed

B) Triceps push-ups Evaluation

Repetitions	Score	Repetitions	Score	Repetitions	Score
≥ 18	10.0	12	7.0	6	4.0
17	9.5	11	6.5	5	3.5
16	9.0	10	6.0	4	3.0
15	8.5	9	5.5	3	2.5
14	8.0	8	5.0	2	2.0
13	7.5	7	4.5	1	1.0

Only well executed repetitions will be counted.

Lower Body combination

A) 60 seconds jump rope with 160BPM metronom

B) 30 seconds squats

- 80°-90° between thighs and tibias
- Arms in line with the shoulders

C) 20 seconds jumps

- legs open
- 90° or less between thighs and tibias
- both hands touch the floor
- arms are vertical
- pointing toes



A) Jump rope evaluation

# of stops	Score	# of stops	Score
0	7.0	3	3.0
1	6.0	4	2.0
2	5.0	5	1.0

B) squats evaluation

Reps	Score	Reps	Score	Reps	Score	Reps	Score	Reps	Score
≥ 32	10.0	26 – 25	7.0	18 – 17	5.0	10 – 9	3.0	2 - 1	1.0
31	9.0	24 – 23	6.5	16 – 15	4.5	8 – 7	2.5	0	0.0
30 - 29	8.0	22 – 21	6.0	14 – 13	4.0	6 – 5	2.0		
28 – 27	7.5	20 – 19	5.5	12 – 11	3.5	4 -3	1.5		

C) jumps evaluation

Reps	Score	Reps	Score	Reps	Score	Reps	Score
≥ 20	10.0	15	7.5	10	5.0	5	1.0
19	9.5	14	7.0	9	4.5	4	0.0
18	9.0	13	6.5	8	4.0		
17	8.5	12	6.0	7	3.0		
16	8.0	11	5.5	6	2.0		

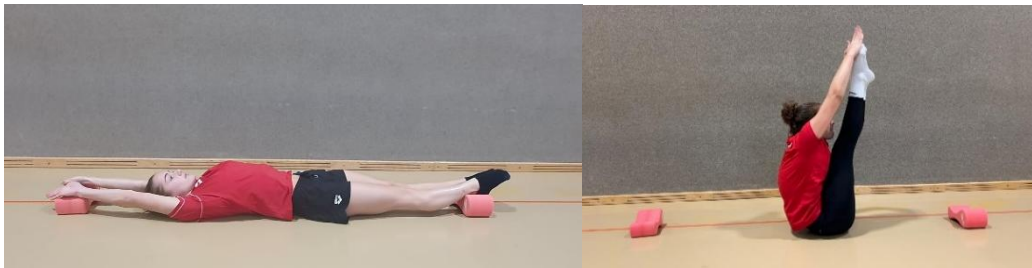
Only well executed repetitions will be counted.

Core Strength

Parts A) to C) must be performed without breaks.

A) Jack Knives with Two Leg (15 repetitions)

- Begin by lying flat on your back with your arms extended straight above your head, touching the pull buoy, and your legs fully extended, also touching the pull buoy.
- Raise your legs and simultaneously lift your upper body, reaching your hands towards your feet.
- Lower your legs and upper body back to the starting position (touching the pull buoy with hands and feet every repetition).



B) V-Sit with Two Legs (5 seconds hold)

- Start by lying on your back with your legs together and arms extended straight above your head.
- Simultaneously lift your upper body and legs to a V-sit, balancing on your sit bones.
- Hold V-sit position for 5 seconds, engaging your core muscles to maintain balance.



C) Candlestick Hold (5 seconds)

- From the V-sit position, sharply lift your legs up and roll back onto your shoulders in one motion, lifting your lower back off the ground.
- Extend your legs towards the ceiling, reaching as high as possible while keeping arms extended on the floor for support.
- Maintain a tight core and stable balance, holding the candlestick position for 5 seconds.



EVALUATION CRITERIA FOR CORE STRENGTH EXERCISES

Score	10 points	8 points	6 points	4 points	2 points	0 points
Jack Knives	Hands touch feet in all repetitions.	Hands touch ankles in all repetitions.	Hands touch shins in all repetitions.	Hands touch knees in all repetitions.	Poorly executed movements.	The exercise is not executed, or not all repetitions are completed.
V-Sit	Hands are positioned behind the heels during the entire hold.	Hands are at the ankles throughout the hold.	Hands are at the shins throughout the hold.	Hands are at the knees throughout the hold.	Position is greater than a 45-degree angle.	
Candlestick Hold	Achieves a perfect line with feet, glutes, and spine aligned, remaining within 5° off the vertical line for the full duration.	Maintains alignment but deviates more than 5° off the vertical line, resulting in 0 points for this part.	Deviates more than 5° off the vertical line, resulting in 0 points for this part.	Deviates more than 5° off the vertical line, resulting in 0 points for this part.	Deviates more than 5° off the vertical line, resulting in 0 points for this part.	

For each exercise (A, B, and C), a score will be given. The average of the three exercises will be taken.

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Active Flexibility Exercise: Vertical Split (Right and Left) *

EXECUTION:

- Stand with your hands placed on the floor in front of you, shoulder-width apart. Your hands should not be positioned further than 1 hand lengths from your foot.
- Lift your right leg backward and upward, aiming to achieve a vertical split. Keep your hips squared and aligned with the lower foot or leg throughout the movement, ensuring the knee deviation does not exceed 15 degrees.
- Hold the right split position for 10 seconds, focusing on maintaining balance and proper form. The arms must be straight.
- Return to the starting position and repeat the movement with your left leg. Lift it backward and upward to achieve a vertical split.
- Hold the left split position for 10 seconds, ensuring your hips remain squared and aligned with the lower leg, with knee deviation not exceeding 15 degrees.



Left split is performed within the allowance of the knee deviation of 15 degrees.

Right split is not performed within the allowance of the knee deviation of 15 degrees and would receive a penalty of 2 points.

















EVALUATION:

Scores will be given in steps of 0.5 and will be assigned for both the right and left legs, and the average score will be calculated.

Penalty of 2 points will be giving for bent arms positions and knee deviation that exceeds 15 degrees.

* Judged by National Team Coaches

GUIDING SCALE FOR VERTICAL SPLIT POSITION

SCORE RANGE		ANGLE OF SPLIT (DEGREE)			WATER LEVEL
Excellent/ Near Perfect	9.5	180° (flat)			Crotch & legs dry
Very Good	8.5	170° - 180°			Legs dry
Good	7.5	160° - 170°			Legs almost dry
Competent	6.5	150° - 160°			Lower legs dry Crotch underwater
Satisfactory	5.5	130° - 140°			Lower legs dry Crotch underwater
Deficient	4.5	110° - 120°			Feet above the surface, legs under water
Weak	3.5	up to 100°			Feet come out vertically
Hardly recognizable	0.1 - 2.9	scissors			Feet come out vertically

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Arch (active back flexibility)

Maintain the arch position for **5 seconds**.

The distance between the fingers and the natural line behind the knee is measured.



Distance	Score	Distance	Score	Distance	Score
-16.0 cm	10.0	-2.0 cm	6.5	12.0 cm	3.0
-14.0 cm	9.5	0.0 cm	6.0	14.0 cm	2.5
-12.0 cm	9.0	2.0 cm	5.5	15.0 cm	2.0
-10.0 cm	8.5	4.0 cm	5.0	16.0 cm	1.5
-8.0 cm	8.0	6.0 cm	4.5	17.0 cm	1.0
-6.0 cm	7.5	8.0 cm	4.0	18.0 cm	0.5
-4.0 cm	7.0	10.0 cm	3.5	≥ 19 cm	0.0
2.0 cm	7.5	9.0 cm	4.0	16.0 cm	0.5
3.0 cm	7.0	10.0 cm	3.5	≥ 17.0 cm	0.0

Feet and legs extension

Sitting in a pike position (straight back, head, shoulders, and hips in a vertical line), maximum extension of the legs and feet. The 2 distances will be measured:

A) Between the floor and the heels



Distance	Score	Distance	Score	Distance	Score
≥ 5.5 cm	10.0	3.0 cm	7.5	0.5 cm	5.0
5.0 cm	9.5	2.5 cm	7.0	0.0 cm	4.5
4.5 cm	9.0	2.0 cm	6.5		
4.0 cm	8.5	1.5 cm	6.0		
3.5 cm	8.0	1.0 cm	5.5		

B) Between the floor and big toe

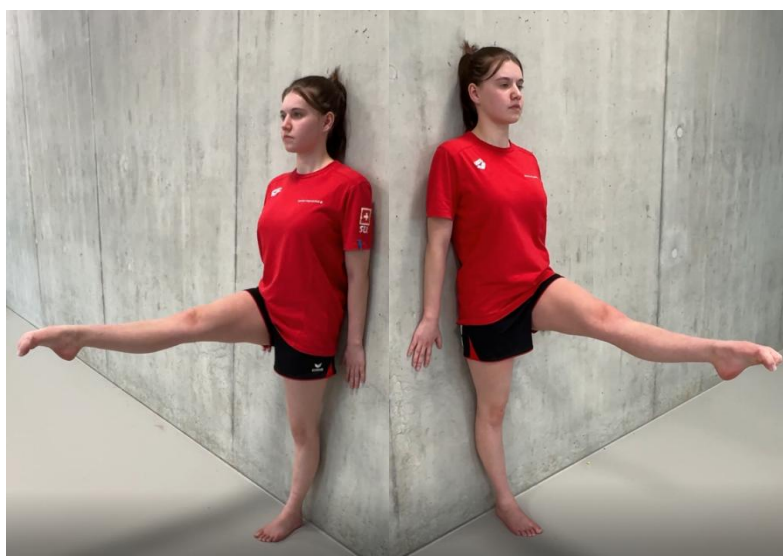


Distance	Score	Distance	Score	Distance	Score
≤ 2 cm	10.0	4.5 cm	7.5	7 cm	5.0
2.5 cm	9.5	5 cm	7.0	7.5 cm	4.5
3 cm	9.0	5.5 cm	6.5	8 cm	4.0
3.5 cm	8.5	6 cm	6.0	8.5 cm	3.5
4 cm	8.0	6.5 cm	5.5	≥ 9 cm	3.0

Standing Leg Extension at 90°

EXECUTION

- Stand upright with your back against a wall, ensuring your head, shoulders, glutes, and heels are in contact with the wall for stability and alignment.
- Keep your hips squared and aligned with the wall.
- Lift one leg straight out in front of you, aiming to reach a 90° angle with your torso. The extended leg should remain straight and aligned with your body.
- Hold the extended leg at the 90° angle for a duration of 10 seconds.
- Focus on maintaining proper alignment with your head, shoulders, glutes, and heel against the wall throughout the hold.
- Ensure your hips remain squared and avoid any rotation or twisting.



EVALUATION

Score	Scoring Criteria
10 points	Successfully maintain the extended leg at 90° for the full 10 seconds without any deviations or adjustments. Maintain proper alignment against the wall.
5 points	Hold the leg at 90° but may require minor adjustments to maintain balance or alignment with the wall.
2 points	The leg reaches 90° briefly but does not sustain the position for the full 10 seconds or requires significant adjustments.
0 points	If the leg drops below a 45° angle at any point during the 10-second hold, the exercise is considered failed.

For both the right and left leg, a separate score will be given. The average of both scores will be taken. During the exercise, up to two corrections can be given. If not corrected, the score will be downgraded accordingly.

Basic Acrobatics: Handstand-Forward Roll-Jump 360° turn*



Starting position

Handstand

Half-sitting position

Jump**

Half-sitting position

**Arms position during the jump is free of choice

EXECUTION:

- Begin with one leg extended in front of you on point, arms raised overhead, and positioned near to the ears.
- Kick up into a handstand position, balancing on your hands with arms fully extended, shoulders over wrists, and body forming a straight line from head to toes.
- From the handstand position, tuck your chin towards your chest and initiate a forward roll by shifting your weight forward.
- Roll forward smoothly, tucking your head and bringing your body into a tight ball position. Keep your arms close to your body to maintain control throughout the roll.
- Complete the roll by continuing the forward momentum until your feet touch the ground in front of you. Arrive to a half-sitting position with your legs bent and arms positioned for balance.
- From the half-sitting position, generate momentum by pushing off with your legs. Perform a jump, aiming to achieve height and rotation. During the jump, execute a quick 360-degree turn in the air, rotating your body.

* The video is available on the website

*judged by National Team Coaches

*it is allowed up to two attempts to complete the sequence and achieve the highest possible score.

Score	Scoring Criteria
8 points	Awarded when all three positions (handstand, half-sitting position after the roll, and completing the 360-degree turn in the jump) are successfully executed in one sequence.
5 points	Awarded if two out of the three positions are successfully executed in one sequence. This includes either reaching the handstand and half-sitting position after the roll, or completing the 360-degree turn in the jump after the roll.
0 points	Given if only one position is successfully completed in the sequence. This includes failing to complete the 360-degree turn in the jump after the roll.

WATER TESTS JUNIOR AND ELITE

Propulsion combination (100 m without breaks)

The swimmer performs without breaks:

A) Front Pike Position

- beginning of the lap: 4 counts to prepare in eggbeater, 4 counts kick to the side, 2 counts arm transition forward, 2 counts to arrive to pike, 2x8 counts hold front pike position, finish with rapid walkover.

Performed to a metronome at 160 beats per minute.

B) 25 meters Torpedo

- starting in back layout position after walkover
- end of lap: the big toes touch the wall

C) 15 meters Ballet Leg (right or leg is free) + 10m Double Ballet Leg

- rise up the STRAIGHT leg
- passage from Ballet Leg to Double Ballet Leg is free, but without bending the upper leg
- end of the lap: touch the wall with the head
- lower both legs down

D) 12.5 meters LATERAL Eggbeater + 12.5 meters Lateral Eggbeater Arm at 90° (right or left is optional)

- at the beginning of the lap, a leg push from the wall is NOT allowed; the lap must be started with resurfacing from underwater
- opposite arm to the direction of movement should be at the surface, palm facing down (small movements with remaining arm are allowed)
- at 12.5 meters, the swimmer brings the arm straight up to 90°, with the palm facing inward, towards the head.
- end of the lap: lower the arm, turn in eggbeater

E) 12.5 meters FRONT Eggbeater Double Arm + 12.5 meters Side Flutter Kick Arm at 90° (right or left is optional)

- at the beginning of the lap, a leg push from the wall is NOT allowed; bring both arms up
- the arms are straight up, in line with the ears
- the hands should be straight and connected, with one hand next to the other. No fists are allowed, and the thumbs should not be connected, but should be touching each other
- at 12.5m swimmer lowers arms, kicks to reach a side position
- the arm in the direction of movement should be straight at the surface, while the arm in the opposite direction should be positioned at 90° off the surface

1 mark (0.25) for execution will be given for each part (A-E) respecting the following criteria. The average will be taken

EXECUTION OF PROPULSION COMBINATION:

Transition into Pike Position

- Pike Position: Angle 90° degrees
- Legs dry at the surface
- Entrance with back extended, shoulders rotating from side position to horizontal front position
- Hips need to arrive at the starting point of the head
- The rapid walkover is executed through either a right or left split

Torpedo

- Legs: Extension of legs, position of legs at the surface
- Core: correct position of hips (no seated position, no rotation), control of core
- Upper Body: shoulders pushing down and back, shoulder blades together, long and extended neck position, only the face out of the water-not the whole head, chin pointing at ceiling
- Sculling: efficiency of sculling, regular rhythm and pressure of skulls
- Arms: elbows don't move, lower arms and hands move in horizontal line/no push-ups, flat palms and angle between palm and lower arm is 90°, angle between upper arm and lower arm is 45°

Ballet Leg + Double Ballet Leg

- Legs: Extension of legs, angle between legs needs to be 90°, lower foot dry at the surface
- Upper body: shoulders pushing down and back, shoulder blades together, long and extended neck position, only the face out of the water-not the whole head, chin pointing at the vertical position, chest is at the surface
- Core: Hips near the surface
- Sculling: efficiency of sculling, regular rhythm and pressure of skulls
- Arms: elbows don't move, lower arms and hands move in horizontal line/no "up and down", flat palms-not breaking the surface-no splash

LATERAL Eggbeater + LATERAL Eggbeater Arm at 90°

- Legs: knees close to the surface, position of knee does not move, upper leg stays-lower legs move
- Movement of legs: circle movement, no extension
- Posture: shoulders pushing down and back, shoulder blades together, long and extended neck position, lifted chin position, chest is open
- Arms: straight and stretched position

FRONT Eggbeater Double Arm

- Legs: knees close to the surface, position of knees does not move
- Movement of legs: circle movement, no extension
- Posture: shoulders pushing down and back, shoulder blades together, long and extended neck position, lifted chin position, chest is open
- Arms: straight arms up in a stretched position, hands together: one next to the other, thumbs are not connected, touching each other.

Side flutter kick Arm at 90°

- Upper body: straight on the surface, head on the surface looking straight at the wall
- Legs: legs and body build one line, legs move symmetrically: same angle of front and back leg towards the body, leg position need to be close to the surface
- Arms: straight and extended arms, palm of lifted arm facing in opposite direction of movement

Body Boost Barracudas

Metronome 150BPM (needs to be checked)

The swimmers will perform without break:

1-2 Body Boost, 3-4 raise arms up

5-6-7-8 descent

1-2-3-4-5-6-7-8 preparation in back pike position

1-2 barracuda in vertical position

3-4-5-6-7-8 descent

1-2-3-4-5-6-7-8 preparation

1-2 Body Boost, 3-4 raise arms up

5-6-7-8 descent

1-2-3-4-5-6-7-8 preparation in back pike position

1-2 barracuda in vertical position

3-4 lower leg to an airborne Fishtail Position

5-6 close to vertical position

7-8 rapid 180° spin, pause at ankles

1-2 descent underwater 3-4-5-6-7-8 preparation

1-2-3-4-5-6-7-8 preparation

1-2 Body Boost, 3-4 raise arms up

5-6-7-8 descent

1-2-3-4-5-6-7-8 preparation in back pike position

1-2 barracuda in vertical position

3-4 open legs to right split

5-6 rapid rotation of 180° to assume an airborne Bent Knee Vertical Position with the front leg bent

7-8 rapid Vertical Descent is executed as the bent knee is extended to join the vertical leg completed as the ankles reach the surface of the water, followed 1-2 vertical descent underwater.

1 mark will be given for each body boost and each barracuda following the AQUA Artistic Swimming Manual for Judges, Technical Controllers, Referees & Coaches 2022-2025. The average will be taken (video is available on website).

Height

Metronome 120 beats per minute

- A) Start in a vertical position under water
- B) Raise up in support scull until maximum height (tempo free but minimum 4 beats)
- C) Hold vertical position for 10 beats in support scull
- D) Descent until the heels reach the surface (tempo free but minimum 4 beats)
- E) Raise up in torpedo scull until maximum height (tempo free but minimum 4 beats)
- F) Hold vertical position for 10 beats in torpedo scull
- G) Descent until the heels reach the surface (tempo free but minimum 4 beats)
- H) Raise up in support scull until maximum height (tempo free but minimum 4 beats)
- I) Hold vertical position for 10 beats in a support scull
- J) Descent under water

Following the AQUA Artistic Swimming Manual for Judges, Technical Controllers, Referees & Coaches 2022-2025, as well as Guiding scale for height, 1 mark will be given for each vertical **c)**, **f)** and **i)**. The lowest level of the 10 beats will be taken into consideration for the evaluation of the height. Lines will be drawn on the thighs of the swimmers respecting the levels mentioned in the AQUA manual. (Video is available on website).

Flexibility in the Water

1. Ariana (splits assessment) + Walkover (back flexibility assessment).

Focus on splits flexibility in Ariana and back flexibility during Walkover (knight and arch positions) perform in figure tempo/uniform motion.

1 mark (0.1) will be given for Ariana rotation and **1 mark (0.1)** for Walkover following the criteria “guiding scale for splits” of the AQUA Artistic Swimming Manual for Judges, Technical Controllers, Referees & Coaches 2022-2025.

2. Second part of Butterfly element, starting from Fish Tail Position (8 optional counts per position).

Focus on splits flexibility in Butterfly and back flexibility during Walkout (arch positions) perform in uniform motion.

1 mark (0.1) will be given for Split position and **1 mark (0.1)** for Closing from Arch Bentknee+Arch following the criteria “guiding scale for splits” of the AQUA Artistic Swimming Manual for Judges, Technical Controllers, Referees & Coaches 2022-2025.

Scores will be given according to World Aquatics flexibility scale.

The overall flexibility average is the sum of the average arch flexibility score and the split score.

Routine Set

The swimmer swims the Routine Set JUNIOR-ELITE as described and shown on the video on the website <https://www.swiss-aquatics.ch/leistungssport/artistic-swimming/piste/>

The swimmer must travel a certain distance defined in the routine set description. Marks will be placed to indicate where to start and finish both the first and second laps. If the required distances are not reached, a **deduction of 2 points** will be made from the final score. No goggles are allowed.

1 mark (0.25) will be given for the execution for each hybrid or element, execution for all transitional movements and performance following the AQUA Artistic Swimming Manual for Judges, Technical Controllers, Referees & Coaches 2022-2025. The average will be taken.

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2 COMPETITION RESULTS

FIGURES KIDS

The best total score of the following competitions will be considered for the PISTE Figures result:

- Swiss Age Group Championships qualification – J3 figures
- Swiss Age Group Championships final – J3 figures

At all national competitions for PISTE athletes, a 2-point penalty will be applied instead of a score of "0".

FIGURES YOUTH

The best total score of the following competitions will be considered for the PISTE Figures result:

- Swiss Age Group Championships qualification – J2 figures
- Swiss Age Group Championships final – J2 figures

At all national competitions for PISTE athletes, a 2-point penalty will be applied instead of a score of "0".

3 ENVIROMENT

The athletes' environment is assessed on the basis of their affiliation with a recognized youth development base (NWF). When awarding the label, Swiss Aquatics Artistic Swimming requires NWF bases to fulfill many quality criteria for sustainable youth development (checklist). On average, athletes at NWF bases have a broader range of training opportunities, secure support, a higher level of performance in training, access to sports-friendly schools, advice from Swiss Aquatics Artistic Swimming, etc. A "non-NWF club" can also offer this under certain circumstances, but the probability of sustainability is higher at an NWF base (forecast). The environment (NWF base) is included in the evaluation with a factor of the total number of points depending on category. Since the environment has a greater predictive influence at younger ages compared to older ages (as the remaining career of a younger athlete is still longer), the value of the sports environment at a younger age is weighted more heavily.

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4 RELATIVE AGE AND BIOLOGICAL STAGE OF DEVELOPMENT

Many characteristics of physical performance depend on the biological stage of development. Differences in the biological stage of development are the main cause of the relative age effect (RAE). By taking into account the biological stage of development, a fairer selection should take place and the promotion of athletes with the highest potential for the elite level should be better implemented. This fact is taken into account in the PISTE and the relative age (RA) and biological stage of development (BES) (with the Mirwald test: early, normal or late development) are taken into account.

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