

ARTISTIC SWIMMING TEST 3 2022 – 2025

125m SWIMMING		DESCRIPTION	JUDGEMENT
1	<ul style="list-style-type: none"> • 25m underwater • 25m dolphin • 25m backstroke • 25m breaststroke • 25m crawl 	<p>125m swim without stops, the whole distance should be swum efficiently and rhythmically.</p> <p>25m underwater: style used is free; the whole body and head must be totally submerged. Penalty for incorrect underwater (interruptions) = +5 seconds added to the total time.</p>	Score attributed according to the Swimming Evaluation Scale for Test 3
FLEXIBILITY		DESCRIPTION	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).	AVERAGE of the marks for each split.
3	ARCH and SHOULDERS	Measure ARCH and SHOULDERS as described in the "Description of Measuring Flexibility";	AVERAGE of the marks for each part.
BASICS		DESCRIPTION	JUDGEMENT
4	AQUA 348 – Tower From Fishtail Position to the end of the figure	Hold a Fishtail Position for 3 seconds. The horizontal leg is lifted to a Vertical Position . Hold the Vertical Position for 3 seconds. A <i>Vertical Descent (AQUA BM10)</i> is executed.	According to AQUA scores
5	AQUA 401 – Swordfish From the Bent Knee Arch Position to the end of the figure	From a Bent Knee Surface Arch Position , the bent leg is straightened to assume a Surface Arch Position . With continuous motion an <i>Arch to Back Layout Finish Action (AQUA BM5)</i> is executed.	According to AQUA scores
COMPULSORY FIGURES AG 12&Y		DESCRIPTION	JUDGEMENT
6	AQUA 106 – Straight Ballet Leg	From a Back Layout Position , one leg is raised <u>straight</u> to a Ballet Leg Position (AQUA BM1b) . From the Ballet Leg Position the vertical leg is bent, without movement of the thigh, to a Bent Knee Back Layout Position . The toe of the bent leg moves along the inside of the extended leg until a Back Layout Position is assumed (<i>AQUA BM2</i>).	According to AQUA scores
7	AQUA 301 – Barracuda	From a Back Layout Position , the legs are raised to the vertical as the body is submerged to a Back Pike Position with the toes just under the surface. A <i>Thrust (AQUA BM9)</i> is executed to a Vertical Position . A <i>Vertical Descent (AQUA BM10)</i> is executed at the same tempo as the <i>Thrust</i> .	According to AQUA scores

	OPTIONAL FIGURES AG 12&Y	DESCRIPTION	JUDGEMENT
8	AQUA 359 – Front Ariana From Split Position to the end of the figure	From a Split Position maintaining the relative position of the legs to the surface of the water an <i>Ariana Rotation (AQUA BM16)</i> is performed. A <i>Walkout Front (AQUA BM6a)</i> is executed.	According to AQUA scores
9	AQUA 363 – Water Drop From a Bent Knee Vertical Position to the end of the figure	From a Bent Knee Vertical Position , a <i>Half Twist</i> is executed. A <i>180° Spin</i> is executed in the same direction as the bent knee is extended to a Vertical Position and completed as the ankles reach the surface of the water. A <i>Vertical Descent (AQUA BM10)</i> is executed.	According to AQUA scores
10	AQUA 227d – Swanita Spinning 180° From Bent Knee Surface Arch Position to a Fishtail Position	From Bent Knee Surface Arch Position , the bent leg straightens to assume a Knight Position . The body rotates 180° to assume a Fishtail Position .	According to AQUA scores

	ROUTINE WITH MUSIC	DESCRIPTION	JUDGEMENT
11	See provided video and routine description details.	Technical elements: 1. Barracuda 2. Body Boost with arms 3. Hybrid legs 1 (Pike → Bent Knee Vertical → 180° spin with closing → Vertical Descent → Back somersault under water) 4. Ballet Leg combination 5. Hybrid legs 2 (Tuck → Bent Knee Vertical exchanges with 180° rotation → Split Position + Walkout Front)	According to AQUA: EXECUTION of technical elements + of the general impression