

ARTISTIC SWIMMING TEST 4 2022 – 2025

	150m SWIMMING	DESCRIPTION	JUDGEMENT
1	<ul style="list-style-type: none"> • 25m underwater • 25m dolphin • 25m backstroke • 25m breaststroke • 25m crawl • 25m underwater 	<p>150m 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 4
	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 BM 13f – Continuous Spin	Starting in Vertical Position a <i>descending Spin</i> with a rapid rotation of 720° (2) which is completed as the heels reach the surface and continues through submergence is executed.	According to AQUA scores
5	Barracuda Spin 360°	From a Back Pike Position with the toes just under the surface of the water a <i>Thrust (AQUA BM9)</i> is executed to a Vertical Position . A <i>Spinning 360° (AQUA BM13e)</i> is executed at the same tempo as the <i>Thrust</i> .	According to AQUA scores

	PARTS OF FIGURES AG 13-15	DESCRIPTION	JUDGEMENT
6	AQUA 140g – Flamingo Bent Knee, Twist Spin From the beginning to Vertical Position	From a Back Layout Position a Ballet Leg is assumed (AQUA BM1). The shin of the horizontal leg is drawn along the surface of the water to assume a Surface Flamingo Position . With the ballet leg maintaining its vertical position the hips are lifted as the trunk unrolls while the bent leg moves to a Bent Knee Vertical Position . The bent leg is extended to a Vertical Position is assumed.	According to AQUA scores
7	Preparatory exercise for AQUA 437 – Cyclone Open 180° From the beginning to Vertical Position (WITHOUT TWIRL)	From a Back Layout Position a Bent Knee Surface Arch Position is assumed. The legs are simultaneously and <u>rapidly</u> lifted to a Vertical Position . <u>NO Twirl is executed</u> .	According to AQUA scores
8	AQUA 356f - Whip Continuous Spin 720° From Vertical Position to Vertical Position	From a Vertical Position one leg is lowered rapidly to a Fishtail Position and without a pause is lifted rapidly to a Vertical Position .	According to AQUA scores
9	Preparatory exercise for AQUA 441 – Saturn From Knight Position to Vertical Position (WITHOUT TWIRL)	From a Knight Position maintaining the vertical alignment the body rotates 180° to assume a Fishtail Position . The horizontal leg is <u>rapidly</u> lifted to a Vertical Position . <u>NO Twirl is executed</u> .	According to AQUA scores
10	AQUA 407 – Swordfish Straight Leg Ariana Rotation From the beginning to a Split Position	From a Front Layout Position the back arches as one leg is lifted in a 180° arc over the surface of the water to a Split Position .	According to AQUA scores

	ROUTINE WITH MUSIC	DESCRIPTION	JUDGEMENT
11	See provided video and routine description details.	Technical elements: <ol style="list-style-type: none"> 1. Rocket Split 2. Hybrid legs 1 (Pike → Bent Knee Vertical → Fishtail Position → 180° twirl to close in Vertical Position → 360° Rapid Spin → Vertical Descent → Back somersault underwater) 3. Ballet Leg combination 4. Hybrid legs 2 (Assume Nova Position → Close in Vertical Position → 360° rapid Spin → Vertical Descent → Back somersault underwater) 	According to AQUA: EXECUTION of technical elements + of the general impression