

ARTISTIC SWIMMING TEST 5 2022 – 2025

| | 250m SWIMMING | DESCRIPTION | JUDGEMENT |
|---|--|---|--|
| 1 | <ul style="list-style-type: none"> • 25m underwater • 50m dolphin • 50m backstroke • 50m breaststroke • 50m crawl • 25m underwater | <p>250m 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 have to 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 5 |
| | 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 | Rocket Split – Spinning 180° | From a Submerged Back Pike Position , with the legs perpendicular to the surface, a <i>Thrust (AQUA BM9)</i> is executed to a Vertical Position . Maintaining the maximum height, the legs are split rapidly to assume an Airborne Split Position . The legs rapidly re-join to Vertical Position . A <i>rapid 180° Spin (AQUA BM13d)</i> is executed. | According to AQUA scores |
| 5 | 1x <i>AQUA BM18</i> - Fouetté Rotation ONE REPETITION WITH ROTATION | From a Fishtail Position , with the horizontal leg leading toward the vertical leg, a rapid 180° rotation is executed as the front leg bends to assume a Bent Knee Vertical Position . The bent leg rapidly extends to a Fishtail Position . The competitor performs <u>ONLY ONE (1)</u> repetition of the whole movement. | According to AQUA scores |

| | TEAM REQUIRED ELEMENTS | DESCRIPTION | JUDGEMENT |
|---|---|--|--------------------------|
| 6 | AQUA TEAM ELEMENT 1B - Flying Fish Hybrid | From a Submerged Back Pike Position with the legs perpendicular to the surface, a <i>Thrust</i> (AQUA BM9) is executed to a Vertical Position and with no loss of height one leg is rapidly lowered to an Airborne Fishtail Position . Without a pause the horizontal leg is rapidly lifted to a Vertical Position followed by a <i>Vertical Descent</i> (AQUA BM10). | According to AQUA scores |
| 7 | AQUA TEAM ELEMENT 2B Vertical Position Vertical - Half Twist to Bent Knee - Half Twist to Vertical – Split - Walkout | Starting from a Vertical Position a <i>Half Twist</i> is executed as one leg is lowered to a Bent Knee Vertical Position . Continuing in the same direction another <i>Half Twist</i> is executed, as the bent knee is extended to a Vertical Position . The legs are symmetrically lowered to a Split Position . A <i>Walkout Front</i> (AQUA BM6a) is executed. | According to AQUA scores |
| 8 | AQUA TEAM ELEMENT 4 - Butterfly Hybrid | The Butterfly Hybrid is to be performed <u>rapidly</u> . From a Front Pike Position , one leg is lifted to a Fishtail Position . The horizontal leg is lifted through an arc of 180° as the vertical leg is lowered to assume a Split Position . Without a pause a hip rotation of 180° is executed as the front leg is raised to assume a Fishtail Position . Continuing in the same direction a 180° rotation is executed as the horizontal leg is lifted to a Vertical Position . The legs are lowered simultaneously to a Bent Knee Surface Arch Position . (Note: The Bent Knee Surface Arch Position can be assumed by using either leg). The bent knee is straightened to a Surface Arch Position and with continuous motion an <i>Arch to Back Layout Finish Action</i> (AQUA BM5) is executed. | According to AQUA scores |
| 9 | AQUA TEAM ELEMENT 5B - Rocket Split Bent Knee Hybrid | From a Submerged Back Pike Position with the legs perpendicular to the surface, a <i>Thrust</i> (AQUA BM9) is executed to a Vertical Position . Maintaining the maximum height, the legs are split rapidly to assume an Airborne Split Position followed by the front leg rapidly bending and the back leg rapidly lifting to a vertical to assume an Airborne Bent Knee Vertical Position . A <i>Vertical Descent</i> is executed as the bent knee is extended to join the vertical leg completed as the ankles reach the surface of the water followed by a <i>Vertical Descent</i> (AQUA BM10). | According to AQUA scores |

| | ROUTINE WITH MUSIC | DESCRIPTION | JUDGEMENT |
|----|---|--|--|
| 10 | See provided video and routine description details. | Technical elements: 1. Body Boost double arms 2. AQUA Tech Team 1B (Flying Fish) 3. AQUA Tech Team 5B (Rocket Split Bent Knee Hybrid) 4. Hybrid legs 1 = preparatory for Tech Team 3 (Pike → Table Top Position → Fishtail Position → 2x Fuoetté NO rotations → Vertical Position → Vertical Descent → Back somersault underwater) 5. Hybrid legs 2 = preparatory for Tech Team 2 (Table Top Position → Vertical Position → Bent Knee Vertical Position NO rotation + Close in Vertical Position NO rotation → Split Position → Front Walkout) 6. Hybrid legs 3 = preparatory for Tech Team 4 (Fishtail Ascendent → Close in Vertical Position 180° rapid rotation → Assume Bent Knee Arch Position → Arch to Back Layout Finish Action) 7. Hybrid legs 4 = preparatory for Tech Team 3 (Table Top Position → Vertical Position → 720° continuous spin → Back somersault underwater) | According to AQUA: EXECUTION of technical elements + of the general impression |