

## Ausschreibung/Einladung zum RZO-Cup vom 09. März 2025

Liebe Club Verantwortliche

Wir freuen uns riesig, euren Verein in diesem Jahr wieder ganz herzlich zum RZO-Cup einzuladen. Die Organisation obliegt der Region RZO in Zusammenarbeit mit den Vereinen der Regionen RZO, ROS und RSI.

Der RZO-Cup, wie auch der Turicum-Cup wurde als Nachwuchsförderungswettkampf initiiert. In diesem Wettkampf werden die Schwimmerinnen auf Ihr Können in den verschiedenen Schwimmdisziplinen, in den Pflichtfiguren sowie in der Kür getestet.


Wir sind stolz, dass wir den Wettkampf dieses Jahr wieder vor Ort durchführen können. Der Wettkampf widmet sich dem Nachwuchs der Testkategorien 0-3 ohne Alterseinschränkungen. Wir hoffen auf eine zahlreiche Teilnehmerschar.

Wir wünschen Euch eine gute Vorbereitungszeit und danken auf diesem Weg den Richter/innen sowie allen Beteiligten bereits jetzt herzlich für die gute Zusammenarbeit. Den Schwimmerinnen wünschen wir viel Erfolg und Spass!

Wir freuen uns auf gute und spannende Wettkämpfe!

Sportliche Grüsse

Olga Smal  
Fachwartin Artistic Swimming  
Swiss Aquatics Zentralschweiz Ost



## Informationen

**Datum/Zeit:** Sonntag, 09. März 2025  
**Bad:** Hallenbad Flös, Heldastrasse 50, 9470 Buchs  
**Techn. Organisation:** Swiss Aquatics Artistic Swimming Regionalverband RZO  
**Organisator:** Schwimmclub Flös Buchs

**Teilnehmer:** Mitglieder eines AS Clubs Regionen ROS, RSI oder RZO

**Kategorien:** Kategorie 1: Beginners Test 0/1A/1B  
Kategorie 2: Novizen Test 1B/2  
Kategorie 3: Intermediates Test 2/3

Es gibt keine Altersbeschränkungen. Stichtag für den Test ist der 02. Februar 2025.

**Lizenzen:** In allen Kategorien benötigen die Schwimmerinnen eine Lizenz Swiss Aquatics Artistic Swimming.

**Anmeldungen:** Per E-Mail mit dem offiziellen Formular an Olga Smal [artisticswimming@rzo-aquatics.ch](mailto:artisticswimming@rzo-aquatics.ch) bis spätestens **Freitag, 21.02.2025**

### Kopie an

**Andras Nagypal** [nagypalandras@gmail.com](mailto:nagypalandras@gmail.com)

**Debbie Jütz** [deborah.juetz@swiss-aquatics.ch](mailto:deborah.juetz@swiss-aquatics.ch)

Nachmeldungen in Einzelfällen auf Anfrage beim SchiRi möglich.

Die Startlisten werden bis am Mittwochabend 05.03.2025 an die Clubs verschickt, damit wir noch ev Korrekturen vornehmen können.

**Meldegeld:** CHF 30.00 pro Teilnehmer

**Musik** bitte bis am **21. Februar 2024** per WeTransfer [www.wetransfer.com](http://www.wetransfer.com) an, FLÖS Buchs  
[musik@scfloesbuchs.ch](mailto:musik@scfloesbuchs.ch)

Musikstück im Dateinamen als auch im Titel mit folgenden Informationen beschriften:

Kategorie\_Vereinsabkürzung\_Nachname Schwimmerin

Bsp. *Junioren\_\_SCDU\_Meier-Müller*

**Schiedsrichter:** **Debbie Jütz**

**Resultatverantwortlicher:** **Andras Nagypal**

**RichterInnen:** Jeder Verein muss mindestens drei Wertungsrichter und zwei Sek.-Richter melden.

**Auszeichnungen:** In jeder Wettkampfkategorie gibt es Medaillen für die gesamtbesten drei Schwimmerinnen.

Zudem wird pro Wettkampfdisziplin Schwimmen (nur Kat.2+3), Pflicht und Kür je eine Medaille für die besten drei Schwimmerinnen vergeben.

**Requirements:** sind im Anhang

**Programm:** wird nach der Meldefrist bekanntgegeben.

## Turicum 2024 + RZO-Cup 2025 REQUIREMENTS

**Category 1: J5 - Beginners (max Test 1B)** – Swimmers NOT having passed Test 2 before **07 July 2024**

### TURICUM DAY REQUIREMENTS

#### Part 1 - Figures (50%)

- |   |     |
|---|-----|
| 1. Hold the <b>Front Layout Position</b> (FINABP2) for 6 sec+<br>Maintaining the <b>Front Layout Position</b> , roller sculling for 6 sec.<br>No breathe is allowed from the start of the figure. | 1.0 |
| 2. Hold the <b>Back Layout Position</b> fo 10sec. WITHOUT travel.   | 1.0 |
| 3. 310 Somersault Back Tuck   | 1.1 |
| 4. RIGHT or LEFT Split Position is executed for 10 seconds.<br>One score only for the position.   | 1.2 |

#### Part 2 - Swimming (50%)

- |  |                                     |
|--|-------------------------------------|
| 1. <b>75m without break</b> =<br>25m Backstroke,<br>25m Crawl<br>25m Breaststroke kick (with/without board)  | ONLY Scoring for swimming technique |
| 2. <b>15m Swim under water.</b> Start with dive or pushing off the wall is allowed.<br>Underwater technique is free.   | Distance                            |
| 3. <b>5m Sculling head first</b> and <b>5m Sculling feet first</b> in Back Layout Position. NO breaks.   | Scoring                             |
| 4. <b>10m Eggbeat</b> (5m right side, 5m left side, no arms).<br>Scoring of height and body position. The result will be the average of the two scores.  | Scoring                             |
| 5. <b>15m Kick Pull Kick</b> with music. The arms remain under water for the whole distance.<br>1234 RIGHT in front / 5678 close<br>1234 LEFT in front / 5678 close<br><i>TWO music files are provided: the coaches can chose which they want to use for each swimmer.</i><br><u>PLEASE SPECIFY the music name together with the entry file.</u> | Scoring                             |

**SEE THE APPENDIX I for all the details on the scoring system for**  
**Swimming,**  
**Under water Swimming,**  
**Sculling,**  
**Eggbeat,**  
**Kick-pull-kick**

**RZO DAY REQUIREMENTS**

EVOLUTION in some of the exercises for the RZO DAY only

*Part 1 - Figures (50%)*

- |   |     |
|---|-----|
| 1. Hold the <b>Front Layout Position</b> (FINABP2) for 6 sec +<br>Maintaining the <b>Front Layout Position</b> , roller sculling for 6 sec.<br>No breathe is allowed from the start of the figure.                | 1.0 |
| 2. Hold the <b>Back Layout Position</b> fo 10 sec. WITHOUT travel +<br>assume RIGHT or LEFT <b>Bent Knee Layout Position</b> +<br>hold the <b>Bent Knee Layout Position</b> for 6 sec.                            | 1.2 |
| 3. 310 Somersault Back Tuck   | 1.1 |
| 4. RIGHT or LEFT Split Position <b>with support scull</b> is executed for 10 seconds<br>There will be one score for sculling and one for the split position.<br>The result will be the average of the two scores. | 1.3 |

*Part 2 - Swimming (20%)*

- |   |                                       |
|---|---------------------------------------|
| 1. <b>75m without break</b> =<br>25m Backstroke,<br>25m Crawl<br>25m Breaststroke kick (with/without board)   | ONLY Scoring for swimming technique * |
| 2. <b>15m Swim under water</b> . Start with dive or pushing off the wall is allowed.<br>Underwater technique is free.                                   | Distance                              |
| 3. <b>5m Sculling head first</b> and <b>5m Sculling feet first</b> in Back Layout Position. NO breaks.  | Scoring                               |
| 4. <b>10m Eggbeat</b> (5m right side, 5m left side, no arms).<br>Scoring of height and body position. The result will be the average of the two scores. | Scoring                               |

**SEE THE APPENDIX I for all the details on the scoring system for**

**Swimming,**

**Under water swimming,**

**Sculling,**

**Eggbeat.**

*Part 3 - Routine (30%)*

Routine of 1'00" ± 10" (penalties of 1 point for wrong time limit). Swimmers of the same club are allowed to swim the same Routine.

**Category 2: J4 – Novices (max Test 2)** – Swimmers not having passed Test 3 **before 07 July 2024**

*Part 1 - Figures (50%)*

- |    |   |     |
|----|---|-----|
| 1. | 101 Ballet Leg  | 1.4 |
| 2. | 316 Kipnus  | 1.6 |
| 3. | Ariana rotation + vertical combination:<br>start in <b>Split Position</b> (RIGHT or LEFT is free), the Ariana rotation is performed until the other Split Position (LEFT or RIGHT); the legs simultaneously close in <b>Vertical Position</b> at the ankles level; a Vertical descent is performed. | 1.4 |
| 4. | BM 3 From a <b>Front Layout Position</b> a <b>Front Pike Position</b> is assumed.   | 1.2 |

*Part 2 - Swimming (20%)*

- |    |  |                  |
|----|--|------------------|
| a) | <b>100m medley without break =</b><br>25m Dolphin<br>25m Backstroke<br>25m Breaststroke<br>25m Crawl   | Timing           |
| b) | <b>20m Swim under water.</b> Start with dive or pushing off the wall is allowed.<br>Underwater technique is free.  | Distance         |
| c) | <b>25m Side Flutter kick left or right (crawl kick on the side)</b><br>One arm extended front under water; one arm extended back on the surface.<br>Scores for timing and execution.<br>The result will be the average of the two scores.<br><i>Penalties of 5" for sculling with the front arm.</i> | Scoring & Timing |
| d) | <b>15m Eggbeat</b> (5m right side, 5m front, 5m left side, no arms).<br>Scores for timing and execution (body/shoulders position, height).<br>The result will be the average of the two scores.  | Scoring&Timing   |

**SEE THE APPENDIX I for all the details on the scoring system for**  
**Swimming,**  
**Under water Swimming,**  
**Side Flutter kick**  
**Eggbeat**

*Part 3 - Routine (30%)*

Routine of 1'00" ± 10" (penalties of 1 point for wrong time limit). Swimmers of the same club are allowed to swim the same Routine.

**Category 3: J3 – Intermediates (max Test 3)** – Swimmers not having passed Test 4 **before 07 July 2024**

*Part 1 - Figures (50%)*

2 compulsory figures +

for Turicum → OPTIONAL GROUP 1

for RZO → OPTIONAL GROUP 2

**12 and Under Figures**

Group & Figure #	Figure Name	DD	
<b>Compulsory</b>			
106	Straight Ballet Leg	1.6	
301	Barracuda	1.8	
<b>Optional Groups:</b>			
<b>Group 1</b>			
359	Front Ariana	2.2	
348	Tower	1.9	
<b>Group 2</b>			
363	Water Drop	1.8	
401	Swordfish	2.1	

*Part 2 - Swimming (20%)*

- a) **100m medley without break =** Timing  
 25m Dolphin  
 25m Backstroke  
 25m Breaststroke  
 25m Crawl
  
- b) **25m Swim under water.** Start with dive or pushing off the wall is allowed. Distance  
 Underwater technique is free.
  
- c) **25m Side Flutter kick left or right (crawl kick on the side)** Scoring & Timing  
 One arm extended front under water.  
 One arm extended 90° (vertically wrt the surface).  
 Scores for timing and execution.  
 The result will be the average of the two scores.
  
- d) **15m Eggbeat** (5m right arm up 90°, 5m front both arms up 90°, 5m left side arm up 90°). Scoring & Timing  
 Scores for timing and execution (body/shoulders position, height).  
 The result will be the average of the two scores.

SEE THE APPENDIX I for all the details on the scoring system for  
Swimming,  
Under water Swimming,  
Side Flutter kick  
Eggbeat

*Part 3 - Routine (30%)*

Routine of 1'10"  $\pm$  10" (penalties of 1 point for wrong time limit). Swimmers of the same club are allowed to swim the same Routine.

75mt SWIMMING -> SCORE IS ATTRIBUTED DEPENDING ON THE NUMBER OF FULFILLED CRITERIA BY THE SWIMMER  
 ONLY TECHNIQUE IS CONSIDERED IN THE SCORE

Backstroke						
Flat waterposition (body maximum close to the surface, head straight, watching ceiling)	6	5	4	3		1
Legs are mostly straight, kicking executed from hipps						
Arms over the water are staight						
Rythmic execution						

Crawl						
Breathing to the side	6	5	4	3		1
Legs are mostly straight, kicking executed from hipps						
Ellbows in front						
Rythmic execution						

Breaststroke kick (with/without board)						
Flex feet	6	5	4			1
Swing push movement both legs at the same time						
Glide phase in a streamline position ("arrow position")						

- 6 - swimmer executed all 4 (3 for breastroke kick) criteria
- 5 - swimmer executed 3 (2 for breastroke kick) any criteria
- 4 - swimmer executed 2 (1 for breastroke kick) any criteria
- 3 - swimmer executed 1 criteria
- 1 - swimmer somehow executed swimstyle (0 CRITERIA)



100mt medley SWIMMING -> CHRONO SCORE IS ATTRIBUTED FOLLOWING THE UNDERLYING EVALUATION SCALES

**J4 SWIMMING 100mt**

Total Time	Score
------------	-------

≤ 2'00"	7.0
2'01" - 2'05"	6.5
2'06" - 2'10"	6.0
2'11" - 2'15"	5.5
2'16" - 2'20"	5.0
2'21" - 2'25"	4.5
2'26" - 2'30"	4.0
2'31" - 2'35"	3.5
2'36" - 2'40"	3.0
2'41" - 2'45"	2.5
≥ 2' 46"	2.0

**J3 SWIMMING 100mt**

Total Time	Score
------------	-------

≤ 1'50"	7.0
1'51" - 1'55"	6.5
1'56" - 2'00"	6.0
2'01" - 2'05"	5.5
2'06" - 2'10"	5.0
2'11" - 2'15"	4.5
2'16" - 2'20"	4.0
2'21" - 2'25"	3.5
2'26" - 2'30"	3.0
2'31" - 2'35"	2.5
≥ 2' 36"	2.0

UNDERWATER -> SCORE IS ATTRIBUTED DEPENDING ON THE DISTANCE TRAVELED BY THE SWIMMER  
 UNDERWATER TECHNIQUE IS FREE (PRONE OR SUPINE, BREAST OR CRAWL OR DOLPHIN KICK, ETC.)

**J5 UNDERWATER 15mt**

Distance (m)	Score
--------------	-------

≥ 15.0	6.0
10.0 - 14.9	5.0
6.0 - 9.9	3.0
≤ 5.9	0.0

Dive or push from the wall allowed

**J4 UNDERWATER 20mt**

Distance (m)	Score
--------------	-------

≥ 20.0 m	6.0
15.0 - 19.9	5.0
10.0 - 14.9	3.0
≤ 9.9	0.0

Dive or push from the wall allowed

**J3 UNDERWATER 25mt**

Distance (m)	Score
--------------	-------

≥ 25.0	6.0
20.0 - 24.9	5.0
15.0 - 19.9	3.0
≤ 14.9	0.0

Dive or push from the wall allowed

EGGBEAT -> SCORE IS ATTRIBUTED DEPENDING ON THE NUMBER OF FULFILLED CRITERIA BY THE SWIMMER

same criteria for all the 3 categories - in J4 and J3 categories also a chrono score is attributed -> the final score is the average between the 2 above scores

EGGBEAT						
HEIGHT 6 = Showing breast / 5 showing collar bone / 4 chin above the water / 3 in the water	6	5	4	3		1
Back flat						
Maximum neck extension						
J5: Help with the arms is allowed // J4: Isolated arms (no help) // J3: EXTENDED 90° arms						

6 - swimmer executed all 4 criteria

5 - swimmer executed 3 any criteria

4 - swimmer executed 2 any criteria

3 - swimmer executed 1 criteria

1 - swimmer somehow executed eggbeat (0 CRITERIA)

**J4 EGGBEAT 15mt**

**J3 EGGBEAT 15mt**

Total Time	Score
------------	-------

Total Time	Score
------------	-------

≤ 25"	7.0
26" - 30"	6.5
31" - 35"	6.0
36" - 40"	5.5
41" - 45"	5.0
46" - 50"	4.5
51" - 55"	4.0
56" - 1'00"	3.5
1'01" - 1'05"	3.0
1'06" - 1'10"	2.5
≥ 1' 11"	2.0

≤ 35"	7.0
36" - 40"	6.5
41" - 45"	6.0
46" - 50"	5.5
51" - 55"	5.0
56" - 1'00"	4.5
1'01" - 1'05"	4.0
1'06" - 1'10"	3.5
1'11" - 1'15"	3.0
1'16" - 1'20"	2.5
≥ 1' 21"	2.0

**J5 EGGBEAT**  
Help with arms is allowed



**J4 EGGBEAT**  
Isolated arms  
Help with arms is NOT allowed



**J3 EGGBEAT**  
90° arms  
Help with the lower arm  
is NOT allowed



SIDEKICK -> SCORE IS ATTRIBUTED DEPENDING ON THE NUMBER OF FULFILLED CRITERIA BY THE SWIMMER  
 same criteria for both J4 and J3 categories; also a chrono score is attributed: for the final score the average is considered

SIDEKICK				
Maximum body extension (the body is as much as possible near the water surface)	6	5	3	1
Correct position of the head -> the eyes look in front (NO the pool floor or roof)				
Maximum extension of the arms ABOVE the water				
in J3 only 90° arm position				

- 6 - swimmer executed all 3 (4 in J3 category) criteria
- 5 - swimmer executed 2 (3 in J3 category) any criteria
- 3 - swimmer executed 1 (2 in J3 category) any criteria
- 1 - swimmer somehow executed eggbeat (0 CRITERIA)

**J4 SIDEKICK 25mt**

Total Time	Score
------------	-------

≤ 30"	7.0
31" - 35"	6.5
36" - 40"	6.0
41" - 45"	5.5
46" - 50"	5.0
51" - 55"	4.5
56" - 1'00"	4.0
1'01" - 1'05"	3.5
1'06" - 1'10"	3.0
1'11" - 1'15"	2.5
≥ 1' 16"	2.0

**J3 SIDEKICK 25mt**

Total Time	Score
------------	-------

≤ 20"	7.0
21" - 25"	6.5
26" - 30"	6.0
31" - 35"	5.5
36" - 40"	5.0
41" - 45"	4.5
46" - 50"	4.0
51" - 55"	3.5
56" - 1'00"	3.0
1'01" - 1'05"	2.5
≥ 1' 06"	2.0

5mt HEADFIRST + 5MT FOOTFIRST LAYOUT POSITION -> SCORE IS ATTRIBUTED DEPENDING ON THE NUMBER OF FULFILLED CRITERIA BY THE SWIMMER

5mt HEADFIRST + 5mt FOOTFIRST LAYOUT POSITION					
Maximum body extension (chin - shoulder - legs - feet)	6	5	4	3	1
Body above the surface					
Correct sculling technique (close to the buttocks - uniform rithm - use forearm only)					
Legs closed					

- 6 - swimmer executed all 4 criteria
- 5 - swimmer executed 3 any criteria
- 4 - swimmer executed 2 any criteria
- 3 - swimmer executed 1 any criteria
- 1 - swimmer somehow executed eggbeat (0 CRITERIA)

KICK PULL KICK -> SCORE IS ATTRIBUTED DEPENDING ON THE NUMBER OF FULFILLED CRITERIA BY THE SWIMMER

KICK PULL KICK						
Legs + arms coordination	6	5	4	3		1
Correct legs propulsion (breast kick) + extended arms (especially the back one)						
Body position (45° + flat back + chin extension)						
Rithm with the music						

- 6 - swimmer executed all 4 criteria
- 5 - swimmer executed 3 any criteria
- 4 - swimmer executed 2 any criteria
- 3 - swimmer executed 1 any criteria
- 1 - swimmer somehow executed eggbeat (0 CRITERIA)