

## ARTISTIC SWIMMING TEST 1 2022 – 2025

	SWIMMING	DESCRIPTION	GOAL/TEST	JUDGEMENT
1	<ul style="list-style-type: none"> <li>• 5m underwater + object recovery</li> <li>• 20m backstroke</li> <li>• 20m breaststroke kick + 20m breaststroke</li> <li>• 20m crawl kick + 20m crawl</li> <li>• 20m flutter kick (side as free)</li> </ul>	<p>Each swimming part is done separately; stops during the designated distance are not allowed.</p> <p>5m distance will be marked under water. Style used is free.</p> <p>For underwater the whole body and head have to be totally submerged.</p> <p>Penalty for incorrect underwater = -0.1 per judge.</p>	swimming technique	Score for technique of EACH part. The AVERAGE is considered for the final score.
	FLEXIBILITY	DESCRIPTION	GOAL/TEST	JUDGEMENT
2	Passive flexibility: right, left and side <b>SPLITS</b> on land	Measure each <b>SPLIT</b> as described in the "Description of Measuring Flexibility"; for over splits use boards (3cm).	passive flexibility of hips	AVERAGE of the marks for each split.

	BASICS	DESCRIPTION	GOAL/TEST	JUDGEMENT
3	<b>Front Layout Position</b> FINA BP2 hold the position for 6 seconds	Body extended with head, upper back, buttocks and heels at the surface of the water. Face in the water + straight arms WITHOUT SCULLING above the shoulders.	body position, extension	pass/fail
4	<b>Back Layout Position</b> FINA BP1 hold the position for 6 seconds	Body extended with face, chest, thighs and feet at the surface of the water. Head (especially the ears), hips and ankles in horizontal alignment. Straight arms WITHOUT SCULLING above the shoulders.	body position, extension	pass/fail
5	5m headfirst sculling + 5m foot first sculling in <b>Back Layout position</b>	Hands are close to the hips. The glide must be regular and quiet, arms movement has to be correct. No stops allowed. Marking point at 5m, change from headfirst to footfirst sculling without break.	sculling technique, body position, extension	pass/fail
6	<b>Head dive</b>	Before starting, the position must be solid (the body is extended). The movement during the jump and during the lifting of the arms above the head is uniform and rapid. The legs and the feet are stretched and joined during the whole action. The body is extended. Immerse with the hands first without any splash.	diving technique	pass/fail
7	10 sec <b>eggbeater</b> without travelling facing the judges	Body is extended with flat back and shoulders and head upright; arms may help. Leg movement: hips open, knees bent and near to the surface, feet flexed, the feet describe inside circles alternating left and right.	legs technique, body position	pass/fail

	FIGURES	DESCRIPTION	GOAL/TEST	JUDGEMENT
8	<i>FINA 310 - Somersault Back Tuck</i>	Execute the figure without travelling. From a <b>Back Layout Position</b> , the knees and toes are drawn along the surface to assume a <b>Tuck Position</b> . With continuous motion the tuck becomes more compact as the body somersaults backward around a lateral axis for one complete revolution. A <b>Back Layout Position</b> is resumed.	body control, body extension, orientation	pass/fail
9	<b>Table Top Position WITH SUPPORT</b> scull. Hold the position for 6 seconds.	Body position = knees + shins and heels on the surface. buttocks + back + shoulders + head in a vertical line. Support scull = elbows near the hips + 90° between elbows and shoulders + hand with closed fingers	body position sculling technique	AVERAGE of the two scores: one score for sculling and one for the body position.

	PROPULSION WITH MUSIC	DESCRIPTION	GOAL/TEST	JUDGEMENT
10	Kick – Pull – Kick with music 4/4	<p>Legs kick = breaststrokes kick</p> <p>Arms = front and back arms extended with closed fingers</p> <p>Body position = 45° + flat back + chin extension</p>	<p>propulsion techniques, legs + arms cohordination, rithm with the music</p>	pass/fail