## ARTISTIC SWIMMING TEST 2 2022-2025

|  | 100 m SWIMMING | DESCRIPTION | GOAL/TEST | JUDGEMENT |
| :---: | :---: | :---: | :---: | :---: |
| 1 | - 10 m underwater <br> - 15 m dolphin kick (on the stomach) <br> - 25 m backstroke <br> - 25 m breaststroke <br> - 25 m crawl | 100 m swim without stops, the whole distance should be swum efficiently and rhythmically <br> 10 m distance will be marked under water. Style used is free. <br> For underwater the whole body and head have to be totally submerged. <br> Penalty for incorrect underwater $=-0.1$ per judge. | swimming technique | Score for technique of EACH lap. <br> The AVERAGE is considered for the final score. |
|  | FLEXIBILITY | DESCRIPTION | GOAL/TEST | 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). | passive flexibility of hips | AVERAGE of the marks for each split. |
| 3 | ARCH and SHOULDERS | Measure ARCH and SHOULDERS as described in the "Description of Measuring Flexibility"; | passive and active flexibility of back and shoulders | AVERAGE of the marks for each part. |


|  | BASICS | DESCRIPTION | GOAL/TEST | JUDGEMENT |
| :---: | :---: | :---: | :---: | :---: |
| 4 | Front Layout Position FINA BP2 hold the position for 6 seconds +6 seconds ROLLER sculling | Body extended with head, upper back, buttocks and heels at the surface of the water. Face in the water during the whole exercise + OPEN elbows during the roller sculling. No breathe is allowed after the start of the exercise. Travelling is allowed ONLY during the roller sculling part. | body position, extension, sculling technique | According to FINA scores |
| 5 | Front Pike Position FINA BP10; hold the position for 6 seconds | Body bent at hips to form a $90^{\circ}$ angle. Legs extended and together. Trunk extended with the back straight and head in line. Take the position as free. Sculling is free (support scull under the tights or doulble arms above the head are allowed). | body position, extension | According to FINA scores |
| 6 | 10m headfirst sculling + 10 m foot first sculling in Back Layout Position | Hands are close to the hips. The glide must be regular and quiet, arm movement has to be correct. No stops allowed. Marking point at 10 m , change from headfirst to footfirst sculling without break. | sculling technique, body position, extension | According to FINA scores |
| 7 | 10 m foot first sculling in Back Layout Position (Torpedo) | Footfirst moving with the arms above the head. The glide must be regular and quiet, arm movement has to be correct. No stops allowed. Marking point at 10 m . | sculling technique, body position, extension | According to FINA scores |


|  | FIGURES | DESCRIPTION | GOAL/TEST | JUDGEMENT |
| :--- | :--- | :--- | :--- | :--- | :--- |
| $\mathbf{8}$ | Back Layout Position $\rightarrow$ Bent Knee Back <br> Layout Position $\rightarrow$ Back Layout Position | Execute the figure without travelling. From a Back Layout Position, one leg remains at <br> the surface throughout. The foot of the other leg is drawn along the inside of the extended <br> leg to assume a Bent Knee Back Layout Position. The tight of the bent leg is <br> perpendicular to the surface. The toe of the bent leg moves aloge the inside of the <br> extended leg and a Back Layout Position is resumed. | body control, body <br> position, extension | According to FINA scores |
| $\mathbf{9}$ | FINA 311 - Kip <br> From the beginning to the Inverted Tuck <br> Position | Execute the figure without travelling. From a Back Layout Position, the knees and toes <br> are drawn along the surface to assume a Tuck Position. With continuous motion the tuck <br> becomes more compact as the body somersaults backward around a lateral axis until the <br> shins are perpendicular to the surface to assume an Inverted Tuck Position (FINA BP9). | body control, body <br> position, extension | According to FINA scores |


|  | ROUTINE WITH MUSIC | DESCRIPTION | GOAL/TEST | JUDGEMENT |
| :---: | :---: | :---: | :---: | :---: |
| 10 | See provided video and routine desciption details. | Technical elements: <br> 1. Propulsions: eggbeater (1 arm up) + kick pull kick + flutter kick <br> 2. Kipnus (rapid execution) + back somersault under water <br> 3. Bent Knee Back Layout combination <br> 4. Body Boost without arms | propulsions and figures technique, rithm with the music | According to FINA: EXECUTION of technical elements + of the general impression |

