

## ARTISTIC SWIMMING TEST 4 2022 – 2025

	150m SWIMMING	DESCRIPTION	JUDGEMENT
1	<ul style="list-style-type: none"> <li>• 25m underwater</li> <li>• 25m dolphin</li> <li>• 25m backstroke</li> <li>• 25m breaststroke</li> <li>• 25m crawl</li> <li>• 25m underwater</li> </ul>	<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 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 4
	FLEXIBILITY	DESCRIPTION	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).	AVERAGE of the marks for each split.
3	<b>ARCH</b> and <b>SHOULDERS</b>	Measure <b>ARCH</b> and <b>SHOULDERS</b> as described in the "Description of Measuring Flexibility";	AVERAGE of the marks for each part.

	BASICS	DESCRIPTION	JUDGEMENT
4	<i>FINA BM 13f</i> – <b>Continuous Spin</b>	Starting in <b>Vertical Position</b> 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 FINA scores
5	<b>Barracuda Spin 360°</b>	From a <b>Back Pike Position</b> with the toes just under the surface of the water a <i>Thrust (FINA BM9)</i> is executed to a <b>Vertical Position</b> . A <i>Spinning 360° (FINA BM13e)</i> is executed at the same tempo as the <i>Thrust</i> .	According to FINA scores

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

	ROUTINE WITH MUSIC	DESCRIPTION	JUDGEMENT
11	See provided video and routine description details.	Technical elements: 1. <b>Rocket Split</b> 2. <b>Hybrid legs 1</b> (Pike → Bent Knee Vertical → Fishtail Position → 180° twirl to close in Vertical Position → 360° Rapid Spin → Vertical Descent → Back somersault underwater) 3. <b>Ballet Leg combination</b> 4. <b>Hybrid legs 2</b> (Assume Nova Position → Close in Vertical Position → 360° rapid Spin → Vertical Descent → Back somersault underwater)	According to FINA: EXECUTION of technical elements + of the general impression