

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 (FINA 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 (FINA BM13d)</i> is executed.	According to FINA scores
5	1x <i>FINA 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 FINA scores

	TEAM REQUIRED ELEMENTS	DESCRIPTION	JUDGEMENT
6	FINA TEAM ELEMENT 1B – Flying Fish Hybrid	From a Submerged Back Pike Position with the legs perpendicular to the surface, a <i>Thrust</i> (FINA 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> (FINA BM10).	According to FINA scores
7	FINA 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> (FINA BM6a) is executed.	According to FINA scores
8	FINA 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> (FINA BM5) is executed.	According to FINA scores
9	FINA 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> (FINA 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> (FINA BM10).	According to FINA scores

	ROUTINE WITH MUSIC	DESCRIPTION	JUDGEMENT
10	See provided video and routine description details.	Technical elements: 1. Body Boost double arms 2. FINA Tech Team 1B (Flying Fish) 3. FINA 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 FINA: EXECUTION of technical elements + of the general impression