

ARTISTIC SWIMMING TEST MASTERS 2022 – 2025

	150m SWIMMING	DESCRIPTION	JUDGEMENT
1	<ul style="list-style-type: none"> • 25m underwater • 25m dolphin kick on the stomach • 25m backstroke • 25m breaststroke • 25m crawl • 25m flutter kick 90° straight arm (½ right side + ½ left side) 	<p>150m swim without stop, the whole distance should be swum efficiently and rhythmically</p> <p>25m underwater: style used is free; the whole body and head has to be totally submerged. Penalty for incorrect underwater (interruptions) = +5 seconds added to the total time.</p>	Score attributed according to the Swimming Evaluation scales for Test Master.

	BASICS	DESCRIPTION	JUDGEMENT
2	FINA 101 – Ballet Leg	From a Back Layout Position , a Ballet Leg is assumed (FINA BM 1). The <i>Ballet Leg</i> is lowered (FINA BM 2).	According to FINA scores
3	FINA 301 – Barracuda	From a Back Layout Position , the legs are raised to the vertical as the body is submerged to a Back Pike Position with the toes just under the surface. A <i>Thrust</i> (FINA BM9) is executed to a Vertical Position . A <i>Vertical Descent</i> (FINA BM10) is executed at the same tempo as the <i>Thrust</i> .	According to FINA scores
4	FINA 423 – Ariana From Split Position to the end of the figure	Start in Split Position . Maintaining the relative position of the legs to the surface, the hips rotate 180° (<i>Ariana Rotation</i> – FINA BM16). A <i>Walkout Front</i> (FINA BM6a) is executed.	According to FINA scores
5	FINA 344 – Neptunus	From a Front Layout Position , a Front Pike Position is assumed. One leg is lifted to a Fishtail Position . The horizontal leg is bent to assume a Bent Knee Vertical Position . A <i>Vertical Descent</i> is executed as the bent knee is extended to meet the vertical leg as the ankles submerge.	According to FINA scores

	ROUTINE ELEMENTS	DESCRIPTION	JUDGEMENT
6	RAPID FINA BM 13e – Descending Spin 360°	From a Vertical Position , a <i>descending Spin</i> with a rapid rotation of 360° (1) which is completed as the ankles reach the surface and followed by a <i>Vertical Descent</i> executed at the same tempo of the spin.	According to FINA scores
7	2 x Body Boost Double Arms	Start and finish underwater, no breath between the 2 body boosts <ul style="list-style-type: none"> • 1st body boost: facing judges • 2nd body boost: side from the judges (left or right) Both body boost shall be executed with a vertical descent until complete submergence of both hands.	According to FINA scores

	ROUTINE WITH MUSIC	DESCRIPTION	JUDGEMENT
8	See provided video and routine description details.	Technical elements: <ol style="list-style-type: none"> 1. Fishtail 2. Split Position + Front Walkout 3. Spinning 180° 4. Ballet Leg combination 5. Barracuda Bent Knee 6. 2 x forms of propulsions 	According to FINA: EXECUTION of technical elements + of the general impression