

# PISTE KIDS REQUIREMENTS

PROGNOSTIC INTEGRATIVE SYSTEMATIC TRAINER ESTIMATION

4

## SEASON 2025-2026

# Introduction

In Artistic Swimming PISTE is used as a tool to detect future talents of the sport for the selection of regional and national team members. The PISTE test serves as the basis for obtaining the Swiss Olympic Talent Card. PISTE stands for **P**rognostic **I**ntegrative **S**ystematic **T**rainer **E**stimation.

## PISTE CATEGORIES

The athletes are divided into 4 categories according to the year of birth of a swimmer. The PISTE 2026 serves as the basis for the distribution of the Swiss Olympic Cards 2026-2027 and national team selection 2026-2027. Junior swimmers fulfilling the minimum year of birth can participate in PISTE Junior and Elite.

PISTE	♀ / ♂	KIDS (J3)	YOUTH (J2)	JUNIOR (J1)	ELITE	Selection for national team and SOTC
2026	♀	2015 & younger	2014-2013-2012	2011-2010-2009-2008	2010 & older	2026-2027
	♂	2015 & younger	2014-2013-2012-2011	2011-2010-2009-2008-2007	2010 & older	
2027	♀	2016 & younger	2015-2014-2013	2012-2011-2010-2009	2011 & older	2027-2028
	♂	2016 & younger	2015-2014-2013-2012	2012-2011-2010-2009-2008	2011 & older	

To take part in the PISTE 2024 the swimmers must have the following test level the **latest by PISTE Watertest:**

KIDS (J3)	YOUTH (J2)	JUNIOR (J1) /ELITE
3	4	5

## SWISS OLYMPIC TALENT CARDS

Swiss Olympic Cards are distributed to the swimmers that fulfill the given requirements. Cardholders can profit from various benefits from different partners and easy access to certain athletic infrastructures and sports schools. More information regarding the Swiss Olympic Cards can be found on their website: <https://www.swissolympic.ch/athleten-trainer/swiss-olympic-card>

**Swiss Olympic Card Elite:** distributed to elite national team members.

**Swiss Olympic Talent Card National:** distributed to the national team members.

**Swiss Olympic Talent Card Regional:** distributed to active regional members who achieve the minimum required points.

## NATIONAL TEAM SELECTION

National teams are selected according to the selection process and selection policy of Swiss Aquatics - Artistic Swimming. All athletes including current national team members must take part in the PISTE 2026.

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## REQUIREMENTS PISTE 2026

The PISTE requirements were reviewed in 2023 and 2024 together with Swiss Olympic to improve the prediction of future elite performance by considering not only current results but also the athlete's environment.

In PISTE 2025, new land and water tests were introduced to better assess key skills such as core stability, active flexibility, extension, and acrobatics, along with general refinements to scoring and penalties.

For PISTE 2026, active flexibility tests were expanded and partly replaced previous passive flexibility exercises. Metronome-based tempo requirements were added to develop rhythmic precision. Competition results now carry greater weight, and the National Team Technical Routine has been added as a competition criterion for the Junior-Elite PISTE. Measurements of Relative Age and Biological State of Development have been discontinued.

The PISTE 2026 includes the following factors:

- 1 Land and Water Tests
- 2 Competition results
- 3 Environment

## CALCULATION OF RESULTS

The following formula and table provide an overview of how the results of the various PISTE parts are calculated.

Final Result per athlete = [(Land test<sub>weighted</sub> + Water tests<sub>weighted</sub> + Competition results<sub>weighted</sub>) \* Factor Environment]

Category	Land tests	Water tests	Competition results	Environment
ELITE & JUNIORS	30%	30%	40% (Routine Set)	1.0-1.01
YOUTH	30%	30%	40%	1.0-1.05
KIDS	30%	30%	40%	1.0-1.1

## PENALTIES

### *SPECIFICATION OF PENALTIES*

*These penalties are valid for all categories*

#### 1. Exercise "Height"

**Penalty:** 2 points per position if the number of beats is not respected.

#### 2. Exercise "BB+BR"

**Penalty:** 2 points per element if the counts are not respected.

#### 3. Routine Set

- Penalty for counts not respected: deduction for obvious error (0.5-point penalty).
- Penalty for movement not done: deduction for major error (3.0-point penalty).
- Touching the floor at any time will result in a deduction of 2 points from the total score.

Additional penalties and zeros may be assigned by the referee.

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## GYM DEVELOPMENT PROGRAM FOR JUNIOR-ELITE NATIONAL TEAM ATHLETES

1. PISTE (In-Person Session) - Once a Year
2. Assessment during training camp - Twice a Year

**Objective:** To maintain continuity in training, and monitor the progressive development and improvement of general physical and special physical preparedness.

## OFFICIALS BEHAVIOUR

Professional Coach behaviour is essential to maintain professionalism, fairness, and sportsmanship. Coaches are expected to show respect towards judges, referees, and other officials at all times. Any disagreements or concerns should be addressed through the appropriate channels in a respectful manner. Coaches must promote fair play and integrity among their athletes, discouraging any form of cheating, unsportsmanlike conduct, or rule violations. During the PISTE sessions, coaches are responsible for guiding their athletes through the warm-up. However, during the PISTE trials, coaches must respect the competition zone and are not allowed to enter it while the trials are in progress. Club coaches may watch from the stands.

## PUBLICATION OF RESULTS

The provisional results will be published within two weeks after the PISTE Day. Protests/objections can be made up to two weeks after publication of the provisional results. After that, protests/objections will no longer be possible at a later point in time.

## USAGE OF METRONOME

Depending on the pool facility, it may not be possible to perform all exercises with a metronome. In such cases, a schedule will be created the week prior to PISTE Day, indicating which exercises will be done with a metronome and which without.

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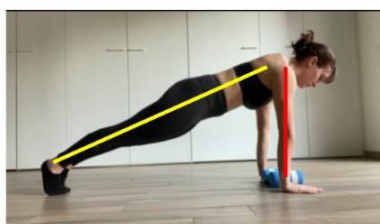
# 1 LAND AND WATER TESTS

## LAND TESTS KIDS



### UPPER BODY COMBINATION

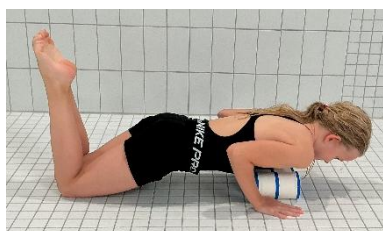
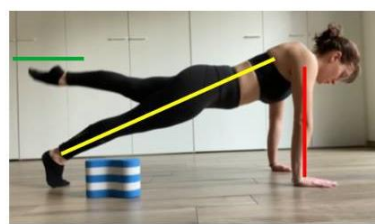
#### A) 20 seconds plank

- Shoulders, hips and heels in a line 
- Hands and shoulders in line 
- Foot and Leg need to reach the horizontal line of the shoulders 



#### B) 10 seconds triceps push ups on the knees

- Chest touching pull boy 
- Elbows touching the body 



#### A) Plank position: Mark for execution.

- 7: Correct and stable execution
- 5: Slight loss of line between shoulders and hands and/or slight loss of core control
- 3: Significant loss of core control, loss of extension of elbows and/or knees, loss of line between shoulders and wrists, loss of line between head and shoulders
- 1: Evident instability of position and inability to maintain position without noticeable changes
- 0: No execution was performed

#### B) Triceps push-ups Evaluation:

Repetitions	Score	Repetitions	Score	Repetitions	Score
≥ 9	10.0	5	8.0	1	6.0
8	9.5	4	7.5	0	0.0
7	9.0	3	7.0		
6	8.5	2	6.5		

Only well executed repetitions will be counted.

No corrections will be given during the execution of the exercise.

## Lower Body Combination

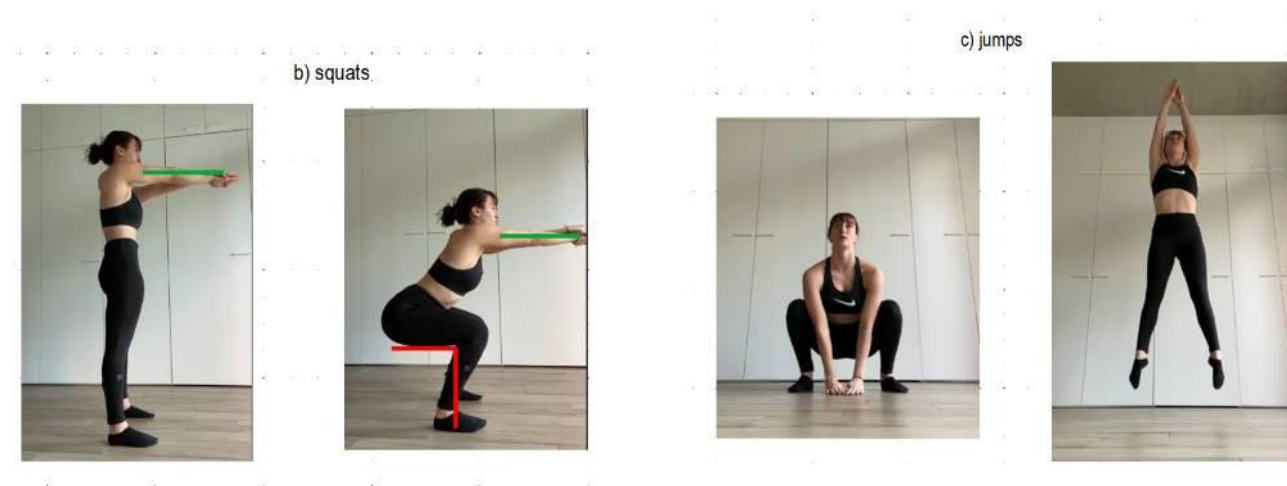
A) 30 seconds jump rope

B) 15 seconds squats

- 80°-90° between thighs and tibias
- Arms in line with the shoulders

C) 10 seconds jumps

- legs open
- 90° or less between thighs and tibias
- both hands touch the floor
- arms are vertical
- pointing toes



A) Jump rope evaluation

# of stops	Score	# of stops	Score
0	6.0	3	2.0
1	4.0	4	1.0
2	3.0	5	0.0

B) squats evaluation

Repetitions	Score	Repetitions	Score	Repetitions	Score	Repetitions	Score
≥ 14	7.0	10	5.0	6	3.0	2	1.0
13	6.5	9	4.5	5	2.5	1	0.5
12	6.0	8	4.0	4	2.0	0	0.0
11	5.5	7	3.5	3	1.5		

C) jumps evaluation

Repetitions	Score	Repetitions	Score	Repetitions	Score
≥ 10	7.0	6	5.0	2	3.0
9	6.5	5	4.5	1	2.5
8	6.0	4	4.0	0	0
7	5.5	3	3.5		

Only well executed repetitions will be counted.

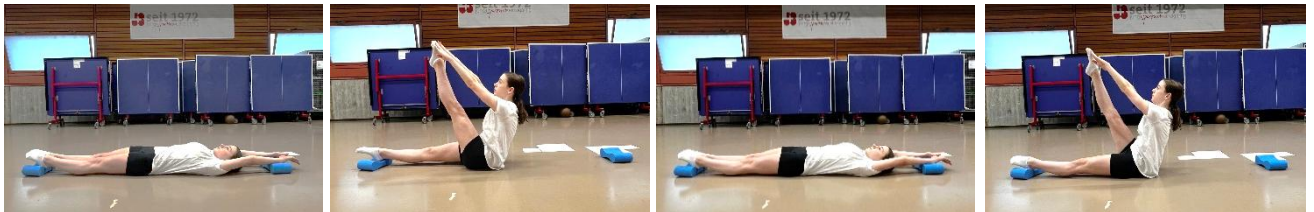
No corrections will be given during the execution of the exercise.

## Core Strength

Parts A) to C) must be performed without breaks, **metronome 70 BPM**

A) Jack Knives with One Leg (10 repetitions, 5x right-5x left, change the leg after each repetition)

- Begin by lying flat on your back with your arms extended straight above your head, touching the pull buoy, and your legs fully extended, also touching the pull buoy.
- Raise your legs and simultaneously lift your upper body, reaching your hands towards your feet.
- Lower your legs and upper body back to the starting position (touching the pull buoy with hands and feet every repetition).



B) V-Sit with Two Legs (8 beats hold)

- Start by lying on your back with your legs together and arms extended straight above your head.
- Simultaneously lift your upper body and legs to a V-sit, balancing on your sit bones.
- Hold V-sit position for 5 seconds, engaging your core muscles to maintain balance.



*This position will be rewarded with 7 points, as hands are touching ankles at all times.*

C) Candlestick Hold (8 beats hold)

- From the V-sit position, sharply lift your legs up and roll back onto your shoulders in one motion, lifting your lower back off the ground.
- Extend your legs towards the ceiling, reaching as high as possible while keeping arms extended on the floor for support.
- Maintain a tight core and stable balance, holding the candlestick position for 5 seconds.



*This position will be rewarded with 10 points, as perfect line with deviation of 5° from vertical line at all times is achieved.*

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## EVALUATION CRITERIA FOR CORE STRENGTH EXERCISES

Score	10 points	7 points	5 points	3 points	1 point	0 points
<b>Jack Knives</b>	Hands touch feet in all repetitions.	Hands touch ankles in all repetitions.	Hands touch shins in all repetitions.	Hands touch knees in all repetitions.	Poorly executed movements.	The exercise is not executed, or not all repetitions are completed.
<b>V-Sit</b>	Hands are positioned behind the heels during the entire hold.	Hands are at the ankles throughout the hold.	Hands are at the shins throughout the hold.	Hands are at the knees throughout the hold.	Position is greater than a 45°-angle.	
<b>Candlestick Hold</b>	Achieves a perfect line with feet, glutes, and spine aligned, remaining within 5° of the vertical line for the full duration.	Maintains alignment but deviates more than 5° off the vertical line, resulting in 0 points for this part.	Deviates more than 5° off the vertical line, resulting in 0 points for this part.	Deviates more than 5° off the vertical line, resulting in 0 points for this part.	Deviates more than 5° off the vertical line, resulting in 0 points for this part.	

For each exercise (A, B, and C), a score will be given. The average of the three exercises will be taken.

No corrections will be given during the execution of the exercise.

**A penalty of 2 points will be given for not respecting the BPM of the Jack Knives.**

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## Right, left, and middle splits on land

1 to 6 kickboards on both feet. 1 score for each split (right, left and middle)

- Extended knees (both legs)
- Position of the back leg (no rotation)
- Hips on the floor
- Hips, shoulders, and head on one vertical line
- Right and left: straight arms behind the hips
- Side: elbows on the floor



Kickboards height = 3.0 cm

Kickboards	Score	Kickboards	Score
6	10.0	2	6.0
5	9.0	1	5.0
4	8.0	0	4.0
3	7.0	Not flat	2.0

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## Ariana Feet Up (active flexibility) 100BPM

### EXECUTION

















Start from the pike or kip position with feet together (+1 point for pike position) with feet touching the floor. After 5–8 preparatory counts, perform and hold each of the following positions for 4 counts to move (except from Pike/Kip Position to Vertical Position, which takes 8 counts) and 4 counts to hold the position: bring the legs up to a vertical position, open into a front split (side optional), move to a middle split, transition to the opposite front split, return to vertical, and then lower back to the starting position.

### EVALUATION:

- Scores will be given in steps of 0.25 and will be assigned for all three splits, and the average score will be calculated.
- One attempt is allowed. If the execution of the exercise is interrupted or broken, the score will be 0.
- A penalty of 2 points will be given for not respecting the timing of the exercise.
- No corrections will be given during the execution of the exercise.

\* Judged by National Team Coaches

### GUIDING SCALE FOR ARIANA FEET UP

SCORE RANGE		ANGLE OF SPLIT (DEGREE)			WATER LEVEL
Excellent/ Near Perfect	9.5	180° (flat)			Crotch & legs dry
Very Good	8.5	170° – 180°			Legs dry
Good	7.5	160° – 170°			Legs almost dry
Competent	6.5	150° – 160°			Lower legs dry Crotch underwater
Satisfactory	5.5	130° – 140°			Lower legs dry Crotch underwater
Deficient	4.5	110° – 120°			Feet above the surface, legs under water
Weak	3.5	up to 100°			Feet come out vertically
Hardly recognizable	0.1 – 2.9	scissors			Feet come out vertically

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## Bridge (active back flexibility)

### EXECUTION

The exercise has two levels of progression, will be scored according to the performed level, and can start from two different positions:

- **Level 1: Start lying on your back (2 points + position score)** with knees bent and feet flat on the ground, hip-width apart. Press through the heels and lift the hips toward the ceiling, creating a straight horizontal line from shoulders to knees, forming an arch or bridge position.
- **Level 2: Start from a standing position (5 points + position score)**, with arms extended overhead and legs hip-width apart. Bend backward to reach the floor with your hands, forming an arch or bridge position. Return to the starting position.



Hold the arch or bridge position for **5 seconds**.

### EVALUATION FOR POSITION

- **5 points:** Arch position with straight knees and arms. Feet together. Vertical alignment of palms, elbows, and shoulders; wrists directly under shoulders.
- **3 points:** Bridge position with bent knees allowed.

### Additional Criteria for Both Positions:

- Feet and hands must remain flat on the floor.
- No assistance is allowed during Level 2, either entering or exiting the position.

Arch Position	Bridge Position
	

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## Standing Leg Extension at 90° 120BPM

### EXECUTION

- **Stand upright** and hold the bar **with one hand**. At the same time, **lift the opposite leg** straight out in front of you, aiming to reach a 90° angle with your torso. Keep your hips squared, and ensure the extended leg remains straight and aligned with your body.
- Perform 5 sharp kicks from a bent knee to the ballet leg position (tempo of the beat), immediately followed by holding the position. The bottom leg must remain extended, and the body should stay engaged and stable throughout.
- Hold the extended leg at the 90° angle for a duration of 10 seconds (20 beats)
- Focus on maintaining proper alignment with your head, shoulders, glutes throughout the hold.
- Ensure your hips remain squared and avoid any rotation or twisting.



### EVALUATION

Score	Scoring Criteria
10 points	The athlete maintains the extended leg at 90° for the full 10 seconds without any deviations or adjustments, while keeping proper body and leg alignment.
8 points	The athlete holds the leg at 90° for the full 10 seconds but requires minor adjustments to maintain balance or alignment.
5 points	The leg reaches 90° briefly but cannot be sustained for the full 10 seconds, or the athlete requires significant adjustments.
2 points	The leg stays above 45° but clearly below 90° for the duration; the athlete is unable to maintain a steady position and shows repeated adjustments.
0 points	The leg drops below 45° at any point during the 10-second hold; the exercise is considered failed.

For both the right and left leg, a separate score will be given. The average of both scores will be taken.

No corrections will be given during the execution of the exercise.

## Basic Acrobatics: Front and Back Walkover\*

### EXECUTION OF FRONT WALKOVER:

- Begin with one leg extended in front of you on point, arms raised overhead, and positioned near to the ears. Lunge forward and quickly raise one leg, with the other leg following as if transitioning to a handstand.
- The legs are held straight in a split as they travel overhead.
- The back is then arched until the leading foot touches the floor, such that the performer is briefly in a back bridge position.
- After the trailing foot reaches the floor, return to a standing position with one foot extended in front and arms raised.



\* The video is available on the website

\*Judged by National Team Coaches

\*it is allowed up to two attempts to complete the exercise.

### EVALUATION:

Awarded a score of **6** if the walkover is **DONE**, a score of **3** if **DONE with Assistance** (an outstretched arm placed at the lower back), and a score of **0** if **NOT DONE**.

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### EXECUTION OF BACK WALKOVER:

- Begin with one leg extended in front of you on point, arms raised overhead, and positioned near to the ears.
- Kick one leg backward while extending arms overhead.
- Transition smoothly into a back bridge, arching the back with hands supporting.
- Extend the other leg into a split position.
- Reverse the movement by lowering the extended leg, pushing through arms and legs to return to start position with arms overhead.



\* The video is available on the website

\*Judged by National Team Coaches

\*it is allowed up to two attempts to complete the exercise.

### EVALUATION:

Awarded a score of **6** if the walkover is **DONE**, a score of **3** if **DONE with Assistance** (an outstretched arm placed at the lower back), and a score of **0** if **NOT DONE**.

# WATER TESTS KIDS

## Propulsion combination (50m without breaks)

The swimmer performs without breaks:

### A) Front Pike Position

- beginning of the lap: 4 counts to prepare in eggbeater, 4 counts kick to the side, 2 counts arm transition forward, 2 counts to arrive to pike, 2x8 counts hold front pike position, finish with rapid walkover.

Performed to a metronome at 160 beats per minute.

### B) 12.5 meters Torpedo

- starting in back layout position after walkover
- end of 12.5m: turning 180° in tub position, stretch directly to ballet leg position from tub position

### C) 12.5 meters Ballet Leg (right or left leg is optional)

- end of the lap: touch the wall with the head
- lower the leg while passing through the bent knee layout position

### D) 12.5 meters FRONT Eggbeater

- beginning of the lap: leg push from the wall is NOT allowed, lap needs to be started with exit from under water
- arms in the water (small movements are allowed)

### E) 12.5m of side flutter kick (right or left is optional)

- at 12.5 meters, kick into a side position and start the side flutter kick
- arms at the surface

1 mark (0.25) for execution will be given for each part (A-E) respecting the following criteria. The average will be taken.

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## EXECUTION OF PROPULSION COMBINATION

### Transition into Front Pike Position

- Pike Position: Angle between upper body and legs 90° degrees
- Legs dry at the surface
- Entrance with extended back
- Hips need to arrive at the starting point of the head
- The rapid walkover is executed through either a right or left split

### Torpedo

- Legs: Extension of legs, position of legs at the surface
- Core: correct position of hips (no seated position, no rotation), control of core
- Upper Body: shoulders pushing down and back, shoulder blades together, long and extended neck position, only the face out of the water-not the whole head, chin pointing at the ceiling.
- Sculling: efficiency of sculling, regular rhythm and pressure of skulls
- Arms: elbows don't move, lower arms and hands move in horizontal line/no push-ups, flat palms and angle between palm and lower arm is 90°, angle between upper arm and lower arm is 45°

### Ballet Leg

- Legs: Extension of legs, angle between legs needs to be 90°, lower foot dry at the surface
- Upper body: shoulders pushing down and back, shoulder blades together, long and extended neck position, only the face out of the water-not the whole head, chin pointing at the vertical position, chest is at the surface
- Core: Hips near the surface
- Sculling: efficiency of sculling, regular rhythm and pressure of skulls
- Arms: elbows don't move, lower arms and hands move in horizontal line/no "up and down", flat palms-not breaking the surface-no splash

### FRONT Eggbeater

- Legs: knees close to the surface, position of knee does not move
- Movement of legs: circle movement, no extension
- Posture: shoulders pushing down and back, shoulder blades together, long and extended neck position, lifted chin position, chest is open

### Side flutter kick

- Upper body: straight on the surface, head on the surface looking straight at the wall
- Legs: legs and body build one straight line, legs move symmetrically: same angle of front and back leg towards the body, leg position need to be close to the surface
- Arms: straight and extended arms, palms facing down



## Body Boost Barracudas

The swimmers will perform without break:

- 1 Body boost (without arms up)
- 1 Barracuda
- 1 Body boost (without arms up)
- 1 Barracuda

**1 mark (0.1)** will be given for each body boost and each barracuda following the AQUA Artistic Swimming Manual for Judges, Technical Controllers, Referees & Coaches 2022-2025. The average will be taken.

Mark starts from the height; deduction will be made according to execution.

## Height

Metronome 150 beats per minute

- A) Start in a vertical position under water
- B) Raise up in support scull until maximum height (tempo free but minimum 4 beats)
- C) Hold vertical position for 10 beats in support scull
- D) Descent until the heels reach the surface (tempo free but minimum 4 beats)
- E) Raise up in support scull until maximum height (tempo free but minimum 4 beats)
- F) Hold vertical position for 10 beats in support scull
- G) Descent under water

Following the AQUA Artistic Swimming Manual for Judges, Technical Controllers, Referees & Coaches 2022-2025, as well as the guiding scale for height, **1 mark** will be given for each vertical **c)** and **f)**. The lowest level of the 10 beats will be taken into consideration for the evaluation of the height. Lines will be drawn on the thighs of the swimmers respecting the levels mentioned in the AQUA manual.

## Flexibility in the Water

- Ariana (splits assessment) + Walkover (back flexibility assessment).

Focus on splits flexibility in Ariana and back flexibility during Walkover (knight and arch positions) perform in figure tempo/uniform motion.

**1 mark (0.1)** will be given for Ariana rotation and **1 mark (0.1)** for Walkover following the criteria “guiding scale for splits” of the AQUA Artistic Swimming Manual for Judges, Technical Controllers, Referees & Coaches 2022-2025.

*Scores will be given according to World Aquatics flexibility scale.*

*The overall flexibility average is the sum of the average arch flexibility score and the split score.*

## Routine Set

The swimmer swims the Routine Set KIDS as described and shown on the video on the website <https://www.swiss-aquatics.ch/leistungssport/artistic-swimming/piste/>

The swimmer must travel 17 meters during the Routine Set. Marks will be placed to indicate where to start and finish. If the 17 meters are not reached, a deduction of 2 points will be made from the final score. No goggles are allowed.

**1 mark (0.25)** will be given for the execution for each hybrid, execution for all transitional movements and performance following the AQUA Artistic Swimming Manual for Judges, Technical Controllers, Referees & Coaches 2022-2025. The average will be taken. Synchronization errors will be deducted from the total score.

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## 2 COMPETITION RESULTS

### FIGURES KIDS

The best total score of the following competitions will be considered for the PISTE Figures result:

- Swiss Age Group Championships qualification – J3 figures
- Swiss Age Group Championships final – J3 figures

At all national competitions for PISTE athletes, a 2-point penalty will be applied instead of a score of "0".

### FIGURES YOUTH

The best total score of the following competitions will be considered for the PISTE Figures result:

- Swiss Age Group Championships qualification – J2 figures
- Swiss Age Group Championships final – J2 figures

At all national competitions for PISTE athletes, a 2-point penalty will be applied instead of a score of "0".

### ROUTINE SET JUNIOR-ELITE

The National Team Technical Routine performed during the PISTE water tests will be considered as a competition result and evaluated accordingly.

## 3 ENVIROMENT

The athletes' environment is assessed on the basis of their affiliation with a recognized youth development base (NWF). When awarding the label, Swiss Aquatics Artistic Swimming requires NWF bases to fulfill many quality criteria for sustainable youth development (checklist). On average, athletes at NWF bases have a broader range of training opportunities, secure support, a higher level of performance in training, access to sports-friendly schools, advice from Swiss Aquatics Artistic Swimming, etc. A "non-NWF club" can also offer this under certain circumstances, but the probability of sustainability is higher at an NWF base (forecast). The environment (NWF base) is included in the evaluation with a factor of the total number of points depending on category. Since the environment has a greater predictive influence at younger ages compared to older ages (as the remaining career of a younger athlete is still longer), the value of the sports environment at a younger age is weighted more heavily.

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