

Ausschreibung/Einladung zum

RZO-Cup

vom 08. März 2026

Liebe Club Verantwortliche

Wir freuen uns riesig, euren Verein in diesem Jahr wieder ganz herzlich zum RZO-Cup einzuladen. Die Organisation obliegt der Region RZO in Zusammenarbeit mit den Vereinen der Regionen RZO, ROS und RSI.

Der RZO-Cup, wie auch der Turicum-Cup wurde als Nachwuchsförderungswettkampf initiiert. In diesem Wettkampf werden die Schwimmerinnen auf Ihr Können in den verschiedenen Schwimmdisziplinen, in den Pflichtfiguren sowie in der Kür getestet.

Der Wettkampf widmet sich dem Nachwuchs der Testkategorien 0-3 ohne Alterseinschränkungen. Wir hoffen auf eine zahlreiche Teilnehmerschar.

Wir wünschen Euch eine gute Vorbereitungszeit und danken auf diesem Weg den Richter/innen sowie allen Beteiligten bereits jetzt herzlich für die gute Zusammenarbeit. Den Schwimmerinnen wünschen wir viel Erfolg und Spass!

Wir freuen uns auf gute und spannende Wettkämpfe!

Sportliche Grüsse

Olga Smal
Fachwartin Artistic Swimming
Swiss Aquatics Zentralschweiz Ost



Informationen

Datum/Zeit: Sonntag, 08. März 2026
Bad: Hallenbad Stägenbuck, Lägernstrasse 15 8600 Dübendorf
Techn. Organisation: Swiss Aquatics Artistic Swimming Regionalverband RZO
Organisator: Artistic Swimming Dübendorf, 8600 Dübendorf

Teilnehmer: Mitglieder eines AS Clubs Regionen ROS, RSI oder RZO

Kategorien: Kategorie 1: Beginners Test 0/1A/1B
Kategorie 2: Novizen Test 1B/2
Kategorie 3: Intermediates Test 2/3
Es gibt keine Altersbeschränkungen. Stichtag für den Test ist der 08. Februar 2026.

Lizenzen: In allen Kategorien benötigen die Schwimmerinnen eine Lizenz Swiss Aquatics Artistic Swimming.

Anmeldungen: Per E-Mail mit dem offiziellen Formular an Olga Smal artisticswimming@rzo-aquatics.ch bis spätestens **Freitag, 22.02.2026**

Kopie an

Jörg Vogt zks@rzo-aquatics.ch

Olga Zürcher olga.syrel@gmail.com

Nachmeldungen in Einzelfällen auf Anfrage beim SchiRi möglich. Die Startlisten werden bis am Mittwochabend 04.03.2026 an die Clubs verschickt, damit wir noch ev Korrekturen vornehmen können.

Meldegeld: CHF 30.00 pro Teilnehmer

Musik bitte bis am **22. Februar 2026** per WeTransfer www.wetransfer.com an, Artistic Swimming Dübendorf

Musikstück im Dateinamen als auch im Titel mit folgenden Informationen beschriften:

Kategorie_Vereinsabkürzung_Nachname Schwimmerin

Bsp. *Junioren_SCDU_Meier-Müller*

Schiedsrichter: **Olga Zürcher**

Resultatverantwortlicher: **Jörg Vogt**

RichterInnen: Jeder Verein muss mindestens drei Wertungsrichter und zwei Sek.-Richter melden.

Auszeichnungen: In jeder Wettkampfkategorie gibt es Medaillen für die gesamtbesten drei Schwimmerinnen.

Zudem wird pro Wettkampfdisziplin Pflicht und Kür je eine Medaille für die besten drei Schwimmerinnen vergeben.

Requirements: sind im Anhang

Programm: wird nach der Meldefrist bekanntgegeben.

Turicum 2025 + RZO-Cup 2026 REQUIREMENTS

Category 1: J5 - Beginners (max Test 1B) – Swimmers NOT having passed Test 2 before **08 Februar 2026**

TURICUM DAY REQUIREMENTS

Part 1 - Figures (50%)

- | | |
|--|-----|
| 1. Hold the Front Layout Position (FINABP2) for 6 sec +
Maintaining the Front Layout Position , roller sculling for 6 sec.
No breathe is allowed from the start of the figure. | 1.0 |
| 2. Hold the Back Layout Position for 10 sec. WITHOUT travel. | 1.0 |
| 3. 310 Somersault Back Tuck | 1.1 |
| 4. RIGHT or LEFT Split Position is executed for 10 seconds.
One score only for the position. | 1.2 |

Part 2 - Swimming (50%)

- | | |
|--|-------------------------------------|
| 1. 75m without break =
25m Backstroke,
25m Crawl
25m Breaststroke kick (with/without board) | ONLY Scoring for swimming technique |
| 2. 15m Swim under water. Start from the pushing off the wall.
Underwater technique is free. | Distance |
| 3. 5m Sculling head first and 5m Sculling feet first in Back Layout Position. NO breaks. | Scoring |
| 4. 10m Eggbeat (5m right side, 5m left side, no arms).
Scoring of height and body position. The result will be the average of the two scores. | Scoring |
| 5. 15m Kick Pull Kick with music. The arms remain under water for the whole distance.
Start in water
1234 RIGHT in front / 5678 close
1234 LEFT in front / 5678 close
<i>TWO music files are provided: the coaches can chose which they want to use for each swimmer.</i>
<u>PLEASE SPECIFY the music name together with the entry file.</u> | Scoring |

SEE THE APPENDIX I for all the details on the scoring system for
Swimming,
Under water Swimming,
Sculling,
Eggbeat,
Kick-pull-kick

RZO DAY REQUIREMENTS

EVOLUTION in some of the exercises for the RZO DAY only

Part 1 - Figures (50%)

1. Hold the **Front Layout Position** (FINABP2) for 6 sec +
Maintaining the **Front Layout Position**, roller sculling for 6 sec.
No breathe is allowed from the start of the figure. 1.0
2. Hold the **Back Layout Position** for 10 sec. WITHOUT travel +
assume RIGHT or LEFT **Bent Knee Layout Position** +
hold the **Bent Knee Layout Position** for 6 sec. 1.2
3. 310 Somersault Back Tuck 1.1
4. RIGHT or LEFT Split Position **with support scull** is executed for 10 seconds
There will be one score for sculling and one for the split position.
The result will be the average of the two scores. 1.3

Part 2 - Swimming (20%)

1. **75m without break** = ONLY Scoring for swimming technique *
25m Backstroke,
25m Crawl
25m Breaststroke kick (with/without board)
2. **15m Swim under water**. Start with pushing off the wall. Distance
Underwater technique is free.
3. **5m Sculling head first** and **5m Sculling feet first** in Back Layout Position. NO breaks. Scoring
4. **10m Eggbeat** (5m right side, 5m left side, no arms). Scoring
Scoring of height and body position. The result will be the average of the two scores.

SEE THE APPENDIX I for all the details on the scoring system for
Swimming,
Under water swimming,
Sculling,
Eggbeat.

Part 3 - Routine (30%)

Routine of 1'00" ± 10" (penalties of 1 point for wrong time limit). Swimmers of the same club are allowed to swim the same Routine.

Category 2: J4 – Novices (max Test 2) – Swimmers not having passed Test 3 **before 08 Februar 2026**

Part 1 - Figures (50%)

- | | |
|--|-----|
| 1. 101 Ballet Leg | 1.4 |
| 2. 316 Kipnus | 1.6 |
| 3. Ariana rotation + vertical combination:
start in Split Position (RIGHT or LEFT is free), the Ariana rotation is performed until the other Split Position (LEFT or RIGHT); the legs simultaneously close in Vertical Position at the ankles level; a Vertical descent is performed. | 1.4 |
| 4. BM 3 From a Front Layout Position a Front Pike Position is assumed. | 1.2 |

Part 2 - Swimming (20%)

- | | |
|--|------------------|
| a) 100m medley without break =
25m Dolphin
25m Backstroke
25m Breaststroke
25m Crawl | Timing |
| b) 20m Swim under water. Start with pushing off the wall.
Underwater technique is free. | Distance |
| c) 25m Side Flutter kick left or right (crawl kick on the side)
One arm extended front under water; one arm extended back on the surface.
Scores for timing and execution.
The result will be the average of the two scores. | Scoring & Timing |
| d) 15m Eggbeat (5m right side, 5m front, 5m left side, no arms).
Scores for timing and execution (body/shoulders position, height).
The result will be the average of the two scores. | Scoring & Timing |

**SEE THE APPENDIX I for all the details on the scoring system for
Swimming,
Under water Swimming,
Side Flutter kick
Eggbeat**

Part 3 - Routine (30%)

Routine of 1'00" ± 10" (penalties of 1 point for wrong time limit). Swimmers of the same club are allowed to swim the same Routine.

Category 3: J3 – Intermediates (max Test 3) – Swimmers not having passed Test 4 **before 08 Februar 2026**

Part 1 - Figures (50%)

2 compulsory figures +

for Turicum → OPTIONAL GROUP 1

for RZO → OPTIONAL GROUP 2

12 and Under Figures

Group & Figure #	Figure Name	DD	
Compulsory			
106	Straight Ballet Leg	1.6	
301	Barracuda	1.8	
Optional Groups:			
Group 1			
359	Front Ariana	2.2	
348	Tower	1.9	
Group 2			
363	Water Drop	1.8	
401	Swordfish	2.1	

Part 2 - Swimming (20%)

- a) **100m medley without break =** Timing
 25m Dolphin
 25m Backstroke
 25m Breaststroke
 25m Crawl

- b) **25m Swim under water.** Start with pushing off the wall. Distance
 Underwater technique is free.

- c) **25m Side Flutter kick left or right (crawl kick on the side)** Scoring & Timing
 One arm extended front under water.
 One arm extended 90° (vertically wrt the surface).
 Scores for timing and execution.
 The result will be the average of the two scores.

- d) **15m Eggbeat** (5m right arm up 90°, 5m front both arms up 90°, 5m left side arm up 90°). Scoring & Timing
 Scores for timing and execution (body/shoulders position, height).
 The result will be the average of the two scores.

SEE THE APPENDIX I for all the details on the scoring system for
Swimming,
Under water Swimming,
Side Flutter kick
Eggbeat

Part 3 - Routine (30%)

Routine of 1'10" $\pm$ 10" (penalties of 1 point for wrong time limit). Swimmers of the same club are allowed to swim the same Routine.

75mt SWIMMING -> SCORE IS ATTRIBUTED DEPENDING ON THE NUMBER OF FULFILLED CRITERIA BY THE SWIMMER
ONLY TECHNIQUE IS CONSIDERED IN THE SCORE

Backstroke						
Flat waterposition (body maximum close to the surface, head straight, watching ceiling)	6	5	4	3		1
Legs are mostly straight, kicking executed from hipps						
Arms over the water are staight						
Rythmic execution						

Crawl						
Breathing to the side	6	5	4	3		1
Legs are mostly straight, kicking executed from hipps						
Ellbows in front						
Rythmic execution						

Breaststroke kick (with/without board)						
Flex feet	6	5	4			1
Swing push movement both legs at the same time						
Glide phase in a streamline position ("arrow position")						

- 6 - swimmer executed all 4 (3 for breaststroke kick) criteria
- 5 - swimmer executed 3 (2 for breaststroke kick) any criteria
- 4 - swimmer executed 2 (1 for breaststroke kick) any criteria
- 3 - swimmer executed 1 criteria
- 1 - swimmer somehow executed swimstyle (0 CRITERIA)

100mt medley SWIMMING -> CHRONO SCORE IS ATTRIBUTED FOLLOWING THE UNDERLYING EVALUATION SCALES

J4 SWIMMING 100mt

Total Time	Score
------------	-------

≤ 2'00"	7.0
2'01" - 2'05"	6.5
2'06" - 2'10"	6.0
2'11" - 2'15"	5.5
2'16" - 2'20"	5.0
2'21" - 2'25"	4.5
2'26" - 2'30"	4.0
2'31" - 2'35"	3.5
2'36" - 2'40"	3.0
2'41" - 2'45"	2.5
≥ 2' 46"	2.0

J3 SWIMMING 100mt

Total Time	Score
------------	-------

≤ 1'50"	7.0
1'51" - 1'55"	6.5
1'56" - 2'00"	6.0
2'01" - 2'05"	5.5
2'06" - 2'10"	5.0
2'11" - 2'15"	4.5
2'16" - 2'20"	4.0
2'21" - 2'25"	3.5
2'26" - 2'30"	3.0
2'31" - 2'35"	2.5
≥ 2' 36"	2.0

UNDERWATER -> SCORE IS ATTRIBUTED DEPENDING ON THE DISTANCE TRAVELED BY THE SWIMMER
 UNDERWATER TECHNIQUE IS FREE (PRONE OR SUPINE, BREAST OR CRAWL OR DOLPHIN KICK, ETC.)

J5 UNDERWATER 15mt

Distance (m)	Score
--------------	-------

≥ 15.0	6.0
10.0 - 14.9	5.0
6.0 - 9.9	3.0
≤ 5.9	0.0

Dive or push from the wall allowed

J4 UNDERWATER 20mt

Distance (m)	Score
--------------	-------

≥ 20.0 m	6.0
15.0 - 19.9	5.0
10.0 - 14.9	3.0
≤ 9.9	0.0

Dive or push from the wall allowed

J3 UNDERWATER 25mt

Distance (m)	Score
--------------	-------

≥ 25.0	6.0
20.0 - 24.9	5.0
15.0 - 19.9	3.0
≤ 14.9	0.0

Dive or push from the wall allowed

EGGBEAT -> SCORE IS ATTRIBUTED DEPENDING ON THE NUMBER OF FULFILLED CRITERIA BY THE SWIMMER

same criteria for all the 3 categories - in J4 and J3 categories also a chrono score is attributed -> the final score is the average between the 2 above scores

EGGBEAT					
HEIGHT 6 = Showing breast / 5 showing collar bone / 4 chin above the water / 3 in the water	6	5	4	3	1
Back flat					
Maximum neck extension					
J5: Help with the arms is allowed // J4: Isolated arms (no help) // J3: EXTENDED 90° arms					

6 - swimmer executed all 4 criteria

5 - swimmer executed 3 any criteria

4 - swimmer executed 2 any criteria

3 - swimmer executed 1 criteria

1 - swimmer somehow executed eggbeat (0 CRITERIA)

J4 EGGBEAT 15mt

Total Time	Score
------------	-------

≤ 25"	7.0
26" - 30"	6.5
31" - 35"	6.0
36" - 40"	5.5
41" - 45"	5.0
46" - 50"	4.5
51" - 55"	4.0
56" - 1'00"	3.5
1'01" - 1'05"	3.0
1'06" - 1'10"	2.5
≥ 1' 11"	2.0

J3 EGGBEAT 15mt

Total Time	Score
------------	-------

≤ 35"	7.0
36" - 40"	6.5
41" - 45"	6.0
46" - 50"	5.5
51" - 55"	5.0
56" - 1'00"	4.5
1'01" - 1'05"	4.0
1'06" - 1'10"	3.5
1'11" - 1'15"	3.0
1'16" - 1'20"	2.5
≥ 1' 21"	2.0

J5 EGGBEAT
Help with arms is allowed



J4 EGGBEAT
Isolated arms
Help with arms is NOT allowed



J3 EGGBEAT
90° arms
Help with the lower arm
is NOT allowed



SIDEKICK -> SCORE IS ATTRIBUTED DEPENDING ON THE NUMBER OF FULFILLED CRITERIA BY THE SWIMMER
 same criteria for both J4 and J3 categories; also a chrono score is attributed: for the final score the average is considered

SIDEKICK				
Maximum body extension (the body is as much as possible near the water surface)	6	5	3	1
Correct position of the head -> the eyes look in front (NO the pool floor or roof)				
Maximum extension of the arms ABOVE the water				
in J3 only 90° arm position				

- 6 - swimmer executed all 3 (4 in J3 category) criteria
- 5 - swimmer executed 2 (3 in J3 category) any criteria
- 3 - swimmer executed 1 (2 in J3 category) any criteria
- 1 - swimmer somehow executed eggbeat (0 CRITERIA)

J4 SIDEKICK 25mt

Total Time	Score
------------	-------

≤ 30"	7.0
31" - 35"	6.5
36" - 40"	6.0
41" - 45"	5.5
46" - 50"	5.0
51" - 55"	4.5
56" - 1'00"	4.0
1'01" - 1'05"	3.5
1'06" - 1'10"	3.0
1'11" - 1'15"	2.5
≥ 1' 16"	2.0

J3 SIDEKICK 25mt

Total Time	Score
------------	-------

≤ 20"	7.0
21" - 25"	6.5
26" - 30"	6.0
31" - 35"	5.5
36" - 40"	5.0
41" - 45"	4.5
46" - 50"	4.0
51" - 55"	3.5
56" - 1'00"	3.0
1'01" - 1'05"	2.5
≥ 1' 06"	2.0

5mt HEADFIRST + 5MT FOOTFIRST LAYOUT POSITION -> SCORE IS ATTRIBUTED DEPENDING ON THE NUMBER OF FULFILLED CRITERIA BY THE SWIMMER

5mt HEADFIRST + 5mt FOOTFIRST LAYOUT POSITION					
Maximum body extension (chin - shoulder - legs - feet)	6	5	4	3	1
Body above the surface					
Correct sculling technique (close to the buttocks - uniform rithm - use forearm only)					
Legs closed					

6 - swimmer executed all 4 criteria

5 - swimmer executed 3 any criteria

4 - swimmer executed 2 any criteria

3 - swimmer executed 1 any criteria

1 - swimmer somehow executed eggbeat (0 CRITERIA)

KICK PULL KICK -> SCORE IS ATTRIBUTED DEPENDING ON THE NUMBER OF FULFILLED CRITERIA BY THE SWIMMER

KICK PULL KICK						
Legs + arms coordination	6	5	4	3		1
Correct legs propulsion (breast kick) + extended arms (especially the back one)						
Body position (45° + flat back + chin extension)						
Rhythm with the music						

6 - swimmer executed all 4 criteria

5 - swimmer executed 3 any criteria

4 - swimmer executed 2 any criteria

3 - swimmer executed 1 any criteria

1 - swimmer somehow executed eggbeat (0 CRITERIA)