Ausschreibung/Einladung zum

28. Turicum Cup

28. November 2026

Liebe Club Verantwortliche

Wir freuen uns riesig, euren Verein in diesem Jahr wieder ganz herzlich zur 28. Ausgabe des TURICUMCups, einzuladen. Die Organisation obliegt der Region RZO.

Der Turicum Cup wurde als Nachwuchsförderungswettkampf Turicum Invitational von den Limmat-Nixen im Jahr 1998 initiiert. In diesem Wettkampf werden die Schwimmerinnen auf Ihr Können in den verschiedenen Schwimmdisziplinen, in den Pflichtfiguren sowie auch in der Kür getestet.

Wir sind stolz, dass wir den Wettkampf dieses Jahr wieder vor Ort durchführen können. 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 an dieser Form eines Artistic Swimming Wettkampfes.

Sportliche Grüsse

Olga Smal
Fachwartin Artistic Swimming
Swiss Aquatics Zentralschweiz Ost



Informationen

Datum/Zeit:	Samstag, 28. November 2026
Bad:	Hallenbad Bungertwies, Hofstrasse 56, 8032 Zürich
Techn. Organisation:	Swiss Aquatics Artistic Swimming Regionalverband RZO
Organisator:	Limmat-Nixen Zürich, Etzelstrasse 7, 8038 Zürich
Teilnehmer:	Mitglieder eines AS Clubs Regionen ROS, RSI oder RZO
Kategorien:	Kategorie 1 (J5):Beginners max.Test1B Kategorie 2 (J4):Novizen max.Test 2 Kategorie 3 (J3):Intermediates max.Test 3 Es gibt keine Altersbeschränkungen. Stichtag für den Test ist der 20. Juni 2026.
Lizenzen:	In allen Kategorien benötigen die Schwimmerinnen eine Lizenz Swiss Aquatics Artistic Swimming.
Anmeldungen:	Per E-Mail mit dem offiziellen Formular an **Jörg Vogt** zks@rzo-aquatics.ch Claudio Affolter claudio.affolter@yahoo.com und Olga Smal artisticswimming@rzo-aquatics.ch bis spätestens Monntag 16.11.2026
	Nachmeldungen in Einzelfällen auf Anfrage beim SchiRi möglich.
	Die Startlisten werden bis am Mittwochabend 25.11.2026 an die Clubs verschickt, damit wir noch ev Korrekturen vornehmen können.
	Musik bitte bis am Monntag 16.11.2026 an music@limmat-nixen.ch
	Musikstück die Länge angeben und es sowohl im Dateinamen als auch im Titel mit folgenden Informationen beschriften: Kategorie_Disziplin_Vereinsabkürzung_Nachname Schwimmerin Bsp. *Kat.1_Duett_SCDU_Meier-Müller*
	Für die Kategorie J5, Beginners sollen Sie keine Musik senden.
Meldegeld:	CHF 35.00 pro Teilnehmer
Schiedsrichter:	**Jörg Vogt**
Resultatverantwortlicher:	Claudio Affolter
RichterInnen:	Jeder Verein muss mindestens drei Wertungsrichter und zwei Sekretär - Richter melden.
Auszeichnungen:	In den Kategorien J3, J4 und J5 – Beginners werden die drei Erstplatzierten der Gesamtwertung mit Medaillen für den 1., 2. und 3. Platz ausgezeichnet.
	Zusätzlich werden in den Kategorien J3 und J4 in den Disziplinen Pflicht und Kür jeweils

mit Medaillen für den 1., 2. und 3. Platz ausgezeichnet.

In der Kategorie J5 – Beginners wird zusätzlich in der Disziplin Pflicht mit Medaillen für den 1., 2. und 3. Platz ausgezeichnet.

Alle Teilnehmerinnen der Kategorie J5 – Beginners erhalten zudem eine Teilnehmerurkunde.

Requirements: sind im Anhang

Programm: wird nach der Meldefrist bekanntgegeben.

Turicum 2026 + RZO-Cup 2027 REQUIREMENTS

Category 1: J5 - Beginners (max Test 1B)

TURICUM DAY REQUIREMENTS

Part 1 - Figures (50%)

1. Hold the **Front Layout Position** 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. 1.3

Part 2 - Swimming (50%)

1. **75m without break** = ONLY Scoring for swimming technique
   12,5m underwater (start in water) +12,5m Breaststroke kick (without board, the arms point in the direction of the arrow. Slight arm movements are allowed while the athlete inhales. The goal is to assess the correct leg technique.)
   25m Backstroke
   25m Crawl

2. **5m Sculling head first** and **5m Sculling feet first** in Back Layout Position. NO breaks. Scoring

3. **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.

4. **15m Kick Pull Kick** with music. The arms remain under water for the whole distance. Scoring
   Start in water
   1234 RIGHT in front / 5678 close
   1234 LEFT in front / 5678 close
   TWO music files are provided: the coaches can chose which they want to use for each swimmer.
   PLEASE SPECIFY the music name together with the entry file.

SEE THE APPENDIX I for all the details on the scoring system for
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** 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** fo 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 is executed for 10 seconds 1.3

Part 2 - Swimming (20%)

1. **75m without break** = ONLY Scoring for swimming technique
   12,5m underwater (start in water) +12,5m Breaststroke kick (without board, the arms point in the direction of the arrow. Slight arm movements are allowed while the athlete inhales. The goal is to assess the correct leg technique.)
   25m Backstroke
   25m Crawl
2. **5m Sculling head first** and **5m Sculling feet first** in Back Layout Position. NO breaks. Scoring

3. **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, Sculling, Eggbeat.

Part 3 - Routine (30%)

Routine of 1'00" ± 10". Swimmers of the same club are allowed to swim the same Routine.

Category 2: J4 – Novices (max Test 2)

Part 1 - Figures (50%) → **for Turicum**

Group B Winter version

Group B:

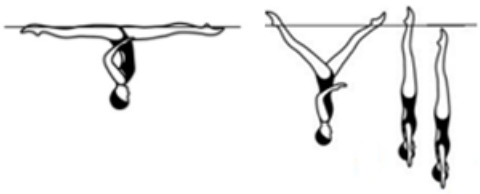
Back Layout Position to Tuck Position 0.7

From a **Back Layout Position** the knees, shins and toes are drawn along the surface of the water to assume a **Tuck Position**.



Split Position + Vertical Closing 0.8

Start in a **Split Position** (left or right is free). The legs simultaneously join to assume a **Vertical Position** at ankle level. A *Vertical Descent (BM10)* is executed.



To Assume a Surface Arch Position 0.9

From a **Back Layout Position** with the head leading, the head, hips and feet move along the surface of the water. With continuous movement the head leaves the surface of the water as the back is arched more to assume a **Surface Arch Position** with the hips occupying the position of the head at the beginning of this action.



To Assume a Back Pike Position 1.0

From a **Back Layout Position** the legs are raised to vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface of the water.



→ for RZO Cup
Group A summer version

Group A:

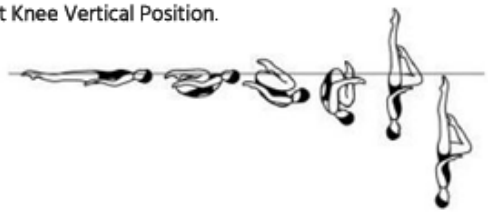
101 Ballet Leg single 1.6

Begin in a **Back Layout Position**. One leg remains at the surface throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a **Bent Knee Back Layout Position**. The knee is straightened, without movement of the thigh, to assume a **Ballet Leg Position**. The ballet leg is bent, without movement of the thigh, to a **Bent Knee Back Layout Position**. The toe moves along the inside of the extended leg until a **Back Layout Position** is assumed.



316 Kipnus 1.4

From a **Back Layout Position** a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface. The trunk unrolls as the legs assume a **Bent Knee Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins. A *Vertical Descent (BM10)* is executed in a **Bent Knee Vertical Position**.



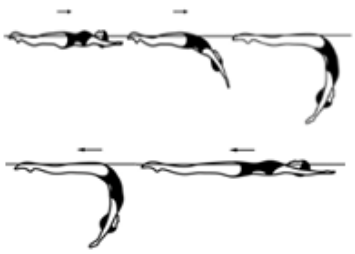
Front Layout position to Front Pike Position to Fishtail position 1.5

From a **Front Layout Position** with the face in the water, as the trunk moves downward to assume a **Front Pike Position**, the buttocks, legs and feet travel along the surface until the hips occupy the position of the head at the beginning of this action. One leg is lifted to assume a **Fishtail Position**.



Back Layout position to Surface Arch Position to Back Layout position 1.3

From a **Back Layout Position**, with the head leading, the body moves along the surface to assume a **Surface Arch Position**, with the hips occupying the position of the head at the beginning of the action. The hips, chest and face then surface sequentially at the same point with foot-first movement to assume a **Back Layout Position**.



Part 2 - Swimming (20%)

a) **100m without break** = Timing
12.5m Dive + 12.5m Dolphin Leg Kick
25m Backstroke
25m Breaststroke
25m Crawl

b) **25m Side Flutter kick left or right (crawl kick on the side)** Scoring & Timing
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.

c) **15m Eggbeat** (5m right side, 5m front, 5m left side, no arms). Scoring&Timing
Scores for timing and execution (body/shoulders position, height).
The result will be the avergae of the two scores.

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

Part 3 - Routine (30%)

Routine of 1'00" ± 10". Swimmers of the same club are allowed to swim the same Routine.

Category 3: J3 – Intermediates (max Test 3)

Part 1 - Figures (40%)

Optional group 2 + optional group 3 → **for Turicum**
2 Compulsory + one group will be drawn on 08.02.2027 → **for RZO Cup**

Group Type	Group Number	Figure Number	12&Under Figure Name	DD
Compulsory		140k	Flamingo Bent Knee Continuous Spin 360º	2.5
		423	Ariana	2.5
Optional	1	301h	Barracuda Spin Up 180°	2.4
		365	Lighthouse	2.6
	2	366	Windmill Spinning 180º	2.6
		227e	Swanita Spinning 360°	2.0
	3	355a	Porpoise Half Twist	2.2
		401	Swordfish	2.1

Part 2 - Swimming (25%)

a) **25m Swim under water**. Start with pushing off the wall.
100m medley without break = Timing
25m Dolphin
25m Backstroke
25m Breaststroke
25m Crawl

b) The athlete must perform a 15-meter combination consisting of eggbeater movements and a transition based on a given theme. Start in the water.

The combination must include:

- At least 5–7 meters of eggbeater movements, including kicks, followed by a transition. The eggbeater movements may be performed using one or both arms.

The transition must include a single, double ballet leg and may incorporate any combination of arm and leg movements.

<u>The athlete will draw a theme at random immediately before the start.</u>

Three Possible Themes:

1. Scorpion, Snake
2. Cat, Tiger
3. Bird, Butterfly

Judging criteria:

- Artistic impression and interpretation of the given theme.

Objectives:

- To develop athletes' ability to improvise and creatively interpret a given theme.
- To increase the variety of movements they can perform.
- To encourage creativity, musicality, and artistic expression in performance.

Part 3 - Acrobatic Floor (10%)

1. Starting position: Squat position.
2. Jump up, stretch your arms overhead.
3. Return to the starting position (squat position).
4. Backward roll.
5. Return to the starting position.
6. Arabesque (swallow) on one leg, extend your arms to the sides and hold the position for 10 seconds.



SEE THE APPENDIX I for all the details on the scoring system for Swimming.

Part 4 - Routine (25%)

Routine of 1'10" ± 10". 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 (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 breastroke kick) criteria
5 - swimmer executed 3 (2 for breastroke kick) any criteria
4 - swimmer executed 2 (1 for breastroke 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

125mt = 25underwater + 100 medley

Total Time	Score
≤ 2'19"	7.00
2'20" - 2'24"	6.75
2'25" - 2'29"	6.50
2'30" - 2'34"	6.25
2'35" - 2'39"	6.00
2'40" - 2'44"	5.75
2'45" - 2'49"	5.50
2'50" - 2'54"	5.25
2'55" - 2'59"	5.00
3'00" - 3'04"	4.75
3'05" - 3'09"	4.50
3'10" - 3'14"	4.25
3'15" - 3'19"	4.00
3'20" - 3'24"	3.75
3'25" - 3'29"	3.50
3'30" - 3'34"	3.25
> 3'35"	3.00

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

J5 EGGBEAT
Help with arms is allowed



J4 EGGBEAT
Isolated arms
Help with arms is NOT allowed



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

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					

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

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)						
Rithm 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)

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

Clearly extended body line in the air, with arms and legs fully stretched and an explosive take-off	6	5	4	3		1
Backward Roll: chin tucked, rounded back, hands placed next to the ears, elbows close together, and smooth roll.						
Extended body,arms,legs, leg horizontally at 90°,back positioned between 45° and vertical, stable balance						
Smooth and continuous execution of the element.						

6 - swimmer executed all 4 criteria

5 - swimmer executed 3 any criteria

4 - swimmer executed 2 any criteria

3 - swimmer executed 1 any criteria

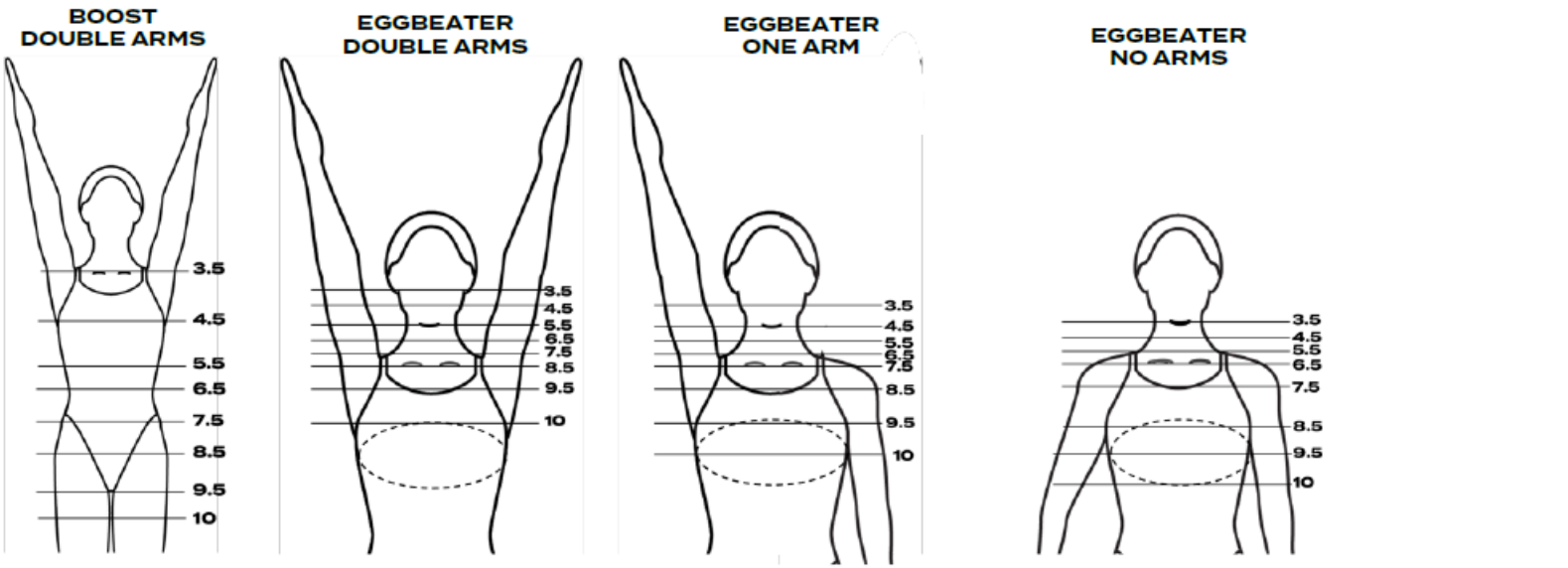
1 - swimmer somehow executed element

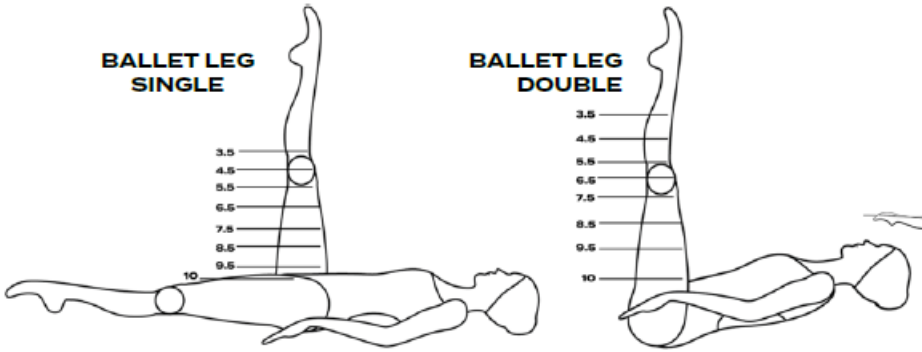
The exercise for the J3, Part 2, b, Artistic Impression Transition will be evaluated using the standard Artistic Impression scoring scale, in accordance with the World Aquatics table. Three scores will be awarded.

CONDENSED MARKING SCALE

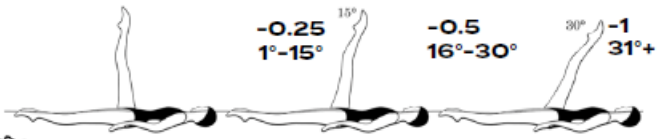
ARTISTIC IMPRESSION				9 - 10 excellent/ perfect/ **bonus**	8-8.75 very good/ **bonus**	7-7.75 good/ **standard**	6 – 6.75 competent/ **deduction**	5 – 5.75 satisfactory/ **deduction**	4 – 4.75 deficient/ **deduction**	3.0 weak/ **deduction/ limited skill set**
CHOREOGRAPHY & MUSICALITY	Choreography 66%	Variety 33%	**Overall**	captivating throughout	positive emotional effect	enjoyable but not throughout	predictable and ordinary	captivation lost	simple/very basic	elementary
			General	particular recognizable style extensive assortment	cohesive	balanced	some balance	monotonous/ limited variety	very simple content	basic
			Hybrids	all uniquely diverse	vast majority diverse	mostly diverse	some diversity/ some repetition	very similar	seemingly identical	basic
			Transitions	diverse/rich	effective blend	good blend/ mostly diverse/ balanced	some diversity/ some repetition	very similar	simple	no variety
			Acrobatics	'wow' effect + uniquely diverse	unique variety/ none look the same	mostly diverse	some diversity/ some repetition	very similar	seemingly identical	basic
			Patterns	unique/ frequently changing throughout	unique/ continuously changing	balanced variety	predictable	stagnant/ repetitive	similar/lack of variety	basic
		Creativity 33%	**General**	special/unique/ memorable	interesting throughout	engaging + standard	predictable/ordinary	common actions	lack of creativity	no structure
			Hybrids	"wow" moments	vast majority creative	mostly memorable	some repetitive	repetitive	deficient creativity	basic
			Transitions	seamless blend	many interesting	some interesting	intermittent innovation	limited variety	lack of creativity	basic/ same
			Acrobatics	"wow" effect	vast majority memorable	most memorable	some parts creative	limited	lack of creativity	minimal/ none
			Patterns	innovative/well placed	generally creative/ well placed	standard/some poor placement	some poor placement	extended time in 1 pattern	few and basic/ random placement	difficult to determine/ random
	Musicality 33%			perfectly captured/ oneness	strong match to music	generally, matches the music	some actions fit	a few actions fit	background	music ignored
PERFORMANCE 100%				total command/ outstanding	well accomplished 80%	achieved 70%	attempt 60%	some attempt 50%	majority inner focused 40%	inward focused/ no energy
TRANSITIONS	**OVERALL**			large complexity + accurate	vast majority complex and flawless	mostly complex/ may deteriorate	some complexity/deteriorates	limited/lacks fluidity	lacking/ resting/ no fluency	basic/struggling
	Execution 50% (Including Patterns)			excellent	very good	good	competent	satisfactory	deficient	weak
	Complexity 50% (Including Patterns)			effortless complexity throughout	vast majority complex	mostly complex	some complexity	limited	lack of complexity	extremely simple

BASIC POSITIONS HEIGHT CHART - TRANSITIONS





DEDUCTIONS



February 2026