ARTISTIC SWIMMING TEST 2 2027 – 2029

	100m SWIMMING	DESCRIPTION	GOAL/TEST	JUDGEMENT
1	• 10m underwater • 15m dolphin kick (on the stomach) • 25m backstroke • 25m breaststroke • 25m crawl	100m swim without stops, the whole distance should be swum efficiently and rhythmically. 10m distance will be marked under water. Style used is free. For underwater the whole body and head must be totally submerged. Penalty for incorrect underwater = -0.1 per judge.	swimming technique	Score for technique of EACH lap. The AVERAGE is considered for the final score.
	FLEXIBILITY	**DESCRIPTION**	**GOAL/TEST**	**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).	passive flexibility of hips	AVERAGE of the marks for each split.
3	**ARCH** and **SHOULDERS**	Measure **ARCH** and **SHOULDERS** as described in the "Description of Measuring Flexibility";	passive and active flexibility of back and shoulders	AVERAGE of the marks for each part.
	BASICS	**DESCRIPTION**	**GOAL/TEST**	**JUDGEMENT**
4	**Front Layout Position** *AQUA BP2* hold the position for 6 seconds + 6 seconds. **ROLLER** sculling	Body extended with head, upper back, buttocks, and heels at the surface of the water. Face in the water during the whole exercise + OPEN elbows during the roller sculling. No breathe is allowed after the start of the exercise. Travelling is allowed ONLY during the roller sculling part.	body position, extension, sculling technique	According to AQUA scores
5	**Front Pike Position** *AQUA BP10*; hold the position for 6 seconds	Body bent at hips to form a 90° angle. Legs extended and together. Trunk extended with the back straight and head in line. Take the position as free. Sculling is free (support scull under the tights or double arms above the head are allowed).	body position, extension	According to AQUA scores
6	10m headfirst sculling + 10m foot first sculling in **Back Layout Position**	Hands are close to the hips. The glide must be regular and quiet, arm movement must be correct. No stops allowed. Marking point at 10m, change from headfirst to foot first sculling without break.	sculling technique, body position, extension	According to AQUA scores
7	10m foot first sculling in **Back Layout Position** (Torpedo)	Foot first moving with the arms above the head. The glide must be regular and quiet, arm movement must be correct. No stops allowed. Marking point at 10m.	sculling technique, body position, extension	According to AQUA scores

	FIGURES	DESCRIPTION	GOAL/TEST	JUDGEMENT
8	**Back Layout Position → Bent Knee Back Layout Position → Back Layout Position**	Execute the figure without travelling. From 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 tight of the bent leg is perpendicular to the surface. The toe of the bent leg moves along the inside of the extended leg and a **Back Layout Position** is resumed.	body control, body position, extension	According to AQUA scores
9	*AQUA 311* – **Kip** From the beginning to the **Inverted Tuck Position**	Execute the figure without travelling. From a **Back Layout Position**, the knees and toes are drawn along the surface to assume a **Tuck Position**. With continuous motion the tuck becomes more compact as the body somersaults backward around a lateral axis until the shins are perpendicular to the surface to assume an **Inverted Tuck Position** *(AQUA BP9)*.	body control, body position, extension	According to AQUA scores
10	*BM 3* – **To assume a Front Pike Position**	From a **Front Layout Position** with 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.	body control, body position, extension	According to AQUA scores
11	**Split Position**	A Split Position (left or right leg in front is free) is held for 6 seconds. The entry into and exit from the position are free.	body control, body position, extension	According to AQUA scores
	ROUTINE WITH MUSIC	**DESCRIPTION**	**GOAL/TEST**	**JUDGEMENT**
12	See provided video and routine description details.	Technical elements: 1. **Propulsions**: eggbeater (1 arm up) + kick pull kick + flutter kick 2. **Kipnus** (rapid execution) + back somersault under water 3. **Bent Knee Back Layout combination.** 4. **Body Boost without arms**	propulsions and figures technique, rhythm with the music	According to AQUA: EXECUTION of technical elements + of the general impression