ARTISTIC SWIMMING TEST 3 2027 – 2029

	125m SWIMMING	DESCRIPTION	JUDGEMENT
1	• 25m underwater • 25m dolphin • 25m backstroke • 25m breaststroke • 25m crawl	125m swim without stops, the whole distance should be swum efficiently and rhythmically. 25m underwater: style used is free; the whole body and head must be totally submerged. Penalty for incorrect underwater (interruptions) = +5 seconds added to the total time.	Score attributed according to the Swimming Evaluation Scale for Test 3
	FLEXIBILITY	**DESCRIPTION**	**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).	AVERAGE of the marks for each split.
3	**ARCH** and **SHOULDERS**	Measure **ARCH** and **SHOULDERS** as described in the "Description of Measuring Flexibility";	AVERAGE of the marks for each part.
	COMPULSORY FIGURES AG 12&Y	**DESCRIPTION**	**JUDGEMENT**
4	*AQUA 140k* – **Flamingo Bent Knee Continuous Spin 360º** From the beginning of the figure to the **Bent Knee Vertical Position.**	A *Ballet Leg is assumed*. The shin of the horizontal leg is drawn along the surface of the water to assume a **Surface Flamingo Position**. With the ballet leg maintaining its vertical position the hips are lifted as the trunk unrolls while the bent leg moves to a **Bent Knee Vertical Position**.	According to AQUA scores
5	*AQUA 140k* – **Flamingo Bent Knee Continuous Spin 360º** From the **Bent Knee Vertical Position** to the end of the figure.	Starting from the **Bent Knee Vertical Position**. The bent leg is extended to **Vertical Position**. A *Continuous Spin 360°* is executed.	According to AQUA scores
6	*AQUA 423* – **Ariana** From the **Split Position** (including Ariana Rotation) to the end of the figure.	Starting from a **Split Position**. Maintaining the relative position of the legs to the surface of the water, the hips rotate 180°. A *Walkout Front* is executed.	According to AQUA scores
	OPTIONAL FIGURES AG 12&Y	**DESCRIPTION**	**JUDGEMENT**
7	*AQUA 301h* **– Barracuda Spin Up 180°** From the beginning of the figure to the Vertical Position at ankle level.	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. A *Thrust* is executed to a **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the *Thrust* to ankle level. A clear stop at ankle level is shown.	According to AQUA scores

8	*AQUA 365* – **Lighthouse** From the beginning of the figure to the first **Vertical Position.**	From a **Front Layout Position** a *Front Pike Position is assumed.* One leg is lifted to a **Fishtail Position.** The horizontal leg is lifted to join the vertical leg to assume **Vertical Position.**	According to AQUA scores
9	*AQUA 366* – **Windmill Spinning 180º** From the **Fishtail Position** to the **Knight Position.**	Starting from a **Fishtail Position**, maintaining the 90 ° angle between the legs, the horizontal leg moves to vertical as the vertical leg simultaneously moves to the surface of the water to assume a **Knight Position.**	According to AQUA scores
10	*AQUA 366* – **Windmill Spinning 180º** From the **Knight Position** to the end of the figure.	Starting from a **Knight Position**, the horizontal leg is lifted rapidly to join the vertical leg to assume **Vertical Position** as body rotates 180°. Continuing in the same direction a rapid descending *Spin 180°* is executed. A rapid *Vertical Descent* is executed.	According to AQUA scores
	ROUTINE WITH MUSIC	**DESCRIPTION**	**JUDGEMENT**
11	See provided video and routine description details.	Technical elements: 1. **Barracuda** 2. **Body Boost with arms** 3. **Hybrid legs 1** (Pike → Bent Knee Vertical → 180° spin with closing → Vertical Descent → Back somersault under water) 4. **Ballet Leg combination** 5. **Hybrid legs 2** (Tuck → Bent Knee Vertical exchanges with 180° rotation → Split Position + Walkout Front)	According to AQUA: EXECUTION of technical elements + of the general impression