ARTISTIC SWIMMING TEST 4 2027 – 2029

	150m SWIMMING	DESCRIPTION	JUDGEMENT
1	• 25m underwater • 25m dolphin • 25m backstroke • 25m breaststroke • 25m crawl • 25m underwater	150m 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 4
	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.
	BASICS	**DESCRIPTION**	**JUDGEMENT**
4	*AQUA BM 13 Spins* – **Combined Spin 360°**	Sarting in **Vertical Position** a rapid *Combined Spin 360°* is executed. A rapid *Vertical Descent* is executed.	According to AQUA scores
5	**Barracuda Spin 360°**	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 **Vertical Position.** A rapid *Spin 360°* is executed to the ankle level. A clear stop at ankle level is shown before the Vertical Descent.	According to AQUA scores

	PARTS OF FIGURES AG 13-15	DESCRIPTION	JUDGEMENT
6	*AQUA 130f* **– Flamingo Continuous Spin 720º** From the Surface Ballet Leg Position to the Vertical Position.	Starting from Surface Ballet Leg Position, the shin of the horizontal leg is drawn along the surface of the water to assume a **Surface Flamingo Position.** The bent leg is straightened to a **Surface Ballet Leg Double Position**. Maintaining the vertical position of the legs, the hips are lifted as the trunk is unrolled to **Vertical Position**.	According to AQUA scores
7	*AQUA 130f* **– Flamingo Continuous Spin 720º** From the Vertical Position until the end of the figure.	Starting from the **Vertical Position**, a *Continuous Spin 720°* is executed.	According to AQUA scores
8	*AQUA 407* –**Swordfish Straight Leg Ariana Rotation** From the beginning until the 3rd Split Position.	From a **Front Layout Position** the back arches more as one leg is lifted in a 180° arc over the surface of the water to a **Split Position**. Maintaining the relative position of the legs to the surface of the water an *Ariana Rotation* is performed.	According to AQUA scores
9	AQUA 369 - **Universe** From the beginning until **Fishtail Position.**	From a **Front Layout Position** a *Front Pike Position is assumed*. A rotation of 180° is executed as one leg is lifted to a **Fishtail Position**. As the vertical leg maintains its vertical line, the horizontal leg is rapidly lifted through an arc of 180° to assume a **Knight Position**. Maintaining the vertical alignment, the body rotates 180° to assume a **Fishtail Position**.	According to AQUA scores
10	*AQUA 370* – **Barracuda Airborne Split Catch Spinning 360º** From the beginning until *Catch* in **Vertical Position**	From a **Back Layout Position** the legs are raised to a 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**. Maintaining maximum height, the legs are split rapidly to assume an **Airborne Split Position**, followed by a *Catch* in the maximum sustained Vertical Position, which is held for 1 second.	According to AQUA scores
	ROUTINE WITH MUSIC	**DESCRIPTION**	**JUDGEMENT**
11	See provided video and routine description details.	Technical elements: 1. **Rocket Split** 2. **Hybrid legs 1** (Pike → Bent Knee Vertical → Fishtail Position → 180° twirl to close in Vertical Position → 360° Rapid Spin → Vertical Descent → Back somersault underwater) 3. **Ballet Leg combination** 4. **Hybrid legs 2** (Assume Nova Position → Close in Vertical Position → 360° rapid Spin → Vertical Descent → Back somersault underwater)	According to AQUA: EXECUTION of technical elements + of the general impression