swiss aquatics
artistic swimming
swiss olympic Member

ARTISTIC SWIMMING TEST 5 2027 – 2029

	250m SWIMMING	DESCRIPTION	JUDGEMENT
1	• 25m underwater • 50m dolphin • 50m backstroke • 50m breaststroke • 50m crawl • 25m underwater	250m swim without stops, the whole distance should be swum efficiently and rhythmically 25m underwater: style used is free; the whole body and head have to be totally submerged. Penalty for incorrect underwater (interruptions) = +5 seconds added to the total time.	Score attribuited according to the Swimming Evaluation Scale for Test 5
	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	**Thrust Spin 360°**	From a **Submerged Back Pike Position**, with the legs perpendicular to the surface of the water, a *Thrust* is executed to a **Vertical Position**. A rapid *Spin 360°* is executed. A rapid *Vertical Descent* is executed.	According to AQUA scores
5	**Fouetté 360° Rotation**	From a **Fishtail Position** two descending *Fouetté Rotations* (360°) are executed, followed by two ascending *Fouetté Rotations* (360°). The final **Fishtail Position** is held.	According to AQUA scores

	TEAM + DUET REQUIRED ELEMENTS	DESCRIPTION	JUDGEMENT
6	*AQUA* **OPEN TEAM ELEMENT 2B - Cyclone Half Twist**	From a **Back Layout Position** a *Bent Knee Surface Arch* is assumed. The legs are simultaneously lifted to a **Vertical Position** as a 180° rotation is executed. Continuing in the same direction, a *Half Twist* is executed. The legs are lowered simultaneously to **a Bent Knee Surface Arch Position** as a 180° rotation is executed. The bent leg straightens to the **Surface Arch Position** and with continuous motion an *Arch to Back Layout Position* is executed.	According to AQUA scores
7	*AQUA* **OPEN TEAM ELEMENT 4B - Rocket Split Spin 180°**	From a **Submerged Back Pike Position**, with the legs perpendicular to 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**. Without a pause the legs are symmetrically lifted to join to **Vertical Position**. A rapid *Spin 180°* is executed followed by a *Vertic al Descent* at the same tempo as the *Thrust.*	According to AQUA scores
8	*AQUA* **OPEN TEAM ELEMENT 5B Elaris Pattern Change Combined Spin 360°**	Maintaining height in a **Bent Knee Vertical Position**, a clear travelling (at least 1 meter) on lateral side (right or left is optional) is executed. Leg is extended to **Vertical Position**. A rapid *Combined Spin 360°* is executed. Without a pause, the hips rotate 90° as one leg is rapidly lowered to a **Knight Position**. The vertical leg is then lowered to a **Surface Arch Position** and with continuous motion an *Arch to Back Layout Position* is executed.	According to AQUA scores
9	*AQUA* **WOMEN DUET TRE 5B Mercury Continuous Spin 360°**	From a **Front Pike Position** the legs are lifted to a **Vertical Position**. The legs are split rapidly to assume a **Split Position**. The back leg is rapidly lifted to vertical as the front leg bends to assume a **Bent Knee Vertical Position** as a rotation of 180° is executed. Continuing in the same direction, a *Continuous Spin 360°* is executed as the bent knee is extended to a **Vertical Position** completed as the ankles reach the surface of the water and continues through submergence.	According to AQUA scores
	ROUTINE WITH MUSIC	**DESCRIPTION**	**JUDGEMENT**
10	See provided video and routine desciption details.	Technical elements: 1. **Body Boost double arms** 2. **AQUA Open Tech Team 3A** (Thrust Spin 360°) 3. **Hybrid** (A9, RU1, F7, F5a, F6c, A3a, RC1, S1) 4. **AQUA Open Tech Team 1B** (Fouetté 360° Helicopter) 5. **AQUA Open Tech Team 2B** (Cyclone Half Twist)	According to AQUA: EXECUTION of technical elements + of the general impression