

Swiss Synchro Test 5

	300m Swimming	Description	Judgement
1	25m underwater	300m swim without stop, the whole distance should be swum efficiently and rhythmically	measuring time
	75m Crawl		score according to
	Repeat the whole series three times	underwater: body and head totally submerged, style used optional	marking scale for swimming
		penalty 5 sec for incorrect underwater (start/break) and incorrect style	
	Flexibility	Description	Judgement
2	passive flexibility, split right, left and side on land	measure each split in cm like described in the "description of measuring flexibility", for oversplits use boards (3cm). Result = Mean of the marks for each split, calculated with provided excel file	use marking scale for splits
	Elements	Description	Judgement
3	<i>FINA</i> Technical Element #4 of the Junior Team Routine	Manta Ray Hybrid: A Flamingo is executed to a Surface Flamingo Position , travelling head first. With the ballet leg maintaining its vertical position, the hips are lifted as the trunk unrolls while the bent leg moves with the knee at the surface to assume a Fishtail Position . The horizontal leg is lifted rapidly to a Vertical Position , with the horizontal leg leading toward the vertical leg, as the body rotates 180°. The legs are lowered rapidly simultaneously to a Bent Knee Surface Arch Position . The bent knee is straightened to a Surface Arch Position and with continuous motion, an <i>Arch to Back Layout Finish Action</i> is executed.	according to FINA: control and execution
4	<i>FINA</i> Technical Element #1 of the Junior Duet Routine	Starting in Vertical Position , a <i>Full Twist</i> is executed as one leg is lowered to a Bent Knee Vertical Position . Continuing in the same direction an additional <i>Full Twist</i> is completed, as the bent knee is extended to a Vertical Position . Followed by a <i>Continuous Spin 720°</i> .	according to FINA: control and execution
5	<i>FINA</i> Technical Element #5 of the Junior Duet Routine	Starting in a Submerged Back Pike Position with the legs perpendicular to the surface, a Flying Fishtail is executed.	according to FINA: control and execution

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Compulsory Figures Juniors		Description	Judgement
6	<i>FINA 308i</i> Barracuda Airborne Split Spin Up 360°	A Barracuda Airborne Split is executed to a re-joined Vertical Position . A <i>Vertical Descent</i> is executed at the same tempo as the Thrust to ankle level. A <i>360° Ascending Spin</i> is executed. A <i>Vertical Descent</i> is executed at the same tempo as the Thrust.	according to FINA: control and execution
7	<i>FINA 355g</i>) Porpoise Twist Spin	A Porpoise is executed to Vertical Position . A <i>Twist Spin</i> is executed: a <i>Half Twist</i> is executed and without a pause is followed by a <i>Continuous Spin of 720°</i> .	according to FINA: control and execution
Parts of Optional Figures Juniors and Seniors		Description	Judgement
8	<i>FINA 154 j-2</i> London Combined Spin 720° (From the beginning of the figure to Vertical Position)	A <i>Ballet Leg</i> is assumed followed by a partial Somersault Back Tuck, as both legs are drawn into a Tuck Position , until the shins are perpendicular to the surface. The trunk unrolls as the legs are straightened to assume a Vertical Position midway between the former vertical line through the hips and the former vertical line through the head and the shins.	according to FINA: control and execution
9	<i>FINA 364</i> - Whirlwind (From Fishtail Position to Fishtail Position)	Maintaining a Fishtail Position , with the horizontal leg leading toward the vertical leg, two rapid rotations are executed.	according to FINA: control and execution
10	<i>FINA 343</i> - Butterfly (From Fishtail Position to Fishtail Position)	Starting in Fishtail Position , the horizontal leg is rapidly lifted through an arc of 180° as the vertical leg is lowered to assume a Split Position , without hesitating a hip rotation of 180° is executed as the front leg is raised to assume a Fishtail Position .	according to FINA: control and execution
11	<i>FINA 320</i> - Kipswirl Split Closing 180° (From the beginning of the figure to the Vertical Position)	From a Back Layout Position , a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface of the water. As the trunk unrolls and the legs are straightened a 360° rotation is executed to assume a Vertical Position .	according to FINA: control and execution

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12	FINA 440 Ipanema (From the Vertical Position to the Vertical Position)	Starting in a Vertical Position , the legs are lowered to a Front Pike Position. A rapid 180° rotation is executed as the legs lift to a Vertical Position .	according to FINA: control and execution
Routine Set with music			Judgement
13	See provided video and routine description text document NEWS: elements 2, 3 and 4	<p>Technical elements:</p> <ol style="list-style-type: none"> 1. Double arm body boost 2. FINA Technical Element #3 of the Junior Team Routine: A Cyclone is executed to a Vertical Position, the legs are symmetrically lowered to a Split Position. A Walkover Front is executed. 3. Starting in a Front Pike Position, the legs are lifted to a Vertical Position. A Twist Spin 720° is executed. 4. FINA Technical Element #1 of the Junior Team Routine: Starting in a Submerged Back Pike Position with the legs perpendicular to the surface, a Thrust is executed to a Vertical Position and with no loss of height one leg is lowered to a Bend Knee Vertical Position. A rapid 180° spin is executed as the bent knee is extended to a Vertical Position. All movements are executed rapidly. 5. Ballet leg sequence 	according to FINA Technical Merit