

## Swiss Synchro Test 6

400m Swimming		
400m Swimming	Description	Judgement
1	25m underwater	400m swim without stop, the whole distance should be swum efficiently and rhythmically
	75m Crawl	measuring time
	<b>Repeat whole series four times</b>	score according to marking scale for swimming
	underwater: body and head totally submerged, style used optional	
	penalty 5 sec for incorrect underwater (start/break) and incorrect style	
Flexibility		
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		
Elements	Description	Judgement
3	FINA Technical Element #1 of the Elite Team Routine	Starting in a <b>Submerged Back Pike Position</b> with the legs perpendicular to the surface, a Thrust is executed to a <b>Vertical Position</b> and with no loss of height one leg is lowered to a <b>Bent Knee Vertical Position</b> . A rapid <i>360° Spin</i> is executed as the bent knee is extended to a <b>Vertical Position</b> .
		according to FINA: control and execution
4	FINA Technical Element #2 of the Elite Team Routine	From a <b>Vertical Position</b> , a <i>Full Twist</i> is executed, followed by a <i>Continuous Spin 1440°</i> .
		according to FINA: control and execution
5	FINA Technical Element #3 of the Elite Team Routine	A Cyclone is executed to a <b>Vertical Position</b> , the legs are symmetrically lowered to a <b>Split Position</b> . A <i>Walkout Front</i> is executed.
		according to FINA: control and execution

## Swiss Synchro Test 6

<b>6</b>	FINA Technical Element #4 of the Elite Team Routine	Manta Ray Hybrid: A Flamingo is executed to a <b>Surface Flamingo Position</b> , 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 <b>Fishtail Position</b> . The horizontal leg is lifted rapidly to a <b>Vertical Position</b> , with the horizontal leg leading toward the vertical leg, as the body rotates 180°. The legs are lowered rapidly simultaneously to a <b>Bent Knee Surface Arch Position</b> . The bent knee is straightened to a <b>Surface Arch Position</b> and with continuous motion, an <i>Arch to Back Layout Finish Action</i> is executed.	according to FINA: control and execution
<b>7</b>	FINA Technical Element #5 of the Elite Team Routine	From a <b>Submerged Back Pike Position</b> , with the legs perpendicular to the surface, a Barracuda Airborne Split is executed.	according to FINA: control and execution
<b>8</b>	FINA Technical Element #2 of the Elite Duet Routine	From a <b>Back Layout Position</b> a straight leg is lifted to a <b>Ballet Leg Position</b> . The shin of the horizontal leg is drawn along the surface to assume a <b>Surface Flamingo Position</b> . The bent knee is straightened to a <b>Surface Ballet Leg Double Position</b> . Maintaining the legs vertical, the body submerges to a <b>Submerged Back Pike Position</b> until the feet are just below the surface. Executing a 360° rotation the body rises to the surface simultaneously lowering one leg with the foot at the surface to assume a <b>Surface Flamingo Position</b> . The horizontal leg is straightened to a <b>Ballet Leg Position</b> . The vertical is lowered straight to a <b>Back Layout Position</b> . Head first travel is allowed during the Ballet Leg sequence.	according to FINA: control and execution
<b>9</b>	FINA Technical Element #3 of the Elite Duet Routine	Starting and maintaining a <b>Fishtail Position</b> , with the horizontal leg leading toward the vertical leg, 2 rapid rotations (720°) are executed. Continuing in the same direction and same speed, a rapid Full Twist is executed as the horizontal leg is lifted to a Vertical Position. A Continuous Spin 720° is executed.	according to FINA: control and execution

## Swiss Synchro Test 6

	Routine Set with music	Description	Judgement
10	Routine set of the <b>Test 5</b> with 2 changes: elements 3 and 4	Technical elements: 1. Double arm body boost 2. FINA Technical Element #3 of the Junior Team Routine: A Cyclone is executed to a <b>Vertical Position</b> , the legs are symmetrically lowered to a <b>Split Position</b> . A Walkover Front is executed. 3. Starting in a Front Pike Position, the legs are lifted to a <b>Vertical Position</b> . A Twist <b>Spin 1440°</b> is executed. 4. FINA Technical Element #2 of the Elite Duet Routine: Starting in a Submerged Back Pike Position with the legs perpendicular to the surface, a <b>Flying Fishtail</b> is executed. 5. Ballet leg sequence	according to FINA Technical Merit