

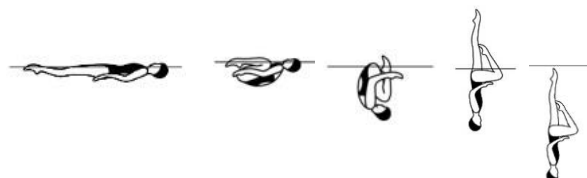
### III Estonian Open Competition in Artistic Swimming and Water Polo AQUAKIDS 2023

#### Rules for the Beginners Technical Solo Competition. Artistic Swimming.

##### TECHNICAL ELEMENTS

The competitor must complete 4 mandatory elements in a certain order while performing a technical solo program in the swimming pool.

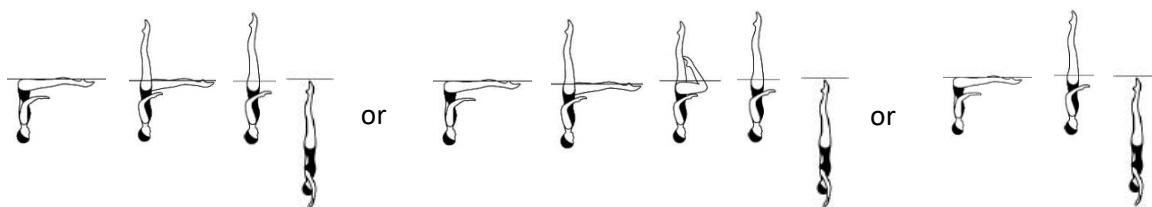
##### 1. 316. Kipnus (DD 1.4)



Mandatory: 3-5 second fixation of the Bent Knee Vertical Position.

From a Back Layout Position the knees, shins and toes are drawn along the surface of the water to assume a Tuck Position. With continuous motion the tuck becomes more compact and a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface of the water. The trunk unrolls as the legs assume a Bent Knee Vertical Position midway between the former vertical line through the hips and the former vertical line through the head and the shins. A Vertical Descent is executed in a Bent Knee Vertical Position.

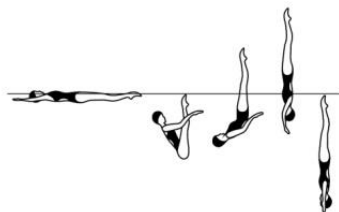
##### 2. From Front Pike Position to Vertical Position (DD 1.8)



Mandatory: Perform the maximum height of Vertical Position for 2-3 seconds.

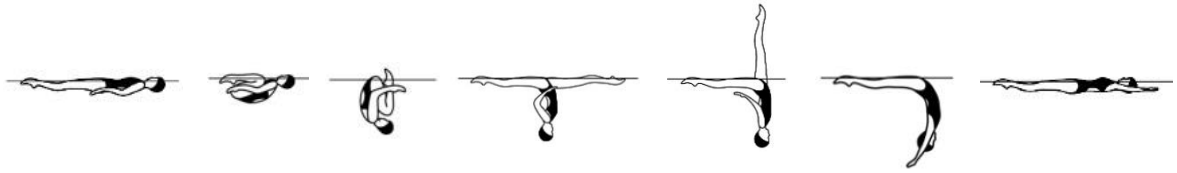
From the Front Pike Position, the athlete must raise the legs to the Vertical Position (examples above, or similar), hold the maximum height of Vertical Position, and then perform a Vertical Descent..

##### 3. 301. Barracuda (DD 1.8)



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.

#### 4. Split (DD 1.6)



Mandatory: Perform the split position (fixing the position for 3-5 seconds).

Swimmer start element with swimming feet forward. Through the Tuck Position swimmer does a Split Position. After that forward leg will return to the back leg to Surface Arch Position through the Knight Position.

#### JUDGING

The performance of the elements is evaluated by the judges according to the principles of evaluation of technical routines: the height of the performance, the pace of performance, etc. The artistic impression is also evaluated.

It is allowed to use competitive swimsuits, make-up and hairstyles in accordance with the rules of World Aquatics/FINA.

The participant must provide the music to the organizers according to the deadlines specified in the main invitation. The duration of the music is 1:30 minute. Name of file: BEG\_Tech.Solo\_Name.mp3

Routines are evaluated by 10 judges: 5 (five) judges for technical elements (all five judges evaluate all four elements) and 5 (five) judges for artistic impression (evaluate the execution and impression of the whole routine).