

**5th International Competition in Artistic Swimming**  
**Wrocław, Poland**  
**28.02-2.03.2025**

**GNOMES**  
**WROCLAW 2025**



**ORGANIZER:**

- **UKS PŁYWANIE ARTYSTYCZNE TRZEBNICA**
- **KS PŁYWANIE ARTYSTYCZNE WROCLAW**



**Beginners, 12U, 15U, Junior**

*Dear Synchro Friends,*

**UKS PŁYWANIE ARTYSTYCZNE TRZEBNICA and KS PŁYWANIE ARTYSTYCZNE WROCŁAW** has a pleasure to invite you to participate in artistic swimming competition:

## **5 th Artistic swimming “Gnomes 2025”**

**Date: 28.02-2.03.2025**

**Referee: Monika Szcześniak  
Results: Ondřej Cibulka  
Evaluator: Marlon Falcon  
Technical support: Piotr Rogósz**

**Place:** Orbita Swimming Pool (Pływalnia ORBITA - WCT Spartan) str. Wejherowska 34, 54-239 Wrocław  
25 m indoor pool (deep 2,5 m)

### **Deadlines:**

**Preliminary entry-** 20.01.2025  
(GNOMESWROCLAW@GMAIL.COM)

**Coach cards-** 15.02.2025  
(GNOMESWROCLAW@GMAIL.COM )

**Final entry-** 15.02.2025  
(GNOMESWROCLAW@GMAIL.COM)

**Judges:** Each club shall nominate 1 judge per 8 swimmers and 1 technical controller

**Draw Figures:** 25.02.2025

**Start List:** 26.02.2025

**Start lists, section of figures and results will be sent to your e-mail and google drive:**

<https://drive.google.com/drive/folders/1K-AVCfKSLbeBqPdEqRPqaDVTuqusFlzq?usp=sharing>

## Entry Fees:

195 PLN or 45 EUR 1 swimmer,  
170 PLN or 40 EUR, 1 swimmer (start only figures 12u and 15u).  
150 PLN or 35 EUR 1 swimmer (start only figures Beginners)

If a swimmer will start in two different categories (for example: 12u and 15u, then double payment is required).

Invoicing will be done based on entries final.

## Rules:

The competition is governed by World Aquatics rules 2022 – 2025, version that will be valid from 1.1.2025

**Age group 1- Beginners Gnomes A** (2013 -2015) only figures

**Age group 2- Beginners Gnomes B** (2016 and under) only figures

**Age group 3- 12 and under** (2013 and under) - figures (2022-2025), 2 free solo, 2 free duet, 2 free duet mixed, 1 free team, 1 free combination

Free routines – time limits:

Solo 2:00 min  $\pm$  5 sec/ Duet 2:30 min  $\pm$  5 sec/ Mixed duet 2:30 min  $\pm$  5 sec/  
Team 3:00 min  $\pm$  5 sec / Free combination 3:00 min  $\pm$  5 sec

**Age group 4- 15 and under** (2010 and under) - figures (all swimmers will do 2 figures 2022-2025), 2 free solo, 2 free duet, 2 free duet mixed, 1 free team, 1 free combination

Free routines – time limits:

Solo 2:00 min  $\pm$  5 sec/ Duet 2:30 min  $\pm$  5 sec/ Mixed duet 2:30 min  $\pm$  5 sec/  
Team 3:00 min  $\pm$  5 sec / Free combination 3:00 min  $\pm$  5 sec

**Age group 5- Junior** ( F-2010- 2006, M-2010- 2005) - 2 free solo, 2 technical solo, 2 free duet, 2 technical duet, 2 free duet mixed, 2 technical duet mixed, 1 free team, 1 technical team, 1 acrobatic routine

Free routines – time limits:

Solo 2:15 min  $\pm$  5 sec /Duet 2:45 min  $\pm$  5 sec / Mixed duet 2:45 min  $\pm$  5 sec /  
Team 3:30 min  $\pm$  5 sec/Acrobatic routines 3:00  $\pm$  5 sec

Technical routines – time limits:

Solo 2:00 min  $\pm$  5 sec /Duet 2:20 min  $\pm$  5 sec / Mixed duet 2:20 min  $\pm$  5 sec /  
Team 2:50 min  $\pm$  5 sec

## Results:

**Gnomes A/B**– Figures 100%

**12U**- The final results are the sum of the figures and free routines, free combination 100%

*There is no final*

**15U**- The final results are the sum of the figures and free routines, free combination -100%

*There is no final*

**Junior**- free solo- 100%, free duet- 100%, free duet mixed- 100%, free team 100%, acrobatic routine-100%, tech. solo -100%, tech. duet- 100%, tech. duet mixed -100%, tech. team- 100%

*There is no final*

## Judging:

WAQ 2022-2025

## Coach cards:

Send the coach card for each routine separately.

To email: **GNOMESWROCLAW@GMAIL.COM** , by 15.02.2025 with the title **CC\_country\_club\_category\_discipline\_surname** (Example: CC\_POL\_UKT\_YOUTH\_FREE DUET\_Kasprzyk\_Kasprzyk)

## Music:

Please, send us the music of your athletes as mp3 file to:  
**GNOMESWROCLAW@GMAIL.COM**  
**not later 15.02.2025**

Please mark every music file with the following information:

**Country\_Club/\_Category\_Routine (Solo (SF/ST), Duet (DF/DT), Mixed Duet (DMF/DMT), Team Free/Team Tech and/or Combo/or Acro) , Name(s) of the swimmer(s). Example: POL\_UKT\_YOUTH\_FREEDUET\_Kasprzyk\_Kasprzyk**

## Awards:

Medals and certificates will be awarded for 1st – 3 rd places in all routine and figures events in both age groups. Diplomas and gifts for all participants.

### Schedule- (can be changed by the organizer)

The final schedule including split of disciplines to each day will be announced after preliminary and final entries.

#### **28.02.25 Friday**

Figures 12U

Figures 15U

Technical Routines junior

#### **1.03.2025 Saturday**

Gnomes A Figures

Gnomes B Figures

Opening ceremony

Solo Free 12U, 15U, junior

Team Free 12U, 15U, junior

#### **2.03.2025 Sunday**

Duet, Duet Mix 12U, 15U, Junior

Acro junior

Free Combination 12U, 15U

#### **Accommodation (offer):**

Hotel Orbita, str. Wejherowska 34, 54-239 Wrocław

Haston City Hotel, str. Irysowa 1/3, 51-117 Wrocław

Boutique Hotel's Wrocław, str. Kwiska 1/3, 54-210 Wrocław

#### **Information e-mail:**

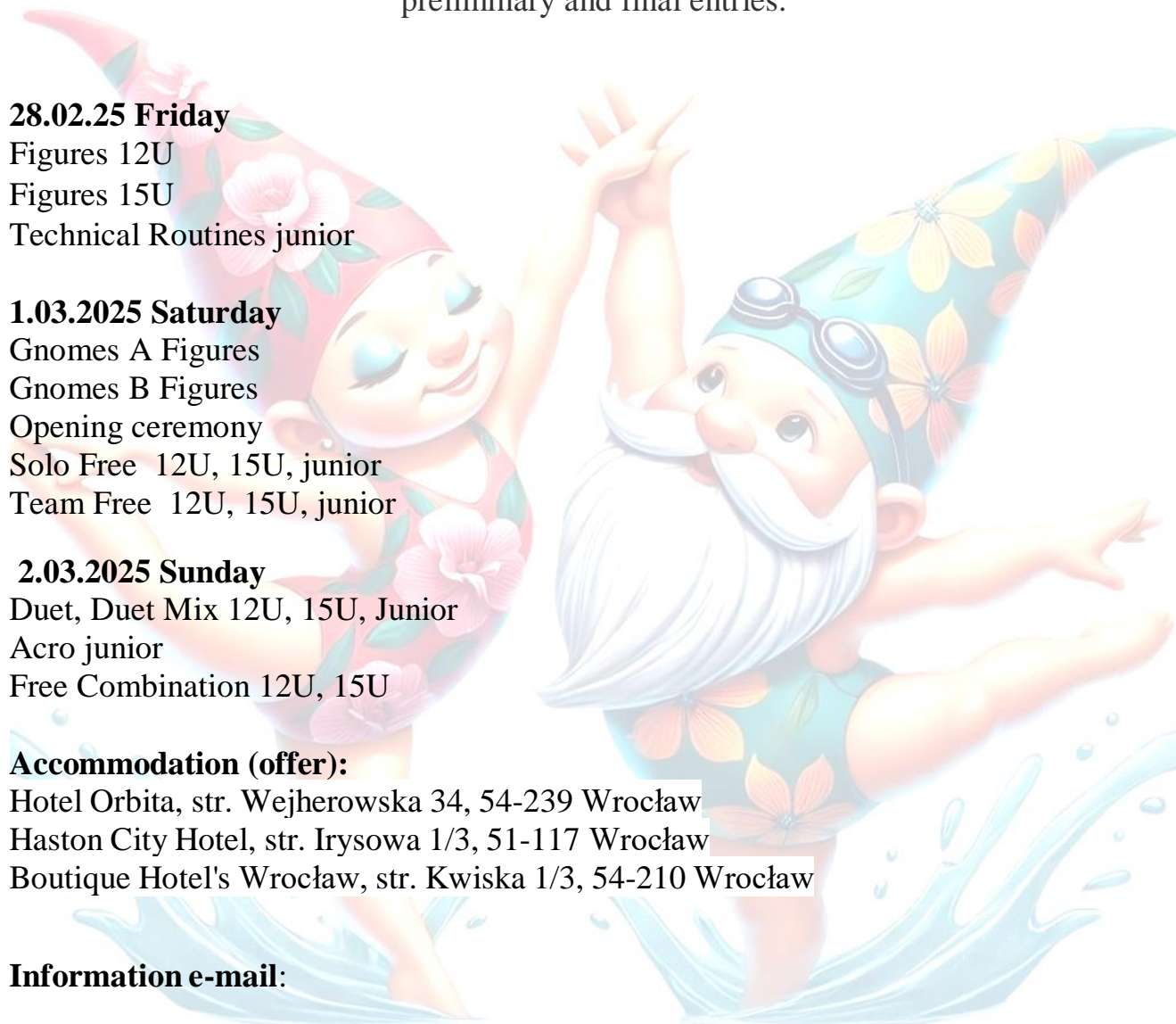
**GNOMESWROCLAW@GMAIL.COM** ,

tel. +48 516 358 031

*Best regards,*

*Team*

*KS PŁYWANIE ARTYSTYCZNE WROCLAW  
UKS PŁYWANIE ARTYSTYCZNE TRZEBNICA*



## Age group 1- Gnomes A (2013-2015)

### **Back Layout Position to Bent Knee Back Layout Position**

1,4

Begin in a **Back Layout Position**. One leg remains at the surface of the water throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a **Bent Knee Back Layout Position**. A rapid exchange of the legs is performed to assume a **Bent Knee Back Layout Position**



of the other leg. The toe moves along the inside of the extended leg until a **Back Layout Position** is assumed.

### **Somersault Back Tuck**

1,1

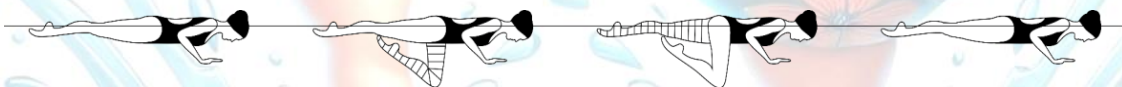
From a **Back Layout Position**, the knees, shins and toes are drawn along the surface of the water to assume a **Tuck Position**. With continuous motion, the tuck becomes more compact as the body somersaults backward around the lateral axis for one complete revolution. A **Back Layout Position** is resumed.



### **Front Layout Position to Bent Knee Front Layout Position**

1,1

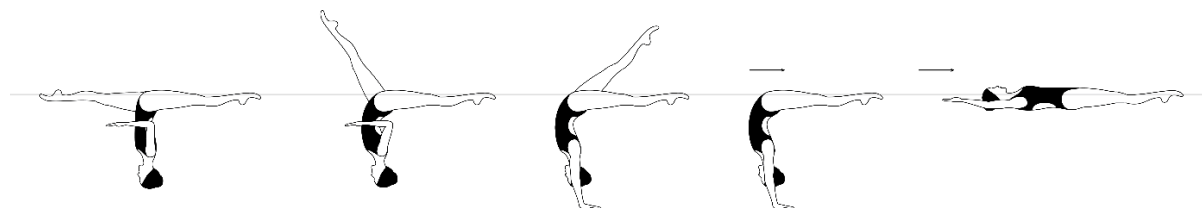
From a **Front Layout Position**, a **Bent Knee Front Layout Position** is assumed. A rapid exchange of the legs is performed to assume a **Bent Knee Front Layout Position** of the other leg. A **Front Layout Position** is assumed. Face is in the water throughout.



### **Walkout Front**

1,4

These movements start in a **Surface Split Position**. The front leg is lifted in a 180° arc over the surface of the water to meet the opposite leg in a **Surface Arch Position** and with continuous movement an *Arch to Back Layout Finish Action* is executed.



## Age group 2-Gnomes B (2016 under)

### **Back Layout Position**

**1,0**

Body extended with face, chest, thighs, and feet at the surface of the water. Head (ears specifically), hips and ankles in horizontal alignment.



### **Front Layout Position**

**1,0**

Body extended with head, upper back, buttocks, and heels at the surface of the water. Face is in the water.



### **Surface Split Position**

**1,0**

Legs evenly split forward and back. The legs are parallel to the surface of the water. Lower back arched, with hips, shoulders, and head on a vertical line. 180° angle between the extended legs (flat split), with inside of each leg aligned on opposite sides of a horizontal line, regardless of the height of the hips. Legs are dry at the surface of the water.

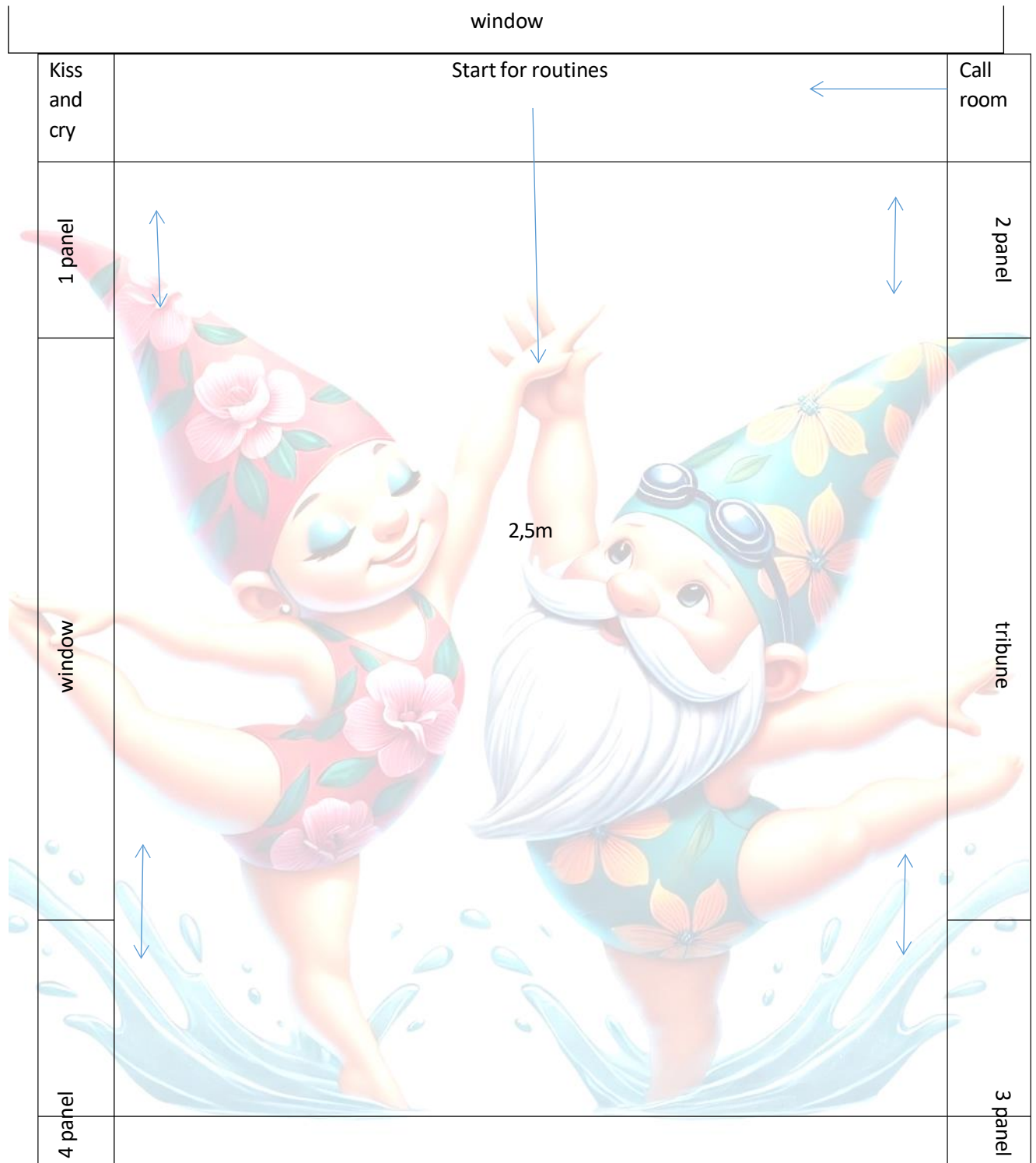


### **Back Layout Position to Tuck Position**

**1,0**

From a **Back Layout Position**, the knees, shins, and toes are drawn along the surface of the water to assume a **Tuck Position**.







## **INFO**

### **Judges and TCs:**

Please make sure you bring your own black trousers or skirts below the knees and black shoes. You will be provided with 1 t-shirt

### **Keys:**

We will require 100 PLN/25EUR deposit per club.

