

# Christmas Star

## *Peter Pošvanc memorial*

December 7<sup>th</sup> 2024, Bratislava, Slovakia

FIGURES & ELEMENTS

Beginners

Age Group 12 & under

Age Group 15 & under

Juniors

Seniors



SLOVENSKÁ  
PLAVECKÁ FEDERÁCIA  
SLOVAK SWIMMING FEDERATION

# INVITATION

## CHRISTMAS STAR

### PETER POŠVANC MEMORIAL

- DATE** ————— December 7<sup>th</sup> 2024
- LOCATION** ————— 25m indoor pool Stavebná fakulta STU, Radlinského 2766/11, 810 05 Bratislava
- EVENT CONTACT** ————— Mirka Bartalošová, email: [bartalosova@swimmsvk.sk](mailto:bartalosova@swimmsvk.sk)  
+421 907 111 285  
[www.swimmsvk.sk](http://www.swimmsvk.sk)
- ORGANISATOR** ————— Slovak Swimming Federation
- OFFICIALS** ————— Referee – Júlia Bachárová  
Chief Recorder – Zuzana Žáková  
Director – Veronika Strapeková
- KEY DATES** ————— Preliminary Entry Form: 15.11.2024  
Final Entry Form: 01.12.2024  
Withdrawals: 05.12.2024 09:00 via email: [bartalosova@swimmsvk.sk](mailto:bartalosova@swimmsvk.sk)  
Start List Draw: 07.12.2024
- ENTRY FEE** ————— **20EUR/per competitor per each entry**, the payment of the entry fee must be done via bank transfer upon receiving the invoice from Slovak Swimming Federation. The invoice will be issued based on the number of entries after withdrawals on December 5<sup>th</sup>, 2024. Each Club/Federation must provide proof of payment of the entry fee no later than during the presentation. Cash won't be accepted.  
All competitors from Slovakia must have a valid registration with the Slovak Swimming Federation.
- RULES** ————— Competiton will be ruled according to the current AQUA rules, Sovak Swimming Federation rules and rules described in this invitation.
- JUDGES** ————— Each participating Club or Federation is required to provide at its own expense one qualified judge per 5 competitors.

# INVITATION

## CHRISTMAS STAR

### PETER POŠVANC MEMORIAL

#### EVENTS

#### FIGURES

##### **Beginners – L1 – 2012 and younger**

Competitors who have not yet scored 50 points in Level 1 or have not yet started in Level 2.

##### **Beginners – L2 – 2012 and younger**

Competitors who have not yet scored 50 points in Level 2 or have not yet started in Level 3.

##### **Beginners – L3 – 2009 and younger**

Competitors who have not yet scored 50 points in AQUA Figures.  
Figures L1–L3 2022–2025 (please see attached document).

##### **Age Group 12 & under – 2012 and younger**

Figures AQUA 2022–20255:

106 Straight Ballet Leg DD 1.6

301 Barracuda DD 1.8

Group 3

311 Kip 1.6

227d Swanita Spinning 180° 1.9

##### **Age Group 15 & under – 2009 and younger**

Figures AQUA 2022–2025 – Section C, Group 6:

440d Ipanema Spinning 180° 3.1

154f London Continuous Spin 720° 2.4

#### TECHNICAL ELEMENTS

##### **Juniors – female 2005 and younger, male 2004 and younger**

AQUA Team Required Elements 2022–2025:

1B – Flying Fish Hybrid DD 2.3

2B – Vertical–Half Twist to Bent Knee–Half Twist to Vertical–Split–Walkout DD 2.3

3B – Two Fouetté Rotations–Vertical–Spinning 360° DD 2.3

4 – Butterfly Hybrid DD 2.9

5B – Rocket Split Bent Knee Hybrid DD 2.1

##### **Seniors – 2010 and older**

AQUA Team Required Elements 2022–2025:

1A – Flying Fish Hybrid Spinning 180° DD 2.5

2A – Vertical–Full Twist to Bent Knee–Full Twist to Vertical–Open 180° –Walkout DD 2.6

3A – Two Fouetté Rotations–Vertical–Continuous Spin 720° DD 2.6

4 – Butterfly Hybrid DD 2.9

5A – Rocket Split Bent Knee Twirl Hybrid DD 2.4

# INVITATION CHRISTMAS STAR PETER POŠVANC MEMORIAL

Competition flow of the technical elements events: competitor will compete in all elements at once in the order listed above. Between each element there will be 15 seconds break. Each start of the element will be announced by the panel assistant.

Competitors can compete in more age group categories.

## AWARDS

Beginners – medals will be awarded for the 1<sup>st</sup>, 2<sup>nd</sup> and the 3<sup>rd</sup> place in each category. L1 and L2 – each figure will be awarded separately. The organizer reserves the right to determine the awards to the competitors in categories L1-L3, on the basis of their year of birth and the number of entries in each category.

Age Group 12 & under, 15 & under, Juniors and Seniors – medals will be awarded for the 1<sup>st</sup>, 2<sup>nd</sup> and the 3<sup>rd</sup> place in each category.

## ONLY FOR SLOVAK COMPETITORS – SLOVENSKÝ POHÁR MLADŠÍCH ŽIAKOV

Slovenský pohár je päťkolovou súťažou jednotlivcov v povinných figúrach kategórií MŽ (ročníky narodenia 2012 a ml.):

Do celkového hodnotenia sa započítava súčet troch najlepších výkonov športovca v povinných figúrach z jednotlivých kôl. Vyhodnotenie výsledkov Slovenského pohára žiakov 2024 sa uskutoční po ukončení 5. kola – Christmas Star 07.12.2024. 1., 2. a 3. miesto v celkovom hodnotení bude ocenené pohárom a diplomom, 4., 5. a 6. miesto v celkovom hodnotení bude ocenené diplomom.

## LEVEL 1

### LEVEL 1

#### **BP 1 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.



#### **BP 2 Front Layout Position**

**1,0**

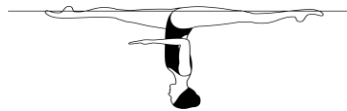
Body extended with head, upper back, buttocks, and heels at the surface of the water. Face is in the water.



#### **BP 16 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**.



## LEVEL 2

### LEVEL 2

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

1,4

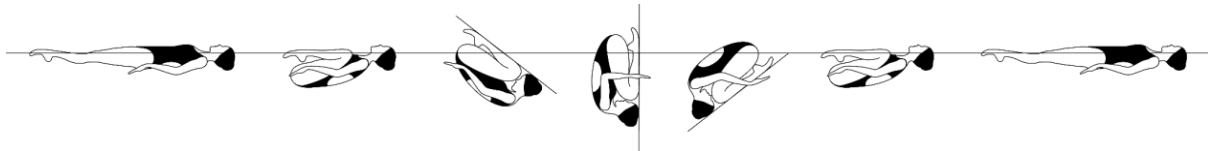
Begin in a **Back Layout Position**. One leg remains at the surface of the water throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a **Bent Knee Back Layout Position**. A rapid exchange of the legs is performed to assume a **Bent Knee Back Layout Position**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

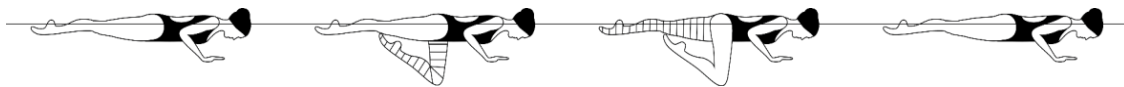
From a **Back Layout Position**, the knees, shins and toes are drawn along the surface of the water to assume a **Tuck Position**. With continuous motion, the tuck becomes more compact as the body somersaults backward around the lateral axis for one complete revolution. A **Back Layout Position** is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



#### **BM 6 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.



## LEVEL 3

### LEVEL 3

#### 101 Ballet Leg Single

1,6

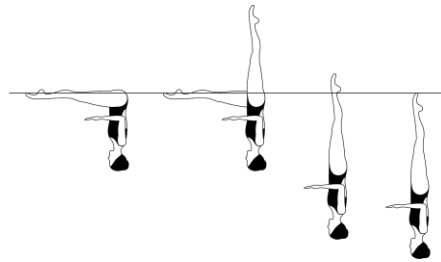
A *Ballet Leg* is assumed. The *Ballet Leg* is lowered.



#### Tower Variant

1,5

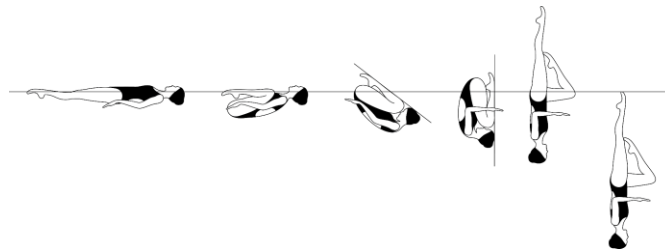
From a **Front Pike Position** one leg is lifted to a **Fishtail Position**. The horizontal leg is lifted to a **Vertical Position** and is completed as the ankles reach the surface of the water. A *Vertical Descent* is executed.



#### 316 Kipnus

1,4

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 are straightened to 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**.



### Walkout Front Variant

1,7

From a **Front Layout Position**, a *Front Pike Position* is assumed. One foot is moved in a horizontal arc of 180° at the surface to a **Split Position**. A *Walkout Front* is executed.

