

UPDATE FROM FINA (WORLD AQUATICS) SCHOOL

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Canada Artistic Swimming/National Officials Committee

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WORLD
AQUATICS

Kari McKnight and Louise Newbury, Canada Artistic Swimming, February 2023

WHAT WE WANT TO COVER TODAY



- ▶ Key Learnings
 - ▶ Figures
 - ▶ Height Scale
- ▶ Tools, Tips, and Tricks for Success
- ▶ Questions?



OUR THANKS TO:

- ▶ Lesley Ahara
- ▶ Kirsten Brough
- ▶ Jackie Hiscock
- ▶ Jessica Lamontagne
- ▶ Erika Lindner
- ▶ Nancy Reed
- ▶ Lianna Sottile
- ▶ CAS for their support



U.S. OLYMPIC & PARALYMPIC
TRAINING CENTER
COLORADO SPRINGS

TEAM





FINA Artistic Swimming Manual
For Judges, Coaches & Referees



NEW YEAR, NEW RULES: WHAT DO I NEED TO KNOW?

FIGURES

GENERAL

- Figures will continue to be judged in 0.1 increments
- Penalties in figure events
- Maximum of three views for video review
 - If a decision cannot be made after that, then it is awarded in the athlete's favour
- 12 and under, it is one point deduction if incorrect after 1 attempt, then a zero after second attempt.

NEW

FIGURES

CONTROL

- Height sets the maximum score
- Height should set the maximum score attainable
- In other words, a figure that can be considered of perfect execution in terms of design, extension, stability, etc. performed at a height of 8 according to the height scale, should not score more than 8

NEW

FIGURES

CONTROL

NEW

- Height Scale now has definitions for:
 - Fishtail
 - Rejoin to vertical double leg for dynamic height
 - Rejoin to vertical single leg for dynamic height
 - Knight (to be added)
 - Will be the same as fishtail because it is the same amount of airborne weight



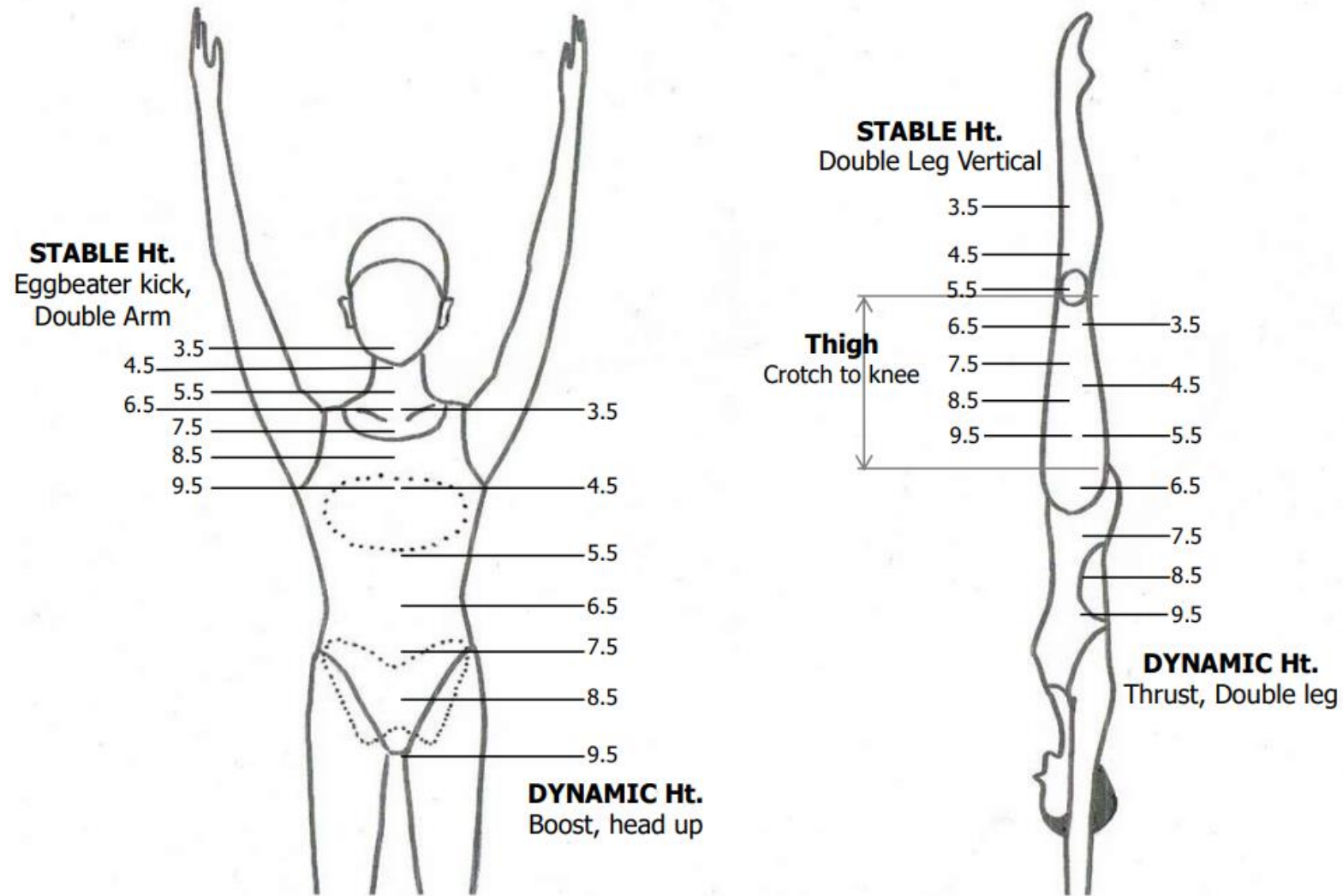
6. GUIDING SCALE FOR HEIGHT QUALITY OF PERFORMANCE TERMINOLOGY

Water Levels For:		Excellent/ Near Perfect	Very Good	Good	Competent	Satisfactory	Deficient	Weak
		9.5	8.5	7.5	6.5	5.5	4.5	3.5
Stable Height	Vertical Double Leg	Upper thigh	Upper mid thigh	Low to mid thigh	Above knee cap	Knee cap	Below knee cap	Well below knee cap (mid shin)
	Vertical Single Leg	Showing hips	Crotch level	Upper thigh	Mid-thigh	Low thigh (Well above knee cap)	Knee cap	Below knee cap
	Fishtail	Back of horizontal leg dry	Crotch level	Upper thigh	Mid-thigh	Low thigh (Well above knee cap)	Knee cap	Below knee cap
	Ballet Leg Single	At top of thigh	Upper thigh	Mid-thigh	Low thigh (Well above knee cap)	Above knee cap	Knee cap	Below knee cap
	Ballet Leg Double	Mid-thigh	Low thigh	Above knee cap	Knee cap	Below knee cap	Well below knee cap (mid shin)	Low to mid shin
	Eggbeater Kick Double Arm	Arm pit dry	Upper bust	Showing collar bone	Showing shoulder	Mid neck	Chin	Mouth
	Eggbeater Kick Single Arm	Bust above surface	Mid bust	Arm pit dry	Upper bust	Showing collar bone	Showing shoulder	Mid neck
Dynamic Height	Thrust, Double Leg	Lower ribs or higher	Waist	Top of pelvis	Showing crotch	Upper thigh	Mid-thigh	Above knee cap
	Thrust, Single Leg	Mid ribs	Lower ribs	Waist	Top of pelvis	Showing crotch	Upper thigh	Mid-thigh
	Rocket Split, Airborne Split	Lower ribs or higher	Waist	Top of pelvis	Showing crotch	Upper thigh	Mid-thigh	Above knee cap
	*Rejoin to Vertical Double Leg	Upper thigh and higher	Upper mid thigh	Low to mid thigh	Above knee cap	Knee cap	Below knee cap	Well below knee cap (mid shin)
	*Rejoin to Vertical Single Leg	Showing hips and higher	Crotch level	Upper thigh	Mid-thigh	Low thigh (Well above knee cap)	Knee cap	Below knee cap
	Boost (head up)	Crotch level or higher	Mid pelvis	Top of pelvis	Waist	Lower ribs	Arm pit	Showing shoulder














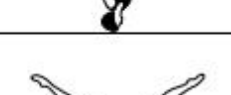


*Rejoin to Vertical Double Leg: The height of the rejoined to Vertical Positions for the Dynamic Height during unstable actions.

*Rejoin to Vertical Single Leg: The height of the rejoined to Vertical Single Leg for the Dynamic Height during unstable actions.

Guiding Scale for Height



7. Guiding Scale for Split

Score range		Angle of Split (degree)			Water level
Excellent/ Near Perfect	9.5	180 (flat)			Crotch & legs dry
Very Good	8.5	170 - 180			Legs dry
Good	7.5	160 - 170			Legs almost dry
Competent	6.5	150 - 160			lower legs dry Crotch underwater
Satisfactory	5.5	130 - 140			lower legs dry Crotch underwater
Deficient	4.5	110 - 120			feet above the surface, legs under water
Weak	3.5	up to 100			feet come out vertically
Hardly recognisable	0.1 – 2.9	scissors			feet come out vertically

FIGURES

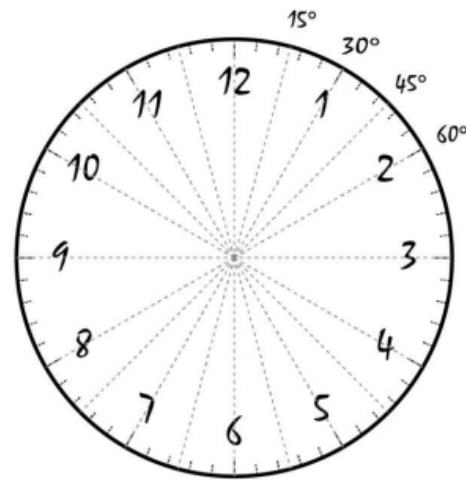
DESIGN

- Deductions for design in figures are categorized into small (-0.2), medium (-0.5), and large (-1.0)
- For thrusts, a deviation up to 15 degrees from perpendicular/vertical alignment is now allowed – greater than or equal to 16 degrees is a deduction
 - Example: Barracuda thrust

NEW

FIGURES

3.2.1. Visible scales of angle deviation



Apply to plumb line points of reference when evaluating vertical and horizontal alignments required

Small Deviation 1 – 15 degrees (0.2)
Medium Deviation 16 – 30 degrees (0.5)
Large Deviation 31 degrees or more (1.0)

FIGURES

Figure/ transition	Small Deviation 0.2	Medium Deviation 0.5	Large Deviation 1.0
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<i>Thrust</i>	Legs 15 to 30 degrees from perpendicular	Legs 31 to 45 degrees from perpendicular	Legs 46 degrees or more from perpendicular
		Body rising in pike so crown of head is at the surface before unroll commences	Body rising in pike so part of the face is dry before unroll commences
			A hinging, not an unrolling movement. Flat back during the transition

NEW

FIGURES

DESIGN

NEW

- Distance from the surface before rise in a barracuda is now measured – anything 6 cm or less is not a deduction
- You will want to pay attention to the “no pause” in the descriptions – figures should flow

FIGURES

NEW



NEW BASIC MOVEMENTS

- To assume a straight ballet leg (BM 1B)
 - To assume a surface arch (BM 14)
 - To assume a bent knee surface arch (BM 15)
 - Helicopter rotation (BM 17)
 - Fouetté rotation (BM 18)
- } No more dolphin starts

FIGURES

TO ASSUME A STRAIGHT BALLET LEG (BM 1B)

BM 1B To Assume a Straight Ballet Leg/A Straight Ballet Leg is assumed



Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. From a Back Layout Position one leg is raised straight to a Ballet Leg Position .		 	1.1 See BP 1 Back Layout Position . Ears, shoulder joints, hip joints and ankles of extended legs at maximum horizontal alignment. 1.2 One leg is raised straight to BP 3a Surface Ballet Leg Position while keeping the horizontal alignment of the horizontal leg and trunk with minimal drop of the hips. 1.3 The head and trunk remain stationary throughout.

18.5

FIGURES

TO ASSUME A SURFACE ARCH/A SURFACE ARCH IS ASSUMED (BM 14)



BM 14 To Assume a Surface Arch Position/A Surface Arch Position is Assumed

Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. From a Back Layout Position with the head leading, the head, hips and feet move along the surface of the water.			1. See BP 1 Back Layout Position .
2. With continuous movement the head leaves the surface of the water as the back is arched more to assume a Surface Arch Position with the hips occupying the position of the head at the beginning of this action.	12.0		2. Continuous uniform movement from the BP 1 Back Layout Position to BP 13 Surface Arch Position . Hip height remains constant. Hip joints on a horizontal line.

FIGURES

TO ASSUME A BENT KNEE SURFACE ARCH/A BENT KNEE SURFACE ARCH IS ASSUMED (BM 15)

BM 15 To Assume a Bent Knee Surface Arch Position/A Bent Knee Surface Arch is Assumed

Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. From a Back Layout Position with the head leading, the head, hips and feet move along the surface of the water.			1. See BP 1 Back Layout Position .
2. With continuous movement the head leaves the surface of the water as the back is arched more to assume a Bent Knee Surface Arch Position with the hips occupying the position of the head at the beginning of this action.	17.5		2.1 Continuous uniform movement from the BP 1 Back Layout Position to BP 14d Bent Knee Surface Arch Position . Hip height remains constant. Hip joints on a horizontal line. 2.2 The toe of the bent leg must remain in contact with the inside of the extended leg while assuming the Bent Knee Surface Arch Position .

FIGURES

HELICOPTER ROTATION (BM 17)


BM 17 *Helicopter Rotation*

Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. From a Fishtail Position the horizontal leg is lifted while closing into the vertical leg to assume a Vertical Position during a descending rotation and is completed as the ankles reach the surface of the water.			<p>1.1 See BP 8 Fishtail Position. The legs are joined while descending and rotating to assume a BP 6 Vertical Position at ankle level. This position is reached as the legs are joined and the rotation is completed.</p> <p>1.2 The vertical leg maintains the vertical line throughout the rotation.</p> <p>1.3 Longitudinal axis is maintained throughout the rotation.</p> <p>1.4 Unless otherwise specified, the tempo of the rotation and descent is uniform and at the same speed as the root figure.</p> <p>1.5 Refer to Section BM 13 <i>Spins</i> and Spin Allowances.</p>

FIGURES

FOUETTÉ ROTATION (BM 18)

BM 18 *Fouetté Rotation*

Basic Movement Description	NVT	Diagrams	Major Desired Actions
<p><i>Fouetté Rotation</i> From a Fishtail Position with the horizontal leg leading toward the vertical leg a rapid 180° rotation is executed as the front leg bends to assume a Bent Knee Vertical Position. The bent leg rapidly extends to a Fishtail Position.</p>	19.0		<p>1.1 A rapid rotation of 180° and simultaneous bending of the horizontal leg to assume a BP 14c Bent Knee Vertical Position.</p> <p>1.2 The bent leg rapidly extends to a BP 8 Fishtail Position.</p> <p>1.3 The water level remains constant throughout.</p> <p>1.4 Vertical alignment of the vertical leg and trunk maintained throughout.</p> <p>1.5 Stability and control evident.</p> <p>1.6 Rapid uniform motion throughout.</p> <p>1.7 Longitudinal axis maintained throughout the rotation.</p>

FIGURES

TRAVEL

TRAVEL DEDUCTION GUIDELINES

- Maximum deduction from overall impression score range is 0.5
- Minimal travel or minimal lack of required travel (- 0.1)
- Obvious travel in 1 transition, and or/ travel in several transitions (-0.3)
- Obvious travel in 2 or more transitions and or travel throughout (-0.5)

TOOLS, TIPS, AND TRICKS

The slide features a solid blue background. On the right side, there are several thin, white, parallel diagonal lines that extend from the top right towards the bottom right, creating a sense of movement or a graphic element.

Kari McKnight and Louise Newbury, Canada Artistic Swimming, February 2023

TOOLS: DEDUCTION GUIDELINES FOR FIGURES

3.2.2. Design deduction guidelines for 2022-2025 Age Group Youth Figures

In addition to the deductions for angle deviations, there are other design problems that require deductions. The following table provides **some examples** of common errors that require deduction.

Figure / transition	Small Deviation 0.2 1-15° degrees	Medium Deviation 0.5 16-30° degrees	Large Deviation 1.0 31° degrees or more
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Flamingo Bent Knee Twist Spin

<i>Continuous spin 720°</i>	Accelerates and achieves speed after initiating rotation	Slow rotation	Very slow rotation
	Uneven rotation and drop but finishing at correct height	Dropping more than ½ way from the initial Vertical height by the end of the 1 st rotation	Dropping to ankles by end of 1 st rotation and rotating at ankles

Barracuda Airborne Split Spin up 180

<i>Back Layout Position to Back Pike Position</i>	Head tucked in Submerged Back Pike position	Back rounded in Submerged Back Pike position	
	Toes out of the water before the thrust commences	Toes 15 – 20 cm below surface before rise	Toes more than 20 cm below surface before rise
<i>Thrust</i>	Legs 15 to 30 degrees from perpendicular	Legs 31 to 45 degrees from perpendicular	Legs 46 degrees or more from perpendicular
		Body rising in pike so crown of head is at the surface before unroll commences	Body rising in pike so part of the face is dry before unroll commences
			A hinging, not an unrolling movement. Flat back during the transition
<i>Vertical Position to Split Position</i>		Not achieving the vertical prior to the split	Starting the split as the feet leave the water
<i>Spin up 180</i>		Erratic rises during spin	Obvious push up at the end of Spin Up

TOOLS: 3D ANIMATION VIDEOS FOR ELEMENTS

NEW

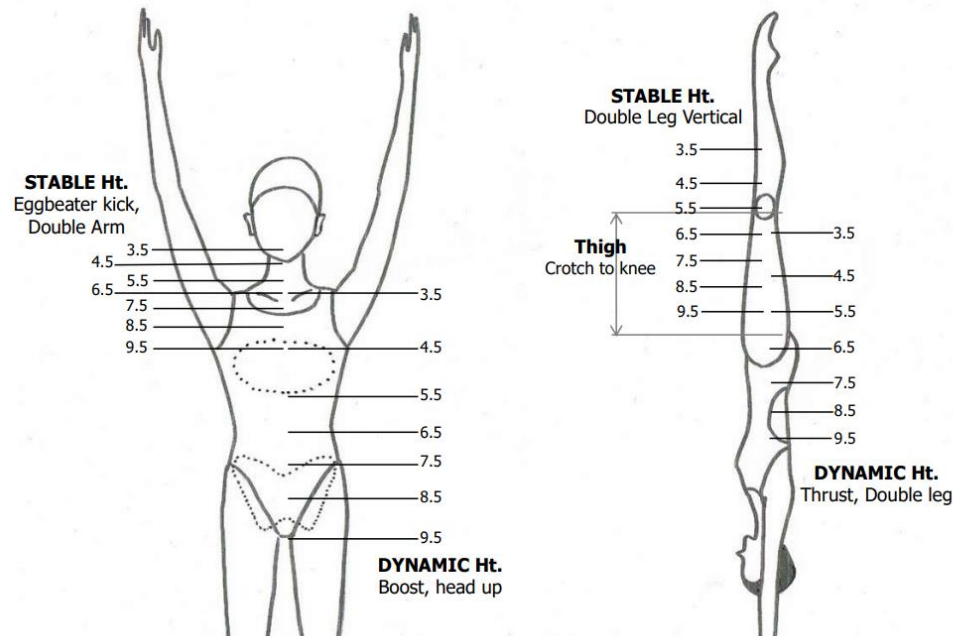
Duet Element 1A



<https://learning.fina.org/artistic-swimming-video-animations/>

TIPS: LAMINATE YOUR HEIGHT SCALES

Guiding Scale for Height



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6. GUIDING SCALE FOR HEIGHT QUALITY OF PERFORMANCE TERMINOLOGY

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Dynamic Height	Eggbeater Kick Single Arm	Bust above surface	Mid bust	Arm pit dry	Upper bust	Showing collar bone	Showing shoulder	Mid neck
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Boost (head up)		Crotch level or higher	Mid pelvis	Top of pelvis	Waist	Lower ribs	Arm pit	Showing shoulder

*Rejoin to Vertical Double Leg: The height of the rejoin to Vertical Positions for the Dynamic Height during unstable actions.

*Rejoin to Vertical Single Leg: The height of the rejoin to Vertical Single Leg for the Dynamic Height during unstable actions.

TIPS: WHERE TO GO FOR INFORMATION

FINA (World Aquatics) Rules (2022-25)

<https://www.fina.org/artistic-swimming/rules>

The National Officials Committee has a shared
Dropbox through CAS:

<https://www.dropbox.com/sh/d25rie4p3zear3k/AAC8GANcrSfRVu2PTlj87VKra?dl=0>

TIPS: WHERE TO GO FOR INFORMATION

HOT OFF THE PRESS

FINA (World Aquatics) Figures Manual (477 pages!)

<https://www.fina.org/artistic-swimming/rules>

Artistic Swimming Manuals

Artistic Swimming | Figures Manual 2022 - 2025



TIPS: WATCH NEW FIGURE VIDEOS

Spain New Figure Videos:

https://rfen.es/es/posts/news/338397?fbclid=IwAR0zlxgC15lOOQSQRJ53DoKD2Lnv5WlglNmCAHFpTHlqeSY0SMgB_grSmZg

The CAS Dropbox also has many figure videos loaded on it!

<https://www.dropbox.com/sh/d25rie4p3zear3k/AAC8GANcrSfRVu2PTlj87VKra?dl=0>

- In main folder, find 'Link to CAS VIDEO LIBRARY (Elements & Figures)'
- You will find 12U, Youth and Figures from Development Camps

TIP: SHARE YOUR LEARNINGS

- Have you created your own judging sheets?
- Do you have examples of shorthand you use?
- Have you seen any training videos?

LET'S SHARE

We are all in this together



QUESTIONS?