

Slovenská plavecká federácia

# ŠPORTOVO- TECHNICKÉ DOKUMENTY 2025

Sekcia synchronizovaného plávania SPF



**SLOVENSKÁ PLAVECKÁ FEDERÁCIA**  
SLOVAK SWIMMING FEDERATION

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MuDr. Miroslava Dubkov	viceprezident pre diaľkové plvanie	
Ing. Veronika Strapekov	viceprezident pre synchronizované plvanie	
Ing. Štefan Šmihul	viceprezident pre vodn plo	
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Zuzana Boldišová	člen
<b>Matrikár súťaží VSSP SPF</b>	
Mira Bartalošová	bartalossova@swimmsvk.sk
<b>Manažér rozhodcovských zborov</b>	
Ing. Jana McDonnell	

## ADRESÁR KLUBOV SYNCHRONIZOVANÉHO PLÁVANIA

### AQUST / Plavecký klub Aquabela Stars, o.z.

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tel.: 0907 411 748  
e-mail: [aquabelastars@gmail.com](mailto:aquabelastars@gmail.com)

Kontaktná osoba: Miriam Bednáriková

### IUVAQ / IUVENTA AQUATIX, o.z.

Karlovská 64, 842 58 Bratislava  
tel.: 0904 429 244  
e-mail: [lubov@inethome.sk](mailto:lubov@inethome.sk)

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Budovateľská 28, 821 08 Bratislava  
tel.: 0907 868 502  
e-mail:  
[www.akvabely.sk](http://www.akvabely.sk)

Kontaktná osoba: Zuzana Žáková

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[synchro.slavia@gmail.com](mailto:synchro.slavia@gmail.com)

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## ADRESÁR PRE ZASIELANIE VÝSLEDKOV Z DOMÁCICH A ZAHRANIČNÝCH SÚŤAŽÍ

Člen SPF (riadny/individuálny), ktorý sa chce zúčastniť zahraničnej súťaže, je povinný najneskôr 7 dní pred termínom súťaže zaslať Výboru sekcie synchronizovaného plávania SPF Oznámenie o štarte v zahraničí. Vyplnené tlačivo Oznámenie o štarte v zahraničí je potrebné zaslať VSSP na mail [sp@swimmsvk.sk](mailto:sp@swimmsvk.sk) a matrikárovi športových súťaží v synchronizovanom plávaní na: [bartalossova@swimmsvk.sk](mailto:bartalossova@swimmsvk.sk).

Po ukončení súťaže je povinnosťou člena SPF (riadny/individuálny) zaslať najneskôr do 7 dní výsledky podľa nasledovného adresára:

Adresár pre zasielanie Oznámení o štarte v zahraničí a pre zasielanie výsledkov		
<b>Matrikár športových súťaží v synchronizovanom plávaní</b>	Mira Bartalošová <a href="mailto:bartalossova@swimmsvk.sk">bartalossova@swimmsvk.sk</a> <a href="mailto:sp@swimmsvk.sk">sp@swimmsvk.sk</a>	- tlačivo Oznámenie o štarte v zahraničí - výpis výsledkov vo formáte PDF

## TERMÍNOVÁ LISTINA SPF A VRCHOLOVÝCH PODUJATÍ

Termín	Názov podujatia	Miesto
25.1.2025	Memoriál Míly Heršáľkové	Brno, ČR
8.2.2025	MSR v povinných figúrach, Zlatá ryбка a Elementy Open	Bratislava
28.2. - 2.3.2025	World Cup, Stop 1	Paris, FRA
28.2. - 2.3.2025	Gnomes Wroclaw 2025	Wroclaw, POL
21. - 22.3.2025	Memoriál Hany Cinkovej	Praha, ČR
21. - 23.3.2025	ORCA Synchro Cup	Székesvehérvár, HU
23.3.2025	Pražská akvabelka	Praha, ČR
29. - 30.3.2025	Majstrovstvá SR - U15, Seniori	Bratislava
5. - 6.4.2025	Hungarian National Championship - U10, U12 a Juniori	Budapest, HU
11. - 13.4.2025	World Cup, Stop 2	Hurghada, EGY
12.4.2025	Perníkové srdce	Pardubice, ČR
12. - 13.4.2025	Hungarian National Championship - U15, Seniors	Budapest, HU
25. - 27.4.2025	Majstrovstvá ČR - U15, Seniori	Brno, ČR
1.5.2025	Ostravský Delfínek	Ostrava, ČR
1. - 3.5.2025	World Cup, Stop 3	Markham, CAN
3. - 4.5.2025	Majstrovstvá SR - U12, Juniori a Synchro Stars 2025	Bratislava
9. - 11.5.2025	Majstrovstvá ČR - U12, Juniori	Pižeň, ČR
24. - 25.5.2025	Synchro Pižeň 2025	Pižeň, ČR
25. - 28.5.2025	Majstrovstvá Európy	TBD
7. - 8.6.2025	Summer Cup Olomouc	Olomouc, ČR
13. - 15.6.2025	World Cup, Superfinal	China
25. - 29.6.2025	Majstrovstvá Európy juniorov	Atény, GRE
15. - 25.7.2025	Majstrovstvá sveta	Singapur, SGP
26. - 30.8.2025	Majstrovstvá sveta mladších juniorov	Atény, GRE
18.10.2025	Žabky na Slávii	Bratislava
25.10.2025	Karlovarská rúže	Karlovy Vary, ČR
6. - 9.11.2025	Hungarian Cup	Budapest, HU
22. - 23.11.2025	Slovakia Synchro	Bratislava
5. - 7.12.2025	Vianočná cena Prahy	Praha, ČR
13.12.2025	Vianočná hviezda	Bratislava

# SLOVENSKÝ POHÁR MLADŠÍCH ŽIAKOV

## 13.ročník

Podujatia zaradené do Slovenského pohára mladších žiakov 2025:

Kolo	Dátum	Názov podujatia	Miesto
1.	8.2.2025	Majstrovstvá SR v povinných figúrach MŽ Open	Bratislava
2.	3. - 4.5.2025	Majstrovstvá SR MŽ Open	Bratislava
3.	18.10.2025	Žabky na Slávii	Bratislava
4.	22. - 23.11.2025	XXXV. Slovakia Synchron	Bratislava
5.	13.12.2025	Vianočná hviezda	Bratislava

<b>System súťaže:</b>	Slovenský pohár je päťkolovou súťažou jednotlivcov v kategórii MŽ
<b>Kategórie:</b>	MŽ (ročníky narodenia 2013 a ml.)
<b>Disciplíny:</b>	Povinné figúry MŽ
<b>Hodnotenie súťaže:</b>	Do celkového hodnotenia sa započítava súčet troch najlepších výkonov športovca v povinných figúrach z jednotlivých kôl. Vyhodnotenie výsledkov Slovenského pohára žiakov 2025 sa uskutoční po ukončení 5. kola, najneskôr do 31.12.2025.
<b>Ceny:</b>	1. - 3. miesto v celkovom hodnotení bude ocenené pohárom a diplomom, 4. - 6. miesto v celkovom hodnotení bude ocenené diplomom.



## VEKOVÉ KATEGÓRIE PLATNÉ PRE RTC 2025

KATEGÓRIA	VEK	ROČNÍK NARODENIA
Začiatočníci - Level 1	12 roční a mladší	2013 a mladší
Začiatočníci - Level 2	12 roční a mladší	2013 a mladší
Začiatočníci - Level 3	15 roční a mladší	2010 a mladší
Mladší žiaci	12 roční a mladší	2013 a mladší
Mladší juniori	15 (16) roční a mladší	2010 (2009) a mladší
Juniori	19 (20) roční a mladší	2006 (2005) a mladší
Seniori	15 roční a starší	2010 a starší
Masters	25 roční a starší	2000 a starší

## ČASOVÉ LIMITY PLATNÉ PRE RTC 2025

Časové limity pre technické zostavy, voľné zostavy, voľné kombinácie a akrobatických zostavy vrátane 10 sekúnd na suchu:

Disciplína Veková kategória	Technické zostavy				Voľné zostavy				Voľná kombinácia	Akrobatická zostava
	Sólo	Pár	Mix pár	Tímy	Sólo	Pár	Mix pár	Tímy		
Level 3		1:30	1:30	1:45						
Mladší žiaci/ Mladší juniori					2:00	2:30	2:30	3:00	3:00	
Juniori/ Seniori	2:00	2:20	2:20	2:50	2:15	2:45	2:45	3:30		3:00
Masters	1:30	1:40	1:40	1:50	2:30	3:00	3:00	4:00	4:00	

Povolená tolerancia časového limitu v technickej zostave, voľnej zostave, voľnej kombinácii a akrobatickej zostave je +/- 5 sekúnd.

Pre všetky zostavy nesmie nástup súťažiacich z vyznačeného miesta začiatku nástupu do statickej štartovacej pozície presiahnuť 30 sekúnd pre technické a voľné zmiešané páry, technické a voľné tímy, pre voľnú kombináciu a akrobatickú zostavu, a nesmie presiahnuť 20 sekúnd pri technických a voľných sólových zostavách a technických a voľných párových zostavách.

# POVINNÉ FIGÚRY PLATNÉ PRE RTC 2025

## Level 1 - 12 roční a mladší

### 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 - 12 roční a mladší

### LEVEL 2

#### LEVEL 2

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

**1,4**

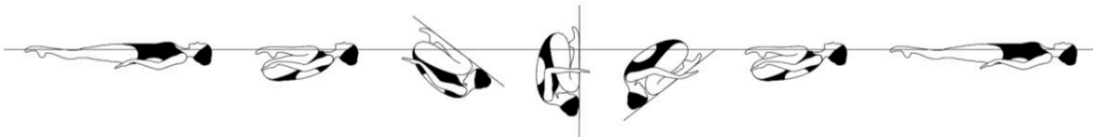
Begin in a **Back Layout Position**. One leg remains at the surface of the water throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a **Bent Knee Back Layout Position**. A rapid exchange of the legs is performed to assume a **Bent Knee Back Layout Position**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

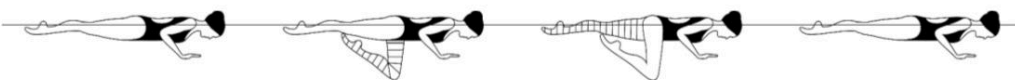
From a **Back Layout Position**, the knees, shins and toes are drawn along the surface of the water to assume a **Tuck Position**. With continuous motion, the tuck becomes more compact as the body somersaults backward around the lateral axis for one complete revolution. A **Back Layout Position** is 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 - 15 roční a mladší

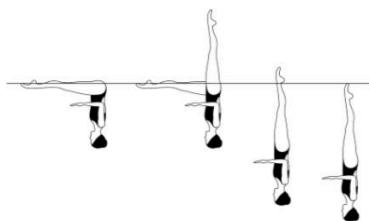
## LEVEL 3

LEVEL 3**101 Ballet Leg Single****1,6**

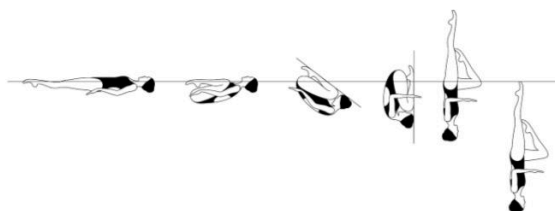
A *Ballet Leg* is assumed. The *Ballet Leg* is lowered.

**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.



## Mladší žiaci - 12 roční a mladší

	Názov figúry	Obtiažnosť
<b>Záväzná skupina</b>		
106	Straight Ballet Leg	1.6
301	Barracuda	1.8
<b>Losované skupiny</b>		
<b>1. skupina</b>		
359	Front Ariana	2.2
348	Tower	1.9
<b>2. skupina</b>		
363	Water Drop	1.8
401	Swordfish	2.1
<b>3. skupina</b>		
311	Kip	1.6
227d	Swanita Spinning 180°	1.9

## Mladší juniori - 15 roční a mladší

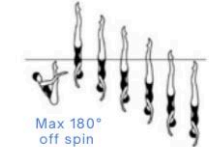
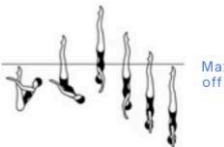
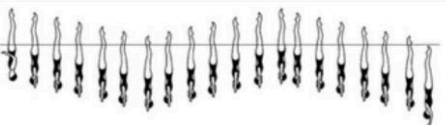
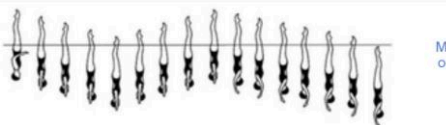
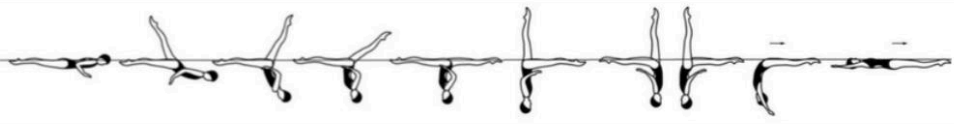
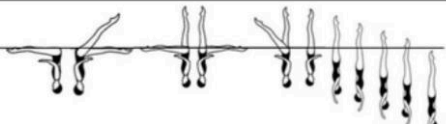
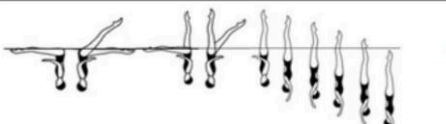
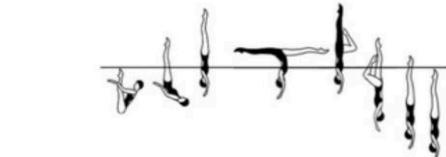
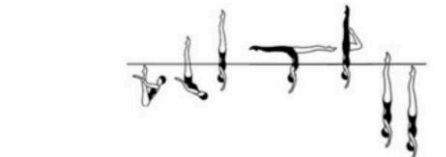
	Názov figúry	Obtiažnosť
<b>SEKCIA A</b>		
<b>1. skupina</b>		
307e	Flying Fish Spinning 360°	2.9
437	Cyclone, Open 180°	2.6
<b>2. skupina</b>		
308h	Barracuda Airborne Split Spin Up 180°	2.9
407	Swordfish Straight Leg Ariana Rotation	2.6
<b>SEKCIA B</b>		
<b>3. skupina</b>		
356f	Whip Continuous Spin 720°	3.0
441	Saturn	2.5
<b>4. skupina</b>		
352	Venus	3.0
240i	Albatross Spin Up 360°	2.5
<b>SEKCIA C</b>		
<b>5. skupina</b>		
140j	Flamingo Bent Knee Combined Spin 360° + 360°	3.1
421	Walkover back Closing 360°	2.4
<b>6. skupina</b>		
440d	Ipanema Spinning 180°	3.1
154f	London Continous Spin 720°	2.4

# TECHNICKÉ ELEMENTY PLATNÉ PRE RTC 2025

## JUNIORI / SENIORI



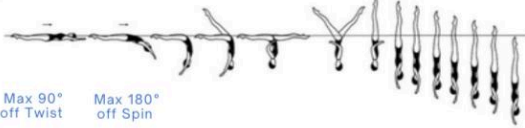
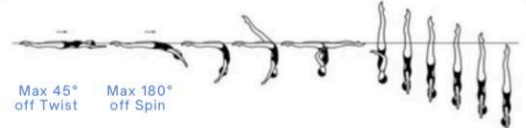
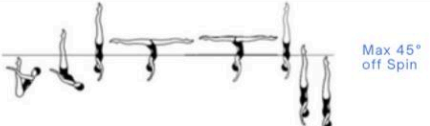
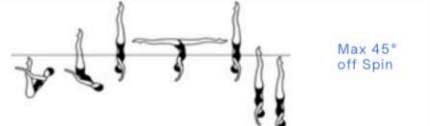
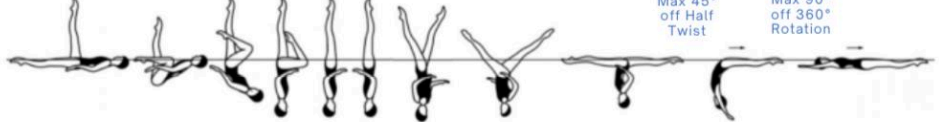
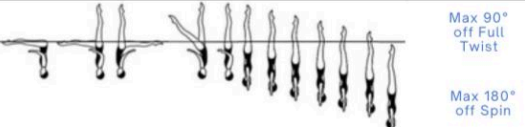
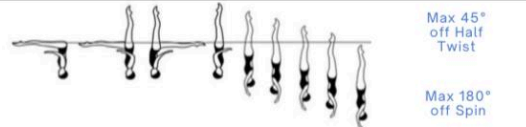
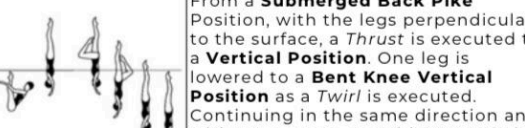
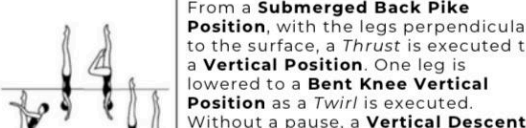
### SOLO TECHNICAL REQUIRED ELEMENTS

<p><b>1A – Thrust Continuous Spin 720° / DD - 2.7</b></p>  <p>Max 180° off spin</p> <p>From a <b>Submerged Back Pike Position</b>, with the legs perpendicular to the surface, a <b>Thrust Continuous Spin 720°</b> (2 rotations) is executed.</p>	<p><b>1B – Thrust Spinning 360° / DD - 2.1</b></p>  <p>Max 90° off spin</p> <p>From a <b>Submerged Back Pike Position</b>, with the legs perpendicular to the surface, a <b>Thrust Continuous Spin 360°</b> (1 rotation) is executed.</p>
<p><b>2A – Combined Spin 1080° – Continuous Spin 1080° DD - 3.0</b></p>  <p>Max 180° off spins</p> <p>From a <b>Vertical Position</b>, a <b>Combined Spin of 1080°</b> is executed (3 rotations + 3 rotations). Continuing in the same direction and without a pause, a <b>Continuous Spin 1080°</b> (3 rotations) is executed.</p>	<p><b>2A – Combined Spin 720° – Continuous Spin 1080° DD - 2.7</b></p>  <p>Max 180° off spins</p> <p>From a <b>Vertical Position</b>, a <b>Combined Spin of 720°</b> is executed (2 rotations + 2 rotations). Continuing in the same direction and without a pause, a <b>Continuous Spin 1080°</b> (3 rotations) is executed.</p>
<p><b>3 – Swordfish Straight Leg – Knight / DD - 3.2</b></p>  <p>Max 45° off twist</p> <p>From a <b>Front Layout Position</b>, the back arches as one leg is lifted in a 180° arc over the surface to a <b>Split Position</b>. A hip rotation of 180° is executed as the front leg is rapidly raised to assume a <b>Fishtail Position</b>. Maintaining the vertical alignment of the body and with accelerating speed, the foot of the horizontal leg is moved in a horizontal arc of 180° at the surface to a <b>Knight Position</b> and with continuous motion and continuing in the same direction an additional 180° rotation is executed. The vertical leg is lowered to a <b>Surface Arch Position</b> and with continuous motion an <b>Arch to Back Layout Finish Action</b> is executed.</p>	
<p><b>4A – Fishtail Half Twist – Continuous Spin 720° DD - 2.9</b></p>  <p>Max 45° off Twists Max 180° off Spin</p> <p>From a <b>Front Pike Position</b>, a rotation of 360° is executed as one leg is lifted to a <b>Fishtail Position</b>. Continuing in the same direction, a <b>Half Twist</b> in a <b>Fishtail Position</b> is executed. Continuing in the same direction, another rotation of 360° is executed as the horizontal leg is lifted to a <b>Vertical Position</b>. Continuing in the same direction, a <b>Continuous Spin of 720°</b> (2 rotations) is executed.</p>	<p><b>4B – Fishtail – Continuous Spin 720° DD - 2.6</b></p>  <p>Max 45° off Twists Max 180° off Spin</p> <p>From a <b>Front Pike Position</b>, a rotation of 360° is executed as one leg is lifted to a <b>Fishtail Position</b>. Continuing in the same direction, another rotation of 360° is executed as the horizontal leg is lifted to a <b>Vertical Position</b>. Continuing in the same direction, a <b>Continuous Spin of 720°</b> (2 rotations) is executed.</p>
<p><b>5A – Rocket Split Bent Knee Joining 360° / DD - 2.4</b></p>  <p>Max 90° off spin</p> <p>From a <b>Submerged Back Pike Position</b>, with the legs perpendicular to the surface, a <b>Thrust</b> is executed to a <b>Vertical Position</b>. Maintaining maximum height, the legs are split rapidly to assume an <b>Airborne Split Position</b>. The back leg is rapidly lifted to vertical and the front leg bends to assume a <b>Bent Knee Vertical Position</b>. A rapid 360° <b>Spin</b> is executed as the bent knee is extended to a <b>Vertical Position</b> completed as the ankles reach the surface of the water, followed by a <b>Vertical Descent</b> at the same tempo as the <b>Thrust</b>.</p>	<p><b>5B – Rocket Split Bent Knee / DD - 2.1</b></p>  <p>From a <b>Submerged Back Pike Position</b>, with the legs perpendicular to the surface, a <b>Thrust</b> is executed to a <b>Vertical Position</b>. Maintaining maximum height, the legs are split rapidly to assume an <b>Airborne Split Position</b>. The back leg is rapidly lifted to vertical and the front leg bends to assume a <b>Bent Knee Vertical Position</b>. A <b>Vertical Descent</b> is executed with the bent knee extended to a <b>Vertical Position</b> completed as the ankles reach the surface of the water, followed by a <b>Vertical Descent</b> at the same tempo as the <b>Thrust</b>.</p>
<p><b>Other requirements: One (1) additional hybrid must be performed</b></p> <p><b>Allowances: Twist/Twirl – up to ¼ less or more / Continuous Spin = 180° less or more</b> <b>Other Spins = up to ¼ less or more: 180° = 45°, 360° = 90°, 720° = 180°</b></p>	





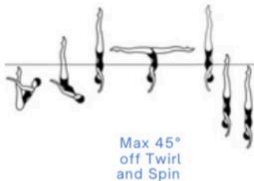
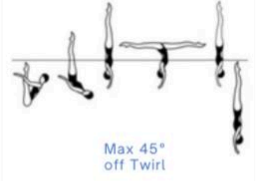
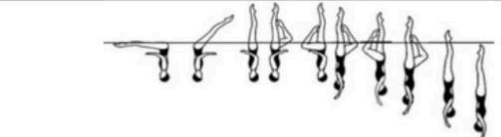
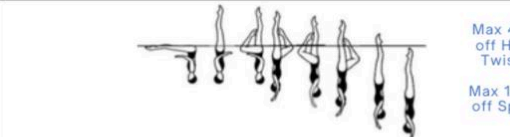
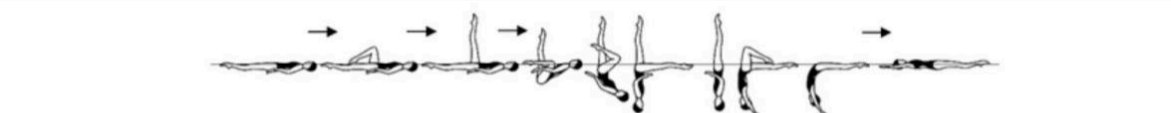
DUET TECHNICAL REQUIRED ELEMENTS

<p><b>1A - Walkover Back Closing 360° – Continuous Spin 1080°</b> DB - 3.0</p>  <p>Max 90° off Twist Max 180° off Spin</p>	<p><b>1B – Walkover Back Closing 180° – Continuous Spin 720°</b> DD - 2.5</p>  <p>Max 45° off Twist Max 180° off Spin</p>
<p>From a <b>Back Layout Position</b>, a <b>Surface Arch Position</b> is assumed. One leg is lifted in a 180° arc over the surface to a <b>Split Position</b>. A rotation of 360° is executed, as the legs symmetrically close to a <b>Vertical Position</b>. Continuing in the same direction, a <b>Continuous Spin of 1080°</b> (3 rotations) is executed.</p>	<p>From a <b>Back Layout Position</b>, a <b>Surface Arch Position</b> is assumed. One leg is lifted in a 180° arc over the surface to a <b>Split Position</b>. A rotation of 180° is executed, as the legs symmetrically close to a <b>Vertical Position</b>. Continuing in the same direction, a <b>Continuous Spin of 720°</b> (2 rotations) is executed.</p>
<p><b>2A – Rocket Split Alternating Legs – Spinning 180°</b> DD - 2.8</p>  <p>Max 45° off Spin</p>	<p><b>2B – Rocket Split – Spinning 180° / DD - 2.4</b></p>  <p>Max 45° off Spin</p>
<p>From a <b>Submerged Back Pike Position</b>, with the legs perpendicular to the surface, a <b>Thrust</b> is executed to a <b>Vertical Position</b>. Maintaining maximum height, the legs are split rapidly to assume two alternating <b>Airborne Split Positions</b>. The legs rapidly re-join to a <b>Vertical Position</b>. A rapid <b>180° Spin</b> is executed.</p>	<p>From a <b>Submerged Back Pike Position</b>, with the legs perpendicular to the surface, a <b>Thrust</b> is executed to a <b>Vertical Position</b>. Maintaining maximum height, the legs are split rapidly to assume an <b>Airborne Split Position</b>. The legs rapidly re-join to <b>Vertical Position</b>. A rapid <b>180° Spin</b> is executed.</p>
<p><b>3 - Flamingo Bent Knee rollback - Join to VP – Half Twist – 360° open to Split – Walkout / DD - 3.1</b></p>	
 <p>Max 45° off Half Twist Max 90° off 360° Rotation</p>	
<p>From a <b>Surface Ballet Leg Position</b>, the shin of the horizontal leg is drawn along the surface of the water to assume a <b>Surface Flamingo Position</b>. With the ballet leg maintaining its vertical position, the hips are lifted as the trunk unrolls, while the bent leg moves to a <b>Bent Knee Vertical Position</b>. The bent leg is extended to a <b>Vertical Position</b>. A <b>Half Twist</b> is executed. Continuing in the same direction and without a pause, an additional rotation of 360° is executed as the legs are symmetrically opened to assume a <b>Split Position</b>. A <b>Walkout Front</b> is executed.</p>	
<p><b>4A – Fishtail – Knight – Continuous Spin 1080° / DD - 3.2</b></p>  <p>Max 90° off Full Twist Max 180° off Spin</p>	<p><b>4B – Fishtail – Knight – Continuous Spin 720° / DD - 2.7</b></p>  <p>Max 45° off Half Twist Max 180° off Spin</p>
<p>From a <b>Front Pike Position</b>, one leg is lifted to a <b>Fishtail Position</b>. The horizontal leg is rapidly lifted through an arc of 180° to assume a <b>Knight Position</b>. A rapid <b>Full Twist</b> is executed as the horizontal leg is lifted to a <b>Vertical Position</b>. Continuing in the same direction, a <b>Continuous Spin 1080°</b> (3 rotations) is executed.</p>	<p>From a <b>Front Pike Position</b>, one leg is lifted to a <b>Fishtail Position</b>. The horizontal leg is rapidly lifted through an arc of 180° to assume a <b>Knight Position</b>. A rapid <b>Half Twist</b> is executed as the horizontal leg is lifted to a <b>Vertical Position</b>. Continuing in the same direction, a <b>Continuous Spin 720°</b> (2 rotations) is executed.</p>
<p><b>5A – Thrust Bent Knee Twirl Spin 360° / DD - 2.3</b></p>  <p>Max 45° off Twirl Max 90° off Spin</p>	<p><b>5B – Thrust – Bent Knee Twirl / DD 2.1</b></p>  <p>Max 45° off Twirl</p>
<p>From a <b>Submerged Back Pike Position</b>, with the legs perpendicular to the surface, a <b>Thrust</b> is executed to a <b>Vertical Position</b>. One leg is lowered to a <b>Bent Knee Vertical Position</b> as a <b>Twirl</b> is executed. Continuing in the same direction and without a pause, a rapid <b>360° Spin</b> is executed as the bent knee is extended to join the vertical leg in a <b>Vertical Position</b> completed as the ankles reach the surface of the water, followed by a <b>Vertical Descent</b> at the same tempo as the <b>Thrust</b>.</p>	
<p>Other requirements: One (1) additional hybrid and one (1) Pair Acrobatic must be performed</p>	
<p>Allowances: Twist/Twirl – up to ¼ less or more / Continuous Spin = 180° less or more Other Spins = up to ¼ less or more: 180° = 45°, 360° = 90°, 720° = 180°</p>	





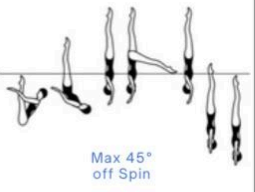
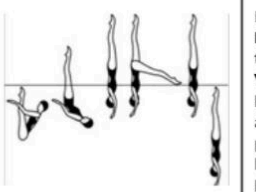
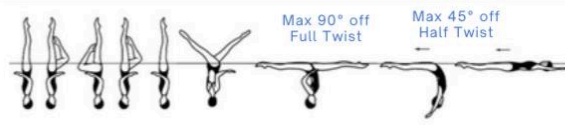
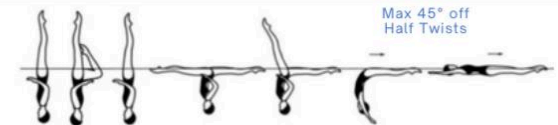
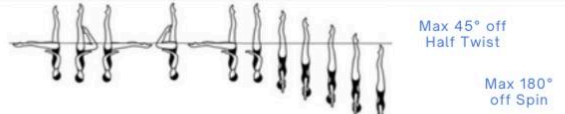
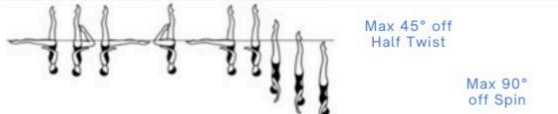
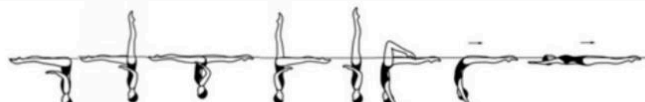
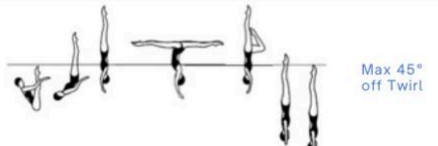
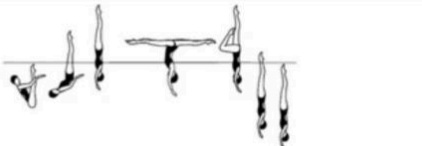
MIXED DUET TECHNICAL REQUIRED ELEMENTS

<p><b>1A – Rocket Split Twirl Spin 180° / DD – 2.7</b></p>  <p>Max 45° off Twirl and Spin</p> <p>From a <b>Submerged Back Pike Position</b>, with the legs perpendicular to the surface, a <b>Thrust</b> is executed to a <b>Vertical Position</b>. Maintaining maximum height, the legs are split rapidly to assume an <b>Airborne Split Position</b>. A <b>Twirl</b> is executed, as the legs symmetrically close to a <b>Vertical Position</b>. Continuing in the same direction a rapid <b>180° Spin</b> is executed.</p>	<p><b>1B – Rocket Split Twirl / DD - 2.5</b></p>  <p>Max 45° off Twirl</p> <p>From a <b>Submerged Back Pike Position</b>, with the legs perpendicular to the surface, a <b>Thrust</b> is executed to a <b>Vertical Position</b>. Maintaining maximum height, the legs are split rapidly to assume an <b>Airborne Split Position</b>. A <b>Twirl</b> is executed, as the legs symmetrically close to a <b>Vertical Position</b>. A <b>Vertical Descent</b> is executed at the same tempo as the Thrust.</p>
<p><b>2A – Front Pike – Vertical 360° Rotation – Full Twist to Bent Knee – Continuous Spin 720° / DD 2.4</b></p>  <p>Max 90° off Full Twist Max 180° off Spin</p> <p>From a <b>Front Pike Position</b>, the legs are lifted to <b>Vertical Position</b> as a rotation of <b>360°</b> is executed. Continuing in the same direction a <b>Full Twist</b> is executed as one leg is lowered to a <b>Bent Knee Vertical Position</b>. Continuing in the same direction a <b>Continuous Spin 720°</b> (2 rotations) is executed as the bent knee is extended to join the vertical leg to a <b>Vertical Position</b> completed as the ankles reach the surface of the water and continues through submergence.</p>	<p><b>2B – Front Pike – Vertical 180° Rotation – 1/2 Twist to Bent Knee – Continuous Spin 720° / DD 2.2</b></p>  <p>Max 45° off Half Twist Max 180° off Spin</p> <p>From a <b>Front Pike Position</b>, the legs are lifted to <b>Vertical Position</b> as a rotation of <b>180°</b> is executed. Continuing in the same direction, a <b>Half Twist</b> is executed as one leg is lowered to a <b>Bent Knee Vertical Position</b>. Continuing in the same direction a <b>Continuous Spin 720°</b> (2 rotations) is executed as the bent knee is extended to join the vertical leg to a <b>Vertical Position</b> completed as the ankles reach the surface of the water and continues through submergence.</p>
<p><b>3 – Manta Ray Half Twist / DD 3.0</b></p>  <p>Starting from a <b>Back Layout Position</b> a <b>Ballet Leg</b> is assumed and the shin of the horizontal leg is drawn along the surface of the water to assume a <b>Surface Flamingo Position</b>, travelling headfirst. With the ballet leg maintaining its vertical position, the hips are lifted as the trunk unrolls while the bent leg straightens with the knee at the surface of the water to assume a <b>Fishtail Position</b>. The horizontal leg is lifted to a <b>Vertical Position</b>, as the body rotates <b>180°</b>. The direction of the <b>180°</b> rotation is closing externally the horizontal leg. (Note: a right flamingo start requires the left shoulder back during the <b>180°</b> rotation and a left flamingo start requires the right shoulder back during the <b>180°</b> rotation). The legs are lowered rapidly simultaneously to a <b>Bent Knee Surface Arch Position</b>. (Note: The Bent Knee Surface Arch Position can be assumed by using either leg). The bent knee is straightened to a <b>Surface Arch Position</b> and with continuous motion, an <b>Arch to Back Layout Finish Action</b> is executed.</p>	
<p><b>Other requirements: One (1) Hybrid of free choice, One (1) Hybrid that must contain one (1) Thrust declaration and two (2) different Connection declarations only, Two (2) Pair Acrobatics of free choice but must not repeat the same Acrobatic, Three (3) declared Sustained Surface Connections with travel (1m or more) or rotation (180° or more)</b></p>	
<p><b>Allowances: Twist/Twirl – up to ¼ less or more / Continuous Spin = 180° less or more Other Spins = up to ¼ less or more: 180° = 45°, 360° = 90°, 720° = 180°</b></p>	





TEAM TECHNICAL REQUIRED ELEMENTS

<p><b>1A - Flying Fish Hybrid Spinning 180° / DD - 2.5</b></p>  <p>Max 45° off Spin</p> <p>From a <b>Submerged Back Pike Position</b>, with the legs perpendicular to the surface, a <b>Thrust</b> is executed to a <b>Vertical Position</b> and with no loss of height, one leg is rapidly lowered to an airborne <b>Fishtail Position</b>. Without a pause, the horizontal leg is rapidly lifted to a <b>Vertical Position</b>, followed by a rapid <b>180° Spin</b>.</p>	<p><b>1B - Flying Fish Hybrid / DD - 2.3</b></p>  <p>From a <b>Submerged Back Pike Position</b>, with the legs perpendicular to the surface, a <b>Thrust</b> is executed to a <b>Vertical Position</b> and with no loss of height, one leg is rapidly lowered to an airborne <b>Fishtail Position</b>. Without a pause, the horizontal leg is rapidly lifted to a <b>Vertical Position</b>, followed by a <b>Vertical Descent</b>.</p>
<p><b>2A - Vertical - Full Twist to Bent Knee - Full Twist to Vertical - Open 180° - Walkout / DD - 2.6</b></p>  <p>Max 90° off Full Twist    Max 45° off Half Twist</p>	<p><b>2B - Vertical - Half Twist to Bent Knee - Half Twist to Vertical - Split - Walkout / DD - 2.3</b></p>  <p>Max 45° off Half Twists</p>
<p>Starting in a <b>Vertical Position</b>, a <b>Full Twist</b> is executed as one leg is lowered to a <b>Bent Knee Vertical Position</b>. Continuing in the same direction, another <b>Full Twist</b> is executed as the bent knee is extended to a <b>Vertical Position</b>. Continuing in the same direction, a <b>Half Twist</b> is executed as the legs are symmetrically lowered to a <b>Split Position</b>. A <b>Walkout Front</b> is executed.</p>	<p>Starting in a <b>Vertical Position</b>, a <b>Half Twist</b> is executed as one leg is lowered to a <b>Bent Knee Vertical Position</b>. Continuing in the same direction, another <b>Half Twist</b> is executed as the bent knee is extended to a <b>Vertical Position</b>. The legs are symmetrically lowered to a <b>Split Position</b>. A <b>Walkout Front</b> is executed.</p>
<p><b>3A - Two Fouetté Rotations - Vertical - Continuous Spin 720° / DD - 2.6</b></p>  <p>Max 45° off Half Twist    Max 180° off Spin</p>	<p><b>3B - Two Fouetté Rotations - Vertical - Spinning 360° DD - 2.3</b></p>  <p>Max 45° off Half Twist    Max 90° off Spin</p>
<p>From a <b>Fishtail Position</b>, 2 <b>Fouetté rotations</b> (180°+180°) are executed. The horizontal leg is rapidly lifted to a <b>Vertical Position</b>. Continuing in the same direction, a <b>Continuous Spin</b> of 720° (2 rotations) is executed.</p>	<p>From a <b>Fishtail Position</b>, 2 <b>Fouetté rotations</b> (180°+180°) are executed. The horizontal leg is rapidly lifted to a <b>Vertical Position</b>. Continuing in the same direction, a rapid <b>Spinning 360°</b> (1 rotation) is executed.</p>
<p><b>4 - Butterfly Hybrid / DD - 2.9</b></p>	
 <p>Max 45° off 180° Rotations</p>	
<p>The <b>Butterfly Hybrid</b> is to be performed rapidly. From a <b>Front Pike Position</b>, one leg is lifted to a <b>Fishtail Position</b>. The horizontal leg is lifted through an arc of 180° as the vertical leg is lowered to assume a <b>Split Position</b>. Without a pause, a hip rotation of 180° is executed as the front leg is raised to assume a <b>Fishtail Position</b>. Continuing in the same direction, a 180° rotation is executed as the horizontal leg is lifted to a <b>Vertical Position</b>. The legs are lowered simultaneously to a <b>Bent Knee Surface Arch Position</b>. (Note: The <b>Bent Knee Surface Arch Position</b> can be assumed by using either leg.) The bent knee is straightened to a <b>Surface Arch Position</b>, and with continuous motion, an <b>Arch to Back Layout Finish Action</b> is executed.</p>	
<p><b>5A - Rocket Split Bent Knee Twirl Hybrid / DD - 2.4</b></p>  <p>Max 45° off Twirl</p>	<p><b>5B - Rocket Split Bent Knee Hybrid / DD - 2.1</b></p> 
<p>From a <b>Submerged Back Pike Position</b>, with the legs perpendicular to the surface, a <b>Thrust</b> is executed to a <b>Vertical Position</b>. Maintaining maximum height, the legs are split rapidly to assume an <b>Airborne Split Position</b>, followed by a rapid rotation of 180° to assume an airborne <b>Bent Knee Vertical Position</b> with the front leg bent. A rapid <b>Vertical Descent</b> is executed as the bent knee is extended to join the vertical leg, completed as the ankles reach the surface of the water, followed by a <b>Vertical Descent</b>.</p>	<p>From a <b>Submerged Back Pike Position</b>, with the legs perpendicular to the surface, a <b>Thrust</b> is executed to a <b>Vertical Position</b>. Maintaining maximum height, the legs are split rapidly to assume an <b>Airborne Split Position</b>, followed by the front leg rapidly bending and the back leg rapidly lifting to a vertical to assume an airborne <b>Bent Knee Vertical Position</b>. A <b>Vertical Descent</b> is executed as the bent knee is extended to join the vertical leg, completed as the ankles reach the surface of the water, followed by a <b>Vertical Descent</b>.</p>
<p><b>Other requirements: Two (2) additional hybrids (one with cadence) + one Acrobatic (DD 3.0), max one circle</b>  <b>Allowances: Twist/Twirl - up to ¼ less or more / Continuous Spin = 180° less or more</b>  <b>Other Spins = up to ¼ less or more: 180° = 45°, 360° = 90°, 720° = 180°</b></p>	



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## TECHNICKÉ ELEMENTY PRE AKROBATICKÉ ZOSTAVY

Zdroj:

[https://resources.fina.org/fina/document/2025/01/21/d9948a65-9295-44a0-ab96-bcfc22ade8b0/AQ\\_UA-AS\\_MANUAL\\_January-2025.pdf](https://resources.fina.org/fina/document/2025/01/21/d9948a65-9295-44a0-ab96-bcfc22ade8b0/AQ_UA-AS_MANUAL_January-2025.pdf)

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## TECHNICKÉ ELEMENTY PRE KOMBINOVANÉ ZOSTAVY

Zdroj:

[https://resources.fina.org/fina/document/2025/01/21/d9948a65-9295-44a0-ab96-bcfc22ade8b0/A\\_QUA-AS\\_MANUAL\\_January-2025.pdf](https://resources.fina.org/fina/document/2025/01/21/d9948a65-9295-44a0-ab96-bcfc22ade8b0/A_QUA-AS_MANUAL_January-2025.pdf)

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## PRAVIDLÁ PRE KATEGÓRIU MASTERS

Zdroj:

[https://resources.fina.org/fina/document/2025/02/03/18c51630-8658-454f-9c82-6bf44bbbe766/C\\_ompetition-Regulations\\_January-2025\\_Clean.pdf](https://resources.fina.org/fina/document/2025/02/03/18c51630-8658-454f-9c82-6bf44bbbe766/C_ompetition-Regulations_January-2025_Clean.pdf)

## PRAVIDLÁ PRE ZOSTAVY - ZAČIATOČNÍCI - LEVEL 3

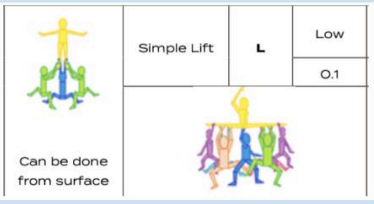
### Disciplíny

- Technický pár
- Technický mix pár
- Technický tím

### Technické elementy zostáv (pre zostavy technický pár, technický mix pár a technický tím):

Technické prvky	Prevedenie pohybu	Obťažnosť DD	
1	<b>Kombinácia baletkových nôh</b>	Zo základnej polohy "Tub Position" sa zaujme pozícia baletka jednou nohou, zloženie do tub position a následne sa predvedie pozícia baletky druhou nohou. Opäť zloženie do Tub position, následne sa vykoná sa poloha "Flamingo Bent Knee Position", nasleduje výmena vo flamingo bent knee position a na koniec sa nohy položia späť do "Tub Position".	1,3
2	<b>Flexibilita</b>	Rýchly split jednou nohou z polohy "Tuck Position" , nasleduje vyplávanie walkout front	1,4
3	<b>Airborne weight</b>	Z polohy skoba "Front Pike", sa pokračuje do polohy "Bent Knee Vertical Position".	1,1
4	<b>Rotácia</b>	Z polohy "Bent Knee Vertical Position" sa vykoná 180° spin, pričom pokrčená noha sa súčasne s klesaním vystiera do vertikálnej polohy, vystieranie sa dokončí, keď sa členky dostanú nad hladinu vody.	1,1
5	<b>Výpich</b>	Výpich/ Výtrč s dopadom na hladinu (začiatok v polohe back pike position).	1,4

### Ďalšie povinné prvky zostavy (hodnotené v rámci umeleckého dojmu (artistic impression)):

Povinný prvok	Zostavy		
	Duet tech	Duet tech mix	Team tech
<b>Eggbeater</b> - šlapačka do strany s pohybmi rúk. Spolu 8 pohybov (4 pohyby s jednou rukou, potom 4 pohyby s oboma rukami).	✓	✓	✓
<b>Akrobacia</b> - Basic lift - akrobatického prvku sa musia zúčastniť všetky osoby v zostave, Basic lift v stojí. 	✗	✗	✓
<b>Útvar</b> - kruh a čiara.	✗	✗	✓
<b>Spoločný prvok</b> s dopomocou - pair assisted action.	✓	✓	✗

### Časové limity:

- **Duet, Mix Duet:** max. **1:45 min** +- 5 sekúnd
- **Tím:** max. **2:00 min** +- 5 sekúnd

**Počet súťažiacich v tímovej zostave:**

- **8 plavcov** - za každého chýbajúceho plavca sa zarátava penalizácia 0,5 bod (minimálny počet súťažiacich je 4)

**Penalty**

<b>Penalty z celkového počtu bodov získaného za zostavu</b>	
Prekročenie časového limitu na nástup 30 sekúnd.	2
Prekročenie časového limitu za celkovú dĺžku zostavy.	2
Prekročenie časového limitu 10 sekúnd na suchu po začiatku hudby.	2
Dotyk dna jedného alebo viacerých súťažiacich s cieľom odraziť sa alebo dopomôcť inému súťažiacemu.	2
Prerušenie cvičenia jedného alebo viacerých súťažiacich a povolenie opakovaného štartu zostavy.	2
Každý chýbajúci súťažiaci z celkového počtu 8.	0,5

<b>Penalty z celkového počtu bodov získaného za elementy</b>	
Každý vynechaný povinný prvok.	2
Každý navyše predvedený hybrid alebo akrobacia.	2

**Ďalšie pravidlá**

Poradie technických elementov a iných povinných prvkov v zostave nie je určené a môže byť ľubovoľne zvolené podľa choreografie.

Za každý nepredvedený alebo nesprávne predvedený technický element je rozhodcami udelená 0.

Poradie technických elementov aj povinných prvkov musí byť zapísané v trénerskej karte.

V zostave môžu byť predvedené akékoľvek iné pohyby, ktoré budú hodnotené výlučne rozhodcami za umelecký dojem. Iné pohyby môžu byť predvedené aj bezprostredne pred a po povinnom elemente pričom elementoví rozhodcovia hodnotia výlučne predpísaný technický element.

Medzi 2 rôznymi technickými elementami musí byť akýchkoľvek prechod, t.j. technické elementy nemôžu byť v zostave predvedené hneď za sebou.

Všetky pohyby v zostave (všetky elementy, povinné prvky a prechody) musia byť predvádzané jedným smerom - s výnimkou pohybov na suchu, presunu do kruhu a von z kruhu a akrobacie.

Predvedenie akýchkoľvek hybridov alebo akrobacií okrem predpísaných technických elementov alebo povinných prvkov je zakázané.

<b>Faktorizácia známkov za umelecký dojem</b>	
Choreografia a muzikalita	0,7
Prechody (transitions)	0,5
Prevedenie	0,5

<b>Synchronizačné chyby</b>	
Malá chyba	0,05
Očividná chyba	0,3
Veľká chyba	1

## KRITÉRIÁ PRE DOSIAHNUTIE VÝKONNOSTNÝCH TRIED

Výkonnostné triedy môžu byť priznané za dosiahnuté výsledky počas príslušného RTC.

Dosiahnuté výsledky sa merajú v počte získaných bodov na podujatiach v určenej disciplíne:

- v povinných figúrach pre kategórie MŽ a MJ,
- v technických zostavách (sóla, páry, zmiešané páry, tímy) pre kategórie Juniori a Seniori. Pre pridelenie konečnej VT je potrebné získať minimálne dvakrát rovnakú priebežnú VT v príslušnej vekovej kategórii počas jedného RTC.

V prípade, že sa športovec zúčastní len dvoch súťaží počas RTC, na ktorých dosiahne dve rôzne VT, bude mu pridelená nižšia VT.

	MŽ	MJ	Juniori	Seniori
<b>M VT</b>	-	-	-	-
<b>I. VT</b>	61	66	-	-
<b>II. VT</b>	56	61	-	-
<b>III. VT</b>	51	56	-	-

- bude doplnené

## ZÍSKANÉ VÝKONNOSTNÉ TRIEDY PRE RTC 2024

### Mladší žiaci - 12 roční a mladší

		Ročník	Klub	VT
1	Holotíková Paula	2012	STUAS	I.
2	Oršula Arienne Kathrin	2012	IUV	I.
3	Petrášová Pavlína	2012	STUAS	I.
4	Strungová Liliana	2012	SŽBA	I.
5	Szocsova Alexandra	2012	IUV	I.
6	Hollerová Ema	2013	IUV	I.
7	Harajdová Natália	2014	SŽBA	I.
8	Krajčovičová Vivien	2014	STUAS	I.
9	Dobiaš Danielle Yasmin	2012	SŽBA	II.
10	Kiššová Laura	2012	IUV	II.
11	Nováková Ela	2012	SŽBA	II.
12	Nováková Olívia	2012	SŽBA	II.
13	Rusňáková Tímea	2012	SŽBA	II.
14	Orlová Sofia	2013	SŽBA	II.
15	Parajková Ella	2013	SŽBA	II.
16	Calhau Isabella	2014	SŽBA	II.
17	Šulcová Michelle	2015	SŽBA	II.
18	Vydarená Ester	2015	SŽBA	II.
19	Kotuľáková Miriam	2012	IUV	III.
20	Šuchová Alžbeta	2012	IUV	III.
21	Bendová Barbora	2013	STUAS	III.
22	Knapová Ester	2013	STUAS	III.
23	Mackaničová Adela	2013	IUV	III.
24	Masaryková Natália	2013	STUAS	III.
25	Polláková Sára	2013	IUV	III.
26	Repáčiková Nikola	2013	STUAS	III.
27	Bakošová Júlia	2014	STUAS	III.
28	Houfek Sophia	2014	IUV	III.
29	Paulovová Adela	2014	SŽBA	III.
30	Kátlovská Hana	2015	IUV	III.
31	Šubínová Eliška	2015	SŽBA	III.