



ARUBA
AQUATICS
FEDERATION

Aruba Artistic Swimming Trials Testing Criteria

Official Trials process and selection
criteria for the 2024-2025 Season



Aruba Artistic Swimming

CRITERIA

The Aruba Artistic Swimming Trial Procedure establishes the benchmarks and standards for a trials selection process. In consultation with the coaching staff, the technical committee experts within the support team (i.e., judges, coaches and/or Integrated Support Team consultants) will run land and water tests.

NOTABLE NOTES

All athletes participating in the National Team Trials Testing will be ranked based on the criteria outlined herein.

Athletes Eligibility

The requirements for eligibility in this season testing will be as follows:

1. Athletes that in 2025 will be categories:
 - a. 12 & Under (Who have completed a minimum of Star 6)
 - b. Youth (Born 2012-2010)
 - c. Junior (Born 2010-2006)
 - d. Senior (2010 +)

Ranking Criteria

5% - Aerobic Power – Timed Swim

15% - In water Sport-Specific Testing

5% - Athletic Ability Testing

25 % - TRE's / Figures Testing (Judged component)

25 % - Routine Testing (Judged component)

10% - Attendance

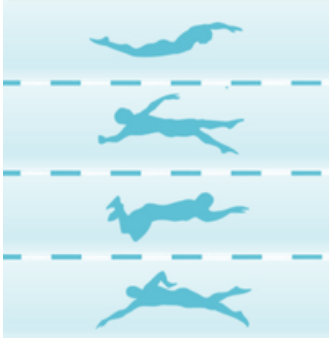
10% - Attitude and Performance Assessment

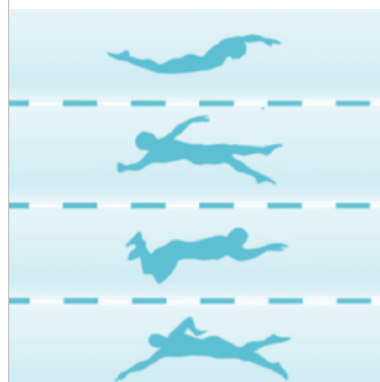
5% - Body Composition (SEMEDAR)

Additional testing related to Athleticism (See below) will be conducted as part of Aruba Artistic Swimming ongoing monitoring and tracking of high performance athletes in alignment with the national team program and our Targeted Athlete Program.



SPORT SPECIFIC CRITERIA

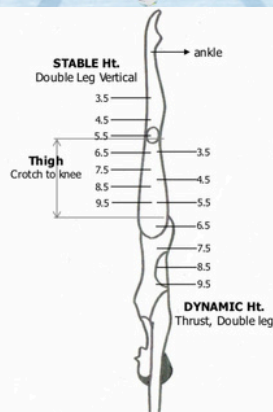
AEROBIC ENDURANCE

200m IM						
Descripción/Description		Criterios de Evaluación/Evaluación Criteria				
	Realizar un 200m combinado en el siguiente orden: Mariposa, espalda, pecho y libre de a 50metros cada uno Birajes son obligatorios.	SENIOR/JUNIOR	YOUTH	12 & UNDER	POINTS	
		2:44 or less	2:49 or less	3:01 or less	10 POINTS	
	Execute a 200meter IM in the following order: Fly, Back, Brest, free by 50meters each Flip turns are not optional.	2:45-2:49	2:50-2:54	2:55-2:59	9 POINTS	
	Objetivo/Objective	2:50-2:54	2:55-2:59	3:00-3:04	8 POINTS	
	Llegar lo más rápido posible.	2:55-2:59	3:00-3:04	3:05-3:09	7 POINTS	
	Make it to the end as fast as possible.	3:00-3:04	3:05-3:09	3:10-3:14	6 POINTS	
	Implementos/Equipment	3:05-3:09	3:10-3:14	3:15-3:19	5 POINTS	
	Gorro Blanco/Gafas/ Nariguera/Vestido negro	3:10-3:14	3:15-3:19	3:20-3:24	4 POINTS	
	White cap/goggles/noseclip/black swimsuit	3:15-3:19	3:20-3:24	3:25-3:29	3 POINTS	
	Material/To take the test	3:20-3:24	3:25-3:29	3:30-3:34	2 POINTS	
Cronómetro/Stopwatch	3:25-3:29	3:30-3:34	3:35-3:39	1 POINT		
Segundo evaluador	Second evaluator	3:30 or more	3:35 or more	3:40 or more	0 POINTS	




400m FREESTYLE						
Descripción/Description		Criterios de Evaluación/Evaluación Criteria				
	Realizar 400m en libre a máxima velocidad. Virajes son obligatorios.	SENIOR/JUNIOR	YOUTH			
		5:15 or less	5:29 or less		10 POINTS	
	Execute 400m in freestyle at maximum velocity. Flip turns are compulsory.	5:20-5:16	5:30-5:39		9 POINTS	
	Objetivo/Objective	5:25-5:29	5:40-5:49		8 POINTS	
	Llegar lo más rápido posible.	5:30-5:39	5:50-5:59		7 POINTS	
	Make it to the end as fast as possible.	5:40-5:49	6:00-6:09		6 POINTS	
	Implementos/Equipment	5:50-5:59	6:10-6:19		5 POINTS	
	Gorro Blanco/Gafas/ Nariguera/Vestido negro	6:00-6:09	6:20-6:29		4 POINTS	
	White cap/goggles/noseclip/black swimsuit	6:10-6:19	6:30-6:39		3 POINTS	
	Material/To take the test	6:20-6:29	6:40-6:49		2 POINTS	
Cronómetro/Stopwatch	6:30-6:39	6:50-6:59		1 POINT		
Segundo evaluador	Second evaluator	6:40 or more	7:00 or more		0 POINTS	

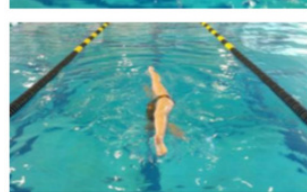
STATIC SKILLS TESTING

Sculling Resistance/Resistencia de Remada			
Descripción/Description		Evaluation Criteria/Criterios de Evaluación	
	Asuma la posición vertical doble y manténgala a una altura máxima estable durante 30 segundos. El tiempo empieza a correr apenas el deportista esté en la posición.	Holds for 30sec/ Does not travel/ maintains same stable and controlled height throughout the 30sec.	Height: 8.5+ 10 POINTS
	Assume the Double Vertical Position and hold at a stable maximum height for 30 seconds. The timer will start once the athlete is in the vertical position.	Holds for 30sec/ holds a relatively stable height throughout, minimum movement.	8.0-8.4 9 POINTS
	Objetivo/Objective	Holds for 30sec/ somewhat unstable heights/some movement and travel	7.5-7.9 8 POINTS
	Sostener la posición de Vertical por los 30 segundos en una altura estable y sin avanzar del puesto.	Holds for 30sec/ unstable height at an under knees/travels	7.0-7.4 7 POINTS
	Hold the vertical position for the whole 30 seconds at a stable height throughout without traveling.	Holds for 30sec/ drops significantly during exercise/travels	6.5-6.9 6 POINTS
	Implementos/Equipment	Holds for 30sec/ struggles to hold a satisfactory height/travels an is highly unstable.	6.0-6.4 5 POINTS
	Gorro Blanco/Gafas/ Nariguera/Vestido negro	Holds for 25-29sec/ Struggles with controlling the position/travels significantly	5.5-5.9 4 POINTS
	White cap/goggles/noseclip/black swimsuit	Holds for 20-25sec/ Struggles significantly/travels significantly	5.0-5.4 3 POINTS
	Material/To take the test		4.5-4.9 2 POINTS
	Cronómetro/Stopwatch	Does not hold for 20sec/Struggles throughout with all aspects of control	4.0-4.4 1 POINT
	Cinta y marca/Red Marker for placement		3.5-3.9 0 POINTS
	Segundo evaluador	Second evaluator	











Splits in Water/Splits en Agua

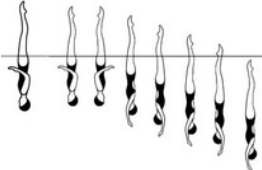

Descripción/Description		Evaluation Criteria/Criterios de Evaluación	
	El deportista se ubica con el hombro izquierda lateral al panel y empieza por mostrar el split Derecho. Lo sostiene por 10 Remadas y realiza una rotación al split de Centro y lo sostiene por 10 Remadas. Después rota al split Izquierdo y lo sostiene por 10 Remadas,	9.5+	10 POINTS
		8.5-9.4	9 POINTS
		7.5-8.4	8 POINTS
		6.5-7.4	7 POINTS
		5.6-6.4	6 POINTS
		5.1-5.5	5 POINTS
	The athlete places the left shoulder sideways towards the panel and begins by showing the right split first. Hold the split for 10 sculls then rotate to center split and hold for another 10 sculls. Finally rotate to the left split and hold for 10 sculls.	4.6-5.0	4 POINTS
		4.1-4.5	3 POINTS
		3.6-4.0	2 POINTS
		3.0-3.5	1 POINT
	Objetivo/Objective	2.9 or less	0 POINTS
	Abrir el split lo más posible con la postura indicada.	Material/To take the test	
	Open the splits as much as possible with the required body position.	Tabla de Splits del manual	



Splits chart in the manual




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

DYNAMIC SKILLS TESTING



		Spins & Rotations		
		<i>Seniors, Juniors 4 spins(1440) Youth 3 spins (1080)</i>		<i>12&under 2 spins 720)</i>
Descripción/Description		Evaluation Criteria/Criterios de Evaluación		
  <p style="text-align: center;">https://youtu.be/SXq4L4HRL9E</p>	<p>El atleta asume la posición de vertical. El metrónomo se coloca en tempo 120bpm y el deportista debe girar con cada beat del metrónomo logrando descender de manera uniforme hasta terminar los tornillos respectivas.</p> <p>The athlete assumes the vertical position. The metronome is set at tempo 120bpm and the athlete must rotate with each beat of the metronome, achieving a uniform descent until the respective spins are finished.</p>	Starts and ends the spin on count every time/With complete uniform and fluid motions and even descent.	10 POINTS	
		Starts and ends the spin on count every time/With complete uniform and fluid motions.	9 POINTS	
		Starts and ends the spin on mostly every count/With complete uniform and fluid motions.	8 POINTS	
		Starts the spin at a stable height with uniform motions/ loses count on some spins.	7 POINTS	
		Starts the spin at a stable height with uniform motions/ loses count on some spins/loses uniform descent on some spins.	6 POINTS	
		Struggles to start the spin fluidly/loses count and control on most spins/does not control the descent/ ends up executing most spins at ankles.	5 POINTS	
		Struggles to start the spin fluidly/loses count and control on almost all spins/does not control the descent/ ends up executing most spins at ankles and at half foot.	4 POINTS	
		Loses control of spins almost immediately/drops to ankles and below for all spins/does not maintain a vertical position at all.	3 POINTS	
		Does not complete the required spins.	2 POINTS	
			1 POINT	
Objetivo/Objective		Material/To take the test		
Completar los tornillos requeridos con movimiento uniforme, con descenso fluido con el conteo.				
Complete the required spins on count with fluid and uniform motion and spacing.	Cronómetro/ Stopwatch	Cinta y marca/Red Marker for placement		
Implementos/Equipment		Segundo evaluador	Second evaluator	
Gorro Blanco/Gafas/ Nariguera/Vestido negro				
White cap/goggles/noseclip/black swimsuit				
SPECIFIC ROTATIONS & SKILLS COMBINATION				
		<i>Youth & Up - R5's, R6's, R7's, unbalanced R7's, F5 + R3</i>		<i>12&under - R5's, R6's, R7's, F5 + R3</i>
Descripción/Description		Evaluation Criteria/Criterios de Evaluación		
<p style="text-align: center;">DIFFICULTY TABLE ROTATIONS</p> <p>IMPORTANT: THE 5 REPETITIONS OF EACH CODE ARE PERFORMED IN A ROW AND STARTED With complete uniform and fluid motions. FROM THE TABLETOP POSITION EACH TIME.</p> <p>* R5: Counting (1-3-5-7) * Metronome Rhythm 150BPM * COUNTS: First Vertical 1-2 / First 180o 3-4 / Second 180o 5-6 / Go down to tabletop 7-8 / Up count sequence is 1, 3, 5, 7, 1</p> <p>* R6: Start from tabletop, go to a Split position and from there make a 360 turn closing the legs until they reach vertical. They are lowered back to split position. Same process is started again.</p> <p>* Metronome Rhythm: • Seniors 200bpm • Juniors 180bpm • Youth & 12Unders 150bpm</p> <p>* COUNTS: Split 1-2 / 360 3-4 / Back down to split 5-6-7-8 and repeat</p> <p>* F5+R3: From tabletop go to a knight position followed by a vertical position and perform a 180o twirl.</p> <p>* Metronome Rhythm 150 BPM * COUNTS: Tabletop to knight 1-2 / Knight to vertical 3-4 / 180o twirl 5-6 / Come down to tabletop 7-8 / Wait between reps 4 counts.</p>	<p>F5 + R3 video: https://drive.google.com/file/d/1763EY109Z9WSORtxZoa3cKEtuRMef_aGQ/view?usp=share_link</p> <p>R5 video: https://drive.google.com/file/d/1-6zaudl-9-bLeVmNd3w52iPEDK8zjPDF/view?usp=share_link</p> <p>R6 video: https://drive.google.com/file/d/1vj9zo_mXyzyZG6137u0Z1TGvZPRvYqH/view?usp=share_link</p>	Starts and ends the rotations on count every time/With complete uniform and fluid motions.	10 POINTS	
		Starts and ends the rotations on count all but one time / With complete uniform and fluid motions.	9 POINTS	
		Starts and ends the rotations on mostly every count/	8 POINTS	
		Starts the rotation at a stable height with uniform motions/loses count on some spins and height.	7 POINTS	
		Starts the rotation at a stable height with uniform motions/loses count on some spins/loses uniform	6 POINTS	
		control on most spins/does not control the motion/ends up executing most rotations below knee.	5 POINTS	
		Struggles to start the rotation fluidly/loses count and control on almost all rotations/does not control hitting the right walls/ends up executing most rotations below knee.	4 POINTS	
		Loses control of rotations almost immediately/drops to below knees for all rotations/does not maintain a vertical position at all.	3 POINTS	
		Does not complete the required rotations..Fails completely...	2 POINTS	
			1 POINT	
Objetivo/Objective		Material/To take the test		
Completar los tornillos requeridos con movimiento uniforme, con descenso fluido con el conteo.				
Complete the required spins on count with fluid and uniform motion and spacing.	Cronómetro/ Stopwatch	Cinta y marca/Red Marker for placement		
Implementos/Equipment		Segundo evaluador	Second evaluator	
0 POINTS				

Boost/Thrust Sequence				
Descripción/Description		Height chart/tabla de alturas	Criterios de Evaluación/Evaluación Critería	
<p>El deportista debe realizar una secuencia combinada de Barracuda con boost de brazo doble 3 veces la serie utilizando los golpes del metrónomo a 140-150bpm.</p> <p>1. Boost de piernas (Thrust): -El Thrust se realiza con el lado derecho al panel y el cuerpo comienza en una posición de carpado (back pike), las piernas deben estar verticales al principio de cada thrust. -El thrust se ejecuta en el conteo 1 . Cada descenso de empuje debe ser seguido por un salto mortal hacia atrás, doblando hacia la superficie.</p> <p>2. Boost de Brazo/cuerpo (Body Boost): - El boost se prepara bajo el agua con la espalda plana, a un ángulo de 30 grados (a las 2) y con el ángulo de cabeza mirando a la superficie. Los 3 boosts se realizan con el lado derecho hacia el panel.</p> <p>The athlete must perform a combined sequence of barracuda thrusts with double arm boost 3 times the set using the metronome at 140-150bpm.</p> <p>1. Barracuda Thrust: -The Thrust is performed with the right side to the panel and the body begins in a back pike position, the legs must be vertical at the beginning of each thrust. -The thrust runs on count 1. Each Barracuda Thrust descent should be followed by a back somersault, bending toward the surface.</p> <p>2. Double Arm Body Boost: - The boost is prepared underwater with a flat back, at an angle of 30 degrees (at 2 o'clock) and with the head angle facing the surface. All boosts are done with the right side towards the panel.</p>		8.5+	Maintain the same height, the same power in each repetition.	10 POINTS
		7.5-8.4	Mantiene las mismas alturas, la misma fuerza en cada repetición.	9 POINTS
		7.0-7.4	Maintains the same height and power in almost all repetitions, there are minimal deviations in the count.	8 POINTS
		6.5-6.9	Mantiene las mismas alturas y fuerza en casi todas las repeticiones, hay desvíos mínimos en el conteo.	7 POINTS
		6.0-6.4	Misses some counts and loses the height a little in the repetitions.	6 POINTS
		5.5-5.9	Pierde algunos conteos y se baja un poco las alturas en las repeticiones.	5 POINTS
		5.0-5.4	Does not maintain the same power or counts during the exercises. Cannot repeat the same heights.	4 POINTS
		4.5-4.9	No mantiene la misma fuerza ni los conteos durante todos los ejercicios. No logra repetir las mismas alturas.	3 POINTS
		4.0-4.4	Is unable to maintain any count, is deficient in strength, extensions and angles.	2 POINTS
		3.5-3.9	No logra mantener ningún conteo, es deficiente en fuerza y en extensiones y ángulos.	1 POINT
Objetivo/Objective		3.4 or less	0 POINTS	
Lograr mantener la misma fuerza, extensión, y conteos en todas las repeticiones.		Material		
Execute the set with the same strength, speed, counts, and extension in every repetition.		Cronómetro/ Stopwatch	Metrónomo/metronome	

PROPULSION SKILLS TESTING

		Eggbeaters			
		Descripción/Description		Criterios de Evaluación/Evaluación Critería	
	<p>El atleta debe comenzar en la pared "START" y sin usarla como palanca, comenzar a desplazarse en el batidora lateral a una altura máxima por los 25 metros. Una vez que el atleta llega al otro lado, debe tocar la pared para detener el cronómetro.</p> <p>The athlete must begin at the "START" wall and without using it as leverage, begin traveling in side eggbeater at maximum height for 25 meters. Once the athlete reaches the other side he/she must touch the wall to stop the timer.</p>	8.5+	Maintained throughout	10 POINTS	
		7.5-8.4	Maintained throughout	9 POINTS	
		7.0-7.4	Stable height/altura estable	8 POINTS	
		6.5-6.9		7 POINTS	
		6.0-6.4	Uneven kicks, struggles, uneven heights, disaligned body/patada inestable, le cuesta mantener su altura	6 POINTS	
		5.5-5.9		5 POINTS	
		5.0-5.4		4 POINTS	
		4.5-4.9		3 POINTS	
		4.0-4.4	Unstable heights and dis aligned body/alturas inestables y tronco desalineado,	2 POINTS	
		3.5-3.9		1 POINT	
	Objetivo/Objective	3.4 or less		0 POINTS	
	Realizar 25 metros de batidora a máxima altura manteniendo la postura correcta durante toda la piscina.	Material/To take the test	Criterios/Criteria		
	Perform a 25 meters eggbeater lap at maximum height maintaining the correct posture throughout.	Cronómetro/ Stopwatch	Se utilizará la guía de alturas estáticas del manual Fina como referencia.	The Fina Manual static Height Chart will be used as reference for scoring.	
		Ballet Leg Propulsion			
		Descripción/Description		Criterios de Evaluación/Evaluación Critería	
	<p>Comience en la posición de lagartija: con las manos y los dedos de los pies tocando el suelo, el cuerpo y las piernas en línea recta, los pies ligeramente separados, los brazos separados al ancho de los hombros, extendidos y en ángulo recto con el cuerpo. Manteniendo la espalda y las rodillas rectas, el sujeto baja el cuerpo hasta formar un ángulo de 90 grados en los codos, con la parte superior de los brazos paralelos al suelo. Un compañero sostiene su mano en un puño en el suelo debajo del esternón para que el sujeto que está siendo evaluado baje solo hasta que su pecho toque la mano del compañero y luego vuelva a subir.</p> <p>Start in the push-up position - with the hands and toes touching the floor, the body and legs are in a straight line, feet slightly apart, the arms at shoulder width apart, extended and at a right angle to the body. Keeping the back and knees straight, the subject lowers the body until there is a 90-degree angle at the elbows, with the upper arms parallel to the floor. A partner holds their hand in a fist on the ground under the sternum so that the subject being tested goes down only until their chest touches the partner's hand, then back up.</p>	45sec or more	Maintains stable height, good 90degree alignment, all 4 points above water/mantiene altura estable, Angulo de 90 grados, mantiene los 4 puntos encima del agua.	10 POINTS	
		46-47 sec		9 POINTS	
		48-49 sec		8 POINTS	
		50-51 sec		7 POINTS	
		52-53 sec	Maintains stable height almost all the way through , 90degree alignment sometimes is not maintained, at least 3 points above water/mantiene altura estable casi siempre, Angulo de 90 grados a veces falla, mantiene mínimo 3 puntos encima del agua.	6 POINTS	
		54-55 sec		5 POINTS	
		56-57 sec		4 POINTS	
		58-59 sec		3 POINTS	
		1:00-1:01	Does no maintain stable height, loses 90 degree angle, loses extensión and goes under frequently. No mantiene altura estable, pierde extensión y ángulo de 90, se unde en el proceso	2 POINTS	
		1:02-1:03		1 POINT	
	Objetivo/Objective	1:04 or more		0 POINTS	
	Lograr realizar el Ballet de pierna con la postura y extensión adecuada mientras llega lo más rápido posible a la otra pared.	Material	Criterios/Criteria		
	Execute the Ballet leg with the best extension possible while reaching the other side as fast as possible.	Cronómetro/ Stopwatch	Cada vez que baja la pierna se le multa con 5 segundos./Every time the athlete drops the ballet leg they will get 5 seconds on their time.		
		Torpedo Skull			
		Descripción/Description		Criterios de Evaluación/Evaluación Critería	
	<p>1) Lie on your back in a back layout position and extend your arms behind your head. Keep your feet together and your toes pointed. 2) Skull quickly and evenly from de forearm with pressure on palms to propel yourself foot first as fast as you can while maintaining all 5 points above water.</p>	45sec or more	Mantiene los 4 puntos (cara, pecho, muslos, pies) encima de la superficie todo el tiempo/ Maintains all 4 points (face, chest, thighs, feet) above water throughout. Good extension throughout.	10 POINTS	
		46-47 sec		9 POINTS	
		48-49 sec		8 POINTS	
		50-51 sec		7 POINTS	
		52-53 sec		6 POINTS	
		54-55 sec	Pierde uno de los 4 puntos durante el desplazamiento./ Loses one of the 4 points during the lap.	5 POINTS	
		56-57 sec		4 POINTS	
		58-59 sec		3 POINTS	
		1:00-1:01	Carece de extensión y de estabilidad y control de la remada y el cuerpo./Lacks extensión and proper body position, sculling is uneven.	2 POINTS	
		1:02-1:03		1 POINT	
	Objetivo/Objective	1:04 or more		0 POINTS	
	Lograr realizar el torpedo con la postura y extensión adecuada mientras llega lo más rápido posible a la otra pared.	Material/To take the test			
	Execute an torpedo skull with the best extension possible while reaching the other side as fast as possible.	Cronómetro/ Stopwatch	Helper/ayudante		

Land Testing - Flexibility/Flexibilidad


Splits			
Descripción/Description		Criterios de Evaluación/Evaluation Criteria	
 https://youtu.be/phmroMajFj0	<p>Asuma la posición de split o espaghat con el cuerpo erguido y los brazos extendidos por encima de la cabeza o extendidos horizontalmente en línea con los hombros. El espacio entre la entrepierna y el suelo se medirá en centímetros.</p>	+ 6-10 CM	10 POINTS
	<p>Assume the split position with the body upright and arms extended overhead or extended horizontally in line with the shoulders. The space between the crotch and the floor will be measured in centimeters.</p>	+ 1-5 CM	9 POINTS
	<p>Objetivo/Objective</p>	0 CM	8 POINTS
	<p>Abrir lo más posible manteniendo las caderas en línea y reduciendo por total el espacio entre la entrepierna y el piso.</p>	1 CM	7 POINTS
	<p>Flatten the splits as much as possible, reducing the space between crotch and floor to zero.</p>	2 CM	6 POINTS
	<p>Implementos/Equipment</p>	3 CM	5 POINTS
	<p>Biker shorts</p>	4 CM	4 POINTS
		5 CM	3 POINTS
	<p>Material/To take the test</p>	6 CM	2 POINTS
	<p>Cronómetro/ Stopwatch</p>	Cinta/Tape	7 CM
<p>Measuring tape/Metro</p>	8 CM	0 POINTS	
Back Arch Test			
Descripción/Description		Criterios de Evaluación/Evaluation Criteria	
	<p>Paso 1: En posición sentada recta contra una pared, mida en centímetros la distancia desde el mentón hasta el suelo. Paso 2: en posición de decúbito prono con las manos entrelazadas detrás de los glúteos, levante la parte superior del cuerpo del suelo tanto como sea posible. Mida desde el centro de la clavícula hasta el suelo. Paso 3: Divida la medida del arco de la espalda (paso 2) por la cifra de la altura sentada para calcular el porcentaje.</p>	60% or more	10 POINTS
	59-55%	9 POINTS	
	54-50%	8 POINTS	
	49-45%	7 POINTS	
	44-40%	6 POINTS	
	39-35%	5 POINTS	

Splits

Descripción/Description

Criterios de Evaluación/Evaluation Criteria

<https://youtu.be/lxWn92Hb8oc>

Step 1: In a straight sitting position against a wall,  measure in centimeters the distance from the chin to the floor.
 Step 2: In a prone lying position with the hands clasped behind the glutes, lift upper body off the floor as much as possible. Measure from the center of the collar bone to the floor.
 Step 3: Divide back arch measurement (step 2) by the sitting height figure to work out the percentage.

34-30%

4 POINTS

29-25%

3 POINTS

24-20%

2 POINTS

19-15%

1 POINT

Objetivo/Objective

14% or less

0 POINTS

Levantar el tronco lo más posible.

Criterios/Criteria

Raise the upper body as much as possible.

Se evaluará el resultado del arco sostenido dividiendo el resultado del arco (pasó 2) por la medida de la columna (pasó 1).

Implementos/Equipment

The result of the arch hold will be evaluated by dividing the result of the arch (step 2) by the measurement of the spine (step 1).

Mat/Colchoneta

Material/To take the test

Metro/Measuring tape

Stand & Reach Test

Descripción/Description

Criterios de Evaluación/Evaluation Criteria

El sujeto está de pie, erguido, descalzo y con los pies ligeramente separados y las piernas rectas, en el borde de un escalón u otra plataforma elevada. Luego, el sujeto se dobla por la cintura, inclinándose lentamente hacia adelante, estirando los brazos hacia los dedos de los pies, las manos planas con los dedos extendidos. No se permiten rebotes ni sacudidas. Mantenga la posición durante dos segundos. Lea una regla contra el escalón y mida el nivel de las yemas de los dedos.

30cm or more

10 POINTS

29-28 cm

9 POINTS

27-26 cm

8 POINTS

25-24 cm

7 POINTS

23-22 cm

6 POINTS

The subject stands erect, bare-footed, and with feet slightly apart and legs held straight, on the edge of a step or other raised platform. The subject then bends at the waist, leaning slowly forwards stretching the arms out towards the toes, the hands held flat with the fingers outstretched. Bouncing and jerking are not allowed. Hold the position for two seconds. Lean a ruler against the step, and measure the level of the finger-tips.

21-20

5 POINTS

cm 19-

4 POINTS

18 cm

3 POINTS

17-16

2 POINTS

cm 15-

~~14-12~~ cm

1 POINT





Descripción/Description		Criterios de Evaluación/Evaluation Criteria	
Objetivo/Objective		11 cm or less	0 POINTS
Lograr la mayor extensión posible.		Material/To take the test	
Reach down as much as possible.		Metro/Measuring tape	
Toe Point Test			
Descripción/Description		Criterios de Evaluación/Evaluation Criteria	
<p>Comience en una posición sentada con las piernas extendidas hacia adelante con los dedos de los pies en punta. Sin levantar las piernas ni las rodillas del suelo, apunte los dedos de los pies al máximo hacia el piso. La punta que está más cerca del piso se mide en centímetros desde la punta hasta el piso.</p> <p>Start in a seated position with legs extended forward toes pointed. Without lifting the legs or knees off the floor, point the toes at maximum. The toe that is closer to the floor is measured in centimeters from the toe to the floor.</p>		0 cm	10 POINTS
		0.5 cm	9 POINTS
		1 cm	8 POINTS
		1.5 cm	7 POINTS
		2 cm	6 POINTS
		2.5 cm	5 POINTS
		3 cm	4 POINTS
		3.5 cm	3 POINTS
		4 cm	2 POINTS
		4.5 cm	1 POINT
Objetivo/Objective		5 cm or more	0 POINTS
Lograr tocar el piso con las puntas.		Material/To take the test	
Reach the floor with the toes.		Metro/Measuring tape	



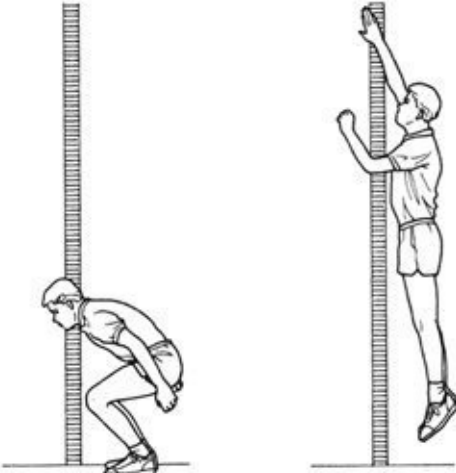
JUDGED COMPONENTS

FIGURES & TRE'S

The Junior Technical Required Elements as well as Youth and 12& Unders Figures are performed in front of judges according to the rules and regulations stipulated in the Worlds Aquatics manual in current use. This portion of the testing process is worth 25% of the total score.

ROUTINE TESTING

For the routine testing, one routine will be selected prior to the event that both Youth and Juniors will swim individually in front of a panel of judges. 12 & Under will learn one routine from the previous season and will swim in front of a panel of judges as well. This component is worth 25% of the total score.

		Vertical Jump/Salto Vertical																							
		Descripción/Description	Criterios de Evaluación/Evaluation Criteria																						
	<p>https://youtu.be/bGs_yermhTY</p>	<p>1. El atleta está perpendicular a la pared con el hombro y la cadera junto a la pared.</p> <p>2. El atleta está parada pies planos en el piso y alcanza con el brazo junto a la pared directamente encima de la cabeza, donde el punto más alto será marcado. Esta marca determina la altura de alcance.</p> <p>3. El atleta realiza un salto vertical desde una posición de cuclillas /batidora, donde la altura del salto se determinará marcando el punto más alto de la pared tocada.</p> <p>4. El salto se puede realizar con cualquiera de los brazos. A la altura del salto, el atleta tendrá que tocar la pared para medir el salto.</p>	<table border="1"> <tr> <td>52cm or more</td> <td>10 POINTS</td> </tr> <tr> <td>51-49cm</td> <td>9 POINTS</td> </tr> <tr> <td>48-46cm</td> <td>8 POINTS</td> </tr> <tr> <td>45-43cm</td> <td>7 POINTS</td> </tr> <tr> <td>42-40cm</td> <td>6 POINTS</td> </tr> <tr> <td>39-35cm</td> <td>5 POINTS</td> </tr> <tr> <td>34-30cm</td> <td>4 POINTS</td> </tr> <tr> <td>29-25cm</td> <td>3 POINTS</td> </tr> <tr> <td>24-20cm</td> <td>2 POINTS</td> </tr> <tr> <td>19-15cm</td> <td>1 POINT</td> </tr> <tr> <td>14-10cm</td> <td>0 POINTS</td> </tr> </table>	52cm or more	10 POINTS	51-49cm	9 POINTS	48-46cm	8 POINTS	45-43cm	7 POINTS	42-40cm	6 POINTS	39-35cm	5 POINTS	34-30cm	4 POINTS	29-25cm	3 POINTS	24-20cm	2 POINTS	19-15cm	1 POINT	14-10cm	0 POINTS
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19-15cm	1 POINT																								
14-10cm	0 POINTS																								
Objetivo/Objective		Criterios/Criteria																							
Saltar lo más alto posible		La diferencia entre la altura de salto y la altura de alcance determinará el salto vertical del atleta. El salto será redondeado a la siguiente 1/2 centimetro.																							
Jump as high as possible		The difference between reach height and jump height will determine the vertical height.																							
Implementos/Equipment		The jump will be rounded up to the next 1/2 cm																							
Zapatos para trotar		El atleta tiene 2 oportunidades de realizar el salto. Se tomará en cuenta el mejor salto.																							
Proper running shoes		The athlete will have 2 opportunities to do the jump. The better jump will be taken into account.																							
Material/To take the test																									
Cinta de color/ Color tape	Metro/Measuring tape 2x																								
Segundo evaluador	Second evaluator																								

Burpees



<https://youtu.be/oqBHkVnOVfM>

Descripción/Description

La prueba requiere que el atleta realice tantos burpees como sea posible durante la prueba. La prueba se realiza en 30 segundos. Mide cuántos burpees realizados correctamente se completan en el límite de tiempo. El Burpee comienza con la lagartija y termina con un aplauso por encima de la cabeza. El pecho puede tocar el suelo o no.

The test requires the athlete to perform as many burpees as possible for the duration of the test. The test is done in 30 seconds. Time how many correctly performed burpees are completed in the time limit. The Burpee begins with the push up and ends with an overhead clap. Chest may or may not touch the ground.

Objetivo/Objective

Realizar la mayor cantidad de Burpees correctamente en 30 segundos.

Execute the highest number of Burpees performed correctly in 30 seconds.

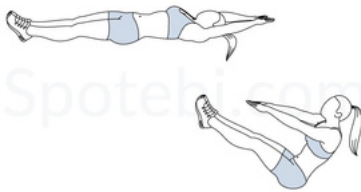
Criterios de Evaluación/Evaluation Criteria

15 or more	10 POINTS
14	9 POINTS
13	8 POINTS
12	7 POINTS
11	6 POINTS
10	5 POINTS
9	4 POINTS
8	3 POINTS
7	2 POINTS
6	1 POINT
5 or less	0 POINTS

Material/To take the test

Cronómetro/Stopwatch

V-Ups Test



<https://youtu.be/7UVgs18Y1P4>

Descripción/Description

1) Lie on your back and extend your arms behind your head, touching the floor with your hands. Keep your feet together and your toes pointed. 2) Keep your legs straight and lift them up while simultaneously lifting your upper body off the floor by touching your feet with your hands. Lower yourself back down to the starting position, touch the floor with your hands and repeat. The sound of your hands hitting the floor counts as one repetition.

1) Acuéstese boca arriba y extienda los brazos detrás de la cabeza tocando el suelo con las manos. Mantenga los pies juntos y los dedos de los pies en punta. 2) Mantenga las piernas rectas y levántelas mientras simultáneamente levanta la parte superior del cuerpo del piso tocando sus pies con las manos. Vuelve a bajar a la posición inicial, toca el suelo con las manos y repite. El sonido de las manos golpeando el suelo cuenta como una repetición.

Objetivo/Objective

Realizar la mayor cantidad de cortaplumas correctamente en 30 segundos.

Execute the highest number of V-Ups performed correctly in 30 seconds.

Criterios de Evaluación/Evaluation Criteria

50 or more	10 POINTS
49-45	9 POINTS
44-40	8 POINTS
39-35	7 POINTS
34-30	6 POINTS
29-	5 POINTS
25	4 POINTS
24-	3 POINTS
20	2 POINTS
19-	1 POINT
15	
9-5	
14-	
10	0 POINTS

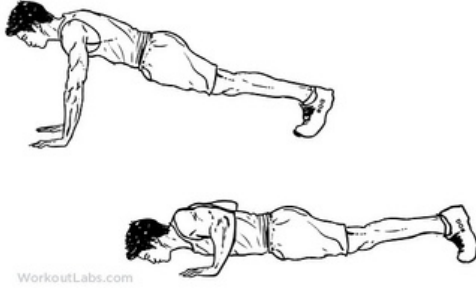
Material/To take the test

Cronómetro/ Stopwatch Helper/ayudante

Push-Up Test

Descripción/Description

Criterios de Evaluación/Evaluation Criteria



Comience en la posición de lagartija: con las manos y los dedos de los pies tocando el suelo, el cuerpo y las piernas en línea recta, los pies ligeramente separados, los brazos separados al ancho de los hombros, extendidos y en ángulo recto con el cuerpo. Manteniendo la espalda y las rodillas rectas, el sujeto baja el cuerpo hasta formar un ángulo de 90 grados en los codos, con la parte superior de los brazos paralelos al suelo. Un compañero sostiene su mano en un puño en el suelo debajo del esternón para que el sujeto que está siendo evaluado baje solo hasta que su pecho toque la mano del compañero y luego vuelva a subir.

50 or more	10 POINTS
49-45	9 POINTS
44-40	8 POINTS
39-35	7 POINTS

34-30	6 POINTS
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29-25	5 POINTS
24-20	4 POINTS
19-15	3 POINTS
14-10	2 POINTS

9-5	1 POINT
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4 o menos	0 POINTS
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Realizar la mayor cantidad de Flexiones correctamente en 30 segundos.

Execute the highest number of Push ups performed correctly in 30 seconds.

Material/To take the test

Cronómetro/ Stopwatch	Helper or Cones/ ayudante o conos
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<https://youtu.be/KlcU-Qaf0Bg>