



Fina

WATER IS OUR WORLD

New Approach to Acrobatics in Artistic Swimming

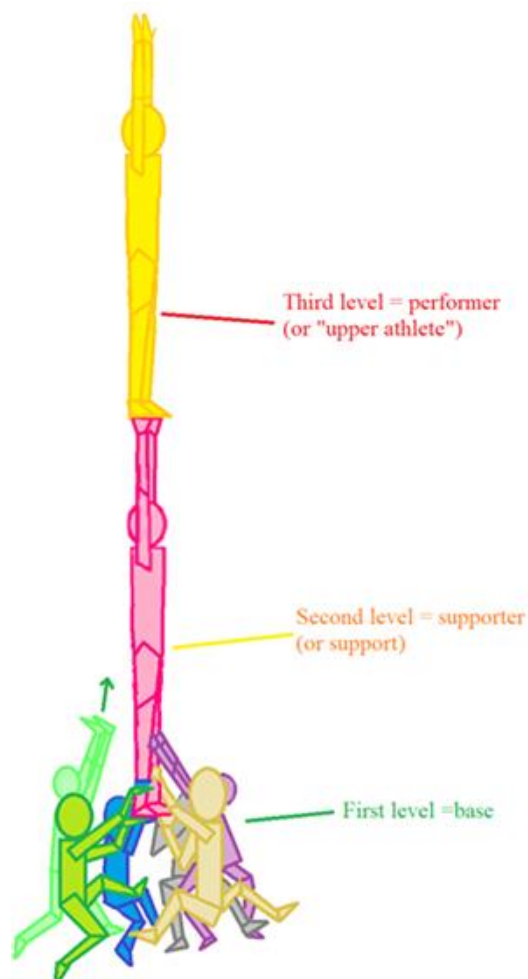
By Svetlana Saidova and Anastasiya Petrenko

All acrobatic movements are divided into 4 main groups:

- A – stands for “airborne”. All elements in this group are performed by a “performer” in the air.
- B — stands for “balance”. Acrobatic movements in this group are performed on a support/base.
- C — stands for “combined”. Encompasses characteristics from both group A and B.
- P — stands for “platform”. The coordinated effort of team members to form a stable support on which one or more swimmers are lifted to pose or perform actions other than flight (may be static or moving).

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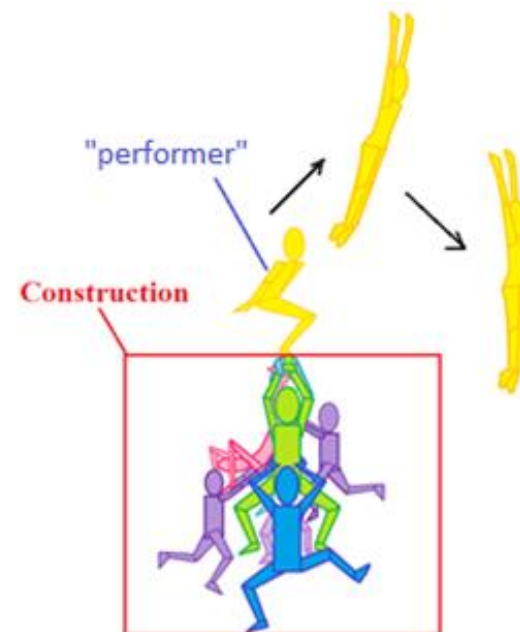
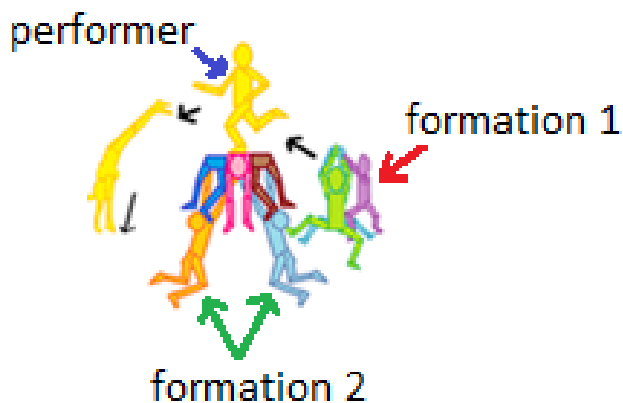


Important terminology:

1. Base athlete – role of swimmers, which consists of pushing/lifting up performer or support-swimmer with the performer on top.
2. Support athlete (middle) – swimmer working or maintaining position on top of the “base swimmers” in a “three tier level” construction. Example: stack, standard platform, “square” construction in group A.
3. Performer – top swimmer, which executes acrobatic actions or movements on support or in the air
4. Spotter (helper) – one swimmer, with a role of additional support (lift or push) inside construction.

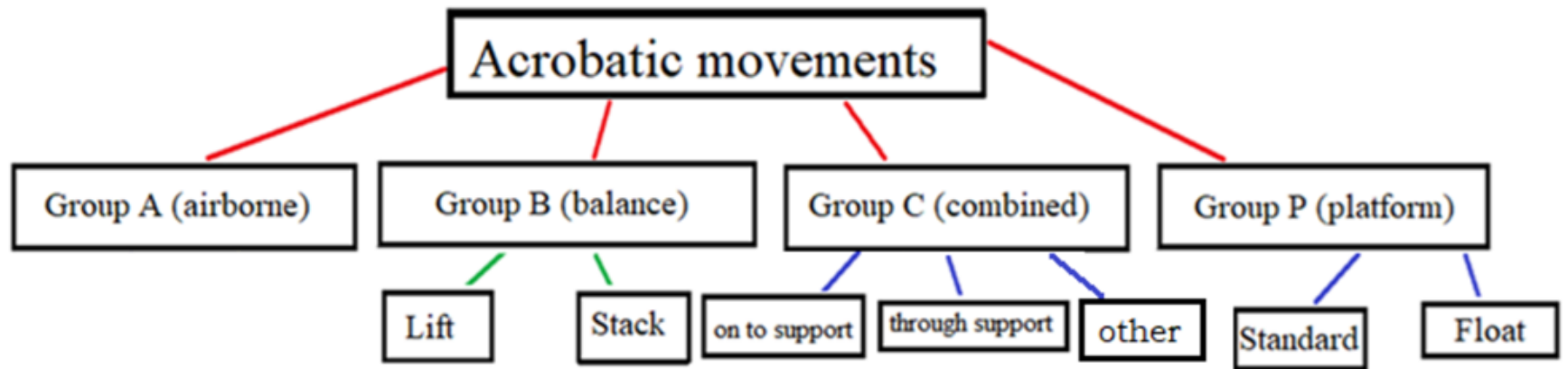
Note: in group C “spotter” or “pair of spotters” may be considered as a formation

5. Construction - is the name of the coordinated actions of team members to form a support from which one or more swimmers can perform acrobatic actions. Can consist from 1 or a few formations.



6. Formations – two or more groups of swimmers, from which construction consist. Well synchronized actions of this group guarantees execution of acrobatic movements. Without proper work from one of the formations, usually the acrobatic movement, it will fail.

Each Main Group (except group A) gets divided into smaller groups, called “subgroups”



For group B (balance) the subgroups are:

- Stack (when a performer sits/stands or lays on “support-athlete/s” which is/are in a vertical body position (head-down or head-up))
- Lift (when a performer sits/stands or lays on “base-athletes”)

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For group C (combined) the subgroups are:

- On the support: performer jumps from one “formation” on the other formation and remains on it until the submergence
- Through the support: performer, jumps and passing through other formation (slightly touch and continue moving)
- Other

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For group P (platform) the subgroups are:

- Standard (coordinated actions of “base-swimmers”, where they lift from underwater a “support-swimmer” in a horizontal position; and performer stays, sits or lays on support swimmer.
- Floats (forms on the surface (not lifting from underwater)).

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Float – is a coordinated action of “base-swimmers” and “support-swimmers” that form a stable geometric figure on the surface, on which later performers execute movements. This “geometric figure” can be formed from legs or hands or both.

GROUP A (Airborne) MAIN COMPONENTS

Component 1: Construction

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Component 2: Direction

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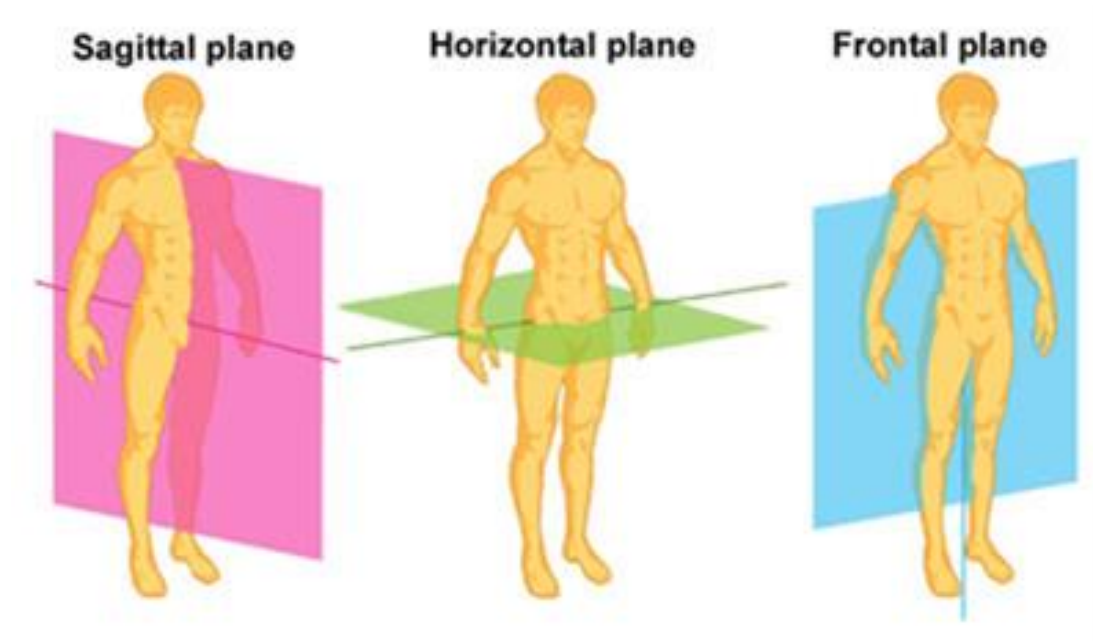


Component 3: Position

Pike type variations						Line	Line head-down (Feet-first jumps)
Free Position variations						Split	
Deer variations		Jay variations		Ring	Arch	Tuck	

Component 4: Plane and degree of rotation

A plane - is an imaginary flat surface running through the body



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Type of plane	Possible degrees of rotation						
	90°	180°	360°	540°	720°	900°	1080°
Horizontal plane (twist) For “head-up” positions	✓	✓	✓	✓	✓		
Horizontal plane (twist) Example: in a horizontal position or in head-down vertical rotations around self		✓	✓	✓	✓		
Sagittal plane (Example: forward somersault)		✓	✓	✓	✓	✓	✓
Frontal plane (Example: Side somersault)			✓	✓	✓		

Two axes (somersault + twist) – simultaneous rotation in 2 axes:

- 1 somersault + 0,5 twist
- 1 somersault + 1 twist
- somersault + 1,5 twist
- 1 somersault + 2 twist
- 1,5 somersault + 0,5 twist
- 1,5 somersault + 1 twist
- 2 somersault + 0,5 twist
- 2 somersault + 1 twist

Component 5: Bonus

1. “Grip” (hands connected) between performer and support
2. Synchronized actions for double acrobatic movements
3. “Return” on the construction after the airborne phase
4. Blind connection between performer and horizontal support
5. “Opening” in a straight body position before water entry, after 1.5 or 2 somersaults

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GROUP B (Balance) MAIN COMPONENTS

Component 1: Construction


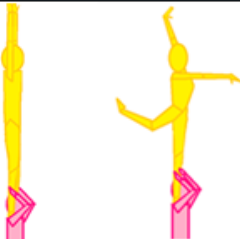






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Component 2: Position

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Component 3: Square of support / type of “connection” (“grip”)

<i>“Performer” = HEAD-Up, “support”=head-up</i>				
				
<i>Sit or Lay on shoulders</i>	<i>Feet or Foot (performer) on shoulders (support)</i>	<i>Feet (performer) on palms (support)</i>	<i>Sit on shoulder blades (blind connect)</i>	<i>All performer's body on palms (lay or sit)</i>
<i>“Upper athlete” = HEAD-Up, “support”=upside-down</i>				
				
<i>All performer's body on feet (lay)</i>	<i>All performer's body on feet (sit)</i>	<i>Feet/feet</i>		

“Performer” = UPSIDE-DOWN, “support swimmer”=head-up

<p><i>Twins: Performer hold the stomach of support and support holds the crotch of performer)</i></p>	<p><i>Back/back+ performer holds support tights, and support holds performer legs</i></p>	<p><i>Palm (performer) on head(support)+palm/palm</i></p>	<p><i>Christ: Shoulder blades (performer)/ Shoulder blades (support)</i></p>	<p><i>Palms on shoulders/ palms on shoulders</i></p>	<p><i>Head on head+ palm/palm+ leg hold by performers</i></p>	<p><i>Palms/Palms</i></p>

“Performer” = UPSIDE-DOWN, “support swimmer” = upside-down

<p><i>All performer's body on feet (head-down)</i></p>	<p><i>Shoulders (performer) on feet</i></p>	<p><i>Palms(performer) on feet (support)</i></p>

Component 4: Rotation of construction

For group B:

- Stack 180°
- Stack 360°
- Stack 540°

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- Lift 90°
- Lift 180°
- Lift 360°

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Component 5: Bonus

Examples:

- “Twirl”(fast twist rotation) of performer
- Synchronized actions for double acrobatic movements

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GROUP C (Combined) MAIN COMPONENTS

Component 1: Construction

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Component 2: Direction

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Component 3: Position

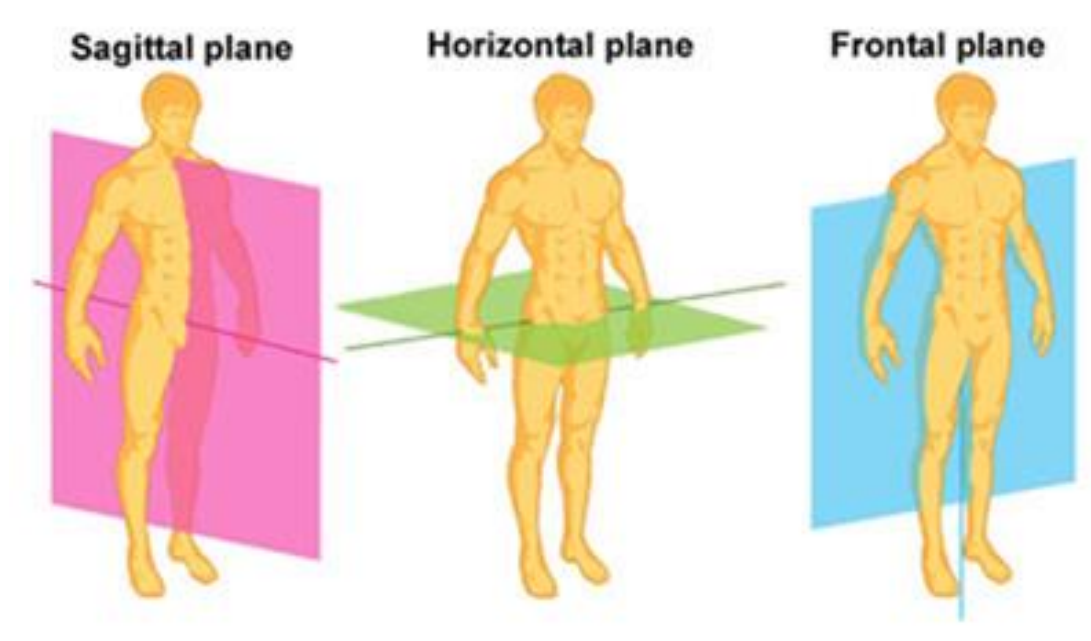
(listed below positions usually executed in the subgroup “Passing through support”)

Pike type variations						Line	Line head-down (Feet-first jumps)
Free Position variations						Split	
Deer variations		Jay variations		Ring	Arch	Tuck	

Chair position variations			Line	Ballerina variations		Vertical Split variations		
Heron	Kitri	Arch 2	Candle variations		Arabesque variations		Scorpio variations	
Eye	Needle variations		Sail	Bridge	Ring variations		Drop	Pike 2
Square	Lay position variations				Head-down split variations			
Raven	Glass	Head-down arch variations			Diamond variations		Scarecrow	Sit position

Component 4: Plane and degree of rotation



A plane - is an imaginary flat surface running through the body



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Type of plane	Possible degrees of rotation						
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Horizontal plane (twist) For “head-up” positions	✓	✓	✓	✓	✓		
Horizontal plane (twist) Example: in a horizontal position or in head-down vertical rotations around self		✓	✓	✓	✓		
Sagittal plane (Example: forward somersault)		✓	✓	✓	✓	✓	✓
Frontal plane (Example: Side somersault)			✓	✓	✓		

Diagram	Name
	Handspring
	Cartwheel

Component 5: Rotation of construction

Note: if one of the formations has signs of constructions (listed below)

- Stack 180°
- Stack 360°
- Stack 540°

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Component 5: Bonus

1. Synchronized actions for double acrobatic movements
2. “Fly” above formation
3. “Running” on the backs
4. Jump on the Stack and remain on it until submergence

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GROUP P (Platform) MAIN COMPONENTS

Component 1: Construction

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Component 2: Position

Chair position variations			Line		Ballerina variations		Vertical Split variations	
Heron	Kitri	Arch 2	Candle variations		Arabesque variations		Scorpio variations	
Eye	Needle variations		Sail	Bridge	Ring variations		Drop	Pike 2
Square	Lay position variations				Head-down split variations			
Raven	Glass	Head-down arch variations			Diamond variations		Scarecrow	Sit position

Component 3: Rotation of construction

For Group P:

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- Platform 90°
- Platform 180°
- Platform 360°

Component 4: Bonus

- Headstand
- “Roll” on the construction and “rolling” entrance in the water
- Lifting in a “Box” and lowering back
- Blind connection between performer and horizontal support

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We would like to ask you to:

Identify components in acrobatic movements. Components, which must be identified will appear 6 seconds before each acrobatic movement.

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