



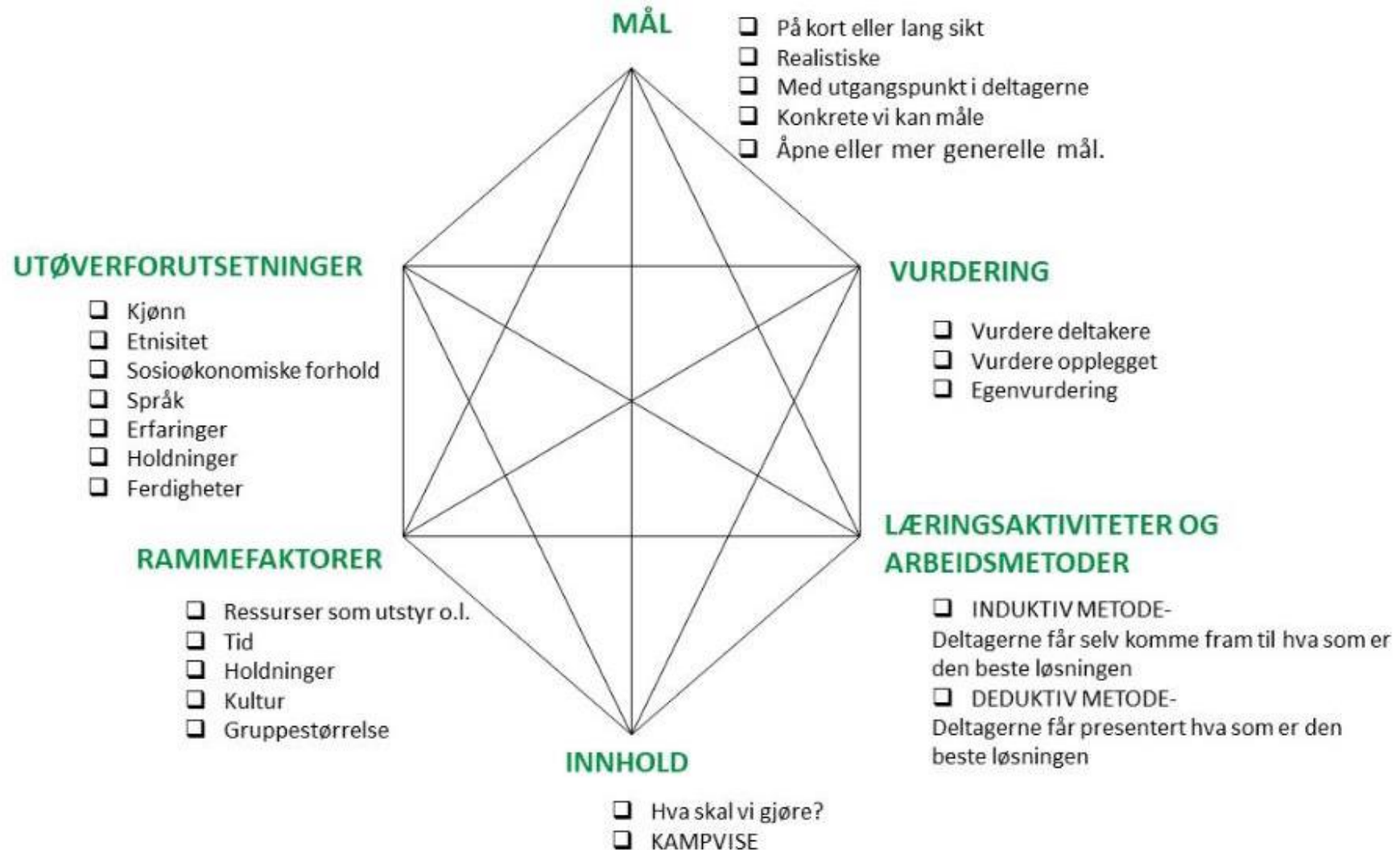
Koreografi-planlegging

Artistisk svømming konferanse med Lesia Bubnova



Navnerunde + generelle regler for planlegging av økt / koreografi

Den didaktiske relasjonsmodellen





Planlegging for konkurranse vs planlegging for show

- Synkron-oppvisning
(https://www.youtube.com/watch?v=Rv_4yfvNhVA
)
- Konkurranser
(https://www.youtube.com/watch?v=y_dcu0JgiYQ&t=12s
)

The Holy Bible of Artistic Swimming

Appendix 3



29.3 APPENDIX 3 – Set Numbers of Elements for Routines

Please note: the requirement to include one declaration from each family in the routine (except for connections in Solo) is applicable for **Free Routines only**.

Senior/Junior	Time (1/2 – 5 sec)	Total Required Elements	Summary
Solo Tech	2:00	6	5 TRES 1 Free Hybrid
Solo Free	2:15	6	6 Free Hybrids (must include one declaration from each family in the routine – except connections)
Women Duet Tech	2:20	7	5 TRES 3 Free Hybrid 1 Pair Acro (free choice)
Women Duet Free	2:45	8	6 Free Hybrids (must include one declaration from each family in the routine) 2 Pair Acro (free choice but must not repeat the same acrobatic)
Mixed Duet Tech	2:20	7	3 TRES 1 Free Hybrid 1 Required Hybrid (must contain only one Thrust declaration and 2 different Connection declarations – for example TB CS Ca) 2 Pair Acro (free choice but must not repeat the same acrobatic) 3 declared Sustained Surface Connections ("SuCon") with travel (1m or more) or rotation (180° or more)
Mixed Duet Free	2:45	7	4 Free Hybrids (must include one declaration from each family in the routine) 3 Pair Acro (free choice but must not repeat the same acrobatic) A minimum of 4 declared Sustained Surface Connections ("SuCon") with travel (1m or more) or rotation (180° or more)
Team Tech	2:50	8	5 TRES 2 Free Hybrids one of which must include a eadence action 1 Team Acro (Max. DD limit of 3.0 inclusive of Base Mark Value) May contain max of 1 circle
Team Free	3:30	9	6 Free Hybrids (must include one declaration from each family in the routine) 3 Team Acro (free choice but must not repeat the same acrobatic – see below)
Acrobatic	3:00	7	7 Acrobatics: One from A, B, C, P Maximum of 2 acrobatics from any group Must not repeat the same acrobatic – see below

* Must not repeat the same acrobatic is defined as follows (please also see the Team Acrobatic Catalogue for examples):

For Group A – can't repeat same position/s (as P1 or as P2), with the exception of the third position bonus

For Group B – can't repeat the same construction and can't repeat the same type of connection (grip)

For Group C – can't repeat the same construction

For Group P – can't repeat the same construction AND can't repeat the same type of connection (grip). AND can't repeat same position/s (as P1 or as P2), with the exception of the third position bonus

*Please note apnea limits are being removed – Artistic Impression factoring is being revised inclusive of implementing an increased value for Transitions.

Please note: the requirement to include one declaration from each family in the routine (except for connections in Solo) is applicable for 12U and Youth Free Routine Events

*In regards to 12 and Under – Federations can adapt based on their development goals for 12U

12U/Youth (13-15)	Time (1/2 – 5 sec)	Total Required Elements	Summary
12U Solo Free	2:00	4	4 Free Hybrids (must include one declaration from each family in the routine)
Youth Solo Free	2:00	5	5 Free Hybrids (must include one declaration from each family in the routine)
12U Duet Free	2:30	5	4 Free Hybrids (must include one declaration from each family in the routine) 1 Pair Acro (free choice)
Youth Duet Free	2:30	6	5 Free Hybrids (must include one declaration from each family in the routine) 1 Pair Acro (free choice)
Mixed Duet Free (12U/Youth)	2:30	5	3 Free Hybrids (must include one declaration from each family in the routine) 2 Pair Acro (free choice but must not repeat the same acrobatic) A minimum of 3 declared Sustained Surface Connections ("SuCon") with travel (1m or more) or rotation (180° or more)
12U Team Free	3:00	7	4 Free Hybrids (must include one declaration from each family in the routine) 3 Team Acrobatics with DD safety limit (free choice but must not repeat the same acrobatic – see below)
Youth Team Free	3:00	8	5 Free Hybrids (must include one declaration from each family in the routine) 3 Team Acrobatics with DD safety limit (free choice but must not repeat the same acrobatic – see below)
12U Combo	3:00	8	3 Team Acrobatics with DD safety limit (free choice but must not repeat the same acrobatic – see below) 1 x DD Solo Hybrid 1 x DD Duet Hybrid 2 x Team DD Hybrid (must be executed with a minimum of 4 athletes) Must include one declaration from each family in the routine (counted across solo, duet and team DD hybrids) 1 x Team choreography hybrid ("ChohY") with no DD (ie factor of 1.0) must be executed with a minimum of 4 athletes Element parts can't occur simultaneously (ie Team Acrobatic occurs while solo hybrid starts)
Youth Combo	3:00	9	4 Team Acrobatics with DD safety limit (free choice but must not repeat the same acrobatic – see below) 1 x DD Solo Hybrid 1 x DD Duet Hybrid 2 x Team DD Hybrid (must be executed with a minimum of 4 athletes) Must include one declaration from each family in the routine (counted across solo, duet and team DD hybrids) 1 x Team choreography hybrid ("ChohY") with no DD (ie factor of 1.0) must be executed with a minimum of 4 athletes Element parts can't occur simultaneously (ie Team Acrobatic occurs while solo hybrid starts)

12U and Youth Team Acrobatic Safety Limits for Team and Combo events are as follows. Acrobatic elements cannot have a DD higher than the Total DD (MAX):

	Acro DD	Plus Base Mark	Total DD (MAX)
Youth – Group A	2.2	0.5	2.7
Youth – Group B	2.3	0.5	2.8
Youth – Group C	2.3	0.5	2.8
Youth – Group P	2.5	0.5	3.0
12U – Group A	2.0	0.5	2.5
12U – Group B	2.1	0.5	2.6
12U – Group C	2.1	0.5	2.6
12U – Group P	2.3	0.5	2.8

* Must not repeat the same acrobatic is defined as follows (please also see the Team Acrobatic Catalogue for examples):

For Group A – can't repeat same position/s (as P1 or as P2), with the exception of the third position bonus

For Group B – can't repeat the same construction and can't repeat the same type of connection (grip)

For Group C – can't repeat the same construction

For Group P – can't repeat the same construction AND can't repeat the same type of connection (grip). AND can't repeat same position/s (as P1 or as P2), with the exception of the third position bonus

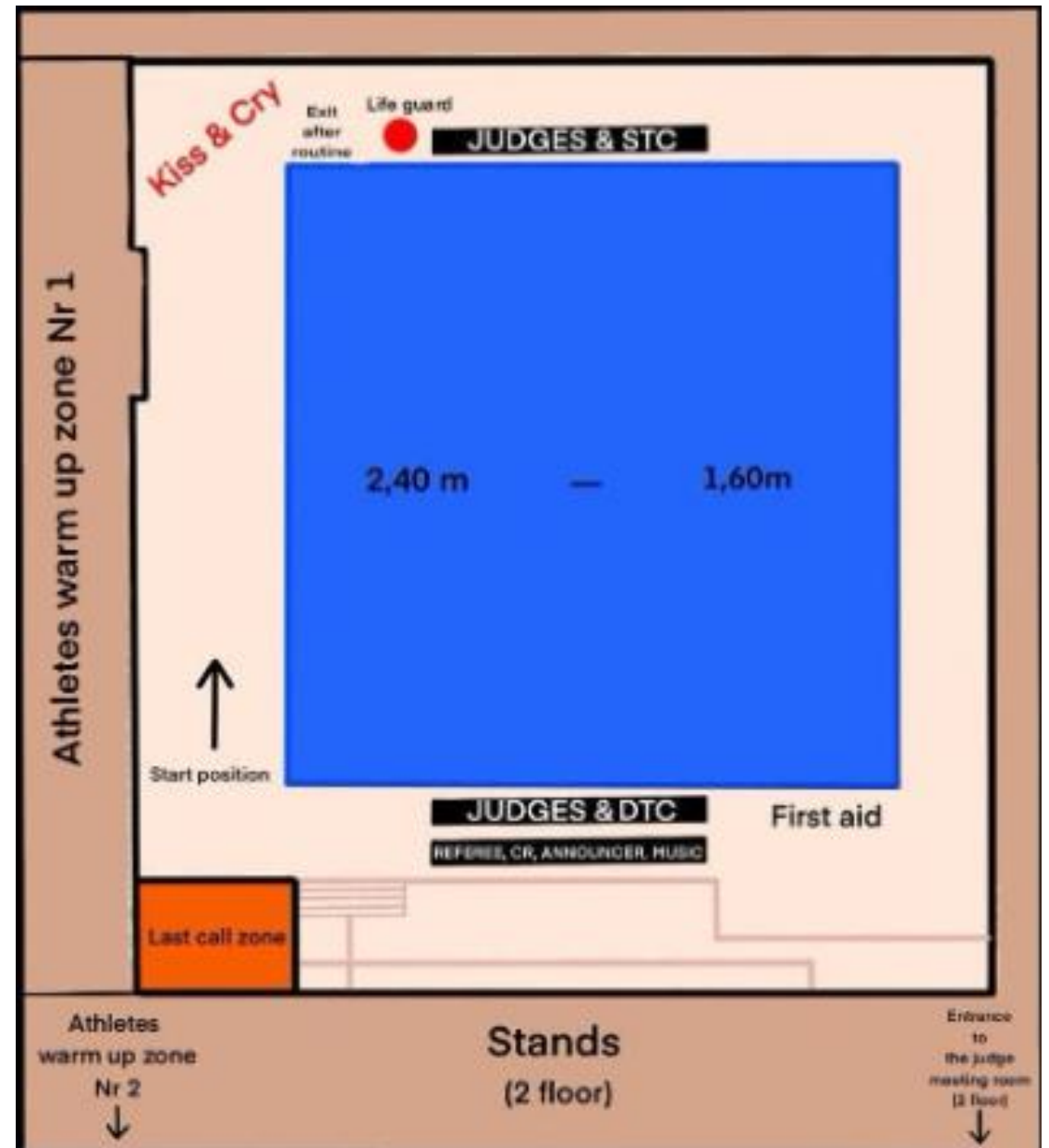
*Please note apnea limits are being removed – Artistic Impression factoring is being revised inclusive of implementing an increased value for Transitions.


Dommer-aspekt i koreografi-planlegging

- https://resources.fina.org/fina/document/2025/01/21/d9948a65-9295-44a0-ab96-bcfc22ade8b0/AQUA-AS_MANUAL_January-2025.pdf



Mønster på konkurranser





Video øving

- <https://www.youtube.com/watch?v=Qs0PEZ-42uc> – duett 2000
 - <https://www.youtube.com/watch?v=BcvJjNrXz6c> – duett 2024
 - <https://www.youtube.com/watch?v=ym62MdxR5kw> – lag SPA 2000
 - <https://www.youtube.com/watch?v=HIQqYCNFpII> – lag SPA 2025
 - <https://www.youtube.com/watch?v=vRCqOz4b0mA> – solo 2011
 - <https://www.youtube.com/watch?v=2v3mljz85jk> – kombinasjon 2023
 - <https://www.youtube.com/watch?v=xOocttIPGpIY> – mixed duett teknisk 2023
-

Øvelse! 10 min

- Sett dere sammen 2 og 2
- Lag en plan for koreografi. Hva skal dere tenke på?
- Del planen med hverandre



Takk for i dag!

God morgen!



DTC-aspekt i koreografi planlegging

Vanskelighetsgrad tabell: [dd chart final.pdf](#)

Løft for lag: [Team Acrobatics \(Jan 1 2025\).pdf](#)

Løft for duett / mixed duett: [Pair Acro Quick Reference Sheets \(Jan 2025\).pdf](#)

Tekniske elementer:

[Jan 2025 TRE QUICK REFERENCE SHEETS.pdf](#)



STC-aspekt i koreografi planlegging

Synkronisering:

[https://resources.fina.org/fina/document/2025/01/21/d9948a65-9295-44a0-ab96-bcfc22ade8b0/AQUA-AS MANUAL January-2025.pdf](https://resources.fina.org/fina/document/2025/01/21/d9948a65-9295-44a0-ab96-bcfc22ade8b0/AQUA-AS%20MANUAL%20January-2025.pdf)



Utøver-aspekt i koreografi planlegging

- Hvordan finner man musikk?
- Hvordan finner man bevegelser / tema til koreografi?
- Utøverens sterke / svake sider
- Hva er målet med koreografi?
- <https://www.youtube.com/watch?v=NkUOH1ZUktc>
- <https://www.youtube.com/watch?v=d4k8vXFVuIQ&list=PLV1w8teCPIAKolwHfJDYDiQZnpOyYWqIS&index=7>

Video-øving

<https://www.youtube.com/watch?v=QqHurZ3UbS8> – 12&u

<https://youtu.be/85II9i3AbUU?si=izMlo2DKp8MC3L9f> - masters

<https://www.instagram.com/reel/DH8pClwtde8/?igsh=aXFmbHY4aTR2bDV4>
– athletes with disabilities (AWD)

Landtrening

- Hvordan øver man på koreografi på land?
- Utvikling av ferdigheter på land
- Team-building





Spørsmål / forslag?

Takk for i dag!

