

Candidate:		KIDS CATEGORY	School/Single Participant:	
CHALLENGE	CONDITIONS			
FIGURES				
<u>Figure A.1</u> Swimming on the back (surface or underwater)	<p>for 1 pt: The candidate has difficulties swimming on the back. Their face is submerged underwater (if on surface), the arms are not positioned behind their head. The candidate comes out of the water quickly (if underwater).</p> <p>for 2 pts: The candidate manages to swim on the back. Their face is mostly submerged underwater (if on surface), the arms are not positioned behind their head. The candidate comes out of the water quickly (if underwater).</p> <p>for 3 pts: The candidate swims on their back. Their face is sometimes submerged underwater (if on surface), the arms are sometimes positioned behind their head. The candidate comes out of the water ok (if underwater).</p> <p>for 4 pts: The candidate swims on their back. Their face is rarely underwater (if on surface), the arms are positioned behind their head. The candidate comes out of the water gently(if underwater).</p> <p>for 5 pts: The candidate swims on their back perfectly. Their face is held completely outside of the water (if on surface), the arms are well positioned behind their head, straight. The candidate comes out of the water gracefully (if underwater).</p>			
<i>Awarded points:</i>				
<u>Figure A.2</u> Swimming on the stomach (surface or underwater)	<p>for 1pts: The candidate has difficulties swimming on the stomach. Their movements are very irregular, the arms are on the side instead of in front. The candidate comes out of the water quickly.</p> <p>for 2 pts: The candidate swims on the stomach. Their movements are irregular, the arms are on the side instead of in front. The candidate comes out of the water quickly.</p>			

	<p>for 3 pts: The candidate swims on the stomach. Their movements are ok, the arms are on the side instead of in front sometimes. The candidate comes out of the water ok.</p> <p>for 4 pts: The candidate swims very well on the stomach. Their movements are regular, the arms are held in front. The candidate comes out of the water gently.</p> <p>for 5 pts: The candidate swims perfectly on the stomach. Their movements are very regular, the arms are well held in front. The candidate comes out of the water gracefully.</p>
<i>Awarded points:</i>	
<p><u>Figure A.3</u></p> <p>Lateral swimming (surface or underwater)</p>	<p>for 1 pts: The candidate doesn't perform a duck dive before swimming laterally. The movements are very irregular and the arms are positioned on the side. The candidate comes out of the water quickly.</p> <p>for 2 pts: The candidate doesn't perform a duck dive before swimming laterally. The movements are irregular and the arms are positioned on the side. The candidate comes out of the water quickly.</p> <p>for 3 pts: The candidate performs a duck dive before swimming laterally. The movements are regular and the arms are not positioned on the side. The candidate comes out of the water ok.</p> <p>for 4 pts: The candidate performs a correct duck dive before swimming laterally. The movements are regular and the arms are correctly positioned. The candidate comes out of the water gently.</p> <p>for 5 pts: The candidate performs a perfect duck dive before swimming laterally. The movements are perfect and the arms are well positioned. The candidate comes out of the water gracefully.</p>
<i>Awarded points:</i>	
<p><u>Figure B.1</u></p> <p>Front Flip</p>	<p>for 1 pt: The candidate doesn't perform a duck dive before swimming. The movements are very irregular and the front flip ends to the side instead of being straight. The legs are bent. The candidate comes out of the water quickly.</p> <p>for 2 pts: The candidate doesn't perform a duck dive before swimming. The movements are irregular and the front flip goes a bit to the side instead of being straight. The legs are a little bent. The candidate comes out of the water quickly.</p>

	<p>for 3 pts: The candidate performs a duck dive before swimming. The movements are ok and the front flip is straight. The legs are not bent and the candidate comes out of the water ok.</p> <p>for 4 pts: The candidate performs a duck dive before swimming. The movements are regular and the front flip ends on the side instead of being straight. The legs are not bent and the candidate comes out of the water gently.</p> <p>for 5 pts: The candidate performs a perfect duck dive before swimming. The movements are perfect and the front flip is straight. The legs are not bent. The candidate comes out of the water gracefully.</p>
<i>Awarded points:</i>	
<p><u>Figure B.2</u></p> <p>Back Flip</p>	<p>for 1 pts: The candidate doesn't perform a duck dive before swimming. The movements are very irregular and the back flip ends on the side instead of being straight. The candidate comes out of the water quickly.</p> <p>for 2 pts: The candidate doesn't perform a duck dive before swimming. The movements are irregular and the back flip ends a bit to the side instead of being straight. The candidate comes out of the water quickly.</p> <p>for 3 pts: The candidate performs a duck dive before swimming. The movements are ok and the back flip is straight. The candidate comes out of the water ok.</p> <p>for 4 pts: The candidate performs a duck dive before swimming. The movements are regular and the back flip goes well. The candidate comes out of the water gently.</p> <p>for 5 pts: The candidate performs a perfect duck dive before swimming. The movements are perfect and the back flip is straight. The candidate comes out of the water gracefully.</p>
<i>Awarded points:</i>	
<p><u>Figure C.1</u></p> <p>Spin</p>	<p>for 1 pt: The candidate doesn't perform a duck dive before swimming. While turning, the legs are bent and not straight. The arms are not adjusted. The candidate comes out of the water quickly.</p> <p>for 2 pts: The candidate doesn't perform a duck dive before swimming. While turning, the legs are slightly bent and not straight. The arms are not well adjusted. The candidate comes out of the water quickly.</p>

	<p>for 3 pts: The candidate performs a duck dive before swimming. While turning, the legs are ok. The arms are well adjusted. The candidate comes out of the water ok.</p> <p>for 4 pts: The candidate performs a duck dive before swimming. While turning, the legs are straight. The arms are adjusted. The movement is graceful. The candidate comes out of the water gently.</p> <p>for 5 pts: The candidate performs a perfect duck dive before swimming. While turning, the legs are straight and the movement is graceful. The candidate comes out of the water gracefully.</p>
<i>Awarded points:</i>	
<p><u>Figure C.2</u></p> <p>Floating 10 seconds on the back</p>	<p>for 1 pt: The candidate cannot float on their back and can hardly stay afloat.</p> <p>for 2 pts: The candidate has difficulties floating on their back, is agitated and their head is often underwater.</p> <p>for 3 pts: The candidate floats on their back, is calm and their head is held out of the water, they hold position for 5 seconds.</p> <p>for 4 pts: The candidate floats on their back, is calm and their head is held out of the water, they hold position for 10 seconds.</p> <p>for 5 pts: The candidate floats on the back, is calm and their head is held out of the water, they hold position perfectly for 10 seconds.</p>
<i>Awarded points:</i>	
SAFETY	
<p><u>Safety</u></p> <p>Towing a dummy on the surface for</p>	<p>for 1 pt: The hands are not placed correctly under the neck and on the forehead. The towing is very difficult to handle as the mannequin has its face completely underwater.</p> <p>for 2 pts: The hands are not well placed under the neck and on the forehead. The towing is difficult to handle as the</p>

10m	<p>mannequin has its face often underwater.</p> <p>for 3 pts: The hands are placed under the neck and on the forehead. The towing is acceptable as the mannequin has its face underwater sometimes.</p> <p>for 4 pts: The hands are well placed under the neck and on the forehead. The towing is very good to handle as the mannequin has its face rarely underwater.</p> <p>for 5 pts: The hands are perfectly placed under the neck and on the forehead. The towing is regular and controlled. The face of the mannequin is never underwater.</p>		
<u>TIMING:</u>		<u>Awarded points:</u>	
PICTURE			
<p>Each athlete must prepare a pose (on the surface or underwater) which they will present in front of the photographers.</p> <p>The athlete must stay at least 5 seconds in the position.</p>	<p>for 1 pts: The athlete has difficulties holding a position. The body is not positioned correctly and the athlete is visibly uncomfortable posing underwater. The eyes are shut, the face is hidden. The picture is not graceful.</p> <p>for 2 pts: The athlete has difficulties holding a position. The body is more or less positioned and the athlete is visibly uncomfortable posing underwater. The eyes are shut, the face is hidden. The picture is ok.</p> <p>for 3 pts: The athlete is ok at holding a position. The body is positioned ok and the athlete is ok at posing underwater. The eyes are not shut, the face is visible. The picture is somewhat graceful.</p> <p>for 4 pts: The athlete holds a position. The body is positioned correctly and the athlete is visibly comfortable posing underwater. The eyes are not shut, the face is visible. The picture is very graceful.</p> <p>for 5 pts: The athlete holds 5 seconds in position. Their body is perfectly positioned and stable, the athlete is visibly very comfortable underwater. The eyes are not shut and the face is perfectly visible, nothing obstructing it. The picture is perfect.</p>		
<u>Awarded points:</u>			

SPEED			
<u>Speed challenge</u>	We noticed that precision is necessary for speed: only the use of the legs is allowed, the arms are stretched out in front and the timer stops when the hands touch the wall.		
The athlete must swim 15m on the stomach and on the surface as fast as possible			
<u>TIMING:</u>			
ECOLOGY			
The athlete must collect as much “waste” as possible from the bottom of the pool in 1 minute, at a maximum depth of 2m			
<u>ITEMS COLLECTED:</u>		<u>Awarded points:</u>	

Youth - Teens - Adults

Candidate:		YOUTH CATEGORY	School/Single Participant:	
CHALLENGE	CONDITIONS			
FIGURES				
<u>Figure A.1</u> Swimming on the back (surface or underwater)	<p>for 1 pt: The candidate has difficulties swimming on the back. Their face is submerged underwater (if on surface), the arms are not positioned behind their head. The candidate comes out of the water quickly (if underwater).</p> <p>for 2 pts: The candidate manages to swim on the back. Their face is mostly submerged underwater (if on surface), the arms are not positioned behind their head. The candidate comes out of the water quickly (if underwater).</p> <p>for 3 pts: The candidate swims on their back. Their face is sometimes submerged underwater (if on surface), the arms are sometimes positioned behind their head. The candidate comes out of the water ok (if underwater).</p> <p>for 4 pts: The candidate swims on their back. Their face is rarely underwater (if on surface), the arms are positioned behind their head. The candidate comes out of the water gently(if underwater).</p> <p>for 5 pts: The candidate swims on their back perfectly. Their face is held completely outside of the water (if on surface), the arms are well positioned behind their head, straight. The candidate comes out of the water gracefully (if underwater).</p>			
<i>Awarded points:</i>				
<u>Figure A.2</u> Swimming on the stomach (surface or underwater)	<p>for 1pts: The candidate has difficulties swimming on the stomach. Their movements are very irregular, the arms are on the side instead of in front. The candidate comes out of the water quickly.</p> <p>for 2 pts: The candidate swims on the stomach. Their movements are irregular, the arms are on the side instead of in front. The candidate comes out of the water quickly.</p>			

	<p>for 3 pts: The candidate swims on the stomach. Their movements are ok, the arms are on the side instead of in front sometimes. The candidate comes out of the water ok.</p> <p>for 4 pts: The candidate swims very well on the stomach. Their movements are regular, the arms are held in front. The candidate comes out of the water gently.</p> <p>for 5 pts: The candidate swims perfectly on the stomach. Their movements are very regular, the arms are well held in front. The candidate comes out of the water gracefully.</p>
<i>Awarded points:</i>	
<p><u>Figure A.3</u></p> <p>Lateral swimming (surface or underwater)</p>	<p>for 1 pts: The candidate doesn't perform a duck dive before swimming laterally. The movements are very irregular and the arms are positioned on the side. The candidate comes out of the water quickly.</p> <p>for 2 pts: The candidate doesn't perform a duck dive before swimming laterally. The movements are irregular and the arms are positioned on the side. The candidate comes out of the water quickly.</p> <p>for 3 pts: The candidate performs a duck dive before swimming laterally. The movements are regular and the arms are not positioned on the side. The candidate comes out of the water ok.</p> <p>for 4 pts: The candidate performs a correct duck dive before swimming laterally. The movements are regular and the arms are correctly positioned. The candidate comes out of the water gently.</p> <p>for 5 pts: The candidate performs a perfect duck dive before swimming laterally. The movements are perfect and the arms are well positioned. The candidate comes out of the water gracefully.</p>
<i>Awarded points:</i>	
<p><u>Figure B.1</u></p> <p>Front Flip</p>	<p>for 1 pt: The candidate doesn't perform a duck dive before swimming. The movements are very irregular and the front flip ends to the side instead of being straight. The legs are bent. The candidate comes out of the water quickly.</p> <p>for 2 pts: The candidate doesn't perform a duck dive before swimming. The movements are irregular and the front flip goes a bit to the side instead of being straight. The legs are a little bent. The candidate comes out of the water quickly.</p>

	<p>for 3 pts: The candidate performs a duck dive before swimming. The movements are ok and the front flip is straight. The legs are not bent and the candidate comes out of the water ok.</p> <p>for 4 pts: The candidate performs a duck dive before swimming. The movements are regular and the front flip ends on the side instead of being straight. The legs are not bent and the candidate comes out of the water gently.</p> <p>for 5 pts: The candidate performs a perfect duck dive before swimming. The movements are perfect and the front flip is straight. The legs are not bent. The candidate comes out of the water gracefully.</p>
<i>Awarded points:</i>	
<p><u>Figure B.2</u></p> <p>Back Flip</p>	<p>for 1 pts: The candidate doesn't perform a duck dive before swimming. The movements are very irregular and the back flip ends on the side instead of being straight. The candidate comes out of the water quickly.</p> <p>for 2 pts: The candidate doesn't perform a duck dive before swimming. The movements are irregular and the back flip ends a bit to the side instead of being straight. The candidate comes out of the water quickly.</p> <p>for 3 pts: The candidate performs a duck dive before swimming. The movements are ok and the back flip is straight. The candidate comes out of the water ok.</p> <p>for 4 pts: The candidate performs a duck dive before swimming. The movements are regular and the back flip goes well. The candidate comes out of the water gently.</p> <p>for 5 pts: The candidate performs a perfect duck dive before swimming. The movements are perfect and the back flip is straight. The candidate comes out of the water gracefully.</p>
<i>Awarded points:</i>	
<p><u>Figure C.1</u></p> <p>Spin</p>	<p>for 1 pt: The candidate doesn't perform a duck dive before swimming. While turning, the legs are bent and not straight. The arms are not adjusted. The candidate comes out of the water quickly.</p> <p>for 2 pts: The candidate doesn't perform a duck dive before swimming. While turning, the legs are slightly bent and not straight. The arms are not well adjusted. The candidate comes out of the water quickly.</p>

	<p>for 3 pts: The candidate performs a duck dive before swimming. While turning, the legs are ok. The arms are well adjusted. The candidate comes out of the water ok.</p> <p>for 4 pts: The candidate performs a duck dive before swimming. While turning, the legs are straight. The arms are adjusted. The movement is graceful. The candidate comes out of the water gently.</p> <p>for 5 pts: The candidate performs a perfect duck dive before swimming. While turning, the legs are straight and the movement is graceful. The candidate comes out of the water gracefully.</p>
<i>Awarded points:</i>	
<p><u>Figure C.2</u></p> <p>Floating 10 seconds on the back</p>	<p>for 1 pt: The candidate cannot float on their back and can hardly stay afloat.</p> <p>for 2 pts: The candidate has difficulties floating on their back, is agitated and their head is often underwater.</p> <p>for 3 pts: The candidate floats on their back, is calm and their head is held out of the water, they hold position for 5 seconds.</p> <p>for 4 pts: The candidate floats on their back, is calm and their head is held out of the water, they hold position for 10 seconds.</p> <p>for 5 pts: The candidate floats on the back, is calm and their head is held out of the water, they hold position perfectly for 10 seconds.</p>
<i>Awarded points:</i>	
SAFETY	
<p><u>Safety</u></p> <p>Towing a dummy on the surface for</p>	<p>for 1 pt: The hands are not placed correctly under the neck and on the forehead. The towing is very difficult to handle as the mannequin has its face completely underwater.</p> <p>for 2 pts: The hands are not well placed under the neck and on the forehead. The towing is difficult to handle as the</p>

15m	<p>mannequin has its face often underwater.</p> <p>for 3 pts: The hands are placed under the neck and on the forehead. The towing is acceptable as the mannequin has its face underwater sometimes.</p> <p>for 4 pts: The hands are well placed under the neck and on the forehead. The towing is very good to handle as the mannequin has its face rarely underwater.</p> <p>for 5 pts: The hands are perfectly placed under the neck and on the forehead. The towing is regular and controlled. The face of the mannequin is never underwater.</p>		
<u>TIMING:</u>		<u>Awarded points:</u>	
PICTURE			
<p>Each athlete must prepare a pose (on the surface or underwater) which they will present in front of the photographers.</p> <p>The athlete must stay at least 5 seconds in the position.</p>	<p>for 1 pts: The athlete has difficulties holding a position. The body is not positioned correctly and the athlete is visibly uncomfortable posing underwater. The eyes are shut, the face is hidden. The picture is not graceful.</p> <p>for 2 pts: The athlete has difficulties holding a position. The body is more or less positioned and the athlete is visibly uncomfortable posing underwater. The eyes are shut, the face is hidden. The picture is ok.</p> <p>for 3 pts: The athlete is ok at holding a position. The body is positioned ok and the athlete is ok at posing underwater. The eyes are not shut, the face is visible. The picture is somewhat graceful.</p> <p>for 4 pts: The athlete holds a position. The body is positioned correctly and the athlete is visibly comfortable posing underwater. The eyes are not shut, the face is visible. The picture is very graceful.</p> <p>for 5 pts: The athlete holds 5 seconds in position. Their body is perfectly positioned and stable, the athlete is visibly very comfortable underwater. The eyes are not shut and the face is perfectly visible, nothing obstructing it. The picture is perfect.</p>		
<u>Awarded points:</u>			

SPEED			
<u>Speed challenge</u>	We noticed that precision is necessary for speed: only the use of the legs is allowed, the arms are stretched out in front and the timer stops when the hands touch the wall.		
The athlete must swim 20m on the stomach and on the surface as fast as possible			
<u>TIMING:</u>			
ECOLOGY			
The athlete must collect as much “waste” as possible from the bottom of the pool in 1 minute, at a maximum depth of 2m			
<u>ITEMS COLLECTED:</u>		<u>Awarded points:</u>	

Candidate:		TEENS CATEGORY	School/Single Participant:	
CHALLENGE	CONDITIONS			
FIGURES				
<u>Figure A.1</u> Swimming on the back (surface or underwater)	<p>for 1 pt: The candidate has difficulties swimming on the back. Their face is submerged underwater (if on surface), the arms are not positioned behind their head. The candidate comes out of the water quickly (if underwater).</p> <p>for 2 pts: The candidate manages to swim on the back. Their face is mostly submerged underwater (if on surface), the arms are not positioned behind their head. The candidate comes out of the water quickly (if underwater).</p> <p>for 3 pts: The candidate swims on their back. Their face is sometimes submerged underwater (if on surface), the arms are sometimes positioned behind their head. The candidate comes out of the water ok (if underwater).</p> <p>for 4 pts: The candidate swims on their back. Their face is rarely underwater (if on surface), the arms are positioned behind their head. The candidate comes out of the water gently(if underwater).</p> <p>for 5 pts: The candidate swims on their back perfectly. Their face is held completely outside of the water (if on surface), the arms are well positioned behind their head, straight. The candidate comes out of the water gracefully (if underwater).</p>			
<i>Awarded points:</i>				
<u>Figure A.2</u> Swimming on the stomach (surface or underwater)	<p>for 1pts: The candidate has difficulties swimming on the stomach. Their movements are very irregular, the arms are on the side instead of in front. The candidate comes out of the water quickly.</p> <p>for 2 pts: The candidate swims on the stomach. Their movements are irregular, the arms are on the side instead of in front. The candidate comes out of the water quickly.</p>			

	<p>for 3 pts: The candidate swims on the stomach. Their movements are ok, the arms are on the side instead of in front sometimes. The candidate comes out of the water ok.</p> <p>for 4 pts: The candidate swims very well on the stomach. Their movements are regular, the arms are held in front. The candidate comes out of the water gently.</p> <p>for 5 pts: The candidate swims perfectly on the stomach. Their movements are very regular, the arms are well held in front. The candidate comes out of the water gracefully.</p>
<i>Awarded points:</i>	
<p><u>Figure A.3</u></p> <p>Lateral swimming (surface or underwater)</p>	<p>for 1 pts: The candidate doesn't perform a duck dive before swimming laterally. The movements are very irregular and the arms are positioned on the side. The candidate comes out of the water quickly.</p> <p>for 2 pts: The candidate doesn't perform a duck dive before swimming laterally. The movements are irregular and the arms are positioned on the side. The candidate comes out of the water quickly.</p> <p>for 3 pts: The candidate performs a duck dive before swimming laterally. The movements are regular and the arms are not positioned on the side. The candidate comes out of the water ok.</p> <p>for 4 pts: The candidate performs a correct duck dive before swimming laterally. The movements are regular and the arms are correctly positioned. The candidate comes out of the water gently.</p> <p>for 5 pts: The candidate performs a perfect duck dive before swimming laterally. The movements are perfect and the arms are well positioned. The candidate comes out of the water gracefully.</p>
<i>Awarded points:</i>	
<p><u>Figure B.1</u></p> <p>Front Flip</p>	<p>for 1 pt: The candidate doesn't perform a duck dive before swimming. The movements are very irregular and the front flip ends to the side instead of being straight. The legs are bent. The candidate comes out of the water quickly.</p> <p>for 2 pts: The candidate doesn't perform a duck dive before swimming. The movements are irregular and the front flip goes a bit to the side instead of being straight. The legs are a little bent. The candidate comes out of the water quickly.</p>

	<p>for 3 pts: The candidate performs a duck dive before swimming. The movements are ok and the front flip is straight. The legs are not bent and the candidate comes out of the water ok.</p> <p>for 4 pts: The candidate performs a duck dive before swimming. The movements are regular and the front flip ends on the side instead of being straight. The legs are not bent and the candidate comes out of the water gently.</p> <p>for 5 pts: The candidate performs a perfect duck dive before swimming. The movements are perfect and the front flip is straight. The legs are not bent. The candidate comes out of the water gracefully.</p>
<i>Awarded points:</i>	
<p><u>Figure B.2</u></p> <p>Back Flip</p>	<p>for 1 pts: The candidate doesn't perform a duck dive before swimming. The movements are very irregular and the back flip ends on the side instead of being straight. The candidate comes out of the water quickly.</p> <p>for 2 pts: The candidate doesn't perform a duck dive before swimming. The movements are irregular and the back flip ends a bit to the side instead of being straight. The candidate comes out of the water quickly.</p> <p>for 3 pts: The candidate performs a duck dive before swimming. The movements are ok and the back flip is straight. The candidate comes out of the water ok.</p> <p>for 4 pts: The candidate performs a duck dive before swimming. The movements are regular and the back flip goes well. The candidate comes out of the water gently.</p> <p>for 5 pts: The candidate performs a perfect duck dive before swimming. The movements are perfect and the back flip is straight. The candidate comes out of the water gracefully.</p>
<i>Awarded points:</i>	
<p><u>Figure C.1</u></p> <p>Spin</p>	<p>for 1 pt: The candidate doesn't perform a duck dive before swimming. While turning, the legs are bent and not straight. The arms are not adjusted. The candidate comes out of the water quickly.</p> <p>for 2 pts: The candidate doesn't perform a duck dive before swimming. While turning, the legs are slightly bent and not straight. The arms are not well adjusted. The candidate comes out of the water quickly.</p>

	<p>for 3 pts: The candidate performs a duck dive before swimming. While turning, the legs are ok. The arms are well adjusted. The candidate comes out of the water ok.</p> <p>for 4 pts: The candidate performs a duck dive before swimming. While turning, the legs are straight. The arms are adjusted. The movement is graceful. The candidate comes out of the water gently.</p> <p>for 5 pts: The candidate performs a perfect duck dive before swimming. While turning, the legs are straight and the movement is graceful. The candidate comes out of the water gracefully.</p>
<i>Awarded points:</i>	
<p><u>Figure C.2</u></p> <p>Floating 10 seconds on the back</p>	<p>for 1 pt: The candidate cannot float on their back and can hardly stay afloat.</p> <p>for 2 pts: The candidate has difficulties floating on their back, is agitated and their head is often underwater.</p> <p>for 3 pts: The candidate floats on their back, is calm and their head is held out of the water, they hold position for 5 seconds.</p> <p>for 4 pts: The candidate floats on their back, is calm and their head is held out of the water, they hold position for 10 seconds.</p> <p>for 5 pts: The candidate floats on the back, is calm and their head is held out of the water, they hold position perfectly for 10 seconds.</p>
<i>Awarded points:</i>	
SAFETY	
<p><u>Safety</u></p> <p>Look for a dummy at the bottom of</p>	<p>for 1 pt: The candidate does not execute the duck dive before pulling the dummy to safety. The dummy is grabbed from the front instead of behind. The hands are not placed correctly under the neck and on the forehead. The towing is very difficult to handle as the mannequin has its face completely underwater.</p>

<p>the pool, pull it to the surface and tow for 15m</p>	<p>for 2 pts: The candidate does not execute the duck dive before pulling the dummy to safety. The dummy is grabbed from the front instead of behind. The hands are not well placed under the neck and on the forehead. The towing is difficult to handle as the mannequin has its face often underwater.</p> <p>for 3 pts: The candidate executes the duck dive well before pulling the dummy to safety. The dummy is grabbed from behind. The hands are placed under the neck and on the forehead. The towing is acceptable as the mannequin has its face underwater sometimes.</p> <p>for 4 pts: The candidate executes the duck dive well before pulling the dummy to safety. The dummy is grabbed from behind and brought to the surface. The hands are well placed under the neck and on the forehead. The towing is very good to handle as the mannequin has its face rarely underwater.</p> <p>for 5 pts: Perfectly executed duck dive before pulling the dummy to safety. The dummy is grabbed from behind and brought to the surface with no issue. The hands are perfectly placed under the neck and on the forehead. The towing is regular and controlled. The face of the mannequin is never underwater.</p>		
<p><u>TIMING:</u></p>		<p><u>Awarded points:</u></p>	
<p>PICTURE</p>			
<p>Each athlete must prepare a pose (on the surface or underwater) which they will present in front of the photographers.</p> <p>The athlete must stay at least 5 seconds in the position.</p>	<p>for 1 pts: The athlete has difficulties holding a position. The body is not positioned correctly and the athlete is visibly uncomfortable posing underwater. The eyes are shut, the face is hidden. The picture is not graceful.</p> <p>for 2 pts: The athlete has difficulties holding a position. The body is more or less positioned and the athlete is visibly uncomfortable posing underwater. The eyes are shut, the face is hidden. The picture is ok.</p> <p>for 3 pts: The athlete is ok at holding a position. The body is positioned ok and the athlete is ok at posing underwater. The eyes are not shut, the face is visible. The picture is somewhat graceful.</p> <p>for 4 pts: The athlete holds a position. The body is positioned correctly and the athlete is visibly comfortable posing underwater. The eyes are not shut, the face is visible. The picture is very graceful.</p>		

	for 5 pts: The athlete holds 5 seconds in position. Their body is perfectly positioned and stable, the athlete is visibly very comfortable underwater. The eyes are not shut and the face is perfectly visible, nothing obstructing it. The picture is perfect.		
<u>Awarded points:</u>			
SPEED			
<u>Speed challenge</u> The athlete must swim 25m on the stomach and on the surface as fast as possible	We noticed that precision is necessary for speed: only the use of the legs is allowed, the arms are stretched out in front and the timer stops when the hands touch the wall.		
<u>TIMING:</u>			
ECOLOGY			
The athlete must collect as much “waste” as possible from the bottom of the pool in 1 minute, at a maximum depth of 2m			
<u>ITEMS</u>		<u>Awarded points:</u>	

COLLECTED:

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Candidate:		ADULTS CATEGORY	School/Single Participant:	
CHALLENGE	CONDITIONS			
FIGURES				
<u>Figure A.1</u> Swimming on the back (surface or underwater)	<p>for 1 pt: The candidate has difficulties swimming on the back. Their face is submerged underwater (if on surface), the arms are not positioned behind their head. The candidate comes out of the water quickly (if underwater).</p> <p>for 2 pts: The candidate manages to swim on the back. Their face is mostly submerged underwater (if on surface), the arms are not positioned behind their head. The candidate comes out of the water quickly (if underwater).</p> <p>for 3 pts: The candidate swims on their back. Their face is sometimes submerged underwater (if on surface), the arms are sometimes positioned behind their head. The candidate comes out of the water ok (if underwater).</p> <p>for 4 pts: The candidate swims on their back. Their face is rarely underwater (if on surface), the arms are positioned behind their head. The candidate comes out of the water gently(if underwater).</p> <p>for 5 pts: The candidate swims on their back perfectly. Their face is held completely outside of the water (if on surface), the arms are well positioned behind their head, straight. The candidate comes out of the water gracefully (if underwater).</p>			
<i>Awarded points:</i>				
<u>Figure A.2</u> Swimming on the stomach (surface or underwater)	<p>for 1pts: The candidate has difficulties swimming on the stomach. Their movements are very irregular, the arms are on the side instead of in front. The candidate comes out of the water quickly.</p> <p>for 2 pts: The candidate swims on the stomach. Their movements are irregular, the arms are on the side instead of in front. The candidate comes out of the water quickly.</p>			

	<p>for 3 pts: The candidate swims on the stomach. Their movements are ok, the arms are on the side instead of in front sometimes. The candidate comes out of the water ok.</p> <p>for 4 pts: The candidate swims very well on the stomach. Their movements are regular, the arms are held in front. The candidate comes out of the water gently.</p> <p>for 5 pts: The candidate swims perfectly on the stomach. Their movements are very regular, the arms are well held in front. The candidate comes out of the water gracefully.</p>
<i>Awarded points:</i>	
<p><u>Figure A.3</u></p> <p>Lateral swimming (surface or underwater)</p>	<p>for 1 pts: The candidate doesn't perform a duck dive before swimming laterally. The movements are very irregular and the arms are positioned on the side. The candidate comes out of the water quickly.</p> <p>for 2 pts: The candidate doesn't perform a duck dive before swimming laterally. The movements are irregular and the arms are positioned on the side. The candidate comes out of the water quickly.</p> <p>for 3 pts: The candidate performs a duck dive before swimming laterally. The movements are regular and the arms are not positioned on the side. The candidate comes out of the water ok.</p> <p>for 4 pts: The candidate performs a correct duck dive before swimming laterally. The movements are regular and the arms are correctly positioned. The candidate comes out of the water gently.</p> <p>for 5 pts: The candidate performs a perfect duck dive before swimming laterally. The movements are perfect and the arms are well positioned. The candidate comes out of the water gracefully.</p>
<i>Awarded points:</i>	
<p><u>Figure B.1</u></p> <p>Front Flip</p>	<p>for 1 pt: The candidate doesn't perform a duck dive before swimming. The movements are very irregular and the front flip ends to the side instead of being straight. The legs are bent. The candidate comes out of the water quickly.</p> <p>for 2 pts: The candidate doesn't perform a duck dive before swimming. The movements are irregular and the front flip goes a bit to the side instead of being straight. The legs are a little bent. The candidate comes out of the water quickly.</p>

	<p>for 3 pts: The candidate performs a duck dive before swimming. The movements are ok and the front flip is straight. The legs are not bent and the candidate comes out of the water ok.</p> <p>for 4 pts: The candidate performs a duck dive before swimming. The movements are regular and the front flip ends on the side instead of being straight. The legs are not bent and the candidate comes out of the water gently.</p> <p>for 5 pts: The candidate performs a perfect duck dive before swimming. The movements are perfect and the front flip is straight. The legs are not bent. The candidate comes out of the water gracefully.</p>
<i>Awarded points:</i>	
<p><u>Figure B.2</u> Back Flip</p>	<p>for 1 pts: The candidate doesn't perform a duck dive before swimming. The movements are very irregular and the back flip ends on the side instead of being straight. The candidate comes out of the water quickly.</p> <p>for 2 pts: The candidate doesn't perform a duck dive before swimming. The movements are irregular and the back flip ends a bit to the side instead of being straight. The candidate comes out of the water quickly.</p> <p>for 3 pts: The candidate performs a duck dive before swimming. The movements are ok and the back flip is straight. The candidate comes out of the water ok.</p> <p>for 4 pts: The candidate performs a duck dive before swimming. The movements are regular and the back flip goes well. The candidate comes out of the water gently.</p> <p>for 5 pts: The candidate performs a perfect duck dive before swimming. The movements are perfect and the back flip is straight. The candidate comes out of the water gracefully.</p>
<i>Awarded points:</i>	
<p><u>Figure C.1</u> Spin</p>	<p>for 1 pt: The candidate doesn't perform a duck dive before swimming. While turning, the legs are bent and not straight. The arms are not adjusted. The candidate comes out of the water quickly.</p> <p>for 2 pts: The candidate doesn't perform a duck dive before swimming. While turning, the legs are slightly bent and not straight. The arms are not well adjusted. The candidate comes out of the water quickly.</p>

	<p>for 3 pts: The candidate performs a duck dive before swimming. While turning, the legs are ok. The arms are well adjusted. The candidate comes out of the water ok.</p> <p>for 4 pts: The candidate performs a duck dive before swimming. While turning, the legs are straight. The arms are adjusted. The movement is graceful. The candidate comes out of the water gently.</p> <p>for 5 pts: The candidate performs a perfect duck dive before swimming. While turning, the legs are straight and the movement is graceful. The candidate comes out of the water gracefully.</p>
<i>Awarded points:</i>	
<p><u>Figure C.2</u></p> <p>Floating 10 seconds on the back</p>	<p>for 1 pt: The candidate cannot float on their back and can hardly stay afloat.</p> <p>for 2 pts: The candidate has difficulties floating on their back, is agitated and their head is often underwater.</p> <p>for 3 pts: The candidate floats on their back, is calm and their head is held out of the water, they hold position for 5 seconds.</p> <p>for 4 pts: The candidate floats on their back, is calm and their head is held out of the water, they hold position for 10 seconds.</p> <p>for 5 pts: The candidate floats on the back, is calm and their head is held out of the water, they hold position perfectly for 10 seconds.</p>
<i>Awarded points:</i>	
SAFETY	
<p><u>Safety</u></p> <p>Freedive for 25m, look for and bring</p>	<p>for 1 pt: The candidate doesn't freedive. The candidate does not execute the duck dive before pulling the dummy to safety. The dummy is grabbed from the front instead of behind. The hands are not placed correctly under the neck and on the forehead. The towing is very difficult to handle as the mannequin has its face completely underwater.</p> <p>for 2 pts: The candidate does part of the length in freediving. The candidate does not execute the duck dive before pulling</p>

<p>dummy to the surface, then tow it for the remaining 25m</p>	<p>the dummy to safety. The dummy is grabbed from the front instead of behind. The hands are not well placed under the neck and on the forehead. The towing is difficult to handle as the mannequin has its face often underwater.</p> <p>for 3 pts: The candidate does part of the length in freediving. The candidate executes the duck dive well before pulling the dummy to safety. The dummy is grabbed from behind. The hands are placed under the neck and on the forehead. The towing is acceptable as the mannequin has its face underwater sometimes.</p> <p>for 4 pts: The candidate does most of the length in freediving. The candidate executes the duck dive well before pulling the dummy to safety. The dummy is grabbed from behind and brought to the surface. The hands are well placed under the neck and on the forehead. The towing is very good to handle as the mannequin has its face rarely underwater.</p> <p>for 5 pts: The candidate does the full 25m of freediving. Perfectly executed duck dive before pulling the dummy to safety. The dummy is grabbed from behind and brought to the surface with no issue. The hands are perfectly placed under the neck and on the forehead. The towing is regular and controlled. The face of the mannequin is never underwater.</p>		
<p><u>TIMING:</u></p>		<p><u>Awarded points:</u></p>	
<p>PICTURE</p>			
<p>Each athlete must prepare a pose (on the surface or underwater) which they will present in front of the photographers.</p> <p>The athlete must stay at least 5 seconds in the position.</p>	<p>for 1 pts: The athlete has difficulties holding a position. The body is not positioned correctly and the athlete is visibly uncomfortable posing underwater. The eyes are shut, the face is hidden. The picture is not graceful.</p> <p>for 2 pts: The athlete has difficulties holding a position. The body is more or less positioned and the athlete is visibly uncomfortable posing underwater. The eyes are shut, the face is hidden. The picture is ok.</p> <p>for 3 pts: The athlete is ok at holding a position. The body is positioned ok and the athlete is ok at posing underwater. The eyes are not shut, the face is visible. The picture is somewhat graceful.</p> <p>for 4 pts: The athlete holds a position. The body is positioned correctly and the athlete is visibly comfortable posing underwater. The eyes are not shut, the face is visible. The picture is very graceful.</p> <p>for 5 pts: The athlete holds 5 seconds in position. Their body is perfectly positioned and stable, the athlete is visibly very comfortable underwater. The eyes are not shut and the face is perfectly visible, nothing obstructing it. The picture is perfect.</p>		

<u>Awarded points:</u>			
SPEED			
<u>Speed challenge</u> The athlete must swim 50m on the stomach and on the surface as fast as possible	We noticed that precision is necessary for speed: only the use of the legs is allowed, the arms are stretched out in front and the timer stops when the hands touch the wall.		
<u>TIMING:</u>			
ECOLOGY			
The athlete must collect as much “waste” as possible from the bottom of the pool in 1 minute and 30 seconds, at a depth of 3-4m			
<u>ITEMS COLLECTED:</u>		<u>Awarded points:</u>	