

Ausschreibung

Österreichische Hallenmeisterschaften im Synchronschwimmen 2025

Datum: 15. November 2025

Ort: Universitäts- und Landessportzentrum RIF,
Hartmannweg 4-6, 5400 Hallein

Ausrichter: Österreichischer Schwimmverband

Durchführung: Sportunion Abtenau

Schiedsrichter: Walter Strahsberger

Chief Recorder: Carina Putz

Meldungen: Österreichischer Schwimmverband
Email: christel.putz@gmail.com
Kopie: office@synchro.at

Die Meldungen erfolgen über die der Ausschreibung beiliegenden Meldeliste.

Meldeschluss: vorläufig: 10. Oktober 2025
final: 05. November 2025

Auslosung Startreihenfolge: 12. November 2025

Nenngeld: laut Gebührenordnung des OSV vom 18.10.2025

Das Nenngeld ist bis zum finalen Meldeschluss mit Vermerk des Clubs und Verwendungszwecks **AS-ÖHM2025** auf nachfolgendes Konto zu überweisen:

Bankverbindung: Österreichischer Schwimmverband
AT61 2011 1839 1009 6901
Bei nicht zeitgerechter Überweisung wird die Meldung zurückgewiesen.

Wertungsrichter: Pro Verein ist **mindestens** 1 Wertungsrichter für je 5 Starter*innen zu melden!

Altersklassen: Aktive werden folgenden Altersklassen zugeteilt, wenn sie im laufenden Kalenderjahr das angeführte Lebensjahr vollenden:

	weiblich	männlich
AK	15. Lebensjahr & älter	15. Lebensjahr & älter
Juniors	14.-19. Lebensjahr	14.-20. Lebensjahr
Youth	12.-15. Lebensjahr	12.-16. Lebensjahr
Kinder A	12.-10. Lebensjahr	12.-10. Lebensjahr
Kinder B	10.-8. Lebensjahr	10.-8. Lebensjahr
Kinder C	8. Lebensjahr & jünger	8. Lebensjahr & jünger

Wettkampfbestimmungen: Nach den Bestimmungen von WORLD AQUATICS und des OSV

<u>Pflichtfiguren:</u>	Figuren C	siehe Anhang
	Figuren B	siehe Anhang
	Figuren A	(4 Figuren: Compulsory + Group 3)
	Youth	(4 Figuren: Group 2, 6)
	Juniors	(TRE Team, Gruppe A, 5 Figuren); siehe Anhang
	AK	(TRE Team, Gruppe A, 5 Figuren); siehe Anhang

Auszeichnungen: Die ersten drei Starter*innen jeder Altersklasse der Österreichischen Meisterschaften erhalten Medaillen.

Dopingkontrolle: Wir weisen darauf hin, dass während der Veranstaltung Dopingkontrollen durchgeführt werden können. Die entsprechenden Bestimmungen der NADA (Nationale Anti Doping Agentur) sind zu beachten.

Melde-, Teilnahme- und Startberechtigung: Gem. AWKB und WKBAS des OSV

Ein vorläufiger Zeitplan wird nach vorläufigem Meldeschluss (Freitag, den 10. Oktober 2025) übermittelt. Änderungen nach offiziellem Meldeschluss (Mittwoch, den 5. November 2025) sind somit möglich.

Foto und Video: Mit der Teilnahme am Wettkampf stimmen die Teilnehmer*innen ausdrücklich der Anfertigung von Foto-, Film- und Tonaufnahmen durch den Veranstalter zu. OSV und der Veranstalter sind berechtigt, dieses Bild- und Videomaterial für eigene Zwecke zu verwenden und zu veröffentlichen. Mit der Startmeldung sind die Vereine verpflichtet, das Einverständnis ihrer Teilnehmer*innen und der Eltern von Personen unter 16 Jahren einzuholen.

Für durch Aktive, Zuschauer und Funktionäre angefertigte und veröffentlichte Aufzeichnungen übernimmt der OSV weder Haftung noch Verantwortung.

Wien, 22.09.2025

ÖSTERREICHISCHER SCHWIMMVERBAND

Arigo Ploy, e.h.
OSV-Fachwart Synchron

Walter Bär, e.h.
OSV Sportdirektor

Figuren Österreichische Hallenmeisterschaften

15. November 2025, ULSZ Rif

Kinder C

Back Layout Position to Bent Knee Back Layout Position

1,4

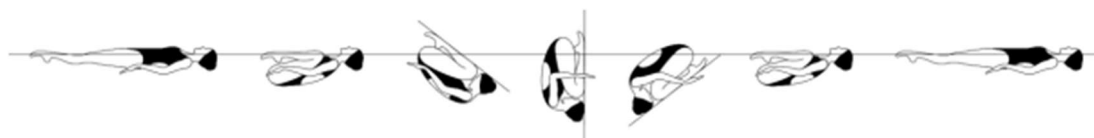
Begin in a **Back Layout Position**. One leg remains at the surface of the water throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a **Bent Knee Back Layout Position**. A rapid exchange of the legs is performed to assume a **Bent Knee Back Layout Position**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



Somersault Back Tuck

1,1

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



Front Layout Position to Bent Knee Front Layout Position

1,1

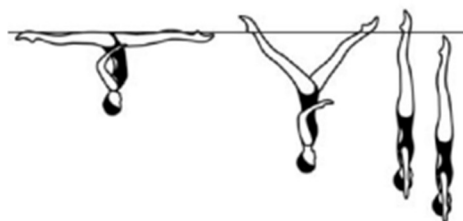
From a **Front Layout Position**, a **Bent Knee Front Layout Position** is assumed. A rapid exchange of the legs is performed to assume a **Bent Knee Front Layout Position** of the other leg. A **Front Layout Position** is assumed. Face is in the water throughout.



Blossom Variant

1,3

These movements start in a **Surface Split Position**. The legs join to assume a **Vertical Position** at ankle level. A **Vertical Descent** is executed.



Kinder B

101 Ballet Leg Single

1,6

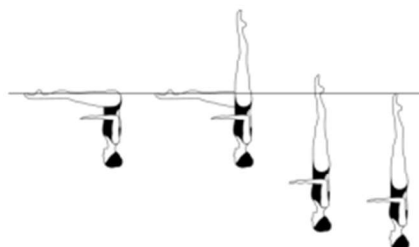
A Ballet Leg is assumed. The Ballet Leg is lowered.



Tower Variant

1,5

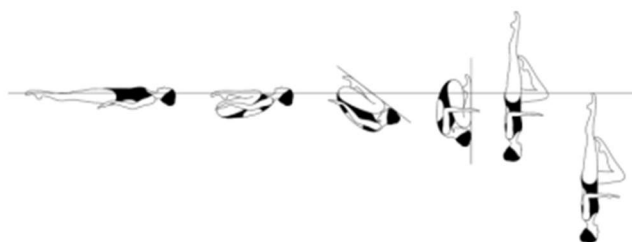
From a **Front Pike Position** one leg is lifted to a **Fishtail Position**. The horizontal leg is lifted to a **Vertical Position** and is completed as the ankles reach the surface of the water. A *Vertical Descent* is executed.



316 Kipnus

1,4

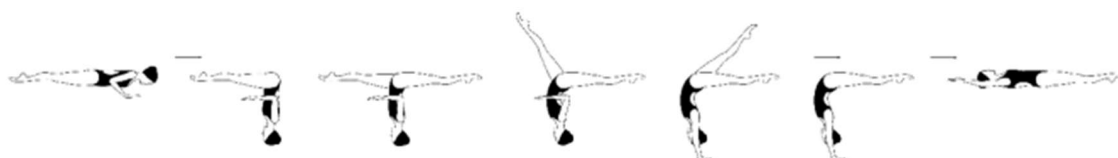
From a **Back Layout Position** the knees, shins and toes are drawn along the surface of the water to assume a **Tuck Position**. With continuous motion the tuck becomes more compact and a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface of the water. The trunk unrolls as the legs are straightened to assume a **Bent Knee Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins. A *Vertical Descent* is executed in a **Bent Knee Vertical Position**.



Walkout Front Variant

1,7

From a **Front Layout Position**, a *Front Pike Position* is assumed. One foot is moved in a horizontal arc of 180° at the surface to a **Split Position**. A *Walkout Front* is executed.



Kinder A

Compulsory

1. 106 Straight Ballet leg

DD 1.6

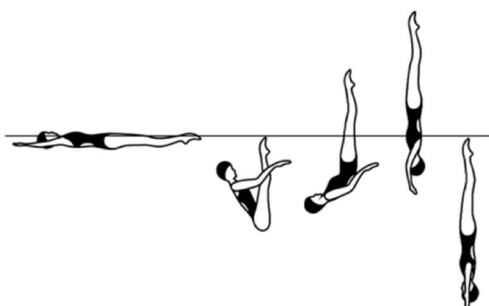
From a **Back Layout Position**, one leg is raised straight to a **Ballet Leg Position**.. The Ballet Leg is lowered.



2. 301 Barracuda

DD 1.8

From a **Back Layout Position** the legs are raised to vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface of the water. A *Thrust* is executed to a **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the *Thrust*.

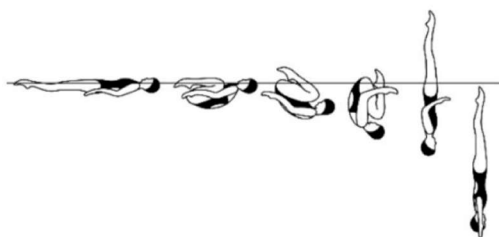


Group 3:

3. 311 Kip

DD 1.6

From a **Back Layout Position** the knees, shins and toes are drawn along the surface of the water to assume a **Tuck Position**. With continuous motion the tuck becomes more compact and a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface of the water. The trunk unrolls as the legs are straightened to assume a **Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and shins. A *Vertical Descent* is executed.



4. 277d Swanita Spinning 180°

DD 1.9

From a **Back Layout Position** a *Bent Knee Surface Arch Position* is assumed. The bent leg is straightened to assume a **Knight Position**. The body rotates 180° to assume a **Fishtail Position**. Continuing in the same direction a descending *Spinning* 180° rotation is executed as the horizontal leg is lifted to a **Vertical Position** and is completed as the ankles reach the surface of the water. A *Vertical Descent* is executed.



Youth

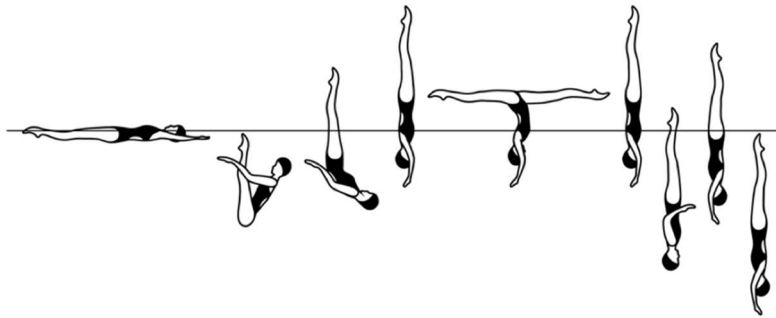
Section A

Group 2:

1. 308h Barracuda Airborne Split, Spin Up 180°

DD 2.9

From a **Back Layout Position** the legs are raised to a vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface of the water. All remaining movements are performed rapidly. A *Rocket Split* is executed. A *Vertical Descent* is executed and is completed as the ankles reach the surface of the water. A *Spin Up 180°* is executed. A *Vertical Descent* is executed.



2. 407 Swordfish Straight Leg Ariana Rotation

DD 2.6

From a **Front Layout Position** the back arches as one leg is lifted in a 180° arc over the surface of the water to a **Split Position**. Maintaining the relative position of the legs to the surface of the water an *Ariana Rotation* is performed. A *Walkout Front* is executed.



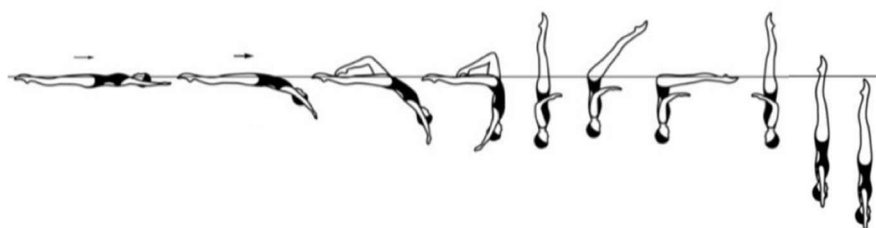
Section C

Group 6:

3. 440d Ipanema Spinning 180°

DD 3.1

From a **Back Layout Position** a *Bent Knee Surface Arch Position* is assumed. The horizontal leg is lifted to vertical as the bent leg is straightened to assume a **Vertical Position**. The legs are lowered to a **Front Pike Position**. A rapid 180° rotation is executed as the legs are lifted to a **Vertical Position**. Continuing in the same direction a rapid 180° *Spin* is executed.



4. 154f London Continuous Spin 720°

DD 2.4

A *Ballet Leg* is assumed. Followed by a partial Somersault Back Tuck as both legs are drawn into a Tuck Position, until the shins are perpendicular to the surface. The trunk unrolls rapidly as the legs are rapidly straightened to assume a **Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins. A *Continuous Spin 720°* is executed.

						Total
NVT	10.5	11.0	6.0	20.0	34.0	81.5
PV	1.29	1.35	0.74	2.45	4.17	10

Juniors/AK – TRE Team, Gruppe A

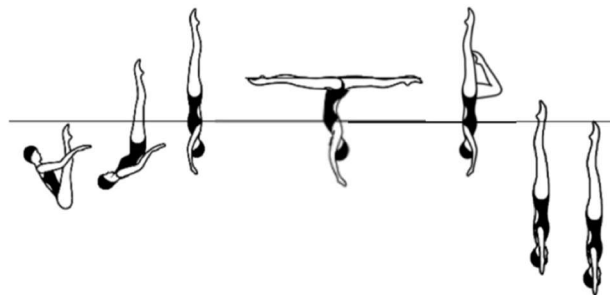
20" Pause zwischen den Elements, Reihenfolge 5A – 1A – 2A – 3A – 4

Element 1

5A Rocket Split Bent Knee Twirl Hybrid

DD 2.4

From a **Submerged Back Pike Position** with the legs perpendicular to the surface, a *Thrust* is executed to a **Vertical Position**. Maintaining maximum height, the legs are split rapidly to assume an **Airborne Split Position**, followed by a rapid rotation of 180° to assume an airborne **Bent Knee Vertical Position** with the front leg bent. A rapid *Vertical Descent* is executed as the bent knee is extended to join the vertical leg completed as the ankles reach the surface followed by a *Vertical Descent*.

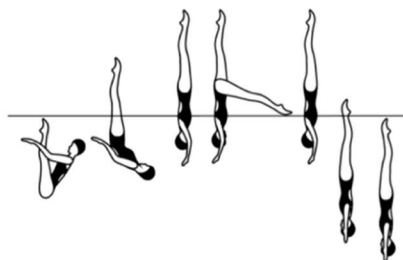


Element 2

1A Flying Fisch Hybrid Spinning 180°

DD 2.5

From a **Submerged Back Pike Position** with the legs perpendicular to the surface, a *Thrust* is executed to a **Vertical Position** and with no loss of height one leg is rapidly lowered to an airborne **Fishtail Position**. Without a pause the horizontal leg is rapidly lifted to a **Vertical Position**, followed by a rapid 180° *Spin*.

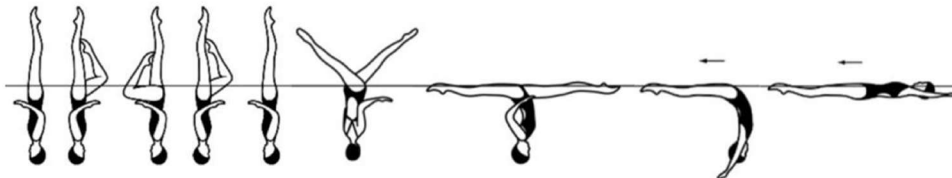


Element 3

2A Vertical – Full Twist to Bent Knee – Full Twist to Vertical – Open 180° – Walkout

DD 2.6

Starting in a **Vertical Position**, a *Full Twist* is executed as one leg is lowered to a **Bent Knee Vertical Position**. Continuing in the same direction another *Full Twist* is executed, as the bent knee is extended to a **Vertical Position**. Continuing in the same direction a *Half Twist* is executed as the legs are symmetrically lowered to a **Split Position**. A *Walkout Front* is executed.

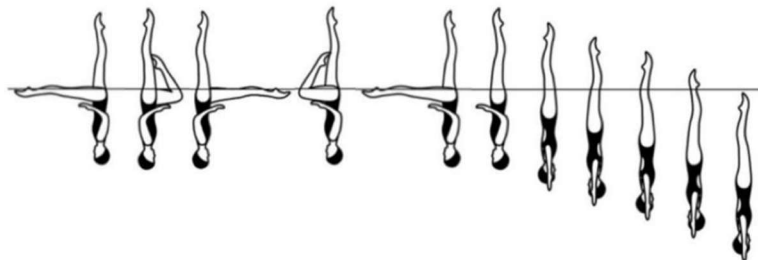


Element 4

3A Two Fouetté Rotations – Vertical – Continuous Spin 720°

DD 2.6

From a **Fishtail Position**, 2 *Fouetté rotations* ($180^\circ + 180^\circ$) are executed. The horizontal leg is rapidly lifted to a **Vertical Position**. Continuing in the same direction a *Continuous Spin of 720°* (2 rotations) is executed.



Element 5

4 Butterfly Hybrid

DD 2.9

The Butterfly Hybrid is to be performed rapidly. From a **Front Pike Position**, one leg is lifted to a **Fishtail Position**. The horizontal leg is lifted through an arc of 180° as the vertical leg is lowered to assume a **Split Position**. Without a pause a hip rotation of 180° is executed as the front leg is raised to assume a **Fishtail Position**. Continuing in the same direction a 180° rotation is executed as the horizontal leg is lifted to a **Vertical Position**. The legs are lowered simultaneously to a **Bent Knee Surface Arch Position**. (Note: The **Bent Knee Surface Arch Position** can be assumed by using either leg). The bent knee is straightened to a **Surface Arch Position** and with continuous motion an *Arch to Back Layout Finish Action* is executed.

