

5th International Competition in Artistic Swimming
Wrocław, Poland
28.02-2.03.2025

GNOMES
WROCLAW 2025



ORGANIZER:

- **UKS PŁYWANIE ARTYSTYCZNE TRZEBNICA**
- **KS PŁYWANIE ARTYSTYCZNE WROCLAW**



Beginners, 12U, 15U, Junior

Dear Synchro Friends,

UKS PŁYWANIE ARTYSTYCZNE TRZEBNICA and **KS PŁYWANIE ARTYSTYCZNE WROCŁAW** has a pleasure to invite you to participate in artistic swimming competition:

5 th Artistic swimming “Gnomes 2025”

Date: 28.02-2.03.2025

Referee: Monika Szcześniak
Results: Ondřej Cibulka
Evaluator: Gabriella Kobolak
Technical support: Piotr Rogósz

Place: Orbita Swimming Pool (Pływalnia ORBITA - WCT Spartan) str.
Wejherowska 34, 54-239 Wrocław
25 m indoor pool (deep 2,5 m)

Deadlines:

Preliminary entry- 20.01.2025
(GNOMESWROCLAW@GMAIL.COM)

Coach cards- 15.02.2025
(GNOMESWROCLAW@GMAIL.COM)

Final entry- 15.02.2025
(GNOMESWROCLAW@GMAIL.COM)

Judges: Each club shall nominate 1 judge per 8 swimmers and
1 technical controller

Draw Figures: 25.02.2025

Start List: 26.02.2025

Start lists, section of figures and results will be sent to your e-mail and google drive:
<https://drive.google.com/drive/folders/1K-AVCfKSLbeBqPdEqRPqaDVTuqusFIzq?usp=sharing>

Rules:

The competition is governed by World Aquatics rules 2022 – 2025, version that will be valid from 1.1.2025

Age group 1- Beginners Gnomes A (2014 and under) only figures

Age group 2- Beginners Gnomes B (2016 and under) only figures

Age group 3- 12 and under (2013 and under) - figures (2022-2025), 2 free solo, 2 free duet, 2 free duet mixed, 1 free team, 1 free combination

Free routines – time limits:

Solo 2:00 min \pm 5 sec/ Duet 2:30 min \pm 5 sec/ Mixed duet 2:30 min \pm 5 sec/
Team 3:00 min \pm 5 sec / Free combination 3:00 min \pm 5 sec

Age group 4- 15 and under (2010 and under) - figures (all swimmers will do 2 figures 2022-2025), 2 free solo, 2 free duet, 2 free duet mixed, 1 free team, 1 free combination

Free routines – time limits:

Solo 2:00 min \pm 5 sec/ Duet 2:30 min \pm 5 sec/ Mixed duet 2:30 min \pm 5 sec/
Team 3:00 min \pm 5 sec / Free combination 3:00 min \pm 5 sec

Age group 5- Junior (2009-2005 (2004 men)) - 2 free solo, 2 technical solo, 2 free duet, 2 technical duet, 2 free duet mixed, 2 technical duet mixed, 1 free team, 1 technical team, 1 acrobatic routine

Free routines – time limits:

Solo 2:15 min \pm 5 sec /Duet 2:20 min \pm 5 sec / Mixed duet 2:20 min \pm 5 sec /
Team 3:30 min \pm 5 sec/Acrobatic routines 3:00 \pm 5 sec

Technical routines – time limits:

Solo 2:00 min \pm 5 sec /Duet 2:45 min \pm 5 sec / Mixed duet 2:45 min \pm 5 sec /
Team 2:50 min \pm 5 sec

Results:

Gnomes A/B– Figures 100%

12U- The final results are the sum of the figures and free routines, free combination 100%

There is no final

15U- The final results are the sum of the figures and free routines, free combination -100%

There is no final

Junior- free solo- 100%, free duet- 100%, free duet mixed- 100%, free team 100%, acrobatic routine-100%, tech. solo -100%, tech. duet- 100%, tech. duet mixed -100%, tech. team- 100%

There is no final

Judging:

WAQ 2022-2025

Coach cards:

Send the coach card for each routine separately.

To email: **GNOMESWROCLAW@GMAIL.COM** , by 15.02.2025 with the title **CC_country_club_category_discipline_surname** (for example: **CC_POL_UKT_YOUTH_FREE DUET_Kasprzyk_Kasprzyk**)

Music:

Please, send us the music of your athletes as mp3 file to:
GNOMESWROCLAW@GMAIL.COM
not later 15.02.2025

Please mark every music file with the following information:

Country_Club/_Category_Routine (Solo (SF/ST), Duet (DF/DT), Mixed Duet (DMF/DMT), Team Free/Team Tech and/or Combo/or Acro) , Name(s) of the swimmer(s).

Awards:

Medals and certificates will be awarded for 1st – 3 rd places in all routine and figures events in both age groups. Diplomas and gifts for all participants.

Schedule- (can be changed by the organizer)

The final schedule including split of disciplines to each day will be announced after preliminary and final entries.

28.02.25 Friday

Figures 12U

Figures 15U

Technical Routines junior

1.03.2025 Saturday

Gnomes A Figures

Gnomes B Figures

Opening ceremony

Solo Free 12U, 15U, junior

Team Free 12U, 15U, junior

2.03.2025 Sunday

Duet, Duet Mix 12U, 15U, Junior

Acro junior

Free Combination 12U, 15U

Accommodation (offer):

Hotel Orbita, str. Wejherowska 34, 54-239 Wrocław

Haston City Hotel, str. Irysowa 1/3, 51-117 Wrocław

Boutique Hotel's Wrocław, str. Kwiska 1/3, 54-210 Wrocław

Information e-mail:

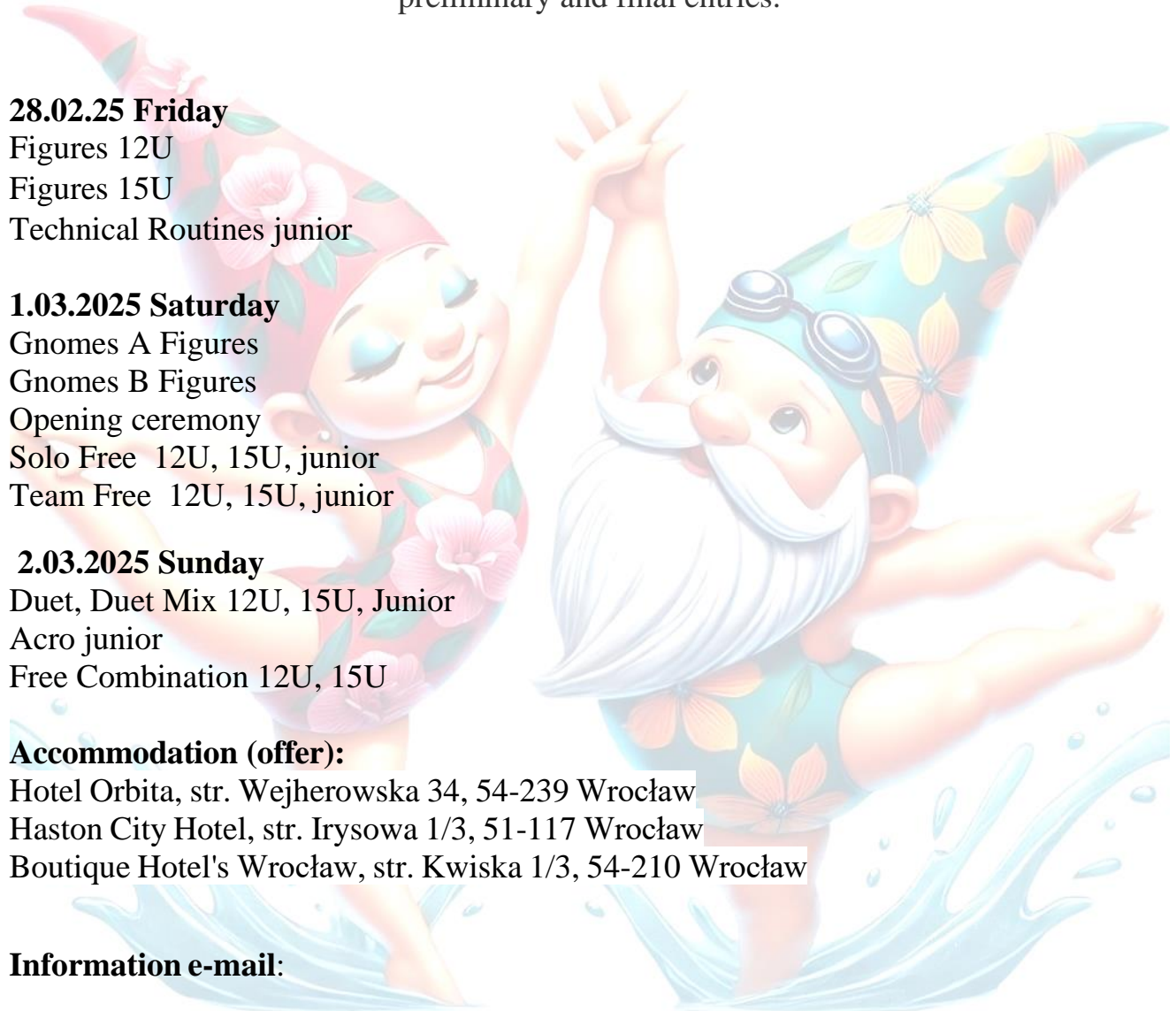
GNOMESWROCLAW@GMAIL.COM ,

tel. +48 516 358 031

Best regards,

Team

*KS PŁYWANIE ARTYSTYCZNE WROCŁAW
UKS PŁYWANIE ARTYSTYCZNE TRZEBNICA*



Age group 1- Gnomes A

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

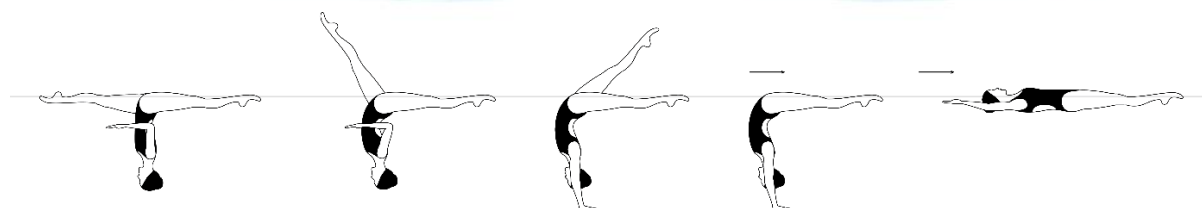
From a **Front Layout Position**, a **Bent Knee Front Layout Position** is assumed. A rapid exchange of the legs is performed to assume a **Bent Knee Front Layout Position** of the other leg. A **Front Layout Position** is assumed. Face is in the water throughout.



Walkout Front

1,4

These movements start in a **Surface Split Position**. The front leg is lifted in a 180° arc over the surface of the water to meet the opposite leg in a **Surface Arch Position** and with continuous movement an *Arch to Back Layout Finish Action* is executed.



Age group 2-Gnomes B

Back Layout Position

1,0

Body extended with face, chest, thighs, and feet at the surface of the water. Head (ears specifically), hips and ankles in horizontal alignment.



Front Layout Position

1,0

Body extended with head, upper back, buttocks, and heels at the surface of the water. Face is in the water.



Surface Split Position

1,0

Legs evenly split forward and back. The legs are parallel to the surface of the water. Lower back arched, with hips, shoulders, and head on a vertical line. 180° angle between the extended legs (flat split), with inside of each leg aligned on opposite sides of a horizontal line, regardless of the height of the hips. Legs are dry at the surface of the water.

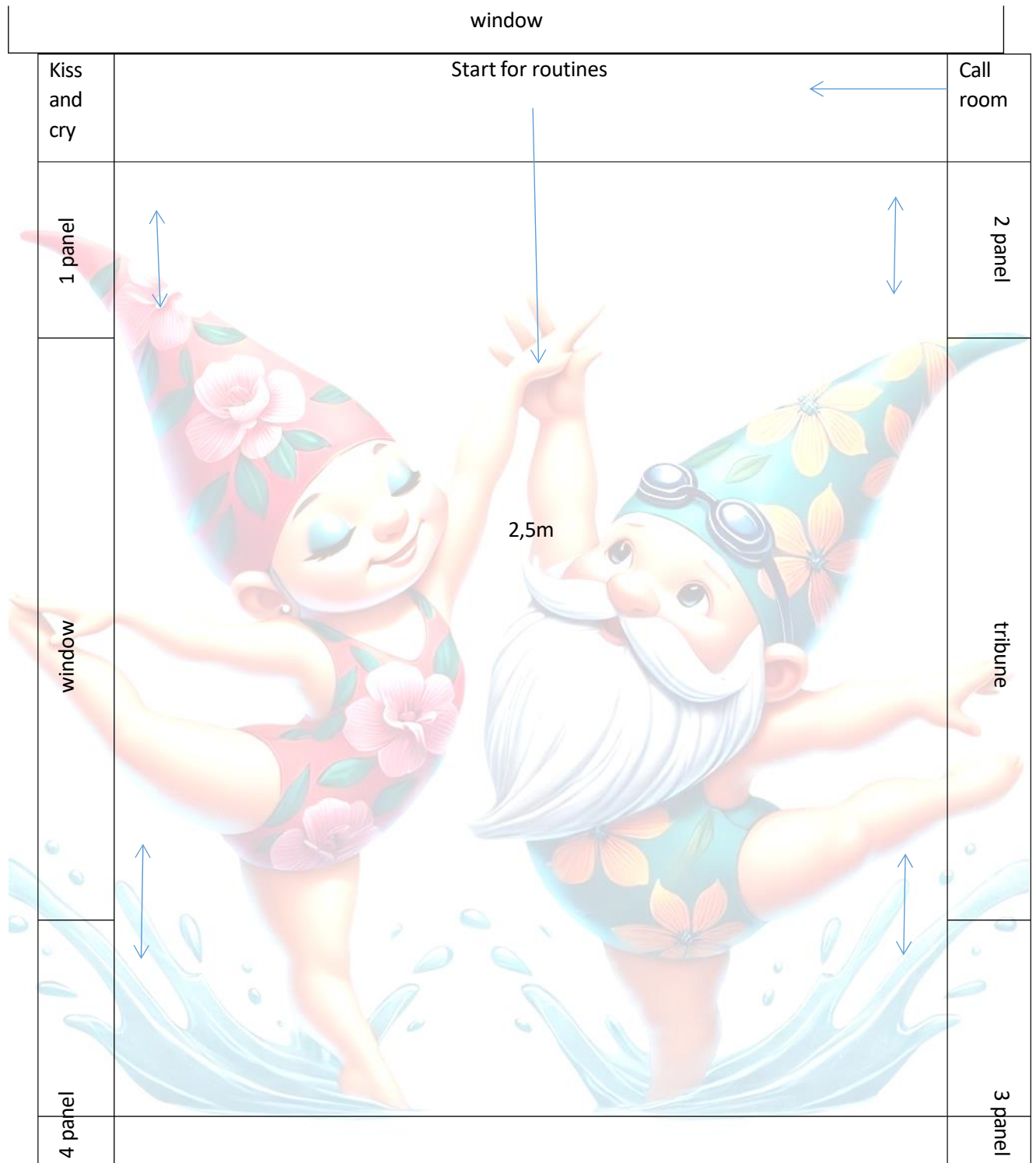


Back Layout Position to Tuck Position

1,0

From a **Back Layout Position**, the knees, shins, and toes are drawn along the surface of the water to assume a **Tuck Position**.





INFO

Judges and TCs:

Please make sure you bring your own black trousers or skirts below the knees and black shoes. You will be provided with 1 t-shirt

Keys:

We will require 100 PLN/25EUR deposit per club.

