



**INTRODUCING THE FINA ARTISTIC SWIMMING
COACH CARD
FOR DECLARING ROUTINE DIFFICULTY**

(L. Schott, O. Brushnikina, A. Montero, S. Saidova, I. Butuzova, A. Petrenko, K. Heald, J. Buckingham, MJ. Bilbao)

COACH CARD

Please fill in with type or write in capital letters!

FINA Member Federation:				
Competition:				
Event:	<input type="checkbox"/> PRELIMS	<input type="checkbox"/> FINALS		
	<input type="checkbox"/> Solo Tech	<input type="checkbox"/> Male Solo Tech	<input type="checkbox"/> Duet Tech	<input type="checkbox"/> Mixed Duet Tech
	<input type="checkbox"/> Solo Free	<input type="checkbox"/> Male Solo Free	<input type="checkbox"/> Duet Free	<input type="checkbox"/> Mixed Duet Free
	<input type="checkbox"/> Team Tech	<input type="checkbox"/> Team Free	<input type="checkbox"/> Highlight	<input type="checkbox"/> Combo
Name of competitor(s):				

ELEMENTS IN ORDER OF PERFORMANCE

TIME	PART	EL	BASE MARK	DECLARED DIFFICULTY	BONUS	TC

FINA Member Federation: _____

Date: _____ Signature: _____

Our FINA Artistic Swimming Coach Card is introduced in the Difficulty Guide (March 2022 version)

The Coach Card is the official document that a Coach shall submit to declare the difficulty of the routine entered and which the Technical Controllers will use to verify the difficulty declared.

In this presentation we will guide you through each part of the Coach Card and how you need to fill it out as the Coach.



INTRODUCTORY GUIDE FOR THE APPLICATION OF DECLARED DIFFICULTY

FINA Artistic Swimming Innovation Group

(L. Schott, O. Brushnikina, A. Montero, S. Saidova, I. Butuzova, A. Petrenko, K. Heald, J. Buckingham, M.J. Bilbao)

Version 3.0 – March 8, 2022

FINA HYBRID DIFFICULTY TABLE v. 01.03.2022					
BASE MARK (BM)	No. of Movements (NM): Time Underwater (TU):	Level 1	Level 2	Level 3	Level 4
		0 or less movements Short (6 seconds or less)	7-19 movements Medium (7-15 seconds)	20-29 movements Long (16 seconds and longer)	30+ movements -
HYBRID BONUSES					
	Traveling (TR) 1.0m or more	Angles (A) Simple (A-S) or Complex (A-C)	Placement (PL) Hybrid in last 20 seconds	Synchronisation (SY) Partial (SY-P) or Full (SY-F)	Pattern Change (PC) Simple (PCS) or Complex (PC-C)
Repl/hybrid	Once per hybrid	Once per hybrid	Each in last 20 seconds	SY-P 2x / SY-F 1x **Only for NM 7x (L2-4)	Every PC counted
FAMILIES					
Levels	Thrusts (T)	Rotations (R)	Flexibility (F)	Airborne Weight (AW)	Connections (C)
Repl/hybrid	L1-4 2x / L5-9 unlimited	L1-4 2x / L5-9 unlimited	2x	2x	2x
Level 1	Thrust with crashing	One or two legs: Swirl 180°-360°	Rapid split by one leg from any position (such as Pike, Tuck, Inverted Tuck, Bent Knee VP, Fishtail, VP, etc.)	Vertical descent in Bent Knee VP or Fishtail join to VP	Pike Position at the surface of the water
Level 2	Thrust with one leg	One or two legs: Swirl 720°-1080° Spin descending 180° Twist 180° with 1 leg only	Clearly demonstrated split (held at least 1-2 seconds) Walkout Front Back Layout to Surface Arch or Bent Knee Surface Arch	Vertical descent in VP Front Pike to Vertical Position	One leg face-to-face connection
Level 3	Thrust with one leg followed by rotation of Spin 360° Thrust and vertical descent	One or two legs: Swirl 1440° Spin ascending 180°-360° Spin descending 360°-720° Twist or Twist 180° with 2 legs Twist 360° with 1 leg only	Ariana rotation or split variants at the surface with a demonstration of at least 2 different splits (Right, Left, Middle) Split to Split through VP (changing legs)	Sustained height with one leg or a combination of one and two legs lasting equal or more than 3 seconds Vertical ascent in VP or Bent Knee VP Descending or ascending VP performing isolated movements	One leg back connection
Level 4	Thrust with one leg followed by rotation of Spin 720° or Twist 150° Thrust with flexibility	One or two legs: Spin ascending 720°-1080° Spin descending 1080°-1440° Twist 360° with 2 legs	Front Layout to Surface Bent Knee Arch Position or a Split From Surface Arch Position to Knight or Split	Isolated movements performed in stable Fishtail Position and piked body position (legs over surface, 30-60° from vertical) lasting equal or more than 3 seconds. Any kneeling movements performed credited in # of movements	Two-legs connection

Levels	Thrusts (T)	Rotations (R)	Flexibility (F)	Airborne Weight (AW)	Connections (C)
Level 5	Thrust followed by rotation of Spin 360° or Twist 180°	One or two legs: Twist 720° with 1 leg Spin ascending 1440° with 1 leg Spin descending more than 1440° with 2 legs Twist opening 360° VP to Split Twist 360° with 2 legs Combined Spin 360°-720° with 1 leg Reverse Combined Spin 360°-720° with 1 leg	Knights: combinations of Knight positions Knight to Fishtail (through VP) Knight to VP Sustained Knight Position	Sustained height in VP lasting equal or more than 3 seconds	Rotation vertical connection with one leg
Level 6	Thrust with flexibility followed by rotation of Spin 360°	One or two legs: Combined Spin 360° with 2 legs Reverse Combined Spin 360° with 2 legs Two-Direction Combined or Reverse Combined Spin 360°-720° with 1 leg Spin ascending 1440° with 2 legs Twist 720° with two legs Twist Closing 360° from Split to VP	Surface Arch to VP	Sustained height shown at least 3 seconds in VP performed in an unbalanced position. Any kneeling movements performed credited in # of movements	Rotation vertical connection with two legs
Level 7	Thrust with rotation of Spin 720° and over	Two legs only: Combined Spin 720° Reverse Combined Spin 720° Two-Direction Combined or Reverse Combined Spin 360° Twist 1080° Unbalanced 360° Twist Two-Direction Twist 360°			
Level 8	Thrust with flexibility followed by rotation of Spin 720° and over	Two legs only: Combined Spin 1080° Reverse Combined Spin 1080° Two-Direction Combined or Reverse Combined Spin 720° Twist 1440° Unbalanced 720° Twist Two-Direction Twist 720°			
Level 9	Thrust continued by catching a sustained Vertical Position	Two legs only: Combined Spin 1440° Reverse Combined Spin 1440° Two-Direction Combined or Reverse Combined Spin 1080° Unbalanced 1080° Twist			

As a COACH it is essential to read and understand the Difficulty Guide and the Difficulty Table

This will make filling out the Coach Card much easier!

These are your “tools”



Please fill in with type or write in capital letters!

FINA Member Federation:	Example			
Competition:	FINA WORLD SERIES			
Event:	<input checked="" type="checkbox"/> PRELIMS		<input type="checkbox"/> FINALS	
	<input type="checkbox"/> Solo Tech	<input type="checkbox"/> Male Solo Tech	<input type="checkbox"/> Duet Tech	<input type="checkbox"/> Mixed Duet Tech
	<input type="checkbox"/> Solo Free	<input type="checkbox"/> Male Solo Free	<input type="checkbox"/> Duet Free	<input type="checkbox"/> Mixed Duet Free
	<input type="checkbox"/> Team Tech	<input checked="" type="checkbox"/> Team Free	<input type="checkbox"/> Highlight	<input type="checkbox"/> Combo
Name of competitor(s):	Example			

ELEMENTS IN ORDER OF PERFORMANCE

TIME	PART	EL	BASE MARK	DECLARED DIFFICULTY	BONUS	TC
0:10-0:16	HYBRID	1	NM1 TU2	R1 T3	A-S 1PC-S	
0:17-0:27	TRANS					
0:28-0:35	ACRO	2	ACRO-A	A-Sq-Back-f1-s1 (1.95)		
0:36-0:50	TRANS					
0:51-1:10	HYBRID	3	NM3 TU3	AW5 R4 F3 T4	TR A-C	
1:11-1:20	TRANS					
1:21-1:26	HYBRID	4	NM1 TU1	C3	SY-F	
1:27-1:37	TRANS					
1:38-1:45	ACRO	5	ACRO-B	S-St-0-m1 (1.2)		
1:46-1:55	TRANS					
1:56-2:06	HYBRID	6	NM2 TU2	F1 F1 R3 AW3	A-S SY-P 2PC-S	
2:07-2:10	TRANS					
2:11-2:20	HYBRID	7	NM2 TU2	R1 R1 AW4 T1	SY-F 1PC-C	
2:21-2:25	TRANS					
2:26-2:30	ACRO	8	ACRO-P	P-P-0-a3 (1.75)		
2:31-2:35	TRANS					
2:36-2:42	HYBRID	9	NM1 TU2	R3 AW3 F1		
2:43-2:49	TRANS					
2:50-2:59	ACRO	10	ACRO-C	T-Thr>P>-Forw-m3-h (1.8)		
3:00-3:09	TRANS					
3:10-3:27	HYBRID	11	NM4 TU3	R1 R1 AW3 AW4	A-S PL 2PC-S 1PC-C	
3:28-3:30	TRANS					

FINA Member Federation: _____

Date: _____ Signature: _____

As a COACH it will be your job to fill out the Coach Card accurately.

The technical controllers then use the Coach Card live to verify that the declared difficulty was performed as declared in the routine.



Let's take a closer look at each part of the Coach Card and some examples . . .

Please fill in with type or write in capital letters!

FINA Member Federation:				
Competition:				
Event:	<input type="checkbox"/> PRELIMS		<input type="checkbox"/> FINALS	
	<input type="checkbox"/> Solo Tech	<input type="checkbox"/> Male Solo Tech	<input type="checkbox"/> Duet Tech	<input type="checkbox"/> Mixed Duet Tech
	<input type="checkbox"/> Solo Free	<input type="checkbox"/> Male Solo Free	<input type="checkbox"/> Duet Free	<input type="checkbox"/> Mixed Duet Free
	<input type="checkbox"/> Team Tech	<input type="checkbox"/> Team Free	<input type="checkbox"/> Highlight	<input type="checkbox"/> Combo
Name of competitor(s):				

The top part of the form is general entry information.

The Coach Card is universal for all events.

Please fill in with type or write in capital letters!

FINA Member Federation:	Example			
Competition:	FINA WORLD SERIES			
Event:	<input checked="" type="checkbox"/> PRELIMS		<input type="checkbox"/> FINALS	
	<input type="checkbox"/> Solo Tech	<input type="checkbox"/> Male Solo Tech	<input type="checkbox"/> Duet Tech	<input type="checkbox"/> Mixed Duet Tech
	<input type="checkbox"/> Solo Free	<input type="checkbox"/> Male Solo Free	<input type="checkbox"/> Duet Free	<input type="checkbox"/> Mixed Duet Free
	<input type="checkbox"/> Team Tech	<input checked="" type="checkbox"/> Team Free	<input type="checkbox"/> Highlight	<input type="checkbox"/> Combo
Name of competitor(s):	Example			

Example filled out



ELEMENTS IN ORDER OF PERFORMANCE

TIME	PART	EL	BASE MARK	DECLARED DIFFICULTY	BONUS	TC

The main part of the Coach Card is where the Coach details their routine parts and their difficulty line by line.

IMPORTANT NOTES:

(Please refer to page 16 of Difficulty Guide for full explanations and examples)

- **Coaches must fill out the Coach Card by order of performance (top to bottom by time/part) and left to right as Hybrid components are performed (“Declared Difficulty” cell)**
- **IF athlete(s) do not perform movements as declared on the Coach Card then the following shall occur:**
 - **Hybrids – only base mark value will be applied**
 - **Acrobatic – only base mark value will be applied**
 - **Technical Required Element (TRE) – as per rulebook**
 - *Base Mark – TCs can call to adjust if an error (note: this will be added to next version of difficulty guide)*

ELEMENTS IN ORDER OF PERFORMANCE

TIME	PART	EL	BASE MARK	DECLARED DIFFICULTY	BONUS	TC
0:10-0:16						

TIME:

- This is where the coach details the TIME in the music of the routine part.
- This allows the technical controllers to follow the routine, as well as the video replay operator to easily call up video for review if needed.

ELEMENTS IN ORDER OF PERFORMANCE

TIME	PART	EL	BASE MARK	DECLARED DIFFICULTY	BONUS	TC
0:10-0:16	HYBRID					

PART:

- This is where the coach details what type of routine PART this is:
 - Hybrid
 - Acrobatic
 - Transition (Time and Part column only)
 - TRE (Technical Required Element) for Tech Routines

ELEMENTS IN ORDER OF PERFORMANCE

TIME	PART	EL	BASE MARK	DECLARED DIFFICULTY	BONUS	TC
0:10-0:16	HYBRID	1				

EL = ELEMENT:

- This is where the coach details which Element number this is in the routine.
- This will be aligned with the new rules for how many elements (Hybrids, Acrobatics or Technical Required Elements “TRE”) are required for each routine event.
- For example, for Sr/Jr Free Team it may be 7 Hybrids and 4 Acrobatics and therefore 11 Elements – so 1-11 will appear in that column.
- For testing you may leave blank or try numbering your Hybrids/Acrobatics

ELEMENTS IN ORDER OF PERFORMANCE

TIME	PART	EL	BASE MARK	DECLARED DIFFICULTY	BONUS	TC
0:10-0:16	HYBRID	1	NM1 TU2			

BASE MARK:

- This is where the coach details the **BASE MARK** of the Element.
- For Hybrids this will be Number of Movements (NM) and Time Underwater (TU)
- For Acrobatics this will be ACRO-A, ACRO-B, ACRO-C or ACRO-P based on which Group the Acrobatic is from.
- There is no Base Mark for TRE (Technical Required Elements) = leave blank

ELEMENTS IN ORDER OF PERFORMANCE

TIME	PART	EL	BASE MARK	DECLARED DIFFICULTY	BONUS	TC
0:10-0:16	HYBRID	1	NM1 TU2			

Acrobatics Base Mark:

Group A	ACRO-A
Group B	ACRO-B
Group C	ACRO-C
Group P	ACRO-P

Hybrid Base Mark: IMPORTANT: Use the Difficulty Table as a guide!

Number of Movements (NM):	NM1	NM2	NM3	NM4
	≤ 6	7-19	20-29	30+
Time Underwater (TU):	TU1	TU2	TU3	
	≤ 6 sec	7-15 sec	16 sec +	

ELEMENTS IN ORDER OF PERFORMANCE

TIME	PART	EL	BASE MARK	DECLARED DIFFICULTY	BONUS	TC
0:10-0:16	HYBRID	1	NM1 TU2	R1 T3		

DECLARED DIFFICULTY:

- This is where the coach details the **DECLARED DIFFICULTY** of the Element
- Acrobatics = Acrobatic Code as per Acrobatic Catalogue
- Hybrids = Declared Difficulty coding as per Difficulty Guide / Difficulty Table **AND** in order they appear in the hybrid → for example in this hybrid an R1 (Rotation level 1) is performed, followed by a T3 (Thrust level 3)

ELEMENTS IN ORDER OF PERFORMANCE

TIME	PART	EL	BASE MARK	DECLARED DIFFICULTY	BONUS	TC
0:10-0:16	HYBRID	1	NM1 TU2	R1 T3		

Families (groups):		Family + Level Codes:
Thrusts	T	T1 - T9
Rotations	R	R1 - R9
Flexibility	F	F1 - F6
Airborne Weight	AW	AW1 - AW6
Connections	C	C1 - C6

IMPORTANT:
 Use the
 Difficulty Table
 as a guide!

ELEMENTS IN ORDER OF PERFORMANCE

TIME	PART	EL	BASE MARK	DECLARED DIFFICULTY	BONUS	TC
0:10-0:16	HYBRID	1	NM1 TU2	R1 T3	A-S 1PC-S	

BONUS:

- This is where the coach details any Bonus movements (Hybrids only)

Bonuses:		Bonus Codes:
Travelling	TR	TR
Angles	A	A-S or A-C
Placement	PL	PL
Synchronisation	SY	SY-P or SY-F
Pattern Change	PC	PC-S or PC-C

Declare bonuses in order of Difficulty Table (TR, A, PL, SY, PC)

Remember: Use the Difficulty Table as your guide!

Example of an Acrobatic:

ELEMENTS IN ORDER OF PERFORMANCE

TIME	PART	EL	BASE MARK	DECLARED DIFFICULTY	BONUS	TC
0:28-0:35	ACRO	2	ACRO-A	A-Sq-Back-f1-s1 (1.95)		

Acrobatic code entered as per Acrobatic Catalogue with DD beside it.

Note: there is no entry in BONUS column for Acrobatics – leave blank.

Example of a Technical Required Element in a Tech Routine:

ELEMENTS IN ORDER OF PERFORMANCE						
TIME	PART	EL	BASE MARK	DECLARED DIFFICULTY	BONUS	TC
0:21-0:30	TRE	1		TRE4a		

Technical Required Elements: NOTE - a and b options are proposed new rules

Element 1	Element 2	Element 3	Element 4	Element 5
TRE1a	TRE2a	TRE3a	TRE4a	TRE5a
TRE1b	TRE2b	TRE3b	TRE4b	TRE5b

Note: there is no entry in BONUS column for TRE – leave blank

**Note: in disciplines where there is only one option for an element, no letter is included – for example “TRE3”*

ELEMENTS IN ORDER OF PERFORMANCE

TIME	PART	EL	BASE MARK	DECLARED DIFFICULTY	BONUS	TC
0:10-0:16	HYBRID	1	NM1 TU2	R1 T3	A-S 1PC-S	✓

TC:

- This is the Technical Controller (“TC”) column to verify with a checkmark if they saw everything as declared or an X if they did not
- Note: process is still under development for the team of 3 controllers (testing)

Duet Technical Routine Example:

TIME	PART	EL	BASE MARK	DECLARED DIFFICULTY	BONUS	TC
0:10-0:20	TRANS					
0:21-0:30	TRE	1		TRE4a		
0:31-0:38	TRANS					
0:39-0:49	TRE	2		TRE1a		
0:50-0:57	TRANS					
0:58-1:10	HYBRID	3	NM3 TU2	F3 AW4 R6 R3	TR A-S	
1:11-1:19	TRANS					
1:20-1:25	TRE	4		TRE2b		
1:26-1:31	TRANS					
1:32-1:40	TRE	5		TRE3a		
1:41-1:45	TRANS					
1:46-1:51	TRE	6		TRE5b		
1:52-1:59	TRANS					
2:00-2:18	HYBRID	7	NM4 TU3	AW3 R4 F5 AW4 R3	TR A-C PL	
2:18-2:20	TRANS					

Note - For testing: TRE1, TRE2, TRE3, TRE4 or TRE5 (a and b options are proposed new rules)

Free Team Routine Example:

TIME	PART	EL	BASE MARK	DECLARED DIFFICULTY	BONUS	TC
0:10-0:16	HYBRID	1	NM1 TU2	R1 T3	A-S 1PC-S	
0:17-0:27	TRANS					
0:28-0:35	ACRO	2	ACRO-A	A-Sq-Back-f1-s1 (1.95)		
0:36-0:50	TRANS					
0:51-1:10	HYBRID	3	NM3 TU3	AW5 R4 F3 T4	TR A-C	
1:11-1:20	TRANS					
1:21-1:26	HYBRID	4	NM1 TU1	C3	SY-F	
1:27-1:37	TRANS					
1:38-1:45	ACRO	5	ACRO-B	S-St-0-m1 (1.2)		
1:46-1:55	TRANS					
1:56-2:06	HYBRID	6	NM2 TU2	F1 F1 R3 AW3	A-S SY-P 2PC-S	
2:07-2:10	TRANS					
2:11-2:20	HYBRID	7	NM2 TU2	R1 R1 AW4 T1	SY-F 1PC-C	
2:21-2:25	TRANS					
2:26-2:30	ACRO	8	ACRO-P	P-P-0-a3 (1.75)		
2:31-2:35	TRANS					
2:36-2:42	HYBRID	9	NM1 TU2	R3 AW3 F1		
2:43-2:49	TRANS					
2:50-2:59	ACRO	10	ACRO-C	T-Thr>P>-Forw-m3-h (1.8)		
3:00-3:09	TRANS					
3:10-3:27	HYBRID	11	NM4 TU3	R1 R1 AW3 AW4	A-S PL 2PC-S 1PC-C	
3:28-3:30	TRANS					

