## TEKMOVALNE DISCIPLINE

Po številu nastopajočih:

* SOLO
* DUO (*Duet*)
* SKUPINA (*Team*)

Glede na program oz. sestavo:

* PRVINE (*Figures*)
* TEHNIČNA SESTAVA (*Technical Routine*) - SOLO, DUO, SKUPINA
* PROSTA SESTAVA (*Free Routine*) - SOLO, DUO, SKUPINA
* PROSTA KOMBINACIJA (*Free Combination*)
* POUDARJENA SESTAVA (*Highlight Routine*)

In po spolu: Ž, M, mešano (*Mixed*)

## TOČKOVANJE

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| *Tabela 3: Razpredelnica točkovanja pri skladnostnem plavanju* |
| **10** | POPOLNA **IZVEDBA** | Perfect |
| **9.9 – 9.5** | SKORAJ POPOLNA | Near perfect |
| **9.4 – 9.0** | ODLIČNA | Excellent |
| **8.9 – 8.0** | ZELO DOBRA | Very good |
| **7.9 – 7.0** | DOBRA | Good |
| **6.9 – 6.0** | PRIMERNA | Competent |
| **5.9 – 5.0** | ZADOSTNA | Satisfactory |
| **4.9 – 4.0** | POMANJKLJIVA | Deficient |
| **3.9 – 3.0** | ŠIBKA | Weak |
| **2.9 – 2.0** | ZELO ŠIBKA | Very weak |
| **1.9 – 0.1** | KOMAJ RAZVIDNA | Hardly recognizable |
| **0** | NEZADOSTNA | Completely failed |

## OCENJEVANJE PROSTIH SESTAV

Ocenjevanje elementov sestave izhaja iz predpostavke popolne izvedbe oz. skladnosti s posamezno kategorijo, v razponu od 0 do 10 točk do desetinke natančno… Končna ocena je procentualni seštevek posameznih kategorij za vsak nastop posebej… Zmagovalni nastop je najbolj približan popolni izvedbi ocenjeni 100.0000 (do deset-tisočinke natančno).

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| *Tabela 6: Ocenjevanje proste sestave 2016* |
| Kategorije ocen: | SOLO | DUO | SKUPINA |
| ***IZVEDBA*** | *IZVEDBA* | 90 % | 50 % | 50 % |
|  | *USKLAJENOST* | 10 % | 50 % | 50 % |
| ***30 %*** |  | *100 %* |  |  |
| ***UMETNIŠKI VTIS*** | *KOREOGRAFIJA* | XX % | XX % | XX % |
|  | *GLASBENA INTERPRETACIJA* | XX % | XX % | XX % |
|  | *VTIS PREDSTAVE* | XX % | XX % | XX % |
| ***40 %*** |  | *100 %* |  |  |
| ***ZAHTEVNOST*** | *ZAHTEVNOST* | 100 % | 100 % | 100 % |
| ***30 %*** |  | *100 %* |  |  |
| ***100 %*** |  |  |  |  |

***EXECUTION=IZVEDBA***

*EXECUTION* – the level of excellence in performing highly specialised skills. Execution of all movements.

*IZVEDBA: popolnost in spretnost izvajanja gibov (zavesljajev, prvin, prehodov, razvrščanj v vzorce, višina).*

*SYNCHRONISATION -* the precision of movement in unison, one with the other, and the accompaniment above, at and below the surface. Synchronisation of timing of one with another and with music.

*USKLAJENOST: natančnost pri usklajevanju gibov med plavalkami in z glasbeno spremljavo (nad in pod vodo).*

***ARTISTIC IMPRESSION=UMETNIŠKI VTIS***

*CHOREOGRAPHY -* the creative skill of composing a routine that combines artistic and technical elements. The design and weaving together of variety and creativity of all movements.

*KOREOGRAFIJA: ustvarjalna spretnost usklajevanja umetniških in tehničnih elementov v gibalno zasnovo (raznolikost vzorcev, formacij, avtentičnost, izkoristek plavalne površine).*

*MUSIC INTERPRETATION -* expressing the mood of the music, use of the music’s structure.

*GLASBENA INTERPRETACIJA: interpretacija glasbene spremljave (ritma, strukture in razpoloženja) v gibu.*

*MANNER OF PRESENTATION –* the manner in which the swimmer(s) present(s) the routine to the viewers. The total command of the performance of the routine.

*VTIS PREDSTAVE: sporočilnost nastopa občinstvu, plavalkin pristop izpeljave predstave.*

***DIFFICULTY=ZAHTEVNOST***

*DIFFICULTY* – the quality of being hard to achieve. Difficulty of all movements and of synchronization.

*ZAHTEVNOST: zahtevnostna stopnja izpeljanega tekmovalnega nastopa (drznost, usklajenost, vzorčenje, razvrščanje, zavesljaji, prvine - moč, gibalna zavest, tehnična popolnost).*

### LESTVICA TOČKOVANJA – PROSTE SESTAVE *IZVEDBA*

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| ***EXECUTION=IZVEDBA*** | *EXECUTION=IZVEDBA* | *SYNCHRONISATION=USKLAJENOST* |
| **10** | POPOLNA **IZVEDBA** | Perfect |  |  |
|  | zavesljaji, upornostpogonska moč | **Strokes,****Propulsion** | Maximum height *višina*, extension *razpon*, fluidity *tekočnost* andpower *obvladovanje* in all parts of theroutine *sestave*. Whole body usedin execution *izvedbi* of strokes *zavesljajev*.Head first boosts crotchheight. *Izriv telesa z glavo iznad vode do višine mednožja.*Angles perfectly matched. *Koti se popolnoma ujemajo.* | Totally synchronised with the music and each other. *Popolna usklajenost z glasbo in s soplavalci.*Absolute precision throughout.*Popolna natančnost v teku cele sestave.* |
|  | prvine, predelane prvine | **Figures/****Hybrids** | Maximum height,extension, accurate *točni/natančni* angles perfectly matched. | Totally synchronised in all aspects *v vseh pogledih*. Absolute precision throughout *v teku celotne sestave*. |
|  | prehodi | **Transitions** | Powerful and efficient *učinkoviti*.Maximum distancecovered. *Pokritost max. razdalj.* | Totally synchronised in all aspects.Absolute precision throughout. |
|  | vzorci | **Patterns** | Clear *jasni*, accurate *natančni/dodelani*, evenspacing *prostorsko enakomerno razporejeni* between swimmers. | Totally synchronised in all aspects.Absolute precision throughout. |
|  | poudarki | **Highlights** | Throws *meti*: maximum height. Clean entries *čisti/brezhibni vstopi*.Platforms *platforme/podporne strukture*: High, stable *čvrste/stabilne*. | Swimmers totally synchronised toaffect *prispevajo k* maximum height and power and to allow *omogočijo* efficient *učinkovit* minimum recovery time *čas ponovne vzpostavitve izvajanja.* |
| **9.9 – 9.5** | SKORAJ POPOLNA | Near perfect |  |  |
|  | zavesljaji, upornost | **Strokes,****Propulsion** | Near *približano* maximum height.Extension, fluidity andpower in all parts of theroutine.Effort is not apparent. *Napor ni razviden.*Head first boosts crotchheight. | Almost flawless. *Skoraj brezhibna.*Minor errors. *Manjše napakice.* |
|  | prvine, predelane prvine | **Figures/****Hybrids** | Near *blizu* maximum height in all figures and hybrids. | Almost flawless. Minute errors/deviations *odstopanja* that are only apparent to the ‘trained’ eye *izostrenemu očesu*. |
|  | prehodi | **Transitions** | Power and controldemonstrated but maycover less distance. *Razdalje pokritosti bazena so lahko krajše.* | Almost flawless.Minor errors. |
|  | vzorci | **Patterns** | Minute *zelo majhne* errors in pattern formations and changes. | Transition in and out of transitionsperfectly achieved. *Prehodi v in iz vzorca/vzorčenj so izvršeni v popolnosti.* |
|  | poudarki | **Highlights** | Throws: near maximumheight. Clean entries.Platforms: High, stable.Accurate throughout movement *gibi so vseskozi natančni*. Other highlights accurate, and clearly defined *jasno razločljivi*. | Swimmers totally synchronised toaffect near maximum height andpower and to allow efficient minimum recovery time.Perfectly synchronised withmusic. |
| **9.4 – 9.0** | ODLIČNA | Excellent |  |  |
|  | zavesljaji, upornost | **Strokes,****Propulsion** | Strong *močna*, powerful *obvladljiva* high *višina*.Less *manjša* distance *razdalja* travelledand power *napor* shown. Head first boosts mid pelvis *do medenice*.  | A very few minor errors scattered throughout. *V teku sestave je le nekaj razpršenih manjših napak.* |
|  | prvine, predelane prvine | **Figures/****Hybrids** | Strong, high sustained height *vzdrževana visoka višina* well above  *nad* midthigh *sredino stegna*and dynamic height *dinamična višina*above waist *nad pasom*. Excellent extension *Odličen razpon*. | A very few *le nekaj* minor errors scattered throughout *se pojavijo tu pa tam v teku celotne sestave*. |
|  | prehodi | **Transitions** | Strong and powerful. | Very minor errors, surfacing *prihodi na površje* may be minutely different *malenkostno zamaknjeni*. |
|  | vzorci | **Patterns** | Patterns mainly accuratewith minor lapses inshape *z malenkostnimi spodrsljaji v obliki*. Spacing *razmiki* usually excellent. | Minor errors in achieving timing into patterns *za dosego usklajenosti v vzorcu*. |
|  | poudarki | **Highlights** | Throws: near *se približujejo* maximumheight. Clean entries.Platforms: High, stable.Accurate throughoutmovement.Other highlights accurate,powerful and exact design *z natančno namero/obliko*. | Swimmers synchronised to affect near maximum height and power and to allow efficient very fastrecovery time *učinkovit in zelo hiter prehod v ponovno/naslednje izvajanje*. |
| **8.9 – 8.0** | ZELO DOBRA | Very good |  |  |
|  | zavesljaji, upornost | **Strokes,****Propulsion** | Propulsion generallyeffective. *Upornost je večinoma učinkovita.*Arm pits *pazduhe* dry in double arm eggbeater *vaterpolo nogah* and waist height *višina pasu* in head first boosts *pri izrivu telesa z glavo iznad vode*. Some instability *nekaj nestabilnosti* but body used in arm actions *izkoristek telesa je v zavesljajih rok*. | Minor errors. Angles may not be exactly the same but demonstrating only minor changes. *Razvidnih le nekaj odstopanj v kotih.*All synchronised with music. *Vsi zavesljaji/udarci so usklajeni z glasbo.* |
|  | prvine, predelane prvine | **Figures/****Hybrids** | Sustained height at upperthigh *do zgornjega dela stegna*. Very goodextension through limbsand body. *Zelo dober razpon udov in celega telesa.* | Minor errors. Angles may not be exactly the same but demonstrating only minor changes. With music. |
|  | prehodi | **Transitions** | Strong and powerful. | Minor errors, surfacing may be minutely different. |
|  | vzorci | **Patterns** | All patterns clear andmainly precise *večinoma točni*, small deviations in patterning *manjša odstopanja pri vzorčenju*. | Few errors in getting into and out ofpatterns. |
|  | poudarki | **Highlights** | Throws and platformshigh, stable andconvincing *prepričljivi*. | Synchronised with music or swimmers working as a group to affect effective highlights *za dosego učinkovitih poudarkov*. Very good timing with highlights in music. |
| **7.9 – 7.0** | DOBRA | Good |  |  |
|  | zavesljaji, upornost | **Strokes,****Propulsion** | Double arm height atupper bust line *višina nadprsja z vzdignjenima rokama*, strong propulsion *čvrsta upornost*. Extension in arms. *Obsežni zavesljaji z rokami.* Angles generally precise. *Koti so v večini jasno razvidni.* | Few obvious errors *očitnih napak* but lacks crispness *ostrine* and precision. Well *dobro/ustrezno* synchronised *usklajeno* with music. |
|  | prvine, predelane prvine | **Figures/****Hybrids** | Generally *v večini* clearly defined and accurate. Some height instability and differences betweenteam swimmers. Goodextension throughout. | Few obvious errors but lacks crispness and precision. |
|  | prehodi | **Transitions** | Lack *pomanjkanje* strong power *odločnega obvladovanja* and may be pauses between actions. | Well synchronised but minor errors in finishing and starting actions *manjše napake pri pričetku in zaključevanju izvedb*. |
|  | vzorci | **Patterns** | Most patterns clear and precise. | Some obvious errors in achieving patterns. *Nekaj očitnih napak pri vzpostavljanju/razvrščanju v vzorce.* |
|  | poudarki | **Highlights** | Highlights all work. | Highlights generally synchronised with music. Not all swimmerssynchronised to highlight may fall ornot be evenly executed. *Ni usklajenosti vseh plavalcev s poudarkom, lahko se podre/popusti ali ni pravilno izveden.* |
| **6.9 – 6.0** | PRIMERNA | Competent |  |  |
|  | zavesljaji, upornost | **Strokes,****Propulsion** | All strokes/arm actions clear precise showingbasic power but mayinclude some rest spots. *Vsi zavesljaji/izvajanja z rokami so jasno razvidni, izkazujejo osnovno obladovanje, lahko se pojavi nekaj trenutkov počitka.*May be on one side ofpool. *Utegne biti zgolj na eni strani bazena.* | Minor errors throughout. One or two swimmers may be ‘out’. *En ali dva plavalca utegneta biti neusklajena.*Lacks sharpness *ostrine/jasnosti*. |
|  | prvine, predelane prvine | **Figures/****Hybrids** | All positions clearlydefined showingextension. Minordeviations is actions suchas twists and spins.Angles may be slightlydifferent. *Rahla odstopanja v kotih so lahko prisotna.* | Minor errors throughout. One or two swimmers may be ‘out’. Lackssharpness. Surfacing may be at different times. |
|  | prehodi | **Transitions** | Pauses between actions. | Synchronised with the music. Minorerrors between swimmers. |
|  | vzorci | **Patterns** | Patterns not all clear *niso vsi jasno razvidni* withpatterns not veryaccurate and spacinguneven *neenakomerni zamiki*. | Transition into and out of patterns not clear. Lack precision. |
|  | poudarki | **Highlights** | Highlights generally workbut lack *pomanjkanje* dynamism *dinamike* andexcitement *zanimivosti*. | Not all swimmers working equally toachieve the desired action. *Plavalci si niso enakovredni pri izvajanju za dosego željenih poudarkov/stvaritev.* |
| **5.9 – 5.0** | ZADOSTNA | Satisfactory |  |  |
|  | zavesljaji, upornost | **Strokes,****Propulsion** | Strokes ill defined *slabo definirani* and angles inaccurate *nepravilni*. Little propulsion *šibka upornost* and routine stuck in one area of the pool *sestava se odvija na omejeni površini bazena*.  | Some moderate *zmerne* or major *večje* errors. Timing blurred *nerazločen* and movements lacking precision. No attempt to synchronise underwater. *Ni razvidne prizadevnosti za usklajenost pod vodo.* |
|  | prvine, predelane prvine | **Figures/****Hybrids** | Positions are all clear butnot totally accurate by allthe swimmers. *Položaji so jasni, vendar jih vsi plavalci ne izvedejo popolnoma natančno.* Extension erratic. *Razpon je nedosleden.* Angles may show differences. Double leg height at knees. *Višina nog do kolen.* Execution quality is erratic *nedosledna*. | Some moderate *zmerne* or major errors. Timing blurred *nejasen* and movements lacking precision. |
|  | prehodi | **Transitions** | Little continuity in actions.*Malo kontinuiranosti v izvedbah.* | Blurring before movements *nejasnosti pred gibi* and littlerelationship *malo zveze* to music. |
|  | vzorci | **Patterns** | Patterns not clear,scrambled *mešani* and inefficient *neučinkoviti*.Surface pattern changesmessy and slow. *Izmenjava vzorcev na površini je počasna in v neredu.* | Pattern changes unsynchronised soswimmers attaining *dosegajo/vzpostavljajo* them and leaving them *jih razpuščajo* at slightly different times *v rahlih časovnih zamikih*. |
|  | poudarki | **Highlights** | Highlights attempted butlow and unstable. Throws attempted butlow over water. *Poskušajo se meti, vendar so ti nizko nad vodo.* Lack clarity of definition. | Poorly *slabo* synchronised so they may appear very inaccurately executed *nenatančno izvedeni*. |
| **4.9 – 4.0** | POMANJKLJIVA | Deficient |  |  |
|  | zavesljaji, upornost | **Strokes,****Propulsion** | Limited propulsion *omejena upornost zavesljajev* androutine gets stuck in onepart of pool *sestava se odvija na določenem delu bazena*. May be limited to oneside of the pool. Arm actions similar but lack definition. *Podobni in slabše določeni zavesljaji/izvajanje z rokami.* | Major synchronisation errors in stroke actions. Propulsion different so positions are constantly lost.  *Položaji se izgubljajo zaradi razlik v spretnosti upora pri plavalcih.* |
|  | prvine, predelane prvine | **Figures/****Hybrids** | Body and limb positions *položaji telesa in udov (rok/nog)* showing major problems *izkazujejo večje težave*. Inaccurate design and often unclear to judges of precise design *sodnikom težko razpoznavna, nejasna oblika*. Height *višina* below the knee *pod koleni* and very inconsistent *zelo nedosledna* betweenswimmers. Poor *skromen* extension. | Attempts to synchronise but major errors throughout. Little synchronisation other than with theobvious beat *razen očitnega ritma* of music. |
|  | prehodi | **Transitions** | Poor flow between actions. *Slabotna tekočnost/prelivanje med izvedbami.* Movements not finished. *Nedokončani gibi.* | Little relationship with the music orwith each other. Swimmers may bemoving in totally different ways. |
|  | vzorci | **Patterns** | Patterns spread out *razpotegnjeni* andoften unclear. One ormore swimmers may beout *izven*. | Patterns are unclear. Very poor attempt *zelo šibki poskusi* to synchronise transitions in and outof patterns. |
|  | poudarki | **Highlights** | Highlight attempted butvery, very low and/orunstable. | Movements unsynchronised so the highlights unsuccessful. *Gibi niso usklajeni tako, da tudi poudarki niso uspešni.* |
| **3.9 – 3.0** | ŠIBKA | Weak |  |  |
|  | zavesljaji, upornost | **Strokes,****Propulsion** | Major differences *večje razlike* in armactions. Angles verydifferent. *Koti so si med seboj zelo različni.* | Timing of all actions *izvajanja* different *se razlikuje*. There is an attempt *poskus* to synchronise but seldom together *le redko vse hkrati*.Basic synchronisation with music. |
|  | prvine, predelane prvine | **Figures/****Hybrids** | Most positions lackdefinition *opredeljivost*. Very little extension. Vertical height well below knee height and erratic and unstable. *Višina v navpičnih položajih seže kar precej pod kolena, ni točna in niti stabilna.*Very different heightsand bobbing *niha* up anddown. | Timing of all actions different. There is an attempt to synchronise but seldom together *redko uspe*. |
|  | prehodi | **Transitions** | Unclear, messy. | Little synchronisation between otherswimmers or with the music. |
|  | vzorci | **Patterns** | Patterns unclear, spreadout *razpotegnjene*. Messy. | Little synchronisation into and out of patterns. |
|  | poudarki | **Highlights** | Highlights very unstableor do not work. | Highlights attempt to synchronise with music but little synchronisationbetween swimmers. |
| **2.9 – 2.0** | ZELO ŠIBKA | Very weak |  |  |
|  | zavesljaji, upornost | **Strokes,****Propulsion** | Very low, swimming skillsvery weak not allowingpropulsion.*Zavesljaji so zelo nizki, plavalna spretnost je šibka, ne omogoča upora.* | Very little or no synchronisation between the swimmers and basic synchronisation with the music. |
|  | prvine, predelane prvine | **Figures/****Hybrids** | All positions poorly defined. Extension totallylacking. *Razpon je popolnoma odsoten.* | Very little or no synchronisation between the swimmers. |
|  | prehodi | **Transitions** | Gaps *vrzeli/odprtine* in transitions. Little control over legs and arms. *Majhen nadzor nad nogami in rokami.* | Poor synchronisation into and out ofmovements *pri prehodih v in izven gibanj*. |
|  | vzorci | **Patterns** | Generally unrecognizable. | Little or no synchronisation into or out of pattern. |
|  | poudarki | **Highlights** | Very messy and unclear. | Little or no synchronisation into. |
| **1.9 – 0.1** | KOMAJ RAZVIDNA | Hardly recognizable |  |  |
|  | zavesljaji, upornost | **Strokes,****Propulsion** | Lacking any precision isbasic strokes. *Pomanjkanje natančnosti pri osnovnih zavesljajih.* | Very little or no attempt *ni prizadevanja* to synchronise with music or each other. |
|  | prvine, predelane prvine | **Figures/****Hybrids** | Lacking all technical skillso movements hardlyrecognizable. | Very little or no attempt to *ni prizadevanja za* synchronise with music or each other. |
|  | prehodi | **Transitions** | Transitions very different,no precision. | Very little or no attempt to synchronise with music or each other. Bobbing up throughout. *(Izmenično) prikazovanje na površini (izpod/iznad vode) v teku celoten sestave.* |
|  | vzorci | **Patterns** | Patterns have beenchoreographed butswimmers basically swimming their own thing *po svoje*. | Patterns hardly recognisable and swimmers mowing in and out at any time *se zberejo in razpustijo ne glede na čas/ritem*. |
|  | poudarki | **Highlights** | If present hardly recognisable except of *razen* at surface *na površini*. | Very little or no attempt to *ni razvidnega prizadevanja* synchronise with music or each other. |
| **0** | NEZADOSTNA | Completely failed |  |  |

**LESTVICA TOČKOVANJA – PROSTE SESTAVE**

### LESTVICA TOČKOVANJA – PROSTE SESTAVE *UMETNIŠKI VTIS*

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| ***ARTISTIC IMPRESSION******=UMETNIŠKI VTIS*** | *CHOREOGRAPHY = KOREOGRAFIJA* | *MUSIC INTERPRETATION = GLASBENA INTERPRETACIJA* | *MANNER OF PRESENTATION = VTIS PREDSTAVE* |
| **10** |  |  |  |  |
| POPOLNO | Perfect | Captivating *očarljivo/pritegne* and creative. Cohesive whole *povezana celota* with logical structure with blends variety *s primesjo raznovrstnosti* all actions, creativitydemonstrating memorable moments, a balanced mix ofstrokes, hybrids and highlights. Many patterns demonstrating logical and fluid patternchanges. All areas of pool covered. | Totally at one with the music. Movements obviously requirethis music. Perfect blend of qualities within the music the movement qualities. Swimmersmake use of both the obvious *očitne* and subtle *tankočutne* qualities in the music and take advantage of all the musical elements to achieve anemotional impact *čustvenega učinka*. | Total command,compelling attention *prevzema pozornost*.Projects *izraža* personality andinvolves the audience inthe feeling of the routine.Charismatic. Eachperformance appearsfresh. |
| **9.9 – 9.5** |  |  |  |  |
| SKORAJ POPOLNO | Near perfect | Memorable routine *spomina vredna sestava* showing near perfect variety in allmovements, near perfection in the balance of movementswithin the routine. All areas of the pool covered. A high levelof pattern changesdemonstrating logical flow *smiseln potek*. | Near perfect use of all thequalities within the music.Expressive interpretation with actions convincingly suiting *prepričljivo skladna z* the mood and subtle qualities within the music. | Captivating. It is unique to these swimmers. Strong emotional impact. |
| **9.4 – 9.0** |  |  |  |  |
| ODLIČNO | Excellent | Impressive *prepričljiva* routine. All components *sestavine* are present and well designed *načrtovane* but may lack uniqueness *edinstvenost* or complete overallcohesion *povezanost*. May not exploretotally all the areas around the body.Highlights well balanced withinthe routine demonstrating arange of techniques. Patterns changes demonstrate logicalflow but few areas of the pool may be missed. | Uses most of the qualitieswithin the music. Timing and strength of movement reflectthose within the music butthere may be minor lapses *spodrsljaj*. Highlights match the highlightsin music. | Confident *samozavesten* and appealing *privlačen/všečen*. Explore the mood/theme through expression in whole body including face. There may be minor lapses in focus by some swimmers. |
| **8.9 – 8.0** |  |  |  |  |
| ZELO DOBRO | Very good | Strong choreography using very good range of creativity instrokes/figures and hybrids. Creative moments but notmaintained throughout.Elements may be poorly placedor routine unbalanced. Pattern changes frequent but flow maynot be maintained *vzdrževan*. | Movements match mood and pace. *Gibi so skladni z rapoloženjem in tempom.* Expresses most musical qualities but may miss minor opportunities *priložnosti*. Very good use of the obvious accents *očitnih naglasov/poudarkov*. | Confident but bodylanguage *govorica telesa* not expressed through whole body and limited to face, head andarms. Occasional lack offocus or not exploiting *izkoristiti* every opportunity to gainattention. |
| **7.9 – 7.0** |  |  |  |  |
| DOBRO | Good | Some creative moments. Highlights used. Variety instrokes/figures and hybrids but standard not using all areasaround the body.Pool coverage may miss some areas. Pattern changesfrequent but predictable *predvidljivo*. | Explores the use of both melody and rhythm. Generally fits the music. Attempts to explore thetheme or mood *razpoloženje*. | Some command but maylack physical and/oremotional energy. Lack ofprecision *pomanjkanje natančnosti* in all movements affects the presentation. |
| **6.9 – 6.0** |  |  |  |  |
| PRIMERNO | Competent | Predicable and ordinary *običajno/navadno*. Some variety in strokes/figures hybridbut lacking originality *izvirnosti* and creativity. Patterns change but predicable changes and limitedin number *omejene v številu*. | Uses the obvious rhythm or melody. Highlights using obvious highlights in music. Some attempt to project mood or theme *prenos* *razpoloženja in teme*. | Swimmers may attempt to make eye contact andcommunicate with judgebut this tends to be erratic *brez reda* and may not be present in all swimmers. |
| **5.9 – 5.0** |  |  |  |  |
| ZADOSTNO | Satisfactory | Mostly standard actions. Attempt to interpret a theme.Some variety in strokes, figuresand hybrids. More pattern changes but lacking any creativity or originality. Repetitious *ponavljajoče*. Unbalanced andlimited pool coverage. | Uses the obvious beats of the music. Predictable actions for easy to use accents. Attempts to place highlights with appropriate sections of the music. | Little effort to project. May have a smile but routine messy. |
| **4.9 – 4.0** |  |  |  |  |
| POMANJKLJIVO | Deficient | Very limited variety of strokes, figures and hybrids. Simplebasic actions with obvious transitions between movements and between patterns. Often not a logicalflow to the pattern transitions. Very limited pool coverage. | Uses the obvious beat of the music but all othercharacteristics ignored. May place highlights in inappropriate *neumestno/neprimerno* music. | Lacking any presence.Swimmers may appearscared or generallydisinterested in theaudience. Lack of qualityof movement. |
| **3.9 – 3.0** |  |  |  |  |
| ŠIBKO | Weak | Very basic choreography withsimple repetitive actions linked by strokes or other propulsive techniques. Lacking flow between movements. Limited pool coverage. | Attempts to use the music. Only the simplest beat used. Mostly background. | Major attention is between the swimmers.Movements may be messy and disorganised appearing totally under trained *premalo natrenirano/izurjeno*. |
| **2.9 – 2.0** |  |  |  |  |
| ZELO ŠIBKO | Very weak | Little evidence *razvidnost* of any structure within the routine. Very limitedvariety in strokes and figures. Minimal pool coverage. | No interpretation of the music. Any music could be used. | No attempt at presentation. Routinemessy. Totally inwardfocused and oblivious toaudience or judges. *Bolj sebi namembno, pozablja na občinstvo in sodnike.*  |
| **1.9 – 0.1** |  |  |  |  |
| KOMAJ RAZVIDNO | Hardly recognizable | No variety of strokes and figures. ‘Patterns ‘ are totally disorganised and appear random *nepremišljeni*. Minimal pool coverage. | Swimmers are swimming and music playing but there is no link. | Totally oblivious to thesurroundings. *Popolnoma nezavedno do okolice.* |
| **0** | NEZADOSTNO | Completely failed |  |  |

### LESTVICA TOČKOVANJA – PROSTE SESTAVE *ZAHTEVNOST*

|  |  |  |
| --- | --- | --- |
| ***DIFFICULTY = ZAHTEVNOST*** |  |  |
| **10** | POPOLNOST | Perfect |  |
|  | zavesljaji, upornost | **Strokes,****Propulsion** | Sustained height with max. weight out of water, extreme flexibility, power.*Ohranjena je višina z max. težo izven vode, skrajna fleksibilnost in moč.* |
|  | prvine, predelane prvine | **Figures/****Hybrids** | Sustained max. height, max. dynamic height, complex angles and combinations. Difficulty throughout routine. High risk.*Vzdržuje se max. višina, max. dinamična/aktivna višina, zapleteni/obsežni koti in kombinacije. Zahtevnost v teku cele sestave. Visoko tveganje.* |
|  | prehodi | **Transitions** | Max. power in all transitions.*Max. obladovanje vseh prehodov.*  |
|  | vzorci | **Patterns** | Complex, intricate patterns with frequent changes. Blind patterns. Very close spacing. Intricate synchronization.*Zapleteni, zahtevno prepleteni vzorci s pogostimi izmenjavami. Skrito vzorčenje. Zelo skupaj. Prepletena usklajenost.* |
|  | poudarki | **Highlights** | High risk. Short set up and recovery time. Complex actions in airor on the platform or in other highlights. Choreographed entries into water.*Visoka drznost. Kratek čas pri pripravi in ponovni vzpostavitvi izvedb. Zapletene izvedbe v zraku ali na platformi, ali v drugih poudarkih. Vstopi v vodo so koreografirani.* |
| **9.9 – 9.5** | SKORAJ POPOLNO | Near perfect |  |
|  | zavesljaji, upornost | **Strokes,****Propulsion** | Sustained near max. height. Near perfect flexibility. Less powershown.*Ohranjanje približkov max. višine. Fleksibilnost je približana popolnosti. Ne izkaže se toliko moči.*  |
|  | prvine, predelane prvine | **Figures/****Hybrids** | Sustained near max. height and dynamic height showing lessflexibility and range of movement. Difficulty may be spread and high risk movements shown.*Vzdržuje se približek max. višini in dinamični višini, izkazuje se manj fleksibilnosti in variabilnosti gibov. Zahtevnost je lahko razpršena. Izkazani so gibi z visokim tveganjem.*  |
|  | prehodi | **Transitions** | Less power and efficiency demonstrated.*Razvidna je manjša obvladljivost in učinkovitost prehodov.* |
|  | vzorci | **Patterns** | Complex pattern changes. Frequent changes. Close patterns. Intricate synchronization.*Zapletene izmenjave vzorcev. Pogoste izmenjave. Gosto vzorčenje. Prepletena usklajenost.* |
|  | poudarki | **Highlights** | Some high risk. Short set up and recovery time. Complex actions in air or on the platform or in other highlights. Choreographed entries into water.*Nekaj visoko drznih gibov. Kratek čas pri pripravi in ponovni vzpostavitvi izvedb. Zapletene izvedbe v zraku ali na platformi, ali v drugih poudarkih. Vstopi v vodo so koreografirani.* |
| **9.4 – 9.0** | ODLIČNO | Excellent |  |
|  | zavesljaji, upornost | **Strokes,****Propulsion** | Fewer maximum height/weight arm actions. Extreme flexibility or complexity may be missing.*Nekaj izvedb z max. višino/težino. Odsotnosti v fleksibilnosti in zapletenosti so lahko razvidne.* |
|  | prvine, predelane prvine | **Figures/****Hybrids** | Most aspects of higher scores still present but may lack somecomplexity or pool coverage.*Večina vidikov višjih ocen je še vedno prisotna, vendar s pomanjkanjem kompleksnosti in pokritosti bazena.*  |
|  | prehodi | **Transitions** | Less power and efficiency demonstrated.*Razvidna je manjša obvladljivost in učinkovitost prehodov.* |
|  | vzorci | **Patterns** | Complex pattern changes. Less frequent changes. Intricate synchronisation.*Zapletene izmenjave vzorcev. Manj pogoste izmenjave. Prepletena usklajenost.* |
|  | poudarki | **Highlights** | Some high risk. Short set up and recovery time. Less complex actions in air or on the platform or in other highlights. Choreographed entries.*Nekaj visoko drznih gibov, razporejenih v teku sestave. Manj zapletene izvedbe v zraku ali na platformi, ali v drugih poudarkih. Vstopi so koreografirani.*  |
| **8.9 – 8.0** | ZELO DOBRO | Very good |  |
|  | zavesljaji, upornost | **Strokes,****Propulsion** | Fewer difficult complex actions but still showing sustainedheight. Use of the complex changes in the music.*Nekaj težjih zapletenih izvedb z ohranjeno višino. Izkoristek zapletenih obratov/sprememb v glasbi.* |
|  | prvine, predelane prvine | **Figures/****Hybrids** | Fewer difficult complex actions but still showing sustained height, complex actions.*Nekaj zahtevnih in zapletenih izvedb, z izkazano vzdrževano višino in vzdrževanje zapletenejšega izvajanja.*  |
|  | prehodi | **Transitions** | Less power and efficiency demonstrated.*Razvidna je manjša obvladljivost in učinkovitost prehodov.* |
|  | vzorci | **Patterns** | Less pool coverage but still frequent pattern changes. Surface and underwater transitions.*Manjša pokritost bazena s pogosto izmenjavo vzorcev. Prehodi so izvedeni nad vodo in pod vodo.* |
|  | poudarki | **Highlights** | Few high risk movements spread throughout.*Nekaj zelo drznih gibov, ki se razporejajo v teku sestave.* |
| **7.9 – 7.0** | DOBRO | Good |  |
|  | zavesljaji, upornost | **Strokes,****Propulsion** | Double and single arm eggbeater shown. Use of both beat andrhythm of music. May be a rest spot within the routine.*Razvidne vaterpolo noge z vzdignjeno eno ali obema rokama. Izkoristek udarcev in ritma glasbe. V sestavi se lahko pojavi trenutek počitka.* |
|  | prvine, predelane prvine | **Figures/****Hybrids** | All basic actions demonstrated. Sustained height scattered throughout routine. Most difficulty may be at beginning of routine.*Prikazano je osnovno izvajanje prvin. V teku sestave je vzdrževanje višine razpršeno. Največ zahtevnosti utegne biti na začetku.* |
|  | prehodi | **Transitions** | Basic actions to transfer between movements.*Prehanjanje med gibi je osnovno.* |
|  | vzorci | **Patterns** | Less complex changes but still showing constant change.*Konsistentno izmenjevanje manj zapletenih vzorcev.* |
|  | poudarki | **Highlights** | Medium height in highlights. Stable movements with medium level risk.*Poudarki v srednji višini. Gibi so stabilni (ne preveč spremenljivi), srednje drzni.* |
| **6.9 – 6.0** | PRIMERNO | Competent |  |
|  | zavesljaji, upornost | **Strokes,****Propulsion** | Double and single double arm height with collar bones dry. Lesspool coverage. Movements generally use the major beats.*Dvojna in enojna višina z obema rokama in rameni zunaj (suha ključnica). Manjše pokrivanje bazena. Gibi se izvajajo z večjimi udarci.* |
|  | prvine, predelane prvine | **Figures/****Hybrids** | Double and single leg height demonstrated throughout. Hybridsshorter. Some complexity in combination hybrids.*Višina dvojne ali posamične noge se izkazuje v teku cele sestave. Predelane prvine so krajše. Nekaj zapletenosti pri predelavi prvin.*  |
|  | prehodi | **Transitions** | Simple transitions but allowing flow between actions.*Enostavni prehodi, ki omogočajo tekočnost izvedbe.* |
|  | vzorci | **Patterns** | Variety in patterns but allowing time for visual checks.*Raznolikost vzorcev z dovoljenim časom za vidno postavitev.*  |
|  | poudarki | **Highlights** | Safe highlights.*Varni pudarki.*  |
| **5.9 – 5.0** | ZADOSTNO | Satisfactory |  |
|  | zavesljaji, upornost | **Strokes,****Propulsion** | Short simple double arm actions, easy stroke combinations.*Kratki preprosti zavesljaji z obema rokama, izvajanje lažjih kombinacij zavesljajev.*  |
|  | prvine, predelane prvine | **Figures/****Hybrids** | Shorter simpler hybrids mainly single leg but attempts at double legs, spins and twist. Often lacking control therefore lowering difficulty.*Krajše enostavnejše predelane prvine, večinoma z eno nogo, poskusi z obema, spini (vrtenje) in obrati. Pogosto pomanjkanje kontrole, težave pri spuščanju.* |
|  | prehodi | **Transitions** | Transitions basic not allowing flow.*Osnovni prehodi, ki omejujejo tekočnost.* |
|  | vzorci | **Patterns** | Easy pattern changes. Lots of time to check patterns. Mainlyunderwater pattern changes.*Lažje izmenjave vzorcev. Veliko časa pri vzpostavljanju vzorca. Menjave v postavitvi vzorcev se izvedejo v večjem delu pod vodo.* |
|  | poudarki | **Highlights** | Highlights present mainly stable and safe. Throws may beattempted but low.*Poudarki so varni in nespremenljivi. Poskušajo se izvajati nizki meti.*  |
| **4.9 – 4.0** | POMANJKLJIVO | Deficient |  |
|  | zavesljaji, upornost | **Strokes,****Propulsion** | Basis stroke combinations. Double and single arm eggbeater may be attempted.*Osnovne kombinacije zavesljajev. Poskusi vaterpolo nog z vzdignjeno eno ali obema rokama.*  |
|  | prvine, predelane prvine | **Figures/****Hybrids** | Single and double leg actions may be demonstrated but theirheight and precision are uncontrolled.*Izvedbe z enojno in dvojno nogo utegnejo biti izkazane, vendar z nenadzorovano višino in nenatančno.*  |
|  | prehodi | **Transitions** | Simple transitions.*Enostavni prehodi.* |
|  | vzorci | **Patterns** | Simple patterns, few pattern changes and held for a long time.*Enostavni vzorci z le nekajkratno izmenjavo, ki se zadržijo za več časa.* |
|  | poudarki | **Highlights** | Simple highlights attempted. These may be floating pattern changes.*Poskušajo z enostavnimi poudarki. Ti utegnejo biti izmenični plavajoči vzorci.* |
| **3.9 – 3.0** | ŠIBKO | Weak |  |
|  | zavesljaji, upornost | **Strokes,****Propulsion** | Simple strokes and propulsive techniques. Little power and pool coverage.*Osnovni zamahi z osnovno tehniko upora zavesljajev. Moč je majhna, pokritost bazena prav tako.* |
|  | prvine, predelane prvine | **Figures/****Hybrids** | Single leg actions that are low. Very short figures, bent kneepositions, somersaults and ballet legs.*Izvedbe z enojno nogo so nizke v višini. Prvine so zelo kratke, zajemajo položaje z jelenčkom, prevale in baletno nogo.* |
|  | prehodi | **Transitions** | Basic actions only.*Premiki v prehodih so le osnovni.* |
|  | vzorci | **Patterns** | Simple.*Enostavni.* |
|  | poudarki | **Highlights** | Some highlights attempted.*Poskušajo z le nekaj poudarki.* |
| **2.9 – 2.0** | ZELO ŠIBKO | Very weak |  |
|  | zavesljaji, upornost | **Strokes,****Propulsion** | Basic strokes. Little propulsion and pool coverage.*Osnovni zamahi z malo upornosti in majhno pokritostjo bazena.* |
|  | prvine, predelane prvine | **Figures/****Hybrids** | Surface figures, and basic somersaults. Mainly floating actions.*Prvine na površini, osnovni prevali, večinoma plavajoče izvedbe.* |
|  | prehodi | **Transitions** | Simple transitions. One movement finishing and a pause before the next starting. Lots of layouts.*Preprosti prehodi, med zaključenim in začetim gibanjem je razvidna pavza (oddih) in razvrščanje (organiziranje).*  |
|  | vzorci | **Patterns** | Basic patterns that are held for a very long time. Few patternchanges.*Zelo dolgo zadrževanje osnovnih vzorcev, z le nekajkratno izmenjavo.* |
|  | poudarki | **Highlights** | Attempts at very simple highlights, usually floating patterns.*Prizadevajo si za zelo preproste poudarke, ki so po navadi plavajoči vzorci.* |
| **1.9 – 0.1** | KOMAJ RAZVIDNO | Hardly recognizable |  |
|  | zavesljaji, upornost | **Strokes,****Propulsion** | Simple strokes and sculls. Very little pool coverage.*Enostavni zamahi in zavesljaji. Zelo majhna pokritost bazena.* |
|  | prvine, predelane prvine | **Figures/****Hybrids** | Very little content. Mainly floating patterns.*Zelo malo prvinskih delov, večinoma plavajoči vzorci.* |
|  | prehodi | **Transitions** | Big gaps between actions. Simple changes between actions. *Pogoste praznine in preproste spremembe med izvajanjem.* |
|  | vzorci | **Patterns** | Simple patterns that are maintained for a very long time. Very few pattern changes. *Dolgotrajno zadrževanje preprostih vzorcev in le nekajkratna izmenjava.*  |
|  | poudarki | **Highlights** | Very simple floats may be attempted.*Prizadevanje po zelo preprostih plavalnih tvorbah.* |
| **0** | NEZADOSTNO | Completely failed |  |