



## DELOVNA VERZIJA!!!

### Sinhronke 8 (2009 & mlajše)

#### 1. OSNOVNI POLOŽAJ NA HRBTU (BACK LAYOUT POSITION 1,0)

Body extended with face, chest, thighs and feet at the surface. **Head** (ears specifically), hips, and ankles in line.



#### 2. OSNOVNI POLOŽAJ NA TREBUHU (FRONT LAYOUT POSITION 1,0)

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



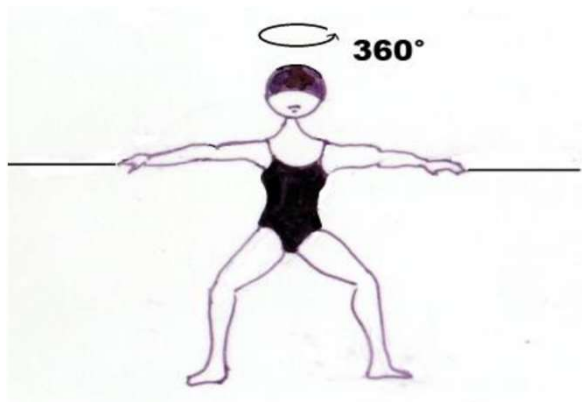
#### 3. ČOLNIČ (BACK LAYOUT POSITION TO TUB POSITION 1,1)

From a Back Layout Position, the knees and toes are drawn along the surface to assume a Tub Position. A Back Layout Position is resumed.



#### 4. VATERPOLO NOGE (EGGBEATER TURNING 360° 1,2)

Establish body position vertical from head to hips with arms extended along the surface. Using alternate rotating kick, perform eggbeater facing front for two seconds; execute a quarter turn; perform eggbeater for two seconds; execute a quarter turn in the same direction; perform eggbeater for two seconds; execute a quarter in the same direction; perform eggbeater for two seconds; execute a quarter turn to return to original position. Water level should be constant with shoulders at or above surface throughout.



DELOVNA VERZIJA!!!



## Sinhronke 9 (2008)

### 1. JELENČEK NA HRBTU (BACK LAYOUT POSITION TO BENT KNEE POSITION 1,2)

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



### 2. JELENČEK NA TREBUHU (FRONT LAYOUT POSITION TO BENT KNEE POSITION 1,2)

From a **Front Layout Position**, a **Bent Knee Position** is assumed. A **Front Layout Position** is resumed. Face is in the water throughout.



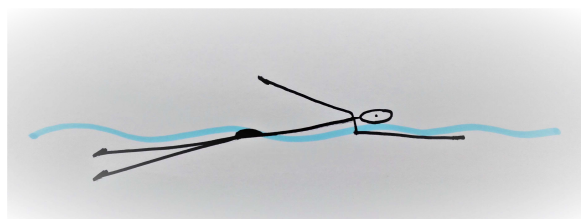
### 3. PREVAL NAZAJ (310 SOMERSAULT BACK TUCK 1,1)

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



### 4. BOČNO PLAVANJE (1,0)

Iz položaja bočno iztegnjeno je spodnja roka usmerjena naprej v smeri vzdolžne osi telesa. Druga roka je iztegnjena nad vodno gladino vsaj pod kotom 45°. Noge enakomerno strižejo. Glava leži na vodni gladini. Smer gibanja je naravnost.



## DELOVNA VERZIJA!!!



## Sinhronke 10 (2007)

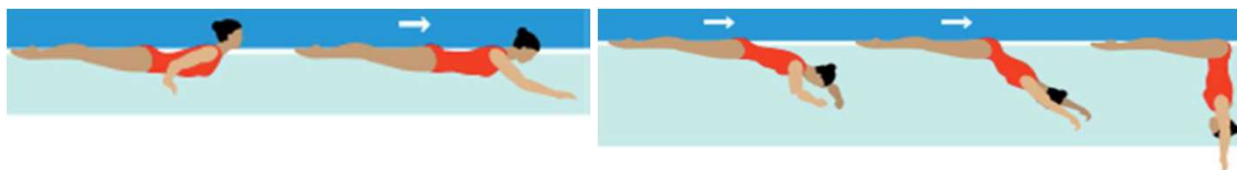
### 1. FLAMINGO (SURFACE FLAMINGO POSITION 1,3)

From a **Back Layout Position**, the knees and toes are drawn along the surface to assume a **Tub Position**. One leg is extended perpendicular to the surface as the other leg is drawn to the chest with the mid-calf opposite the vertical leg to **Flamingo Position** with foot and knee at and parallel to the surface. A **Tub Position** and **Back Layout Position** are resumed.



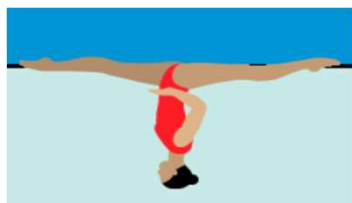
### 2. ŠČUKA (FRONT LAYOUT POSITION TO FRONT PIKE POSITION 1,1)

From a **Front Layout Position** as the trunk moves downward to assume a **Front Pike Position**, the buttocks, legs and feet travel along the surface until the hips occupy the position of the head at the beginning of this action.



### 3. ŠPAGA (SPLIT POSITION 1,0)

Legs evenly split forward and back. The legs are parallel to the surface. 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. The position is held for 3 seconds.



### 4. ČOLNIČ 360° (TUB TURNING 360° 1,2)

From a **Back Layout Position**, the knees and toes are drawn along the surface to assume a **Tub Position**. A Full Twist on surface is executed. A **Back Layout Position** is resumed.



DELOVNA VERZIJA!!!



## Sinhronke 10+ (2007 & starejše, prvo tekmovanje)

### 1. ČOLNIČ (BACK LAYOUT POSITION TO TUB POSITION 1,0)

From a **Back Layout Position**, the knees and toes are drawn along the surface to assume a **Tub Position**. A **Back Layout Position** is resumed.



### 2. PREVAL NAZAJ (310 SOMERSAULT BACK TUCK 1,1)

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



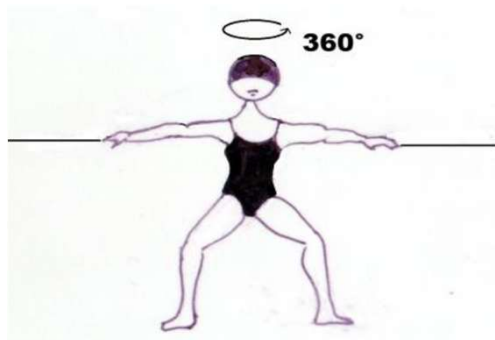
### 3. JELENČEK NA TREBUHU (FRONT LAYOUT POSITION TO BENT KNEE POSITION 1,2)

From a **Front Layout Position**, a **Bent Knee Position** is assumed. A **Front Layout Position** is resumed. Face is in the water throughout.



### 4. VATERPOLO NOGE (EGGBEATER TURNING 360° 1,2)

Establish body position vertical from head to hips with arms extended along the surface. Using alternate rotating kick, perform eggbeater facing front for two seconds; execute a quarter turn; perform eggbeater for two seconds; execute a quarter turn in the same direction; perform eggbeater for two seconds; execute a quarter in the same direction; perform eggbeater for two seconds; execute a quarter turn to return to original position. Water level should be constant with shoulders at or above surface throughout.



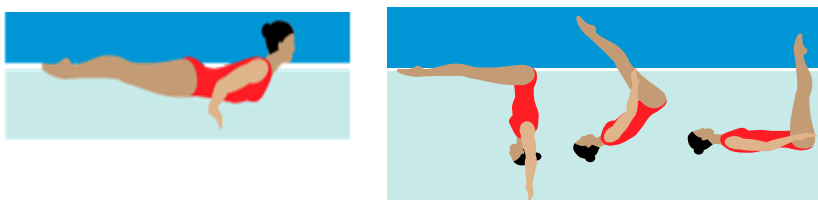
## DELOVNA VERZIJA!!!



## Sinhronke 11 (2006)

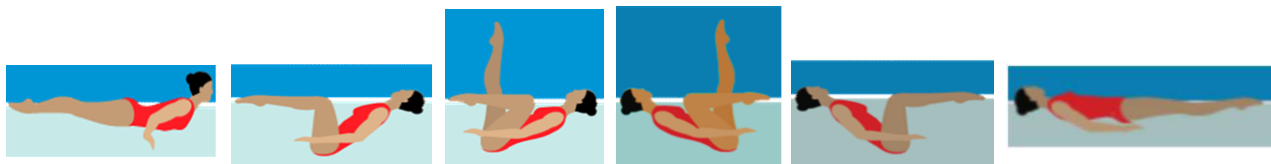
### 1. ŠČUKA, POTOPLJENA DVOJNA BALETNA DO GLEŽNJEV (FRONT PIKE POSITION TO ASUME A SUBMERGED BALLET LEG DUBLE POSITION 1,4)

From a Front Pike Position, maintaining this position, the body somersaults forward around a lateral axis so that the hips replace the head at one quarter point to assume a Submerged Ballet Leg Double Position. The Buttocks, legs and feet travel (move) downward until the hips occupy the position of the head at the beginning of this action.



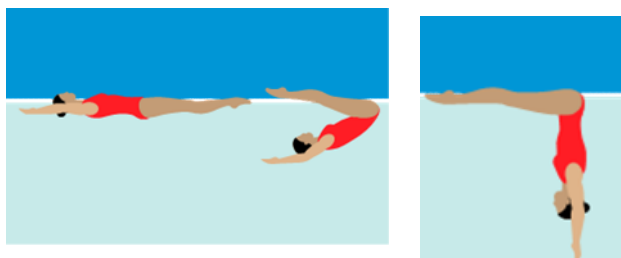
### 2. FLAMINGO OBRAT 180° (SURFACE FLAMINGO POSITION TURN OF 180° 1,5)

From a Back Layout Position, the knees and toes are drawn along the surface to assume a Tub Position. One leg is extended perpendicular to the surface as the other leg is drawn to the chest with the mid-calf opposite the vertical leg to Flamingo Position with foot and knee at and parallel to the surface. A half twist is executed. A Tub Position and Back Layout Position are resumed.



### 3. ŠČUKA NAZAJ (BACK PIKE 1,2)

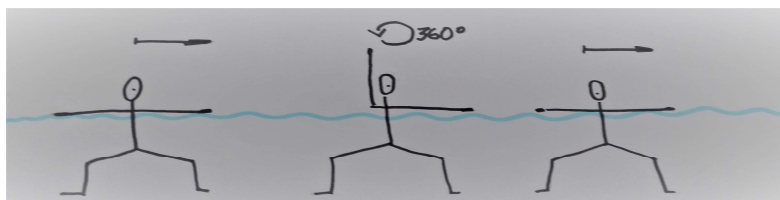
Iz osnovnega položaja na hrbtu pritegneš noge h glavi in hkrati izvedeš obrat do položaja ščuka nazaj, kot med telesom in nogami je 45°, obračanje se zaključi v položaju ščuke (90°), cel čas se telo obrača okoli horizontalne osi.



#### 4. VATERPOLO NOGE, OBRAT 360° Z ROKO GOR (EGGBEATER TURNIG 360° WITH HAND UP 1,3)

Establish body position vertical from head to hips with arms extended along the surface.

Using alternate rotating kick, lift stretched hand up in the opposite direction of moving and turning, perform eggbeater facing front for two seconds; execute a quarter turn; perform eggbeater for two seconds; execute a quarter turn in the same direction; perform eggbeater for two seconds; execute a quarter turn to return to original position. Water level should be constant with shoulders at or above surface throughout.



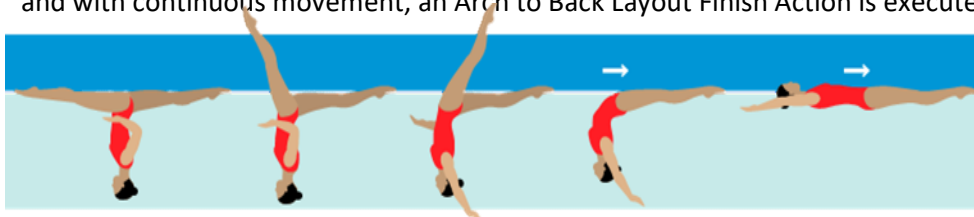
## DELOVNA VERZIJA!!!



## Sinhronke 12 (2005)

### 1. IZHOD IZ ŠPAGE (WALKOUT FRONT, 1,5)

The Front leg is lifted in a 180° arc over the surface to meet the opposite leg in a Surface Arch Position and with continuous movement, an Arch to Back Layout Finish Action is executed.



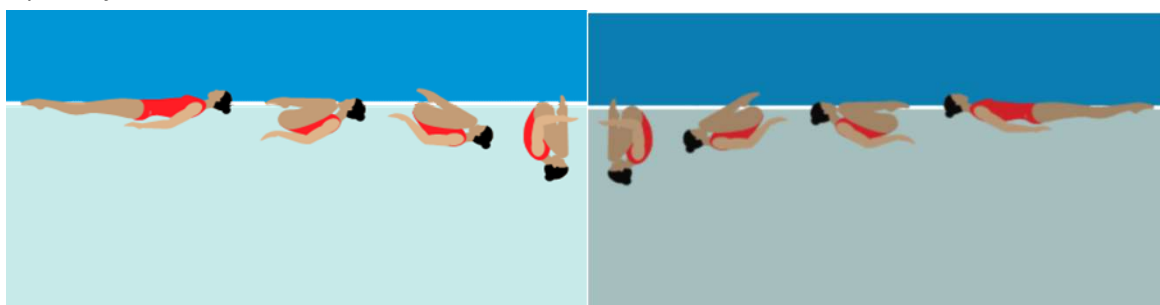
### 2. BALETNA NOGA (101, BALLET LEG SINGLE, 1,6)

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



### 3. VERTIKALNI BOBNIČ OBRAT 180° (VERTICAL TUCK TURN 180° 1,4)

Iz osnovnega položaja na hrbtu se telo krči preko čolniča v bobnič, gibanje se enakomerno nadaljuje v vertikalni bobnič, izvede se obrat za 180°, nazaj se vrne v bobnič, čolnič in zaključi v osnovnem položaju na hrbtu.



### 4. POTOPLJENI FLAMINGO (SUBMERGED FLAMINGO 1,8)

From a Front Layout Position a Somersault Front Pike is executed to a Submerged Ballet Leg Double Position. One knee is bent to assume a Submerged Flamingo Position. Maintaining this position, the body rises to a Surface Flamingo Position, the leg is returned to Tub Position the knees are straightened to resume a Back Layout Position.

