



## AUSSCHREIBUNG 21. FLAMINGO CUP 2025

<b><u>Datum:</u></b>	<b>29. März 2025</b>
<b><u>Ort:</u></b>	BSFZ Südstadt, Liese Prokop-Platz 1, 2344 Maria Enzersdorf
<b><u>Ausrichter:</u></b>	Österreichischer Schwimmverband
<b><u>Durchführung:</u></b>	Schwimmunion Mödling
<b><u>Schiedsrichter:</u></b>	tba Chief recorder: Walter Strahsberger
<b><u>Meldungen:</u></b>	Österreichischer Schwimmverband Email: <a href="mailto:strahsberger@gmail.com">strahsberger@gmail.com</a> Kopie: <a href="mailto:office@synchro.at">office@synchro.at</a>

Die Meldungen erfolgen über die in der Ausschreibung beiliegenden Meldeliste.

Mit der Abgabe der Meldung wird die Sportgesundheit bestätigt, ebenso, dass die Untersuchung nicht länger als 12 Monate zurück liegt.

<b><u>Meldeschluss:</u></b>	vorläufig:	28. Februar 2025
	final:	14. März 2025

**Melde-, Teilnahme- und Startberechtigung:** Es sind ausschließlich die angeführten Altersklassen startberechtigt, sofern diese die Startberechtigung für ihren Verein zum Zeitpunkt des Nennschlusses besitzen (dies bedeutet auch, dass alle Dokumente der Aktiven zum Zeitpunkt des Nennschlusses im Onlinesystem des OSV hochgeladen sein müssen) und gemäß den Bestimmungen für diese Veranstaltung teilnahmeberechtigt sind.

<b><u>Auslosung Startreihenfolge:</u></b>	26. März 2025
<b><u>Nenngeld:</u></b>	17 EUR pro Teilnehmer/in (NATIONAL) 35 EUR pro Teilnehmer/in (INTERNATIONAL)
<b><u>Mittagessen:</u></b>	8.50 pro Person (Vorbestellung erforderlich)

Das Nenngeld ist bis zum Meldeschluss mit Vermerk des Clubs unter dem Betreff **AS-Flamingo2025** auf nachfolgendes Konto zu überweisen.

<b><u>Bankverbindung:</u></b>	Österreichischer Schwimmverband AT61 2011 1839 1009 6901
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Bei nicht zeitgerechter Entrichtung des Nenngeldes wird die Meldung zurückgewiesen.

**Wertungsrichter:** pro Verein ist **mindestens** 1 Wertungsrichter für je 5 Aktive zu melden!  
Dresscode: weiß

**Kategorien:**

**Flamingo 1 – 2013 und jünger**

- 2013 - 2014
- 2015 -2016
- 2017 -2018
- 2019 und jünger

Aktive, die bisher weniger als 50 Punkte in der Kategorie Flamingo 1 erreicht haben.

**Flamingo 2 – 2013 und jünger**

- 2013 - 2014
- 2015 -2016
- 2017 -2018
- 2019 und jünger

Aktive, die bisher weniger als 50 Punkte in der Kategorie Flamingo 2 erreicht haben.

**Flamingo 3 – 2010 und jünger**

- 2010 - 2012
- 2013 - 2014
- 2015 - 2016
- 2017 - 2018
- 2019 und jünger

Aktive, die bisher weniger als 50 Punkte in der Kategorie Flamingo 3 sowie weniger als 50 Punkte in World Aquatics Figuren erreicht haben.

**Flamingo 4 – 2013 und jünger**

- Es gibt keine Jahrgangswertung

**Wettkampfregelein:**

- Mitglieder des österreichischen Schüler Nationalteams dürfen NUR IN FLAMINGO 4 starten.
- Aktive können nur für die gleiche Klasse oder höher gemeldet werden, wenn sie bereits an einem Flamingo Cup teilgenommen haben.
- Aktive können nur in einer Kategorie gemeldet werden.
- Alle Aktiven österreichischer Vereine müssen beim OSV gemeldet sein

**Auszeichnungen:** Medaillen für die drei Erstplatzierten jeder Flamingo Kategorie  
Auszeichnung für die Erstplatzierten der jeweiligen Jahrgangswertung



**Zeitplan:** 10:00 Uhr Einlass  
10:15 Uhr Einschwimmen & Technische Sitzung  
11:00 Uhr Wettkampfbeginn  
ca. 16:00 Uhr Siegerehrung

Der endgültige Zeitplan (Reihenfolge) wird nach dem Meldeschluss festgelegt und bekanntgegeben.

Mit der Teilnahme am Wettkampf stimmen die Teilnehmer ausdrücklich der Anfertigung von Foto-, Film- und Tonaufnahmen durch den Veranstalter zu. Der OSV und der Ausrichter sind berechtigt, dieses Bild- und Videomaterial für eigene Zwecke zu verwenden und zu veröffentlichen.

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

Wien, 31.01.2025

**ÖSTERREICHISCHER SCHWIMMVERBAND**

Arigo PLOY, e.h.  
Fachwart Synchronschwimmen

Walter BÄR, e.h.  
Sportdirektor



## **INVITATION 21st FLAMINGO CUP 2025**

<b><u>Date:</u></b>	<b>29.03.2025</b>
<b><u>Location:</u></b>	BSFZ Südstadt, Liese Prokop-Platz 1, 2344 Maria Enzersdorf
<b><u>Organizer:</u></b>	Austrian Swimming Federation & Schwimmunion Mödling
<b><u>Officials:</u></b>	Referee: tba Chief recorder: Walter Strahsberger
<b><u>Contact:</u></b>	Caroline Strahsberger ( <a href="mailto:strahsberger@gmail.com">strahsberger@gmail.com</a> ) Arigo Ploy ( <a href="mailto:office@synchro.at">office@synchro.at</a> )
<b><u>Deadlines:</u></b>	Preliminary entry deadline: February 28th, 2025 Final entry deadline: March 14th, 2025 Withdrawal deadline: March 26th, 2025, 9:00 Drawing of the start order: March 26 <sup>th</sup> , 2025
	Email: <a href="mailto:strahsberger@gmail.com">strahsberger@gmail.com</a>

By submitting the entry forms the sports health (check not longer than 12 months ago) is confirmed.

<b><u>Entry fees:</u></b>	35 EUR / per entry 8.50 EUR / per lunch (preorder needed) Payment via invoice. The invoice will be issued March 26th, 2025 Participation permitted upon proof of paid entry fee.
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<b><u>Judges:</u></b>	Each participating club is required to nominate at its own expense at least one qualified judge per five competitors. Dress code: White clothes & shoes
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### **Categories:**

#### **Flamingo 1 – 2013 und younger**

- 2013 - 2014
- 2015 - 2016
- 2017 - 2018
- 2019 and younger

Competitors who have not yet scored 50 points in Level 1.

#### **Flamingo 2 – 2013 and younger**

- 2013 - 2014
- 2015 - 2016
- 2017 - 2018
- 2019 and younger



Competitors who have not yet scored 50 points in Level 2.

**Flamingo 3 – 2010 and younger**

- 2010 - 2012
- 2013 - 2014
- 2015 - 2016
- 2017 - 2018
- 2019 and younger

Competitors who have not yet scored 50 points in level 3 and not scored 50 points in Aqua Figures.

**Flamingo 4 – 2013 and younger – figures WA**

- No age group divisions – one overall result list

**Competition rules:**

- Only athletes registered with a club whose federation is a full member of World Aquatics are eligible to compete.
- Each athlete can only compete in ONE category.
- Athletes who have previously competed in a beginner's competition can only compete in the same category or higher.

**Competition awards:**

Medals will be awarded to the 1st, 2nd and 3rd place in Flamingo 1 -4.

Additionally, there will be an award for the first place in each age group in Flamingo 1-3.

**Timetable:**

10:00 a.m.	Open doors
10:15 a.m.	Warm up & judges meeting
11:00 a.m.	Competition start
04.00 p.m.	Award ceremony

The final timetable after the registration deadline.

All participants agree the production of photo, film and sound recordings by the organizer. The Austrian Swimming Federation and the organizer are entitled to use and publish the graphical and video material for their own purposes.

The Austrian Swimming Federation and the organizer assume neither liability nor responsibility for recordings made and published by athletes, spectators, and officials.

Vienna, 31.01.2025

**AUSTRIAN SWIMMING FEDERATION**

Arigo PLOY, e.h.  
Fachwart Synchronschwimmen

Walter BÄR, e.h.  
Sportdirektor

## Flamingo Cup 2025

### In Flamingo 1 (Beginner Level 1)

1	Back Layout Position (BP1)	1,0
2	Front Layout Position (BP2)	1,0
3	Surface Split Position (BP16)	1,0
4	Back Layout Position to Tuck Position	1,0

### In Flamingo 2 (Beginner Level 2)

1	Back Layout Position to Bent Knee Back Layout Position	1,4
2	Somersault Back Tuck	1,1
3	Front Layout Position to Bent Knee Front Layout Position	1,1
4	Blossom Variant	1,3

### In Flamingo 3 (Beginner Level 3)

1	Ballet Leg Single (101)	1,6
2	Tower Variant	1,5
3	Kipnus (316)	1,4
4	Walkout front Variant	1,7

### In Flamingo 4 (FINA 12 and under)

1	Straight Ballet Leg (106)	1,6
2	Barracuda (301)	1,8
3	Front Ariana (359)	2,2
4	Tower (348)	1,9

**BEGINNER LEVEL FIGURES  
2022 – 2025  
(AUT/CZE/SVK)**

**BEGINNER LEVEL 1**

**BP 1 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.



**BP 2 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.



**BP 16 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**.



**BEGINNER LEVEL FIGURES  
2022 – 2025  
(AUT/SVK)**

**BEGINNER LEVEL 2**

**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**

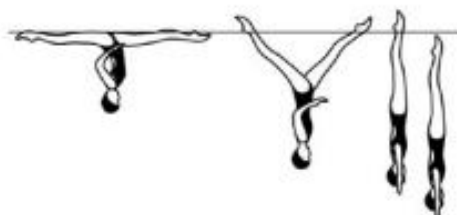
From a **Front Layout Position**, a **Bent Knee Front Layout Position** is assumed. A rapid exchange of the legs is performed to assume a **Bent Knee Front Layout Position** of the other leg. A **Front Layout Position** is assumed. Face is in the water throughout.



**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.





**BEGINNER LEVEL FIGURES**  
**2022 – 2025**  
**(AUT/CZE/SVK)**

**BEGINNER LEVEL 3**

**101 Ballet Leg Single**

**1,6**

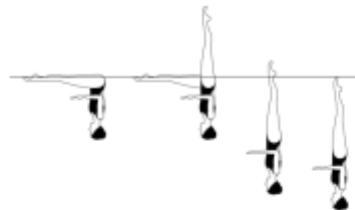
*A Ballet Leg is assumed. The Ballet Leg is lowered.*



**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.



**BEGINNER LEVEL FIGURES**  
**2022 – 2025**  
**(AUT/CZE/SVK)**

**BEGINNER LEVEL 1**

**BP 1 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.



**BP 2 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.



**BP 16 Surface Split Position**

**1,0**

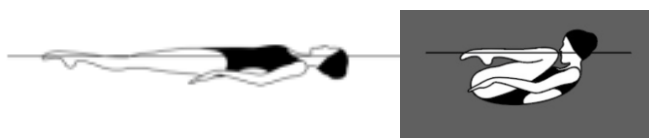
Legs evenly split forward and back. The legs are parallel to the surface of the water. Lower back arched, with hips, shoulders, and head on a vertical line. 180° angle between the extended legs (flat split), with inside of each leg aligned on opposite sides of a horizontal line, regardless of the height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



**BEGINNER LEVEL FIGURES**  
**2022 – 2025**  
**(AUT/SVK)**

**BEGINNER LEVEL 2**

**Back Layout Position to Bent Knee Back Layout Position**

**1,4**

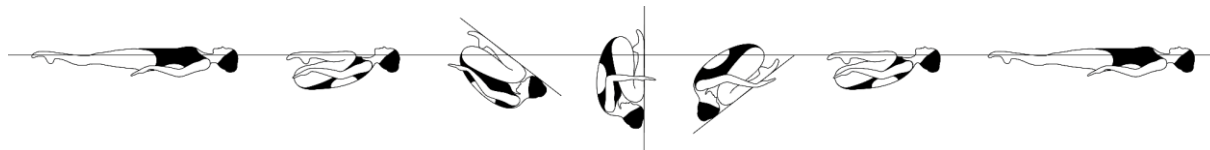
Begin in a **Back Layout Position**. One leg remains at the surface of the water throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a **Bent Knee Back Layout Position**. A rapid exchange of the legs is performed to assume a **Bent Knee Back Layout Position**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

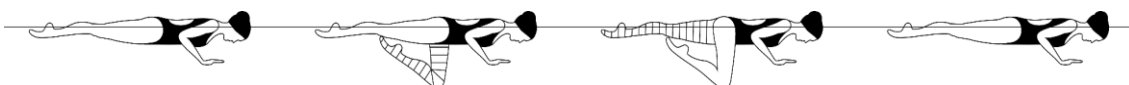
From a **Back Layout Position**, the knees, shins and toes are drawn along the surface of the water to assume a **Tuck Position**. With continuous motion, the tuck becomes more compact as the body somersaults backward around the lateral axis for one complete revolution. A **Back Layout Position** is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



**Front Layout Position to Bent Knee Front Layout Position**

**1,1**

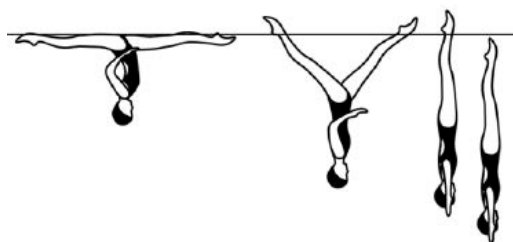
From a **Front Layout Position**, a **Bent Knee Front Layout Position** is assumed. A rapid exchange of the legs is performed to assume a **Bent Knee Front Layout Position** of the other leg. A **Front Layout Position** is assumed. Face is in the water throughout.



**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.



**BEGINNER LEVEL FIGURES**  
**2022 – 2025**  
**(AUT/CZE/SVK)**

**BEGINNER LEVEL 3**

**101 Ballet Leg Single**

**1,6**

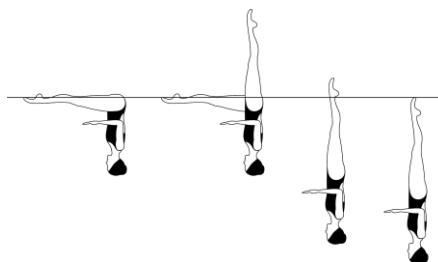
*A Ballet Leg is assumed. The Ballet Leg is lowered.*



**Tower Variant**

**1,5**

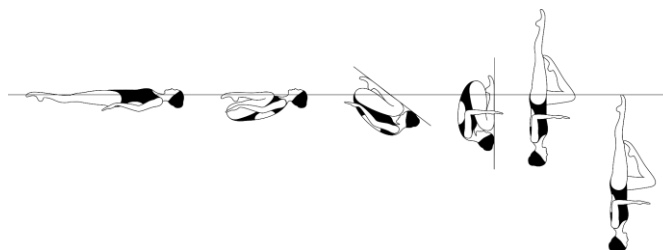
From a **Front Pike Position** one leg is lifted to a **Fishtail Position**. The horizontal leg is lifted to a **Vertical Position** and is completed as the ankles reach the surface of the water. A *Vertical Descent* is executed.



**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.

