

PISTE KIDS REQUIREMENTS

PROGNOSTIC INTEGRATIVE SYSTEMATIC TRAINER ESTIMATION

4

SEASON 2026-2027

Introduction

In Artistic Swimming PISTE is used as a tool to detect future talents of the sport for the selection of regional and national team members. The PISTE test serves as the basis for obtaining the Swiss Olympic Talent Card. PISTE stands for **P**rognostic **I**ntegrative **S**ystematic **T**rainer **E**stimation.

PISTE CATEGORIES

The athletes are divided into 4 categories according to the year of birth of a swimmer. The PISTE 2027 serves as the basis for the distribution of the Swiss Olympic Cards 2027-2028 and national team selection 2027-2028. Junior swimmers fulfilling the minimum year of birth can participate in PISTE Junior and Elite.

PISTE	♀ / ♂	KIDS (J3)	YOUTH (J2)	JUNIOR (J1)	ELITE	Selection for national team and SOTC
2027	♀	2016 & younger	2015-2014-2013	2012-2011-2010-2009	2011 & older	2027-2028
	♂	2016 & younger	2015-2014-2013-2012	2012-2011-2010-2009-2008	2011 & older	
2028	♀	2017 & younger	2016-2015-2014-2013	2013-2012-2011-2010	2012 & older	2028-2029
	♂	2017 & younger	2016-2015-2014-2013	2013-2012-2011-2010-2009	2012 & older	

To take part in the PISTE 2024 the swimmers must have the following test level the **latest by PISTE Watertest:**

KIDS (J3)	YOUTH (J2)	JUNIOR (J1) /ELITE
3	4	5

SWISS OLYMPIC TALENT CARDS

Swiss Olympic Cards are distributed to the swimmers that fulfill the given requirements. Cardholders can profit from various benefits from different partners and easy access to certain athletic infrastructures and sports schools. More information regarding the Swiss Olympic Cards can be found on their website: <https://www.swissolympic.ch/athleten-trainer/swiss-olympic-card>

Swiss Olympic Card Elite: distributed to elite national team members.

Swiss Olympic Talent Card National: distributed to the national team members.

Swiss Olympic Talent Card Regional: distributed to active regional members who achieve the minimum required points.

NATIONAL TEAM SELECTION

National teams are selected according to the selection process and selection policy of Swiss Aquatics - Artistic Swimming. All athletes including current national team members must take part in the PISTE 2026.

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REQUIREMENTS PISTE 2026

The PISTE requirements were reviewed in **2023** and **2024** together with Swiss Olympic to improve the prediction of future elite performance by considering not only current results but also the athlete's environment.

In **PISTE 2025**, new land and water tests were introduced to better assess key skills such as core stability, active flexibility, extension, and acrobatics, along with general refinements to scoring and penalties.

For **PISTE 2026**, active flexibility tests were expanded and partly replaced previous passive flexibility exercises. Metronome-based tempo requirements were added to develop rhythmic precision. Competition results now carry greater weight, and the National Team Technical Routine has been added as a competition criterion for the Junior-Elite PISTE. Measurements of Relative Age and Biological State of Development have been discontinued.

For **PISTE 2027**, further adaptations have been made to the Land and Water Tests, including selected exercises, evaluation criteria and scoring. The weighting of the different PISTE components has also been adjusted in some categories, and several general requirements and regulations have been further clarified. The adaptations aim to ensure an age-appropriate progression across the categories and consistent evaluation standards.

The PISTE **2027** includes the following factors:

- 1 Land and Water Tests
- 2 Competition results
- 3 Environment

CALCULATION OF RESULTS

The following formula and table provide an overview of how the results of the various PISTE parts are calculated.

Final Result per athlete = [(Land test_{weighted} + Water tests_{weighted} + Competition results_{weighted}) * Factor Environment]

Category	Land tests	Water tests	Competition results	Environment
ELITE & JUNIORS	20%	40%	40% (Routine Set)	1.0-1.01
YOUTH	20%	40%*	40% (Figures)	1.0-1.05
KIDS	30%	30%	40%	1.0-1.1

*Within the Youth Water Tests, the Routine Set accounts for 50% of the Water Test score.

PENALTIES

The following penalties apply to all categories.

Counts / Beats

Unless otherwise specified, where an exercise has defined counts or beats, these must be respected. Failure to respect the required counts or beats results in a 2-point penalty per affected position or element.

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Routine Set

- Penalty for counts not respected: deduction for obvious error (0.5-point penalty).
- Penalty for movement not done: deduction for major error (3.0-point penalty).
- Touching the floor at any time will result in a deduction of 2 points from the total score.

Additional penalties or a score of zero may be assigned by the referee where applicable.

GYM DEVELOPMENT PROGRAM FOR JUNIOR-ELITE NATIONAL TEAM ATHLETES

1. PISTE (In-Person Session) - Once a Year
2. Assessment during training camp - Twice a Year

Objective: To maintain continuity in training and monitor the progressive development and improvement of general physical and special physical preparedness.

OFFICIALS BEHAVIOUR

Professional Coach behaviour is essential to maintain professionalism, fairness, and sportsmanship. Coaches are expected to show respect towards judges, referees, and other officials at all times. Any disagreements or concerns should be addressed through the appropriate channels in a respectful manner. Coaches must promote fair play and integrity among their athletes, discouraging any form of cheating, unsportsmanlike conduct, or rule violations. During the PISTE sessions, coaches are responsible for guiding their athletes through the warm-up. However, during the PISTE trials, coaches must respect the competition zone and are not allowed to enter it while the trials are in progress. Club coaches may watch from the stands.

PUBLICATION OF RESULTS

The provisional results will be published within two weeks after the PISTE Day. Protests/objections can be made up to two weeks after publication of the provisional results. After that, protests/objections will no longer be possible at a later point in time.

USAGE OF METRONOME

Depending on the pool facility, it may not be possible to perform all exercises with a metronome. In such cases, a schedule will be created the week prior to PISTE Day, indicating which exercises will be done with a metronome and which without.

ATHLETE APPEARANCE REQUIREMENTS – LAND TEST

To ensure uniformity and allow accurate evaluation of body positions and technique, athletes must wear:

- Black fitted shorts (leggings style, above the knee)
- Black swimsuit, black tank top, or black fitted T-shirt

NO CATCH-UP DATE / ABSENCES DUE TO MEDICAL REASONS

No catch-up date is provided for PISTE 2027.

In case of an absence or partial absence due to medical reasons, a valid medical certificate is required. For a full absence, it must be submitted within 3 working days after PISTE Day. For a partial absence, it must be submitted before PISTE Day and clearly indicate which exercise(s) cannot be performed.

An exercise must be completed in full or not performed at all; partial completion is not permitted.

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Athletes with a medically certified absence or partial absence may submit a request within two weeks after the PISTE Tests for a Regional or National Talent Card and/or an invitation to the National Team Selection Camp. This option is available only to athletes officially registered for PISTE.

The request must state what is being requested and include the medical certificate, athlete and club details, reason for the absence, and relevant results or performance evidence.

Requests are assessed individually based on available PISTE results, competition results and other relevant performance evidence. Additional documentation, such as video footage, may be requested.

1 ATTEMPT ONLY

Each PISTE exercise may be performed once only. Repetition or a second attempt is not permitted, regardless of the result of the first attempt.

If an exercise is interrupted or cannot be completed due to a medical reason, the provisions under “No Catch-up Date / Absences due to Medical Reasons” apply.

PARTICIPATION REQUIREMENTS

Preselection must be carried out at club level by the coach responsible for the respective category.

Although PISTE is open to all athletes, only athletes with an appropriate performance level should participate. It is the responsibility of the club and the responsible coach to ensure that registered athletes are adequately prepared for PISTE, are familiar with the required exercises and have practised them sufficiently in advance. Athletes are expected to arrive at PISTE ready to perform the required tests and exercises according to the defined requirements. PISTE is an assessment and not a training or preparation session.

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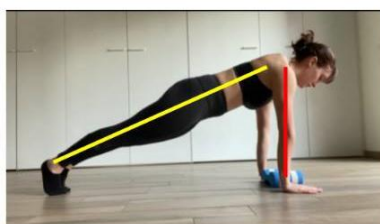
1 LAND AND WATER TESTS

LAND TESTS KIDS

UPPER BODY COMBINATION

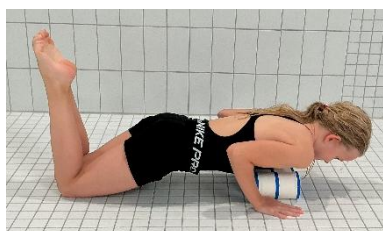
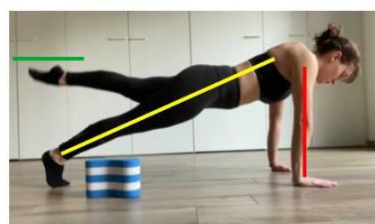
A) 20 seconds plank

- Shoulders, hips and heels in a line 
- Hands and shoulders in line 
- Foot and Leg need to reach the horizontal line of the shoulders 



B) 10 seconds triceps push ups on the knees

- Chest touching pull boy 
- Elbows touching the body 



A) Plank position: Mark for execution.

- 7: Correct and stable execution
- 5: Slight loss of line between shoulders and hands and/or slight loss of core control
- 3: Significant loss of core control, loss of extension of elbows and/or knees, loss of line between shoulders and wrists, loss of line between head and shoulders
- 1: Evident instability of position and inability to maintain position without noticeable changes
- 0: No execution was performed

B) Triceps push-ups Evaluation:

Repetitions	Score	Repetitions	Score	Repetitions	Score
≥ 9	10.0	5	8.0	1	6.0
8	9.5	4	7.5	0	0.0
7	9.0	3	7.0		
6	8.5	2	6.5		

Only well executed repetitions will be counted.

No corrections will be given during the execution of the exercise.

Lower Body Combination

A) 30 seconds jump rope

B) 15 seconds squats

- 80°-90° between thighs and tibias
- Arms in line with the shoulders

C) 10 seconds jumps

- legs open
- 90° or less between thighs and tibias
- both hands touch the floor
- arms are vertical
- pointing toes



A) Jump rope evaluation

# of stops	Score	# of stops	Score
0	6.0	3	2.0
1	4.0	4	1.0
2	3.0	5	0.0

B) squats evaluation

Repetitions	Score	Repetitions	Score	Repetitions	Score	Repetitions	Score
≥ 14	7.0	10	5.0	6	3.0	2	1.0
13	6.5	9	4.5	5	2.5	1	0.5
12	6.0	8	4.0	4	2.0	0	0.0
11	5.5	7	3.5	3	1.5		

C) jumps evaluation

Repetitions	Score	Repetitions	Score	Repetitions	Score
≥ 10	7.0	6	5.0	2	3.0
9	6.5	5	4.5	1	2.5
8	6.0	4	4.0	0	0
7	5.5	3	3.5		

Only well executed repetitions will be counted.

No corrections will be given during the execution of the exercise.

Core Strength

Parts A) to C) must be performed without breaks, **metronome 70 BPM**

A) Jack Knives with One Leg (10 repetitions, 5x right-5x left, change the leg after each repetition)

- Begin by lying flat on your back with your arms extended straight above your head, touching the pull buoy, and your legs fully extended, also touching the pull buoy.
- Raise your legs while simultaneously lifting your upper body. Move your arms in a straight line from the overhead position toward your feet, avoiding any circular or sideways movement, and reach your hands toward your feet.
- Lower your legs and upper body back to the starting position (touching the pull buoy with hands and feet every repetition).



B) V-Sit with Two Legs (8 beats hold)

- Start by lying on your back with your legs together and arms extended straight above your head.
- Simultaneously lift your upper body with straight arms from the overhead position avoiding any circular or sideways movement and raise your legs into a V-sit, balancing on your sit bones.
- Hold V-sit position for 5 seconds, engaging your core muscles to maintain balance.



This position will be rewarded with 7 points, as hands are touching ankles at all times.

C) Candlestick Hold (8 beats hold)

- From the V-sit position, sharply lift your legs up and roll back onto your shoulders in one motion, lifting your lower back off the ground.
- Extend your legs towards the ceiling, reaching as high as possible while keeping arms extended on the floor for support.

Maintain a tight core and stable balance, holding the candlestick position for 5 seconds.



This position will be rewarded with 10 points, as perfect line with deviation of 5° from vertical line at all times is achieved.

EVALUATION CRITERIA FOR CORE STRENGTH EXERCISES

Score	10 points	7 points	5 points	3 points	1 point	0 points
Jack Knives	Hands touch feet in all repetitions.	Hands touch ankles in all repetitions.	Hands touch shins in all repetitions.	Hands touch knees in all repetitions.	Poorly executed movements.	The exercise is not executed, or not all repetitions are completed.
V-Sit	Hands are positioned behind the heels during the entire hold.	Hands are at the ankles throughout the hold.	Hands are at the shins throughout the hold.	Hands are at the knees throughout the hold.	Position is greater than a 45°-angle.	
Candlestick Hold	Achieves a perfect line with feet, glutes, and spine aligned, remaining within 5° of the vertical line for the full duration.	Maintains alignment but deviates more than 5° off the vertical line, resulting in 0 points for this part.	Deviates more than 5° off the vertical line, resulting in 0 points for this part.	Deviates more than 5° off the vertical line, resulting in 0 points for this part.	Deviates more than 5° off the vertical line, resulting in 0 points for this part.	

For each exercise (A, B, and C), a score will be given. The average of the three exercises will be taken.

No corrections will be given during the execution of the exercise.

A penalty of 2 points will be given for not following the required BPM in the Jack Knives, holding the position for fewer beats than required, or completing fewer repetitions than required.

Right, left, and middle splits on land

1 to 6 kickboards on both feet. 1 score for each split (right, left and middle)

- Extended knees (both legs)
- Position of the back leg (no rotation)
- Hips on the floor
- Hips, shoulders, and head on one vertical line
- Right and left: straight arms behind the hips
- Side: elbows on the floor



Kickboards height = 3.0 cm

Kickboards	Score	Kickboards	Score
6	10.0	2	6.0
5	9.0	1	5.0
4	8.0	0	4.0
3	7.0	Not flat	2.0

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Ariana Feet Up (active flexibility) 100BPM

EXECUTION

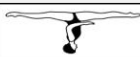
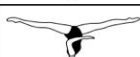
Start from the pike or kip position with feet together (+1 point for pike position) with feet touching the floor. After 5–8 preparatory counts, perform and hold each of the following positions for 8 counts to move and 8 counts to hold the position: bring the legs up to a vertical position, open into a front split (side optional), move to a middle split, transition to the opposite front split, return to vertical, and then lower back to the starting position.

EVALUATION:

- Scores will be given in steps of 0.25 and will be assigned for all three splits, and the average score will be calculated.
- One attempt is allowed. If the execution of the exercise is interrupted or broken, the score will be 0.
- A penalty of 2 points will be given for not respecting the timing of the exercise.
- No corrections will be given during the execution of the exercise.

* Judged by National Team Coaches

GUIDING SCALE FOR ARIANA FEET UP

SCORE RANGE		ANGLE OF SPLIT (DEGREE)			WATER LEVEL
Excellent/ Near Perfect	9.5	180° (flat)			Crotch & legs dry
Very Good	8.5	170° – 180°			Legs dry
Good	7.5	160° – 170°			Legs almost dry
Competent	6.5	150° – 160°			Lower legs dry Crotch underwater
Satisfactory	5.5	130° – 140°			Lower legs dry Crotch underwater
Deficient	4.5	110° – 120°			Feet above the surface, legs under water
Weak	3.5	up to 100°			Feet come out vertically
Hardly recognizable	0.1 – 2.9	scissors			Feet come out vertically

A penalty of 2 points will be given for not holding the positions the required number of beats.

Bridge (active back flexibility)

EXECUTION

The exercise has two levels of progression, will be scored according to the performed level, and can start from two different positions:

- **Level 1: Start lying on your back (position score)** with knees bent and feet flat on the ground, hip-width apart. Press through the heels and lift the hips toward the ceiling, creating a straight horizontal line from shoulders to knees, forming an arch or bridge position.
- **Level 2: Start from a standing position (5 points + position score)**, with arms extended overhead and legs hip-width apart. Bend backward to reach the floor with your hands, forming an arch or bridge position. Return to the starting position.

Hold the arch or bridge position for **5 seconds**.

EVALUATION FOR POSITION

- **5 points:** Arch position with straight knees and arms. Feet together. Vertical alignment of palms, elbows, and shoulders; wrists directly under shoulders.
- **2 points:** Bridge position with bent knees allowed.

Additional Criteria for Both Positions:

- Feet and hands must remain flat on the floor.
- No assistance is allowed during Level 2, either entering or exiting the position.

Arch Position	Bridge Position
	

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Standing Leg Extension at 90° 120BPM

EXECUTION

- **Stand upright** and hold the bar **with one hand**. At the same time, **lift the opposite leg** straight out in front of you, aiming to reach a 90° angle with your torso. Keep your hips squared, and ensure the extended leg remains straight and aligned with your body.
- Perform 5 sharp kicks from a bent knee to the ballet leg position (tempo of the beat), immediately followed by holding the position. The bottom leg must remain extended, and the body should stay engaged and stable throughout.
- Hold the extended leg at the 90° angle for a duration of 10 seconds (20 beats)
- Focus on maintaining proper alignment with your head, shoulders, glutes throughout the hold.
- Ensure your hips remain squared and avoid any rotation or twisting.



EVALUATION

Score	Scoring Criteria
10 points	The athlete maintains the extended leg at 90° for the full 10 seconds (20 beats) without any deviations or adjustments, while keeping proper body and leg alignment.
7 points	The athlete holds the leg at 90° for the full 10 seconds (20 beats) but requires minor adjustments to maintain balance or alignment.
4 points	The athlete starts at 90 degrees, but after a few counts the legs lower to 75° and remain at that angle until the end of the 20 beats, requiring minor adjustments to maintain balance and alignment.
2 points	The leg stays above 45° but clearly below 90° for the duration; the athlete is unable to maintain a steady position and shows repeated adjustments.
0 points	The leg drops below 45° at any point during the 10-second hold; the exercise is considered failed.

For both the right and left leg, a separate score will be given. The average of both scores will be taken.

No corrections will be given during the execution of the exercise.

A penalty of 2 points will be given for not holding the positions required number of beats.

Basic Acrobatics: Front and Back Walkover*

EXECUTION OF FRONT WALKOVER:

- Begin with one leg extended in front in a pointed position, arms raised overhead and close to the ears. Kick one leg forward and upward directly into a handstand action, with the second leg following to pass continuously through a split position, without interruption of movement.
- The body continues through the walkover with a controlled descent, one foot reaching the floor while the other leg remains lifted, avoiding **any stop or bridge position**.
- After the trailing foot reaches the floor, complete the walkover and return to the starting position, with arms overhead and one leg extended forward.



* The video is available on the website

*Judged by National Team Coaches

EVALUATION:

- 6 points – Ideal execution: continuous movement without showing a bridge position.
- 3 points – Intermediate execution: the movement is completed but passes through a bridge position.
- 0 points – Not executed or not recognisable.

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EXECUTION OF BACK WALKOVER:

- Begin with one leg extended in front in a pointed position, arms raised overhead and close to the ears.
- Initiate a backward kick while reaching the hands toward the floor. As the hands contact floor, the lifted leg continues its motion so that the body passes directly through a split position **without showing a bridge**.
- Maintain continuous movement as the legs travel through the split overhead in a controlled, leg-by-leg action.
- Continue the motion to return to the starting position, with one leg extended in front and arms overhead.



* The video is available on the website

*Judged by National Team Coaches

EVALUATION:

- 6 points – Ideal execution: continuous movement without showing a bridge position.
- 3 points – Intermediate execution: the movement is completed but passes through a bridge position.
- 0 points – Not executed or not recognisable.

WATER TESTS KIDS

Element Sequence

Metronome 150 beats per minute

The swimmer performs the sequence in place without any breaks or pauses.

A) Set of Basic Positions

4 counts to prepare in eggbeater, 4 counts kick to the side with both arms extended on the surface, 2 counts arm transition forward, 2 counts to arrive in pike, 4 counts hold front pike position, 2 counts lift optional leg to fishtail position and hold for 10 counts, 2 counts bend into bent knee position and hold for 10 counts, lower legs back to front pike position and finish with a rapid walkover.

B) Ballet Leg

Raise the optional leg into a Ballet Leg position and hold for 10 beats, then switch to the opposite Ballet Leg and hold again for 10 beats. Stand up and turn 90 degrees to face the judges.

C) Eggbeater + Body Boost – Barracuda

Hold eggbeater without arms up for 10 beats

Turn 90 degrees and prepare for body boosts

Perform 1 body boost (without arms up) from the surface facing forward and performing the boost with the head up (not by unrolling action from the back)

1 Barracuda

1 body boost (without arms up) from underwater, facing forward and performing the boost with the head breaking the surface (not by unrolling action from the back)

1 Barracuda

Return to eggbeater position

D) Eggbeater + Vertical Position

Hold eggbeater without arms, facing sideways to the judges, for 10 beats. Kick up, descend, and prepare for a body boost from underwater

Perform 1 body boost (without arms up) from underwater, facing forward and performing the boost with the head breaking the surface (not by unrolling action from the back)

Start in a vertical position underwater

Rise up into support scull to maximum height (tempo free, minimum 4 counts)

Hold vertical position in support scull for 10 beats

Descend underwater (tempo free, minimum 4 counts)

Return to eggbeater position

1 mark (0.25) for execution will be given for each part (A–D) according to the described criteria. The average will be calculated. Following the AQUA Artistic Swimming Manual for Judges, Technical Controllers, Referees & Coaches 2022-2025, as well as the guiding scale for height.

A penalty of 2 points will be given for not holding positions for the required number of beats, missing an element, or performing the elements in the wrong order.

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Flexibility in the Water

- Ariana (splits assessment) + Walkover (back flexibility assessment).

Focus on splits flexibility in Ariana and back flexibility during Walkover (knight and arch positions) perform in figure tempo/uniform motion.

1 mark (0.1) will be given for Ariana rotation and **1 mark (0.1)** for Walkover following the criteria “guiding scale for splits” of the AQUA Artistic Swimming Manual for Judges, Technical Controllers, Referees & Coaches 2022-2025.

Scores will be given according to World Aquatics flexibility scale.

The overall flexibility average is the sum of the average arch flexibility score and the split score.

Routine Set

The swimmer swims the Routine Set KIDS as described and shown on the video on the website <https://www.swiss-aquatics.ch/leistungssport/artistic-swimming/piste/>

The swimmer must travel 17 meters during the Routine Set. Marks will be placed to indicate where to start and finish. If the 17 meters are not reached, a deduction of 2 points will be made from the final score. No goggles are allowed.

1 mark (0.25) will be given for the execution for each hybrid, execution for all transitional movements and performance following the AQUA Artistic Swimming Manual for Judges, Technical Controllers, Referees & Coaches 2022-2025. The average will be taken. Synchronization errors will be deducted from the total score.

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2 COMPETITION RESULTS

FIGURES KIDS

The best total score of the following competitions will be considered for the PISTE Figures result:

- Swiss Age Group Championships qualification – J3 figures
- Swiss Age Group Championships final – J3 figures

At all national competitions for PISTE athletes, a 2-point penalty will be applied instead of a score of "0".

FIGURES YOUTH

The best total score of the following competitions will be considered for the PISTE Figures result:

- Swiss Age Group Championships qualification – J2 figures
- Swiss Age Group Championships final – J2 figures

At all national competitions for PISTE athletes, a 2-point penalty will be applied instead of a score of "0".

ROUTINE SET JUNIOR-ELITE

The National Team Technical Routine performed during the PISTE water tests will be considered as a competition result and evaluated accordingly.

3 ENVIROMENT

The athletes' environment is assessed on the basis of their affiliation with a recognized youth development base (NWF). When awarding the label, Swiss Aquatics Artistic Swimming requires NWF bases to fulfill many quality criteria for sustainable youth development (checklist). On average, athletes at NWF bases have a broader range of training opportunities, secure support, a higher level of performance in training, access to sports-friendly schools, advice from Swiss Aquatics Artistic Swimming, etc. A "non-NWF club" can also offer this under certain circumstances, but the probability of sustainability is higher at an NWF base (forecast). The environment (NWF base) is included in the evaluation with a factor of the total number of points depending on category. Since the environment has a greater predictive influence at younger ages compared to older ages (as the remaining career of a younger athlete is still longer), the value of the sports environment at a younger age is weighted more heavily.

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