



FLEXIBILITY TESTING

Event Information

The dryland skill testing event is mandatory for all athletes competing at Ontario Winter Games. This is a standalone event, and does not contribute towards championship scores. 11-12 and Youth aged athletes will perform a dryland Ariana. Adapted athletes will perform a dryland Ballet Leg Single.

Event Procedure

To create the testing station, a yoga or sports mat will be placed parallel to the Officials' panel and marked with a straight piece of tape to act as a guide for Officials.

A metronome set to 135 bpm will be placed and active at the testing station for the entirety of the event.

Athletes will be individually assessed by a panel of OAS Officials in the designated dryland event area. Assessments will occur one at a time, in Figure Draw order. Each athlete will approach the testing station after being called by the panel ref and perform their dryland skill.

Uniform

Athletes are asked to wear a fitted black bottom which does not cover the knee, and a fitted black top (can be a t-shirt, black figure suit, or jacket).

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Testing Protocol: Adapted Athletes

Start Position: Athlete will begin lying on their back in a Back Layout position on the mat; legs and feet together and arms beside body.

Moving through a Bent Knee Back Layout (Sailboat) position, the athlete assumes a Ballet Leg position. The Ballet Leg position is held for 2-3 seconds. The athlete resumes the Back Layout position by passing through the Sailboat position.

Please see Basic Movements 1 and 2 on page 5 of Appendix 1 of the World Aquatics Artistic Swimming Rules 2022-2025 for complete descriptions and diagrams of the transitions.

Finish Position: Athlete will finish in the same position as the Start position.

Athletes will be scored on their extension according to the below scale:

- Hips and Shoulders square (1 point)
- Full extension of upper body (1 point)
- Full extension of knees and ankles (1 point)

Awards: Adapted Athletes

Athletes will be awarded certificates for achieving the Gold, Silver or Bronze standard in flexibility testing.

Standards are based on the following point accumulation:

- **GOLD standard:** 3 points achieved
- **SILVER standard:** 2 points achieved
- **BRONZE standard:** 1 point achieved

Certificates will be distributed to team coaches by email following the event.