

KiwiStar requirements for ASNZ National Championships

ASNZ recreational level	Dolphin	Star 3
	Aquanaut	Star 4
	Aquarina	Star 5
FINA rules competitive level	12 U	Star 4
	13-14-15	Star 6
	Junior	Star 8
	Senior	Star 10
	Open	Star 6

Requirements for each KiwiStar

2 x flexibility skills (FLEX)

2 x basic positions (BP) hold for 5 seconds

2 x basic movements (BM)

2 x figures (FIG)

Note: all requirements, except for the flexibility ones, will be from the FINA rules

Assessment criteria

FOR BP, BM & FIG

- As all requirements are aligned to the FINA rules, performance indicators are described and detailed in the FINA Coaches and Judges Manual. This will ensure coaches, judges and swimmers have a shared understanding of what success looks like.
- Judges will use the FINA Figures judging scale to score the BP, BM & FIG requirements. As per FINA rules, deductions may apply if performance is not as described in the manual. The deductions will be according to the FINA manual.
- All scores will be averaged.

FOR FLEX

Splits – FINA Guiding scale for splits will be utilised for land and water splits.

Score range	Angle of split (degrees)
8.6 - 10	180 or over
7.6 - 8.5	170 - 179
6.6 - 7.5	160 – 169
5.6 - 6.5	150 – 159
4.6 - 5.5	130 – 149
3.6 - 4.5	110 – 129
3.0 - 3.5	100 – 109
0.1 – 2.9	Less than 99

ASNZ KIWISTARS

	KiwiStar 1	KiwiStar 2	KiwiStar 3	KiwiStar 4	KiwiStar 5	KiwiStar 6	KiwiStar 7	KiwiStar 8	KiwiStar 9	KiwiStar 10
FLEXIBILITY SKILLS	N/A	N/A	N/A	Splits R & L (land)	Splits R & L (land)	Splits R & L (water)	Splits R & L (water)	Splits R & L (water)	Splits R & L (water)	Splits R & L (water)
BASIC POSITIONS	BP 1 Back layout	BP 2 Front layout	BP 10 Front pike position	BP 3 Surface ballet leg	BP 4 Surface flamingo position	BP 13 Surface arch position	BP 14d Bent knee surface arch position	BP 5 Surface ballet leg double	BP 18 Knight variant position	BP 16b Airbone Split Position
	BP 9 Tuck position	BP 14b Bent knee back layout	BP 16 Split	BP 14c Bent knee vertical position	BP 8 Fishtail position	BP 7 Crane position	BP 6 Vertical position	BP 17 Knight position	BP 19 Side fishtail position	BP 14e Bent Knee Dolphin Arch Position
BASIC MOVEMENTS	Stationary eggbeater for 10 seconds	BM 1 first part – Assume a Bent knee back layout position	BM 3 Assume a Front pike position	BM 6b Walkout back	BM 10 Vertical descend	BM 7 Catalina rotation	From Pike Position assume a Vertical Position (as per Porpoise Figure)	BM 11 Rocket Split	BM 12c Twirl	Full twist + 1440 continuous spin (4 rotations)
	In Back Layout position travel 5mts towards the head, sculling by hips (head first scull)	In Back Layout position travelling 5mts towards the head, sculling above the head (reverse propeller scull)	BM 2 second part – to lower a bent knee back layout position	BM 4 A front pike position to assume a submerged ballet leg double position	Start of BM 14 Dolphin – From a Back Layout position, a Surface Arch position is assumed	BM 12a Half twist	BM 12b Full twist	BM 13g Twist spin	BM 13l Bent knee combined spin 360 (1 +1 rotations)	BM 13j Combined spin of 720 (2+2 rotations)

FIGURES	310 Somersault back tuck	ASNZ Dolphin Figure - Alternated sailboat	ASNZ Dolphin Figure – 323 Somersault Front Pike	106 Straight Ballet Leg	401 Swordfish	423 Ariana	315 Seagull	Junior Team element #1	Senior Duet element #2	Senior Duet element #3
	In tub position, complete 360 surface rotation each direction	ASNZ Dolphin Figure – 303 Somersault back pike	ASNZ Dolphin Figure – 361 Prawn	301 Barracuda	327 Ballerina	143 Rio	437 Oceanea	Junior team element #3	Junior Duet element #4	Senior Duet element #5
ACHIEVEMENT REQUIREMENTS	FLEX N/A BP/BM/FIG 2.5	FLEX N/A BP/BM/FIG 3.0	FLEX N/A BP/BM/FIG 3.5	FLEX 4.0 BP/BM/FIG 4.0	FLEX 4.5 BP/BM/FIG 4.5	FLEX 4.5 BP/BM/FIG 4.5	FLEX 5.0 BP/BM/FIG 5.0	FLEX 5.0 BP/BM/FIG 5.0	FLEX 5.5 BP/BM/FIG 5.5	FLEX 6.0 BP/BM/FIG 6.0

CONSIDERATIONS FOR COACHING AND JUDGING KIWISTARS

As per [FINA Artistic Swimming Manual for Judges, Coaches & Referees](#)

All judgements are made from the standpoint of perfection

DESIGN

Consider: the accuracy of positions and transitions as specified in the figure description.

Specific design factors:

- a) Accuracy of all body positions and transitions a. accuracy of the lines, angles, arches and circles
- b) Accuracy of alignment of body parts
- c) Correctness of pikes and tucks
- d) Accuracy of transitional movements

CONTROL

Consider: extension, height, stability, clarity, uniform motion, unless otherwise specified in the figure description.

Figures are executed in a stationary position (unless otherwise specified in the figure description).

Specific control factors:

- a) Extension - of total body throughout the figure, unless otherwise specified.
- b) Sustained maximum height - of body parts in relation to the water surface, unless otherwise specified in the figure description.
- c) Uniform motion - constant speed of action throughout the figure, unless otherwise specified in the figure description. There shall be constant speed of action through each transitional movement. This does not mean that every transition takes the same amount of time, as it depends on the range of movement required. Transitions are to be executed without any pauses or stops therein. Judging emphasis is placed on controlled uniformity of performance speed, not slowness. When the rule requires a tempo change during one or more parts of a figure, the change(s) must conform to the tempo(s) specified. When the rule requires 'rapid' or 'rapidly' movement in the figure, it should be obviously visible more speed than all non-rapid actions.
- d) Stationary - 'on-the-spot', with no travelling, except for movement specified in a figure description.
- e) Stability - solid, with equilibrium maintained and unaffected by change of position.
- f) Clarity - clear definition between positions and directions, continuous course of action in the transitions.

Transitions proceed through the most direct and accurate course of action. When the transition is finished, there should be a slight pause - as a 'comma', not a 'period' – to define the position and completion of the transition, before the next transition begins.

- g) Ease of performance - overall impression. Appearance of total confidence and effortless, fluid execution without evidence of strain.

Notes:

1. Figures are defined in terms of their component parts: body positions and transitions. Refer to Appendix II for body position requirements, and Appendix III for descriptions of common basic movements.
2. A transition is a continuous movement from one position to another. The completion of a transition should occur simultaneously with the achievement of body position and desired height. Except where otherwise specified, water level remains constant during a transition.
3. Unless otherwise specified in the figure description, maximum height is desirable at all times. Height is evaluated based on the water level of body parts.
4. Unless otherwise specified in the figure description, figures are executed in a stationary position. Transitions which allow some movement will be marked with an arrow in the diagram.
5. Diagrams are a guide only. If there is discrepancy between a diagram and a written description, the English written version of the FINA Handbook shall prevail.
6. During the execution of a figure, a pause may occur only in those positions which are printed in "bold type" and defined in Appendix II.
7. Basic movements are described only once, in Appendix III, and are " italicized" when referred to in a figure description.
8. When "and" is used to connect two actions, it means one follows the other; when "as" is used, it means both actions occur simultaneously.
9. Arm/hand positions and actions are optional.
10. When "rapid" or "rapidly" is used in a description, it shall apply specifically to the tempo of the transition in which it is included, and not to the entire figure.



KiwiStar 1

<p>FLEXIBILITY SKILLS</p>	<p>N/A</p>	
<p>BASIC POSITIONS</p>	<p>BP 1 Back layout <u>Description</u> 1. Body extended with face, chest, thighs and feet at the surface. 2. Head (ears specifically), hips and ankles in line. <u>Desired actions</u> 1. Gives the impression that the body is stretched horizontally to its maximum. Front of the trunk will also be at the surface of the water. 2. Judgement made by checking visual points of the horizontal alignment: ear, shoulder joint, hip joint and ankle. This imaginary line should also pass through the middle of the side of the trunk.</p>	
	<p>BP 9 Tuck position <u>Description</u> 1. Body as compact as possible, with the back rounded and the legs together. 2. Heels close to buttocks 3. Head close to knees. <u>Desire actions</u> 1. Legs folded tightly to the front of the body. 2. Compact tuck. Heels as close to buttocks as possible. 3. Chin tucked in; ears in natural alignment with the curvature of the spine.</p>	
<p>BASIC MOVEMENTS</p>	<p>Stationary eggbeater for 10 seconds <u>Description</u> 1. Facing the judges, the body is in vertical position with head out of the water using eggbeater as a propulsion technique 2. Arms will rest on the surface, at the sides of the body. No sculling is allowed <u>Desired actions</u> 1. Sustainable height 2. Smooth and stable 3. Stationary 4. Extension throughout the trunk and neck</p>	
	<p>In Back Layout position travel 5mts towards the head, sculling by hips (head first scull) <u>Description</u> 1. Begin in a Back Layout Position. 2. Travel for 5 meters, head first, sculling by hips. <u>Desired actions</u> 1. Gives the impression that the body is stretched horizontally to its maximum. Front of the trunk will also be at the surface of the water.</p>	
	<p>2. Judgement made by checking visual points of the horizontal alignment: ear, shoulder joint, hip joint and ankle. This imaginary line should also pass through the middle of the side of the trunk. 3. Smooth scull, good propulsion and body position maintained throughout the 5 meters.</p>	

310. Somersault back tuck

Description

1. From a **Back Layout Position**, the knees and toes are drawn along the surface. 2. With a continuous motion the tuck becomes more compact as the body rolls around a lateral axis for one complete revolution.

3. A **Back Layout Position** is resumed

Desired actions

1. Legs are drawn to the body to assume a tight **Tuck Position** at the position. Once started, continuous motion is desirable until the tuck is achieved.
2. The head becomes part of the compact tuck as the roll is initiated. Constant height during rotation.
3. Legs, from toes to knees, slide along the surface to reach full extension as they return to the same spot as the starting **Back Layout Position**.



FIGURES

In BP 15 Tub position, complete 360 surface rotation each direction Description

1. Legs bent and together, feet and knees at and parallel to the surface, thighs perpendicular.
2. Head in line with trunk.
3. Face at the surface.
4. Holding the **Tub position**, a 360 surface rotation to the right and to the left are completed

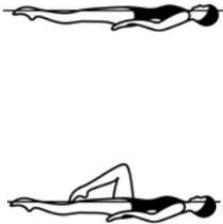
Desired actions

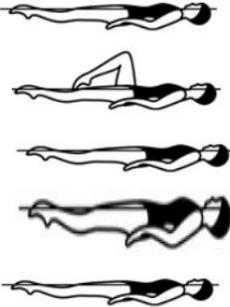
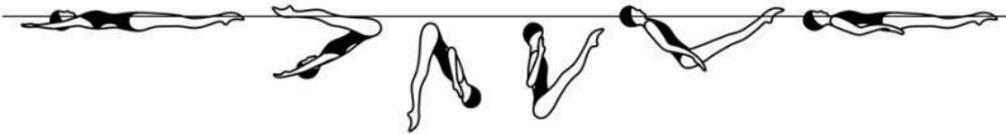
1. Knee and hip joints aligned vertically. Legs "dry" from toes to knees.
2. Chest close to the surface, with the shoulders back. Ear, shoulder and hip joint aligned, with the spine extended.
3. Smooth sculling, even tempo, good control



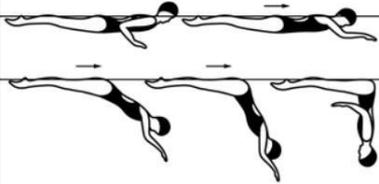
ACHIEVEMENT REQUIREMENTS
FLEX = average score N/A
BP/BM/FIG = average score 2.5 or higher

KiwiStar 2

<p>FLEXIBILITY SKILLS</p>	<p>N/A</p>	
<p>BASIC POSITIONS</p>	<p>BP 2 Front layout <u>Description</u> 1. Body extended with head, upper back, buttocks and heels at the surface 2. Face may be in or out of the water. 3. Hand position optional <u>Desire actions</u> 1. Gives the impression that the body is stretched horizontally to its maximum. Judgement made by checking visual points of the horizontal alignment: ear, shoulder joint, hip joint and ankle. 2. Once established as 'in' or 'out' the head position should be maintained. When the face is out of the water, the ears will not be on the horizontal axis, and the back may be slightly lower.</p>	
	<p>BP 14b Bent knee back layout (position only) <u>Description</u> 1. Body extended in Back Layout Position. 2. The thigh of the bent leg is perpendicular to the surface. <u>Desired actions</u> 1. In BP 1 Back Layout Position, Ear, shoulder joint, hip joint and ankle of extended leg as close as possible to horizontal alignment. 2. 90° angle between the thigh and surface, and as close as possible to 90° between the thigh and trunk. At maximum height, a large air pocket will be evident between the backs of the thigh and calf of the bent knee, and the surface of the water.</p>	
<p>BASIC MOVEMENTS</p>	<p>BM 1 first part – Assume a Bent knee back layout position <u>Description</u> 1. Begin in a Back Layout Position. One leg remains at the surface throughout. 2. The foot of the other leg is drawn along the inside of the extended leg to assume a Bent Knee Back Layout Position. <u>Desired actions</u> 1. See BP 1 Back Layout Position. 2. See BP 14b Bent Knee Back Layout Position. The toe of the bending leg maintains in contact with the inside of the extended leg. Minimal drop in hips. Position held only long enough to demonstrate control and accuracy.</p>	
	<p>In Back Layout position travelling 5mts towards the head, sculling above the head (reverse propeller scull) <u>Description</u> 1. Begin in a Back Layout Position. 2. Travel for 5 meters, head first, using reverse propeller scull</p>	

	<p>Desired actions</p> <p>1. Gives the impression that the body is stretched horizontally to its maximum. Front of the trunk will also be at the surface of the water. 2. Judgement made by checking visual points of the horizontal alignment: ear, shoulder joint, hip joint and ankle. This imaginary line should also pass through the middle of the side of the trunk. 3. Smooth scull, good propulsion and body position maintained throughout the 5 meters.</p>	
<p>FIGURES</p>	<p>ASNZ Dolphin Figure – Alternated sailboat</p> <p>Description</p> <p>1. Begin in a Back Layout Position. One leg remains at the surface throughout.</p> <p>2. The foot of the other leg is drawn along the inside of the extended leg to assume a Bent Knee Back Layout Position.</p> <p>3. The toe moves along the inside of the extended leg until a Back Layout Position is assumed.</p> <p>Repeat 2 & 3 with the other leg</p> <p>Desired actions</p> <p>1. See BP 1 Back Layout Position.</p> <p>2. See BP 14b Bent Knee Back Layout Position. The toe of the bending leg maintains in contact with the inside of the extended leg. Minimal drop in hips. Position held only long enough to demonstrate control and accuracy.</p> <p>3. Full extension and height in BP 1 Back Layout Position to be reached as the feet are joined.</p>	
	<p>ASNZ Dolphin Figure – 303 Somersault Back Pike</p> <p>Description</p> <p>From a Back Layout Position with the body remaining parallel and close to the surface, the legs are lifted rapidly to assume a Back Pike Position. Without a pause the body somersaults backwards around a lateral axis</p> <p>the head and feet</p>  <p>simultaneously reach the surface. A Back Layout Position is assumed.</p>	<p>until feet</p>
<p>ACHIEVEMENT REQUIREMENTS</p> <p>FLEX = average score N/A</p> <p>BP/BM/FIG = average score 3.0 or higher</p>		

KiwiStar 3

<p>FLEXIBILITY SKILLS</p>	<p>N/A</p>	
<p>BASIC POSITIONS</p>	<p>BP 10 Front pike position <u>Description</u> 1. Body bent at hips to form a 90° angle. 2. Legs extended and together. 3. Trunk extended with the back straight and head in line. <u>Desired actions</u> 1. Exactness of 90° angle. 2. Full extension of legs, with ankle aligned with hip joint. 3. Back flat, with vertical alignment of ear, shoulder joint, middle of side of trunk, and hip joint. Once position is established.</p>	
	<p>BP 16a Split position <u>Description</u> 1. Legs evenly split forward and back. 2. The legs are parallel to the surface. 3. Lower back arched, with hips, shoulders and head on a vertical line. 4. 180° angle between the extended legs (Flat split), with the inside of each leg aligned on opposite sides of a horizontal line, regardless of the height of the hips. 4. Flat split. Hip joints on a horizontal line; shoulder joints on a horizontal line, with both of these alignments 'square' and parallel to each other. <u>Desired actions</u> 1. Full extension of the legs at or above the surface.</p>	
<p>BASIC MOVEMENTS</p>	<p>BM 3 Assume a Front pike position <u>Description</u> 1. From a Front Layout Position with face in the water 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. <u>Desired actions</u> 1. See BP 2 Front Layout Position and BP 10 Front Pike Position. Smooth, even movement downward of trunk. Trunk remains straight throughout the movement. Hips and head lock into position simultaneously. 2. Unless otherwise specified, <i>To Assume a Front Pike Position</i> starts from a Front Layout Position.</p>	
	<p>BM 2 second part – to lower a bent knee back layout position <u>Description</u> 1. Start in a Bent Knee Back Layout Position 2. The toe moves along the inside of the extended leg until a Back Layout Position is assumed. <u>Desired actions</u> 2. See BP 14b Bent Knee Back Layout Position. The toe of the bending leg maintains in contact with the inside of the extended leg. Minimal</p>	

	<p>drop in hips. Position held only long enough to demonstrate control and accuracy.</p> <p>3. Full extension and height in BP 1 Back Layout Position to be reached as the feet are joined.</p>	
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ASNZ Dolphin Figure – 323 Somersault Front Pike Description

From a **Front Layout Position** a **Front Pike Position** is assumed. Followed by **Front Pike Position** to assume a **Submerged Ballet Leg Double Position**, and with continuous motion a **Front Pike Position** is maintained as the body continues to somersault forward around a lateral axis so that the hips replace the head at each quarter point of the revolution until the head and buttocks return to the surface. As the legs move upward to assume a **Front Layout Position**, the head, back and buttocks travel along the surface until hips occupy the same position as the head at the beginning of this action.

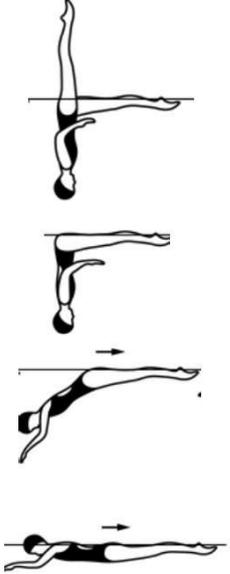
FIGURES

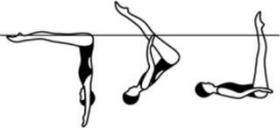
ASNZ Dolphin Figure – 361 Prawn Description

From a **Front Layout Position**, a Walkover Front is executed to the **Split Position**. The legs join to assume a **Vertical Position** at ankle level. A **Vertical Position** is executed.

ACHIEVEMENT REQUIREMENTS
FLEX = average score N/A
BP/BM/FIG = average score 3.5 or higher

KiwiStar 4

FLEXIBILITY SKILLS	<p>Splits combo on land</p> <p>Description</p> <ol style="list-style-type: none"> When performing the split, both legs should be fully extended, and the arms will be above the swimmers' head. When performing split with left leg in front, place sideways to the judges, with the right shoulder closer to the judges. When performing split with right leg in front, place other way round. <p>Desired actions</p> <ol style="list-style-type: none"> For accurate measurements, swimmers will be wearing swimsuits or tights. 	
BASIC POSITIONS	<p>BP 3 Surface ballet leg</p> <p>Description</p> <ol style="list-style-type: none"> Body in Back Layout Position One leg extended perpendicular to the surface. <p>Desired actions</p> <ol style="list-style-type: none"> See BP 1 Back Layout 90° angle between extended leg and surface. Angle of ballet leg to trunk as close to 90° as possible. Ear, shoulder joint, hip joint and ankle of horizontal leg as close as possible to horizontal alignment. 	
	<p>BP 14c Bent knee vertical position</p> <p>Description</p> <ol style="list-style-type: none"> Body extended in Vertical Position, with the toe of the bent leg at the knee or thigh. <p>Desired actions</p> <ol style="list-style-type: none"> In BP 6 Vertical Position the alignment points of the extended leg, trunk and head remain the same. 	
BASIC MOVEMENTS	<p>BM 6b Walkout back</p> <p>Description</p> <ol style="list-style-type: none"> Starting from a Split position The back leg is lifted in a 180° arc over the surface to meet the opposite leg in a Front Pike Position and with continuous movement, the body straightens to a Front Layout Position. The head surfaces at the position occupied by the hips at the beginning of this action. <p>Desired actions</p> <ol style="list-style-type: none"> 2.1 Hip height remains constant and as close to the surface as possible. 2.2 Arcing leg moves continuously at an even tempo. 2.3 Both legs maintain full extension. 2.4 Trunk maintains same position until the feet join. 3.2 An accurate BP 10 Front Pike Position should be evident before the body begins to straighten and rise. See BP 10 Front Pike and BP 2 Front Layout Position. 4. Body straightens, rises and moves along the surface simultaneously, with a stationary BP 2 Front Layout Position achieved as the head surfaces. 	
		

	<p>BM 4 A front pike position to assume a submerged ballet leg double position</p> <p>Description</p> <ol style="list-style-type: none"> 1. From a Front Pike Position, maintaining this position, the body somersaults forward around a lateral axis so that the hips replace the head at the one quarter point to assume a Submerged Ballet Leg Double Position. 2. The buttocks, legs and feet travel [move] downward until the hips occupy the position of the head at the beginning of this action. <p>Desired actions</p>	
	<ol style="list-style-type: none"> 1. See BP 10 Front Pike and BP 5b Submerged Ballet Leg Double Position. 90° angle maintained throughout rotation. 2. Body alignment, extension and uniform speed of movement maintained. 	
<p>FIGURES</p>	<p>106 Straight Ballet Leg Description</p> <ol style="list-style-type: none"> 1. From a Back Layout Position one leg is raised straight to a Ballet Leg Position. 2. The <i>Ballet Leg is lowered</i> <p>Desired actions</p> <ol style="list-style-type: none"> 1. See BP 1 Back Layout Position 2. One Leg is raised straight to BP 3 Ballet Leg Position while keeping the horizontal alignment and with minimal drop of the hips. 	
	<ol style="list-style-type: none"> 3. See BM 2 <i>To Lower A Ballet Leg</i>. 	

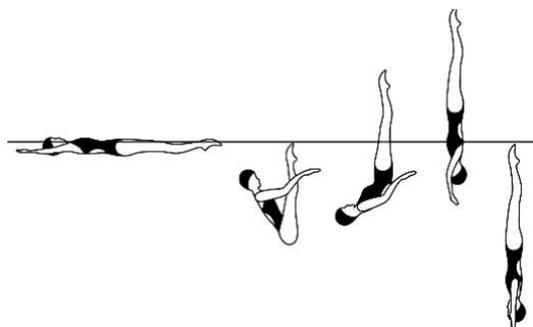
301 Barracuda

Description

1. From a **Back Layout Position**, the legs are raised to vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface.
2. A *Thrust* is executed to **Vertical Position**.
3. A *Vertical Descent* is executed at the same tempo as the *Thrust*.

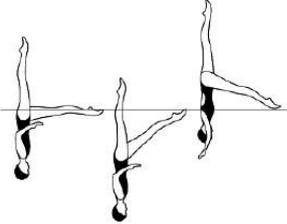
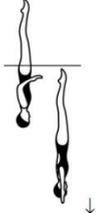
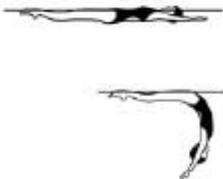
Desired actions

1. See BP 1 **Back Layout Position** and BP 11 **Back Pike Position**. In the submerged Back Pike, the hips are directly beneath the position they occupied in Back Layout. The pike is held only long enough to define the position and completion of the transition. In the **Back Pike Position** before the *Thrust* the feet should be below the surface of the water.
2. See BM 9 *Thrust*. Sharp increase in speed. Body unrolls under the legs to assume BP 6 **Vertical Position**. Maximum height in BP 6 **Vertical Position** prior to initiation of descent. **Vertical Position** is clearly defined.
3. See BM 10 *Vertical Descent*. Speed and accuracy.



ACHIEVEMENT REQUIREMENTS
FLEX/BP/BM/FIG = average score 4.0 or higher

KiwiStar 5

<p>FLEXIBILITY SKILLS</p>	<p>Splits combo on land <u>Description</u> 1. When performing the split, both legs should be fully extended, and the arms will be above the swimmers' head. 2. When performing split with left leg in front, place sideways to the judges, with the right shoulder closer to the judges. When performing split with right leg in front, place other way round. <u>Desired actions</u> 1. For accurate measurements, swimmers will be wearing swimsuits or tights.</p>	
<p>BASIC POSITIONS</p>	<p>BP 4 Surface flamingo position <u>Description</u> 1. One leg extended perpendicular to the surface. 2. The other leg drawn to the chest with the mid-calf opposite the vertical leg, foot and knee at and parallel to the surface. 3. Face at the surface. <u>Desired actions</u> 1. 90° angle between the extended leg and surface. 2. The top of the bent leg, from knee to toes, should be "dry", with the vertical leg extended perpendicular to it midway between knee and ankle. 3. Chest close to the surface with the shoulders back. Ear, shoulder and hip-joint aligned with the spine straight and extended.</p>	
	<p>BP 8 Fishtail position <u>Description</u> 1. Body extended in Vertical Position, with one leg extended forward with the foot of the forward leg is at the surface, regardless of the height of the hips. <u>Desired actions</u> 1. See BP 6 Vertical Position re body alignment. The foot of the forward leg must be at the surface. Hip joints must be on a horizontal line.</p>	
<p>BASIC MOVEMENTS</p>	<p>BM 10 Vertical descend <u>Description</u> 1. Maintaining a Vertical Position, the body descends along its longitudinal axis until the toes are submerged. <u>Desired actions</u> 1. See BP 6 Vertical Position. Unless otherwise stated, tempo of descent is uniform and at the same speed as the rest of the figure.</p>	
	<p>Start of 420 Walkover Back (from Back Layout to Surface Arch Position) <u>Description</u> 1. With the head leading, a <i>Dolphin</i> is initiated. 2. The hips, legs and feet continue to move along the surface as the back is arched more to assume a Surface Arch Position. <u>Desired actions</u> 1. BM 14 <i>Dolphin</i> continues until the hips are about to submerge. 2. Continuous movement from initiation of step 1 until achievement of BP 13 Surface Arch Position.</p>	

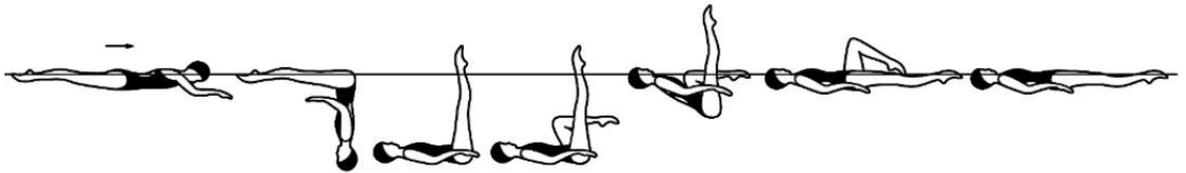
<p>FIGURES</p>	<p>401 Swordfish Description 1. From a Front Layout Position, a Bent Knee Position is assumed.</p>
	<p>2. The back arches more as the extended leg is lifted in a 180° arc over the surface to assume a Bent Knee Surface Arch Position. 3. The bent knee is straightened to assume a Surface Arch Position and with continuous motion, 4. An <i>Arch to Back Layout Finish Action</i> is executed. Desired actions</p> <ol style="list-style-type: none"> 1. See BP2 Front Layout and BP 14 Bent Knee Front Layout Position. There can be no change of head position once the knee starts to bend to assume the Bent Knee Front Layout Position. 2. See BP 14. Lifting of the extended leg and arching of the back occur simultaneously. Foot comes off the surface as the head goes under. Hips maintain height and are pivot point about which body rotates. 3. See BP 13 Surface Arch Position. Trunk maintains same position until the feet join. Surface Arch Position should be shown, but not held. Hip joints on a horizontal line, full extension of legs with thighs and feet at the surface. 4. See BM 5 <i>Arch to Back Layout Finish Action</i>. Feet join, then surfacing action begins. At the end the face, <div data-bbox="331 779 1465 958" data-label="Image"> </div> <p>body, legs and feet are at the surface</p>

327 Ballerina Description

1. From a **Front Layout Position**, a Somersault Front Pike is executed to a **Submerged Ballet Leg Double Position**.
2. One knee is bent to assume a **Submerged Flamingo Position**.
3. Maintaining this position, the body rises to a **Surface Flamingo Position**.
4. The ballet leg is lowered in a 90° arc to the surface as the other leg moves to assume a **Bent Knee Back Layout Position**.

Desired actions

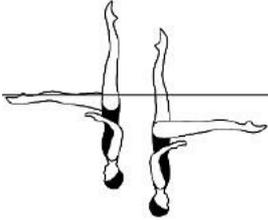
1. See BP 2 **Front Layout**, BP 10 **Front Pike Position** and BM 3 *To Assume a Front Pike Position*. Smooth even movement downwards of trunk. BM4 *A Front Pike Position to Assume a Submerged Ballet Leg Double Position*
2. See BP 4b **Submerged Flamingo Position**. Water level should remain constant on the vertical leg.
3. See BP 4a **Flamingo Position**. Face and shin of bent leg surface simultaneously. Body rises along vertical line established by legs in original **Submerged Ballet Leg Double Position**.
4. See BP14b **Bent Knee Back Layout Position** and BP 1 **Back Layout Position**. Thigh of bent leg achieves vertical line and maximum height as foot of extended leg reaches the surface.

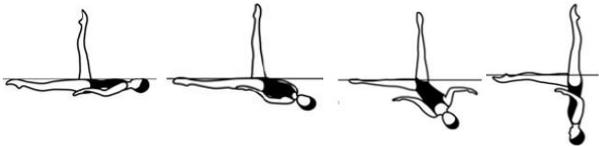


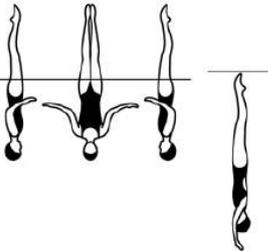
5. Full extension and height in BP 1 **Back Layout Position** to be achieved as the feet are joined.

ACHIEVEMENT REQUIREMENTS
FLEX/BP/BM/FIG = average score 4.5 or higher

KiwiStar 6

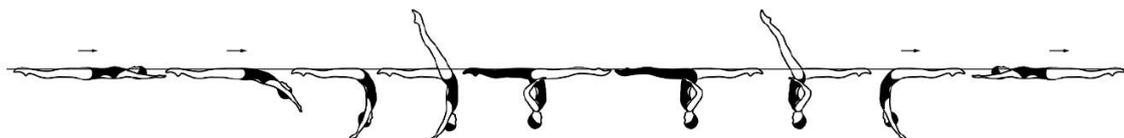
<p>FLEXIBILITY SKILLS</p>	<p>Split position in water (Right and Left leg) Description 1. Legs evenly split forward and back. 2. The legs are parallel to the surface. 3. Lower back arched, with hips, shoulders and head on a vertical line. 4. 180° angle between the extended legs (Flat split), with inside of each leg aligned on opposite sides of a horizontal line, regardless of the height of the hips. 5. Flat split. Hips joints on a horizontal line; shoulder joints on a horizontal line, with both of these alignments 'square' and parallel to each other. Desired actions 1. Full extension of the legs at or above the surface.</p>	
<p>BASIC POSITIONS</p>	<p>BP 13 Surface arch position Description 1. Lower back arched, with hips, shoulders and head on a vertical line. 2. Legs together and at the surface. Desired actions 1. Hip joints on a horizontal line; shoulder joints on a horizontal line, with both of these alignments 'square' and parallel to one another. Head (ears specifically) in line with shoulders. 2. Hips as close to the surface as possible.</p>	
	<p>BP 7 Crane position Description 1. Body extended in Vertical Position, with one leg extended forward at a 90° angle to the body. Desired actions 1. Refer to BP 6 Vertical Position re body alignment. Forward extended leg must be parallel to the surface. Hip joints must be on a horizontal line.</p>	

<p style="text-align: center;">BASIC MOVEMENTS</p>	<p>BM 7 Catalina rotation</p> <p><u>Description</u></p> <ol style="list-style-type: none"> From a Ballet Leg Position, a rotation of the body is initiated. The head, shoulders and trunk begin the rotation at the surface while descending without lateral movement to a Fishtail Position. The angle between the legs remains 90° throughout the rotation. Unless otherwise specified, <i>Catalina Rotation</i> starts from a Ballet Leg Position. <p><u>Desired actions</u></p> <ol style="list-style-type: none"> See BP 3 Ballet Leg Positions. Rotation begins not later than when the nose goes beneath the surface of the water. Simultaneous rotation and descent of the trunk. At the halfway point, the body is in a tilted 'Y' position, with the trunk at a 45° angle to the surface, and the front of the trunk and legs facing forward. Height and tempo constant throughout. See BP 7 Fishtail Position Each leg rotates around its respective horizontal or vertical axis, simultaneous with each other and the rotation of the descending trunk. 
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	<p>BM 12a Half twist & Vertical Descent</p> <p><u>Description</u></p> <ol style="list-style-type: none"> A <i>Twist</i> is a rotation at a sustained height. The body remains on its longitudinal axis throughout the rotation. The <i>Twist</i> is completed with a <i>Vertical Descent</i>. <p><u>Desired actions</u></p> <ol style="list-style-type: none"> Water line remains constant during rotation. Stability and alignment of position evident before, during and upon completion of <i>Twist</i>. Amount of height is judged by the relationship of the hip joint to the surface of the water, with credit given to maximum height. The longitudinal axis runs through the centre of the body and is perpendicular to the surface of the water. On-the-spot rotation around this axis. See BM 10 <i>Vertical Descent</i>. Speed of descent same as that of the twist.. 	
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<p style="text-align: center;">FIGURES</p>	<p>423 Ariana</p> <p><u>Description</u></p> <ol style="list-style-type: none"> A Walkover Back is executed to a Split Position. Maintaining the relative position of the legs to the surface, hips rotate 180°. A <i>Walkout Front</i> is executed. <p><u>Desired actions</u></p> <ol style="list-style-type: none"> Same as Figure 420 Walkover Back, steps 1 to 3. The trunk turns 180° around its longitudinal axis, while the legs rotate horizontally at the surface, with the height and extension of BP16 Split Position equal throughout.
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3. See BM 6 *Walkout Front* and BM 5 *Arch up to Back Layout Finish*. Feet join, then surfacing action



begins. At the end the face, body, legs and feet are at the surface

143 Rio

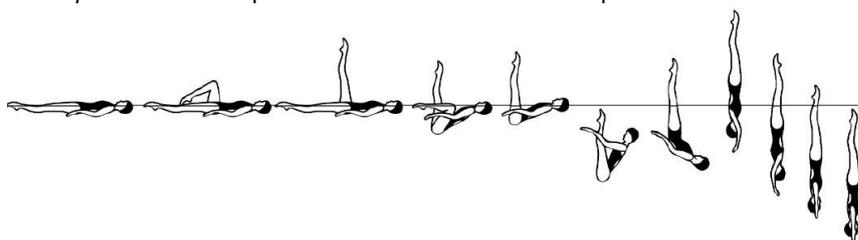
Description

1. A **Flamingo** is executed to a **Surface Flamingo Position**.
2. The horizontal leg is extended to a **Surface Ballet Leg Double Position**.
3. The body submerges vertically to a **Back Pike Position** with the toes just under the surface.
4. The figure is completed as a Barracuda Spin 360°.

Desired actions

1. A Ballet Leg is assumed. See BM 1 *To Assume A Ballet Leg*.
- 1.2. The shin of the horizontal leg is drawn along the surface to assume a **Surface Flamingo Position**. See BP4a **Surface Flamingo Position**. The ballet leg position remains the same (perpendicular to the surface).
2. See BP 5a **Surface Ballet Leg Double Position**. Position held only long enough to demonstrate control and stability.
3. As the body submerges maintaining the back straight and head in line, a submerged BP11 **Back Pike Position** is shown. The hips are directly beneath the position they occupied in the **Surface Ballet Leg Double Position**. 4.1 See BM 9 *Thrust*. Obvious increase in speed. The body unrolls under the legs to assume BP 6 **Vertical Position** along the same perpendicular line established by the legs in the **Back Pike Position**. Maximum height and **Vertical Position** achieved simultaneously, and show full extension of the **Vertical Position** prior to initiation of descent.

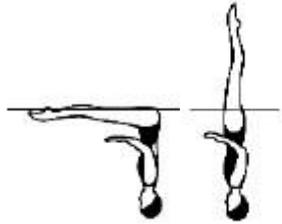
4.2 See BM 13e *Spins*. Uniform rapid motion at the same rate of speed of the *Thrust*.

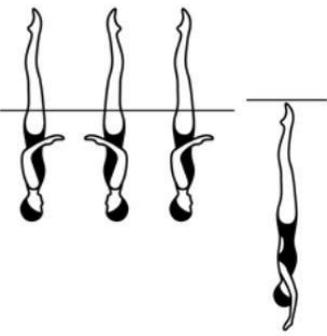


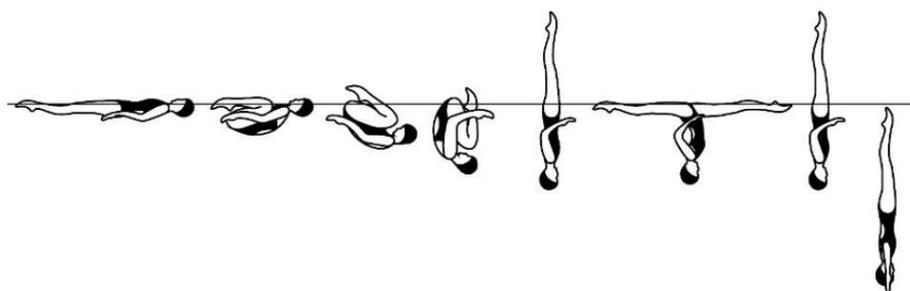
ACHIEVEMENT REQUIREMENTS
FLEX/BP/BM/FIG = average score 5.0 or higher

KiwiStar 7

FLEXIBILITY SKILLS	<p>Split position in water (Right and Left leg) <u>Description</u> 1. Legs evenly split forward and back. 2. The legs are parallel to the surface. 3. Lower back arched, with hips, shoulders and head on a vertical line. 4. 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. 5. Flat split. Hips joints on a horizontal line; shoulder joints on a horizontal line, with both of these alignments 'square' and parallel to each other.</p> <p><u>Desired actions</u> 1. Full extension of the legs at or above the surface.</p>	
BASIC POSITIONS	<p>BP 14d Bent knee surface arch position <u>Description</u> 1. Body arched in Surface Arch Position. 2. The thigh of the bent leg is perpendicular to the surface.</p> <p><u>Desired actions</u> 1. See BP 13 Surface Arch Position. 2. An air pocket beneath the bent knee is also desirable.</p>	
BASIC POSITIONS	<p>BP 6 Vertical position <u>Description</u> 1. Body extended, perpendicular to the surface, legs together, head downward. 2. Head (ears specifically), hips and ankles in line.</p> <p><u>Desired actions</u> 1. Full extension of the body. 2. Judgement made by checking visual points of the vertical alignment: ear, shoulder joint, hip joint, ankle.</p>	
BASIC MOVEMENTS	<p>From Pike Position assume a Vertical Position (as per Porpoise Figure) <u>Description</u> 1. Start in a Front Pike Position 2. The legs are lifted to Vertical Position.</p> <p><u>Desired actions</u> 1. See BP 10 Front Pike Position 2. Trunk remains on vertical line as legs are lifted. Maximum height and BP 6 Vertical Position achieved simultaneously. Vertical held only long enough to demonstrate stability and control.</p>	



	<p>BM 12b Full twist & Vertical Descent</p> <p>Description</p> <ol style="list-style-type: none"> 1. A <i>Full Twist</i> is a 360° rotation at a sustained height. 2. The body remains on its longitudinal axis throughout the rotation. 3. The <i>Twist</i> is completed with a <i>Vertical Descent</i>. <p>Desired actions</p> <ol style="list-style-type: none"> 1. Water line remains constant during rotation. Stability and alignment of position evident before, during and upon completion of <i>Twist</i>. Amount of height is judged by the relationship of the hip joint to the surface of the water, with credit given to maximum height. 2. The longitudinal axis runs through the centre of the body and is perpendicular to the surface of the water. On-the-spot rotation around this axis. 3. See BM 10 <i>Vertical Descent</i>. Speed of descent same as that of the twist. 	
<p>FIGURES</p>	<p>315 Seagull</p>	

	<p>Description</p> <ol style="list-style-type: none"> 1. From a Back Layout Position, a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface of the water. 2. The trunk unrolls rapidly as the legs are straightened to assume a Vertical Position midway between the former vertical line through the hips and the former vertical line through the head and the shins. 3. The legs are lowered rapidly and symmetrically to Split Position. 4. The leg are rapidly joined to resume Vertical Position. 5. A <i>Vertical Descent</i> is executed at the same tempo as the initial actions of the figure. <p>Desired actions</p> <ol style="list-style-type: none"> 1. Same as Fig. 310, Somersault Back Tuck step 1. Continuous motion from initiation of knee draw to achievement of inverted BP 9 Tuck Position. 2. With a rapid motion, BP 6 Vertical Position and maximum height achieved simultaneously. Stability and control evident. 3. With rapid motion, BP 16a Split Position is achieved. Both legs remain equidistant from the surface at all times. 4. With a rapid motion, the water line remains constant as legs are lifted to Vertical Position. Both legs remain equidistant from the surface and achieve BP 6 Vertical Position simultaneously. 5. See BM 10 <i>Vertical Descent</i>. 	
		

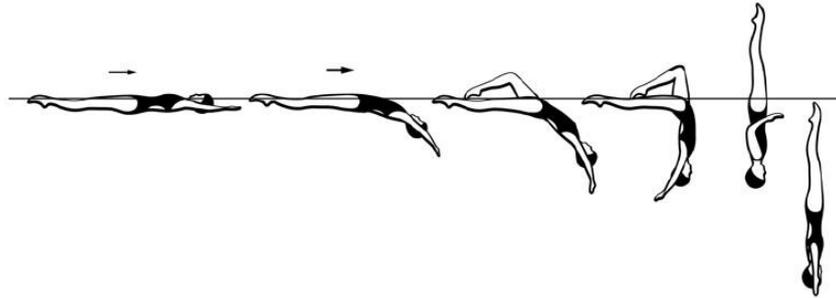
437 Oceanea

Description

1. A Nova is executed to a **Bent Knee Surface Arch Position**.
2. The horizontal leg is lifted to the vertical as the bent knee is extended to assume a **Vertical Position**.
3. A *Continuous Spin* of 720° (2 rotations) is executed.

Desired actions

1. See Figure 435 Nova steps 1 & 2.
- 2.1 Without loss of height, the legs are lifted and the bent leg extends simultaneously to BP 6 **Vertical Position**.
- 2.2 Trunk alignment maintained beneath hips and shoulders. Hips and shoulders aligned horizontally and square.
3. See BM 13f *Continuous Spin*. Completed as the ankles reach the surface and continues through

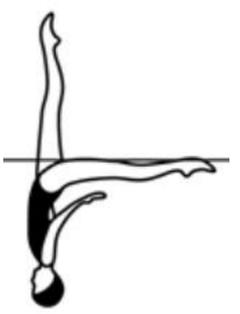


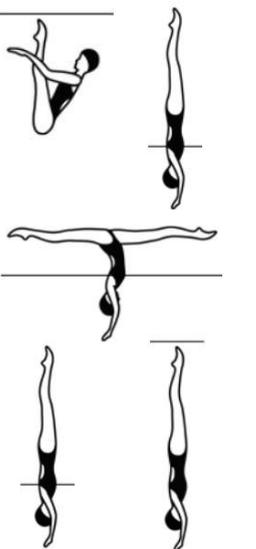
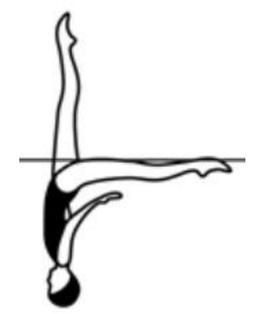
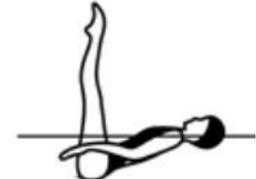
submergence. Speed is rapid.

ACHIEVEMENT REQUIREMENTS

FLEX?BP/BM/FIG = average score 5.0 or higher

KiwiStar 8

<p>FLEXIBILITY SKILLS</p>	<p>Split position in water (Right and Left leg) Description 1. Legs evenly split forward and back. 2. The legs are parallel to the surface. 3. Lower back arched, with hips, shoulders and head on a vertical line. 4. 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. 5. Flat split. Hips joints on a horizontal line; shoulder joints on a horizontal line, with both of these alignments 'square' and parallel to each other.</p> <p>Desired actions 1. Full extension of the legs at or above the surface.</p>	
<p>BASIC POSITIONS</p>	<p>BP 5a Surface ballet leg double Description 1. Legs together and extended perpendicular to the surface. 2. Chest close to the surface with the shoulders back. Ear, hip and shoulder joint aligned, with the spine straight and extended.</p> <p>Desired actions 1. Full extension of the legs at a 90° angle to the surface. 2. Head in line with the trunk.</p>	
	<p>BP 17 Knight position Description 1. Lower back arched, with hips, shoulders and head on a vertical line. 2. One leg vertical. 3. Other leg extended backward, with the foot at the surface, and as close to horizontal as possible.</p> <p>Desired actions 1. Arch is in the lower part of the spine only. 2. Vertical alignment through ear, shoulder joint, hip joint and ankle. 3. Hip joints on a horizontal line; shoulder joints on a horizontal line, with both of these alignments 'square' and parallel to each other. The top of the extended leg faces upward.</p>	
<p>BASIC MOVEMENTS</p>	<p>BM 11 Rocket Split Description 1. From a submerged Back Pike Position a <i>Thrust</i> is executed to a Vertical Position. Maintaining maximum height the legs are split rapidly to assume an Airborne Split Position and rejoin to a Vertical Position, followed by a <i>Vertical Descent</i>. 2. The <i>Vertical Descent</i> is executed at the same tempo as the <i>Thrust</i>.</p> <p>Desired actions 1.1 See BM 9 <i>Thrust</i> (steps 1.1 to 2), BP 11 Back Pike Position, BP 6 Vertical Position, BP16b Airborne Split Position. 1.2 The toes just below the surface. 1.3 Full extension of the legs above and parallel to the surface. 2. See BM 10 <i>Vertical Descent</i>.</p>	



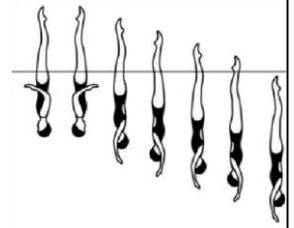
BM 13g Twist spin

Description

1. Twist Spin: a *Half Twist* is executed, and without a pause, is followed by a *Continuous Spin* of 720°

Desired actions

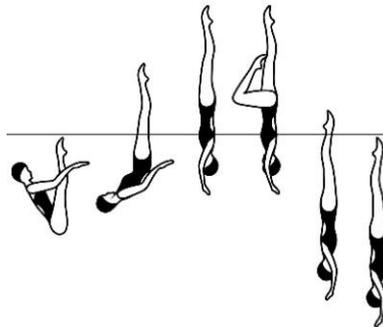
- 1) In a *Twist Spin*, the BM 12a *Half Twist* is performed at a controlled speed. BM 12a *Half Twist* and BM13 f *Continuous Spin*. See BM 10 The continuous spin is rapid.



Junior team required element #1

Description

Starting in a **Submerged Back Pike Position** with the legs perpendicular to the surface, a *Thrust* is executed to a **Vertical Position** and with no loss of height one leg is lowered to a **Bent Knee Vertical Position**. A rapid *180° Spin* is executed as the bent knee is extended to a **Vertical Position**. All movements are executed rapidly.

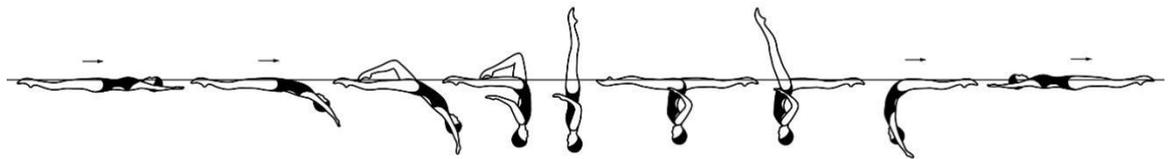


FIGURES

Junior team required element #3

Description

A *Cyclone* is executed to a **Vertical Position**, the legs are symmetrically lowered to a **Split Position**. A

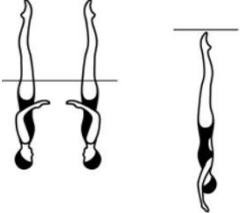


Walkout Front is executed.

ACHIEVEMENT REQUIREMENTS

FLEX/BP/BM/FIG = average score 5.0 or higher

KiwiStar 9

FLEXIBILITY SKILLS	<p>Split position in water (Right and Left leg)</p> <p>Description</p> <p>1. Legs evenly split forward and back 2. The legs are parallel to the surface. 3. Lower back arched, with hips, shoulders and head on a vertical line. 4. 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. 5. Flat split. Hips joints on a horizontal line; shoulder joints on a horizontal line, with both of these alignments 'square' and parallel to each other.</p> <p>Desired actions</p> <p>1. Full extension of the legs at or above the surface.</p>	
BASIC POSITIONS	<p>BP 18 Knight variant position</p> <p>Description</p> <p>1. Lower back arched, with hips, shoulders and head on a vertical line.</p> <p>2. One leg vertical.</p> <p>3. The other leg is behind the body with the knee bent at an angle of 90° or less.</p> <p>4. The thigh and shin are parallel to the surface of the water.</p> <p>Desired actions</p> <p>1. Arch is in the lower part of the spine only.</p> <p>2. Vertical alignment through ear, shoulder joint, hip joint and ankle.</p> <p>3. Hip joints on a horizontal line; shoulder joints on a horizontal line, with both of these alignments 'square' and parallel to each other.</p> <p>4. The inside of the bent leg faces upward and is at or near the surface.</p>	
BASIC MOVEMENTS	<p>BM 12c Twirl & Vertical Descent</p> <p>Description</p> <p>1. A <i>Twirl</i>: a rapid <i>Twist</i> of 180°.</p> <p>Desired actions</p> <p>1. Definite increase in speed. Stability of body alignment and water line during and after completion of <i>Twirl</i>.</p> <p>2. Vertical descent at the same tempo as <i>Twirl</i></p>	

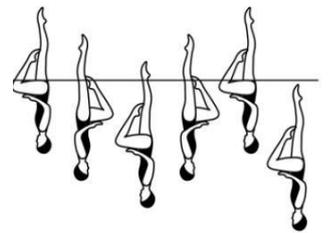
BM 13I Bent knee combined spin 360 (1 +1 rotations)

Description

1. A *descending Spin* in a **Bent Knee Vertical Position** of at least 360°, followed without a pause by an equal *ascending Spin* in the same direction.
2. The *ascending Spin* reaches the same height where the *descending Spin* started.
3. A Vertical Descent in Bent Knee Vertical Position is executed

Desired actions

1. Uniform motion
2. Heights of beginning of a *Descending Spin* and finish of an *Ascending Spin* are the same.
3. See BM10 Vertical Descent. Speed of descent same as that of the spins..

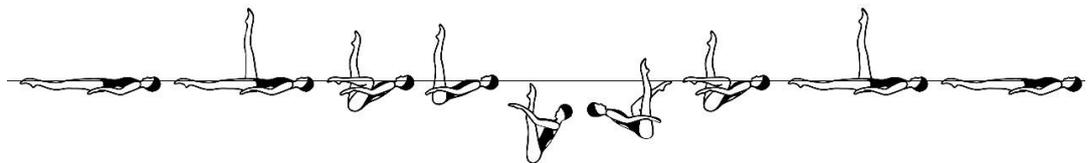


Senior Duet required element #2

Description

From a **Back Layout Position** a straight leg is lifted to a **Ballet Leg Position**. The shin of the horizontal leg is drawn along the surface to assume a **Surface Flamingo Position**. The bent knee is straightened to a **Surface Ballet Leg Double Position**. Maintaining the legs vertical, the body submerges to a **Submerged Back Pike Position** until the feet are just below the surface.

Executing a 360° rotation the body rises to the surface simultaneously lowering one leg with foot at the surface to assume a **Surface Flamingo Position**. The horizontal leg is straightened horizontally to a **Ballet Leg Position**. The vertical leg is lowered straight to a **Back Layout Position**. Head first travel is allowed during



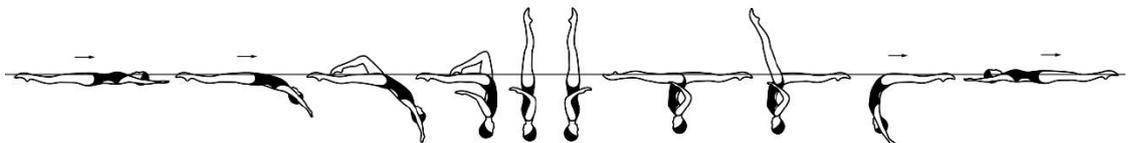
the Ballet Leg sequence.

FIGURES

Junior Duet required element #4

Description

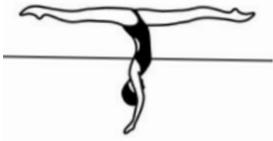
A Cyclone is executed to a **Vertical Position**. A *Half Twist* is executed. Continuing in the same direction an additional rotation of 180° is executed as the legs are symmetrically opened to assume a **Split Position**. A

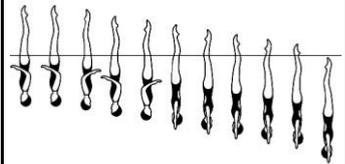


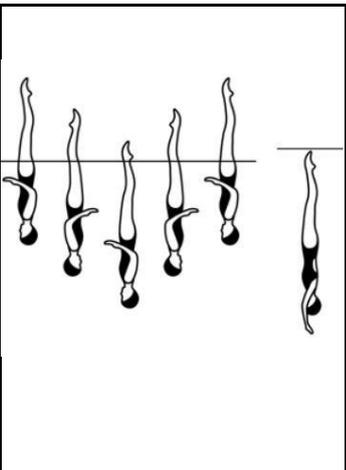
Walkout Front is executed.

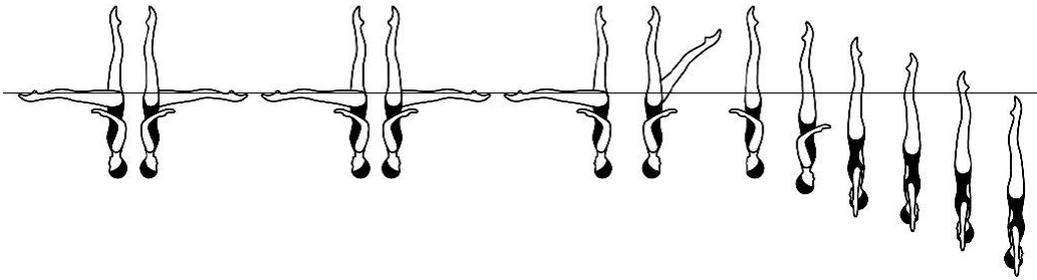
ACHIEVEMENT REQUIREMENTS
FLEX/BP/BM/FIG = average score 5.5 or higher

KiwiStar 10

<p style="text-align: center;">FLEXIBILITY SKILLS</p>	<p>Split position in water (Right and Left leg) Description</p> <p>1. Legs evenly split forward and back 2. The legs are parallel to the surface. 3. Lower back arched, with hips, shoulders and head on a vertical line. 4. 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. 4. Flat split. Hips joints on a horizontal line; shoulder joints on a horizontal line, with both of these alignments 'square' and parallel to each other.</p> <p>Desired actions</p> <p>1. Full extension of the legs at or above the surface.</p>	
<p style="text-align: center;">BASIC POSITIONS</p>	<p>BP 16b Airbone Split Position</p> <p>Description</p> <p>1. Legs evenly split forward and back. 2. The legs are parallel to the surface. 3. Lower back arched, with hips, shoulders and head on a vertical line. 4. 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. 5. Legs are above the surface</p> <p>Desired actions</p> <p>1. Full extension of the legs completely above the surface. Maximum height is desirable</p>	
	<p>BP 14e Bent Knee Dolphin Arch Position</p> <p>Description</p> <p>1. Body arched in Dolphin Arch Position, with the toe of the bent leg at the knee or thigh.</p> <p>Desired actions</p> <p>1. The body arc must be uniform from the head through the feet.</p>	
<p style="text-align: center;">BASIC MOVEMENTS</p>	<p>Full twist + 1440 continuous spin (4 rotations)</p> <p>Description</p> <p>1. From Vertical Position, a <i>Full Twist</i> is executed, followed by a <i>Continuous Spin</i> 1440° (4 rotations).</p> <p>Desired actions</p> <p>1. A <i>Continuous Spin</i> must achieve and maintain a fast rotation throughout.</p>	



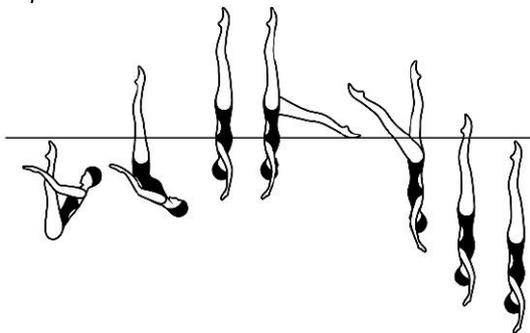
<p>BM 13j Combined spin of 720 (2+2 rotations)</p> <p><u>Description</u></p> <ol style="list-style-type: none"> 1. A <i>descending Spin</i> of at least 360°, followed without a pause by an equal <i>ascending Spin</i> in the same direction. 2. The <i>ascending Spin</i> reaches the same height where the <i>descending Spin</i> started. 3. A Vertical Descent is executed. <p><u>Desired actions</u></p> <ol style="list-style-type: none"> 1. Uniform motion 2. Heights of beginning of a <i>Descending Spin</i> and finish of an <i>Ascending Spin</i> are the same. 3. See BM10 Vertical Descent. Speed of descent same as that specified for root figure. 	 <p>The diagram illustrates the three stages of BM 13j. It shows a sequence of seven figures. The first four figures show a descending spin starting from a horizontal position and moving downwards. The next three figures show an ascending spin starting from the bottom of the previous sequence and moving upwards to the same height as the start. The final figure shows a vertical descent from that height.</p>
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<p>FIGURES</p>	<p>Senior Duet required element #3</p> <p><u>Description</u></p>
	<p>Starting and maintaining a Fishtail Position, with the horizontal leg leading toward the vertical leg, 2 rapid rotations (720°) are executed. Continuing in the same direction and same speed, a rapid <i>Full Twist</i> is executed as the</p>  <p>horizontal leg is lifted to a Vertical Position. A <i>Continuous Spin 720°</i> is executed</p>

Senior Duet required element #5

Description

Starting in a submerged **Back Pike Position** with the legs perpendicular to the surface, a *Thrust* is executed to a **Vertical Position** and with no loss of height one leg is rapidly lowered to a **Fishtail Position**. The horizontal leg is lifted to a **Vertical Position** as a *Spin 360°* is executed.



ACHIEVEMENT REQUIREMENTS

FLEX/BP/BM/FIG = average score 6.0 or higher