

# Star 1

Swimmer: \_\_\_\_\_

Date: \_\_\_\_\_

Judges Initials: \_\_\_\_\_

		Yes	No	Pass
BP1 Back Layout	Face, Chest and Feet are at the surface			
	Head, Hips and Ankles in line			
	Feet are together			
BP9 Tuck Position	Body is obviously compact, with the back rounded and the legs together			
	Heels are close to the buttocks			
	Head is close to knees (chin tucked in)			
Stationary Eggbeater for 10 seconds	Chin above the water for the whole 10 second			
	Straight Back			
In a Back Layout position, travel 5 metres towards the head (head-first) sculling by the hips	Travel 5 metres (Required)			
	Face out of the water			
	Feet Together			

Avg. of Scores

Figure 310 Somersault Back Tuck	Score as a figure. Minimum score to pass is 2.5		
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<b>KIWISTAR 1 OUTCOME:</b>	<b>ACHIEVED</b>	<b>NOT YET ACHIEVED</b>
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# Star 2

Swimmer: \_\_\_\_\_ Date: \_\_\_\_\_ Judges Initials: \_\_\_\_\_

		Yes	No	Pass
<b>BP2 Front Layout</b>	Head, Upper back and Heels are at the surface			
	Body extended with toes pointed			
	Head may be out of the water			
<b>BP16 Surface Split Position</b>	Legs evenly split forward and back			
	Legs split 100° or better			
	Hips and shoulders in a vertical line			
<b>BP16 Split Position to BM10 Vertical Descent</b>	Starting position is a split position. Legs should be over 100° open (see split position chart)			
	Body sinks so that feet remain near the surface			
	Final position is vertical position at ankle			
	Legs and feet remain extended throughout			
<b>BM1 To Assume a Bent Knee Back Layout position</b>	Start in Back Layout position			
	The foot of the bending leg maintains contact with the straight leg throughout			
	In the ending Bent Knee Back Layout position, the thigh of the bent leg is perpendicular with the surface			

		Avg. of Scores	
<b>Figure 302 Blossom</b>	Score as a figure. Minimum score to pass is 3.0		

<b>KIWISTAR 2 OUTCOME:</b>	<b>ACHIEVED</b>	<b>NOT YET ACHIEVED</b>
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# Star 3

Swimmer: \_\_\_\_\_

Date: \_\_\_\_\_

Judges Initials: \_\_\_\_\_

		Yes	No	Pass
<b>BP10 Front Pike Position</b>	The body is bent at hips to form a 90° angle			
	Back is flat and head aligned			
	Legs are extended and together together			
<b>BP5 Submerged Ballet Leg Double Position</b>	A 90° angle is formed between the trunk and legs			
	The head and trunk are parallel to the surface			
	The water level is between the knees and ankles of the extended legs			
<b>BM3 Assume a Front Pike Position</b>	The athlete starts in a clear Front Layout position			
	The buttocks and feet move forward to replace the head (i.e. travel required)			
	The back remains flat throughout the movement			
	Ends in a Front Pike Position with the body at a 90° angle (Permitted deviation of 30°+/-)			
<b>BM4 From a Front Pike Position to Assume a Submerged Ballet Leg Double Position</b>	A 90° angle is maintained throughout the rotation			
	The hips replace head (i.e. rotating around an axis)			
	The legs and body remain extended throughout			

		Avg. of Scores	
<b>Figure 323 Somersault Front Pike</b>	Score as a figure. Minimum score to pass is 3.0		
<b>Figure 361 Prawn</b>	Score as a figure. Minimum score to pass is 3.0		

<b>KIWISTAR 3 OUTCOME:</b>	<b>ACHIEVED</b>	<b>NOT YET ACHIEVED</b>
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# Star 4

Swimmer: \_\_\_\_\_

Date: \_\_\_\_\_

Judges Initials: \_\_\_\_\_

		Yes	No	Pass
<b>BP3 Surface Ballet Leg Position</b>	One leg extended perpendicular to the surface (deviation of 30°+/-)			
	Level of extended leg should be at mid knee level or above (Required)			
	Horizontal leg extended with toes at surface			
<b>BP14c Bent Knee Vertical Position</b>	Body extended with the vertical leg at mid knee level or above (Required)			
	Toe of the bent leg in contact with the inside of the extended leg			
	Thigh of the bent leg parallel to the surface			
	Vertical leg perpendicular to the surface (deviation of 30°+/-)			
<b>BM5 Arch to Back Layout Position</b>	Start with lower back arched and hips close to the surface			
	Body moves, straightens and rises simultaneously			
	The head replaces the hips (i.e. travel feet first)			
	Ends with a clear Back Layout Position			
<b>BM2 To lower a Ballet Leg</b>	Starting position is Ballet leg (angle deviation of perpendicular leg +/-30°)			
	As the vertical leg is lowered, the thigh remains perpendicular to surface and does not move			
	Toe moves along the inside of the extended leg			
	The legs and body remain extended throughout			

Avg. of Scores

<b>Figure 311 Kip</b>	Score as a figure. Minimum score to pass is 4.0		
<b>Figure 227d Swanita Spinning 180</b>	Score as a figure. Minimum score to pass is 4.0		

<b>KIWISTAR 4 OUTCOME:</b>	<b>ACHIEVED</b>	<b>NOT YET ACHIEVED</b>
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# Star 5

Swimmer: \_\_\_\_\_

Date: \_\_\_\_\_

Judges Initials: \_\_\_\_\_

		Yes	No	Pass
<b>BP6 Vertical Position</b>	Head, hips and ankles in line			
	Legs extended perpendicular to the surface (+/-15°)			
	Legs at just below the kneecap or higher (Required)			
<b>BP13 Surface Arch Position</b>	Lower back arched			
	Hip joints square			
	Legs extended, together, and at the surface			
<b>BM13i Spin up 360°</b>	Starting from ankle height and finishing at least at just below the kneecap.			
	Spin of 360°. Allowance is ¼ spin more or less (i.e. 0.75-1.25 rotations is acceptable) (Required)			
	Body and legs remain on longitudinal axis (+/-30°)			
<b>BM6b Walkout Back</b>	Starting position is split position of at least 120° (see split chart)			
	Back leg moves in arc over the surface to meet the back leg with continuous motion			
	Extension is maintained			
	Front Pike position is shown			

		Avg. of Scores	
<b>Figure 140j Flamingo Bent Knee Combined Spin 360 + 360</b>	Score as a figure. Minimum score to pass is 4.5		
<b>Figure 440d Ipanema Spinning 180</b>	Score as a figure. Minimum score to pass is 4.5		

<b>KIWISTAR 5 OUTCOME:</b>	<b>ACHIEVED</b>	<b>NOT YET ACHIEVED</b>
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# Star 6

Swimmer: \_\_\_\_\_

Date: \_\_\_\_\_

Judges Initials: \_\_\_\_\_

		Yes	No	Pass
<b>BP16 Surface Split position</b>	Legs evenly split forward and back			
	Full extension of the legs			
	Legs split 120° or better			
	Hips and shoulders in a vertical line			
<b>BP8 Fishtail Position</b>	Vertical leg extended perpendicular to the water (Deviation of 15° permitted)			
	Vertical leg has kneecap visible (Required)			
	One leg extended forward so the foot of the extended leg is at the surface			
<b>BM13g Twist Spin</b>	Starting vertical height at mid kneecap or better			
	Twist maintains height			
	Spins completed by the ankles (2 rotations with a half spin more or less as allowance) and continues spinning through to fully submerged (Required)			
	Body and legs remain on longitudinal axis (+/-30°)			
<b>BM16 Ariana Rotation</b>	Right and left leg splits at a minimum of 120°			
	No lateral movement of the legs during rotation			
	Extension in the legs and feet maintained throughout			
	Hips, shoulders, and head remain in a vertical line throughout			

Avg. of Scores

<b>Figure 407 Swordfish Straight Leg Ariana Rotation</b>	Score as a figure. Minimum score to pass is 5.0		
<b>Figure 307e Flying Fish Spinning 360</b>	Score as a figure. Minimum score to pass is 5.0		

<b>KIWISTAR 6 OUTCOME:</b>	<b>ACHIEVED</b>	<b>NOT YET ACHIEVED</b>
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# Star 7 & 8

Swimmer: \_\_\_\_\_

Date: \_\_\_\_\_

Judges Initials: \_\_\_\_\_

		Yes	No	Pass
<b>BP17 Knight Position</b>	Vertical leg shows full kneecap (required)			
	Foot of the horizontal leg is at the surface			
	Hips, shoulders and head on a vertical line			
	Extension evident throughout			
<b>BP14d Bent Knee Surface Arch Position</b>	Body clearly arched			
	Thigh of the bent leg is perpendicular to the surface			
	Horizontal leg is extended with foot at the surface			
	Toe of the bent leg in contact with the inside of the extended leg			
<b>BM11 Rocket Split</b>	Thrust to upper thigh or better			
	Splits started at maximum height			
	Splits 120° or better			
	Rejoin at a maximum of 2 height levels lower than the airborne split position (see height chart)			
<b>BM13j Combined Spin 360°</b>	Starting at mid kneecap or higher 1 complete rotation to ankles (Required)			
	From ankles 1 full rotation to the same height as the starting point (Required)			
	Uniform motion throughout			
	Body and legs remain on a vertical axis (+/-30°)			

<b>Solo Required Element 5b: Rocket Split Bent Knee</b>	Score as a figure. Minimum score to pass is 5.0		
<b>Team Required Element 2b: Vertical-Half Twist to Bent Knee-Half Twist to Vertical-Split-Walkout</b>			
<b>Solo Required Element 4b Fishtail Continuous Spin 720°</b>			

<b>KIWISTAR 7&amp;8 OUTCOME:</b>	<b>ACHIEVED</b>	<b>NOT YET ACHIEVED</b>
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# Star 9 & 10

Swimmer: \_\_\_\_\_

Date: \_\_\_\_\_

Judges Initials: \_\_\_\_\_

		Yes	No	Pass
<b>BP19 Side Fishtail Position</b>	Vertical leg extended at a height of mid-thigh or better			
	Foot of the horizontal leg extended sideways with foot at the surface			
	Hips Shoulders and head in a vertical line			
<b>BP6 Vertical Position</b>	Head, hips and ankles in line			
	Legs extended perpendicular to the surface (+/-15°)			
	Legs at above the kneecap or higher			
<b>BM18 Fouetté Rotation</b>	Vertical leg and trunk remain aligned throughout			
	Height remains constant throughout at clearly above the kneecap or better			
	Positions Fishtail and Bent knee vertical clearly shown			
	180° rotation from fishtail to bent knee vertical (deviation of +/-¼ turn ie 90°)			

		Avg. of Scores	
<b>Solo Required Element 3 Swordfish Straight Leg Knight</b>	Score as a figure. Minimum score to pass is 5.5		
<b>Solo Required Element 2b Combined Spin 720° - Continuous Spin 1080°</b>			
<b>Team Required Element 3b Two Fouetté Rotations – Vertical- Spinning 360°</b>			

<b>KIWISTAR 9&amp;10 OUTCOME:</b>	<b>ACHIEVED</b>	<b>NOT YET ACHIEVED</b>
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