

KiwiStar Guidelines 2026

Contents

Contents.....	2
General Guidelines.....	3
KiwiStar Requirements for ASNZ National Championships.....	3
KiwiStar Structure.....	3
Judging KiwiStars.....	4
Performing KiwiStar Skills.....	4
KiwiStars Summary Chart.....	5
Star 1.....	6
Basic Positions.....	6
Basic Movements.....	6
Figures.....	6
Star 2.....	7
Basic Positions.....	7
Basic Movements.....	7
Figures.....	8
Star 3.....	9
Basic Positions.....	9
Basic Movements.....	9
Figures.....	10
Star 4.....	11
Basic Positions.....	11
Basic Movements.....	11
Figures.....	12
Star 5.....	13
Basic Positions.....	13
Basic Movements.....	13
Figures.....	14
Star 6.....	15
Basic Positions.....	15
Basic Movements.....	15
Figures.....	16
Star 7.....	17
Basic Positions.....	17
Basic Movements.....	17
Elements.....	18
Star 8.....	20
Basic Positions.....	20
Basic Movements.....	20
Elements.....	20

General Guidelines

KiwiStar Requirements for ASNZ National Championships

Athletes must have passed at a minimum the following stars before competing in that age group (figures or routines) at an ASNZ National Championships competition.

	Age Group	Min. Required KiwiStar Level
Competitive Level Two	Dolphin	3
	Aquanaut	4
	Aquarina	5
	AquaMasters	No KiwiStar requirements
Competitive Level One	10 & Under	4
	12 & Under	4
	Youth	6
	Junior	7
	Senior	8
	Masters	No KiwiStar requirements

KiwiStar Structure

Each KiwiStar consists of the following:

- 2 Basic Positions/Skills
- 2 Basic Movements
- 1-3 Figures or Elements

All requirements are based on World Aquatics Basic Positions and Basic Movements, with the exception of a few core skills in KiwiStar 1 and 2.

All Basic Positions/Skills, Basic Movements, and Figures/Elements in each KiwiStar must be passed using the criteria given in order to pass the KiwiStar level overall.

Judging KiwiStars

The Basic Positions (BP) and Basic Movements (BM) sections of each Star should be judged using the criteria provided. The BP or BM must be recognisable as per the description in the [World Aquatics Judges', Technical Controllers, Referees, and Coaches Manual](#). There are between 2 and 4 specific criteria specified for each BP or BM which must be achieved for a pass. If there are only two criteria, they must both be clearly achieved. If there are three criteria, then at least two must be clearly achieved to pass. If there are four criteria, then at least three must be clearly achieved to pass. Some criteria are mandatory. They apply generally to spins and height. Mandatory criteria have been highlighted in blue in these guidelines, and on the official score sheets.

Figures and Elements in KiwiStar tests should be judged according to the World Aquatics Judges' Manual (linked above), like a figure at competition would be. A minimum 'pass' score is provided for each KiwiStar level. Swimmers must achieve this minimum figures/elements score for each figure in a level.

All swimmers should be given more than one chance to achieve a pass, as the aim of KiwiStars is to build strong skills. If a swimmer does not achieve the minimum number of criteria for a particular skill or figure, please pull the swimmer aside, tell them where they need to improve, and allow them a chance to re-swim. If a swimmer is very close and a judge is in doubt, the decision should err in favour of the athlete. For the sake of time, a maximum of **3** re-swims per swimmer, per skill are allowed.

Each KiwiStar should be judged by a minimum of two (2) Judges. Judges can work together to determine if Basic Positions and Basic Movements are given a pass. For figures and elements, judges should score individually, and an average is calculated to determine if the swimmer reaches the minimum pass mark.

Performing KiwiStar Skills

All BPs should be maintained for at least a count of three seconds (3), unless otherwise specified. All skills and figures should be performed side on to the judges, and in-line with a red figures flag positioned in the middle-front of the judges.

Unless otherwise specified maximum height is always desired.

There are permitted deviations for angles and spins in BPs and BMs. These are specified in the skill description provided in these guidelines (e.g. 30°+/-).

If a start or end position is specified in the Basic Movement description, this should be clearly recognisable. For example, a surface arch should show some obvious arching of the back.

KiwiStars Summary Chart

	Star 1	Star 2	Star 3	Star 4	Star 5	Star 6	Star 7 & 8	Star 9 & 10
Basic Positions	Back Layout	Front Layout	Front Pike	Surface Ballet Leg	Vertical Position	Split Position	Knight Position	Side Fishtail
	Tuck Position	Surface Split Position	Submerged Ballet Leg Double	Bent Knee Vertical	Surface Arch Position	Fishtail Position	Bent Knee Surface Arch	Vertical Position
Basic Movements	Stationary Eggbeater for 10 sec	Split to Vertical Descent	Assume a Front Pike Position	Surface Arch to Back Layout	Spin Up 360	Twist Spin	Rocket Split	Fouetté Rotation
	5m Head-first Sculling in Back Layout	Assume a Bent Knee Back Layout Position	Front Pike Position to Submerged Ballet Leg Double Position	Lower a Ballet Leg	Walkout Back	Ariana Rotation	Combined Spin 360	
Figures/ Elements	Somersault Back Tuck	Blossom	Somersault Front Pike	Kip	Flamingo Bent Knee Comb Spin 360 + 360	Flying Fish Spinning 360	Solo TRE 5b	Solo TRE 3
							Team TRE 2b	Solo TRE 2b
			Prawn	Swanita Spinning 180	Ipanema Spinning 180	Swordfish Straight Leg Ariana	Solo TRE 4b	Team TRE 3b

Star 1

Dolphin

Basic Positions

BP1 Back Layout

- 1. Face, Chest and Feet are at the surface
- 2. Head, Hips and Ankles in line
- 3. Feet are together



BP9 Tuck Position

- 1. Body is obviously compact, with the back rounded and the legs together
- 2. Heels are close to the buttocks
- 3. Head is close to knees (chin tucked in)



Basic Movements

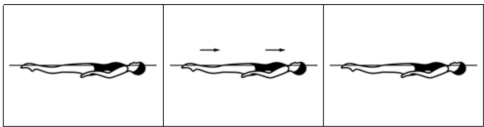
Stationary Eggbeater for 10 seconds

- 1. Chin above the water for the whole 10 seconds
- 2. Straight back



In a Back Layout position, travel 5 metres towards the head (head-first) sculling by the hips

- 1. Travel 5m
- 2. Face out of the water
- 3. Feet together







Figures

Minimum Score to Pass: 2.5

Figure 310 Somersault Back Tuck

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

				Total
NVT=	3.0	5.0	3.0	11
PV =	2.73	4.55	2.73	10

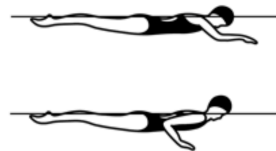
Star 2

Dolphin

Basic Positions

BP2 Front Layout

1. Head, Upper Back and Heels at the surface
2. Body extended with toes pointed
3. Head may be in or out of the water



BP16 Surface Split Position

1. Legs evenly split forward and back.
2. The legs should be split to 100° open or better.
3. Hip joints and shoulder joints are on a vertical line in alignment.

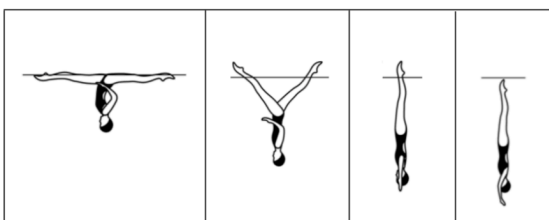


Basic Movements

BP16 Split Position to BM10 Vertical Descent

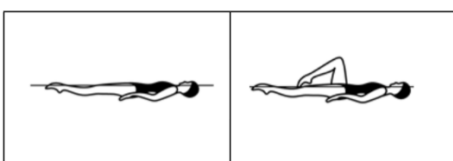
From a Split Position the legs are joined to assume a vertical position at ankle level

1. Starting position is a split position. Legs should be over 100° open (see split position chart)
2. Body sinks so that feet remain near the surface
3. Final position is vertical position at ankle
4. Legs and feet remain extended throughout



BM1 To Assume a Bent Knee Back Layout position

1. Start in Back Layout position
2. The foot of the bending leg maintains contact with the straight leg throughout
3. In the ending Bent Knee Back Layout position, the thigh of the bent leg is perpendicular with the surface








Figures

Minimum Score to Pass: 3.0

Figure 302 Blossom

From a **Back Layout Position** the trunk is lowered as the hips are bent to assume a **Submerged Ballet Leg Double Position**. The feet separate along the surface of the water as the hips rise and the body assumes a **Split Position**. The legs join to assume a **Vertical Position** at ankle level. A *Vertical Descent* is executed.

					Total
NVT=	10.0	11.0	5.0	5.0	31
PV =	3.23	3.55	1.61	1.61	10

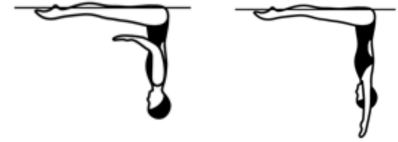
Star 3

Dolphin

Basic Positions

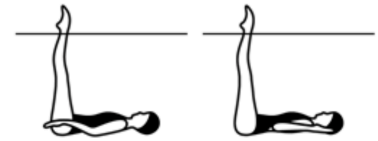
BP10 Front Pike Position

1. The body is bent at hips to form 90° angle
2. The legs are extended and together
3. The back is flat and head aligned



BP5 Submerged Ballet Leg Double

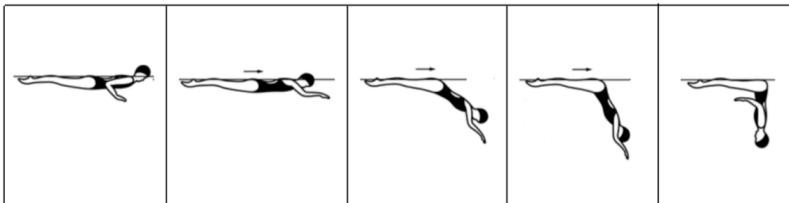
1. A 90° angle is formed between the trunk and legs
2. The head and trunk are parallel to the surface
3. The water level is between the knees and ankles of the extended legs



Basic Movements

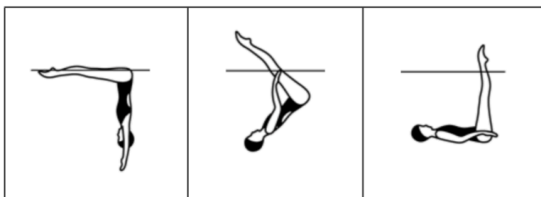
BM3 Assume a Front Pike Position

1. The athlete starts in a clear Front Layout position
2. The buttocks and feet move forward to replace the head (i.e. travel required)
3. The back remains flat throughout the movement
4. The athlete ends in a Front Pike Position with the body at a 90° angle. There is a permitted deviation of 30° +/-



BM4 From a Front Pike Position to Assume a Submerged Ballet Leg Double Position

1. A 90° angle is maintained throughout the rotation
2. The hips replace head (i.e. rotating around an axis)
3. The legs and body remain extended throughout



Figures

Minimum Score to Pass: 3.5

Figure 323 Somersault Front Pike

From a **Front Layout Position** a *Front Pike Position* is assumed. With continuous motion the body somersaults 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 of the water. As the legs are raised to the surface of the water to assume a **Front Layout Position**, the head, back and buttocks travel along the surface of the water until the hips occupy the same position as the head at the beginning of this action.








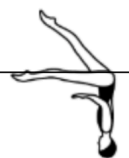
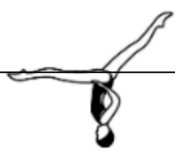



					Total
NVT=	6.0	8.0	8.0	6.0	28
PV =	2.14	2.86	2.86	2.14	10

Figure 361 Prawn

From a **Front Layout Position** a *Front Pike Position* is assumed. One leg is lifted in a 180° arc over the surface of the water to a **Split Position**. The legs are joined to assume a **Vertical Position** at ankle level. A *Vertical Descent* is executed.

							Total
NVT =	6.0	20.0			5.0	5.0	36
PV =	1.67	5.56			1.39	1.39	10

Star 4

12 & Under, Aquanaut

Basic Positions

BP3 Surface Ballet Leg Position

1. One leg extended perpendicular to the surface (deviation of $30^{\circ} \pm$)
2. Level of extended leg should be at mid knee level or above
3. Horizontal leg extended with toes at surface



BP14c Bent Knee Vertical Position

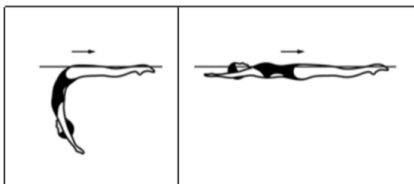
1. Body extended with the vertical leg at mid knee level or above
2. Toe of the bent leg in contact with the inside of the extended leg
3. Thigh of the bent leg parallel to the surface
4. Vertical leg perpendicular to the surface (deviation of $30^{\circ} \pm$)



Basic Movements

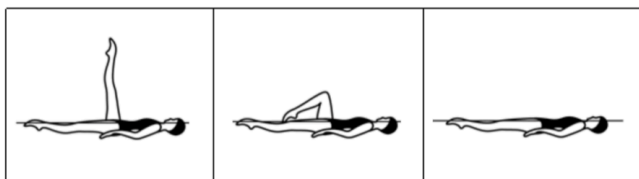
BM5 Surface Arch to Back Layout Position

1. Start with lower back arched and hips close to the surface
2. Body moves, straightens and rises simultaneously
3. Movement is the head replaces the hips (i.e. travel feet first)
4. Ends with a Back Layout Position



BM2 To lower a Ballet Leg

1. Starting position is Ballet leg (angle deviation of perpendicular leg $\pm 30^{\circ}$)
2. Vertical leg is bent at the knee without moving the thigh to Bent Knee Back layout
3. Toe moves along the inside of the extended leg
4. Extension throughout



Figures

Minimum Score to Pass: 4.0

Figure 311 Kip

From a **Back Layout Position** the knees, shins and toes are drawn along the surface of the water to assume a **Tuck Position**. With continuous motion the tuck becomes more compact, and a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface of the water. The trunk unrolls as the legs are straightened to assume a **Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and shins. A *Vertical Descent* is executed.












					Total
NVT=	3.0	2.0	23.0	14.0	42
P =	0.71	0.48	5.48	3.33	10

Figure 227d Swanita Spinning 180

From a **Back Layout Position** a *Bent Knee Surface Arch Position* is assumed. The bent leg is straightened to assume a **Knight Position**. The body rotates 180° to assume a **Fishtail Position**. Continuing in the same direction a descending *Spinning 180°* rotation is executed as the horizontal leg is lifted to a **Vertical Position** and is completed as the ankles reach the surface of the water. A *Vertical Descent* is executed.

						Total
NVT=	17.5	14.0	14.0	12.5	0	58
PV =	3.02	2.41	2.41	2.16	0	10

Star 5

Aquarina

Basic Positions

BP6 Vertical Position

1. Head, hips and ankles in line
2. Legs extended perpendicular to the surface ($\pm 15^\circ$)
3. Legs at just below the kneecap or higher



BP13 Surface Arch Position

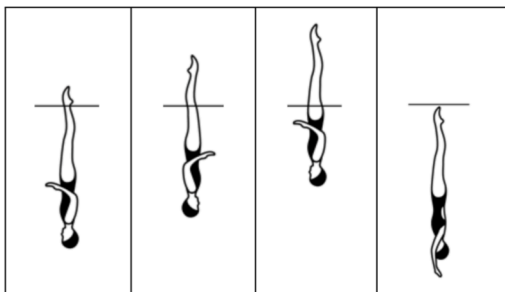
1. Lower back arched
2. Hip joints 'square' and in-line
3. Legs extended, together, and at the surface



Basic Movements

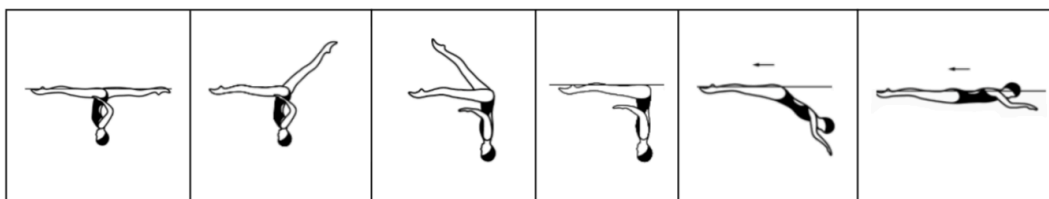
BM13i Spin up 360°

1. Starting from ankle height and finishing at least at just below the kneecap.
2. Spin of 360° . Allowance is $\frac{1}{4}$ spin more or less (i.e. 0.75-1.25 rotations is acceptable)
3. Body and legs remain on longitudinal axis ($\pm 30^\circ$)



BM6b Walkout Back

1. Starting position is split position of at least 120° (see split chart)
2. Back leg moves in arc over the surface to meet the back leg with continuous motion
3. Extension is maintained
4. Front Pike position shown



Figures

Minimum Score to Pass: 4.5

Figure 140j Flamingo Bent Knee Combined Spin 360 + 360

A *Ballet Leg* is assumed. The shin of the horizontal leg is drawn along the surface of the water to assume a **Surface Flamingo Position**. With the ballet leg maintaining its vertical position, the hips are lifted as the trunk unrolls while the bent leg moves to a **Vertical Bent Knee Position**. The bent leg is extended to **Vertical Position**. A rapid *Combined Spin* (360°+360°) is executed followed by a rapid *Vertical Descent*.
















								Total
NVT=	10.5	11.0	7.5	20.0	16.5	40.0	14.0	119.5
PV =	0.88	0.92	0.63	1.67	1.38	3.35	1.17	10

Figure 440d Ipanema Spinning 180

From a **Back Layout Position** a *Bent Knee Surface Arch Position* is assumed. The horizontal leg is lifted to vertical as the bent leg is straightened to assume a **Vertical Position**. The legs are lowered to a **Front Pike Position**. A rapid 180° rotation is executed as the legs are lifted to a **Vertical Position**. Continuing in the same direction a rapid 180° *Spin* is executed.

							Total
NVT=	17.5	21.0	33.0	33.0	19.0	0	123.5
PV=	1.42	1.70	2.67	2.67	1.54	0	10

Star 6

Youth, Open

Basic Positions

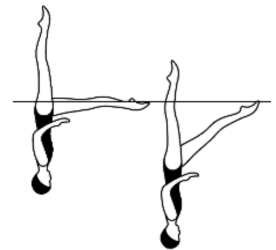
BP16 Split position

1. Legs evenly split
2. Full extension of the legs
3. Angle of the legs 120° or better (refer to splits chart)
4. Hips, Body and Head on a vertical line



BP8 Fishtail Position

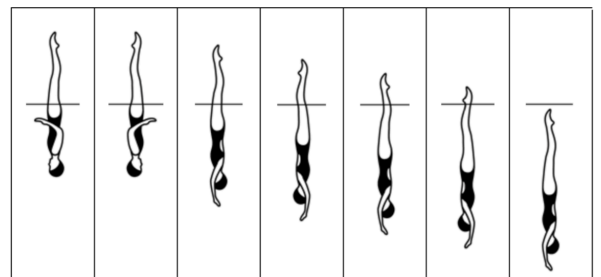
1. Vertical leg extended perpendicular to the water (Deviation of 15° permitted)
2. Vertical leg has kneecap visible
3. One leg extended forward so the foot of the extended leg is at the surface



Basic Movements

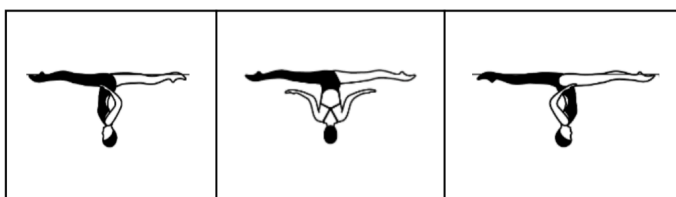
BM13g Twist Spin - a half twist followed by a continuous spin of 720°

1. Starting vertical height at mid kneecap or better
2. Twist maintains height
3. Spins completed at the ankles (2 rotations with a half spin more or less as allowance) continues spinning through to fully submerged
4. Body and legs remain on longitudinal axis ($\pm 30^\circ$)



BM16 Ariana Rotation

1. Right and left leg splits at a minimum of 120°
2. No lateral movement of the legs during rotation
3. Extension in the legs and feet maintained throughout
4. Hips, shoulders, and head remain in a vertical line throughout



Figures

Minimum Score to Pass: 5.0

Figure 307e Flying Fish Spinning 360

From a **Back Layout Position** the legs are raised to vertical as the body is submerged to a **Back Piked Position**, with the toes just below the surface of the water. A *Thrust* is executed to a **Vertical Position** and without loss of height one leg is rapidly lowered to a **Fishtail Position**, and without a pause the horizontal leg is rapidly lifted to a **Vertical Position**. A *Spinning 360°* is executed at the same tempo as the *Thrust*.




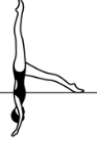








							Total
NVT =	7.0	31.0	18.5	14.0	39.0	0	109.5
PV =	0.64	2.83	1.69	1.28	3.56	0	10

Figure 407 Swordfish Straight Leg Ariana Rotation

From a **Front Layout Position** the back arches more as one leg is lifted in a 180° arc over the surface of the water to a **Split Position**. Maintaining the relative position of the legs to the surface of the water an *Ariana Rotation* is performed. A *Walkout Front* is executed.

					Total
NVT =	48.0	17.0	23.0	7.0	95
PV =	5.05	1.79	2.42	0.74	10

Star 7

Junior

Basic Positions

BP17 Knight Position

1. Vertical leg shows full kneecap
2. Foot of the horizontal leg is at the surface
3. Hips, shoulders and head on a vertical line
4. Extension throughout



BP14d Bent Knee Surface Arch Position

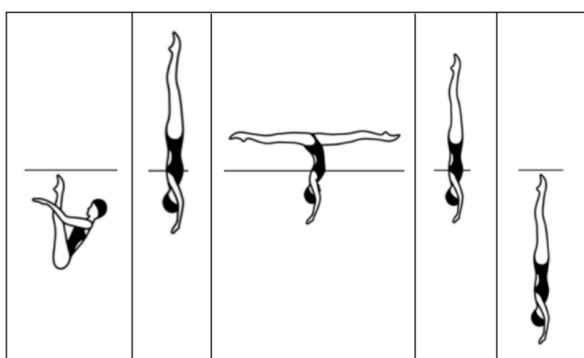
1. Body clearly arched
2. Thigh of the bent leg is perpendicular to the surface
3. Horizontal leg is extended with foot at the surface
4. Toe of the bent leg in contact with the inside of the extended leg



Basic Movements

BM11 Rocket Split

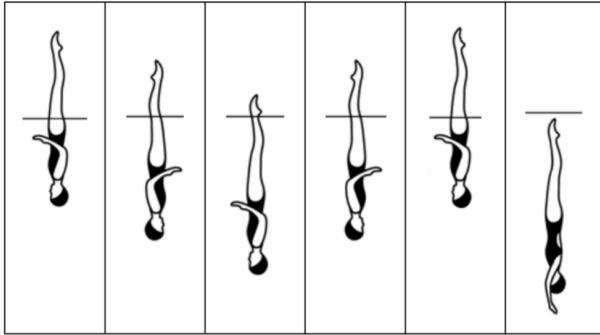
1. Thrust upper thigh or better
2. Splits started at maximum height
3. Splits 120° or better
4. Rejoin can be 2 points lower (on thrust height chart) eg spilt starts at upper thigh and rejoins at kneecap



BM13j Combined Spin 360°

Please note: in this BM there is no allowance for over or under spinning.

1. Starting at mid kneecap or higher 1 complete rotation to ankles
2. From ankles 1 complete rotation in the same direction to the same height as the starting point.
3. Uniform motion throughout
4. Body and legs remain on a vertical axis (+/-30°)

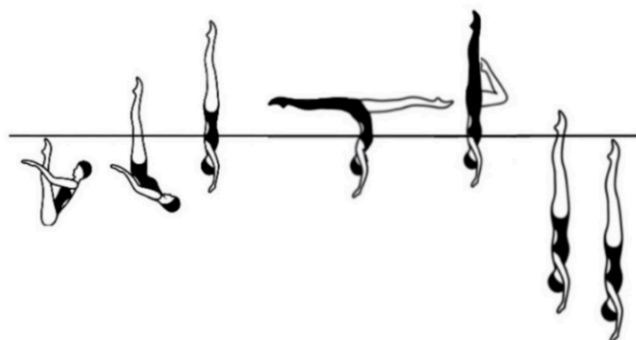


Elements

Minimum Score to Pass: 5.0

Solo Required Element 5b Rocket Split Bent Knee

From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a *Thrust* is executed to a **Vertical Position**. Maintaining maximum height, the legs are split rapidly to assume an **Airborne Split Position**. The back leg is rapidly lifted to vertical and the forward leg bends to assume a **Bent Knee Vertical Position**. A *Vertical Descent* is executed with the bent knee extended to a **Vertical Position** completed as the ankles reach the surface of the water, followed by a *Vertical Descent* at the same tempo as the *Thrust*.



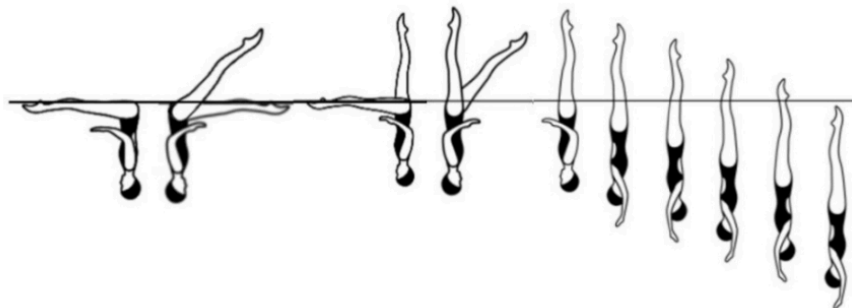
Team Required Element 2b Vertical - Half Twist to Bent Knee - Half Twist to Vertical - Split - Walkout

Starting in a **Vertical Position**, a *Half Twist* is executed as one leg is lowered to a **Bent Knee Vertical Position**. Continuing in the same direction another *Half Twist* is executed, as the bent knee is extended to a **Vertical Position**. The legs are symmetrically lowered to a **Split Position**. A *Walkout Front* is executed.



Solo Required Element 4b Fishtail Continuous Spin 720°

From a **Front Pike Position**, a rotation of 360° is executed as one leg is lifted to a **Fishtail Position**. Continuing in the same direction another rotation of 360° is executed, as the horizontal leg is lifted to a **Vertical Position**. Continuing in the same direction a *Continuous Spin of 720°* (2 rotations) is executed.



Clarification:

- All rotations are executed in the same direction.
- From BP 10 **Front Pike Position**, either right or left leg can be lifted.
- The foot of the horizontal leg remains at the surface of the water throughout the rotation of 360° to **Fishtail Position**.

Star 8

Senior

Basic Positions

BP19 Side Fishtail Position

1. Vertical leg extended at a height of mid-thigh or better
2. Foot of the horizontal leg extended sideways with foot at the surface
3. Hips Shoulders and head in a vertical line



BP6 Vertical Position

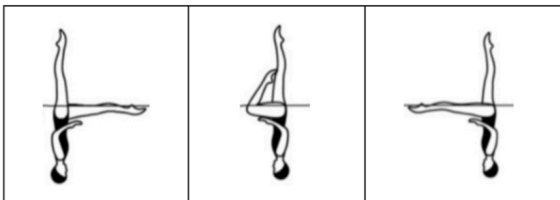
1. Head, hips and ankles in line
2. Legs extended perpendicular to the surface (+/-15°)
3. Legs at above the kneecap or higher



Basic Movements

BM18 Fouetté Rotation

1. Vertical leg and trunk remain aligned throughout
2. Height remains constant throughout at clearly above the kneecap or better
3. Positions Fishtail and Bent knee vertical clearly shown
4. 180° rotation from fishtail to bent knee vertical (deviation of +/-¼ turn ie 90°)

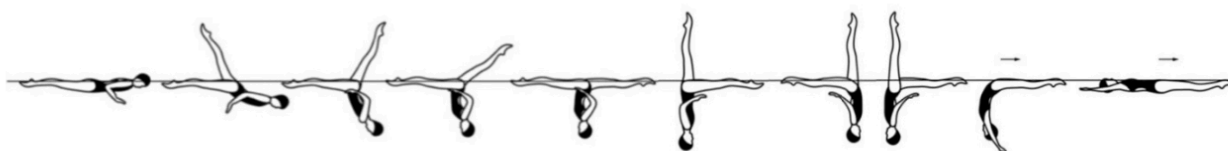


Elements

Minimum Score to Pass: 5.5

Solo Required Element 3 Swordfish Straight Leg Knight

From a **Front Layout Position**, the back arches as one leg is lifted in a 180° arc over the surface to a **Split Position**. A hip rotation of 180° is executed as the front leg is rapidly raised to assume a **Fishtail Position**. Maintaining the vertical alignment of the body and with accelerating speed, the foot of the horizontal leg is moved in a horizontal arc of 180° at the surface to a **Knight Position** and with continuous motion and continuing in the same direction an additional 180° rotation is executed. The vertical leg is lowered to a **Surface Arch Position** and with continuous motion an *Arch to Back Layout Position* is executed.

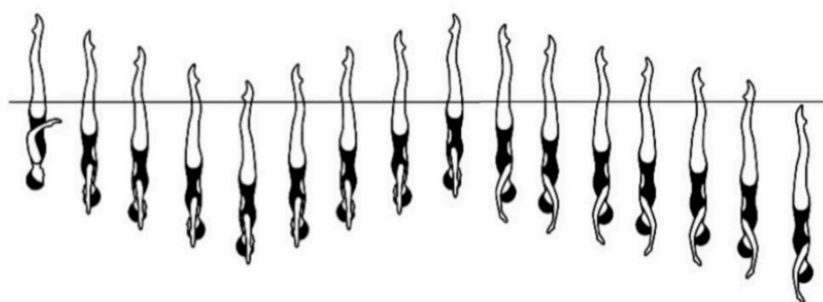


Clarification:

- The action from BP 16 **Split Position** to BP 8 **Fishtail Position** is executed rapidly. From BP 8 **Fishtail Position** to BP 17 **Knight Position** the horizontal leg moves with accelerating speed at the surface of the water and with continuous acceleration and continuing in the same direction an additional 180° rotation is executed.

Solo Required Element 2b Combined Spin 720° - Continuous Spin 1080°

From a **Vertical Position** a *Combined Spin of 720°* is executed (2 rotations + 2 rotations). Continuing in the same direction and without a pause a *Continuous Spin 1080°* (3 rotations) is executed.

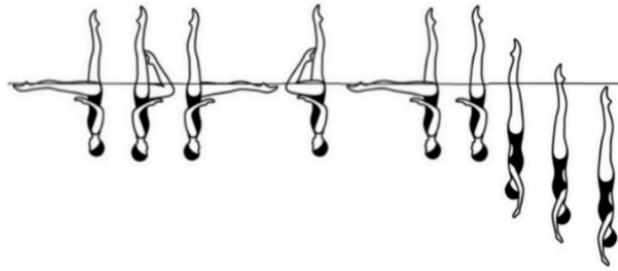


Clarification:

- BM 13 f) *Continuous Spin* is executed rapidly.
- The height of the starting and ending of BP 6 **Vertical Position** in *Combined Spin* is the same.

Team Required Element 3b Two Fouetté Rotations – Vertical- Spinning 360°

From a **Fishtail Position**, 2 *Fouetté* rotations (180°+180°) are executed. The horizontal leg is rapidly lifted to a **Vertical Position**. Continuing in the same direction, a rapid *Spinning 360°* (one (1) rotation) is executed.



Clarification:

- All rotations are executed in the same direction.
- Refer to BM 18 *Fouetté Rotation*.
- In *Fouetté Rotation*, either leg may be used.
- A rotation towards the vertical leg means that a right horizontal leg start requires the left shoulder back for the initiation of the 180° rotation. A left horizontal leg start requires the right shoulder back for the initiation of the 180° rotation.