



Artistic
Swimming
WA

Skills Assessment Stage 1

Star level	Requirements	Assessment Test Standards Pass Mark 4.0	Comments
Star 1	1. Back Layout Position and Stationary (Flat) scull		
	2. Headfirst scull (Standard scull)		
	3. Foot-First (Reverse) Scull		
	4. Back Flutter Kick with "Creative" Arms (optional)		
	5. Back Crawl and Variations		
	6. Tub		
	7. Somersault Back Tuck		
	8. Waterwheel		



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Star level	Requirements	Assessment Test Standards Pass Mark 4.0	Comments
Star 2	1. Front Layout Position (Stationary scull)		
	2. Propeller or Torpedo 5 metres		
	3. Paddle scull 5 metres		
	4. Side Flutter Kick (optional creative arm) 12 metres		
	5. Kick-pull-kick 8 metres		
	6. Eggbeater Stationary 20 seconds		
	7. Pretzel		
	8. Sailboat Alternate		

Skills Assessment



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Stage 2

Star level	Requirements	Assessment Test Standards Pass Mark 4.5	Comments
Star 3	1. Alligator (Reverse scull) 5 metres		
	2. Front Pike Position		
	3. Front Pike Pulldown		
	4. Front Pike to Submerged Ballet Leg Double Position and Split Scull		
	5. Front Flutter Kick - head up 12 metres		
	6. Modified Front Crawl with arm variations - head up 8 metres		
	7. Eggbeater Travelling Sideways 6 metres right and 6 metres left		
	8. Somersault Front Pike		
	9. Kick – Pull (4 strokes right, 4 strokes left, 4 strokes alternating lead arm)		



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Star level	Requirements	Assessment Test Standards Pass Mark 4.5	Comments
Star 4	1. Ballet Leg Position		
	2. Split Position		
	3. Reverse Propeller (Dolphin scull)		
	4. Front Pike to Split Position 180-degree arc on surface (for Prawn)		
	5. Split Position join to Vertical at ankle height		
	6. Eggbeater Travelling forward 6 metres and backwards 6 metres		
	7. Ballet Leg single		
	8. Surface Prawn		