

Level	RED	ORANGE	YELLOW	GREEN	BLUE	INDIGO	VIOLET	DIAMOND
Summary	<ul style="list-style-type: none"> Figures/Skills No routine 	<ul style="list-style-type: none"> Figures/Skills Teams (3-4) 	<ul style="list-style-type: none"> Figures/Skills Team (3-4) 	<ul style="list-style-type: none"> Figures/Skills Team (3-4) option of duet variation 	<ul style="list-style-type: none"> Figures Team (3-4) option of duet variation 	<ul style="list-style-type: none"> Figures Team (4-8) option of duet & solo variation 	<ul style="list-style-type: none"> Figures Team (4-8) option of duet & solo variation 	<ul style="list-style-type: none"> Figures sTeam (4-8) option of duet & solo variation
Programming Considerations	1.5-2 hours per week	1.5-2 hours per week	1.5-2 hours, 1-2 times per week	1-3 hours, 1-2 times per week	2-3 hours, 1-2 times per week	3-5 hours, 1-2 times per week	3-6 hours, 2-3 times per week	≥4 hours, 2-3 times per week
Competition Guide	In club events only	In club events only	Local events	Local/State events	Local/State events	Local/State/ Interstate Championships	Local/State/ Interstate Championships	Local/State/ Interstate Championships
Routine Options	N/A	<ul style="list-style-type: none"> ASAI pre-set routine Coach choreography with elements 	<ul style="list-style-type: none"> ASAI pre-set routine Coach choreography with elements 	<ul style="list-style-type: none"> ASAI pre-set routine Coach choreography with elements 	<ul style="list-style-type: none"> ASAI pre-set routine Coach choreography with elements 	<ul style="list-style-type: none"> Coach choreography with elements 	<ul style="list-style-type: none"> Coach choreography with elements 	<ul style="list-style-type: none"> Coach choreography with elements
Routine Length	N/A	<ul style="list-style-type: none"> Team: 1.00 min +/-10sec <p>Inc: Deck</p>	<ul style="list-style-type: none"> Team: 1.15 min +/-15 sec <p>Inc: connection element</p>	<ul style="list-style-type: none"> Team: 1.30 min +/-15sec Duet: 1.10 min +/-15 sec <p>Inc: connection element & easy lift</p>	<ul style="list-style-type: none"> Team: 1.45 min +/-15sec Duet: 1.20 min +/- 15sec <p>Inc: connection element & lift</p>	<ul style="list-style-type: none"> Team: 2.00 min +/-15sec Duet: 1.30 min +/-15 sec Solo: 1.15 min +/-15sec <p>Inc: connection element & lift(s)</p>	<ul style="list-style-type: none"> Team: 2.15 min +/-15sec Duet: 1.40 min +/- 15sec Solo: 1.25 min +/-15sec <p>Inc: connection element & lift & deck</p>	<ul style="list-style-type: none"> Team: 2.30min +/-15sec Duet: 1.50 min +/- 15sec Solo: 1.35 min +/-15sec <p>Inc: connection element & lift & deck</p>
Skills	Red Recreational level (Progression 1)	Orange Recreational level (Progression 2)	Yellow Recreational level (Progression 3)	Green Recreational level (Progression 4)	Blue Pre competition level (Progression 5)	Indigo Pre competition level (Progression 6)	Violet (Progression 7)	Diamond (Progression 8-10)
Pass Mark for Figures	Average score 4.0 (not more than 2 score below 3.5)	Average score 4.0 (not more than 2 score below 3.5)	Average score 4.0 (not more than 2 score below 3.5)	Average score 4.5 (not more than 2 score below 4.0)	Average score 4.5 (not more than 2 score below 4.0)	Average score 4.5 (not more than 1 score below 4.0)	Average score 4.5 (not more than 1 score below 4.0)	N/A
Evaluator	Level 1 Coach	Level 1 Coach	Beginner Judge	Beginner Judge	Intermediate Judge	Intermediate Judge	Intermediate Judge	Intermediate Judge

Figures	RED	ORANGE	YELLOW	GREEN	BLUE	INDIGO	VIOLET	DIAMOND
Compulsory 1.	Back layout travelling headfirst 15m	Sailboat Single (Back layout - sailboat - back layout)	From under water – swim up to the surface - back layout – sailboat- ballet leg - inverted tuck (executed rapid)	Ballet Leg Hold (Back layout - sailboat - ballet leg - hold 8 counts)	Flamingo Alternate Back layout - tub – flamingo – tub– other leg flamingo – tub – back layout	Ballet Leg Single	Back layout – sailboat – Flamingo – Double ballet leg – 180 surface spin – skin in Double ballet leg position	Body Boost (Two arm)- Barracuda bent knee with spin down 180°
Compulsory 2.	Vertical ankle level (scull alternative / optional)	Split position to vertical at ankle, sink	Vertical half twist ankle level	Ariana rotation	Walkover Front	Body boost (1 arm) - Barracuda	Barracuda 180° Spin Down	Vertical Twist- 180° - Spin Down 360°
Group 1. Figure 3	Tub position	Tub travelling foot first 15 m	Back Somersault	Back tuck Blossom Back layout to tub – vertical tuck – open the legs in split - close to ankle vertical - sink	Back layout to tub to vertical tuck – Helicopter executed then rapid vertical with press and sink	Walkover Back	Dalecarlia variation - Dalecarlia is executed to a Knight Position (front layout to pike, fishtail to Knight) reverse to bent knee 180 spin down join to ankle level vertical then sink	Continuous Spin 720°
Group 1. Figure 4	Side kick (flutter kick) 15 m	Side kick arm on the hips 15m	Front eggbeater travelling (8) turn Side eggbeater travelling (8) – side kick travelling (8)	Side eggbeater arm out - turn to front - kick pull kick	Body boost (no arms) - barracuda into bent knee	Kipnus	Albatross	Vertical - split - walkout
Group 2. Figure 3	Back layout position hands up	Propeller travelling 15 m	Front layout headfirst travelling 15m (Alligator scull)	Back layout to surface arch	From under water – knight – vertical leg bent to surface arch bent knee – arch – back layout	Modified Ballerina – from surface flamingo – vertical leg close to tub then back layout	Nova – vertical – 180° spin down	Cyclone - Vertical- sink

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Group 2. Figure 4	Eggbeater (stationary)	Body boost	Vertical Split position	Back layout to pike position (albatross rotation)	Bent knee vertical - 180° spin down to vertical at ankle	Nova Knight Nova – knight – vertical at ankle	Swordfish	Flamingo - roll back - Fishtail
Group 3. Figure 3	Front layout (stationary, scull under the chest)	Tub 360° figure	Vertical bent knee position (15m scull)	From under water - fishtail position - horizontal leg bend to bent knee vertical - vertical- vertical sink	Split - fishtail - pike - front layout	Dolphin circle with bent leg	Kip Split Vertical Join and descent	Fishtail - Vertical 180° - Bent Knee surface arch - back layout
Group 3. Figure 4	Front pike position	Front pike pulldown (Front layout to front pike)	Oyster Rise Back layout position- submerged back pike position - back layout	Pull down front pike - submerged double ballet leg	Submerge double Rise (Submerged double ballet leg - submerged single ballet leg - surface ballet leg – sailboat - back layout	Fishtail Bent Knee Vertical Front layout – pike – fishtail – bent knee- vertical – sink	Porpoise 360° Spin Down	Barracuda Airborne Split

Routine Elements	RED	ORANGE	YELLOW	GREEN	BLUE	INDIGO	VIOLET	DIAMOND
1	-	Sailboat Single (Back layout - sailboat - back layout)	From under water – swim up to the surface - back layout – sailboat- ballet leg - inverted tuck (executed rapid)	Ballet Leg variation with the min 4 count ballet leg hold	Flamingo Alternate Back layout - tub – flamingo – tub – other leg flamingo – tub – back layout	Ballet Leg Single	Back layout – sailboat – ballet leg - Flamingo – Double ballet leg – 180° surface spin – skin in Double ballet leg position	Body Boost (Two arm)- Barracuda bent knee with spin down 180°
2	-	Split position to vertical at ankle, sink	Vertical half twist ankle level	Ariana rotation	Walkover Front	Body boost (1 arm) - Barracuda	Barracuda 180° Spin Down	Vertical Twist- 180° - Spin Down 360°
3	-	Tub	Back Somersault	Back tuck Blossom Back layout to tub – vertical tuck – open the legs in split - close to ankle vertical - sink	Body boost (no arms) - barracuda into bent knee	Walkover Back	Dalecarlia variation - Dalecarlia is executed to a Knight Position (front layout to pike, fishtail to Knight) reverse to bent knee 180 spin down join to ankle level vertical then sink	Vertical - split - walkout
4	-	Body Boost	Vertical Split position	Back layout to pike position (albatross rotation)	From under water – knight – vertical leg bent to surface arch bent knee – arch – back layout	Nova Knight Nova – knight – vertical at ankle	Nova – vertical – 180 °spin down	Flamingo - roll back - Fishtail
5	-	Pull down front pike	Vertical bent knee position	From under water - fishtail position - horizontal leg bend to bent knee vertical - vertical- vertical sink	Split - fishtail - pike - front layout	Fishtail Bent Knee Vertical Front layout – pike – fishtail – bent knee- vertical – sink	Porpoise 360° Spin Down	Barracuda Airborne Split

Additional skills	-	Egg beater, side kick	Eggbeater, side kick, kick pull kick combination, body boost	Eggbeater, side kick, kick pull kick combination, body boost	Eggbeater, side kick, kick pull kick combination, ??? spin ???	Eggbeater, side kick, kick pull kick combination, ??? spin ???	Eggbeater, side kick, kick pull kick combination, Body boost ??? split???	Eggbeater, side kick, kick pull kick combination,
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Routine Elements should include:

- 2 x Compulsory Figures
- 1 x Group 1 Figures
- 1 x Group 2 Figures
- 1 x Group 3 Figures