

| Skill | Level of Performance | 9 yrs | 10 yrs | 11yrs | 12 yrs | 13 yrs | 14 yrs | 15 yrs | 16 yr |
|---------------------------------------|----------------------|---------|---------|---------|---------|---------|---------|---------|---------|
| Timed 100m Kick | Foundation | 02:45.0 | 02:35.0 | 02:25.0 | | | | | |
| | Intermediate | | 02:35.0 | 02:25.0 | 02:20.0 | 02:15.0 | | | |
| | Advanced | 02:30.0 | 02:20.0 | 02:15.0 | 02:10.0 | | | | |
| Timed 200m Kick | Foundation | | | | | | | | |
| | Intermediate | | 04:15.0 | 04:15.0 | 04:00.0 | 03:50.0 | 03:40.0 | 03:40.0 | 03:40.0 |
| | Advanced | | | | | 03:30.0 | 03:30.0 | 03:30.0 | 03:30.0 |
| Fly kicks off wall on Fs/Bk | Foundation | 2 kicks | 2 kicks | 2 kicks | 2 kicks | | | | |
| | Intermediate | | 3 kicks | 3 kicks | 3 kicks | 3 kicks | 4 kicks | | |
| | Advanced | | | | 4 kicks | 4 kicks | 5 kicks | 6 kicks | 6 kicks |
| Rotation speed Constantly achieved | Foundation | 1.30 | 1.30 | 1.20 | 1.1 | 1 | 0.9 | 0.9 | 0.9 |
| | Intermediate | | 1.20 | 1.10 | 1 | 0.9 | 0.8 | 0.8 | 0.8 |
| | Advanced | | 1.10 | 1.00 | 0.9 | 0.8 | 0.8 | 0.8 | 0.8 |