



## **STROKE PERFORMANCE CHART**

### Level 1 Stroke Performance Criteria

<b>Component</b>	<b>Swim on Front (Combined Stroke Using Any Type of Arm or Leg Action)</b>	<b>Swim on Back (Combined Stroke Using Any Type of Arm or Leg Action)</b>
<b>Legs</b>	Alternating or simultaneous kicking action	Alternating or simultaneous kicking action
<b>Arms</b>	Alternating or simultaneous propulsive and recovery actions	Alternating or simultaneous propulsive and recovery actions



## STROKE PERFORMANCE CHART

### Level 2 Stroke Performance Criteria

<b>Component</b>	<b>Swim on Front (Combined Arm or Leg Action)</b>	<b>Swim on Back (Combined Arm or Leg Action)</b>
<b>Body Position</b>	Trunk and legs may be horizontal to 45 degrees from surface; face in water	Trunk and legs may be horizontal to 45 degrees from surface
<b>Legs—Alternating</b>	Alternate kicking action; rudimentary flutter or bicycle action	Alternate kicking action; rudimentary flutter or bicycling action
<b>Legs—Simultaneous</b>	Simultaneous kicking action; rudimentary dolphin or breaststroke action	Simultaneous kicking action; rudimentary dolphin or elementary backstroke action
<b>Arms—Alternating</b>	Alternate propulsive and recovery action; downward or slightly outward motion acceptable; underwater arm recovery acceptable	Alternate propulsive and recovery action; underwater arm recovery acceptable; hand moving downward with minimal backward action acceptable
<b>Arms—Simultaneous</b>	Simultaneous propulsive and recovery actions; downward and outward motion acceptable; underwater arm recovery acceptable	Simultaneous propulsive and recovery actions; underwater arm recovery acceptable



## STROKE PERFORMANCE CHART

### Level 3 Stroke Performance Criteria

Component	Front Crawl	Breaststroke	Elementary Backstroke	Sidestroke
<b>Body Position</b>	Trunk horizontal to 30 degrees from surface; rudimentary body roll; some side-to-side motion of trunk and legs acceptable	Trunk horizontal to 30 degrees from surface during glide	Trunk horizontal to 30 degrees from surface; hips may be bent; chin tucked; ears may be out of water	Body in a side-lying position about 30 degrees from surface; hips may roll away from midline; bottom ear may be out of water with head raised
<b>Legs</b>	Continuous kicking; occasional bicycling action acceptable; legs bent at the hips or knees during downbeat acceptable; feet may break surface of water	Legs bend at the knees bringing heels toward buttocks; knees may be wider than hips and ankles; heels may break surface of water; ankles may bend throughout power phase; occasional scissors kick or flutter kick acceptable; legs may be partially bent at the knees at the end of the power phase; occasional flutter kick during glide position acceptable; legs may not completely finish together in a closed position in the glide	Knees may break the surface of the water during recovery; knees may be wider than hips and ankles; ankles may be bent throughout power phase; occasional scissors kick acceptable; legs may be partially bent at knee at the end of the power phase; legs apart with occasional flutter kick during glide acceptable	Elements of breaststroke or flutter kick acceptable; legs may separate slightly as knees bend in recovery; any type of foot and ankle position acceptable; legs may bend at the knees and be held loosely together during glide



<b>Component</b>	<b>Front Crawl</b>	<b>Breaststroke</b>	<b>Elementary Backstroke</b>	<b>Sidestroke</b>
<b>Arms</b>	Above-water arm recovery; underwater recovery or arm straight at elbow acceptable; hand enters at or above the level of the head; arm straight at the elbow during power phase acceptable; power phase finishing at hip level acceptable	Both arms extended overhead	Hands may break water surface during recovery; arms extending above or below shoulder level acceptable; power phase finishing at waist level acceptable	Bottom arm extended overhead; top arm against the side
<b>Breathing and Timing</b>	Face in water and breathes consistently to the side; occasional head lift acceptable; arms and legs show general alternating pattern	Any type of breathing pattern acceptable	Occasional breath-holding acceptable; arms and legs move simultaneously; minimal glide with some forward motion acceptable; little or no hesitation before beginning recovery	Any type of breathing pattern with occasional breath-holding acceptable



**STROKE PERFORMANCE CHART**

**Level 4 Stroke Performance Criteria**

<b>Component</b>	<b>Front Crawl</b>	<b>Breaststroke</b>	<b>Butterfly</b>	<b>Elementary Backstroke</b>	<b>Back Crawl</b>	<b>Sidestroke</b>
<b>Body Position</b>	Body horizontal to 15 degrees from surface; performs body roll; occasional side-to-side motion of trunk and legs acceptable	Trunk horizontal to 30 degrees from surface during glide	Trunk may be horizontal to 30 degrees from the surface; face in water	Body horizontal to 15 degrees from surface; trunk and legs are aligned; slight chin tuck; ears near or below the surface	Trunk horizontal to 30 degrees from surface; ears may be out of water, chin on chest; hips may be bent; rudimentary body roll; slight side-to-side motion between shoulders and hips acceptable	Trunk horizontal to 30 degrees from surface; hips may roll away from midline; bottom ear may be out of water with head raised
<b>Legs</b>	Continuous kicking that starts from the hips; ankles and knees extended but not rigid; feet remain below the surface—moderate splash acceptable	Legs bend at the knees bringing heels toward buttocks; knees may occasionally be wider than hips and ankles; heels may break surface of water; ankles may bend throughout power phase; legs may be partially bent at the knees at the end of the power phase; legs together during glide position	Legs may be partially extended at the knee during the downbeat; minimal movement of the hip during the downbeat acceptable; legs may bend at the knees during upbeat—feet may break the surface; some flutter action acceptable	Knees remain below the surface of the water; knees and hips aligned; knees may be wider than ankles; heels drop by bending knees; ankles rotate outward with toes wider than the heel of the foot; lower legs move symmetrically in a circular pattern as knees return to a fully extended position; legs together, toes pointed with minimal movement	Continuous kicking; occasional bicycling action acceptable; legs bent at knee acceptable; feet may break surface of water	Scissors kick; legs may separate slightly as knees bend in recovery; any type of foot and ankle position acceptable; legs may bend at the knees and be held loosely together during glide



<b>Component</b>	<b>Front Crawl</b>	<b>Breaststroke</b>	<b>Butterfly</b>	<b>Elementary Backstroke</b>	<b>Back Crawl</b>	<b>Sidestroke</b>
<b>Arms</b>	Above-water recovery with arm bent at elbow—arm straight at elbow acceptable; hands enter above the level of the head, fingertips first in front of the shoulder; arm extends fully after entry; arm bent at elbow during power phase; power phase finishes beyond hip	Hands may begin catch wider than shoulder width; arm bend at elbow increases as hand moves toward waist—hands may be level or slightly deeper than elbows; hands may sweep beyond the shoulder, but not beyond waist	Above-water arm recovery—arms may contact the water; hands may enter wider than the shoulders; arms may be straight at elbow during recovery and catch actions; palms face backwards throughout pull; power phase finishing at waist acceptable; arms may be bent at elbow during finish	Hands remain under the surface and recover near or at the side of the body; arms may extend at or be above shoulder level; arms nearly straight at elbow at beginning of catch; arms partially bent at elbow during extension—wrists may be bent; power phase ends at the level of the hips	Above-water arm recovery—elbows below surface acceptable; hands may enter at or above shoulder level; arm straight at elbow during power phase acceptable	Leading arm: hand may break surface of the water; elbow may be straight during catch; hand may continue past upper chest Trailing arm: hand may break surface of the water; elbow may remain close to body; hand may pass by thigh and recover past shoulder of leading arm; arm may be partially bent at elbow
<b>Breathing and Timing</b>	Face in water; breathing to the side; exhales underwater on each breath; arms alternate—slight hesitation during breathing acceptable	Rudimentary form of pull-breathe-kick-glide sequence; minimal glide with some forward motion acceptable	Arms pull and recover with minimal leg kick; arms may hesitate at side before recovery	Relaxed rhythmic breathing pattern; arms and legs begin recovery at same time; some glide occurs at end of power phase	Occasional breath-holding acceptable; arms in opposition—hesitation at finish acceptable	Rhythmic breathing pattern; arms and legs may move simultaneously; arm action may be continuous; some glide occurs at end of power phase



**STROKE PERFORMANCE CHART**

**Level 5 Stroke Performance Criteria**

Component	Front Crawl	Breaststroke	Butterfly	Elementary Backstroke	Back Crawl	Sidestroke
<b>Body Position</b>	Body is nearly horizontal to the surface in a streamlined position; body roll is a fluid motion—head, trunk and legs are aligned	Trunk horizontal to 15 degrees from surface during glide; body incline should become more level following kick	Trunk horizontal to 15 degrees from the surface; head, trunk and legs are aligned with minimal movement to the left or right of the midline	Body is nearly horizontal to surface with arms at side during glide; chin up, ears in the water	Body horizontal to 15 degrees from surface; head back with ears submerged; rudimentary body roll; trunk and legs should be aligned	Trunk horizontal to 30 degrees from surface; hips may roll away from midline; bottom ear may be out of water with head raised
<b>Legs</b>	Continuous kicking that starts from the hips and propels swimmer forward using a 2- to 6-beat kick; heels just break the surface	Legs bend at the knees bringing heels toward buttocks—legs bending slightly at hips; knees and hips should be aligned—knees do not separate beyond hip width; ankles bend and rotate outward with toes wider than the heel of foot; knees and ankles extend at the end of the power phase—legs partially bent at the knees and ankles acceptable	Legs may separate slightly at knees during kick with minimal flutter action; single kick action acceptable; hips flex and knees extended; knees slightly bent; hips raise as legs extend	Heels drop by bending knees; ankles bend to 90 degrees and rotate outward with toes wider than heels of the feet; knees and ankles fully extending at the end of the power phase	Continuous kicking that starts from the hips; legs slightly bent at the knee during upward kick and straight at knee with toes pointed during the downward kick; feet remain below the surface—moderate splashing acceptable	Scissors kick on both sides; legs may separate slightly as knees bend in recovery; ankle of top leg begins the power phase in a bent position, may not extend fully as the leg extends and returns to the glide position; ankle of the bottom leg may not extend; with the toes pointed throughout the power phase; legs may bend at the knees and be held loosely together during glide

Component	Front Crawl	Breaststroke	Butterfly	Elementary Backstroke	Back Crawl	Sidestroke
<b>Arms</b>	Above-water recovery with arm bent at elbow; arm relaxed as hand moves toward the head; arm extends fully in coordination with body roll; elbow and hand move just outside the shoulders as the arm travels straight backward; palm presses toward feet until arm reaches full extension during finish	Palms begin moving outward at or narrower than shoulder width—arms slightly bent; in the mid-pull, sweeps hands downward and inward; bend at elbow increases as hands move toward chest—hands deeper than elbows by end of pull; hands should not sweep beyond the upper chest area; sweeps hands back together so that hands travel along the midline underneath the body to a streamlined position	Above-water arm recovery—straight elbow, occasional arm contact with the water acceptable; hands should enter at shoulder width, with fingertips facing down; arms partially bent at elbows; arms start wide then move to inside the width of body at waist; hands press back toward the feet past the hips	Arms extend at or slightly above shoulder level with hands no further than top of head; fingers lead arm extension; palms face toward feet; elbows extend as palms push backward and inward, stopping at the hips	Above-water recovery—arm may be partially bent at elbow; hands exit thumb-side or little-finger first; hands enter little-finger first about shoulder-width apart; arm partially bent at elbow during power phase; hand and forearm finish beyond hip	Leading arm: hand remains below the surface; elbow may be straight during catch; hand may continue past upper chest; pull ends at upper chest; arm is parallel to and below the surface, in line with head, trunk and legs Trailing arm: hand remains below the surface of the water; elbow may remain close to body; hand may pass by thigh; forearm travels along the midline close to the body during recovery





<b>Component</b>	<b>Front Crawl</b>	<b>Breaststroke</b>	<b>Butterfly</b>	<b>Elementary Backstroke</b>	<b>Back Crawl</b>	<b>Sidestroke</b>
<b>Breathing and Timing</b>	Exhales underwater before the next breath during the power phase; head remains in line of the body—minimal head movement; alternate side breathing preferred	Pull-breathe-kick-glide sequence; rhythmic breathing with each cycle; glide after recovery with arms extended; slight hesitation before recovery acceptable	Face-forward head lift begins at start of catch; head re-enters the water after taking breath and hands pull toward waist; one leg kick paired with each arm cycle at a minimum; arms should recover directly from the finish—minimal delay before recovery acceptable	Rhythmic breathing pattern—inhalation during recovery and exhalation during power phase; arm recovery begins slightly before leg recovery; arm and leg power phases begin simultaneously; extended glide after power phase	Relaxed rhythmic breathing pattern; arms in opposition—slight hesitation at finish acceptable	Rhythmic breathing pattern; arms and legs may move simultaneously; some glide occurs at end of power phase



## STROKE PERFORMANCE CHART

### Level 6 Stroke Performance Criteria

Component	Front Crawl	Elementary Backstroke	Back Crawl	Breaststroke	Sidestroke	Butterfly
<b>Body Position</b>	Same as Level 5	Same as Level 5	Body is nearly horizontal to surface in a streamlined position; head is still and aligned with body, no side-to-side movement; body roll is a fluid motion—head, trunk and legs are aligned	Body is nearly horizontal to the surface and streamlined during the glide position	Body is nearly horizontal to the surface and streamlined during the glide position; hips and shoulders aligned; bottom ear and lower face in water	Body is nearly horizontal to the surface in a streamlined position
<b>Legs</b>	Same as Level 5	Same as Level 5	Continuous kicking that starts from the hips and propels swimmer forward using a 2- to 6-beat kick; feet remain below the surface	Heels drawn toward buttocks; heels remain underwater; ankles rotate outward with toes wider than heels; knees and ankles fully extend at end of power phase	Scissors kick on both sides; knees and hips bend, pulling heels toward buttocks; legs remain close together as knees bend; ankle of top leg begins the power phase in a bent position and extends as the leg returns to the glide position; ankle of the bottom leg remains extended with the toes pointed throughout the power phase	Legs can separate slightly at knees during kick—no flutter kick motion; two dolphin kicks; legs extend during downbeat; legs straighten with ankles relaxed during upbeat; heels just break the surface



<b>Component</b>	<b>Front Crawl</b>	<b>Elementary Backstroke</b>	<b>Back Crawl</b>	<b>Breaststroke</b>	<b>Sidestroke</b>	<b>Butterfly</b>
<b>Arms</b>	Same as Level 5	Same as Level 5	Above-water recovery—arm straight at elbow; hand enters just outside shoulder in coordination with body roll; hand enters little finger first, reaching downward with elbow bent; fingertips point away from the body to the side; hand follows a straight path toward the feet; arm fully extended at elbow for the finish	Arms sweep outward from the glide position (arms extended narrower than shoulder width); bend at elbows increases as hands move toward chest; elbows remain high throughout the pull; hands come together at the midline under the chin; arms extend forward to a glide position	Leading arm: hand remains below the surface; palms angled down and slightly outward; elbow bends and hand sweeps slightly downward and slightly backward toward the feet; pull ends at upper chest; shoulder rotates and elbow drops; fingers lead arm extension as the hand passes the ear, and the arm rotates so palm faces down; arm is parallel to and below the surface, in line with head, trunk and legs. Trailing arm: hand remains below the surface of the water; palm presses downward and slightly backward at the beginning of the catch and continues backward throughout the pull; forearm travels along the midline close to the body during the recovery	Above-water arm recovery—little or no bend in the elbows; hands enter thumb-side first in front of or slightly outside the shoulders; arms extend and hands accelerate and press back past hips



<b>Component</b>	<b>Front Crawl</b>	<b>Elementary Backstroke</b>	<b>Back Crawl</b>	<b>Breaststroke</b>	<b>Sidestroke</b>	<b>Butterfly</b>
<b>Breathing and Timing</b>	Same as Level 5	Same as Level 5	Rhythmic breathing pattern—inhalates as one arm recovers and exhales as the other arm recovers; arms in continuous opposition—no hesitation at finish	No delay from finish into recovery; face and head submerge during arm recovery, kick and glide; exhales underwater	Regular rhythmic breathing pattern—inhalates during leg recovery and exhales during power phase of the kick; arms alternate; recovery phase of kick occurs during leading arm pull and trailing arm recovery; extended glide after power phase	Forward rhythmic breathing pattern on stroke each cycle; inhalates during face lift and arm recovery and exhales during underwater arm pull; forward and upward followed by forward and downward body action paired with arm action and dolphin kicks; face exits water before the arms and re-enters the water before the arms