



## STROKE PERFORMANCE CHART

### Level 4 Stroke Performance Criteria

Component	Front Crawl	Breaststroke	Butterfly	Elementary Backstroke	Back Crawl	Sidestroke
<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



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<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