



STROKE PERFORMANCE CHART

Level 3 Stroke Performance Criteria

| Component | Front Crawl | Elementary Backstroke | Sidestroke |
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| Body position | 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; hips may be bent; chin tucked; ears may be out of the water | Body in side-lying position |
| Arms | 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 | 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 |
| Legs | Continuous kicking; occasional bicycling action acceptable; legs bent at the hips or knees during downbeat acceptable; feet may break surface of water | 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 | Perform a rudimentary scissors kick on the side with support |
| Breathing and timing | Face in water and breathes consistently to the side—occasional head lift acceptable; arms and legs show general alternating pattern | 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 |