



## STROKE PERFORMANCE CHART

# Level 6 Stroke Performance Criteria

Component	Front Crawl	Breaststroke	Butterfly	Elementary Backstroke	Back Crawl	Sidestroke
<b>Body position</b>	Same as Level 5	Body is nearly horizontal to the surface and streamlined during the glide position	Body is nearly horizontal to the surface in a streamlined position	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; hips and shoulders aligned; bottom ear and lower face in water
<b>Arms</b>	Same as Level 5	Arms sweep outward from the glide position (arms extended narrower than shoulder width); bend at elbows increase 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	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	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 pointing away from the body to the side; hand follows a straight path toward the feet; arm fully extended at elbow for the finish	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



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<b>Arms</b> <i>(continued)</i>						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
<b>Legs</b>	Same as Level 5	Heels drawn toward buttocks; heels remain under water; ankles rotate outward with toes wider than heels; knees and ankles fully extend at end of power phase	Legs can separate slightly at knees during kick—no flutter kick motion; legs extend during downbeat; legs straighten with ankles relaxed during upbeat; heels just break the surface	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	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;



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<b>Legs</b> <i>(continued)</i>						ankle of the bottom leg remains extended with the toes pointed throughout the power phase
<b>Breathing and timing</b>	Same as Level 5	No delay from finish into recovery; face and head submerge during arm recovery, kick and glide; exhale under water	Forward rhythmic breathing pattern on stroke each cycle; inhalation during face lift and arm recovery and exhalation during underwater arm pull; pivoting, up-and-down body action paired with arm action and two dolphin kicks; face exits water before the arms and re-enters the water before the arms	Same as Level 5	Rhythmic breathing pattern—inhale as one arm recovers and exhale as the other arm recovers; arms in continuous opposition—no hesitation at finish	Regular rhythmic breathing pattern—inhale during leg recovery and exhale 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