

LEVEL 4 STROKE COMPONENT CRITERIA

Component	Front Crawl	Back Crawl	Breaststroke	Elementary Backstroke	Sidestroke	Butterfly
Body Position	Body horizontal to 15° from surface; performs body roll; occasional side-to-side motion of trunk and legs acceptable	Body horizontal to 15° from surface; head back with ears submerged; rudimentary body roll; trunk and legs should be aligned	Trunk horizontal to 30° from surface during glide	Trunk horizontal to 30° from surface; hips may be bent; chin tucked; ears may be out of water	Body in side-lying position	Trunk may be horizontal to 30° from the surface; face in water
Arms	Above-water recovery with arm bent at elbow-arm straight at elbow acceptable; hands enter above the level of the head, finger tips first shoulder width apart; arm extends fully after entry with slight outward sweeping action; arm bent at elbow during power phase; power phase finishes beyond hip	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; arm finish beyond hip	Hands may begin outward scull (catch) wider than shoulder width-arms may be partially bent at elbow; arm bend at elbow increase as hand moves toward waist-hands may be level or slightly deeper than elbows; hands may sweep beyond the should, but not beyond the waist	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 side	Above-water arm recovery-arms may contact the water; hands may enter wider than shoulders; arms may be straight at elbow during recovery and catch actions; palms may face backwards (no sculling motion) throughout entire pull; power phase finishing at waist acceptable; arms may be bent at elbow during finish
Legs	Continuous kicking that start from the hips; ankles and knees extended but not rigid; feet remain below the surface-moderate splash acceptable	Continuous kicking that start from the hips; legs slightly bent at the knee with toes pointed during the downward kick; feet remain below the surface-moderate splash acceptable	Legs bend at the knees bringing heels toward buttocks; 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; occasional flutter kick during glide position acceptable	Knees may break the surface of the water during recovery; knees may be wider than hips and ankles; heels may break surface of water; ankles may bend throughout power phase; occasional scissors kick acceptable; legs may be partially bent at the knees at the end of the power phase; occasional flutter kick during glide acceptable	Perform a rudimentary scissors kick on side with support	Legs may be partially extended at the knee during the down beat; minimal movement of the hip during the down beat acceptable; legs may bend at the knees during up beat-feet may break the surface; some flutter action acceptable
Breathing and timing	Face in water; breathing to the side; exhale underwater on each breath; arms alternate-slight hesitation during breathing acceptable	Relaxed rhythmic breathing pattern; arms in opposition-slight hesitation at finish acceptable	Rudimentary form of pull, breathe, kick, glide sequence; minimal glide with some forward motion 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	Arms pull and recover with minimal leg kick; arms may hesitate at side before recovery