

Level 3 Stroke Performance Criteria

Component	Front Crawl	Back Crawl	Butterfly
Body position	Trunk horizontal to 30° from surface; rudimentary body roll; some side-to-side motion of trunk and legs acceptable	Trunk horizontal to 30° 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	Body moves forward in a dolphin-like motion
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	Above-water arm recovery—elbows below surface acceptable; hands may enter at or above shoulder level; arm straight at elbow during power phase acceptable	
Legs	Continuous kicking; occasional bicycling action acceptable; legs bent at the hips or knees during down beat acceptable; feet may break surface of water	Continuous kicking; occasional bicycling action acceptable; legs bent at knee acceptable; feet may break surface of water	Simultaneous leg action
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 in opposition—hesitation at finish acceptable	

American Red Cross Stroke Performance Charts