

Level 6 Stroke Performance Criteria

Component	Front Crawl	Back Crawl	Breaststroke	Elementary Backstroke	Sidestroke	Butterfly
Body position	Same as Level 5	Same as Level 5	Body is nearly horizontal to the surface and streamlined during the glide position	Body is nearly horizontal to the surface with arms at side during glide; chin up, ears in the water	Body is nearly horizontal to the surface and streamlined during the glide position; hips and shoulders aligned; bottom ear and lower face in water	Body is nearly horizontal to the surface in a streamlined position
Arms	Same as Level 5	Same as Level 5	Hands sweep outward and downward from a 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	Arms extend at or slightly above shoulder level with hands no further than top of head; fingers lead arm extension; palms face toward feet; elbows extend as palms whip backward and inward, stopping at the hips	Lead arm: hand remains below the surface; forearm remains horizontal to the surface of the water throughout pull; pull ends at upper chest; hand sculls toward upper chest with palm facing inward and slightly downward; arm extends toward head with palm facing downward and outward; fingers lead arm extension movement as the hand passes the ear; arm is parallel to and about 6 to 8 inches below the surface and in line with head, trunk and legs	Above-water arm recovery flat or low recovery with slight lift of the elbows about midway through the recovery phase; hands enter thumb side first with pronounced outward sweep at beginning of catch movement; arms extend at elbow at finish of power phase

Level 6 Stroke Performance Criteria—continued

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Arms— <i>continued</i>					Trail arm: hand remains below the surface of the water; palm faces downward and slightly backward at beginning of catch movement; palm faces backwards throughout the entire pull; forearm travels along the midline close to the body during the recovery	
Legs	Same as Level 5	Same as Level 5	Heels drawn toward buttocks; heels remain underwater; ankles rotate outward with toes wider than heels; knees and ankles fully extend at end of power phase	Heels drop by bending knees; ankles bend to 90° and rotate outward with toes wider than heels of the feet; knees and ankles fully extending at the end of the power phase	Scissors kick on both sides; knees and hips bend, pulling heel 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; ankle of the bottom leg remains extended with the toes pointed throughout the power phase	Legs can separate slightly at knees during kick—no flutter kick motion; two-beat dolphin kick (big kick, little kick); knees extend, ankles relaxed and pointed downward; ankles flex along with minimal knee flexion

Level 6 Stroke Performance Criteria—continued

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Breathing and timing	Same as Level 5	Same as Level 5	No delay from finish into recovery; face and head submerge during arm recovery, kick and glide; exhale underwater	Rhythmic breathing pattern with inhalation during arm and leg recovery and exhalation during arm and leg power phase; arm recovery begins slightly before leg recovery; arm and leg power phase begins simultaneously; extended glide after power phase	Regular rhythmic breathing pattern with inhalation during leg recovery and exhalation during power phase of the kicking action; arms alternate; recovery phase of kick occurs during lead arm pull and trail arm recovery; extended glide after power phase	Forward rhythmic breathing pattern on stroke each cycle; inhalation during face lift and arm recovery and exhalation during underwater arm pull; undulating body action paired with arm action and two-beat dolphin kick; face exits water before the arms and re-enters the water before the arms