

RECOMMENDED STROKE BRIEFING

BREASTSTROKE:

- At the start of the race, the swimmer **may** take one arm pull and one leg kick, in that order, while completely submerged (rules comm. interpretation). The head must break the surface of the water by the time the arms have reached the widest part of the second arm pull.
- From the beginning of the first arm stroke, the body **shall** be kept on the breast, and the **arms shall** be in the same horizontal plane.
- The **arms** must move in the same horizontal plane with no alternating movement, but the position of the **shoulders** is **irrelevant** (rules comm. interpretation).
- During the recovery, the hands must be pushed forward from the breast, which has been defined as the area in front of the chest and between the shoulders.
- The elbows must stay in contact with the water during the **recovery** phase of the arm stroke throughout the race except for the final stroke before the turn, during the turn and the last stroke at the finish of the prescribed distance.
- The only time the hands may be brought back beyond the hipline is during the first arm pull after the start and after each turn.
- All vertical and lateral motion of the legs shall be simultaneous.
- The position of the toes is key to judging the breaststroke kick. If the toes are pointed out during the propulsive part of the kick it is probably a legal breaststroke kick.
- There shall be no scissors, flutter or downward butterfly kick. Breaking the surface of the water with the feet is not a disqualification unless accompanied by a downward butterfly kick. If the feet are dropping with the toes still turned in while the knees are pulling up during the recovery, it is legal.
- At the turns and the finish, a two hand simultaneous touch is required.
- After the final pull into the wall at the turns and the finish the arms no longer need to be in the same horizontal plane. However, the shoulders do have to be at or past vertical towards the breast when the feet leave the wall at each turn and at the finish.

BUTTERFLY:

- After the start and each turn, the swimmer's shoulder **shall** be at or past vertical towards the breast.
- The swimmer may take as many kicks as they want but when they begin their first arm pull, the body shall be kept on the breast and that first arm pull must bring them to the surface of the water.
- The head must break the surface of the water by the 15M mark and some part of the body must be remain on the water surface throughout the swim, except after the first 15M after each turn.
- During the swim, the arms must recover simultaneously over the water surface.
- All movements of the legs and feet shall be simultaneous. There shall be no alternating, scissors or breaststroke kicking movement (toes turned outward during the propulsive part of the kick).
- At the turns and the finish, there shall be a two hand simultaneous touch (rules comm. interpretation).
- After the final pull into the wall at turns and finish, the shoulders do not have to be horizontal.
- There shall be no underwater recovery.

BACKSTROKE:

- Immediately following the start, standing in or curling the toes over the lip of the gutter is not permitted (rules comm. interpretation).
- The swimmer **must** be at or past vertical towards the back during the swim.
- The head **must** break the surface of the water by the 15M and some part of the body must remain on the water surface throughout the swim, except during the turn, at the finish and 15M after each turn.
- At each turn, some part of the swimmer must touch the wall.
- The swimmer **may** turn past vertical toward the breast, at which time they **may** execute a single or simultaneous double arm pull, which may be used to execute the turn.
- Once a swimmer has left their position on the back, there shall be no kick independent of the turning action.
- The swimmer **must** be towards the back when the feet leave the wall after each turn and **must** touch the wall at the finish while on the back.

FREESTYLE:

- The swimmer may choose to swim any style they want but their head **must** break the surface of the water by the 15M mark.
- Some part of the body must remain on the water surface throughout the race except for the first 15M after each turn (rules comm. interpretation).
- Some part of the swimmer's body **must** touch the wall at the end of each length of the swim.

INDIVIDUAL MEDLEY/MEDLEY RELAY:

- The individual Medley is swum in the following order: Butterfly, Backstroke, Breaststroke and Freestyle. Freestyle is to be done in any stroke other than the previous three (rules comm. interpretation).
- The Medley Relay is Backstroke, Breaststroke, Butterfly and Freestyle.
- Each leg of the race **shall** be judged by the rules pertaining to that stroke and each transition from one stroke to another shall conform to the finish rules for that stroke.

RELAY TAKE-OFFS:

- Watch the feet of the swimmer on the block. When the feet of the swimmer on the block leave the starting platform, look down to the pool to see if the incoming swimmer has touched the wall. If so, the exchange is good.
- In recording your observation, an O indicates a good take-off and an X represents an early take-off. **Do not raise your hand** for an early take-off as this is dual confirmation.

GLOSSARY TERMS OF IMPORTANCE:

Body, calm state or surface, end of course, forward start, horizontal, propulsive, scissor, shall, simultaneously, vertical, wall.