

OFFICIAL'S "STROKE & TURN" BRIEFING



FREESTYLE	<p>START: Forward Start</p> <p>BODY POSITION: No restriction upon body position, except ... if submerged at start and turns, head must break the water surface by the 15 meter mark</p> <p>STROKE: Any stroke style may be used</p> <p>KICK: Any kick style may be used</p> <p>TURN/FINISH: Any part of the body may touch the end of the racing course at a turn or finish</p>
BACKSTROKE	<p>START: Start in the water with back to the course ... feet or toes may not be in or bent over the edge of the gutter if one is present</p> <p>BODY POSITION: Must swim "on the back", except for turns ... if submerged at the start and turns, head must break the water surface by the <u>15 meter mark</u></p> <p>STROKE: Any stroke style may be used</p> <p>KICK: Any kick style may be used</p> <p>TURN/FINISH: Any part of the body may touch the end of the racing course at a turn or finish. The swimmer MAY turn onto "the breast" while executing the turn if the turning motion is continuous ... MAY be submerged at the finishing touch</p>
BREASTSTROKE	<p>START: Forward Start</p> <p>BODY POSITION: Must swim "on the breast" ... MAY have one pull and kick while fully submerged ... also MAY use one "downward" butterfly kick with or following the pull, and prior to the breaststroke kick, MAY be submerged (not required) ... head must break the water surface before hands turn inward at widest part of second stroke</p> <p>STROKE: Arms shall move simultaneously and in same horizontal plane, not alternating ... hands recovered under, on or over water from the breast ... elbows under the water except at touch of turns and finish ... head must break surface during each "stroke cycle"</p> <p>KICK: After the start and each turn, a single butterfly kick, which must be followed by a breaststroke kick, is permitted during or at the completion of the first arm pull. Following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement. Feet must be turned outwards during the propulsive part of the kick. A scissors, flutter or downward butterfly kick is not permitted except as provided herein.</p> <p>TURN/FINISH: Body must be on the breast; touch is made w/both hands separated and simultaneously, at, above, or below the water surface. Head may be submerged after the last arm pull.</p>
BUTTERFLY	<p>START: Forward Start</p> <p>BODY POSITION: Must swim "on the breast" ... if submerged at start and following turns, head must break surface by the <u>15 meter mark</u></p> <p>STROKE: One "arm pull" under water is allowed which must bring the swimmer to the surface ... arms must be brought forward over the water and recovered simultaneously</p> <p>KICK: All up and down movement of feet and legs must be simultaneous ... feet and legs may not alternate ... scissors or breaststroke kick is not permitted</p> <p>TURN/FINISH: Body must be on the breast; touch is made w/both hands separated and simultaneously, at, above, or below the water surface. Head may be submerged after the last arm pull.</p>
IND. MEDLEY	<p>START: Forward Start</p> <p>BODY POSITION: Rules for each stroke apply</p> <p>STROKE: Rules for each stroke apply</p> <p>KICK: Rules for each stroke apply</p> <p>TURN/FINISH: Intermediate turns conform to rules for that stroke ... transition turns conform to finish rules for that stroke</p>
RELAY	<p>RELAY TAKEOFF: Feet/foot must maintain contact with starting platform or wall until incoming swimmer has touched wall/pad (Departure then Touch – Top/Down or Toes to Fingers)</p>