

Stroke and Turn - What To Look For!

FREESTYLE:

- Swimmer may swim any style, but their head must break the surface by the 15-meter mark.
- Some part of the swimmer's body must touch the wall at the end and turn.
- Swimmer may move back (skull, glide, swim) to touch the wall at turn end.

BACKSTROKE:

- Standing or curling toes over the lip of the gutter is not permitted, (called by starter)
- The head must break the surface by the 15-meter mark.
- At the turn, some part of the swimmer must touch the wall.
- During the turn a single arm pull or a simultaneous double arm pull is allowable.
- Once swimmer has initiated the turn, he/she must either complete the turn or kick into the wall without any other arm strokes. As the swimmer leaves the wall, he/she must be past vertical towards the back.
- When doing an open turn, swimmer must touch the wall at the finish while on the back. Swimmer may NOT move back (skull, glide, swim) to touch the wall at turn end.

BREASTSTROKE:

- During the start and each turn swimmer may do a single butterfly kick during or after the first arm pull. It must be followed by a breaststroke kick.
- The head must break the surface by the time the arms have reached the widest part of the second arm pull.
- The only time the hands may be brought back beyond the hipline is during the first arm pull after the start and the turn.
- 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.
- At the turn and finish, a two hand simultaneous touch is required.

BUTTERFLY:

- Swimmer may kick underwater, but head must break the surface by the 15-meter mark.
- Swimmer's arms must recover simultaneously over the water surface.
- All movements of the legs and feet need not be parallel, but shall be simultaneous.
- There shall be no alternating, scissors, or breaststroke kicking.
- At the turn and finish, a two hand simultaneous touch is required.

INDIVIDUAL MEDLEY:

- Each leg of the race shall be judged by the rules of each stroke.
- Turns and finishes will also be judged by the finish rules of each stroke.
- Backstroke: after touching on their backs, they may execute a flip.

Benefit of the doubt goes to the swimmer!