

BREASTSTROKE

Start: Forward start.

Stroke: Body kept on breast.
Stroke cycle is one arm pull and one leg kick in that order. Simultaneous arm movement in same horizontal plane.
After start and each turn one arm stroke may be completely back to legs. Head must break surface at widest part of second pull.
Recovery by the hands from the breast-on, under, or over the water. Elbows under water except last stroke before turn or finish.

Kick: After start and each turn, prior to the first breaststroke kick, a single butterfly kick is permitted.
Movement of the legs shall be simultaneous vertically and horizontally.
Feet turned out during propulsive part of kick.
No alternating, scissors, or butterfly kick, except as stated, is allowed.

Turns/ Shoulders at or past vertical toward breast when feet leave wall.

Finish: Touch shall be made with both hands separated and simultaneously at, above, or below the water surface.
At the last stroke before the turn and at the finish an arm stroke not followed by a leg kick is permitted.
Head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during last complete or incomplete stroke cycle preceding the touch.

BUTTERFLY

Start: Forward start.

Stroke: Body kept on breast.
Multiple kicks permitted but first arm pull must bring swimmer to the surface.
Must break surface throughout the race except swimmer may be submerged after start and each turn not more than 15 meters where head must break surface.
Arms, shoulder to wrist, brought forward over water and pulled back simultaneously.

Kick: Simultaneous up and down movement.
No alternating, scissors, or breaststroke kicking movements.

Turns/ Shoulders at or past vertical toward breast when the swimmer leaves wall.

Finish: Touch shall be made with both hands separated and simultaneously at, above, or below the water surface.

BACKSTROKE

Start: In water facing start end with both hands on gutter or starting grips.
(a) guttered pool - feet/toes may be above the water, but may not be in, on, above lip, or bent over the gutter at any time before or after start.
(b) flat wall pads - feet/toes may be placed above the water level.
(c) when using backstroke ledges - the toes of both feet must be in contact with the wall

Stroke/ Any style as long as swimmer remains on back.
Kick: Must break surface throughout the race except swimmer may be submerged after start and each turn not more than 15 meters where head must break surface.

Turns: During turn swimmer may go past vertical to the breast and may utilize a continuous single or continuous simultaneous double arm pull to initiate the turn.★
Some part of swimmer must touch wall at completion of each length. Shoulders at or past vertical toward back when feet leave wall.

Finish: Some part of swimmer must touch the wall while on the back.

Note: 8 & U ONLY: turn towards breast after head past flag; kicking-gliding OK. No multiple arm strokes.

FREESTYLE

Start: Forward start.

Stroke/ Any style may be used.

Kick: Must break surface throughout the race except swimmer may be submerged after start and each turn not more than 15 meters where head must break surface.

Turns/ Some part of swimmer must touch the wall at completion of each length or required

Finish: distance.

INDIVIDUAL MEDLEY

Start: Forward start.

Stroke: Rules for each stroke apply.

Must swim $\frac{1}{4}$ of event distance as prescribed stroke, in order of Butterfly, Backstroke, Breaststroke, and Freestyle.

May not swim in the style of the other three strokes during the freestyle leg.

Kick: Rules for each stroke apply.

Except freestyle turn, swimmer must return to the breast before any kick or stroke.

Turns/ Intermediate turns conform to turn rules for the stroke.

Finish: Transition turns conform to finish rules for the stroke.

Breast to Freestyle turn, must return to the breast before any kick or stroke.

RELAYS

FREESTYLE RELAY

Swimmer #2,#3, & #4 must have 1 Foot in contact with platform IN FRONT OF WEDGE

Freestyle rules apply.

Each swimmer must swim $\frac{1}{4}$ of distance.

MEDLEY RELAY

Rules pertaining to each stroke apply.

Each swimmer must swim $\frac{1}{4}$ of event distance as prescribed stroke, in order of Backstroke, Breaststroke, Butterfly and Freestyle.

May not swim in the style of the other three strokes during the freestyle leg.

Takeoffs: Swimmers feet/foot must remain in contact with the starting platform until the incoming swimmer has touched the finish wall or pad.

JURISDICTION

Stroke Judge: Wall to wall - start to finish.

Turn Judge: Start - From entry into water through completion of first arm stroke.
Turn - Last stroke and kick prior to touch and through first arm stroke after the turn.
Finish - Ensure completion conforms to finish rules.

OR: As assigned by the Referee who has full control and authority over all officials.

Upon Observing an infraction, Official MUST immediately raise one hand overhead.

BENEFIT OF THE DOUBT GOES TO THE SWIMMER

Call what you see and see what you call.

Please wear a white polo shirt over blue bottoms. Bring hat, sunglasses, & sunscreen.

E-mail any questions to Steve Connock at sconnock3@gmail.com