

STROKE BRIEFING CHECKLIST

Butterfly

- 15 meter at start & turns
- after start & turn shoulders past vertical toward breast
- one arm pull must bring to surface, **2nd pull must be on surface**
- must stay on surface until next turn or finish
- **from start of** first arm pull body on the breast
- arms must recover simultaneously over water surface (**see skin on forearms**)
- kick – all movement simultaneous
- kick – need not be on same level, but may not alter in relation to one another **and breaststroke kick is not permitted**
- two hand simultaneous touch at, above, or below. **No underwater recovery**

Backstroke

- toes above lip of gutter are not permitted during or after start. Starter's responsibility before start and S&T violation if toes curl after start.
- 15 meter at start & turns
- past vertical toward back during swim
- some part of the body must break surface during swim
- at turn some part of swimmer must touch wall
- turn may be past vertical toward breast if single/double simultaneous pull
- continuous turning action
- past vertical towards back when feet leave wall
- on back at finish

Breaststroke

- cyclical – arm then kick
- start – second arm pull (widest part – **hands turn inward**) head must break surface
- body on the breast
- arms simultaneous
- **arms below hip line permitted on pullout at start and turns only**
- elbows under water **on recovery portion**, except final stroke **on turns and finish**
- hands pushed forward from breast under/on/ over the surface of the water
- some part of head break surface during each cycle
- kick movement simultaneous w/o alternation
- feet outward during propulsive part
- no scissors, flutter, downward butterfly kick. After the start and each turn, at any time prior to the first breaststroke kick, a single butterfly kick is permitted.
- shoulders past vertical toward breast when feet leave wall at turn & finish
- two hand simultaneous touch at, above, or below surface of water

Freestyle

- 15 meter mark at start & turns
- **Only stroke where you can stand on bottom**
- **No walking or pushing off bottom**
- completion of each length must touch wall

Individual Medley

- order; butterfly, back, breast, free
- freestyle may not be any of the previous three
- **intermediate turn judged as turn; transition judged as finish of stroke**