

PISL Stroke and Turn Guidelines

Free

- Limited restrictions. Any stroke permissible, though front crawl most common
- On turn, swimmer must touch the wall in any manner, usually by flip turn with feet
- Submerged finish not allowed
- Some part of the swimmer must break the surface of the water throughout the race, except for a distance of not more than 15 meters (16.4 yards) after the start and each turn. Lane ropes are marked accordingly
- Swimmer may not propel forward by pushing off the pool bottom or pulling on lane rope; incidental contact is ok

Back

- Starts occur in the water and a swimmer must remain on back throughout race
- Some part of the swimmer must break the surface of the water throughout the race, except for a distance of not more than 15 meters (16.4 yards) after the start and each turn. Lane ropes are marked accordingly
- At turn, swimmer can touch wall on back or turn past vertical onto the stomach and use a continuous motion of one stroke before initiating their flip turn at the wall; when pushing off the wall after a turn swimmer must be on back / past vertical towards the back
- Must finish race on back; no submersion
- Swimmer may not propel forward by pushing off the pool bottom or pulling on lane rope; incidental contact is ok

Fly

- A two-arm pull with above water recovery must be performed
- Symmetrical, simultaneous arms and legs (within reason, given age of swimmer) must be observed
- Alternating/varied arm strokes and or kicks not allowed
- Some part of the swimmer must break the surface of the water throughout the race, except for a distance of not more than 15 meters (16.4 yards) after the start and each turn. Lane ropes are marked accordingly
- Swimmer remains on front
- Two handed touch at turn and finish. Hands can be on differing planes, but must touch simultaneously
- Swimmer may not propel forward by pushing off the pool bottom or pulling on lane rope; incidental contact is ok

GOLDEN RULE: SWIMMER ALWAYS GETS BENEFIT OF THE DOUBT

Breast

- At race start and turn, one pull down, a single dolphin kick and one breaststroke kick are permitted while submerged. Single dolphin kick may be observed prior to arm pull while in streamline, during arm pull or after so long as performed prior to breaststroke kick
- Swimmer remains on front during race
- Symmetrical, simultaneous arms and legs. Varying arm strokes and/or kicks not allowed
- Proper form is one arm stroke and one leg kick, in that order. No downward dolphin kick
- Two handed touch at turn and finish. Hands can be on differing planes, but must touch simultaneously
- Swimmer may not propel forward by pushing off the pool bottom or pulling on lane rope; incidental contact is ok

Individual Medley

- Strokes must be swum in the order of fly-back-breast-free
- Stroke techniques for each individual stroke are the same as above, including touches
- When transitioning to backstroke, swimmer must push off from the wall on back/past vertical towards back
- When finishing lap of backstroke, swimmer must touch the wall on back/past vertical towards back and must touch wall with hand before making the turn. Open turn or “reverse” flip turn acceptable

Judging Guidelines

- 6 & Under
 - DQ applies to 1st heat only and to those swimmers in scoring position (1st, 2nd, 3rd)
 - DQ should be for material defect in stroke (i.e. turning over onto stomach during backstroke)
 - Swimmers in non-scoring position and/or in Heat 2+ to be issued warnings
- All other age groups: DQ applies to 1st heat only. Warnings for Heat 2+

Deck Positioning

- S/T officials should follow swimmers “between the flags” in the middle of the pool deck
- Observe lead swimmers first and then observe backwards to others

Misc. Items

- Both S/T judges should confer and agree on any DQ. If one judge misses an infraction, the DQ will still hold but be described to the other judge
- Judges to fill out and hand in DQ slips of opposing team
- Any conflict should be taken to Meet Director
- Remember this is summer league swimming and DQs should be obvious. Foster love of sport!

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