

STROKE AND TURN

FREESTYLE

Start — The forward start shall be used.

Stroke — The swimmer may swim any style. Some part of the swimmer must break the surface of the water throughout the race, except the swimmer may be completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and each turn. By that point the head must have broken the surface.

Turns — Upon completion of each length the swimmer must touch the wall.

Finish — The swimmer shall have finished the race when any part of his person touches the wall after completing the prescribed distance. The swimmer may not be completely submerged at the finish.

BREASTSTROKE

Start — The forward start shall be used.

Stroke — The swimmer must remain on the breast (shoulders at or past vertical towards the breast).

The cycle is one arm pull and one leg kick in that order. The arm pull cannot bring the hands past the hipline, except for the first arm pull after the start and after each turn. The recovery of the hands can be on, under or above the water. The elbows must remain under water except for the last stroke before the turn or finish. All arm movements must be simultaneous.

The head must break the surface by the widest point of the second stroke and must break the surface during each complete cycle.

Kick — Breaststroke kick - The feet must be turned out during the propulsive part of the kick and all leg movements must be simultaneous. No alternating, scissors or butterfly kick is allowed, except after the start and after each turn, a single butterfly kick is permitted prior to the first breaststroke kick.

Turns and Finish — After each turn, the swimmer must be on the breast when the feet leave the wall. The touch must be made with both hands separated and simultaneously at, above, or below the water surface. The last stroke before the turn or at the finish may be an arm stroke only. The head may be submerged after the last arm pull prior to the touch, but it

must break the surface at some point during the last complete or incomplete stroke cycle preceding the touch.

BUTTERFLY

Start — The forward start shall be used.

Stroke — The swimmer must remain on the breast (shoulders at or past vertical towards the breast). Multiple kicks are permitted, but the first arm pull must bring the swimmer to the surface. The arms (shoulder to wrist) must be brought forward over the water and pulled back under the water. All arm movements must be simultaneous. Throughout the race, some part of the body must break the surface, except for the start and after each turn, where the swimmer may be submerged for not more than 15 meters. At that point, the head must break the surface.

Kick — Butterfly kick - All leg movements must be simultaneous up and down. No alternating, scissors, or breaststroke kick is allowed.

Turns — The touch shall be made with both hands separated and simultaneously at, above, or below the water surface. Once a touch has been made, the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall.

Finish — At the finish, the body shall be on the breast and the touch shall be made with both hands separated and simultaneously at, above, or below the water surface.

BACKSTROKE

Start — Backward Start is used.

In the water, facing the start end with both hands on the gutter or on the starting grips. Foot (heel to toes) placement will vary as follows: A: In a guttered pool - the feet may be above the water. Before or after the start, they must not be in or on the gutter, and they cannot be above or curled over the lip. B: In a pool with full-length wall pads, the feet may be above the water level.

Stroke/Kick — The swimmer must remain on the back (shoulders at or past vertical towards the back). Any stroke or kick may be used. Throughout the race, some part of the body must break the surface, except for the start and after each turn, where the swimmer may be submerged for not more than 15 meters. At that point, the head must break the surface.

STROKE AND TURN

Turns — Upon completion of each length, some part of the swimmer must touch the wall. After the swimmer's head has passed the backstroke flag, prior to the turn, the swimmer's upper shoulder may (but is not required to) rotate past the vertical toward the breast before the touch is completed; providing such rotation is accompanied by an initiation of the turning action or continuation into the wall. The initiation of the turning action shall be accomplished by a single-arm or simultaneous double-arm pull, or in the absence of such pulls, by a downward, underwater movement of the head. After initiation of the turning action, no additional arm pulls may be started; however, kicking and gliding actions are permitted. The swimmer shall assume a position on the back before the feet leave the wall.

Finish — Upon the finish of the race, the swimmer must touch the wall while on the back. Additionally, once some part of the head of the swimmer has passed the backstroke flags immediately prior to reaching the finish, the swimmer may be completely submerged prior to the touch.

INDIVIDUAL MEDLEY

— The swimmer shall swim the prescribed distance in the following order: the first one-fourth, butterfly; the second one-fourth, backstroke; the third one-fourth, breaststroke; and the last one-fourth, freestyle.

Start - The forward start shall be used.

Stroke — The stroke for each one-fourth of the designated distance shall follow the prescribed rules for that stroke, except in the freestyle, the swimmer must be on the breast except when executing a turn.

Kick - The rules for each stroke apply.

Turns

Intermediate turns within each stroke shall conform to the turn rules for that stroke, except that in the freestyle turn, the swimmer must return to the breast before any kick or stroke.

The turns when changing from one stroke to another shall conform to the finish rules for the stroke just completed, and shall be as follows:

(1)Butterfly to Backstroke

The swimmer must touch as described in 101.3.5. Once a legal touch has been made, the swimmer may turn in any manner, but the shoulders must be at or past the vertical toward the back when the swimmer leaves the wall.

(2)Backstroke to Breaststroke

The swimmer must touch the wall while on the back. Once a legal touch has been made, the swimmer may turn in any manner but the shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall and the prescribed breaststroke form must be attained prior to the first arm stroke.

(3)Breaststroke to Freestyle

The swimmer must touch as described in 101.2.4. Once a legal touch has been made, the swimmer may turn in any manner and must return to the breast before any kick or stroke.

Finish — The swimmer shall have finished the race when any part of their person touches the wall after the prescribed distance

RELAYS

Freestyle Relay — Four swimmers on each team, each to swim one-fourth of the pre-scribed distance using any desired stroke(s). Freestyle finish rules apply.

Medley Relay — Four swimmers on each team, each to swim one-fourth of the prescribed distance in the following order: first, backstroke; second, breaststroke; third, butterfly; and fourth, freestyle. Rules pertaining to each stroke used as described in 101.6 (Individual Medley) shall govern where applicable. At the end of each leg, the finish rule for each stroke applies in each case.

Rules Pertaining to Relay Races

No swimmer shall swim more than one leg in any relay event.

Each relay team member shall leave the water immediately upon finishing his/her leg, except the last member.

In relay races the team of a swimmer whose feet have lost touch with the starting platform (ground or deck) before his/her preceding teammate touches the wall shall be disqualified.

In relay races involving in-the-water starts, the team of a swimmer who's HAND has lost touch with the end of the course before his/her preceding teammate touches the wall shall be disqualified, unless the swimmer in default returns to the original starting point at the wall.

BENEFIT OF THE DOUBT ALWAYS GOES TO THE SWIMMER

Call what you see, see what you call.