



BACKSTROKE

ANNUAL ONLINE RSL TRAINING



BACKSTROKE



Start — Backward Start is used.

In the water, facing the start end with both hands on the gutter, the edge of the pool, 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.

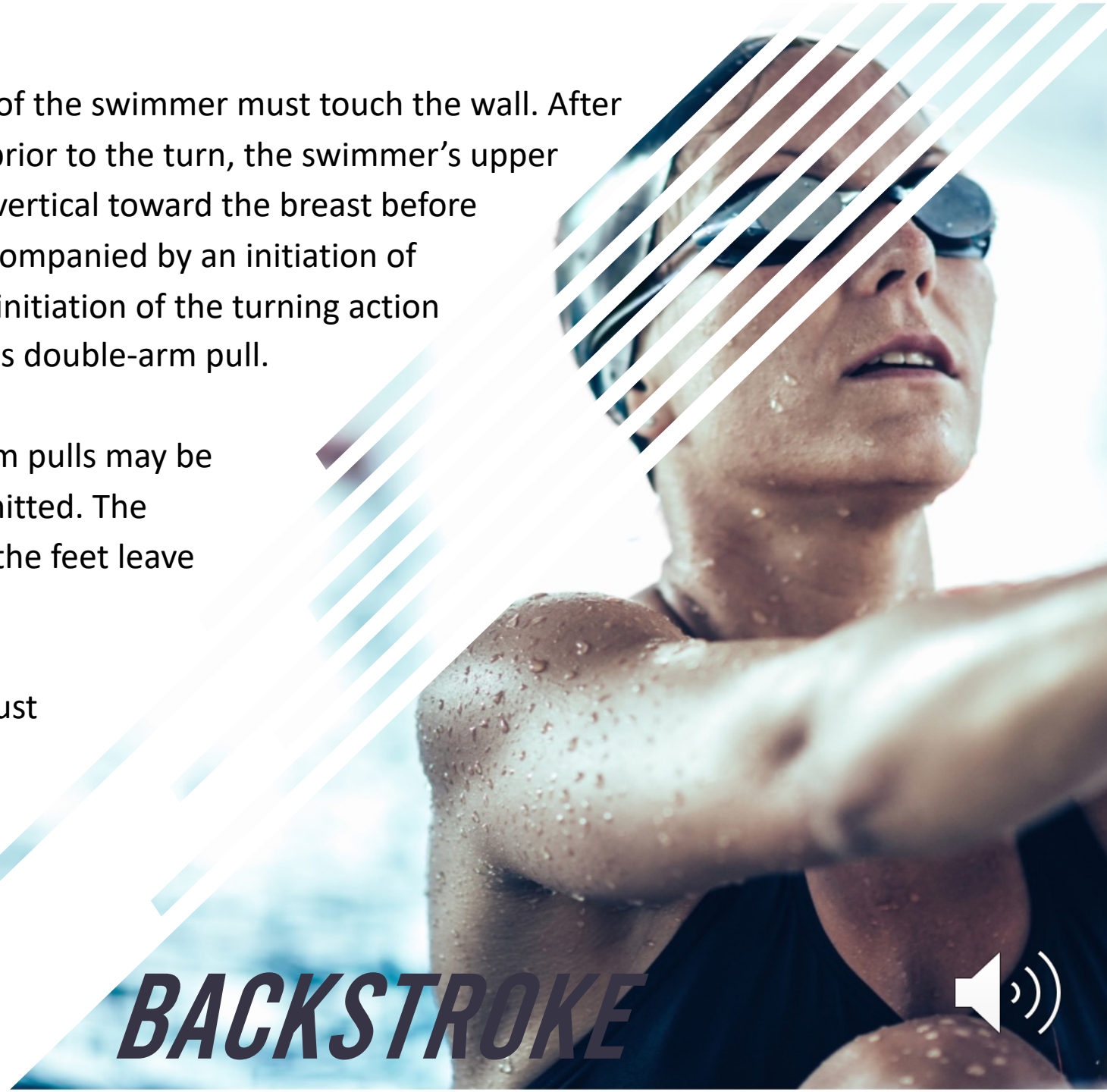


Turns — Upon completion of each length, some part of the swimmer must touch the wall. After the swimmer's head has passed the backstroke flag, prior to the turn, the swimmer's upper shoulder may (but is not required to) rotate past the vertical toward the breast before the touch is completed; providing 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.

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.

BACKSTROKE



Re-submerging during the swim

- With the exception of after the turn and at the finish

Standing on the bottom, except during a turn

- Unlike freestyle, standing on the bottom is not allowed. Once a swimmer is standing, they are no longer on their back, and therefore, in violation.

Pulling on the lane lines

- Incidental contact with the lane lines is OK, gaining propulsion from them is not.

Toes above lip of gutter after start

- Moving their toes above the gutter and curling over to push off is a violation



COMMON INFRACTIONS



Head did not break surface of water by 15-meter mark

- May be difficult to see unless it is very obvious with the end-of-pool position

Shoulders past vertical towards breast (swimmers will often turn over to look and see how far they have to go to the wall)

- After the swimmer leaves the wall after start or turn
- Before head passes flags prior to turn
- Before touch at the finish

Starting a second arm pull after rotating to breast prior to turn. They can kick or glide, but cannot do multiple arm pulls.



COMMON INFRACTIONS

