



BREASTSTROKE

ANNUAL ONLINE RSL TRAINING



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.



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Some part of the head did not break surface of water by the widest part of second stroke.

Hands are past the hipline during the arm pull after the first stroke

Two arm strokes with NO kick (except for very LAST stroke before the turn).

Body is not kept on breast; that is shoulders past vertical toward the back any time after start or after the swimmer leaves the wall after a turn

Head is kept under water for a complete stroke cycle, except for the first stroke cycle after start and turn. Swimmers must raise their head each stroke cycle.

Any kick with the top of the foot (either foot NOT turned outwards)



COMMON INFRACTIONS



Scissors kick, Alternating kick, Butterfly kick

Multiple butterfly kicks after the start or turn

Non-simultaneous Arm Movement – (happens at any time but is very common when swimmer stops to remove or adjust goggles)

One hand touch on turn or finish (be SURE you are standing right over the pool for this, a brush touch happens VERY quickly and is easy to miss)

Stacked Hands on touch or finish (one hand on top of the other)

Non-simultaneous two-hand touch at the turn or finish. Make note of which hand Touched first.



COMMON INFRACTIONS

