



BUTTERFLY

ANNUAL ONLINE RSL TRAINING



BUTTERFLY

Start - The forward start shall be used.

Stroke

After the start and after each turn, the swimmer's shoulders must be at or past the vertical toward the breast.

The swimmer is permitted one or more leg kicks, but only one arm pull under water, which must bring the swimmer to the surface.

It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface.

The swimmer must remain on the surface until the next turn or finish

From the beginning of the first arm pull, the body shall be kept on the breast except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall.

Both arms must be brought forward simultaneously over the water and pulled back simultaneously under the water throughout the race.

This is NOT a cyclical stroke so a swimmer may take as many butterfly kicks as they wish in between arm pulls.



Kick

All up and down movements of the legs and feet must be simultaneous.

The position of the legs or the feet need not be on the same level, but they shall not alternate in relation to each other.

A scissors or breaststroke kicking movement is not permitted.

Turns

At each turn the body shall be on the breast.

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.



BUTTERFLY 

Body not on breast, (shoulders are past vertical toward the back any time after the start or after the swimmer leaves the wall after a turn)

Non-simultaneous arm movement

- Ugly is not a DQ. Arms do not have to look the same, they just need to exit and enter the water at the same time.

Underwater arm recovery

- Some part of the arm between the wrist and the shoulder must break the surface. The whole arm does not need to come out, but you must see part of the arm above the water.

Partial stroke then underwater recovery prior to the turn or finish

- Swimmer will bring arms up underwater to finish if they do not have room for a whole stroke.



COMMON INFRACTIONS



Alternating (flutter or freestyle), scissors, or breaststroke kick

- Swimmers may hold one foot higher than the other, but they cannot perform alternating movements

Non-simultaneous two-hand touch at turn or finish

- Swimmers will touch with one hand then the other. Make note of which hand touches first and try to guess at the cadence. For example, did they touch “right-left” or did they touch “right - left”.

One hand touch or no hand touch at a turn or the finish

- Swimmers will touch with only one hand at the turn and the finish.

Standing on bottom except at the turn

- Cannot stand (this is not on the breast, and you cannot push-off the bottom).

Pulling on lane lines

- Same as all of the other strokes, you cannot gain propulsion from pulling on a lane line.



COMMON INFRACTIONS

