



FREESTYLE

ANNUAL ONLINE RSL TRAINING



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.



- Head did not break surface of water by 15 meter mark
 - Look for marker on the lane lines – difficult to call from the end of the pool – may only be able to call this if it is very obvious.
- Re-submerging during the swim
 - Especially with the younger swimmers, they may bob up and down under the water. If they are completely submerged while doing this, it is a violation.
- Walking on/springing from bottom
 - Swimmers may stand on the bottom and then resume swimming as long as they do not perform any sort of propulsion.
- Pulling on the Lane Lines
 - Swimmers may rest on the lane line or have incidental contact, as long as they do not perform any sort of propulsion.
- No touch at turns
 - Swimmers **MUST** touch with some part of their body. They are allowed to go back if they miss.



COMMON INFRACTIONS

