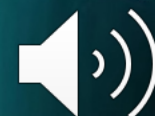




INDIVIDUAL MEDLEY

ANNUAL ONLINE RSL TRAINING



INDIVIDUAL MEDLEY

The swimmer shall swim the prescribed distance in the following order:

Butterfly – Backstroke - Breaststroke – 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.



Turns - 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:

- **Butterfly to Backstroke**

The swimmer must touch as described in the Butterfly Finish. 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.

- **Backstroke to Breaststroke**

The swimmer must touch the wall while on the back. Once a legal touch has been made, the swimmer may turn 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.

- **Breaststroke to Freestyle**

The swimmer must touch as described in the Breaststroke Finish. Once a legal touch has been made, the swimmer may turn in any manner.

Finish - The swimmer shall have finished the race when any part of his/her person touches the wall after the prescribed distance.

INDIVIDUAL MEDLEY



Common stroke infractions for each stroke are still applicable.

For the IM:

Repeating any stroke for freestyle – cannot swim fly, back or breast

Butterfly to Backstroke Turn - Non-simultaneous two hand touch, one hand touch, must go off the wall on their back (at or past vertical toward the back).

Backstroke to Breaststroke Turn – Bucket turns – are unusual but legal

Breast to Free - Non-simultaneous two hand touch, one hand touch, coming off the wall on their back and kicking

Swimming the strokes in the wrong order



COMMON INFRACTIONS

