



OFFICIALS' "STROKE & TURN" BRIEFING

FREESTYLE

START: Forward Start
BODY POSITION: No restriction upon body position, except ... if submerged at start and turns, head must break the water surface by the 15 meter mark.
STROKE: Any stroke style may be used
KICK: Any kick style may be used
TURN/FINISH: Any part of the body may touch the end of the racing course at a turn or finish.

BACKSTROKE

START: Start in the water with back to the course ... feet or toes may not be in or bent over the edge of the gutter if one is present.
BODY POSITION: Must swim "on the back," except for turns ... if submerged at the start and turns, head must break the water surface by the 15 meter mark.
STROKE: Any stroke style may be used
KICK: Any kick style may be used
TURN/FINISH: Any part of the body may touch the end of the racing course at a turn or finish. The swimmer MAY turn onto "the breast" while executing the turn if the turning motion is continuous ... MAY be submerged at the finish touch.

BREASTSTROKE

START: Forward Start
BODY POSITION: Must swim "on the breast" ... MAY have one pull and kick while fully submerged ... also MAY use one "downward" butterfly kick with or following the pull, and prior to the breaststroke kick, MAY be submerged (not required) ... head must break the water surface before hands turn inward at widest part of second stroke.
STROKE: Arms shall move simultaneously and in same horizontal plane, not alternating ... hands recovered under, on or over water from the breast... elbows under the water except at touch of turns and finish ... head must break surface during each "stroke cycle"
 Hands cannot be stacked one on top of the other. Not necessary to see space between hands. Incidental contact at fingers is not a concern.
KICK: After the start and each turn, a single butterfly kick, which must be followed by a breaststroke kick, is permitted during or at the completion of the first arm pull. Following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement. Feet must be turned outwards during the propulsive part of the kick. A scissors, flutter or downward butterfly kick is not permitted except as provided herein.
TURN/FINISH: Body must be on the breast; the touch is made with both hands simultaneously.

BUTTERFLY

START: Forward Start
BODY POSITION: Must swim "on the breast" ... if submerged at start and following turns, head must break surface by 15 meter mark.
STROKE: One "arm pull" under water is allowed which must bring the swimmer to the surface ... arms must be brought forward over the water and recovered simultaneously.
 Hands cannot be stacked one on top of the other. Not necessary to see space between hands. Incidental contact at fingers is not a concern.
KICK: All up and down movement of feet and legs must be simultaneous ... feet and legs may not alternate ... scissors or breaststroke kick is not permitted.
TURN/FINISH: Body must be on the breast; the touch is made with both hands simultaneously ... head may be submerged, under special provision.

IM

START: Forward Start
BODY POSITION: Rules for each stroke apply
STROKE: Rules for each stroke apply
KICK: Rules for each stroke apply
TURN/FINISH: Intermediate turns conform to rules for that stroke ... transition turns conform to finish rules for that stroke.

RELAY

RELAY TAKEOFF: Feet/foot must maintain contact with starting platform until incoming swimmer has touched wall/pad.