

## **The Swimmer Always Gets The Benefit Of The Doubt**

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### **Breaststroke. Rule 101.2**

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#### **At Start**

- At start & each turn body on breast
- Allowed one arm pull back to leg past hips
- A single butterfly down kick permitted after single arm stroke & must followed by a breast stroke kick
- Head must break surface of water before the hands turn inward at the widest part of the second stroke

#### **Generally**

- On Breast
- Stroke cycle must be one arm stroke & one leg kick in that order
- Hands pushed forward together from the breast on, under or over the water
- Elbows kept under water except at finish & turn
- Hands brought back on, over, or under the surface of the water
- Hands can not be brought back beyond hipline except at start and turn
- Some part of head must break surface of water during cycle of the arm pull
- Legs move simultaneously
- Feet must turn outward during propulsive phase of the kick
- Scissor, flutter, & downward butterfly is not permitted
- Feet must trail, not kick. "dolphin" movement ok
- Two hand separated & simultaneous touch at, above, or below the surface of water & can be on different planes for turns & finish
- After touch turn in any manner

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### **Butterfly.** Rule 101.3

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#### **At start or turn**

- Past vertical toward breast
- One or more leg kicks
- One arm pull under water & must bring swimmer to surface
- Head must surface before or at 15 meter mark

#### **Generally**

- On Breast
- Arms must move simultaneously & must recover over the water
- Legs must move simultaneously but one can be higher than the other
- No scissor kicks
- Two hand separated & simultaneous touch at, above or below water surface - can be on different planes, for turn & finish
- Once a backward pull has begun it must be followed with an over water recovery
- Shoulders must be at or past vertical toward breast after a turn leaving wall

#### **Past Vertical**

- Observe upper shoulder in relation to lower shoulder
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### Backstroke. Rule 101.4

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#### At start

- Line up in water
- Hands placed on the gutter or on the starting grips
- Feet below water line. Toes NOT curled up over edge of the gutter
- Hold vertical toward back under water for no more than 15 meters
- Head must break water at or before 15 meters

#### Generally

- On Back
  - Some part of swimmer must break surface of water throughout the race
  - When turning some part of swimmer must touch wall
  - Single or double arm pull to initialize turn is ok-*no sculling into wall*
  - Turn must be one continuous motion
  - Can not kick to make up distance to wall going into a turn
  - New: when swimmer leaves position off back, must immediately initiate turn
  - Must immediately return to back or past vertical to back after leaving wall
  - Can not kick to make up distance to wall going into a turn
  - Can not skull back to touch wall
  - Must touch wall while on back at finish with some part of body
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### **Freestyle.** Rule 101.5

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#### **At Start**

- Head of swimmer must break the surface of the water at or before the 15 meter mark at start or turn

#### **Generally**

- Any body position
  - Free means any stroke (except when in an I.M or Relay no breast, back, or butterfly)
  - Touch wall
  - Any manner of turn
  - Skull back is ok
  - Race is over when any part of body touches wall
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### **I.M.** Rule 101.6 **& Relay.** Rule 101.7

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#### **I.M.** - One Swimmer (Fly Back, Breast Free)

- Butterfly
- Backstroke
- Breaststroke
- Freestyle

#### **Relay** - 4 Swimmers (Back Breast, Fly Free)

- Backstroke
- Breaststroke
- Butterfly
- Freestyle

#### **Take Offs**

- Watch feet of leaving swimmer, then look to see if swimmer has touched

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	<b>Backstroke</b>	<b>Breaststroke</b>	<b>Butterfly</b>	<b>Freestyle</b>
<b>Start</b>	Backstroke start. Toes under water, not curled over gutter	Forward start. <b>PULLOUT:</b> single arm stroke beyond hipline ( <i>*optional single downward butterfly kick</i> ) followed by breaststroke kick. Some part of head must break surface before widest part of 2nd stroke.	Forward start. <b>PULLOUT:</b> one underwater arm pull with 1 or more dolphin kicks	Forward Start
<b>Body Position</b>	On Back	On Breast	On Breast	Any Body Position
<b>Stroke</b>	Any Stroke	Arms move simultaneous on same horizontal plane. Elbows under water. No sculling. Single stroke per cycle	Arms pull backward under water then simultaneously recover over water. Hands on same horizontal level	Any Stroke or combination
<b>Kick</b>	Any Kick	Feet drawn up, knees bent, feet turned out on propulsive part of kick. No scissor or alternating or dolphin kicks. Single kick per cycle	Legs & feet move up & down simultaneously on same horizontal plane. No scissors, breaststroke or alternating kicks	Any kick or combination
<b>Touch Turn</b>	After head passes flags may turn to breast with ONE single or a double simultaneous arm pull before turn. Some part of body must touch wall. Must be on back when feet leave wall.	Two hand simultaneous touch. Not necessarily on the same plane. Body must be on breast prior to first arm pull.	Two hand simultaneous touch. Not necessarily on the same plane. Body must be on breast prior to first arm pull.	Some part of the body must touch wall.
<b>Finish</b>	Some part of body must touch pad.	Two hand simultaneous touch pad.	Two hand simultaneous touch pad.	Some part of the body must touch pad