



What does it mean to be LEGAL in all four strokes?

You've probably heard this along the way, but really, what does that mean for your swimmer?

Being legal in all four strokes is the requirement for White group.

Just like every sport, swimming has its' rules. We adhere to the rules of USA Swimming—the national governing body of our sport. Swimming rules are very detailed and technically driven and are accountable by individual. Relays have special considerations as well.

You will hear our staff coach many different details of each stroke to achieve efficiency and effective functional movements. Many of these skills are not considered for the purpose of legality. They will, however, create a better and faster swimmer.

Below, I have broken out the basic legal requirements for each stroke. As swimmers progress, there are additional, higher performance considerations to some strokes. For now, these are the achievements I am looking for from Stroke swimmers for the move to White 1.

For specific USA Swimming Rules and Regulations please go to <http://www.usaswimming.org/Rainbow/Documents/2b66fa02-33ce-44b9-b94a-301c20d53994/2012%20Mini%20Rulebook.pdf>

BUTTERFLY

The swimmer must keep the feet together at all times throughout the swim in a downward butterfly kick, aka dolphin kick, from start to finish. Both arms must lift out of the water at the same time as well as pull underwater, evenly. The swimmer must touch the wall at turns and finishes with two hands. *"If both arms are doing the same thing at the same time, we touch the wall with our hands at the same time!"*

BACKSTROKE

The swimmer must stay on their back throughout the entire swim from start to finish. *Most young and new swimmers typically roll over to their bellies on the finish. This is why you will see me repeatedly practice our finishes with the stroke count from the flags. All of your kids should be able to tell you THEIR stroke count!*

BREASTSTROKE

The stroke cycle must be one arm stroke and one leg kick in that order. During this cycle, some part of the swimmer's head must break the surface of the water. The swimmer must touch the wall at turns and finishes with two hands. *Again, "If both arms are doing the same thing at the same time, we touch the wall with our hands at the same time!"*

Arms- The arms must move together and in the same horizontal plane without alternating movement. The arms are not to extend past the hip line.

Kick- All movements of the legs must be simultaneous and in the same horizontal plane without alternating movement. The feet must be turned outwards during the propulsive part of the kick. *This is where you hear me call for a "flat" foot!* A scissor kick or downward butterfly kick (using the top part of foot with a pointed toe) is not permitted. *Mastering the Breaststroke kick comes naturally for some, whereas others will spend a considerable amount of time getting this kick. It is very common for this technical skill to be achieved last among young and new swimmers.*

FREESTYLE

The good news: not much can go wrong here! The swimmer must touch the wall upon completion of the swim in any style other than Butterfly, Backstroke or Breaststroke.