



# What You're Looking At

Stroke	Start	Body	Head	Arms	Legs	Turn	Finish
Freestyle	Forward	Any	Break the surface by 15M	Any	Any	<ul style="list-style-type: none"> <li>• May turn in any manner</li> <li>• Must touch at turn</li> </ul>	<ul style="list-style-type: none"> <li>• Must touch at finish</li> </ul>
Backstroke	Backward	On the back	Break the surface by 15M	Any	Any	<ul style="list-style-type: none"> <li>• May turn in any manner</li> <li>• Must touch at turn</li> <li>• No delay in arm pull/initiation of turn</li> <li>• Must be on back when feet leave the wall</li> </ul>	<ul style="list-style-type: none"> <li>• Must touch while on the back at finish</li> </ul>
Butterfly	Forward	On the breast	Break the surface by 15M	<ul style="list-style-type: none"> <li>• First pull brings to surface</li> <li>• Arms over the water simultaneously</li> </ul>	<ul style="list-style-type: none"> <li>• Simultaneous up and down</li> <li>• No alternating, scissors or breaststroke kick</li> </ul>	<ul style="list-style-type: none"> <li>• Two hands simultaneous touch at, above or below the water surface</li> </ul>	<ul style="list-style-type: none"> <li>• Must touch while on the breast at finish</li> <li>• Two hands simultaneous touch at, above or below the water surface</li> </ul>
Breaststroke	Forward	On the breast	Break the surface by first breaststroke pull	<ul style="list-style-type: none"> <li>• Cycle stroke</li> <li>• Simultaneous and same horizontal plane</li> <li>• Elbows under water except at turn</li> <li>• May take one pull past hips at start/turn before first breaststroke pull</li> </ul>	<ul style="list-style-type: none"> <li>• Breaststroke kick (propulsion with feet turned out)</li> <li>• May take a single butterfly kick at start/turn before breaststroke cycle begins</li> </ul>	<ul style="list-style-type: none"> <li>• Two hands simultaneous touch at, above or below the water surface</li> </ul>	<ul style="list-style-type: none"> <li>• Must touch while on the breast at finish</li> <li>• Two hands simultaneous touch at, above or below the water surface</li> </ul>