

STROKE BRIEFING CHECKLIST

Breaststroke

- Cyclical – arm then kick.
- Start – second arm pull (widest part – hands turn inward) head must break surface.
- Body on the breast.
- Arms simultaneously / same horizontal plane.
- Arms below hip line permitted on pullout at start and turns only.
- Elbows in contact with calm surface of the water on the recovery portion, except final stroke on turns and finish.
- Hands pushed forward from breast under/on/ over the surface of the water.
- Some part of head must break the surface of the water during each complete or incomplete stroke cycle.
- Kick movement simultaneous and in same horizontal plane w/o alternation.
- Feet outward during propulsive phase.
- No scissors, flutter, downward butterfly kick. One downward butterfly kick is permissible at start and after each turn. This kick can not be taken before there is lateral movement of the hands and must be followed by a breaststroke kick.
- Shoulders past vertical toward breast when feet leave wall at turn & finish.
- Two hand simultaneous touch at, above, or below surface of water.

Butterfly

- 15 meter at start & turns.
- After start & turn shoulders past vertical toward breast.
- One arm pull must bring to surface, 2nd pull must be on surface.
- Must stay on surface until next turn or finish.
- From start of first arm pull body on the breast.
- Arms must recover simultaneously over water surface (see skin shoulders to wrist).
- Kick – all movement simultaneous.
- Kick – need not be on same level, but may not alter in relation to one another and breaststroke kick is not permitted.
- Two hand simultaneous touch at, above, or below. No underwater recovery.

Backstroke

- Toes above lip of gutter is not permitting during or after start. Starter's responsibility before start and S&T violation if toes violate position after start.
- 15 meter at start & turns.
- Past vertical toward back during swim.
- Some part of the body must break surface during swim.
- At turn some part of swimmer must touch wall.
- Turn may be past vertical toward breast provided there is no delay in initiation of a single or simultaneous double arm pull and there is no delay in the turning action once the arm pull has been initiated. The swimmer may not use two or more independent arm pulls during the turn.
- Past vertical towards back when feet leave wall.
- Must be on back at finish and may be submerged.
- Once eyes have moved to observe touch, submersion call cannot be made.

Freestyle

- 15 meter mark at start & turns.
- Only stroke where you can stand on bottom.
- No walking or pushing off bottom.
- Completion of each length must touch wall.

Ind. Medley

- Order; butterfly, back, breast, free.
- Freestyle may not be any of the previous three strokes.
- Intermediate turn judged as turn; transition judged as finish of stroke.