

OFFICIALS' BRIEFING

Breaststroke

Forward start

Stroke cycle is one arm pull and one leg kick in that order

At the start and each turn swimmer is allowed one arm pull past the hipline

The arm pull is a simultaneous movement in the same horizontal plane

Recovery by the hands is from the breast – on, under, or over the water

Elbows must remain in the water except at the last stroke before turn or finish

Head must break surface at widest part of the second pull

The kick is a simultaneous vertical and horizontal movement of the legs

Feet are turned out during the propulsive part of the kick

No alternating, scissors, or downward butterfly except a single butterfly kick is permitted during or at the completion of the first arm pull after the start and each turn which must be followed by a breaststroke kick

Simultaneous two hand touch at, above, or below the water surface that does not have to be in the same horizontal plane

Head may be submerged at turn or finish provided it broke the surface during the last complete or incomplete stroke cycle prior to touch

Butterfly

Forward start

Body is kept on breast

Multiple kicks permitted but first arm pull must bring swimmer to the surface

Arms brought forward over water and pulled back simultaneously

Head must break surface by the 15 meter mark

The kick is a simultaneous up and down movement

No alternating, scissors, or breaststroke kicking movements

At the turn the shoulders must be at or past vertical toward breast when feet leave wall

Simultaneous two hand touch at, above, or below the water surface at each turn and finish

Backstroke

In water start with back facing the course and both hands on gutter or starting grips

Feet/toes may not be curled over the gutter/pad

Stroke is any style as long as swimmer remains on back

Head must break surface at 15 meter mark after the start and each turn

During turn swimmer may go past vertical to the breast and may utilize a continuous single or continuous simultaneous double arm pull to initiate the turn

Some part of swimmer must touch wall at completion of each length

Shoulders must be past vertical to the back when feet leave the wall

Must finish on the back

Freestyle

Forward start

Any style stroke/kick may be used

Head must break the surface by the 15 meter mark after the start and each turn

Some part of swimmer must touch the wall at completion of each length

Individual Medley

Forward start

Rules for each stroke apply

May not swim in the style of the other three strokes during the freestyle leg

Intermediate turns conform to turn rules for the stroke

Transition turns conform to finish rules for the stroke

Relays

Swimmers feet/foot must remain in contact with the starting platform until the incoming swimmer has touched the finish wall or pad. Watch the feet then the swimmer

Jurisdiction

As assigned by the Referee

Assignments

As assigned by the Referee

Deck protocol

Special Information