

## OFFICIALS' BRIEFING

### BREASTSTROKE

- Start:** Forward start.
- Stroke:** Body kept on breast.  
Stroke cycle is one arm pull and one leg kick in that order.  
Simultaneous arm movement in same horizontal plane.  
Head must break surface at widest part of second pull.  
Recovery by the hands from the breast-on, under, or over the water.  
Elbows under water except last stroke before turn or finish.
- Kick:** Simultaneous vertical and horizontal movements of the legs.  
Feet turned out during propulsive part of kick.  
No alternating, scissors or downward butterfly except a single butterfly kick is permitted during or at the completion the first arm pull after the start and each turn which must be followed by a breaststroke kick.
- Turns/  
Finish:** Simultaneous two hand touch at, above, or below the water surface.  
Head may be submerged at turn or finish provided it broke surface during last complete or incomplete stroke cycle prior to touch.

### BUTTERFLY

- Start:** Forward start.
- Stroke:** Body kept on breast.  
Multiple kicks permitted but first arm pull must bring swimmer to the surface.  
May be submerged after start and each turn for not more than 15 meters where head must break surface. Arms brought forward over water and pulled back simultaneously.
- Kick:** Simultaneous up and down movement.  
No alternating, scissors, or breaststroke kicking movements.
- Turns/  
Finish:** Shoulders at or past vertical toward breast when feet leave wall.  
Simultaneous two hand touch at, above, or below the water surface.

### BACKSTROKE

- Start:** In water facing start end with both hands on gutter or starting grips.  
a. guttered pool—feet/toes may be above the water, but may not be in, on, above lip, or bent over the gutter at any time before or after start.  
b. flat wall pads----feet/toes may be placed above the water level.
- Stroke/  
Kick:** Any style as long as swimmer remains on back.  
Must break surface throughout the race except swimmer may be submerged after start and each turn not more than 15 meters where head must break surface.
- Turns:** 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.  
Swimmer must have returned to back when feet leave the wall.
- Finish:** May be completely submerged at the finish.  
Some part of swimmer must touch the wall while on the back.

## FREESTYLE

- Start:** Forward start.
- Stroke/  
Kick:** Any style may be used.  
Must break surface throughout the race except swimmer may be submerged after start and each turn not more than 15 meters where head must break surface.
- Turns/  
Finish:** Some part of swimmer must touch the wall at completion of each length or required distance.

## INDIVIDUAL MEDLEY

- Start:** Forward start.
- Stroke:** Rules for each stroke apply. May not swim in the style of the other three strokes during the freestyle leg.
- Kick:** Rules for each stroke apply.
- Turns/  
Finish:** Intermediate turns conform to turn rules for the stroke.  
Transition turns conform to finish rules for the stroke.

## RELAYS

- Takeoffs:** Swimmers feet/foot must remain in contact with the starting platform until the incoming swimmer has touched the finish wall or pad.

## JURISDICTION

- Stroke Judge:** Wall to wall---start to finish.
- Turn Judge:** Start----From entry into water through completion of first arm stroke.  
Turn----Last stroke and kick prior to touch and through first arm stroke after the turn.  
Finish—Ensure completion conforms to finish rules.
- OR:** As assigned by the Referee who has full control and authority over all officials.