



## FREESTYLE

The freestyle is defined as any means of swimming across the pool. Any stroke or kick is acceptable. There are, however, a few "don'ts" associated with this stroke:

- The swimmer cannot walk on the bottom of the pool.
- The swimmer cannot use the lane lines to pull themselves ahead.
- A swimmer must finish the race in the same lane that he/she started in.
- Swimmer must touch the wall with one hand at the wall during turn and finish.

**Causes for disqualification:** It is hard to get disqualified in freestyle, but it does happen every once in a while. Apart from the above, a swimmer can be disqualified, for instance, for swimming under the lane line into another swimmer's lane and interfering with that swimmer.

## BACKSTROKE

Like the freestyle, almost anything goes with the backstroke, as long as you stay on your back. Backstroke starts are different because the swimmer is in the water with feet planted against the wall. The backstroke flip turn is the only exception to staying on your back and can be used only as a part of a turn. The backstroke flip turn is optional, so if your child has not learned it yet, they can simply perform a touch turn on their back.

**Causes for disqualification:** Disqualification in backstroke is most often related to the swimmer turning onto their stomach ("shoulders past vertical") before touching the wall. A swimmer must finish the race while on their back.

## BREASTSTROKE

The breaststroke has three components: the kick, the arm pulls and the glide.

- The kick the feet and toes must be pointed outward during the propulsive part of the kick.
- The arm pulls reaches forward underwater - once the arms are in full extension ahead, the swimmer pauses (or glides) and waits for the legs to finish the kick, with legs together. The arm pull and kick must be in alternating sequence and the elbows must stay below the water.
- Breaststroke turns and finishes require a simultaneous, two-hand touch.

**Causes for disqualification:** The frequent cause for disqualification is the swimmer's use of a "scissor kick" - an asymmetric kick, or any other kick that is not a breaststroke kick. Another common cause for disqualification is when the swimmer's arm pull extends down and past the hipline. The other major cause for disqualification is a one-hand touch at either the turn or finish.

## BUTTERFLY

The butterfly is the hardest stroke for most swimmers to perfect, and while they are learning it, they may look like they are drowning. There are two components to the fly: the arm pulls and the kick. The arm pull must be an over-the-water recovery (any part of the arm recovering above the water) with the arms moving together simultaneously. The kick is a dolphin style kick, with both legs moving together simultaneously. Unlike the breaststroke, there is no requirement to alternate the kick and the pull. Turns and finishes require a simultaneous, two-hand touch on the wall.

**Causes for disqualifications:** Asymmetric arm pull, asymmetric kick, or any kick other than a dolphin kick with legs together. The other major cause for disqualification is a one-hand touch at either the turn or finish.

## RELAYS

There are two kinds of relays and both involve four swimmers, each one swimming one quarter of the distance:

- Medley Relay ○ The sequence is: Backstroke, Breaststroke, Butterfly and Freestyle
- Freestyle ("Free") Relay
  - Each swimmer swims Freestyle in all relays, each swimmer must wait until the previous swimmer touches the wall before leaving the deck or block. The touch must be appropriate to the stroke - for instance, two-hand touches are necessary to finish the butterfly and breaststroke portions of the relay legally, and touching the wall with the swimmer still on the back is needed for a legal backstroke touch.