

MOUNTAIN HI SWIM LEAGUE STROKE BRIEFING

Butterfly

START – Forward start

BODY POSITION – Must swim on the breast; if submerged at the start and following turns, head must break the surface by 15-meter mark

STROKE – One arm pull under water is allowed, which must bring the swimmer to the surface; some portion of arms must be brought forward over the water and recovered simultaneously

KICK – All up and down movement of feet and legs must be simultaneous; feet and legs may not alternate; scissor or breaststroke kick is not permitted

TURN/FINISH – Body must be on the breast; touch is made with both hands simultaneously

Backstroke

START – Start in the water with back to the course; feet or toes may not be in or bent over edge of gutter

BODY POSITION – Must swim on the back except for turns; if submerged at the start and turns, head must break the water surface by 15 meter mark.

STROKE – Any stroke style may be used

KICK – Any kick style may be used

TURN/FINISH – Any part of the body may touch the end of the racing course at a turn or finish; the swimmer MAY turn onto the breast while executing the turn; once the head passes the plane of the backstroke flags, one continuous single/double simultaneous arm pull MAY be used to aid in the turning action

Breaststroke

START – Forward start

BODY POSITION – Must swim on the breast; MAY have one pull and kick while fully submerged; MAY have one downward butterfly kick at any time during the pullout; head must break the surface of the water before hands turn inward at widest part of second stroke

STROKE – Arms shall move simultaneously and in the same horizontal plane; hands must recover from the breast; elbows must be under the water during the recovery except at turns and finish; head must break the surface of the water during each stroke cycle

KICK – All vertical and horizontal movements must be simultaneous; the legs must be in the same horizontal plane; feet must be turned out during the propulsive part of the kick

TURN/FINISH – Body must be on the breast; touch is made with both hands simultaneously

Freestyle

START – Forward start

BODY POSITION – No restriction upon body position, except if submerged at start and turns, head must break the water surface by 15-meter mark

STROKE – Any stroke style may be used

TURN/FINISH – Any part of the body may touch the end of racing course at a turn/finish

Individual Medley

START – Forward start

BODY POSITION/STROKE/KICK – Rules for each stroke apply

TURN/FINISH – Intermediate turns conform to the rules for each stroke; transitions from one stroke to the next conform to the finish and start rules for each respective stroke

Relay

RELAY TAKEOFF – Feet/foot must maintain contact with the starting platform until incoming swimmer has touched wall/pad; for in-water starts, any part of the body must have contact with the wall until incoming swimmer has touched the wall