

# STROKE BRIEFING

## BREASTSTROKE

- Start:** Forward start.
- Stroke:** The swimmer must remain on the breast. The cycle is one arm pull, and one leg kick in that order. The arm pull cannot bring the hands past the hipline, except for the first arm pull after the start and after each turn. The recovery of the hands can be on, under or above the water. The elbows must remain under water except for the last stroke before the turn or finish. All arm movements must be simultaneous. The head must break the surface by the widest point of the second stroke and must break the surface during each complete cycle.
- Kick:** Breaststroke kick - The feet must be turned out during the propulsive part of the kick and all leg movements must be simultaneous. No alternating, scissor or butterfly kicks are allowed, except after the start and after each turn, a single butterfly kick is permitted prior to the first breaststroke kick.
- Turns/Finish** After each turn, the swimmer must be on the breast when the feet leave the wall. The touch must be made with both hands separated and simultaneously at, above, or below the water surface. The last stroke before the turn or at the finish may be an arm stroke only. The head may be submerged after the last arm pull prior to the touch, but it must break the surface at some point during the last complete or incomplete stroke cycle preceding the touch.

## BUTTERFLY

- Start:** Forward start.
- Stroke:** The swimmer must remain on the breast. Multiple kicks are permitted, but the first arm pull must bring the swimmer to the surface. The arms (shoulder to wrist) must be brought forward over the water and pulled back under the water. All arm movements must be simultaneous. Throughout the race, some part of the body must break the surface, except for the start and after each turn, where the swimmer may be submerged for not more than 15 meters. At that point, the head must break the surface.
- Kick:** Butterfly kick - All leg movements must be simultaneous up and down. No alternating, scissor or breaststroke kicks are allowed.
- Turns/Finish** After each turn, the swimmer must be on the breast when the feet leave the wall. The touch must be made with both hands separated and simultaneously at, above, or below the water surface.

## BACKSTROKE

- Start:** Backward start.
- In the water, facing the start end with both hands on the gutter or on the starting grips. Foot placement will vary as follows:
- A: In a guttered pool - the feet may be above the water. Before or after the start, they must not be in or on the gutter, and they cannot be above or curled over the lip.
- B: In a pool with full-length wall pads, the feet may be above the water level.
- C: In a pool with backstroke ledges, at least one toe from each foot must be in contact with the wall. The rules regarding guttered pools or full-length wall pads will still apply.
- Stroke/Kick** The swimmer must remain on the back. Any stroke or kick may be used. Throughout the race, some part of the body must break the surface, except for the start and after each turn, where the swimmer may be submerged for not more than 15 meters. At that point, the head must break the surface. Once the head has passed the backstroke flags, the swimmer may be completely submerged immediately prior to the act of reaching for the finish.
- Turns:** During the turn, the swimmer may rotate toward the breast and may use a continuous single or continuous simultaneous double arm pull to initiate the turn. Some part of the swimmer must touch the wall at the completion of each length, and the swimmer must be on the back when the feet leave the wall.
- Finish:** At the finish of the race, the touch can be made with any part of the body and the swimmer must be on the back.



## **FREESTYLE**

- Start:** Forward start.
- Stroke/Kick** Any stroke or kick may be used. Throughout the race, some part of the body must break the surface, except for at the start and after each turn, where the swimmer may be submerged for not more than 15 meters. At that point, the head must break the surface.
- Turns/Finish** At the completion of each length and at the finish of the race, the touch can be made with any part of the body.

## **INDIVIDUAL MEDLEY**

- Start:** Forward start.
- Stroke:** The swimmer must swim all four strokes in this order: Butterfly, Backstroke, Breaststroke and Freestyle. The rules for each stroke apply. During the freestyle leg, the swimmer cannot swim in the style of the previous three strokes and the swimmer must remain on the breast.
- Kick:** The rules for each stroke apply.
- Turns/Finish** Intermediate turns must follow the turn rules for each stroke. During freestyle turns, the swimmer may rotate past vertical toward the back but must return to the breast prior to any kick or stroke. Transition turns between strokes must follow finish and start rules for each stroke.

## **RELAYS**

Relay Takeoffs: The next swimmer's feet (foot) must remain in contact with the starting platform until the finishing swimmer has touched the wall or pad. Taking off from the adjustable wedge alone is not allowed.

## **FREESTYLE RELAY**

The rules for Freestyle stroke apply. Each swimmer must swim one-fourth of the event distance.

## **MEDLEY RELAY**

Each team must swim all four strokes in this order: Backstroke, Breaststroke, Butterfly, and Freestyle. The rules for each stroke apply. Each swimmer must swim one-fourth of the event distance. During the freestyle leg, the swimmer cannot swim in the style of the previous three strokes, and except for turns, the swimmer must remain on the breast. During the turns, the swimmer may push off the wall while on the back, but after the feet leave the wall, must return to the breast prior to any kick or stroke.

**This stroke briefing is designed to be a supplement to the rule book, not a replacement.**

**Read, know and understand the rules.**

**“Benefit of the doubt goes to the swimmer”**

