

## **Stroke Bullet Points**

### **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

### **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; one continuous single/double simultaneous arm pull MAY be used to initiate the turning action; the swimmer MAY be submerged at the finish touch.

### **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 after the initiation, during, or following the first pull and prior to the breaststroke kick; MAY be submerged; 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

### **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; 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

### **Individual Medley**

START – Forward start

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

TURN/FINISH – Intermediate turns conform to 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