

### **STROKE RULES - Common to all Strokes**

- Leaving the water before completing the distance (Did Not Finish = DNF)
- Walk on the bottom of the pool (DQ)
- Spring from the bottom of the pool (DQ)
- Pulling on the lane rope (DQ)
- If a swimmer surfaces in the wrong lane, no penalty will be assessed for returning to the proper lane, unless they interfere with another swimmer;  
but they must finish in the correct lane



## **Freestyle SW 5**

**The Start: The head must have broken the surface not more than 15m after the start or turn.**

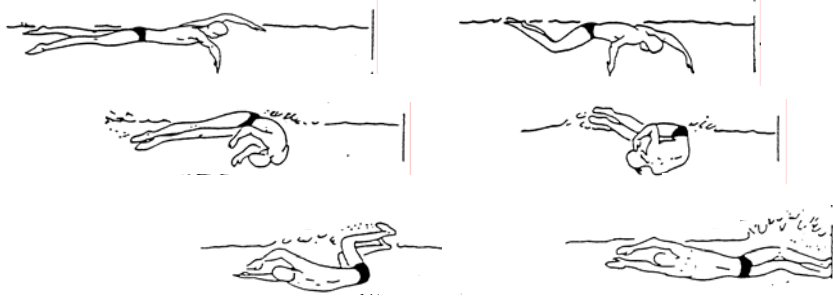
- Any Stroke or combination in any sequence may be used
- Standing on the bottom during freestyle events or during the freestyle of the medley events shall NOT disqualify a swimmer, but they shall not walk
- Judging of Stroke:
  - Watch the swimmer into the wall and out of the turn
  - Watch for any infractions common to all strokes





## Freestyle

- Judging of Turns:
  - Watch that the swimmer touches the end wall with some part of the body during the turn



3

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## Backstroke SW 6

- Any Stroke or combination may be used, as long as it is swum on the back

**The Start: The head must have broken the surface not more than 15m after the start or turn.**



- Judging of Stroke:
  - Watch for any infractions common to all strokes
  - Some part of the swimmer's head must break the surface on the start and after a turn while some part of the body is within the 15M zone

4

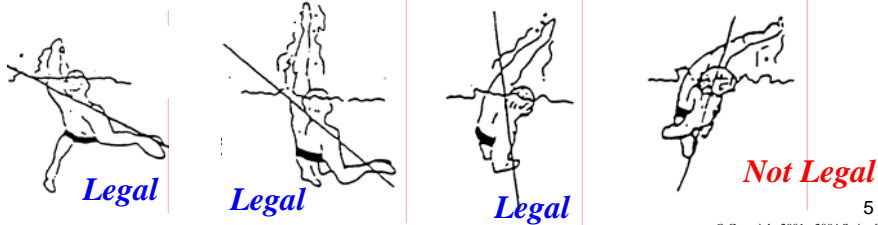
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# Backstroke

Watch for movement beyond the 90 degree vertical.

- Judging of Stroke:
  - Watch for any infractions common to all strokes
  - Some part of the swimmer must break the surface throughout the race
  - Watch that the swimmer remains on the back for the whole race, except when executing a turn. The shoulders may roll to the vertical...



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# Backstroke

During the turn, the swimmer may come in on their back, touch the wall and leave on their back.

- Judging of Turn:
  - Watch that there is no kick or arm pull that is independent of the continuous turning action
  - When executing the turn, there must be a touch of the wall with some part of the body



... or the swimmer may roll over into a freestyle turn using a single or double arm pull, as long as it is part of a continuous turning action.

Kicking into the turn is still allowed.

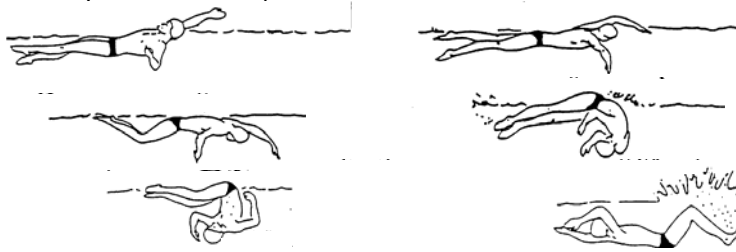
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## Backstroke

**There is no disqualification for the lifting of the head during the continuous turn.**

- Judging of Turn:
  - When executing the turn, there must be a touch of the wall with some part of the body



**The swimmer must leave on their back, and the head must break the surface of the water by the 15M mark**

7  
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## Backstroke

**Upon the finish of the race the swimmer MUST touch the wall while on the back.**

- The Finish :



**The body may be submerged at the touch.**

8  
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## Breaststroke SW 7

### The Start



Swimmer may take a single dolphin kick to be followed by a breaststroke kick after the start and each turn while the swimmer is completely submerged.

Head must break the surface of the water by the time the arms have reached the widest portion of the second arm pull.



## Breaststroke

### The Stroke

The arm pull must not go beyond the hips (except for the first underwater pull)



Watch that the head surfaces once per stroke cycle. There must not be any water flowing over the head.

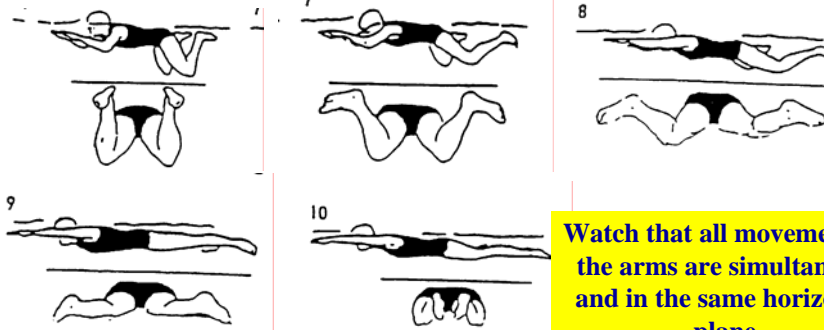
The elbows shall remain under the water *except for* the final stroke before the turn, during the turn and for the final stroke at the finish.



# Breaststroke

## The Stroke

Watch that the feet are turned outward in the backward movement.



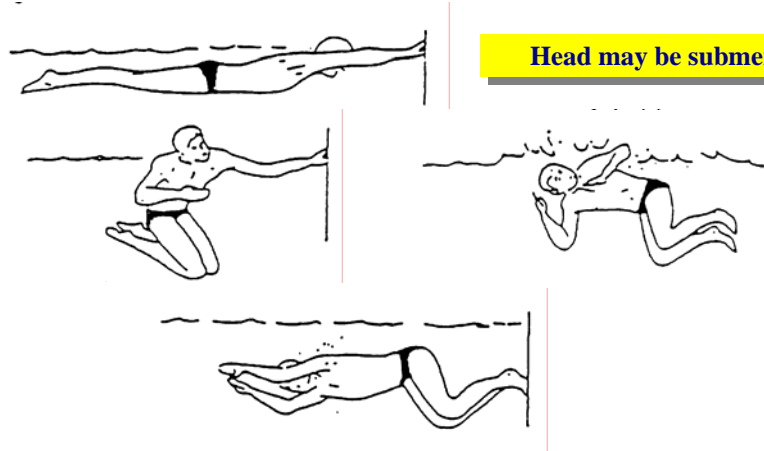
Watch that all movements of the arms are simultaneous and in the same horizontal plane.



# Breaststroke

## The Turn

Watch for a simultaneous two hand touch.



Head may be submerged.



## Breaststroke

### The Turn

Swimmer may take a single dolphin kick to be followed by a breaststroke kick after the start and each turn while the swimmer is completely submerged.



Watch for any alternating movement.



## Butterfly SW 8

### The Start

Watch that the swimmer takes no more than one arm pull while totally submerged. This must bring the swimmer to the surface.

There is no limit on the number of kicks executed.

The head must have broken the surface not more than 15m after the start or turn.



# Butterfly

## The Stroke



Both arms must be brought forward together over the water and brought backward simultaneously throughout the race (subject to the start and turns).



All up and down movements of the legs must be simultaneous.

The position of the legs or feet need not be on the same level, but they shall not alternate in relation to each other.



# Butterfly

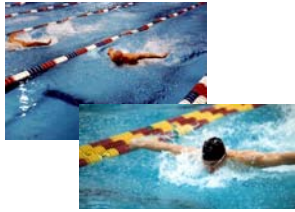
## The Stroke - Arms



*Arm Recovery is over general water level.*

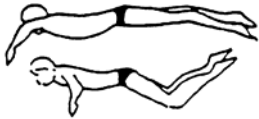


*If Arm Recovery is not over the water (DQ)*



# Butterfly

## The Stroke - Legs



*One leg is allowed to be carried higher than the other.*



*Alternating kick (flutter) is not allowed (DQ).*



# Butterfly

## The Turn

Watch for the two hand, simultaneous touch.



*Arms must be recovered over the water on the touch.*

*This picture shows an underwater recovery which is NOT permitted (DQ)*

## Individual Medley SW 9.1



**Fly**



**Back**



**Breast**



**Free** (**MUST** be any stroke other than Fly, Back or Breast)

All strokes, turns and finishes must be performed within the rules assigned to that stroke.

Watch that strokes are swum in proper sequence.

## Medley Relay SW 9.2



**Back**



**Breast**



**Fly**

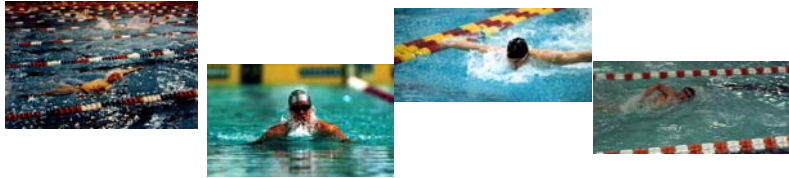


**Free** (**MUST** be any stroke other than Fly, Back or Breast)

All strokes, turns and finishes must be performed within the rules assigned to that stroke.

Watch that the swimmers swim in the proper sequence. The swimmers and also the strokes must be swum in the proper sequence. Any other order is an infraction.

# Medley Relay Takeovers



- Swimmer may start from the blocks or the pool deck.
- If warranted the swimmer may start in the water (water depth or SWAD).
- The person starting may be in motion as the swimmer arrives.
- The person starting may not lose contact with block until the arriving swimmer touches the wall.