

MCSL Stroke and Turn Briefing*

*Adapted from Potomac Valley Swimming Officials' Briefing – 19 March 2012

Welcome – General Comments

- Assignments – Jurisdiction – Protocol – Pool irregularities – Any swimmers with disabilities

Benefit of the doubt goes to the swimmer

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 the 15 meter mark. Use far end backstroke flags.

Stroke – Any stroke style may be used

Kick – Any kick style may be used

Turn / Finish – Some part of the body must touch the end of the racing course at a turn and the finish.

Other – Swimmer must not leave the pool, or walk, or spring from the bottom of the pool ... MAY stand on the bottom of pool (a violation in all other strokes) ... must not pull or push on the lane lines for forward propulsion

Backstroke

Start – Start in the water with back to the course ... feet or toes may not be bent over the edge of the gutter if one is present

Body Position – Must swim “on the back”, except for turns ... if submerged at the start and turns, some part of the head must break the water surface by the 15 meter mark. Use far end backstroke flags.

Stroke – Any stroke style may be used

Kick – Any kick style may be used

Turn / Finish – Some part of the body must touch the end of the racing course at a turn and finish ... MAY turn on the breast while executing the turn if head past backstroke flags ... Only one single arm stroke or one simultaneous double arm stroke allowed while on breast ... Kicking/gliding actions permitted after initiation of turning action ... MAY be submerged at the finish touch

Breaststroke

Start – Forward Start

Body Position – Must swim “on the breast” . . . MAY have one arm pull and kick while fully submerged . . . at start and after each turn, MAY use one butterfly kick with or following the arm pull, and prior to the breaststroke kick . . . the first arm stroke begins with the separation of the

hands . . . a pause after the separation of hands is NOT a violation . . . head must break the water surface before hands turn inward at widest part of second stroke

Stroke – Arms shall move simultaneously and in same horizontal plane, not alternating...hands recovered under, on or over water from the breast . . . hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn. . . elbows under the water during the recovery (forward) portion of the arm stroke, except at touch of turns and finish . . . throughout the race the stroke cycle must be one arm stroke and one leg kick, in that order. . . head must break surface during each stroke cycle

Kick – All movements of the legs must be simultaneous and in the same horizontal plane, without alternating movement...feet turned out in the propulsive part of the kick . . . scissors, flutter or downward butterfly kick not permitted, (one exception permitted)

Turn / Finish – Body must be on the breast; the touch is made with both hands simultaneously at, above or below the water surface ... head MAY be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

Butterfly

Start – Forward Start

Body Position – Must swim “on the breast” ... if submerged at start and following turns, head must break surface by 15 meter mark. Use far end backstroke flags.

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 pulled back simultaneously ... arms are defined as the entire portion of the body from the shoulder to the wrist.

Kick – All up and down movement of feet and legs must be simultaneous ... feet and legs may not alternate ... scissors or breaststroke kick is not permitted

Turn / Finish – Body must be on the breast; the touch is made with both hands simultaneously at, above or below the water surface

Individual Medley / Medley Relay

Individual Medley is swum in the following order: Butterfly, Backstroke, Breaststroke, and Freestyle. Freestyle is to be swum in any stroke of a style other than the previous three. Finish rules for each stroke apply to transitions.

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