



# Encore Swim Team

## Swim Stroke Guidelines

### Event Order at Swim Meets

For our league meets, this is the general flow of swim events at meets. Older swimmers compete first through the Backstroke event, then at the start of the fourth event, Individual Medley (IM), the order reverses and the younger swimmers swim first.

- Medley Relay
- Butterfly
- Backstroke

*Age order reverses, younger swimmers go first for remainder of events...*

- I.M (individual medley)
- Breast stroke
- Freestyle
- Freestyle relay

### Swim Etiquette & Sportsmanship

Etiquette in swimming and at meets shows respect for all. Swimmers are to *remain in the water* until all swimmers in that heat have finished race. Cheer everyone on to do their personal best.

### Tips for a Straight Backstroke

- ♦ Use your eyes to help you swim a straight back backstroke. Find something to keep your sight on while swimming, i.e. the lane rope, side wall of the pool, a power line, top of fence, or a row of bleachers, etc.
- ♦ Swim lengths of the pool while balancing a coin or small object on your forehead. If it falls off, then you may be moving your head as you swim causing crooked backstroke.
- ♦ Practice swimming backstroke next to a lane rope. Stay as close as you can to it without swimming into it.

### Stroke & Turn Guidelines & Reminders

Swimmers must use a 2-hand touch for Butterfly and Breast strokes, and 1-hand touch for Backstroke and Freestyle. Swimmer's etiquette and good sportsmanship is to remain in water until all swimmers in that heat have finished race.

### Butterfly Guidelines: 2-hand touch wall at end of race

- All up and down movements of the legs and feet must be *together*. A scissors or breaststroke kicking movement is not permitted.
- Both arms must be brought forward over the water and pulled back at the same time.

### Backstroke Guidelines: 1-hand touch while still on back

- 7/8 – this age group can turn over only one time to check/see wall.
- 9/10 – will get a DQ if they turn past vertical (are not on their back)
- 11/up – will receive a DQ if the swimmer turns past vertical, except on the turn. On the turn, such motion must be part of a continuous turning action and the swimmer must return to a position on the back before the feet leave the wall.

### Breaststroke Guidelines: 2-hand touch wall at end of race

- Swim stroke in this order: pull, breathe, kick, glide (1 of each)
- Both legs must kick simultaneously with the toes turned outward. A scissors kick or butterfly kick is not permitted.
- After dive, swimmers are allowed one pull down underwater prior to surfacing. Taking another stroke (after pull down) before your head reaches the surface will result in a DQ.
- Pulling past your hips after the first pull down will get DQ'ed

### Freestyle Guidelines: 1-hand touch

A swimmer may get from one end of the pool to the other in any fashion with the following exceptions:

- No pulling on lane lines, using the bottom for propulsion or grabbing another swimmer for a free ride.
- In a freestyle relay, a conventional freestyle stroke must be used.

### Avoiding Disqualifications (DQ)

**6 and Under:** The only time a swimmer may get a DQ is if they swim the incorrect stroke more than 1/3 of the race, including their kick.

**7-18 Swimmers:** A DQ may be issued if swimmer touches the bottom of the pool with hands or feet or if stroke is incorrect and swimmer is in a scoring position.