



## STROKE AND TURN

STROKE	ACCEPTABLE	MOST COMMON CALLS	INCONSISTENT CALLS <u>MOST MISSED CALLS</u>
<b>Freestyle</b> – touch ends of pool	<ul style="list-style-type: none"> <li>• Swim any stroke (except medleys)</li> <li>• Touch wall with one toe</li> <li>• Stand on bottom</li> <li>• Hang on ropes*</li> <li>• Swim in wrong lane*</li> </ul> <p>*applies to all strokes</p>	<ul style="list-style-type: none"> <li>• Pulling on ropes</li> <li>• Miss end of pool</li> <li>• Push off or walk on bottom</li> </ul>	<ul style="list-style-type: none"> <li>• Pulling on ropes</li> </ul>
<b>Backstroke</b> – shoulder position	<ul style="list-style-type: none"> <li>• Any stroke while on back</li> <li>• Touch end with head</li> <li>• Start – push off from wall</li> <li>• Hang on ropes</li> <li>• Stand on bottom</li> </ul>	<ul style="list-style-type: none"> <li>• Roll past vertical at finish</li> <li>• Roll past vertical during stroke</li> <li>• 2<sup>nd</sup> arm pull on turn</li> <li>• Push off wall on front when feet leave the wall</li> </ul>	<ul style="list-style-type: none"> <li>• Roll over at finish</li> <li>• Past vertical while on ropes</li> <li>• Pulling on ropes</li> </ul>
<b>Butterfly</b> – arm recovery	<ul style="list-style-type: none"> <li>• Feet split apart</li> <li>• Touch not level</li> <li>• Shoulder drops before turn touch</li> </ul>	<ul style="list-style-type: none"> <li>• Flutter kick (while breathing)</li> <li>• Underwater recovery</li> <li>• 1 hand/non-simultaneous touch</li> </ul>	<ul style="list-style-type: none"> <li>• Non-simultaneous recovery</li> <li>• Underwater recovery on touch</li> <li>• Scissors, breast kick</li> </ul>
<b>Breaststroke</b> – toe position	<ul style="list-style-type: none"> <li>• Head underwater</li> <li>• Kick breaks water</li> <li>• Upward butterfly kick</li> <li>• Feet at different levels</li> <li>• Touch not level</li> <li>• Shoulder drops before turn touch</li> </ul>	<ul style="list-style-type: none"> <li>• Improper kick</li> <li>• Pull past hips (while breathing)</li> <li>• 2+ underwater pulls</li> <li>• 1 hand/non-simultaneous touch</li> </ul>	<ul style="list-style-type: none"> <li>• Flutter, fly kick on start</li> <li>• Toes turned in on kick</li> <li>• Head breaking surface after 2<sup>nd</sup> pull</li> <li>• Kick before pull on start/pull</li> <li>• Stroke cycle</li> </ul>
<b>Individual Medley</b> – watch order of strokes	<ul style="list-style-type: none"> <li>• All changes of strokes are finish touches</li> <li>• Freestyle can not be one of the</li> </ul>	<ul style="list-style-type: none"> <li>• Missed or improper turn</li> <li>• Wrong stroke order</li> </ul>	<p><b>These are not the only infractions that can occur, only the ones most commonly seen.</b></p>



Northwest Aquatic League  
Training and Certification

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	other strokes		
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