

STROKE BRIEFING CHECKLIST

Breaststroke

- cyclical – arm then kick
- start – second arm pull (widest part – **hands turn inward**) head must break surface
- body on the breast
- arms simultaneously / same horizontal plane
- **arms below hip line permitted on pullout at start and turns only**
- elbows under water **on recovery portion**, except final stroke **on turns and finish**
- hands pushed forward from breast under/on/ over the surface of the water
- some part of head break surface during each cycle
- kick movement simultaneous and in same horizontal plane w/o alternation
- feet outward during propulsive part
- no scissors, flutter, downward butterfly kick. One downward butterfly kick permissible at start and after each turn. This kick can not be taken until the first arm pull is initiated and must be followed by a breaststroke kick.
- shoulders past vertical toward breast when feet leave wall at turn & finish
- two hand simultaneous touch at, above, or below surface of water

Butterfly

- 15 meter at start & turns
- after start & turn shoulders past vertical toward breast
- one arm pull must bring to surface, **2nd pull must be on surface**
- must stay on surface until next turn or finish
- **from start of** first arm pull body on the breast
- arms must recover simultaneously over water surface (**see skin on forearms**)
- kick – all movement simultaneous
- kick – need not be on same level, but may not alter in relation to one another **and breaststroke kick is not permitted**
- two hand simultaneous touch at, above, or below. **No underwater recovery**

Backstroke

- toes above lip of gutter is not permitting during or after start. Starter's responsibility before start and S&T violation if toes curl after start.
- 15 meter at start & turns
- past vertical toward back during swim
- some part of the body must break surface during swim
- at turn some part of swimmer must touch wall
- turn may be past vertical toward breast if single/double simultaneous pull
- continuous turning action
- past vertical towards back when feet leave wall
- on back at finish
- once eyes have moved to observe touch, submersion call can not be made

Freestyle

- 15 meter mark at start & turns
- **Only stroke where you can stand on bottom**
- **No walking or pushing off bottom**
- completion of each length must touch wall

Individual Medley

- order; butterfly, back, breast, free
- freestyle may not be any of the previous three
- **intermediate turn judged as turn; transition judged as finish of stroke**