



RECOMMENDED STROKE BRIEFING

Wisconsin Swimming (Rev 10/05)

BREASTSTROKE

At the start of the race, the swimmer may take either one arm pull with a downward butterfly kick followed by one breaststroke kick or one arm pull and one breaststroke kick, in that order, while completely submerged.

During or at the end of the arm pull-down of the first stroke after the start and after each turn, a single downward butterfly is allowed, but not required, followed by a breaststroke kick. If a downward butterfly kick is taken, a breaststroke kick must follow it. A butterfly kick without a breaststroke kick is not permitted. The downward butterfly kick is not permissible prior to the arm pull-down. The downward butterfly kick is permitted only at the start and after each turn.

The head must break the surface of the water by the time the arms have reached the widest part of the second arm pull.

From the beginning of the first arm stroke, the body shall be kept on the breast, and the arms shall be in the same horizontal plane.

The arms must move in the same horizontal plane with no alternating movement, but the position of the shoulders is irrelevant. (USAS Interpretation)

During the recovery, the hands must be pushed forward from the breast, which has been defined as the area in front of the chest between the shoulders.

The elbows must stay in contact with the water during the recovery phase of the arm stroke throughout the race except for the last stroke at the turn and finish (USAS Interpretation).

The only time the hands may be brought back beyond the hipline is during the first arm pull after the start and each turn.

All vertical and lateral motion of the legs shall be in the same horizontal plane and without alternating movement.

The position of the toes is key to judging the breaststroke kick. If the toes are pointed out during the propulsive part of the kick, the kick probably is a legal breaststroke kick.

No scissors or alternating kick is permitted. Breaking the surface of the water with the feet is not a disqualification. If the feet are dropping with the toes still turned in while the knees are pulling up during the recovery, it is legal.

At the turns and the finish, a two hand simultaneous touch is required.

After the final pull into the wall at the turns and the finish, the arms no longer need to be in the same horizontal plane. However, the shoulders do have to be at or past the vertical towards the breast when the feet leave the wall at each turn and at the finish.

BUTTERFLY

After the start and each turn, the swimmer's shoulders shall be at or past vertical towards the breast.

The swimmer may take as many kicks as he/she wants but when the swimmer begins his/her first arm pull, the body shall be kept on the breast and that first arm pull must bring him/her to the surface of the water.

After the start, the head must break the surface of the water by the 15-M mark and some part of the body must remain on the water surface throughout the swim, except for the first 15-M after each turn. The body may be submerged at the touch.

During the swim, the arms must recover simultaneously over the water surface.

All movements of the legs and feet shall be simultaneous. No alternating, scissors, or breaststroke kicking movement is permitted (toes turned outward during the propulsive part of the kick).

At the turns and the finish, there shall be a two hand simultaneous touch.

After the final pull into the wall at turns and finish, the shoulders do not have to be horizontal.

No underwater recovery is permitted.

BACKSTROKE

At the start and immediately following the start, the toes may be above the level of the water surface. However, standing in or on the gutter, placing the toes above the lip of the gutter, or bending the toes over the lip of the gutter, before or after the start, is prohibited.

After the start, the head must break the surface of the water by the 15-M and some part of the body must remain on the water surface throughout the swim, except for the first 15-M after each turn and at the finish.

At each turn, some part of the swimmer must touch the wall. During the turn, the shoulders may be turned past the vertical toward the breast after which a continuous single arm pull or a continuous simultaneous double arm pull may be used to execute the turn.

The swimmer may turn past the vertical towards the breast, at which time he/she may execute a single or simultaneous double arm pull, which may be used to execute the turn.

Once a swimmer has left his/her position on the back, there shall be no kick independent of the turning action.

The swimmer must be towards the back when the feet leave the wall after each turn and must touch the wall at the finish while on the back.

If the swimmer completely submerges prior to the turn judge having to shift attention to the touch at the wall, this would be a DQ. Once the turn judge must watch for the touch, this infraction would be too close to call (USAS Interpretation). The body may be submerged at the touch.

FREESTYLE

The swimmer may choose to swim any style he/she wants, but his/her head must break the surface of the water by the 15-M mark after the start.

Some part of the body must remain on the water surface throughout the race except for the first 15-M after each turn (USAS Interpretation). The body may be submerged at the touch.

Some part of the swimmer's body must touch the wall at the end of each length of the swim.

INDIVIDUAL MEDLEY/MEDLEY RELAY

The Individual Medley is swum in the following order: Butterfly, Backstroke, Breaststroke, and Freestyle. Freestyle is any stroke other than the previous three strokes.

The Medley Relay is Backstroke, Breaststroke, Butterfly and Freestyle in that order. Again, freestyle is any stroke other than the previous three strokes.

Each leg of the race shall be judged by the rules pertaining to that stroke and each transition from one stroke to another shall conform to the finish rules of that stroke.

RELAY TAKE-OFFS

Watch the feet of the swimmer on the block. When the feet of the swimmer on the block leave the starting platform, look down to the pool to see if the incoming swimmer has touched the wall. If so, the exchange is good.

In recording an observation of an exchange, an "O" indicates a good take-off and an "X" represents an early take-off. Do not raise your hand for an early take-off as this disqualification requires dual confirmation.