

OFFICIALS' BRIEFING

Assignments Deck Protocol Special Information

JURISDICTION

Stroke Judge: Wall to wall---start to finish.

Turn Judge:

- Start: From entry into water through completion of first arm stroke.
- Turn: Last stroke and kick prior to touch and through first arm stroke after the turn.
- Finish: Ensure completion conforms to finish rules.

OR: As assigned by the Referee who has full control and authority over all officials

BREASTSTROKE

Start:

- Forward start.

Stroke:

- Body kept on breast.
- Stroke cycle: with one arm pull and one leg kick in that order.
- Arm movements are simultaneous and in same horizontal plane without alternating movements
- After the start and each turn, a single downward butterfly kick is permitted during the initiation or at the completion of the first arm pull and must be followed by a breaststroke kick
- Any downward or outward lateral movement of the hands or arms is considered to be the initiation of the first arm pull.
- Head must break surface at widest part of second arm pull
- The hands shall be pushed forward from breast on, under, or over the water.
- Elbows under water except last stroke before turn or finish.

Kick:

- Simultaneous breaststroke kick with feet turned out during propulsive part of kick.
- No alternating, scissors or downward butterfly except during the pull out at the start and each turn.

Turns/ Finish:

- Simultaneous two hand touch at, above, or below the water surface.

BUTTERFLY

Start:

- Forward start.

Stroke:

- Body kept on breast.
- Multiple kicks permitted but first arm pull must bring swimmer to the surface.
- May be submerged after start and each turn, however, head must break surface before the 15 meter mark
- Arms brought forward over water; arms (some portion from the shoulder to the wrist) must break the surface of the water.
- Arms are pulled back simultaneously; however, the arm movement does not required to be in same horizontal plane
- Underwater recovery; once elbows are bent arms are pulled back simultaneously and brought forward over the water

Kick:

- Simultaneous up and down movement.
- No alternating, scissors, or breaststroke kicking movements.

Turns/ Finish:

- Shoulders at or past vertical toward breast when feet leave wall.
- Simultaneous two hand touch at, above, or below the water surface.

BACKSTROKE

Start:

- In water facing start end with both hands on gutter or starting grips.
(a) Guttered pool—feet/toes may be above the water, but may not be in, on, above lip, or bent over the gutter at any time before or after start.
(b) Flat wall pads----feet/toes may be placed above the water level.
- Starter can announce the repositioning of the toes; after the start it is the stroke and turns call to make

Stroke/Kick:

- Any style as long as swimmer remains on back.
- May be submerged after start and at each turn
- However, head must break surface before the 15 meter mark

Turns:

- Some part of swimmer must touch wall at completion of each length
- At which time may turn in any continuous manner
- Swimmer may go past vertical towards the breast
- After may utilize a continuous single or double simultaneous arm pull to initiate the turn.
- Must be past vertical towards the back when feet leave the wall.

Finish:

- May be completely submerged at the finish.
- Some part of swimmer must touch the wall while on the back.

FREESTYLE

Start:

- Forward start.

Stroke/ Kick:

- Any style may be used.
- Must break surface throughout the race
- Except swimmer may be submerged after start and each turn however the head must break the surface before the 15 meters mark

Turns/ Finish:

- Some part of swimmer must touch the wall at completion of each length or required distance.

INDIVIDUAL MEDLEY

Start:

- Forward start.

Stroke:

- Rules for each stroke apply. May not swim breast, fly or back the freestyle leg.

Kick:

- Rules for each stroke apply.

Turns/ Finish:

- Intermediate turns conform to turn rules for the stroke.
- Transition turns conform to finish rules for the stroke.

RELAYS

Takeoffs:

Swimmers feet/foot must remain in contact with the starting platform until the incoming swimmer has touched the finish wall or pad.