



What You're Looking At

Stroke	Start	Body	Head	Arms	Legs	Turn	Finish
Freestyle	Forward	Any	Break the surface by 15M	Any	Any	<ul style="list-style-type: none">• May turn in any manner• Must touch at turn	<ul style="list-style-type: none">• Must touch at finish
Backstroke	Backward	On the back	Break the surface by 15M	Any	Any	<ul style="list-style-type: none">• May turn in any manner• Must touch at turn• No delay in arm pull/initiation of turn• Must be on back when feet leave the wall	<ul style="list-style-type: none">• Must touch while on the back at finish• May resubmerge prior to finish if within 5 yards/meters
Butterfly	Forward	On the breast	Break the surface by 15M	<ul style="list-style-type: none">• First pull brings to surface• Arms over the water simultaneously	<ul style="list-style-type: none">• Simultaneous up and down• No alternating, scissors or breaststroke kick	<ul style="list-style-type: none">• Two hands simultaneous touch at, above or below the water surface	<ul style="list-style-type: none">• Must touch while on the breast at finish• Two hands simultaneous touch at, above or below the water surface
Breaststroke	Forward	On the breast	Break the surface by first breaststroke pull	<ul style="list-style-type: none">• Cycle stroke• Simultaneous• Elbows under water except at turn• May take one pull past hips at start/turn before first breaststroke pull	<ul style="list-style-type: none">• Breaststroke kick (propulsion with feet turned out)• May take a single butterfly kick at start/turn before breaststroke cycle begins	<ul style="list-style-type: none">• Two hands simultaneous touch at, above or below the water surface	<ul style="list-style-type: none">• Must touch while on the breast at finish• Two hands simultaneous touch at, above or below the water surface