

Jeopardy Officials Stroke Briefing

1. Three strokes with a forward start (What are Fly, Breast and Free?)
2. After the start and following each turn, three strokes where the head must have broken the surface at a distance of not more than 15 meters (What are Fly, Back, and Free?)
3. Two strokes where alternating and scissors kicks are not permitted (What are Fly and Breast?)
4. Two strokes where at turns and finish, touch shall be made with both hands separated and simultaneously at, above, or below the water surface (What are Fly and Breast?)
5. In Breaststroke, one arm pull followed by one leg kick is known as this (What is the stroke cycle?)
6. Stroke where both arms must be brought forward simultaneously over the water (What is Fly?)
7. In Breaststroke, except for the final stroke before the turn, during the turn, and for the final stroke at the finish, these shall be underwater (What are the elbows?)
8. In the IM, the turns when changing from one stroke to another shall conform to these rules (What are the finish rules for the stroke just completed and the start rules for the stroke just beginning?)
9. In Backstroke, during the turn, the shoulders may be turned past the vertical toward the breast and this immediate continuous action may be used to initiate the turn (What is a single, or simultaneous double, arm pull?)
10. In Backstroke, following the turn, the swimmer must have returned to this position upon leaving the wall (What is on the back?)
11. In the IM or Medley Relay, Freestyle means any style other than these (What are Fly, Breast or Back?)
12. In Breaststroke, breaking the surface of the water with the feet is allowed unless followed by this (What is a downward Butterfly kick?)
13. In Backstroke, when using a backstroke ledge at the start, these must be in contact with the end wall or face of the touchpad and not bent over the touchpad top (What are the toes?)