



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
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