

2024 MIDLAKES STROKE BRIEFING

BUTTERFLY

Forward start. After **the start and each turn**, the swimmers shoulders shall be at or past vertical towards the breast.

The swimmer may take as many kicks as they want, but when they begin their first arm pull, that pull must bring them to the surface of the water.

The head must break the surface of the water by the 15 meter mark and some part of the body must remain on the surface of the water throughout the swim, except for the first 15 meters after the turn.

During the swim, the arms must recover simultaneously over the water surface (*some part of the arms must break the surface of the water*) and be pulled back simultaneously. (*No horizontal requirement*)

All movement of **the legs and feet** shall be simultaneous. There shall be no alternating, scissors or breaststroke kick.

At **the turn and finish**, there shall be a two hand, simultaneous touch. (*Hands must touch the wall simultaneously, but may be in a non-horizontal position*)

BACKSTROKE

Backward start (*facing the wall*). Immediately following **the start**, standing in or curling toes over the lip of the gutter is not permitted.

The swimmer must be at or past vertical towards the back during the swim and at the finish.

The head must break the surface of the water by the 15 meter mark, after the start and turn.

At **the turn**, some part of the swimmer must touch the wall and the swimmer may turn in any manner. The swimmer may turn past vertical towards the breast, at which time they may **execute one single or one simultaneous double arm pull**, which may be used as part of a turning action to execute the turn. This transition to the breast must occur between the turn-end backstroke flags and turn-end wall. (*In Midlakes, the swimmer may kick into the wall – there is no delay initiating turn*) The swimmer must be towards the back when their feet leave the wall after the **turn** and must touch the wall at **the finish** while on the back.

At **the finish**, the swimmer may resubmerge as long as it is part of the finishing action, but must touch while on the back.

BREASTSTROKE

Forward start. After **the start and each turn**, the swimmers shoulders shall be at or past vertical toward the breast. The swimmer must take one arm pull and one breaststroke kick, in that order, and may be completely submerged.

At the start and turn, the swimmer **may** take one butterfly kick before the first breaststroke kick, and they may take one arm pull past the hipline.

The head must break the surface of the water by the time the arms have reached the widest part of the second arm pull. The swimmer must maintain a cycle of one arm pull and one leg kick, and the head must break the surface at some point during every cycle. (*There is no 15 meter surfacing rule in breaststroke*)

ARMS

The arms must move in unison with no alternating movement. The hands may not pass the hipline during the arm stroke.

During the recovery movement, the hands may be at, above or below the water surface, but must be pushed forward from the breast.

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

LEGS

All vertical and lateral motion of the legs shall be simultaneous without alternating movement. The position of the toes is the key to judging the breaststroke kick. If the toes are pointed out during the propulsive part of the kick, it is a legal breaststroke kick. (*All propulsion is from the sides of the legs*)

There shall be no scissors, alternating or downward butterfly kick, except during the first cycle at the start and after each turn when, at anytime prior to the first breaststroke kick, a single butterfly kick is permitted.

Breaking the surface of the water with feet is not a DQ.

At **the turn and the finish**, a two hand simultaneous touch at, above, or below the water's surface is required. Hands do not need to be in the same plane, but may not be stacked.

The head may be submerged at the touch as long as it broke the surface at some point during the last cycle or partial cycle.

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FREESTYLE

Forward start. The swimmer may choose to swim any style they want, but their head must break the surface of the water by the 15 meter mark.

Some part of the swimmer's body must remain on the water surface throughout the race, except for the first 15 meters after the start and each turn.

Some part of the swimmer's body must touch the wall at the end of each length of the swim. If the swimmer misses the wall, they are permitted to return to the wall to touch (*Freestyle is the only stroke in which this "backwards" direction is allowed*).

Freestyle is the only stroke that allows a swimmer to stand on or touch the bottom of the pool. However, should this occur, the swimmer is not allowed to propel off the bottom.

INDIVIDUAL MEDLEY / MEDLEY RELAY

The **Individual Medley** is swum in the following order: **Butterfly, Backstroke, Breaststroke and Freestyle.**

The **Medley Relay** is swum in the following order: **Backstroke, Breaststroke, Butterfly and Freestyle.**

Freestyle is any stroke other than the previous three. Shoulders may not go past vertical to the back. The swimmer may leave the wall toward the back, but must be toward the breast before any propulsion (*kick or arm pull*).

Each leg of the race shall be judged by the rules pertaining to that stroke, and each finish shall conform to the finish rules of that stroke. (*No flip turn back to breaststroke*)

RELAY TAKEOFFS

Four judges are required for 100 yard relays (all four corners), and two judges for 200 yard relays (start end only), evenly split between teams. The starter/referee may serve as a relay takeoff judge.

Watch the feet of the swimmer on the block or the hand of the swimmer on the wall for an in-water start (note a swimmer in water may let go to reposition as long as they touch again before leaving). When the foot or the hand leaves, look to see the incoming swimmer is touching. If so, the exchange is good.

On the slip, **circle** all good exchanges, and mark an **"X"** for any early takeoffs. **Do not raise your hand** for violations.

GENERAL RULES

For all stroke & turn violations, the official must **raise their hand to signal a disqualification**. Failing to do so will negate the disqualification. An official may always retract a call, so when in doubt, raise the hand.

Pulling on lane lines or pushing off the side walls is not allowed. However, incidental contact with the wall and lane lines where no propulsion occurs is allowed (*backstroke swimmers may bump into lane lines and walls*).

Standing on the bottom of the pool is only allowed in the freestyle. In no instance may a swimmer jump off the bottom.

A swimmer shall be disqualified if they fail to finish the race.

A swimmer shall be disqualified if they interfere with another swimmer, or finish a race in the wrong lane. (*Note if they drift into another lane, they may have to resubmerge illegally to do so*).

At the turn, note that a swimmer must touch the wall legally, and leave the wall legally, but may do anything at the wall in between these two actions.

OTHER RULES

Swimwear with other club or team designs must not be worn, or the logos must be covered. This includes both suits and caps. Caps with logos may be worn inside out.

The wearing of two or more suits is prohibited except for modesty or religious purposes. Any exemption should be presented prior to the start of the meet. Any athlete in violation must be warned and given the opportunity to remove the second suit prior to any disqualification. This is the responsibility of the starter/referee.

Swimsuits must be made of textile materials and may only have drawstring fasteners. No snaps, buttons, hooks, zippers, etc. are allowed. Suits may not extend past the knees, nor cover the shoulders or the neck. Male swimmers are only allowed to wear briefs ("Speedos") or

Unsportsmanlike conduct and disciplinary issues should be reported to the meet referee, and Midlakes procedures for disciplinary action must be followed.