

## **Breaststroke Rules**

The Breaststroke is often considered a complex, specialized skill. It is a cycled stroke, meaning a pattern to the strokes and kicks. The swimmer takes one stroke and one kick and repeats that cycle. The only exception is in the first cycle after the start and after each turn, where the swimmer is allowed (but not required) to take a single butterfly kick prior to the breaststroke kick.

**Breaststroke Kick:** All movements of the legs must be simultaneous and in the same plane. Both feet must be turned out in the propulsive part of the kick, with the swimmer pushing from the bottoms of the feet (Imagine a frog kicking while swimming)

**Breaststroke Stroke:** The swimmer pushes their hands forward together from the breast. The hands may not be brought back beyond the hipline, except for the first stroke after the start and after each turn. All movements of the arms must be simultaneous and in the same horizontal plane/horizontal to the water's surface. The elbows must maintain contact with the water throughout the entire race. The head must break the surface of the water at some point in each cycle.

**Touches:** At the turns and the finish, a two hand touch is required. Both hands must touch simultaneously and may not be stacked on top of one another.