

Butterfly Rules:

The Butterfly stroke may be considered the most difficult, requiring both strength and reason, but it is considered by many as the most beautiful stroke.

After the start, the swimmer is permitted to kick, but one single arm pull must bring them to the surface. Throughout the race, the two arms must move simultaneously, and the arms (wrist to shoulder) must break the surface of the water whenever the arms are moving forward.

Butterfly Kick: Often referred to as a “dolphin kick” The feet and legs move simultaneously up and down. They are not permitted to alternate at any time.

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

After the start and after each turn, the swimmer may be completely submerged, but the head must break the surface of the water no further than 15 meters from the wall. Once the swimmer breaks the surface, they may not be completely submerged until the next turn or the finish.