

## **Freestyle Rules**

The Freestyle is pretty much as it sounds-free. The swimmer may swim any style. (Note: This does not apply to the freestyle leg of a medley relay or an IM; in these events, swimmers must not swim in the style of one of the other three strokes during the freestyle leg).

Swimmers may not use a backstroke start but may start from the block, from the deck, or in the water. They must complete the prescribed distance, touching the end wall at the end of each length. They must not use the lane line to propel forward. They may stand on the bottom of the pool but may not walk or spring forward.

Turns: Swimmers 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.