

## Stroke Briefing

**Butterfly** has a forward facing start. The head must break the surface by the 15 mm. The kick is a simultaneous, butterfly kick...not alternating, breaststroke, or scissor kick. The arms, which are defined as any part of the shoulders to wrists, are simultaneous and recover over the water. The arms are pulled back under the water. At the turn and finish, two hands must touch simultaneously. At the turn, when the swimmer's feet leave the wall, the body must be toward the breast off the wall.

**Backstroke** has an in water start. One toe from each foot must make contact with the wall. Toes shall not be curled over the lip of the gutter. The head must break the surface of the water by the 15mm. The swimmer must stay on the back during the swim. At the turn, the swimmer may take a single or simultaneous double arm stroke to initiate the turn. The swimmer shall touch the wall and shall leave the wall on their back. (Shoulders past vertical towards the breast isn't allowed.) Resubmergences are now allowed within the last 5m or 5 yds into the finish.

**Breaststroke** has a forward facing start. The head must break the surface of the water by the widest part of the second pull. One downward butterfly kick and one arm pull past the hipline are allowed at the start and turn. No alternating, butterfly, or scissor kick is allowed. Breaststroke is a cycle stroke, so one arm pull must be followed by one kick. At the turn, one arm pull without being followed by a kick is okay. The arms may not go past the hipline, and must be simultaneous. The elbows may not recover over the water. The toes must be pointed out at the propulsive part of the kick. At the turn and finish, two hands must touch simultaneously. At the turn, when the swimmer's feet leave the wall, the body must be toward the breast off the wall. We are no longer concerned with arms being on the same horizontal plane.

**Freestyle** has a forward facing start. The head must break the surface of the water by the 15 mm. Swimmers must start and end the race in their own lane, and swim the assigned distance. Swimmers must touch each wall at the turns, and may go back, if needed. Walking, resubmerging, or swimming in the manner of a previous stroke in the IM is not allowed.