

MCSL Stroke and Turn Briefing*

*Adapted from USA Swimming Officials' Briefing – February 2015

Welcome – General Comments

- Assignments – Jurisdiction – Protocol – Pool irregularities – Any swimmers with disabilities

Freestyle

Start – Forward Start

Stroke/Kick – Any style may be used. Must break surface throughout the race except swimmer may be submerged after start and each turn not more than 15 meters where head must break surface. Use far end backstroke flags.

Turns / Finish – Some part of the swimmer must touch the wall at completion of each length or required distance.

Other – Swimmer must not leave the pool, or walk, or spring from the bottom of the pool ... MAY stand on the bottom of pool (a violation in all other strokes) ... must not pull or push on the lane lines for forward propulsion.

Backstroke

Start – Start in the water with back to the course ... feet or toes may not be bent over the edge of the gutter or skimmer (if one is present)

Stroke/Kick – Any style as long as swimmer remains on back. Must break surface throughout the race except swimmer may be submerged after start and each turn not more than 15 meters where head must break surface. Use far end backstroke flags.

Turns / Finish – Some part of the body must touch the end of the racing course at a turn and finish ... MAY turn on the breast while executing the turn if head past backstroke flags ... Only one single arm stroke or one simultaneous double arm stroke allowed while on breast ... Kicking/gliding actions are permitted after initiation of turning action.

Breaststroke

Start – Forward Start

Stroke – Body kept on breast. Stroke cycle is one arm pull and one leg kick in that order. Simultaneous arm movement in same horizontal plane. After start and each turn one arm stroke may be completely back to the legs. Head must break surface at widest part of second pull. Recovery by the hands from breast-on, under or over the water. Elbows under water except for last stroke before turn or finish.

Kick – After start and each turn, prior to the first breaststroke kick, a single butterfly kick is permitted. Movement of the legs shall be simultaneous vertically and horizontally. Feet turned out during propulsive part of the kick. No alternating, scissors, or butterfly kick except as stated is allowed.

Turns / Finish – Shoulders at or past vertical toward the breast when feet leave wall. Touch shall be made with both hands separated and simultaneously at, above, or below the water surface. At the last stroke before the turn and at the finish an arm stroke not followed by a leg kick is permitted. Head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete stroke cycle preceding the touch.

Butterfly

Start – Forward Start

Stroke – Body kept on breast. Multiple kicks permitted but first arm pull must bring swimmer to the surface. Must break surface throughout the race, except swimmer may be submerged after start and each turn not more than 15 meters where head must break surface. Use far end backstroke flags. Arms, shoulder to wrist, brought forward over the water and pulled back simultaneously.

Kick – Simultaneous up and down movement. No alternating, scissors or breaststroke kicking movements.

Turns / Finish – Shoulders at or past vertical toward the breast when the swimmer leaves wall. Touch shall be made with both hands separated and simultaneously at, above, or below the water surface.

Individual Medley / Medley Relay

Individual Medley: Rules for each stroke apply. Must swim $\frac{1}{4}$ of event distance as prescribed stroke, in order of Butterfly, Backstroke, Breaststroke and Freestyle. May not swim in the style of the other three strokes during the freestyle leg. Transition turns conform to finish rules for the stroke.

Medley Relay: Rules pertaining to each stroke apply. Each swimmer must swim $\frac{1}{4}$ of event distance as prescribed stroke, in order of Backstroke, Breaststroke, Butterfly and Freestyle. May not swim in the style of the other three strokes during the freestyle leg. Intermediate turns conform to the turn rules for the stroke. Transition turns conform to the finish rules for the stroke.

Relay Take Off

Watch the outgoing swimmer, once the outgoing swimmer's feet lose contact with the deck or wall, look to see if the incoming swimmer has touched. If the incoming swimmer has not touched, it is an early take-off.

Benefit of the doubt goes to the swimmer

Call what you see and see what you call.