

SUBURBAN SWIM LEAGUE  
***STROKE & TURN RULES INTERPRETATIONS – 2011***

**While the USA Swimming Stroke and Turn rules are to be applied to all swimmers, the Suburban Swim League allows the following interpretations for 8 & Under and 6 & Under Swimmers**

1. Swimmers must be able to swim the basic Stroke legally. A Breaststroker should be doing the basic Breaststroke, etc. Violations should be blatant and repeated. Single stroke violations may be overlooked, such as the swimmer who does an occasional flutter kick or underwater recovery in the butterfly. A swimmer who pauses and resumes swimming legally should not be DQ'd. Allowance should never be made for a swimmer who incorrectly swims a stroke to gain an advantage.
  - ***DQ - A swimmer who starts an incorrect stroke at the beginning of a race should be disqualified.*** (A “flop-in” start without *repeated* stroke violations is considered acceptable.)
  - DQ - A swimmer in the Breaststroke or Butterfly, who does a deep dive at the start and strokes/ kicks to come to the surface in a manner not consistent with the rules for that stroke, should be disqualified. This includes doggie paddle, flutter kick, scissors kick, and breaststroke kick in the butterfly. The violations must be clearly seen and must be describable by the official to be a disqualification.
2. Two hand touches are required. Some discretion may be allowed for “simultaneous touches” when the swimmer is attempting to touch with both hands simultaneously, but the contact is not simultaneous. *A clear one-hand touch must be disqualified in the Breaststroke and Butterfly.*
3. Swimmers in Backstroke should remain on their back until the touch is made. Discretion is allowed if the swimmer is reaching over as the touch is made. *A clear rollover, then a touch, is disallowed.*
4. Freestyle swimmers in the Medley Relay may roll onto their back (rest/breathe) until the touch is made.
5. Relays -
  - If a swimmer enters at the opposite end on the start, the disqualification should be overlooked if the swimmer is recovered with no interference.
  - If a swimmer in the next event enters as a continuation of the present relay, the disqualification should be overlooked if there is no interference.

**6. Time Trials and Championships -**

*At Time Trials and Championships, each stroke shall be interpreted according to the USA-S Rulebook. The allowances listed above will not be accepted at Time Trials and Championships.*

**BACKSTROKE TURNS:**

There are no longer any SSL allowances for the Backstroke Turns for the 11-12, 13-14, and 15-18 age groups. If a swimmer turns over, they will be expected to immediately execute a legal USA Swimming turn.

**USA-S 101.4.3 Turns** — *Upon completion of each length, some part of the swimmer must touch the wall. During the turn the shoulders may be turned past the vertical toward the breast after which a continuous single arm pull or a continuous, simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to a position on the back upon leaving the wall.*