

SUBURBAN SWIM LEAGUE
STROKE & TURN OFFICIALS - 2011

BACKSTROKE

Start: Both hands on wall or ankles. (Hands below knees of person “giving ankles”. Heels on deck.)

Both feet on wall. Toes may be above water surface, but not above / curled over edge.

*100 Yard Relays – Backstroke start is only allowed for backstroker of medley relay.

Stroke:

Swimmer remains on back, except when turning. (Shoulders vertical or toward back)

Some part of body breaks surface at all times after 15 meters, except when turning and at the final touch.

May also be submerged for 15 meters after start/turn before head breaks surface - Use backstroke flags at opposite end of 25 yd/m pools. (20 yd pools-must surface before touch at opposite end.)

Turn:

Some part of body touches the wall.

May roll over past vertical prior to turn, but must be followed by an immediate and continuous execution of the turn. This turn is generally executed by a flipping action that begins with a single or simultaneous double arm pull. No gliding or kicking allowed. (If the swimmer turns over at the wall and immediately reaches out to touch the wall with no glide or additional strokes/kicks, that would be considered “continuous” and legal.)

If no rollover, swimmer may turn in any manner desired after touch.

Upper shoulder must be vertical or toward back when feet leave wall.

Finish:

Must be on back at touch (shoulders vertical or toward back).

(If swimmer stands up and touches without turning around ok, but NO steps toward wall.)

MAY become submerged during the final lunge to the wall at the finish.

BUTTERFLY

Start: Forward start. (One, or two feet at edge *before* “Take your Mark”, body stationary.)

Stroke:

After start and turn, shoulders remain past vertical toward breast. (No references to *horizontal* shoulders.)

May be submerged for 15 meters (backstroke flags) after start/turn before head breaks surface; after surfacing, swimmer must remain on surface until completion of that length.

FIRST (dbl) arm pull after start/turn may be underwater but must bring swimmer to surface.

No limit on kicks underwater. No stroke/kick ratio.

Simultaneous movement of arms, but do not have to be in the same plane, or the same reach.

The arms from wrist to elbow must break the surface when brought forward.

Kick:

Simultaneous up and down movement of legs and feet.

MAY be on different horizontal levels. Knees may be separated.

NO alternating legs/feet (flutter kick), breaststroke kick, or scissors kick.

Turn & Finish:

Body on breast. Touch is simultaneous, at above or below water surface.

Shoulders vertical or toward breast when feet leave wall on turn.

FREESTYLE

Forward start. (One, or two feet at edge *before* “Take your Mark”, body stationary.)

May be submerged for 15 meters after start/turn before head breaks surface. (Same as back & fly)

Freestyle Events: Any stroke or combination of strokes.

Individual Medley/ Medley Relay: Freestyle is any stroke other than fly, back, or breast.

Must touch at the end of each lap. May stop to rest, but may NOT push off bottom.

BREASTSTROKE

Start: Forward start. (One, or two feet at edge *before* “Take your Mark”, body stationary.)

Stroke:

After start/turn, body on breast. (No references to *horizontal* shoulders.)

Stroke cycle: one arm pull FOLLOWED BY one kick.

Two strokes without kick in-between -OR- Two kicks without stroke in-between - DQ

Simultaneous movement of arms in same horizontal plane.

Hands pushed forward together (from breast) on, under, or over the water.

Hands brought back simultaneously on or under water.

Elbows under water during recovery phase (except last stroke before *turn and finish*).

NO butterfly recovery allowed.

Hands beyond hipline ONLY during first stroke cycle after start or turn. (USA does not prohibit sculling.)

Head breaks surface during each complete (or incomplete) stroke cycle.

One stroke cycle allowed underwater after start and each turn.

Head must break surface before hands turn inward at widest part of 2nd stroke after start & turn.

Kick:

After start/turn: ONE **optional** downward butterfly kick is allowed during or after 1st arm pull, and before the required breaststroke kick. Any lateral or downward movement of the hands or arms after the start/turn is considered the start of the first arm pull.

Breaststroke kick is simultaneous, and in the same horizontal plane.

Feet turned out during backward push.

Breaking water surface is NOT a DQ, unless followed by a clear downward butterfly kick.

Turn and Finish:

Touch is simultaneous, at above or below water surface, but does *not* have to be same plane.

One stroke without kick allowed prior to turns and finish.

Head may be submerged after last stroke prior to touch, if it has broken the surface during that stroke cycle.

Shoulders at or past vertical toward breast when feet leave wall on turn.

INDIVIDUAL MEDLEY

Start: Forward start. (One, or two feet at edge *before* “Take your Mark”, body stationary.)

Stroke: Fly, Back, Breast, Free – in that order. Rules for each stroke apply.

Transition turns: Must finish each stroke according to finish rules for that stroke.

Fly-Back turn: Shoulders vertical or toward breast before touch, simultaneous 2-hand touch.

Shoulders vertical or toward *back* when feet leave wall.

Back-Breast turn: finish on back. Shoulders vertical or toward breast when feet leave wall.

Breast-Free turn: shoulders vertical or toward *breast* before touch, simultaneous 2-hand touch.

RELAYS

Medley: Back, Breast, Fly, Free.

Medley: Each swimmer follows rules for that stroke, including finish.

No “Step-up starts” - either relay. (Must have at least one foot at edge before beginning starting motion.)

No Backstroke starts on any relay, except first swimmer of Medley relay. (including 100 yard relays.)

Take-off: next swimmer may be in motion prior to touch of in-coming swimmer, but must be in contact with the end of the pool until the touch is made.

Single confirmation is used for relay take-offs at dual meets.

Dual confirmation will be used at Time Trials.

GENERAL:

Benefit of doubt goes to swimmer. Judge your lanes only. Signal DQ immediately.

3 Questions: What did you see? What was the rule violation? Where were you positioned?