

Butterfly



II. 8.1 From the beginning of the first arm stroke after the start and after each turn, the body shall be kept on the breast. It is not permitted to roll onto the back at any time, except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall.

II. 8.2 Both arms must be brought forward simultaneously over the water and brought backward simultaneously under the water throughout the race, subject to II.8.5.

II. 8.3 All up and down movements of the legs must be simultaneous. The legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A breaststroke kicking movement is not permitted.

II. 8.4 At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously, at, above or below the water surface.

II. 8.5 At the start and at turns, a swimmer is permitted one or more leg kicks and one arm pull under the water, which must bring him to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 meters after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish.

Medley Swimming

II 9.1 In individual medley events, the swimmer covers the four swimming strokes in the following order: Butterfly, Backstroke, Breaststroke and Freestyle. Each of the strokes must cover one-quarter (1/4) of the distance.

II 9.2 In Freestyle, the swimmer must be on the breast except when executing a turn. The swimmer must return to the breast before any kick or stroke. Leaving the wall on the back during the freestyle portion is permissible but no kicking action is permitted until the swimmer has returned past the vertical to the breast at which point kicking, including a butter kick(s), may commence.

II. 9.3 In medley relay events, swimmers will cover the four swimming strokes in the following order: Backstroke, Breaststroke, Butterfly and Freestyle. Each of the strokes must cover one-quarter (1/4) of the distance.

II. 9.4 Each section must be finished in accordance with the rule which applies to the stroke concerned.

Stroke Rules



Inspectors of Turns

II. 2.6.1 One inspector of turns shall be assigned to each lane at each end of the pool to ensure swimmers comply with the relevant rules after the start, for each turn, and at the finish.

II. 2.6.2 Jurisdiction for the Inspector of Turns at the start end commences from the start signal until the complete of the first arm stroke, except in Breaststroke where it shall be the second arm stroke.

II. 2.6.3 For each turn, jurisdiction for the Inspector of Turns commences from the beginning of the last arm stroke before touching and ending with the completion of the first arm stroke after the turn, except in Breaststroke where it shall be the second arm stroke.

II. 2.6.4 Jurisdiction for the Inspector of Turns at the finish commences from the beginning of the last arm stroke before touching.

II. 2.6.5 When a Backstroke ledge is being used, each Inspector at the starting end shall install and remove the ledge. Once installed, the ledge shall be set at zero (0).

II. 2.6.6 In individual events of 800 and 1500 meters, each Inspector of Turns at the start and turning end of the pool shall record the number of laps completed by the swimmer in his/her lane. The swimmers shall be informed of the remaining number of laps to be completed by displaying "lap cards" showing odd numbers at the turning end of the pool. Electronic equipment may be used, including under water display.

II. 2.6.7 Each Inspector at the starting end shall give a warning signal when the swimmer in his lane has two lengths plus five (5) meters to swim to finish in individual events of 800 and 1500 meters. The signal may be repeated after the turn until the swimmer has reached the five (5) meter mark on the lane rope. The warning signal may be by whistle or bell.

II. 2.6.8 Each Inspector at the starting end shall determine, in relay events, whether the starting swimmer is in contact with the starting platform when the preceding swimmer touches the starting wall. When Automatic Equipment which judges relay take-offs is available, it shall be used in accordance with II.13.1

II. 2.6.9 Inspectors of Turn shall report to the Referee any violation observed within their jurisdiction.

Judges of Stroke



II. 2.7.1 Judges of stroke shall be located on each side of the pool.

II. 2.7.2 Each judge of stroke shall ensure that the rules related to the style of swimming designated for the event are being observed, and shall observe the turns and the finishes to assist the inspectors of turns.

II. 2.7.3 Judges of stroke shall report to the Referee any violation observed within their jurisdiction.

Breaststroke

II. 7.1 After the start and after each turn, the swimmer may take one arm stroke completely back to the legs during which the swimmer may be submerged. At any time prior to the first breaststroke kick and after each turn a single butterfly kick is permitted. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.

II. 7.2 From the beginning of the first arm stroke after the start and after each turn, the body shall be on the breast. It is not permitted to roll onto the back at any time except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. From the start and throughout the race, the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous without alternating movement.

II. 7.3 The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under the water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.

II. 7.4 During each complete cycle, some part of the swimmer's head must break the surface of the water. All movements of the legs shall be simultaneous without alternating movement.

II. 7.5 The feet must be turned outwards during the propulsive part of the kick. Alternating movements or downward butterfly kicks are not permitted except as in II.7.1. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.

II. 7.6 At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously at, above, or below the water level. At the last stroke before the turn and at the finish an arm stroke not followed by a leg kick is permitted. The 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 cycle preceding the touch.

Backstroke



II. 6.1 Prior to the starting signal, the swimmers shall line up in the water facing the starting end, with both hands holding the starting grips. Standing in or on the gutter, or bending the toes over the lip of the gutter, is prohibited. When using a backstroke ledge at the start, at least one toe of each foot must be in contact with the end wall or face of the touchpad. Bending the toes over the top of the touchpad is prohibited.

II. 6.2 At the signal for starting and after turning, the swimmer shall push off and swim upon his/her back throughout the race except when executing a turn as set forth in II. 6.4. The normal position on the back can include a roll movement of the body up to, but not including, 90 degrees from horizontal. The position of the head is not relevant.

II. 6.3 Some part of the swimmer must break the surface of the water throughout the race, except that once some part of the head of the swimmer has passed the 5 metres mark immediately prior to reaching for the finish, the swimmer may be completely submerged. It is also permissible for the swimmer to be completely submerged during the turn, and for a distance of not more than 15 meters after the start and each turn. By that point the head must have broken the surface.

II. 6.4 When executing the turn there must be a touch of the wall with some part of the swimmer's body. During the turn the shoulders may be turned over the vertical to the breast after which an immediate continuous single arm pull or an immediate continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to the position on the back upon leaving a wall.

II. 6.5 Upon the finish of the race the swimmer must touch the wall while on the back.

Freestyle

II. 5.1 Freestyle means that in an event so designated the swimmer may swim any style, except that in Individual Medley or Medley Relay events, Freestyle means any style other than Backstroke, Breaststroke or Butterfly.

II. 5.2 Some part of the swimmer must touch the wall upon completion of each length and at the finish.

II. 5.3 Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 metres after the start and each turn. By that point, the head must have broken the surface.

II. 10.6 Standing on the bottom during freestyle events or during the freestyle portion of Medley events shall not disqualify a swimmer, but he shall not walk.