

# Cedar Rapids Recreation Swim League

## Stroke Rules

### Revised 5/08/09

#### **Breaststroke**

**Start**- The forward start shall be used. A single underwater pull followed by one dolphin kick and one breast stroke kick is permitted and then the head must break the surface

**Stroke** - The body shall be kept perfectly on the breast and both shoulders shall be in line with the water surface. All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement. The hands shall be pushed forward together from the breast on or under the surface of the water and shall be brought back on under the surface of the water. The hands shall not be brought beyond the hipline (waist) except on the first stroke after the start and each turn. During each stroke cycle, a part of the head shall break the general water level (the surface in a calm state) except that after the start and after each turn, the swimmers may take one arm stroke and one leg kick while submerged under the water. When the hands begin their sideward or downward press, a new stroke shall have been started. A wave passing over the head does not constitute a violation.

**Kick** - All vertical and lateral movements of the legs shall be simultaneous. The feet must be turned outwards in the backward movement. A flutter kick or downward butterfly kick is not permitted. Breaking the surface with the feet shall not merit a disqualification unless followed by a downward butterfly kick.

**Turns** - When touching at each turn, the touch shall be made with both hands simultaneously. The head can be lowered below the water level of the pool after the final arm pull and prior to the touch. A legal touch may be made at, above or below the surface of the water. Once a legal touch has been made the swimmer may turn in any manner desired. Leaving the wall must be towards the breast. A single underwater pull followed by one dolphin kick and one breast stroke kick is permitted and then the head must break the surface. The prescribed form must be attained from the beginning of the first arm stroke. This would apply also to the breaststroke leg of the individual medley and the breaststroke leg in the medley relay.

**Finish**- On the finish the touch of the solid wall or pad shall be made with both hands simultaneously while the body is on the breast. The shoulders shall be in line with the water surface. It is permissible for the head to be lowered below the water level of

the pool after the final arm pull and prior to the touch. A legal touch may be made at, above or below the surface of the water.

## **Butterfly**

**Start-** The forward start shall be used.

**Stroke -** After the start and turns, a swimmer is permitted one or more leg kick but only one arm pull under water with recovery over the water, which must bring the swimmer to the surface. Both arms must be brought forward together over the water and brought backward simultaneously. The body must be kept perfectly on the breast and both shoulders in the horizontal plane, from the beginning of the first stroke after the start and after the each turn.

**Kick -** All up and down movements of the legs and feet must be simultaneous. The position of the legs and feet shall not alternate in relation to each other. The use of the scissors, breaststroke, or flutter kicking movement is not permitted.

**Turns -** When touching at each turn, the touch shall be made with both hands simultaneously and on the same horizontal plane. A legal touch may be made at, above or below the surface of the water. Once a legal touch has been made the swimmer may turn in any manner desired. The prescribed form must be attained from the beginning of the first arm stroke and leaving the wall must be towards the breast.. This would apply also to the butterfly leg of the individual medley and the butterfly leg in the medley relay.

**Finish-** On the finish the touch of the solid wall or pad shall be made with both hands simultaneously while the body is on the breast. The shoulders shall be in line with the water surface. A legal touch may be made at, above or below the surface of the water.

## **Backstroke**

**Start-** The swimmer shall line up in the water, facing the starting end, with both hands resting either on the end or rail of the pool or on any part of the starting platform or block, or on the starting grips. The feet may be placed any position on the end of the pool, and the swimmer may assume any desired starting position, which does not remove their feet from the water, nor from the contact with the end of the pool, nor their hands from the starting grips, pool edge, or starting block. The swimmer may not use a stand up start. The swimmer's toes must be at or below the surface of the water. Subject to the approval of the host facility, a backstroke starting block against which to place the feet may be used, if available to all contestants.

**Stroke -** The swimmer shall push off on their back and continue swimming on their back throughout the race except for the turns.

**Turns** — During the turn the shoulders may be turned over the vertical to the breast after which a continuous single arm pull or a continuous simultaneous double are pull may be used to initiate the turn. Once the body has left the position on the back, there will be no arm pull that is independent of the turning action. The swimmer must have returned to a position on the back upon leaving the wall. When executing the turn there must be a touch of the wall with some part of the swimmer's body.

**Finish-** The swimmer shall have finished the race when any part of their person touches the solid wall or pad at the end of the pool.

## **Freestyle**

**Start-** The forward start shall be used.

**Stroke -** Freestyle means that in an event so designed the swimmer may swim any style; from the start to the finish; except that in a medley relay or individual medley event.

**Turns -** In freestyle competition the hand touch is not required at the turn; it is sufficient if any part of the swimmer touches the solid wall or pad at the end of the pool or course.

**Finish** - the swimmer shall have finished the race when any part of the person touches the solid wall or pad at the end of the pool.

### **Individual Medley**

The swimmer shall swim the prescribed distance in the following order; the first one-fourth, butterfly; the second one-fourth, backstroke; the third one-fourth, breaststroke; and the last one-fourth, freestyle. The turns from one stroke to another shall be considered turns, not finishes, and are as follows:

Butterfly to backstroke: once a legal touch has been made the swimmer may turn in any manner desired, but the shoulders must be at or past the vertical toward the back when the swimmer leaves the wall.

Backstroke to breaststroke: once a legal touch has been made (swimmer must touch on back) the swimmer may turn in any desired manner. The shoulders must be past the vertical toward the breast when the feet leave the wall. The prescribed stroke form must be attained prior to the first arm stroke.

Breaststroke to freestyle: once a legal touch has been made the swimmer may turn in any manner desired.

**Finish** - the swimmer shall have finished the race when any part of the swimmer's person touches the solid wall or pad at the end of the pool.

### **Relays**

**Freestyle Relay:** Four swimmers on each team, each to swim one-fourth of the prescribed distance using any desired stroke(s). Freestyle finish rules apply.

**Medley Relay:** Four swimmers on each team, each to swim one-fourth of the prescribed distance continuously in the following order: backstroke; breaststroke; butterfly; and freestyle. Rules pertaining to each stroke used shall govern where applicable. At the end of each leg, the finish rules for each stroke applies in each case.