



Officials' Briefing

FREESTYLE

START – Forward Start

BODY POSITION – No restriction upon body position, except . . . if submerged at start and turns, head must break the water surface by the 15 meter mark

STROKE – Any stroke style may be used

KICK – Any kick style may be used

TURN/FINISH – Some part of the body must touch the end of the racing course at a turn and the finish

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 lane lines for forward propulsion

BACKSTROKE

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

BODY POSITION – Must swim “on the back,” except for turns . . . if submerged at the start and turns, some part of the head must break the water surface by the 15 meter mark

STROKE – Any stroke style may be used

KICK – Any kick style may be used

TURN/FINISH – Some part of the body must touch the end of the racing course at a turn and finish . . . **MAY** turn onto the breast while executing the turn if the turning motion is continuous . . . **MAY** be submerged at the finish touch

BREASTSTROKE

START – Forward start

BODY POSITION – Must swim “on the breast” . . . **MAY** have one arm pull and kick while fully submerged . . . at start and after each turn, **MAY** use one butterfly kick with or following the arm pull, and prior to the breaststroke kick . . . any lateral or downward movement of the hands or arms is considered to be the initiation of the first arm pull . . . head must break the water surface before hands turn inward at widest part of second stroke

STROKE – Arms shall move simultaneously and in same horizontal plane, not alternating. . . hands recovered under, on or over water from the breast . . . hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn. . . elbows under the water during the recovery (forward) portion of the arm stroke, except at touch of turns and finish . . . throughout the race the stroke cycle must be one arm stroke and one leg kick, in that order. . . head must break surface during each stroke cycle

KICK – All movements of the legs must be simultaneous and in the same horizontal plane, without alternating movement. . . feet turned out in the propulsive part of the kick . . . scissors, flutter or downward butterfly kick not permitted, (one exception permitted)

TURN/FINISH – Body must be on the breast; the touch is made with both hands simultaneously . . . 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.

BUTTERFLY

START – Forward start

BODY POSITION – Must swim “on the breast” . . . if submerged at start and following turns, head must break surface by 15 meter mark

STROKE – One “arm pull” under water is allowed which must bring the swimmer to the surface . . . arms must be brought forward over the water and recovered simultaneously

KICK – All up and down movement of feet and legs must be simultaneous . . . feet and legs may not alternate . . . scissors or breaststroke kick is not permitted

TURN/FINISH – Body must be on the breast; the touch is made with both hands simultaneously

INDIVIDUAL MEDLEY / MEDLEY RELAY

Individual Medley is swum in the following order: Butterfly, Backstroke, Breaststroke, and Freestyle. Freestyle is to be swum in any stroke of a style other than the previous three.

Medley Relay is swum in the following order: Backstroke, Breaststroke, Butterfly, and Freestyle. Freestyle is to be swum in any stroke of a style other than the previous three.

Each leg of the race is judged according to the rules pertaining to that stroke; each transition shall conform to the finish rules of that stroke.

RELAY TAKE-OFFS

Watch the feet of the swimmer on the block. When the feet of the swimmer on the block leave the starting platform, look down to the pool to see if the incoming swimmer has touched the wall.

If so, the exchange is good. In recording your observation, an O indicates a good take-off; and X indicates an early takeoff. Do not raise your hand for an early take-off.

SWIMSUITS

The use of more than one swimsuit at a time during any USA Swimming sanctioned or approved competition is prohibited . . . the restriction applies only to actual competition (i.e. a race) . . . one swimsuit may include the wearing of a single pair of “briefs” or “bikini bottoms” to ensure the modesty and privacy of the swimmer.

Swimsuits worn for all 12 & under age group defined competition shall not cover the neck, extend past the shoulder, nor past the knee, except if swimmer has been granted an exception by the Chair of the USA Swimming Rules & Regulations Committee for religious or medical reasons.

OTHER ITEMS TO DISCUSS

- Assignments
- Jurisdiction
- Protocol
- Rotation / Relief
- Pool irregularities
- Any disabled swimmers?
- “Benefit of the doubt goes to the swimmer”