MIDLAKES 2009 STROKE BRIEFING

Please note that in all strokes, incidental contact with lane lines or sides of the pool is not grounds for immediate disqualification - standing on or touching the bottom of the pool is (see exception for Freestyle below). However, swimmers use of lane lines or sides of the pool to propel them down the course (via intentional grabbing, pulling on or kicking off) is not allowed.

BUTTERFLY

After **the start and each turn**, the swimmers shoulders shall be at or past vertical towards the breast.

The swimmer may take as many kicks as they want, but when they begin their first arm pull, that pull must bring them to the surface of the water.

The head must break the surface of the water by the 15 meter mark and some part of the body must remain on the surface of the water throughout the swim, except for the first 15 meters after the turn.

During the swim, the arms must recover simultaneously over the water surface *(some part of the arms must break the surface of the water)* and be pulled back simultaneously. *(No horizontal requirement)*

All movement of **the legs and feet** shall be simultaneous. There shall be no alternating, scissors or breaststroke kick.

At **the turn and finish**, there shall be a two hand, simultaneous touch. *(Hands must touch the wall simultaneously, but may be in a non-horizontal position)*

BACKSTROKE

Immediately following **the start**, standing in or curling toes over the lip of the gutter is not permitted.

The swimmer must be at or past vertical towards the back during the swim and at the finish.

The head must break the surface of the water by the 15 meter mark, after the start and turn.

At **the turn**, some part of the swimmer must touch the wall and the swimmer may turn in any manner.

The swimmer may turn past vertical towards the breast, at which time they may **execute one single or one simultaneous double arm pull**, which may be used as part of a turning action to execute the turn. *(Independent kicking, after turning onto the breast, is allowed in Midlakes)* This transition to the breast must occur between the turn-end backstroke flags and turn-end wall.

The swimmer must be towards the back when their feet leave the wall after the **turn** and must touch the wall at **the finish** while on the back.

BREASTSTROKE

At the start of the race, the swimmer must take one arm pull and one breaststroke kick, in that order, and may be completely submerged.

From the beginning of the first arm stroke the body shall be kept on the breast and the arms shall be in the ***same horizontal plane***.

The head must break the surface of the water by the time the arms have reached the widest part of the second arm pull.

ARMS

The arms must move in the same horizontal plane with no alternating movement. The hands may not pass the hipline during the arm stroke.

During the recovery movement, the hands may be at, above or below the water surface, but must be pushed forward from the breast.

The elbows must stay in contact with the water during the recovery phase of the arm pull throughout the race except for the last stroke at the finish and into the turn.

LEGS

All vertical and lateral motion of **the legs** shall be simultaneous and must move in the ***same horizontal plane***. The position of the toes is the key to judging the breaststroke kick. If the toes are pointed out during the propulsive part of the kick, it is a legal breaststroke kick.

There shall be no scissors, flutter or downward butterfly kick, except during the first cycle at the start and after each turn, when the athlete may take one butterfly kick after the start of the arm pull and prior to the breaststroke kick. **USA SWIMMING INTERPRETATION:** the pull is identified by any lateral or downward motion of the arms.

Breaking the surface of the water with feet is not a DQ.

At **the turn and the finish**, a two hand simultaneous touch is required.

After the final pull into the wall at the turn and finish, the arms no longer need to be in the same horizontal plane, however, the shoulders do have to be at or past vertical towards the breast when the feet leave the wall at each turn and again at the finish. *(Hands must touch the wall simultaneously, but may be in a non-horizontal position)*

MIDLAKES 2009 STROKE BRIEFING

FREESTYLE

The swimmer may choose to swim any* style they want, but their head must break the surface of the water by the 15 meter mark **See Medley, below.*

Some part of the swimmer's body must remain on the water surface throughout the race, except for the first 15 meters after each turn.

Some part of the swimmers body must touch the wall at the end of each length of the swim. If the swimmer misses the wall, they are permitted to return to the wall to touch (Freestyle is the only stroke in which this "backwards" direction is allowed).

Freestyle is the only stroke that allows a swimmer to stand on or touch the bottom of the pool. However, should this occur, the swimmer is not allowed to propel off the bottom.

INDIVIDUAL MEDLEY / MEDLEY RELAY

*The **Individual Medley*** is swum in the following order:
Butterfly, Backstroke, Breaststroke and Freestyle.

*The **Medley Relay*** is swum in the following order:
Backstroke, Breaststroke, Butterfly and Freestyle.

Freestyle is any stroke other than the previous three. *(The freestyle segment may **not** be swum on the back -as any stroke performed on the back is "backstroke" - or include complete strokes/cycles of Breaststroke or Butterfly.)*

Each leg of the race shall be judged by the rules pertaining to that stroke and each finish shall conform to the finish rules of that stroke. (After the finish of each stroke, the swimmer may turn in any manner, and must conform to the start rules of the next stroke).

RELAY TAKEOFFS

(3 relay-takeoff-judges + Starter needed for 100 yard relays,
1 relay-takeoff-judge+ Starter for 200 relays)

Watch the feet of the swimmer on the block. For *in-the-water-starts, watch the swimmer's hand, which must be in contact with the wall.* When the feet of the swimmer on the block leave the starting platform, *or the hand of the swimmer using an in-the-water start leaves the wall,* look down to see if the incoming swimmer has touched the wall. If so, then the exchange is good.

If the exchange is good, circle the outgoing swimmer's number on the relay take-off slip. If the exchange is bad, put an X through the number of the swimmer who took off early.

Do not raise your hand for an early take-off, as this is a dual confirmation infraction.

OTHER RULES

Swimwear with other club or team designs must not be worn – or the logos must be covered. This includes both suits and caps. Caps with logos turned inside out may be worn.

The wearing of 2 suits (other than for modesty purposes) is prohibited. The athlete must be warned and given a chance to remove the second suit before they are disqualified. Such disqualification would be the responsibility of the starter/referee.

Suits worn by 12&Under swimmers may not extend past the knees or cover the shoulders or the neck.

Midlakes Swimming
Relay Take Off Judge

EVENT# _____ HEAT# _____

(Circle one: SIDE or LANE)

Swimmer	Number
Lane 1	2 3 4
Lane 2	2 3 4
Lane 3	2 3 4
Lane 4	2 3 4
Lane 5	2 3 4
Lane 6	2 3 4

_____
Signature