

## STROKE & TURN REGULATIONS

*Wenatchee Valley Summer Swim League*

### *Breaststroke*

- 1) Start: The forward start will be used from the block or side of the pool.
- 2) Stroke: From the beginning of the first arm stroke after the start and after each turn, the body will be kept on the breast and both shoulders will be in line with the water surface. The arms will move simultaneously and in the same horizontal plane without 5pushed forward together from the breast, on, under or over the water and will be brought back on or under the surface of the water. The hands will not be brought beyond the hipline, except during the first stroke after the start and each turn. Some part of the swimmer's head will break the surface of the water at least once during each complete cycle of one arm stroke and one leg kick in that order, except after the start and each turn the swimmer may take one arm stroke completely back to the legs and one leg kick while wholly submerged. The head must break the surface after 1 1/2 strokes. The head must break the surface with each stroke, but the swimmer does not have to breathe with each stroke. Two complete underwater strokes cause a DQ. Drifting apart of the hands does not constitute an infraction.
- 3) Kick: All vertical and lateral movements of the legs will be simultaneous. The feet must be turned outward during the propulsive part of the kick movement. A scissors, flutter or downward butterfly kick is not permitted. Breaking the surface with the feet will not merit disqualification unless followed by a downward butterfly kick. The proper kick results in the water being pushed by the bottom of the swimmers feet.
- 4) Turns: At each turn, the touch will be made with both hands simultaneously at, above, or below the water surface, and the shoulders will be in line with the water surface. 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 any part of the last complete or incomplete cycle preceding the touch. Once a touch has been made, the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the feet leave the wall and the form prescribed above must be attained from the beginning of the first arm stroke. Two hand touches are mandatory during the turn.
- 5) Finish: At the finish, the touch will be made with both hands simultaneously at, above or below the water surface. The body will be on the breast and the shoulders in line with the water surface. 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 any part of the last complete or incomplete stroke cycle preceding the touch. Again, a two-hand touch is mandatory at the finish.

### *Freestyle*

- 1) Start: Any start will be used.
- 2) Stroke: Individual Freestyle means that in an event so designated, the swimmer may swim any style or stroke or any combination of strokes. The freestyle portion of the medley relay or the individual medley always occurs on the last leg of the event and consists of the crawl stroke where legs move by a flutter kick.
- 3) Turns: Upon the completion of each length the swimmer must touch the wall with some part of their body on the turn.
- 4) Finish: The swimmer will have finished the race when any part of their person touches the wall after completing the prescribed distance.

### *Butterfly*

- 1) Start: The forward start will be used from the block or side of the pool.
- 2) Stroke: After the start and after each turn, the swimmer's shoulders must be at or past the vertical toward the breast. The swimmer is permitted one or more leg kicks, but only one arm pull under water which must bring them to the surface. Multiple kicks are okay, but each arm pull must bring the swimmer to the surface, although they do not have to breathe. From the beginning of the first arm pull, the swimmer's shoulders will be in line with the water surface. Both arms must be brought forward over the water and pulled back simultaneously.
- 3) Kick: The dolphin kick is to be used, with both legs moving up and down together. All up and down movements of the legs and feet must be simultaneous. The position of the legs or the feet need not be on the same level, but they will not alternate in relation to each other. A scissors or breaststroke kicking movement is not permitted.
- 4) Turns: At each turn, the body will be on the breast and the shoulders in line with the water surface. The touch will be made with both hands simultaneously at, above or below the water surface. Once a touch has been made, the swimmer may turn in any manner desired. The swimmer's shoulders must be at or past the vertical toward the breast when the feet leave the wall.
- 5) Finish: At the finish, the touch will be made with both hands simultaneously at, above or below the water surface. The body will be on the breast and the shoulders in line with the water surface. Two hand touches are mandatory on both the turn and finish.

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### *Backstroke*

- 1) Start: The swimmers will line up in the water facing the starting end, with both hands placed on the gutter or on the starting grips. Prior to the command 'take your mark' and until the feet leave the wall at the starting signal, the swimmers' feet, including the toes, will be placed under the surface of the water. Standing in or on the gutter or curling the toes over the lip of the gutter is not permitted at any time before the start.
- 2) Stroke: Standing in or on the gutter or curling the toes over the lip of the gutter immediately after the start is not permitted. The swimmer will push off on their back and continue swimming on the back throughout the race. It will be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and each turn. By that point, the head must have broken the surface of the water.
- 3) Turns: Upon completion of each length, some part of the swimmer must touch the wall. During the turn, the shoulders may turn past the vertical toward the breast. If the swimmer turns past vertical, such motion must be part of a continuous turning action and the swimmer must return to a position where the shoulders are at or past vertical toward the back before the feet leave the wall. The swimmer is not allowed to take more than one arm stroke before performing the flip turn and must push off on their back.
- 4) Finish: The swimmer will have finished the race when any part of their person touches the wall at the end of the course.

### *Individual Medley*

The swimmer will 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 (crawl).

- 1) Start: The forward start will be used.
- 2) Stroke: The stroke for each one-fourth of the designated distance will follow the prescribed rules for that stroke.
- 3) Turns: Flip turns during the IM are allowed. The swimmer must push off on their back when going from the fly to the backstroke. When going from the back to the breast, the swimmer must touch the wall while on the back. Once a legal touch has been made, the swimmer may turn in any manner but the shoulders must be at or past the vertical toward the breast when the feet leave the wall and the prescribed breaststroke form must be attained prior to the first arm stroke. The swimmer must touch as described in the breaststroke touch rules above. Once a legal touch has been made, the

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swimmer may turn in any manner when going from the breast to the free (crawl).

- 4) Finish: The swimmer will have finished the race when any part of their person touches the wall after the prescribed distance.

### *Relays*

- 1) In the freestyle relay, four swimmers on each team each swim one-fourth of the prescribed distance using any desired stroke. Freestyle rules described above apply. Swimmers choosing to do the backstroke are encouraged for safety reasons to begin the race. If more than one person from the relay chooses to do the backstroke, they are encouraged to be the first and third swimmers for safety reasons.
- 2) In the medley relay, four swimmers on each team each swim one-fourth of the prescribed distance continuously in the following order: backstroke, breaststroke, butterfly, freestyle, (crawl). Rules pertaining to each stroke used will govern where applicable. At the end of each leg, the finish rule for each stroke applies.
- 3) No swimmer will swim more than one leg in any relay event. No swimmer will swim in more than one age group per relay.
- 4) Relay teams may not compete unless they are unattached to a WVSSL member team.
- 5) Relay team members must consist of members from the same WVSSL member team.
- 6) When automatic relay take-off judging is used, each swimmer must touch the touch plate or pad in their lane at the end of the course to have finished their leg of the relay race.
- 7) In relay races, a swimmer other than the first swimmer will not start until his teammate has concluded their leg.
- 8) Any relay team member and their relay team will be disqualified from a race if any swimmer other than the leg's designated swimmer enters the pool in the area where the race is being conducted.
- 9) Relay team members will leave the water immediately upon finishing their leg, except the last member who remains in the pool until so directed by the starter.
- 10) The relay team of a swimmer whose feet leave the starting platform, or pool deck, before the wall is touched by the incoming teammate will be disqualified.