



Swimming Turns

The Rules of Turns

There are four strokes, but 7 different turns, each with its own set of rules

Freestyle

Backstroke

Breaststroke

Butterfly

Individual Medley (IM) turns - Butterfly to Back, Back to Breast, Breast to Free

Freestyle turn

Only 1 rule

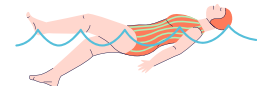
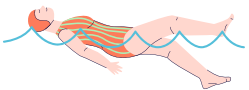
You must touch the wall at some point during the turn and If you miss the wall go back and touch it, as it will still count



Backstroke turn

You are allowed one freestyle stroke on your stomach into the turn

You must then start turning during the freestyle stroke and push off the wall on your back



Breaststroke turn

You must touch the wall with two flat hands at the exact same time.

You must push off the wall and turn onto your stomach before you do underwater:

One butterfly kick
One double arm pull down and up
One breaststroke kick

Don't forget to lift your head above the surface as soon as you start your first Breaststroke arm circle

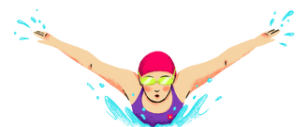
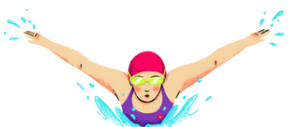


Butterfly turn

You must touch the wall with two flat hands at the exact same time.

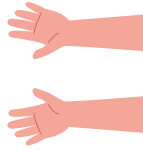
You must push off the wall and be on your stomach before you do underwater kicks

Don't forget that for all kicks including underwater, the feet must go up and down at the exact same time

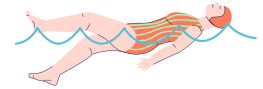


Butterfly to Backstroke turn

You must touch the wall with two flat hands at the exact same time.

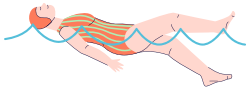


You must push off the wall on your back



Backstroke to Breaststroke turn

You must touch the wall with one hand on your back



You must push off the wall on your stomach and then underwater you are allowed:

- One butterfly kick
- One double arm pull down and up
- One breaststroke kick



Don't forget to lift your head above the surface as soon as you start your first breaststroke arm circle



Breaststroke to Freestyle turn

You must touch the wall with two flat hands at the exact same time



You must push off the wall and turn onto your stomach before you do underwater kicks



All the coaches and the officials at the swim meets are happy to help, so please ask questions if you are unsure!

It is okay if you get it wrong, it is a chance to learn and improve!



Racing Rules

The Rules of Starts, and the Race

There are 35 different Individual swimming races

Freestyle - 50m, 100m, 200m, 400m, 800m, 1500m

Backstroke - 50m, 100m, 200m

Breaststroke - 50m, 100m, 200m

Butterfly - 50m, 100m, 200m

Individual Medley - 100m (Short Course only), 200m, 400m

The Start



Freestyle,



On the whistle, you must get on the block and be super still in a ready position



Once everyone is still, 'Take Your Marks' will be called and you can move quickly into position



You can not move again until the buzzer goes off, and then the race and stopwatches start

**IM Relay/
Backstroke**



You must jump into the pool feet first



On the 2nd Whistle, you must grab the bar and put your feet on the wall and be still. One toe from each foot must be touching the wall if there is ledge



'Take Your Marks' will be called and you can move quickly into position



You can not move again until the buzzer goes off, and then at buzzer the race and stopwatches start

Underwaters



**Freestyle,
Backstroke,
Butterfly**



15m Limit of underwaters off each wall

15m

Breaststroke

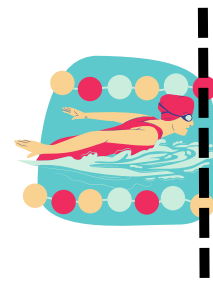
You can go as far as you like
But Limited to:



One Butterfly kick

One arm pull down and up

One Breaststroke kick



During the race



You are not allowed to touch the bottom of the pool until you finish the race, except in Freestyle, where you are allowed to touch the bottom but not push off it

You are not allowed to pull on the lane, it is ok if you accidentally hit the lane rope though

The Finish



Freestyle - Must touch the wall with any part of your body

Backstroke - Must touch the wall on your back and you can be underwater in the last 5m into the wall

Butterfly - You must touch the wall with two hands at the exact same time

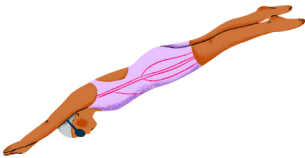


Breaststroke - You must touch the wall with two hands at the exact same time



You must wait until the double whistle to exit the pool or until the next race has started their race

Togs



Most training togs are allowed to be worn at a swim meet; if you are unsure, just ask. Modified/alternative swimwear is allowed to be worn to accommodate the individual needs and identity of the swimmer.

Any modifications will need to be presented to the Technical Director or Meet Referee to make sure they do not present an advantage over others.

Only Fina-approved racing suits can be worn at swimming meets, unless approved by the Technical Director or Meet Referee.

At all SCWC-sanctioned events, the use of Technical/Performance Race Suits by all competitors 12 years of age and under is not permitted, which includes all Club and Regional meets held within the SCWC Region.

A Technical Swim Suit has bonded seams, kinetic tape, or meshed seams.

A Non-Technical Swim Suit is stitched at the seams

Accessories



No pacing devices are allowed to be worn

Any kind of tape on the body is not permitted – unless approved by the Technical Director at the event for medical reasons

Use of power bands or adhesive substances is not allowed

**All the coaches and the officials at the swim meets are
happy to help, so please ask questions if you are
unsure!**

**It is okay if you get it wrong, it is a chance to learn and
improve!**



Relay Rules

The Rules of Relays

There are two different types of relays, Freestyle and Individual Medley

Freestyle - 4 x 50m, 4 x 100m, 4 x 200m

Individual Medley - 4 x 50m, 4 x 100m

IM order in a relay:

Backstroke, Breaststroke, Butterfly, Freestyle

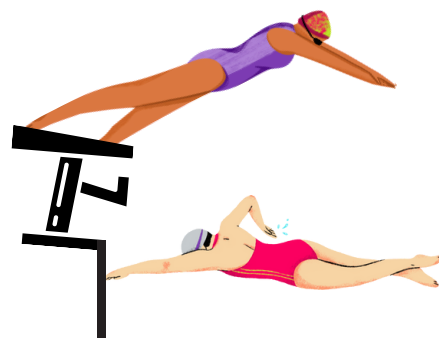
The Start

First Swimmer: You must follow usual race start rules for Freestyle and Backstroke, your time will also be an official individual time

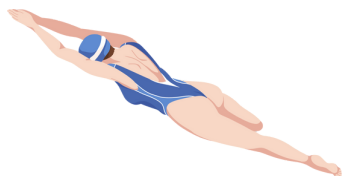


Second to Forth Swimmer:

You are allowed to start your dive before the swimmer touches the wall, but your feet must still be on the block when they touch the wall



Underwaters



**Freestyle,
Backstroke,
Butterfly**



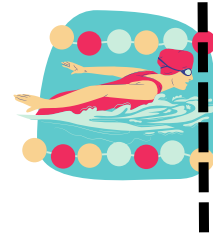
15m Limit off each wall underwater
Your head can pop up at 15m not after 15m

15m

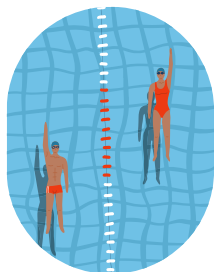
Breaststroke



You can go as far as you like
But Limited to
One Butterfly kick
One arm pull down and up
One Breaststroke kick



During the race



You must follow the usual race stroke and turn rules

You are not allowed to touch the bottom of the pool until you finish the race, except in Freestyle, where you are allowed to touch the bottom but not push off it

You are not allowed to pull on the lane, it is ok if you accidentally hit the lane rope though

You are not allowed to get in the way of other lanes/swimmers

The Finish

1st to 3rd swimmer: You must exit the pool quickly and carefully to the sides after your part of the relay without interfering with the other teams

EXCEPT



4th Swimmer, you must wait until the double whistle to exit the pool



You can't get in the water again once you have finished your part of the relay





Stroke Rules

The rules of the 4 strokes

There are 35 different Individual swimming races

Freestyle - 50m, 100m, 200m, 400m, 800m, 1500m

Backstroke - 50m, 100m, 200m

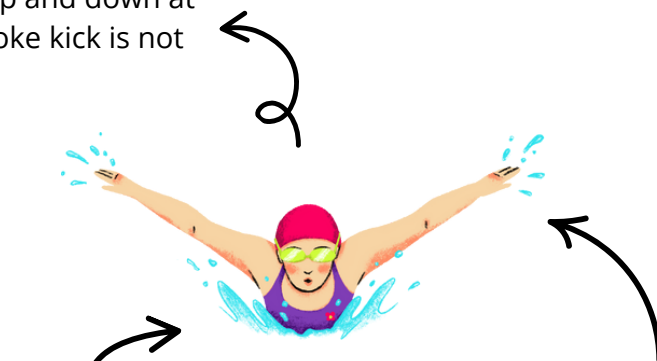
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Butterfly - 50m, 100m, 200m

Individual Medley - 100m (Short Course only), 200m, 400m

Butterfly

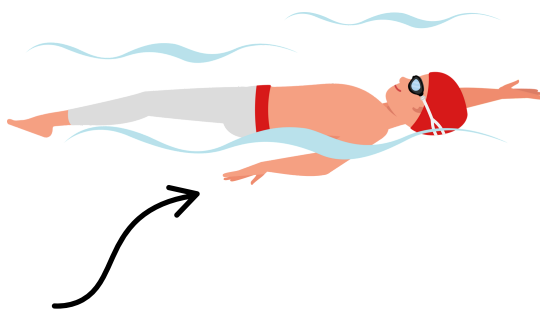
Your legs/feet must kick up and down at the same time, breaststroke kick is not allowed



In a butterfly race, you cannot turn onto your back; the only exception is when turning on the wall. You must be back on your front when your feet leave the wall

Your arms must be brought forward together at the same time over the water and brought backward at the same time under the water

Backstroke



In a backstroke race, you cannot turn onto your front; being slightly on your side is ok. The only exception is when going into the turn

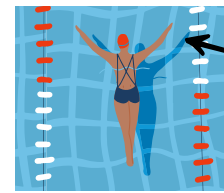
Breaststroke

Your head must lift out of the water each time you do an arm and leg circle

In a breaststroke race, you cannot turn onto your back; the only exception is when turning on the wall. You must be back on your front when your feet leave the wall

Your elbows must stay underwater; the only exception is when you turn and finish into the wall

You must lift your head before the widest part of your first arm stroke after your underwater



Widest part

Your arms must be brought forward at the same time, and your legs must kick around at the exact same time.

Your hands cannot circle below your hips; the only exception being in your pullout

The feet must be turned outwards as you kick your legs around and together



Freestyle

In a freestyle race, you can swim however you like; there are no stroke rules.

In medley or medley relays, freestyle means you can swim in any way apart from backstroke, breaststroke or butterfly

For the freestyle part of the medley, you must be on your front before you start kicking



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