

STROKE RULES

Stroke Reviews

- No surfacing requirement for FR/BK/FLY
- **Free:** Any stroke with 2 exceptions
 - IM
 - Medley Relays
- **Back:**
 - Emphasis on Turn
 - Can re-submerge at finish
 - Can flip
 - Must finish back as if it's a race
- **Fly:** No stroke sequence, no specific # of kicks
- **Breast:** Pullout
- **IM:** Emphasis on back to breast transition
 - Can flip
 - Must finish back as if it's a race
 - Cannot leave wall on back for 4th leg

Relays

- Dual Confirmation (X's and O's) on Relays
- No forward steps into start
- Written, not verbal process (thumbs up)
- Driver: Lane Judge (inside judge)
- Toes & Fingers
- All make stroke calls

DQ Slips / Relay Confirmation Sheets

- Per Steve, first heat only
- Per Mel, all heats for first meet
- Give forms/clipboards back to Mel

Starter

- 12 & Under – YES Recall
- 13 & UP – NO Recall
- ONLY starter call false starts unless relay

Meet Director

- Clear & concise responsibility/instructions
- Placement at Pool
- Will reconvene at ½ (#30)
- Work with someone from other team

Meet Director -Melanie

Starter – Gary

Announcer - Troy

BACK:

- Any Kick
- 180 degrees on start/turn/finish
- Must finish on back (180*)
- Touch anywhere with anything
- Turn:
 - Turn at anytime
 - One arm pull or less
 - Simultaneous pull
 - Did they leave on their back?
 - Stay in lane

FREE:

- Can drop to 2 at one end / trade spots
- Don't touch bottom
- 3 strikes on ropes
- ANYTHING GOES for the most part

BREAST

- Elbows must clear water
- Must be on breast
- Hands can't go past hips
- Push water with bottom of feet
- Ankles turned out / outward sweep
- 2 hand touch finish/turn
- Head must break surface 1x per cycle
- Pullout
 - 1 dolphin kick
 - 1 pull past hips
 - BOTH before PO kick
- Head must break surface prior to widest part of recovery/first stroke

FLY

- Must be on breast / horizontally
- Arms recover over the water / elbows*
- Arms moving in the same plane together?
- 2 Hand touch at turn and finish
 - doesn't have to be at same level
 - watch lower hand on big kids-fast
- Dolphin Kick
 - No crossing of ankles
 - No stroke sequence
 - Use ankles at point of reference

IM / Medley Relay

- Last Leg of Both
 - No "free style"
 - Must leave wall on breast
- Discuss 180 rules