

SHRSL STROKE RULES 2025 | Based on NFHS 2024-25

STARTER:

- Recall: 12 & Under, No Recall 13 & Up
- Only starter calls false starts unless relay
- Call swimmers to edge of pool
 - Announce E/H, Clear watches
 - Note Open Lanes
 - Announcing/Polling SJs

MEET DIRECTOR:

- Flow of meet > Races, Awards, Scoring
- Stroke Judges
 - Positioning (have a map)
 - Approach Tips
 - Understanding of rules
 - Overrule carefully (when)
- Safety & Weather, Parking, Rules
- Lanes: Home: 2,4,6 | Away: 1,3,5

RELAYS:

- Dual Confirmation (X's & O's)
- Written, not verbal process (thumbs up)
- Driver: Side Judge (outside)
- Watch toes & fingers on take offs
- All SJs make stroke calls to ½ way
- Starts: One foot on edge, no fwd
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IM / MEDLEY RELAY: Follow Stroke Rules

- MR Order: Back Breast Fly Free
 - Last leg: No BK BR FLY
 - Start: toes & Fingers
- IM Order: Butterfly, Back, Breast, Free
 - Must leave wall on BR (BR to FR)*
 - 4th leg anything but BR BK FLY
 - Can be on back BR-FR turn, can't take propulsive move on back*
- Discuss 180 degree rules (turns/finish)
- Touching the bottom at any point > DQ

FREESTYLE: Anything goes for the most part

- 3 Strikes on ropes, no forward propulsion
- Stay in lane
- Turns & Finish: Must touch wall
- Head must break surface by 15m mark
- SJs: Drop to 2 at one end / trade spots
- Touching bottom is allowed, not for other strokes

BACKSTROKE:

- Start/Turn/Finish: 180 degrees
- Head must break surface by 15m mark
- Finish: Any body part can touch the wall
- Note: Can resubmerge between flags & wall
- Turn: After flags, turn at any time
 - Single arm pull, after turn to breast
 - Can be a simultaneous pull
 - Look for: 1) Did they take 1 arm or less after turn to breast? 2) Did they leave the wall on back?
- Touching the bottom at any point > DQ

BREASTSTROKE: Must be on breast

- Head must break surface 1x, per cycle
- 15'm NOT applicable in breaststroke
- Touching the bottom at any point > DQ
- Arms/Legs simultaneous, no alternating
- Arms:
 - No Hands past hips, except PO
 - Elbows underwater during recovery
- Feet & Legs:
 - Push water with bottom of feet
 - Ankles turned out / outwards sweep
- Turn/Finish: 2 hand touch at, above, below surface at the same time. **Watch Big Kids*
- Pull Out:
 - 1 dolphin kick/1 pull past hips (must be before full kick)
 - Can do a PO on turn
- Post PO: head must break surface prior to the inward sweep of hands on 2nd pull*

BUTTERFLY (FLY): Must be on breast

- Head must break surface by 15m mark
- Arms:
 - Recovery over the water / elbows*
 - Must move in the same plane
 - Only one arm pull underwater
- Turn/Finish: 2 Hand Simultaneous Touch
 - Touch at, above, below surface at the same time.* *Watch big kids*
- Finish: No underwater recovery after full pull
- Kick: Ankles go up and down in vertical plane, maintain plane
- Touching the bottom at any point > DQ