

What's a Legal Swim Stroke?

Below is a summary of the legalities of each swim stroke and relay format. For more information, please talk to the coaches who will be happy to share and train

Butterfly

- Arms and legs move in a simultaneous motion.
- Two hand touches are required at the turn wall and finish wall.
- Dolphin kicks are the only allowed kicks for streaming as well as when you're swimming the stroke.

Backstroke

- A dolphin or flutter kick may be used for the streamline on this stroke. If completing a flip turn only one freestyle stroke is allowed.
- Swimmers may not cross the vertical plane on their front except when completing a turn.
- Swimmers must touch with one hand on their back at the turn (if not completing a flip turn) and at the finish of the race.

Breaststroke

- Arms and legs move in a simultaneous motion.
- Two hand touches are required at the walls and on open turns.
- A pullout is the only way to complete a streamline.
 - Giant pull down to thighs glide then kick and come up to the surface, hands come up at the same time as the kick happens.
 - Hands may not go past the bottom of the ribcage unless swimmer is doing a pull out.
 - There must only be a whip kick in this stroke. No other kicks are allowed at any time.

Freestyle

- A dolphin kick or flutter kick may be used for the streamline in this stroke.
- At the turn, whether doing an open turn or flip turn, some part of the swimmer's body MUST touch the wall before swimming to the other end.
- The swimmer must have some part of their body on the surface at the finish, not fully submerged.

Correct Transitions to each stroke on Individual Medley (IM)

- FLY-FLY: touch with two hands, open turn
- FLY-BACK: touch with two hands, push off on back
- BACK-BACK: flip turn at the wall, only one freestyle pull in the turn BACK-BREAST: touch with one hand on back, open turn
- BREAST-BREAST: hands, open turn
- BREAST - FREE: touch with two hands, open turn FREE-FREE: flip turn at the wall