

## **New to Swimming & Want to Learn More?**

### **4 Strokes in Swimming:**

- Freestyle
  - Swimmer may swim any stroke desired, however, the usual stroke is front crawl. This stroke is characterized by alternating overhead motion by the arms and an alternating "flutter" kick while on the stomach. This is the fastest stroke in all of swimming.
- Backstroke
  - Swimmer must stay on the back during the entire race. This stroke is signified by an alternating overhead motion of the arms and flutter kick performed face up. Swimmers must surface within 15 yards of the start or after a turn.
- Breaststroke
  - Considered one of the most difficult strokes to execute and master. This stroke requires symmetrical and simultaneous movement of the arms on the same horizontal plane. Hands are pushed forward together from the chest under the surface of the water, then separate to pull back to the starting point. Hands may not pass the hip. The whip kick consists of bent legs "whipping" around separately in a circle to touch feet together. Hands must touch the wall simultaneously at turns and finish.
- Butterfly
  - The most physically demanding stroke. Executed by symmetrical overhead stroke combined with a "dolphin" kick in which legs move simultaneously from the hip. Hands must touch the wall simultaneously at turns and finish.

The "IM" or Individual Medley combines all four strokes swam in this order: (fly, back, breast, free). If it is a 100 IM the swimmer will swim 25 fly, 25 back, 25 breast, 25 free without stopping. 200 IM would be a 50 of each stroke without stopping.

### **Relays:**

- Medley Relay – 1<sup>st</sup> swimmer swims backstroke, 2<sup>nd</sup> breaststroke, 3<sup>rd</sup> fly, 4<sup>th</sup> free
- Freestyle Relay – All swimmers swim freestyle

If it is the 200 free relay each swimmer swims a 50, which then equals 200 yds total.

No swimmer may swim more than one leg of the relay. Each swimmer may not leave the starting blocks until the previous swimmer touches the wall.

### **Each length of the pool is 25 yards (or meters)**

- 50 free = down and back, 2 lengths
- 100 free = 4 lengths
- 200 free = 8 lengths
- 500 free = 20 lengths



## Disqualifications:

- Freestyle
  - Also known as the front crawl. The chance of getting disqualified in a freestyle race is very slim.
- Backstroke
  - When doing a backstroke flip turn you are only allowed one arm stroke once you turn over to your stomach.
  - You MUST stay on your back, all the way to the wall, if you choose not to do a flip turn. You must also stay on your back until you hit the wall for the finish...if you finish on your stomach you will get disqualified.
- Breaststroke
  - Both legs have to do the same breaststroke kick....many kids have one foot flexed and the other foot pointed while kicking or one knee is in and the other is out. Both legs have to look exactly alike as you kick, doing only the "whip" kick.
  - You must touch with two hands at the same time on the turn and also on the finish.
  - Most common stroke to get disqualified in.
- Butterfly
  - You must touch with two hands at the same time on the fly turn and on the finish.
  - Both legs have to be doing dolphin kick simultaneously...if ankles come apart and resemble any sort of flutter kick....you can be disqualified.
- Individual Medley (IM)
  - Swimmers may get disqualified for any of the above stroke problems.
  - Swimmers are NOT allowed to do a backstroke flip turn into the breaststroke while competing in the 100 IM.
- Relays
  - The relay can be disqualified for any of the above.
  - The relay can be disqualified if one or more swimmers TOES leave the blocks before the previous swimmer has touched the wall with their fingertips.
- Starts
  - The official will blow one long whistle and this signals the swimmers to get up on the blocks or get in the pool for backstroke. The official will then say the command "take your mark." It is important that all swimmers come down to the starting position together – there should be no delay due to goggle adjustment/cap etc. Once in the "starting" position the swimmer has to be completely still prior to the horn start – there can be NO movement! The horn will go off and the swimmer dives in and begins their race. If there was any flinching or movement just prior to the horn the swimmer can get disqualified from this event.

Adapted from <https://www.teamunify.com/SubTabGeneric.jsp?team=iaaa&stabid=72817> and <https://www.teamunify.com/iaaa/UserFiles/File/SWIM%20MEET%20SURVIVAL%20GUIDE.pdf>



