



## **Stroke Briefing**

Stroke briefing should be appropriate for the level of competition and experience level of the officials attending the briefing. Official should only brief on the strokes being swum at the session in question. The following briefing notes provide an example of significant points that may be covered in the stroke briefing.

*Briefing notes on strokes taken from Swimming Canada Rules, 2017-2021, SW 5 to SW 9.*

### ☐ **Freestyle (SW 5)**

- Except for IM, swimmer may swim any style
- Some part of swimmer must touch wall upon completion of each length and at finish
- Some part of swimmer must break surface of water throughout race
  - Exception: for a distance of not more than 15 metres during turn and after start and each turn, it is permissible for swimmer to be completely submerged
    - By 15 metres, head must have broken surface

### ☐ **Backstroke (SW 6)**

- Prior to starting signal:
  - Swimmers line-up in water facing starting end with both hands holding starting grips
  - No standing in or on gutter and no bending toes over lip of gutter
  - Backstroke ledge: toes of both feet must be in contact with end wall or face of touchpad
  - No bending toes over top of touchpad
- Signal at start and turns:
  - Must push off and swim on back throughout race except when executing turn
  - Can include roll movement of body up to, but not including, 90 degrees from horizontal
    - Position of head not relevant
- Throughout race:
  - Some part of swimmer must break water throughout race
    - Exception: for a distance of not more than 15 metres after start and after each turn, it is permissible for swimmer to be completely submerged
    - By 15 metres, head must have broken surface
- The turn:
  - At turn, there must be a touch with some part of swimmer's body in his/her respective lane
  - During turn, shoulders may be turned over vertical to breast
    - May be followed by an immediate continuous single or double arm pull to initiate turn
  - Swimmer must have returned to position on back upon leaving wall
- The finish:
  - Swimmer must touch wall while on back in his/her respective lane

### ☐ **Breaststroke (SW 7)**

- After start and after each turn:
  - Swimmer may take one arm stroke completely back to legs during which swimmer may be completely submerged



- At any time, prior to first Breaststroke kick, single Butterfly kick permitted
- Head must break surface of water before hands turn inward at widest part of second stroke
- Beginning of first arm stroke after start and after each turn:
  - Not permitted to roll onto back at any time except at turn
    - Permissible to turn in any manner provided body on breast when leaving wall
  - Stroke cycle: one arm stroke and one leg kick, in that order
  - All arm movements shall be simultaneous and on same horizontal plane, with no alternating movement
- The stroke:
  - Hands:
    - Shall be pushed forward together from breast on, under or over water
    - Shall be brought back on or under surface of water
    - Shall not be brought back beyond hip line, except during first stroke after start and each turn
  - Elbows:
    - Shall be under water, except for final stroke before, and during turn and for final stroke at finish
  - During each complete cycle, some part of swimmer's head must break surface of water
  - Legs and feet:
    - All leg movements shall be simultaneous and on same horizontal plane without alternating movement
    - Feet must be turned outwards during propulsive part of kick
  - Alternating movements or downward Butterfly kicks not permitted except at start and after each turn
  - Breaking of surface of water allowed unless followed by downward Butterfly kick
- At each turn and at finish of race
  - Touch shall be made with both hands separated and simultaneously at, above or below water level
  - At last stroke before turn and at finish, arm stroke not followed by leg stroke permitted
  - Head may be submerged after last arm pull prior to touch
    - However must break surface at some point during last complete or incomplete cycle preceding touch

#### ☐ Butterfly (SW 8)

- Beginning of first arm stroke after start and after each turn
  - Not permitted to roll onto back at any time except at turn
    - Permissible to turn in any manner provided body on breast when leaving wall
- The stroke:
  - Both arms must be brought forward simultaneously over water and backwards simultaneously under water throughout race, except at start and turns
  - All up and down movements of legs must be simultaneous
    - Legs and feet need not be on same level but shall not alternate in relation to each other
    - Breaststroke kicking movement not permitted
- At each turn and at finish of race:
  - Touch shall be made with both hands separated and simultaneously at, above or below water level
- At start and turns:
  - Swimmer permitted one or more leg kicks and one arm pull under water, which must bring swimmer to surface



- For a distance of not more than 15 metres after start and each turn, it is permissible for swimmer to be completely submerged
  - By 15 metres, head must have broken surface
- Swimmer must remain on surface until next turn or finish

☐ **Individual Medley (SW 9)**

- Order: Butterfly, Backstroke, Breaststroke, Freestyle
  - Each stroke must cover 1/4 of distance
- Freestyle portion:
  - Must be on breast except when executing turn
  - After turn, must return to breast before any kick or stroke
- Each section must be finished in accordance with rule which applies to stroke

☐ **Medley Relay (SW 9)**

- Order: Backstroke, Breaststroke, Butterfly, Freestyle
  - Each stroke must cover 1/4 of distance
- All other rules pertaining to Individual Medley applicable to Medley Relay

☐ **Para**

- Exceptions
- Assistance

☐ **Judging Relay Takeovers**

- Takeover judge is observing that departing swimmer does not leave prior to touch of incoming swimmer
- Judge will observe departing swimmers toes and once they have left starting platform, judge drops their eyes to incoming swimmer to ensure they have touched the wall
- Departing swimmer may be in motion on starting platform prior to their toes leaving
- Swimmers MUST swim in order their names appear on relay entry card held by timers. Timers should verify that swimmer's name when swimmer exits pool after relay leg.
- Any swimmer whose feet lose touch with starting platform prior to the touch of preceding swimmer will be disqualified