

# SWIMMING RULES MADE SIMPLE

This is not a conclusive list but a simplified overview of the main rules that govern each stroke.

## Starts

1. Don't move on the block
2. Don't start before the starter's signal (gun/whistle/beep)
3. Don't streamline more than 15m underwater
4. Don't purposely waste time

## Freestyle

1. You can swim any stroke but must stick to one and it must be technically correct.

## Backstroke

1. You must stay on your back for the entire race and finish on your back, the only exception to this is during the BK flip turn.
2. You must show a continuous turning action and may only do one stroke on your front when executing the BK flip turn.

## Breaststroke

1. Your arms and legs must move simultaneously and in the same plane—you cannot do ANY flutter kick or butterfly kick during the swimming phase of the race.
2. The BR pull-out consists of a Butterfly underwater pull & kick (executed together) followed by 1 BR kick before the head surfaces. If you commence swimming before your head breaks the surface you are DQ'd.
3. Turns must include a simultaneous two hand touch on the wall. No flip turns in BR races.
4. During every stroke cycle your head must break the surface.
5. Your arms may not move backwards past your belly during BR (a Fly underwater action).

## Butterfly

1. Your arms and legs must move simultaneously and in the same plane—you cannot do ANY flutter kick or breaststroke kick during the swimming phase of the race.
2. Turns must include a simultaneous two hand touch on the wall. No flip turns in Fly races.

## Medley's

1. Individual Medley races must be swum in the following order: Butterfly, Backstroke, Breaststroke, Freestyle.
2. Medley Relays must be swum in the following order: Backstroke, Breaststroke, Butterfly, Freestyle.

## Other

1. You may not stand on the pool floor during a race.
2. If you miss a turn and your feet don't hit the wall you have to go back and make contact with the wall.
3. Don't leave the water until the last swimmer has finished or the referee signals.

The real rules of swimming can be found on the FINA website:  
[www.fina.org](http://www.fina.org) Click on the RULES tab and select SWIMMING