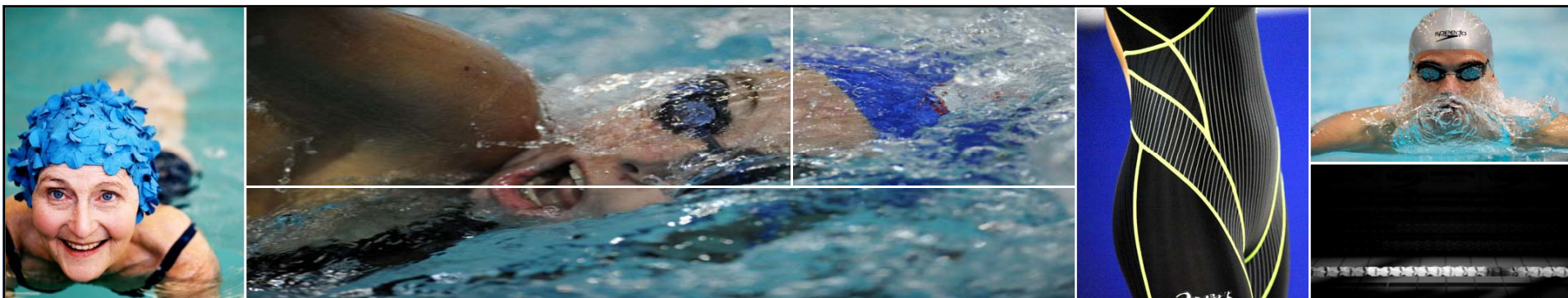




# SWIMMING NEW SOUTH WALES

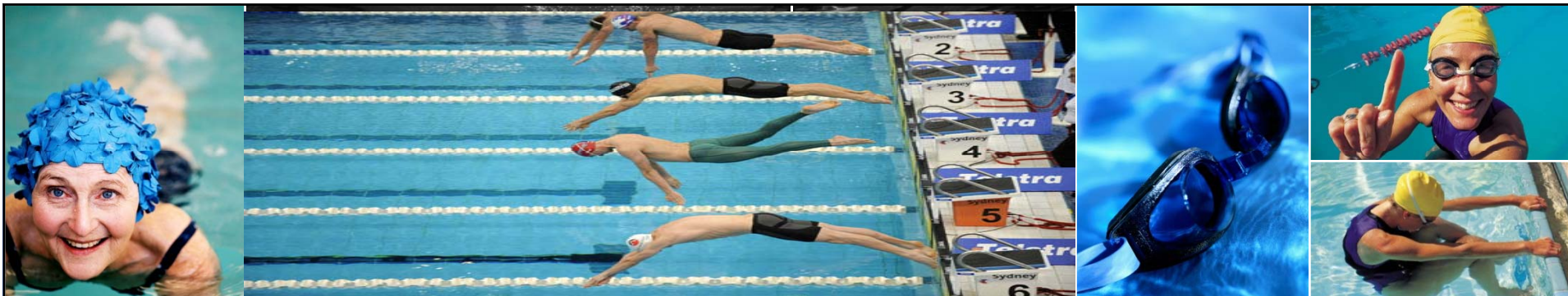
## RULES

Ken Jones and Graeme Field



This session we will ;

1. Review the rules
2. Review the FINA and other video
3. Allow discussion on the rule / dvd
4. Discuss being in the right position to see the stroke & focussing on the essential elements
5. Quiz Time



# THE START

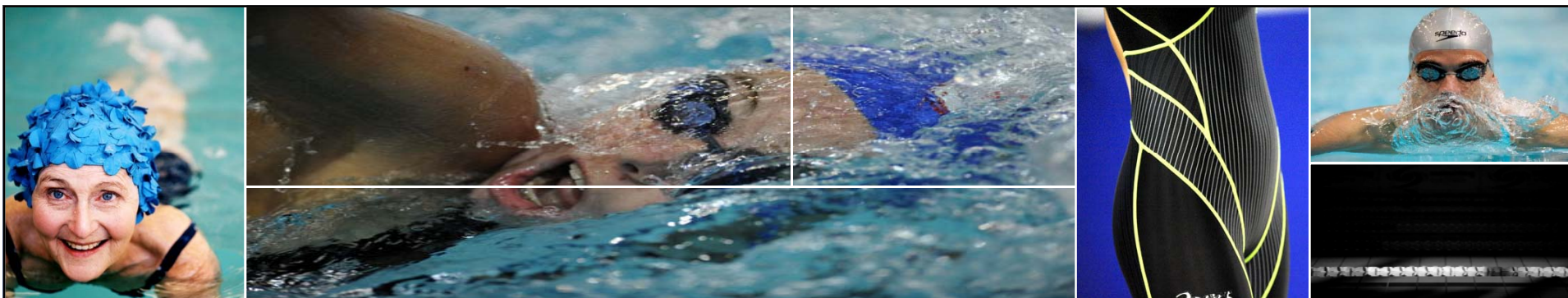


**SW 4.1** – The start in Freestyle, Breaststroke, Butterfly and Individual Medley races shall be with a dive. On the long whistle from the Referee the swimmers shall step onto the starting platform and remain there.

On the Starter's command "Take your Marks", they shall immediately take up a starting position with at least one foot at the front of the starting platforms. The position of the hands is not relevant.

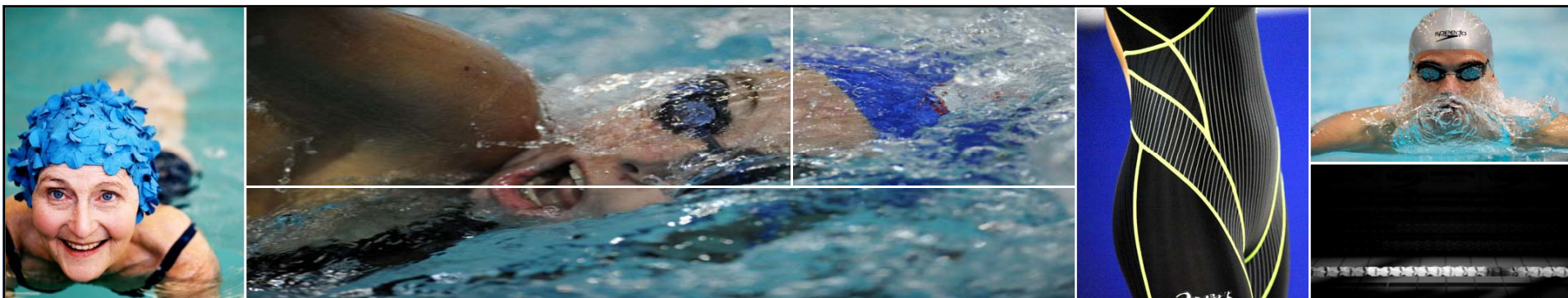
When all swimmers are stationary, the Starter shall give the starting signal.





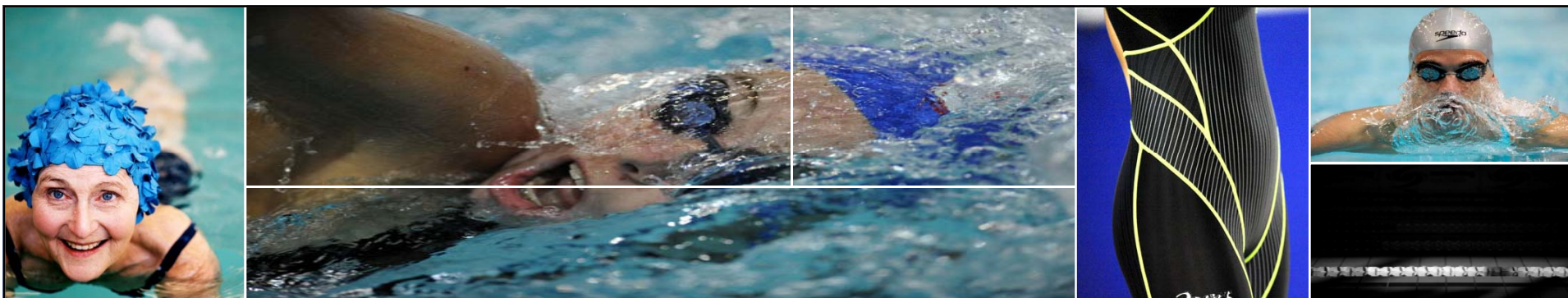
**SW 4.2** – The start in Backstroke and Medley Relay races shall be from the water. At the Referee's first long whistle (SW2.1.11), the swimmers shall immediately enter the water. At the Referee's second long whistle the swimmers shall return without undue delay to the starting position (SW6.1).

When all swimmers have assumed their starting positions, the Starter shall give the command "Take your Marks". When all swimmers are stationary, the Starter shall give the starting signal.



**SW 4.3** – Any swimmer starting before the starting signal has been given shall be disqualified. If the starting signal sounds before the disqualification is declared, the race shall continue and the swimmer or swimmers shall be disqualified upon completion of the race.

If the disqualification is declared before the starting signal, the signal shall not be given, but the remaining swimmers shall be called back and start again. The Referee repeats the starting procedure beginning with the long whistle (the second one for backstroke) as per SW 2.1.11.



**NOTE** It is permissible for the Starter to give a “Stand Up” command if a swimmer is not stationary or is slow taking his starting position. If the swimmers are asked to “Stand Up” and a swimmer or swimmers do go into the water, if in the opinion of the Referee the false start was caused by the Starter, then the Referee shall have the discretion to allow the swimmers to start again.





What is the right position to be in to see the start?

What are the essential elements to focus on?

Comments or Questions?



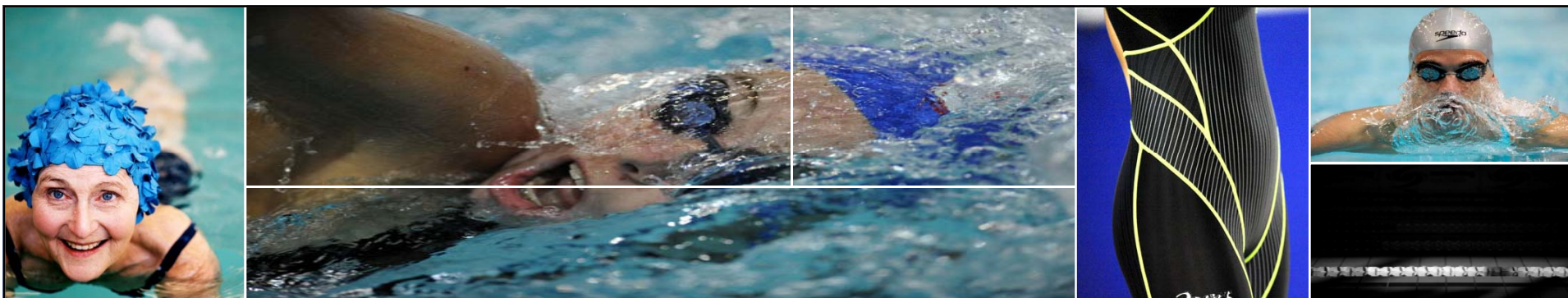


# FREESTYLE RULE



**SW 5.1** – Freestyle mean that in an event so designated the swimmer may swim any style, except that in medley or medley relay events, freestyle means any style other than backstroke, breaststroke or butterfly.

**SW 5.2** – Some part of the swimmer must touch the wall upon completion of each length and at the finish.



**SW5.3** – Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 metres after the start and each turn. By that point, the head must have broken the surface.





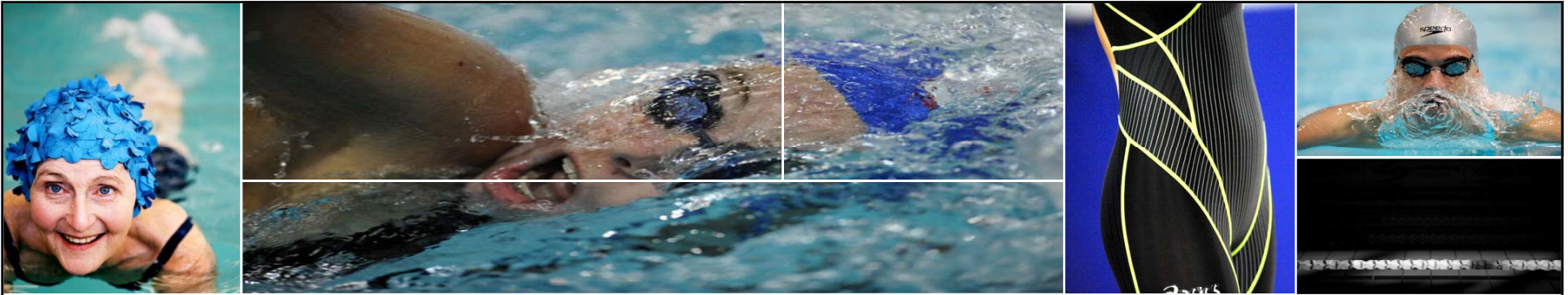
What is the right position to be in to see the stroke?

What are the essential elements to focus on?

Comments or Questions?



# BUTTERFLY RULE



**SW 8.1** – From the beginning of the first arm stroke after the start and each turn, the body shall be kept on the breast. Under water kicking on the side is allowed. It is not permitted to roll onto the back at any time.

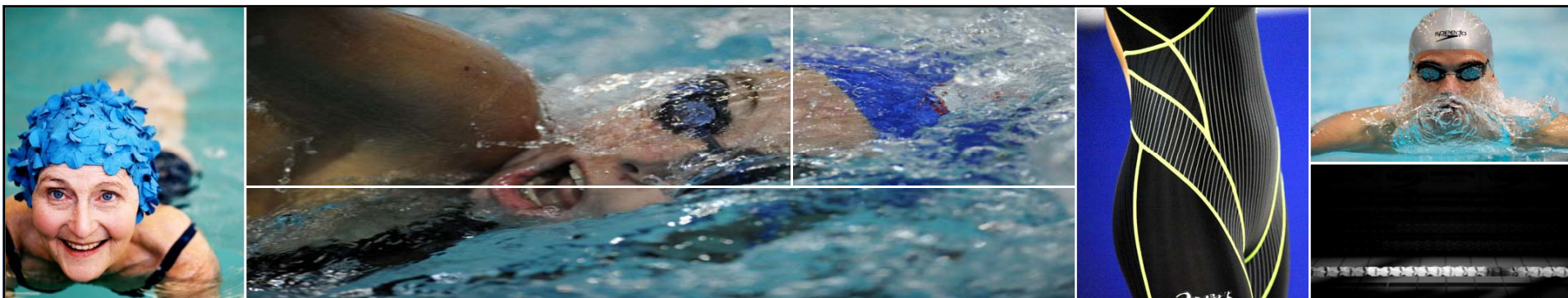
**SW 8.2** – Both arms shall be brought forward together over the water and brought backward simultaneously through-out the race (subject to SW 8.5)





**SW 8.3** – All up and down movements of the legs must be simultaneous. The legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A breaststroke kicking movement is not permitted.

**SW 8.4** – At each turn and at the finish of the race, the touch shall be made with both hands simultaneously, at, above or below the water surface.



**SW 8.5.** – At the start and at turns, a swimmer is permitted one or more leg kicks and one arm pull under the water, which must bring him to the surface.

It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 metres after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish.



What is the right position to be in to see the stroke?

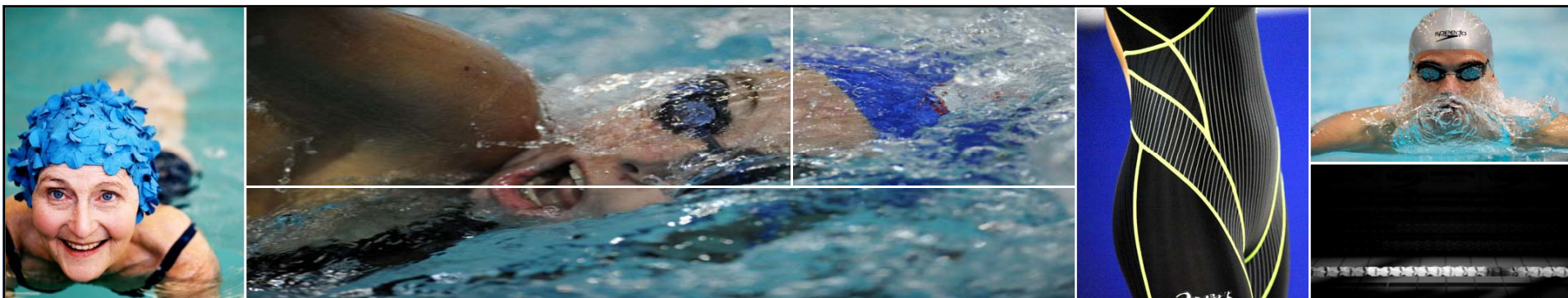
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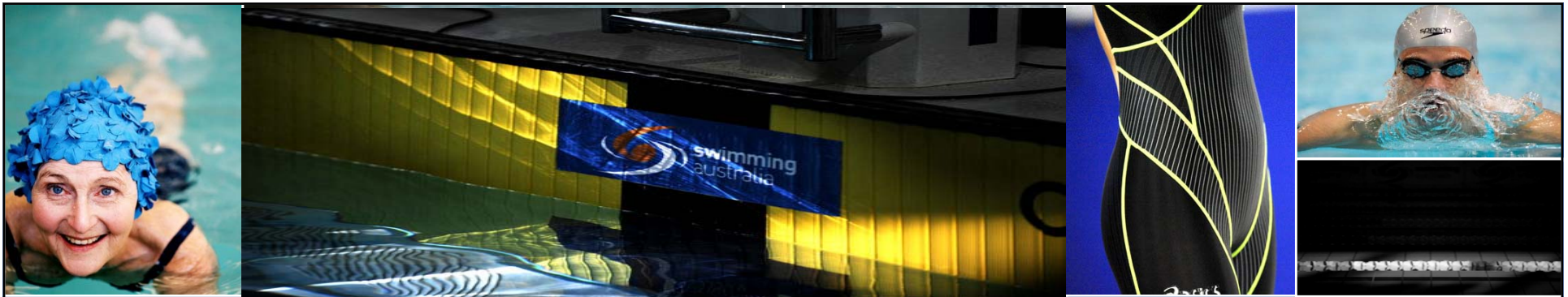


# BACKSTROKE RULE



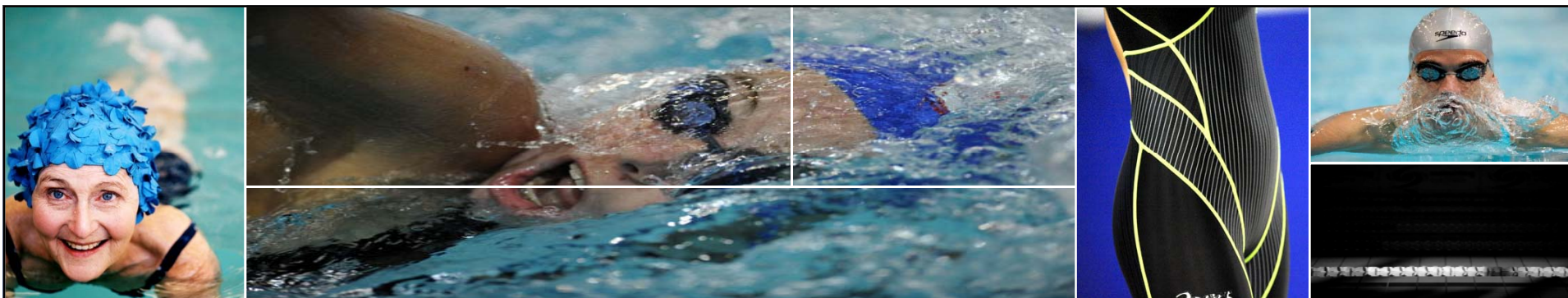
**SW 6.1** - Prior to the starting signal, the swimmers shall line up in the water, facing the starting end, with both hands holding the starting grips. Standing in or on the gutter or bending the toes over the lip of the gutter is prohibited.

**SW 6.2** - At the signal for starting and after turning the swimmer shall push off and swim upon his back throughout the race except when executing a turn as set forth in SW 6.4. The normal position on the back can include a roll movement of the body up to, but not including 90 degrees from horizontal. The position of the head is not relevant.



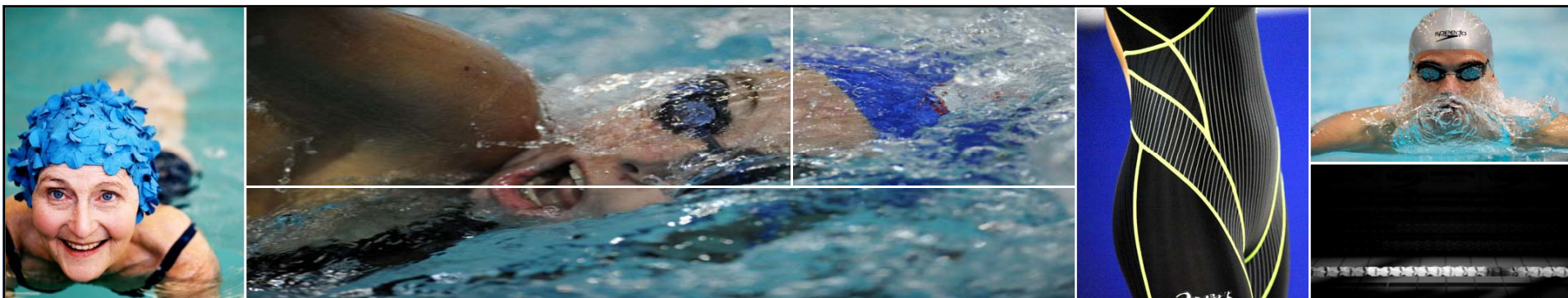
**SW 6.3** – Some part of the swimmer must break the surface of the water throughout the race. It is permissible for the swimmer to be completely submerged during the turn, at the finish and for a distance of not more than 15 metres after the start and each turn. By that point the head must have broken the surface.





**SW 6.4** - When executing the turn there must be a touch of the wall with some part of the swimmer's body **in his/her respective lane**.

During the turn the shoulders may be turned over the vertical to the breast after which a continuous single arm pull or a continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to the position on the back upon leaving the wall.



**SW 6.5** – Upon the finish of the race the swimmer must touch the wall while on the back **in his/her respective lane**.

**NOTE:**

Backstroke start procedure shall be in accordance with SW4.2



There still remains some confusion in relation to independent kicking whilst off the back.

Key points of a backstroke tumble turn (SW6.4) ;

1. The swimmers shoulders turn over the vertical to the breast.
2. Immediately after this, the turn is initiated by a continuous single arm pull or a continuous simultaneous double arm pull.
3. There must be a touch on the wall with some part of the swimmer's body **in his/her respective lane**
4. The swimmer must have returned to the position on the back upon leaving the wall.





Whether the swimmer is kicking or not kicking once off the back, is not the issue.

The key issue is that, once off the back, the swimmer must be immediately commencing the turning action.

Once the turning action has been initiated by the arm pull, any kicking that occurs during the turning process is allowed.

If the swimmer turns off the back and does not initiate the turning action, then they are deemed to be not doing backstroke and as such may be disqualified for ;

*'turning off the back, other than whilst executing a turn'*



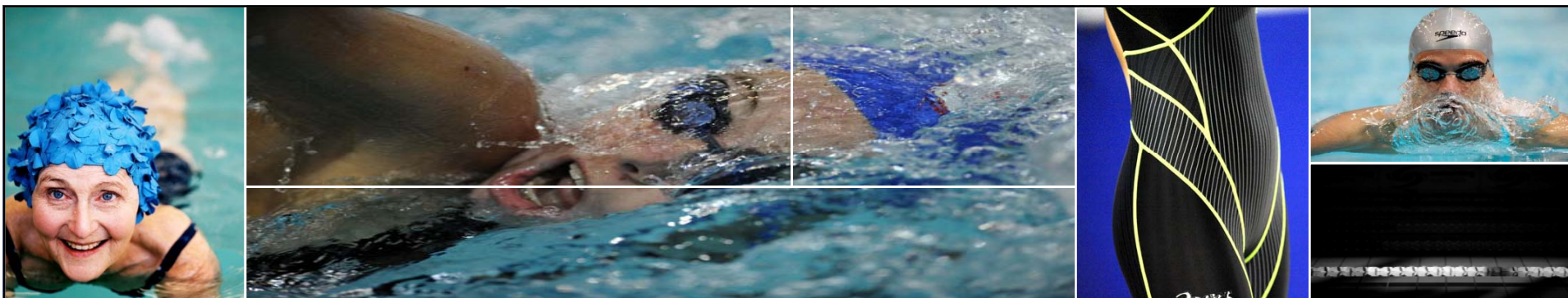
What is the right position to be in to see the stroke?

What are the essential elements to focus on?

Comments or Questions?



# BREASTSTROKE RULE

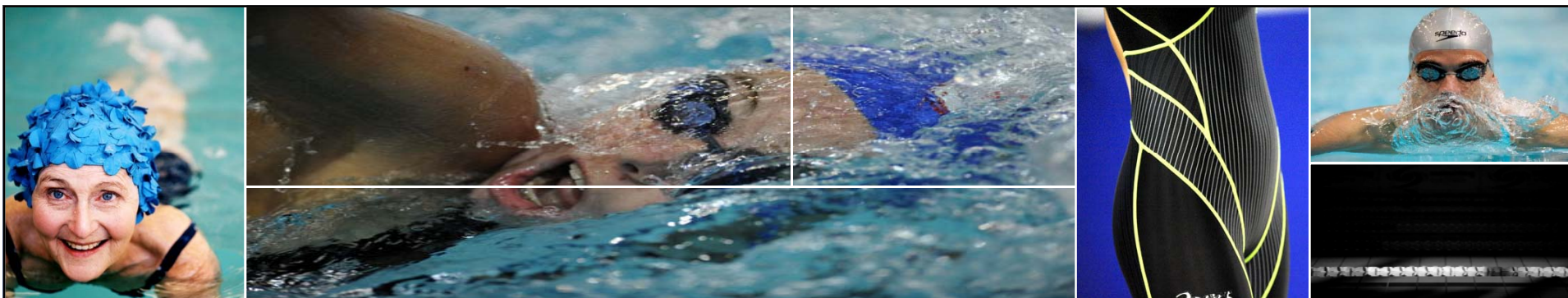


**SW 7.1** – After the start and after each turn, the swimmer may take one arm stroke completely back to the legs during which the swimmer may be submerged.

A single butterfly kick is permitted during the first arm stroke, followed by a breaststroke kick.

**FINA INTERPRETATION** – The first arm stroke begins with the separation of the hands.

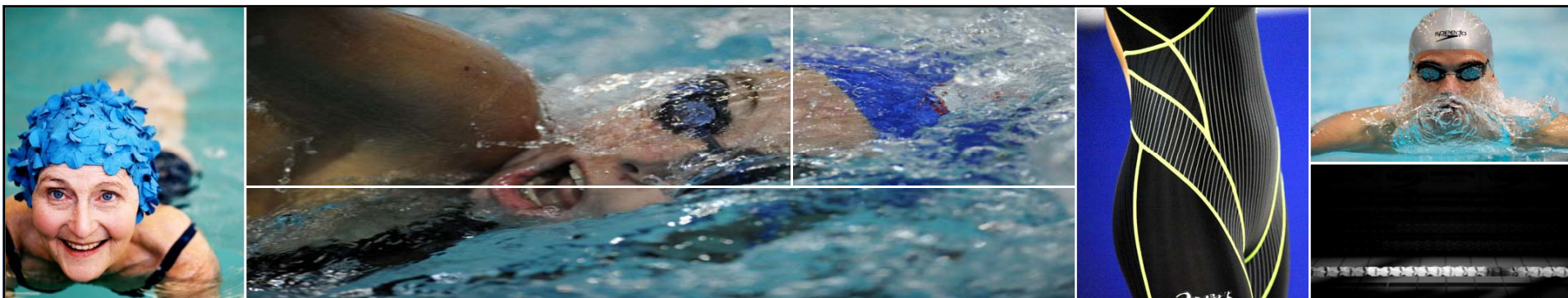




**SW 7.2** – From the beginning of the first arm stroke after the start and after each turn, the body shall be on the breast. It is not permitted to roll onto the back at any time. From the start and throughout the race the stroke cycle must be one arm stroke and one leg kick in that order.

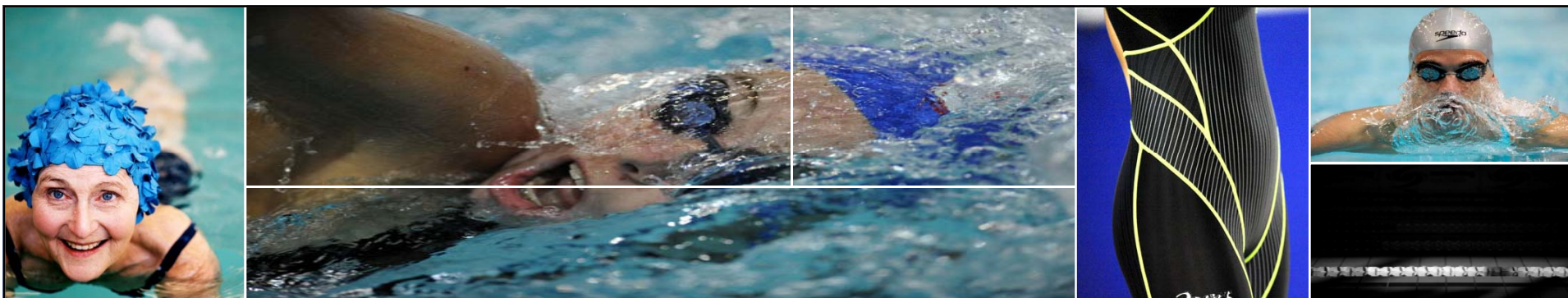
All movements of the arms shall be simultaneous and on the same horizontal plane without alternating movement.

**FINA INTERPRETATION** – A pause after the separation of the hands is not a violation of the rule.



**SW 7.3** - The hands shall be pushed forward together from the breast on, under or over the water. The elbows shall be under the water except for the final stroke before the turn, during the turn and for the final stroke at the finish.

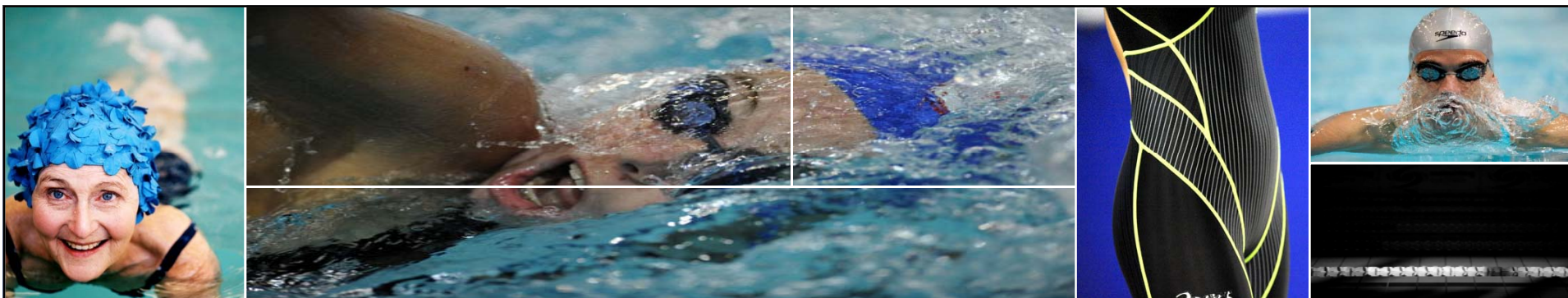
The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.



**SW 7.4** - During each complete cycle, some part of the swimmer's head must break the surface of the water. The head must break the surface of the water before the hands turn inwards at the widest part of the second stroke.

All movements of the legs shall be simultaneous and on the same horizontal plane without alternating movement.





**SW 7.5** - The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter or downward butterfly kick is not permitted except as in SW7.1. Breaking the surface of the water with the feet is allowed unless followed by a downward dolphin kick.

**SW 7.6** - At each turn and at the finish of the race, the touch shall be made with both hands simultaneously at, above or below the water level. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.





## Clarifications

In rule **SW 7.3** it states - *"The elbows shall be under the water except for the final stroke before the turn, during the turn and for the final stroke at the finish".*

Is there any other circumstance where the elbows may be clear of the water?

Yes, the elbows may come out of the water at the end of the backward pull, but must be under the water during the recovery (forward) part of the stroke



## Clarifications

In rule **SW 7.1** – “ *A single butterfly kick is permitted during the first arm stroke, followed by a breaststroke kick*”.

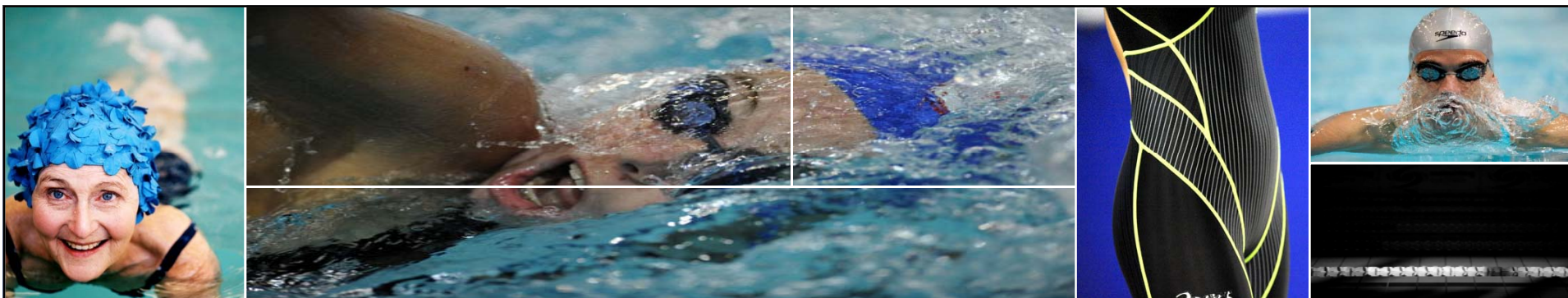
With respect to this rule and particularly considering the issues with  
*‘executing butterfly kick before the commencement of the first arm stroke’*

What can we look for to help us make a decision?



# MEDLEY SWIMMING



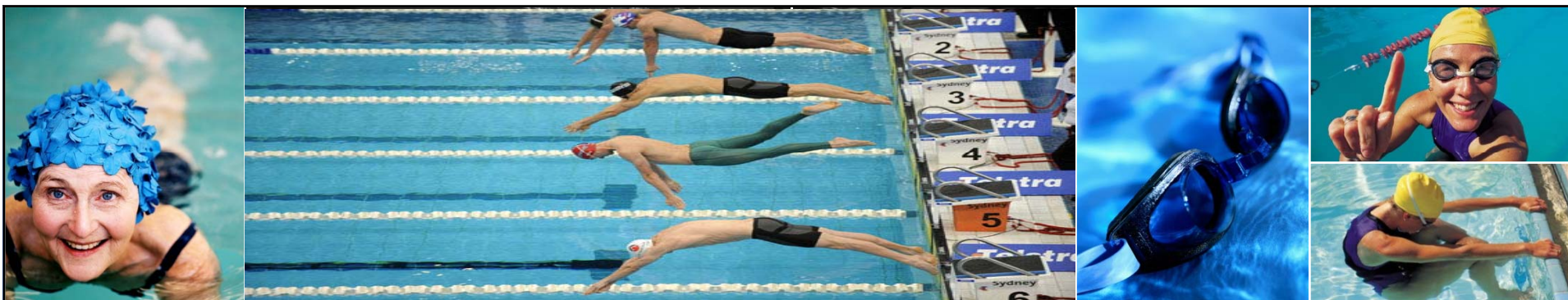


**SW 9.1** – In Individual Medley events the swimmer covers the four swimming strokes in the following order:

Butterfly, Backstroke, Breaststroke and Freestyle. Each of the strokes must cover one quarter of the distance.

**SW 9.2** – In Medley Relay events, swimmers will cover the four swimming strokes in the following order:

Backstroke, Breaststroke, Butterfly, and Freestyle



What is the right position to be in to see the stroke?

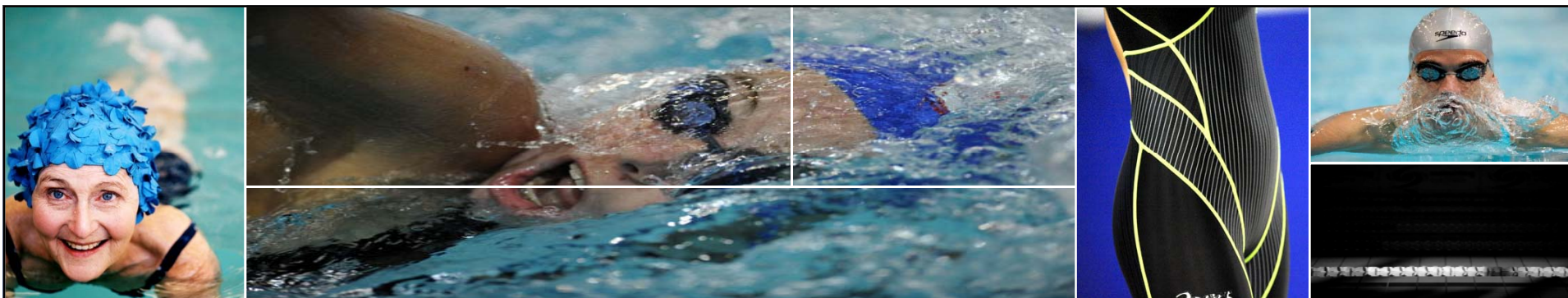
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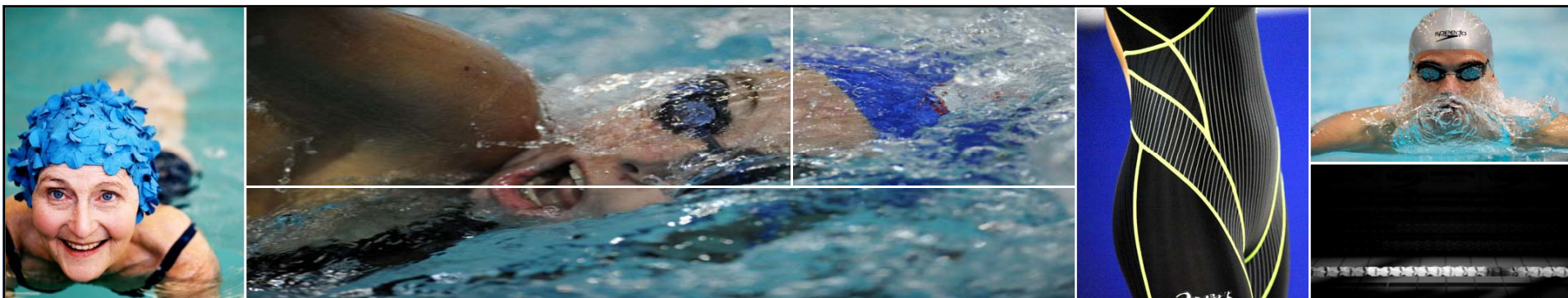


# GENERAL RULES



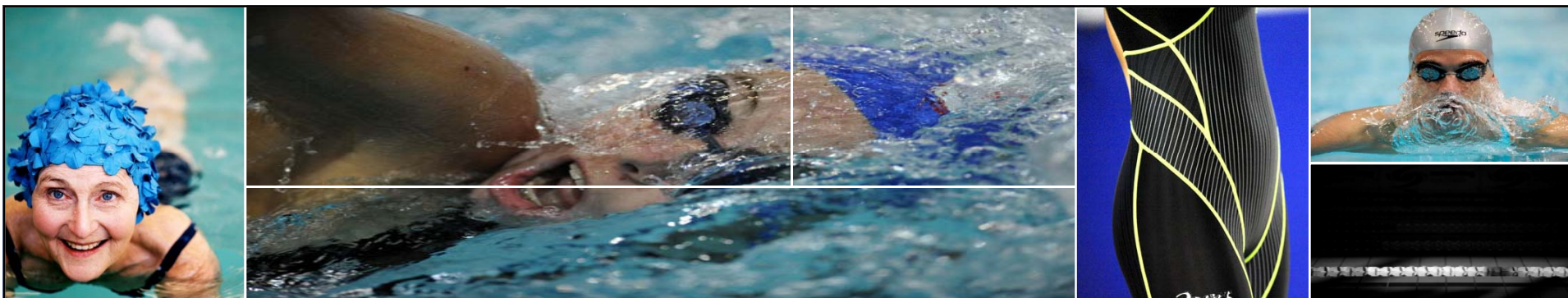


**SW 10.1** – The swimmer swimming over the course alone shall cover the whole distance to qualify.



**GW3.3**– All entrants in a NSW Championship (or if under the age of 18 years their parent or guardian) shall declare themselves fit to compete.

In the event that an entrant experiences a **medical issue** whilst competing at, or during a NSW Championship, the entrant will be required to provide a medical clearance from a health care professional before being allowed to resume competition at the Championship. The Meet Director will have the sole authority to adjudicate on this rule.

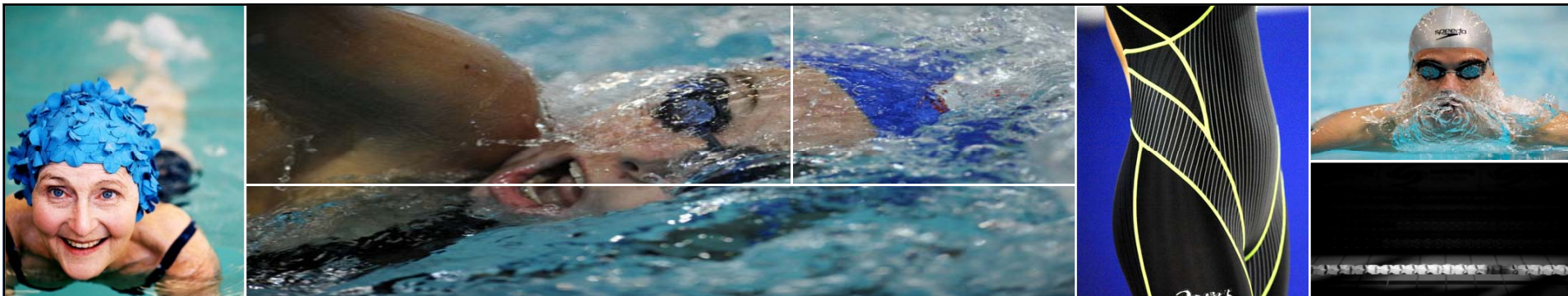


The FINA Technical Swimming Congress announced ;

The rules on breaststroke concerning the start and the turn remain as in the present rulebook.

Fina have recognizing Mixed Relays, which will be made up of two men and two women.

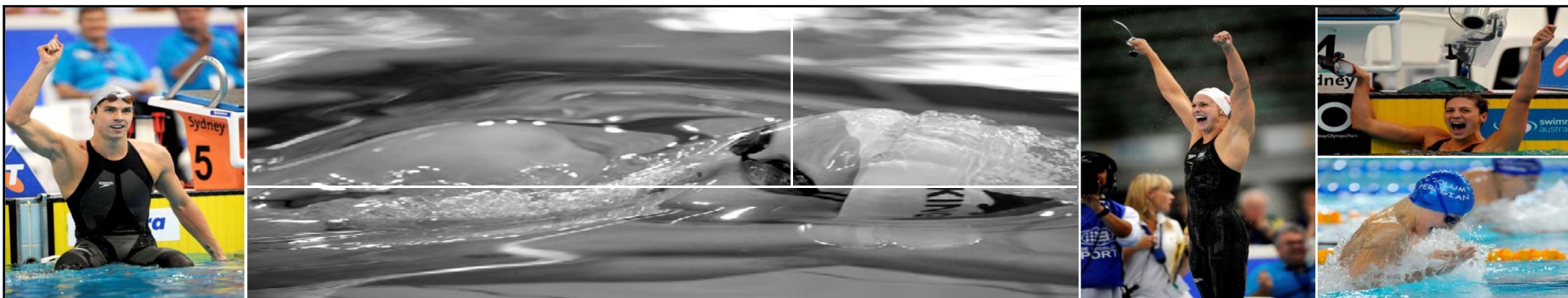




COMMENTS

OR

QUESTIONS



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