



Stroke Development

Freestyle

Freestyle is regarded as the fastest of all competitive swim strokes and one of the first taught to the beginning swimmer. The stroke action involves the arms moving forward alternately with the legs kicking continuously throughout the stroke. The swimmer's body remains horizontal, streamlined and balanced in the water with the swimmer's head turning to one side to breathe after each full arm cycle. The teaching and development of the stroke can be achieved by breaking down the skill into its various components.

Stroke Coaching Points

Body Position

The body position is horizontal and streamlined in the water.

Key Points

- Horizontal with a slight slope down to hips. The waterline is between the eyebrows and hairline.
- Slight head adjustments change the position of the legs. If the head is held high out of the water, the legs will drop and if submerged, the legs will rise out of the water.
- Eyes look downward.
- Shoulders rotate into the stroke.

Leg Action

The freestyle leg action helps the body stay in the horizontal position and balances the arm action. It contributes to the propulsion within the stroke.

Note: A common fault is when a swimmer during the pull phase will cross over the centerline of their body, thus causing over-rotation.

Key Points

- Leg action starts at the hips.
- The legs work almost within the body depth. This creates the least resistance to forward motion.
- Alternating action is required.
- There is a slight bend in the knees.
- Ankles are relaxed to allow toes to point and give a natural in-toeing effect.
- The number of leg kicks may vary for each arm cycle.
- Usually there are six leg kicks in one arm cycle.





Arm Action

The continuous, alternating arm action is the strength within the stroke and enables constant propulsion.

Key Points – Entry

- Hand entry is fingertip first.
- Hand enters gently between the head and shoulder line with a slight bend in the arm.
- Hand then reaches forward under the surface. Note: this is a natural stretch, not overreaching.

Pull

After entering the water, the arms should perform a 3 sweep motion. With your elbow slightly bent, sweep forward, then back towards the centre of the body then out towards the thighs, imitating an hourglass shape.

Recovery

- This movement is relaxed and uses the momentum from the pull.
- Elbow will exit first and is kept higher than the hand.
- Hand passes as close to body as possible. Once the hand passes shoulder level, the arm will reach forwards to the entry position.

Breathing

Integrating a relaxed, side-breathing pattern is one of the most important elements of the freestyle stroke. It not only ensures the swimmer's body can provide adequate oxygen to the active muscles but also allows the swimmer to maintain an efficient body position.

- Head is turned smoothly (not lifted) in time with the natural roll of the body.
- The breath is taken when the breathing arm is completing the pull phase.
- The non-breathing arm enters the water when the breath is taken.
- Head is turned back to the center in a smooth action as soon as the breath is taken.
- The breath is released gradually.
- Breathing occurs every two arm pulls (one stroke cycle). This is called unilateral breathing. It may also be taken after every three arm pulls. This is called bilateral breathing.

Note: When teaching breathing in freestyle, it is recommended to start with the swimmer breathing to their preferred side.



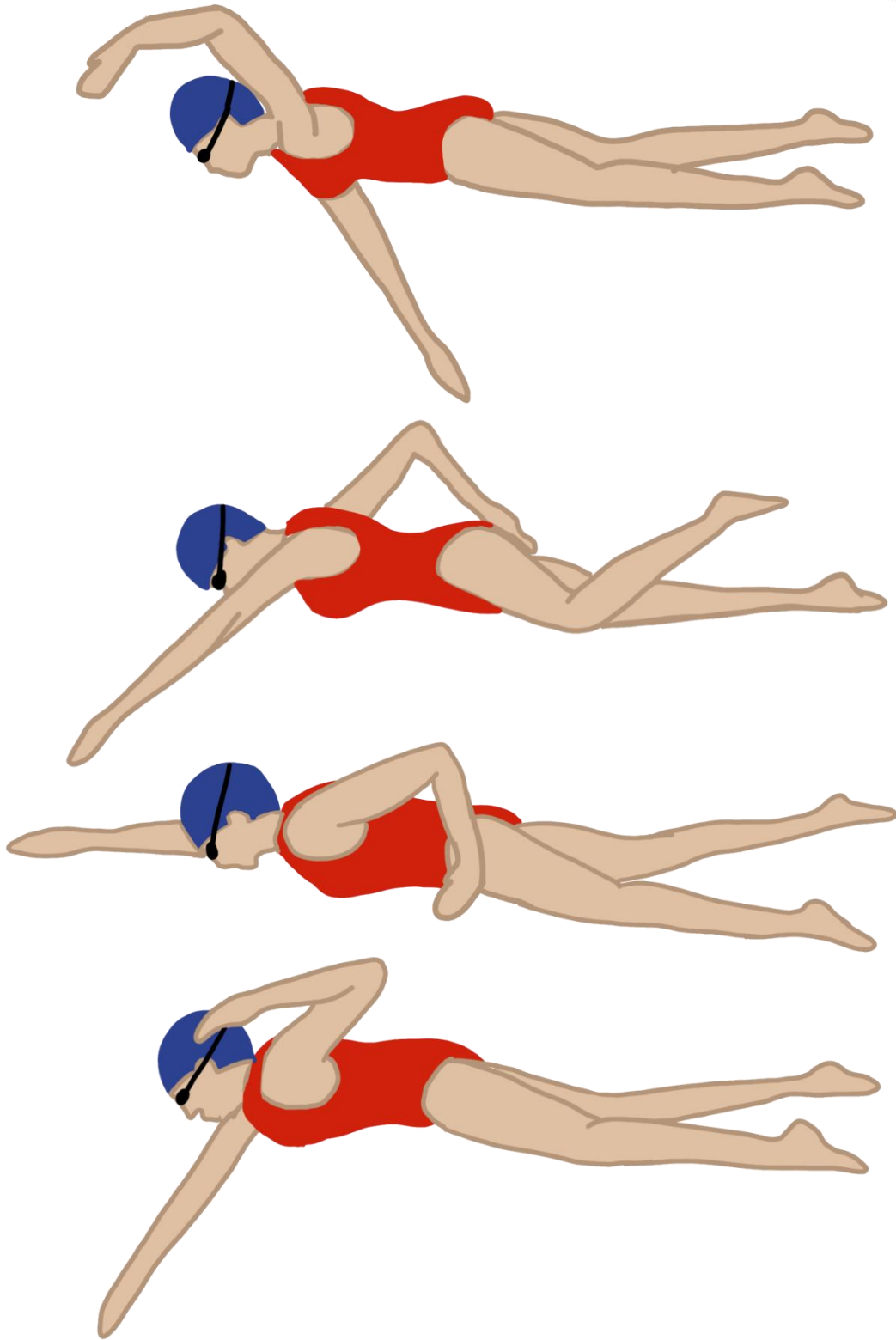


Figure 23: Freestyle Stroke





Progressions

- Practice breathing to one side:
 - Holding onto edge
 - With Kickboard using kick action
 - With kickboard- introduce arm action/breathing
 - Full stroke (no kickboard) using catch up- breathing to side short distance – could use fins to assist stroke and breathing short distance
 - Full stroke with/without fins short distance then extend

Drills

- With fins- Right side lateral breathing every 6 kicks- swimmers right arm should be extended, left shoulder should be pointing to ceiling- left arm/hand should be placed on swimmers thigh, head relaxed and laying on extended right arm. Swimmer will do 6 kicks then gently place face in water with eyes looking to bottom of pool. Swimmers should be encouraged not to roll onto their front and the only movement (apart from the leg kick) will be moving the head from breathing to side to exhaling with face in.
- With fins- Left side lateral breathing every 6 kicks
- Same as above but the swimmer will have their left arm extended.

Starts

All starts are signaled by the starter who will whistle the swimmers to their start position. The starter will then command the swimmers to “Take your marks.” The swimmers leave the block or end of the pool when the starting signals sounds.

Starting is a very important aspect of competitive swimming, and, in accordance with [Fina rules](#), a one start rule will be enforced; therefore, it is important that the swimmer is given regular instruction in this skill. Be aware of certain medical conditions, which may restrict swimmers from practicing out of water starts. Coaches should be familiar with and comply with both [Fina](#) and Facility rules and regulations regarding diving starts. Remember, when teaching starting, to break down the skill and make it fun.

There are three types of starts permitted in Special Olympics Competition

- Standing
 - a) Block Start
 - b) Standing on Concourse/ Pool Edge
- Sitting (on Concourse/ Pool Edge)
- In Water (W)

Standing Starts





Standing Starts may be performed from the concourse or on a starting block.

Teaching Points

1. Stand on the starting block or concourse and curl the toes over the front edge
2. Swimmer should take up the starting position
3. On the starter's signal, push off the block/concourse
4. Enter the water in a streamline position
5. Freestyle/Butterfly – Kick to the surface
6. Breaststroke – Swimmers may do a breaststroke pull out or glide to the surface of the water
7. Begin the appropriate stroke once they break the water on resurfacing



Figure 24: Block Start Position

Sitting Start - Freestyle

1. Sit on the Pool concourse
2. On the starter's signal, push off from the wall into the prone streamline body position, kicking, where appropriate.
3. Begin the appropriate stroke as soon as the body is fully extended.



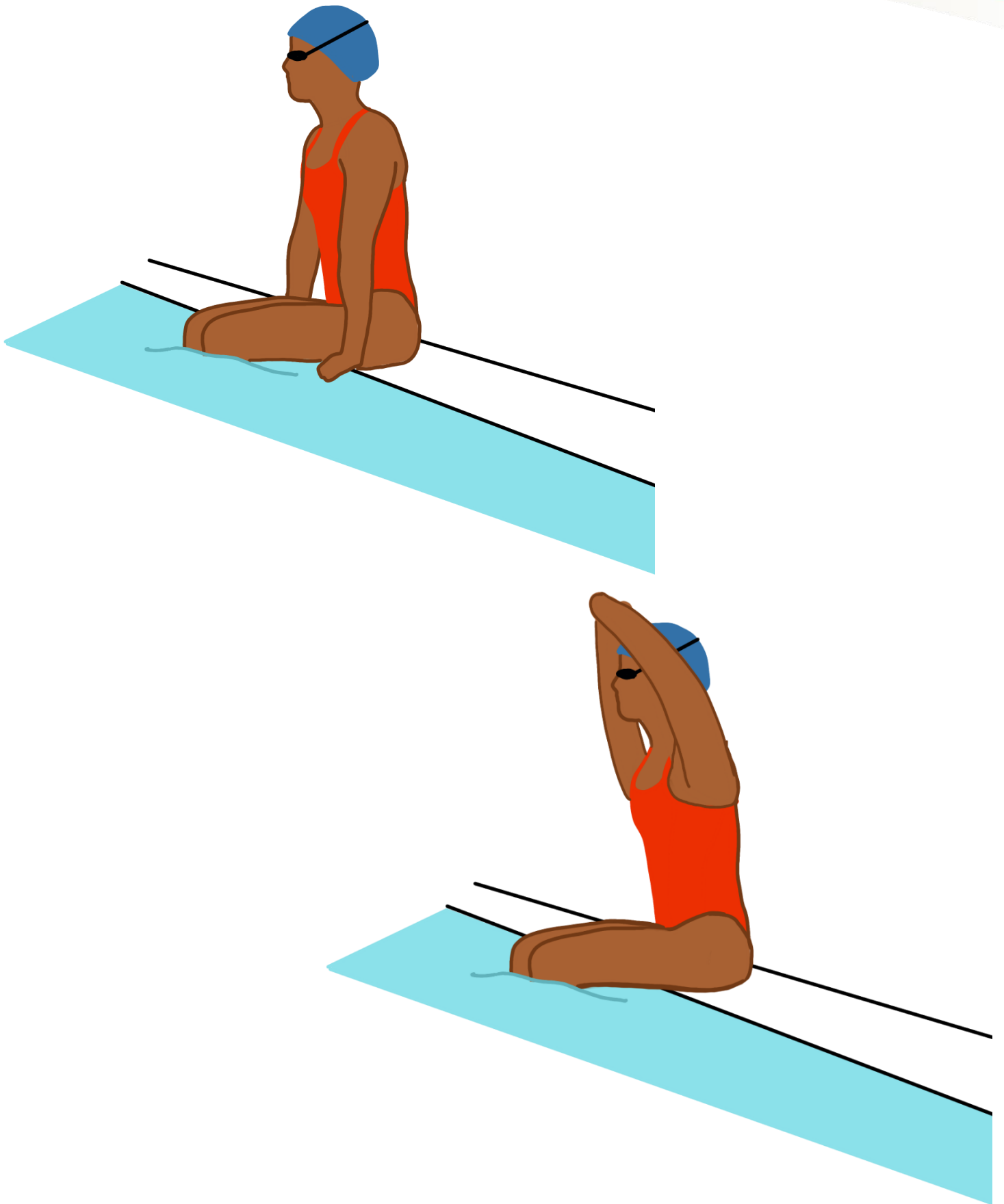


Figure 25: Sitting Concourse Start Position





In-Water Starts

The freestyle, breaststroke and butterfly in-water starts are similar. The teaching points below can be applied to each of these strokes.

Teaching Points

1. Hold onto side of pool while in the water with either hand.
2. Place both feet on the wall.
3. Bend both knees slightly.
4. Extend the other hand in the water in the direction of travel or to the other end of the pool.
5. Ensure the swimmer is looking forward to the other end of the pool.
6. On the start signal, Push off the side into the prone streamline body position, kicking, where appropriate.
7. Begin the appropriate stroke as soon as the body is fully extended.

Swimming Turns

Turns are a critical skill for any competitive race which is longer than one length of the pool. A turn describes how an athlete changes direction at the end of a length. [Fina rules](#) clearly state the requirements for turns for each of the 4 competitive strokes.

Freestyle Turns

In a freestyle turn, some part of the body must touch the wall on completion of each length. (SW5.2 Fina Rule). There are two types of turns commonly used in Freestyle: Pivot and Roll Over Turn

Pivot Turn

1. Swim freestyle to the wall and touch or grab the wall
2. Pull legs under body and begin to turn.
3. Take a breath and complete turn.
4. Extend both hands over head, returning to a prone, streamlined position.
5. Resume freestyle stroke.

Roll Over Turn

1. Swim Freestyle towards the wall.
2. Approximately one stroke away from the wall, begin the turn





3. Tuck the chin, kick one last hard kick and finish your arm pull with your arms ending by your side
4. Pull knees to the chest and begin to roll over or somersault the body
5. Push off the wall forcefully with the both feet
6. Extend the arms and resume a prone, streamlined position, until you break the surface and then resume freestyle stroke

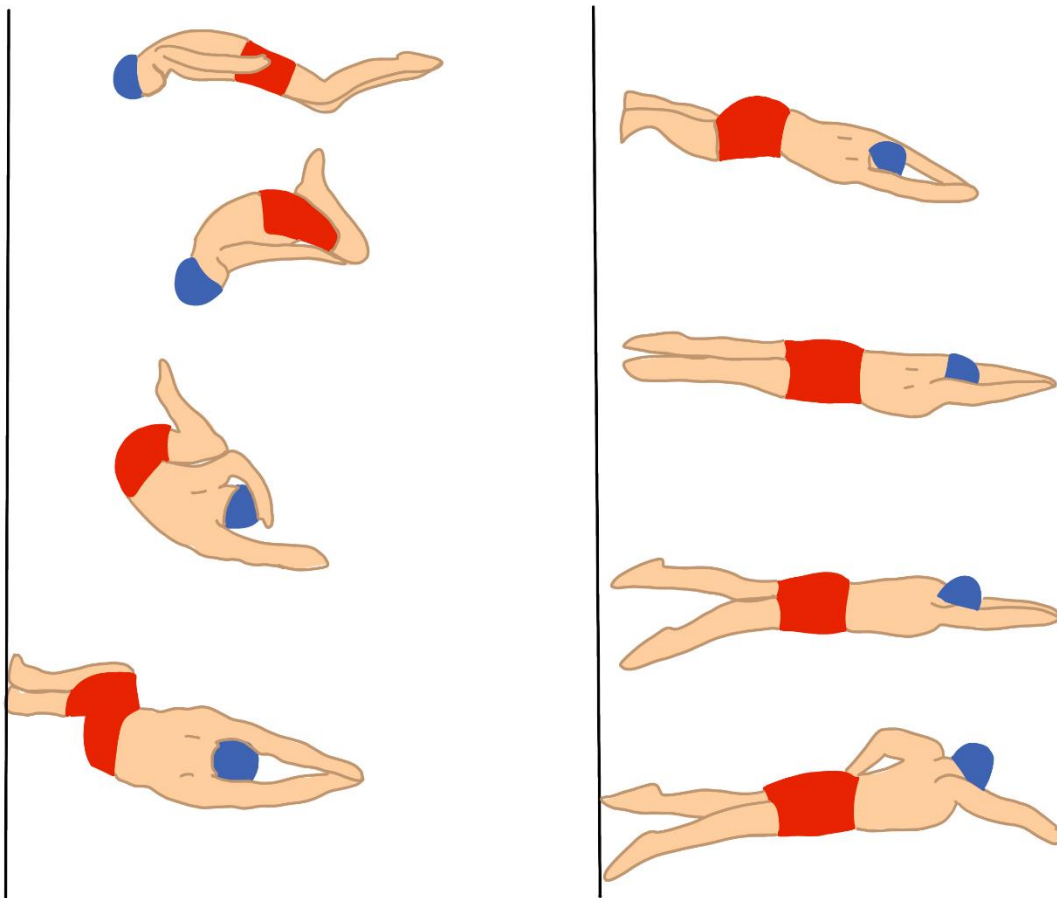


Figure 26: Roll Over Turn





Finishes

[Fina rules](#) clearly state the requirements for finishes for each of the 4 competitive strokes.

Finish Freestyle

- Reach forward and Drive decisively to the wall without slowing down the down the kick.

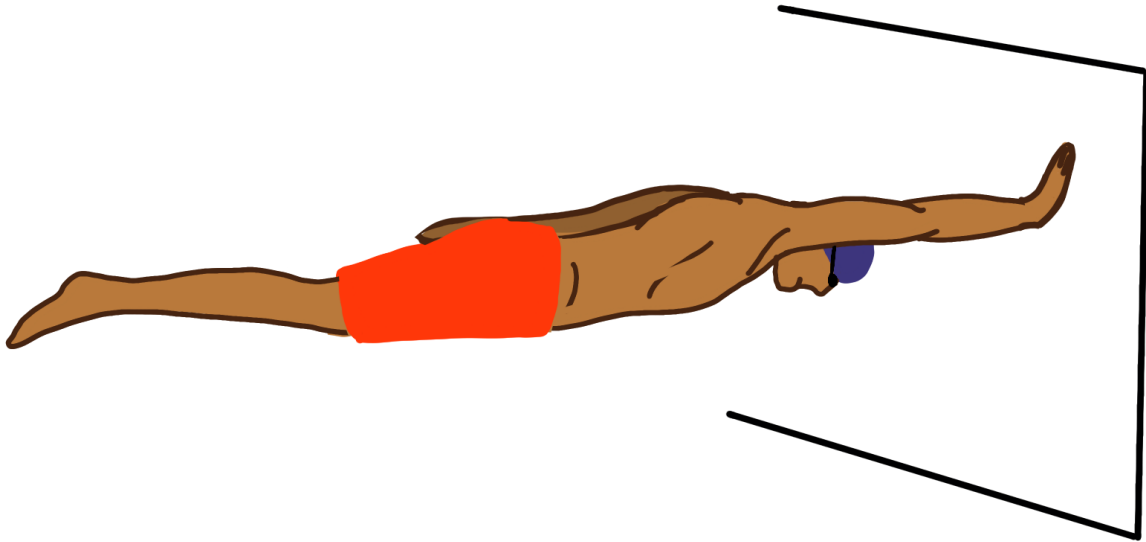


Figure 27: One Hand Finish

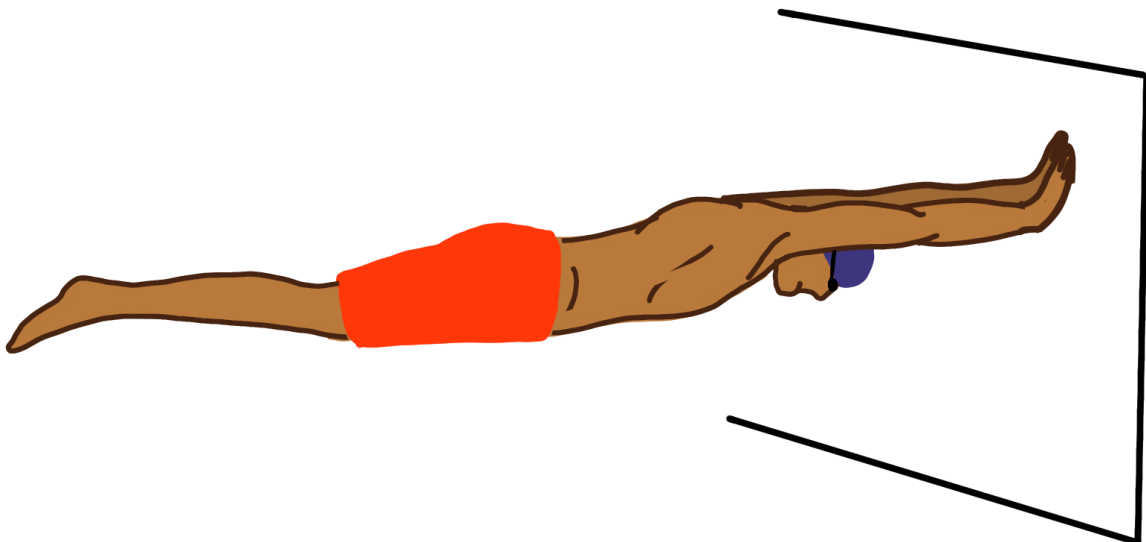


Figure 28: Two Hand Finish





Rules and DQs

Refer to [SO](#) and [Fina rules](#).

Rules that apply to freestyle will be:

1. Freestyle means that in an event so designated the swimmer may swim any style, except that in individual medley or medley relay events, freestyle means any style other than backstroke, breaststroke or butterfly.
2. Some part of the swimmer must touch the wall upon completion of each length and at the finish.
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 of each turn. By that point, the head must have broken the surface.

DQ Codes can be found in [Rules and Regulations section](#).





Backstroke

Stroke Coaching Points

Many people like to swim on their back to keep their face dry. The major keys to backstroke are balanced and steady head position, small and high kick tempo and alternate arm action (one arm entering the water as the other one exits). It is important that the swimmer maintains appropriate breathing technique throughout every stroke cycle.

Body Position

- Streamlined – high body position - head remaining still - rotation from shoulders.
- Swimmer should try to keep chest high to ensure water is not causing drag.

Key Points

- Streamlined supine body position, with a slight slope down to the hips.
- Ears are submerged just below the water surface.
- Head remains still, eyes look upward while performing the stroke.
- Hips are kept close to the surface.
- Shoulders rotate along with the stroke.
- Toes pointed and relaxed
- Bent arm accelerated under water

Arm Action

The arm action is continuous and alternating. The arm action provides constant propulsion. Bent-arm pull is more efficient than straight-arm pull. The straight-arm pull may be preferred in the early stages of development.

Key Points

Maintain a good body position, balanced, eyes looking up, straight arm recovery-little finger enters the water first to enable correct catch. Swimmer will need to maintain a continuous kick action.

Entry

The arm should pass by the ear before entering the water, little finger first, between the shoulder line and the centre line of the head.





Pull

- The arm sweeps downward and outward to the catch. This is assisted by a natural shoulder rotation
- The hand is pitched downward and outward by the palm.
- The arm is bent at a 90-degree angle at the elbow.
- The arm pushes through to the thigh, fingers are pointing sideways and the palms are downward.
- The shape of the whole arm action is in the form of an S-Shape.

Recovery

- The hand comes out of the water following the natural rotation of the shoulder
- The arm turns gradually to ensure that the little finger is ready for entry.
- Arm remains straight and relaxed throughout.

Leg Action

The leg action assists in maintaining a horizontal body position and balancing the arm action. It also is an important part of backstroke propulsion.

Key Points

- The continuous up and down alternating action is started from the hips.
- Legs are kept close together and almost straight.
- The knees remain below the surface.
- Relaxed ankles allow the toes to point.
- Feet break the surface
- Six leg kicks to one stroke cycle.

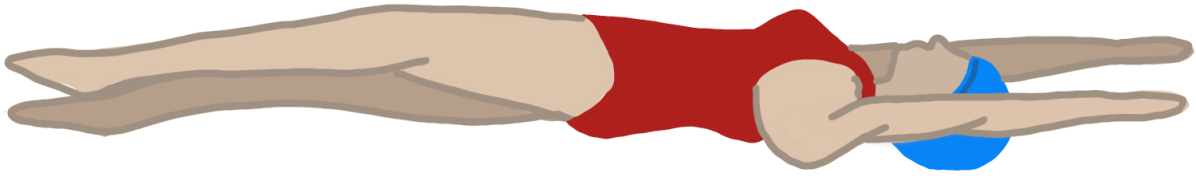
Breathing

- Breathing is natural.
- As a rule, breathe every stroke cycle.

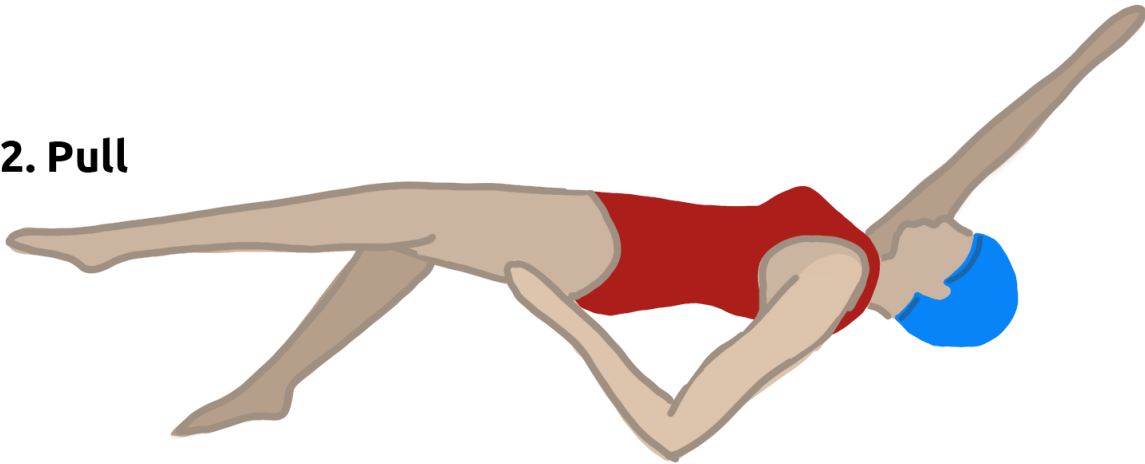




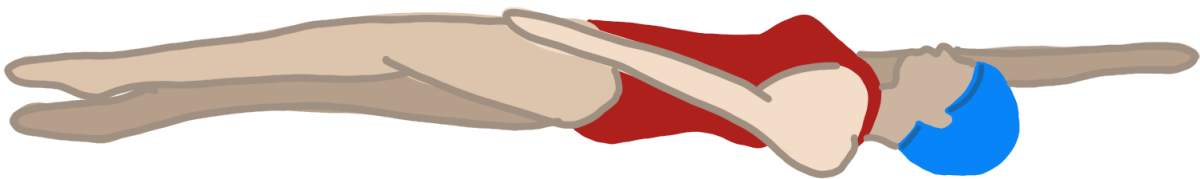
1. Entry



2. Pull



3. Release



4. Recovery

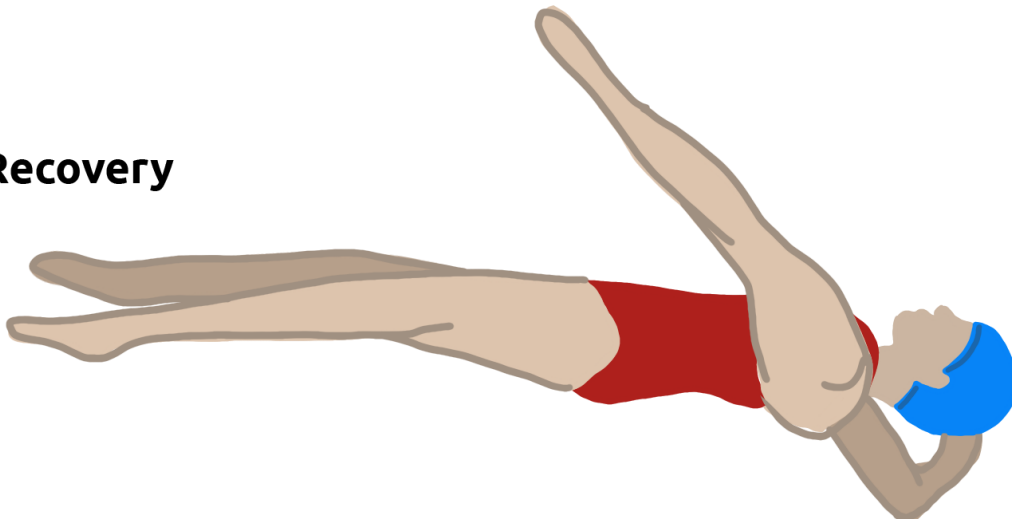


Figure 29: Backstroke

Progressions

- Kick on back with kickboard stretched over knees- (this will assist in reducing bent knee kick action)



- Kick on back without kickboard- hands can initially be at swimmers side then progress to a streamlined position maintaining a high body position. The use of fins may assist in helping the swimmer to understand body position/balance.
- Kickboard- introduce arm action
- Full stroke over a short distance then extend once the swimmer is demonstrating the skill competently

Drills

- With fins - backstroke streamlined kick
- With/without fins- ONE ARM PULL-with one arm at swimmers side – swimmer will stroke using one arm the alternate using the other
- Full stroke over short distance then extend.

Starts

All starts are signaled by the starter who will whistle the swimmers to their start position. The starter will then command the swimmers to “Take your marks.” The swimmers leave the block or end of the pool when the starting signals sounds.

Starting is a very important aspect of competitive swimming, and, in accordance with [Fina rules](#), a one start rule will be enforced; therefore, it is important that the swimmer is given regular instruction in this skill. Be aware of certain medical conditions, which may restrict swimmers from practicing out of water starts. Coaches should be familiar with and comply with both [Fina](#) and Facility rules and regulations regarding diving starts. Remember, when teaching starting, to break down the skill and make it fun.

There is only one type of start permitted in Backstroke in Special Olympics Competition

- In Water (W)

In-Water Start - Backstroke

Practice the backstroke while in the water.

Teaching Points





1. Facing the starting end of the pool.
2. Hold onto the pool edge or end of starting block with both hands (or one hand in the case of a limb absence).
3. Bring both feet up on the wall and bend the knees
4. On the starter's signal, push off with the legs.
5. Extend the arms over the head and kick, using a flutter kick or butterfly kick until the body is streamlined.
6. Swimmer kicks hard until the body is fully extended. The swimmer maintains a constant kick throughout the start and swim.
7. Begin the backstroke once the hands have broken the water surface.



Figure 30: Backstroke Start





Swimming Turns

Backstroke Turns

In a backstroke turn, some part of the body must touch the wall on completion of each length. There are two types of turns commonly used in Backstroke: Pivot and Roll Over Turn. In a pivot turn, swimmers must remain on their back at all times. For safety reasons, Backstroke flags are placed a regulation 5m from the end of the pool. The flags enable the swimmer to identify the distance to finish their race.

Backstroke Pivot Turn

1. Swim backstroke to the wall and touch or grab the wall
2. Bring the knees to the chest and begin to rotate the body.
3. Bring feet to the wall
4. Push off the wall forcefully with both feet
5. Extend both hands over head, returning to a supine, streamlined position.
6. Resume backstroke.

Backstroke Rollover Turn

1. Swim Backstroke towards the wall.
2. Approximately one stroke away from the wall, begin the turn
3. Using a continuous single or simultaneous double arm pull, roll into a prone position
4. Pull knees to the chest and begin to roll over or somersault the body
5. Push off the wall forcefully with the both feet into the supine, streamlined position.

Note: A Backstroke Rollover turn should only be performed when turning from backstroke to backstroke (Not in IM).



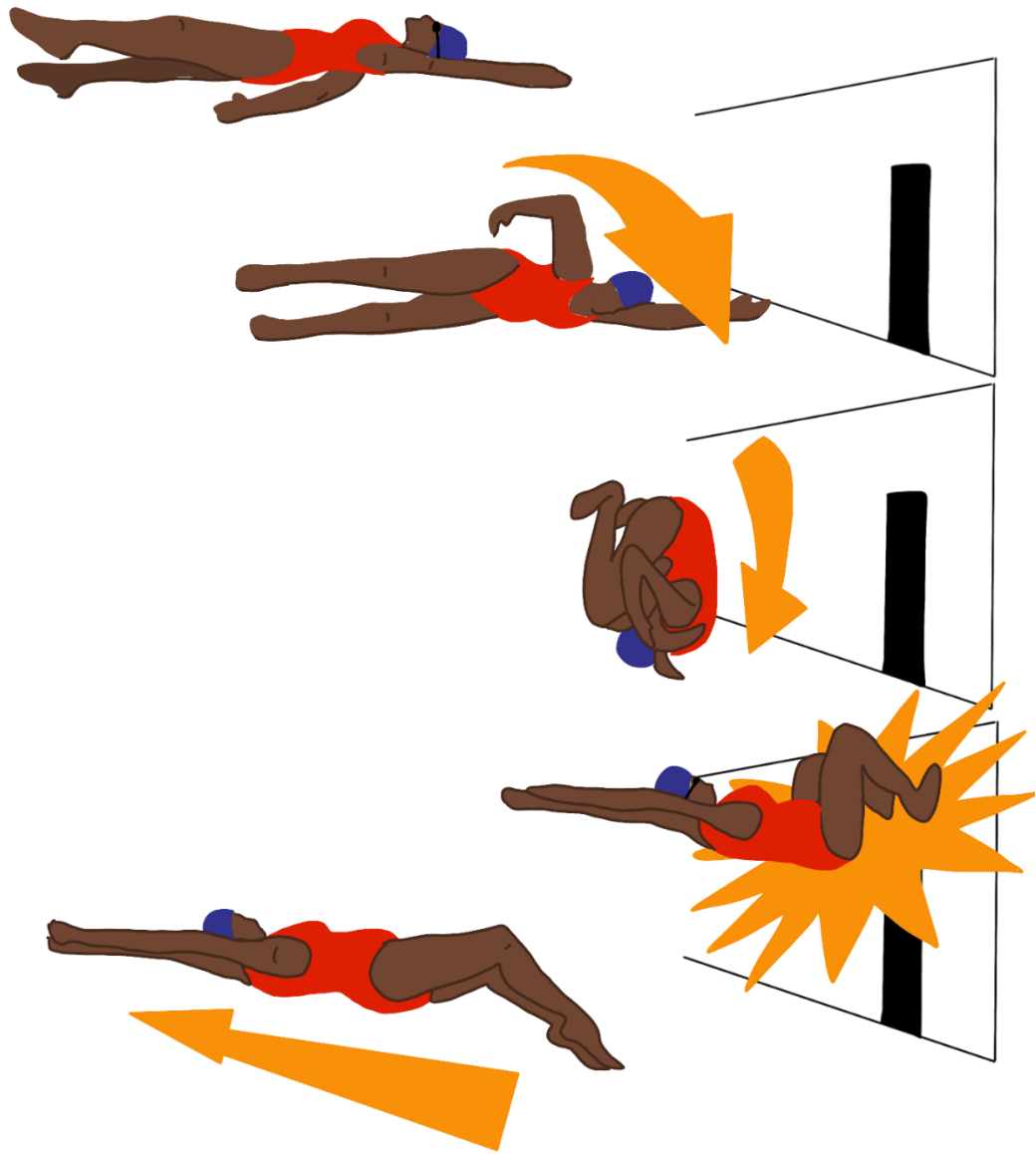


Figure 31: Backstroke Rollover Turn





Finishes

Finish Backstroke

1. For safety reasons, Backstroke flags are placed a regulation 5m from the end of the pool.
2. The flags enable the swimmer to identify the distance to finish their race.
3. Reach backward and drive decisively to the wall without slowing down the down the kick.

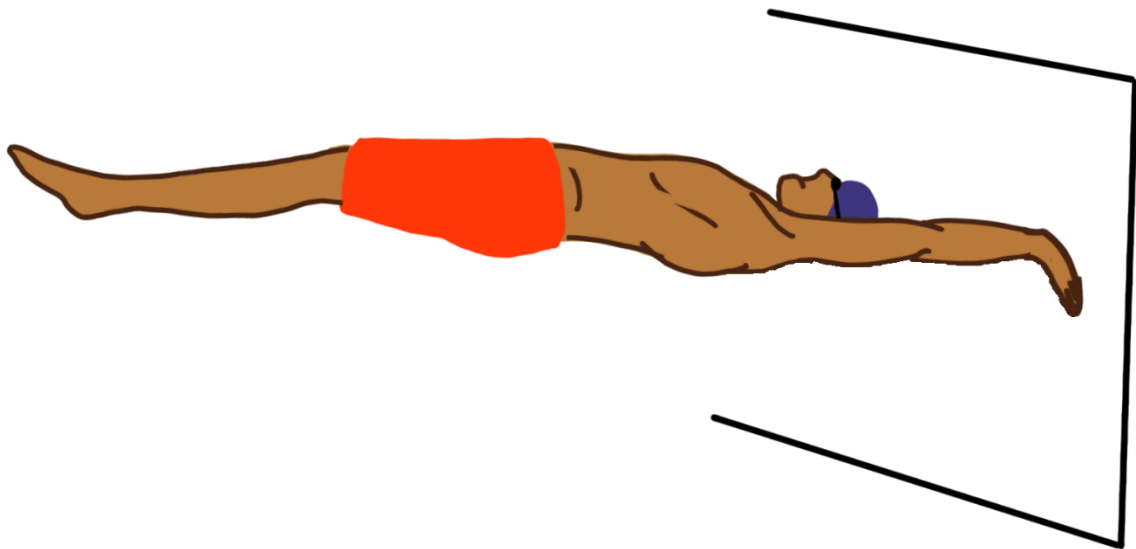


Figure 32: Backstroke Finish

Rules and DQs

Refer to [SO](#) and [Fina rules](#).

Rules that apply to backstroke will be:

1. Prior to the starting signal, 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. When using a backstroke ledge at the start, the toes of both feet must be in contact with the end wall or face of the touchpad. Bending the toes over the top of the touchpad is prohibited.
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 6.5. 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.





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 sub-merged 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.
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 an immediate continuous single arm pull or immediate 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.
5. Upon the finish of the race the swimmer must touch the wall while on the back in his/her respective lane.

DQ Codes can be found in [Rules and Regulations section](#).





Breaststroke

Stroke Coaching Points

- Breaststroke is a valuable survival stroke.
- The arm and leg actions are symmetrical
- The pull facilitates the kick

Body Position

- The swimmer is in a prone, streamlined position in the water.

Arm Action

The arm action in breaststroke is simultaneous with an underwater recovery.

Key Points

- From a front glide position (streamlined), the hands should be pitched down and out.
- Keep elbows high as you scull your hands out and round.
- Hands should sweep back into the body to meet at the upper chest, keeping elbows close to the side of the body
- The arm stroke supports the propulsion from the legs.
- Hands can recover under or over the water, but elbows must remain below the water.
- Arms then stretch forward returning to a streamline position.

Leg Action

The majority of the propulsion comes from the leg kick. The leg kick in breaststroke is probably the most difficult of all kicks for swimmers to master and may take some time. The leg action is simultaneous and is sometimes described as a “whip kick”.

Key Points

- Knees should be slightly more than hip width apart.
- Recover the heels close to the hips.
- Keep knees close together and turn the feet slightly out (dorsi-flexion)
- Sweep out and backwards in a circular action, keep feet flexed rather than loose.
- Feet inside hip line during foot recovery





- Finish kick with the legs fully extended, knees and ankles together and toes turned out and down.
- Feet inside hip line during foot recovery.
- The body should now be in a streamlined position.

Breathing

- Inhaling occurs during the in-sweep or pulling phase of the stroke, which will lift you upwards in order to take a breath through the mouth.
- Exhale under the water through the glide.

Progressions

- Breaststroke kick drill on edge of pool
- Breaststroke kick – supine-demonstrating correct action
- Breaststroke kick- prone- demonstrating correct action
- Breaststroke arm action using fins and a gentle butterfly kick
- Full stroke

Drills

- Breaststroke kick using kickboard prone for short distance then extend
- Breaststroke kick using kickboard in a supine position- kickboard over knees
- Breaststroke arm action using fins and a gentle butterfly kick action short distance
- 2 x Breaststroke kicks – 1 x full stroke- swimmer maintains a good streamlined body position
- Full stroke demonstrating correct timing – breathing/arm pull/kick action
- Correct breathing/timing at the start of the inward scull action.



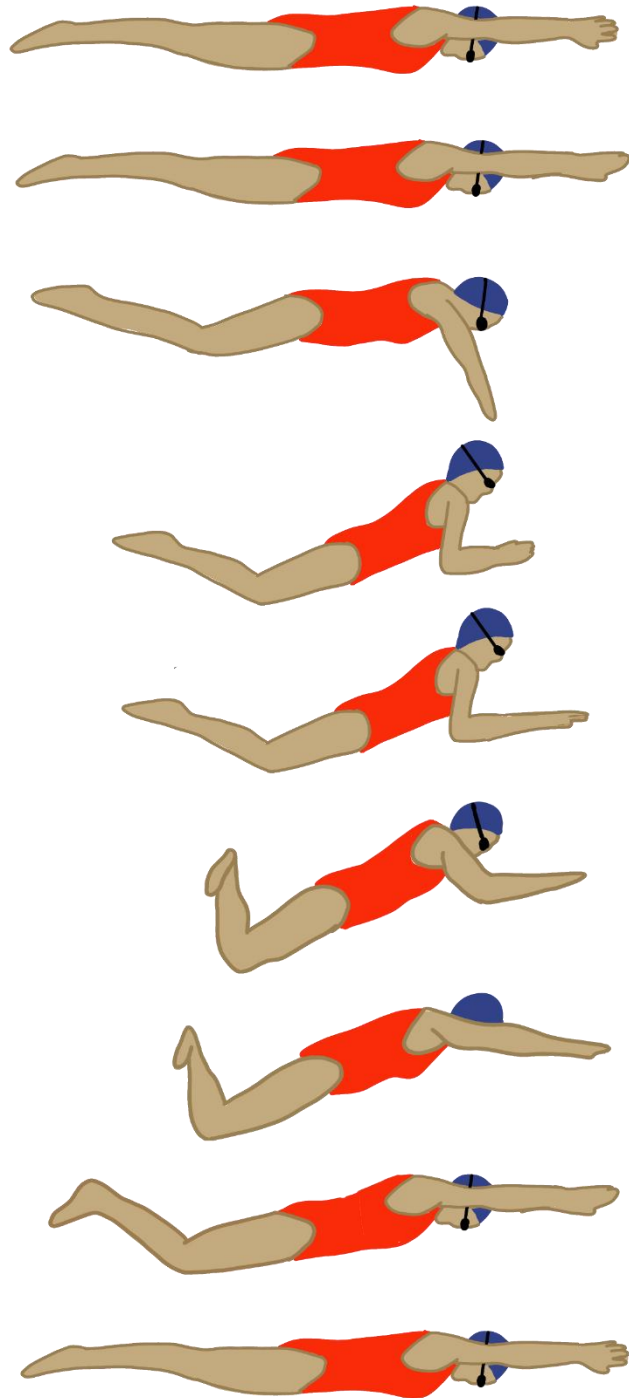


Figure 33: Breaststroke





Starts

All starts are signaled by the starter who will whistle the swimmers to their start position. The starter will then command the swimmers to “Take your marks.” The swimmers leave the block or end of the pool when the starting signals sounds.

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There are three types of starts permitted in Special Olympics Competition

- Standing
- Sitting
- In Water (W)

Standing Starts

Standing Starts may be performed from the concourse or a starting block.

Teaching Points

1. Stand on the starting block or concourse and curl the toes over the front edge
2. Swimmer should take up the starting position
3. On the starter’s signal, push off the block/concourse
4. Enter the water in a streamline position
5. Freestyle/Butterfly – Kick to the surface
6. Breaststroke – Swimmers may do a breaststroke pull out or glide to the surface of the water
7. Begin the appropriate stroke once they break the water on resurfacing

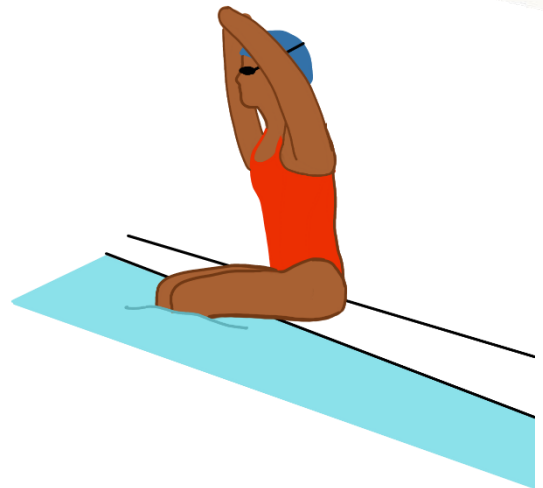




Sitting Start

Teaching Points

1. Sit on the Pool concourse
2. On the starter's signal, push off from the wall into the prone streamline body position, kicking, where appropriate.
3. Begin the appropriate stroke as soon as the body is fully extended.



In-Water Starts

The freestyle, breaststroke and butterfly in-water starts are similar. The teaching points below can be applied to each of these strokes.

Teaching Points

1. Hold onto side of pool while in the water with either hand.
2. Place both feet on the wall.
3. Bend both knees slightly.
4. Extend the other hand in the water toward the other end of the pool.
5. Ensure the swimmer is looking forward to the other end of the pool.
6. On the start signal, Push off the side into the prone streamline body position, kicking, where appropriate.
7. Begin the appropriate stroke as soon as the body is fully extended.

Swimming Turns

Breaststroke Turn

The breaststroke turn must be executed with a simultaneous two-hand touch

Teaching Points

1. Swim breaststroke towards the wall
2. Touch the wall simultaneously with both hands
3. Begin to rotate the body
4. Bring the knees to the chest and plant the feet on the wall





5. Push off forcefully with both feet and assume a prone, streamlined position
6. Resume the breaststroke.

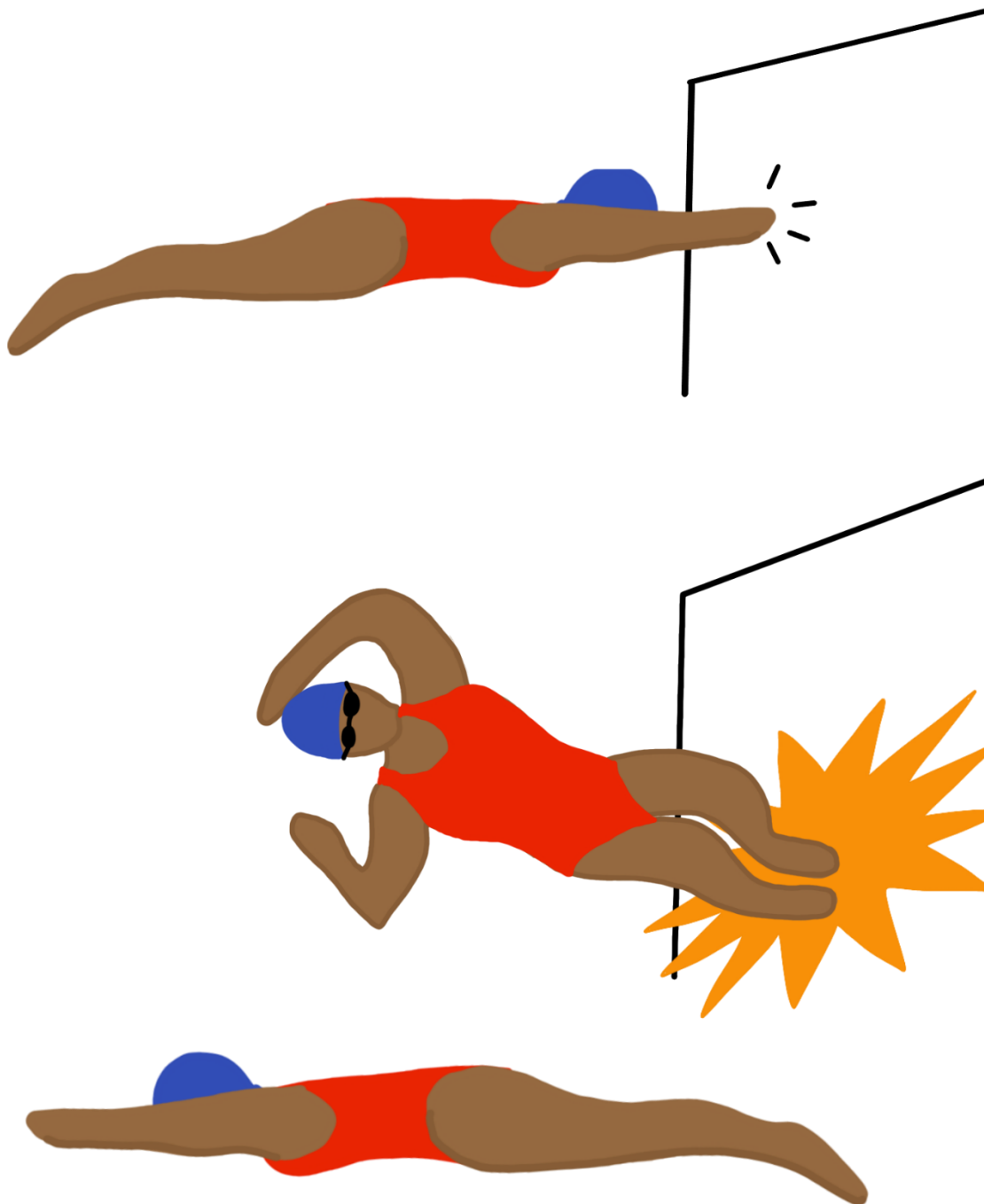


Figure 34: Breaststroke Turn

Finishes

Finish Breaststroke





1. Reach forward and touch the wall with both hands simultaneously
2. The shoulders must be at the same level.

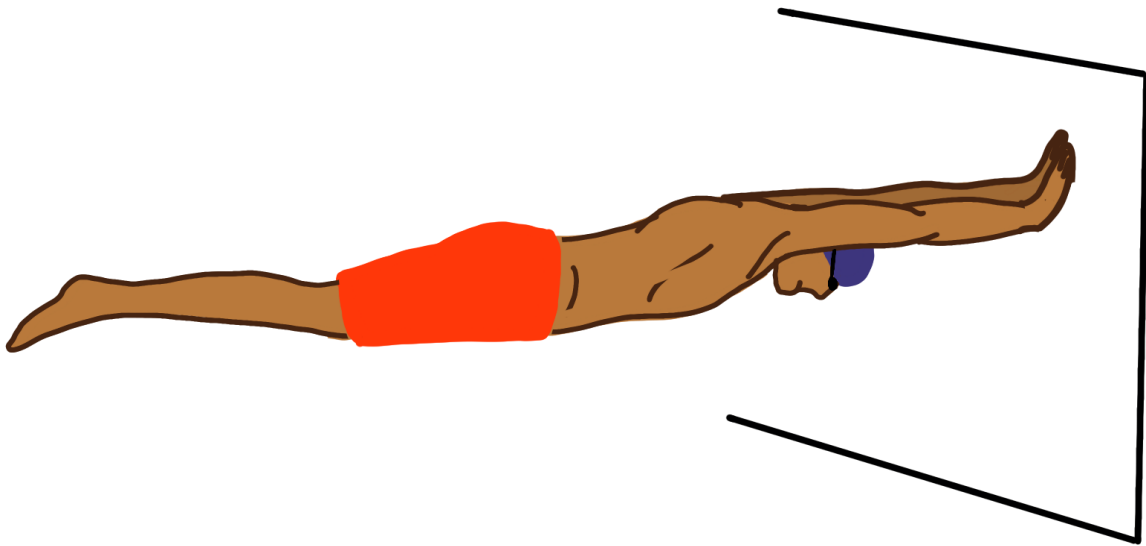


Figure 35: Two Hand Finish

Rules and DQs

Refer to [SO](#) and [Fina rules](#).

Rules that apply to breaststroke will be:

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. At any time prior to the first Breaststroke kick after the start and after each turn a single butterfly kick is permitted. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.
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 except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. 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.
3. The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under 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.

4. During each complete cycle, some part of the swimmer's head must break the surface of the water. All movements of the legs shall be simultaneous and on the same horizontal plane without alternating movement.
5. The feet must be turned outwards during the propulsive part of the kick. Alternating movements or downward butterfly kicks are not permitted except as in Rule 1. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.
6. At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously at, above, or below the water level. At the last stroke before the turn and at the finish an arm stroke not followed by a leg kick is permitted. 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.

DQ Codes can be found in [Rules and Regulations section](#).





Butterfly

Stroke Coaching Points

The butterfly stroke is generally taught after the swimmer has established basic skills in the other three competitive strokes. The butterfly stroke relies on good timing and simultaneous arm and leg actions. The stroke is best taught by breaking it down into three phases: kick, arm action and breathing.

Body Position

- The body is in a prone, streamlined position.
- Move the body in a dolphin like action.

Arm Action

Pull

- Starting in a streamlined position,
- pulling your hands down towards your body in a semicircular motion
- Palms facing outwards, elbow higher than your palms

Push

- Begin pushing your palms backwards through the water along your sides and past your hips

Recovery

- Sweep both arms out of the water
- Throw them forward into the starting position
- Palms should be out and the thumbs should be entering the water first

Leg Action

- Legs should be pushed together and moving simultaneously
- Feet and ankles should break the surface of the water with the knees slightly bent.
- Two kicks per each arm stroke cycle (small kick on the pull, big kick on the recovery phase)





Breathing

The correct time to take a breath is at the beginning of the recovery phase of the arm action and during the last part of the push.

Key Points

- Breathing takes place on every second arm stroke
- Breathing in and out should be through the nose and mouth
- As the recovery finishes, the body should return to a streamline position.

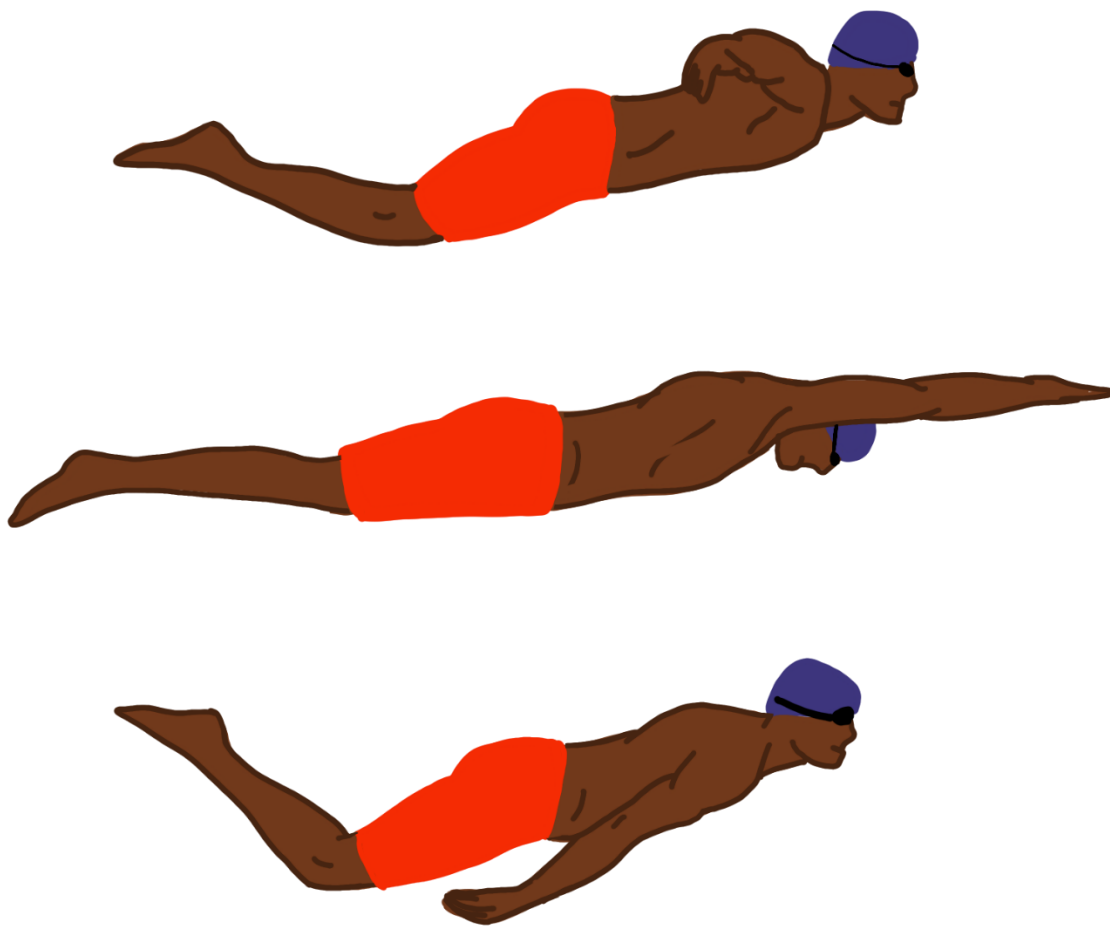


Figure 36: Butterfly Stroke Technique

Progressions

- Swimmer should demonstrate correct head position
- Simultaneous kick action
- Simultaneous arm recovery





- Correct timing of breathing/head/arms
- Correct placement of hands during catch phase
- High streamlined body position

Drills

Progression 1

- Streamlining/butterfly kick prone and supine
- 4 x kicks/breath- demonstration correct leg action
- 4 x kicks- double arm pull-timing

Progression 2

- right arm pulls breathing to side- fins can be used in this drill as assists with stroke development- would suggest do this drill to 25m then swim out 25m freestyle
- left arm pulls breathing to side- fins can be use in this drill as it assists with stroke development – would suggest to do this drill to 25m then swim out 25m freestyle
- 2 right arm-2 left arm- breathing can be to the side – use of fins help with this drill
- 2 right arm- 2 x full arm- 2 left arm- again using fins does assist with this drill.

Starts

All starts are signaled by the starter who will whistle the swimmers to their start position. The starter will then command the swimmers to “Take your marks.” The swimmers leave the block or end of the pool when the starting signals sounds.

Starting is a very important aspect of competitive swimming, and, in accordance with [Fina rules](#), a one start rule will be enforced; therefore, it is important that the swimmer is given regular instruction in this skill. Be aware of certain medical conditions, which may restrict swimmers from practicing out of water starts. Coaches should be familiar with and comply with both [Fina](#) and Facility rules and regulations regarding diving starts. Remember, when teaching starting, to break down the skill and make it fun.

There are three types of starts permitted in Special Olympics Competition

- Standing





- Sitting
- In Water (W)

Standing Starts

Standing Starts may be performed from the concourse or a starting block.



Figure 37: Block Start Position

Teaching Points

1. Stand on the starting block or concourse and curl the toes over the front edge
2. Swimmer should take up the starting position
3. On the starter's signal, push off the block/concourse
4. Enter the water in a streamline position
5. Freestyle/Butterfly – Kick to the surface
6. Breaststroke – Swimmers may do a breaststroke pull out or glide to the surface of the water
7. Begin the appropriate stroke once they break the water on resurfacing

Sitting Start

1. Sit on the Pool concourse
2. On the starter's signal, push off from the wall into the prone streamline body position, kicking, where appropriate.





3. Begin the appropriate stroke as soon as the body is fully extended.

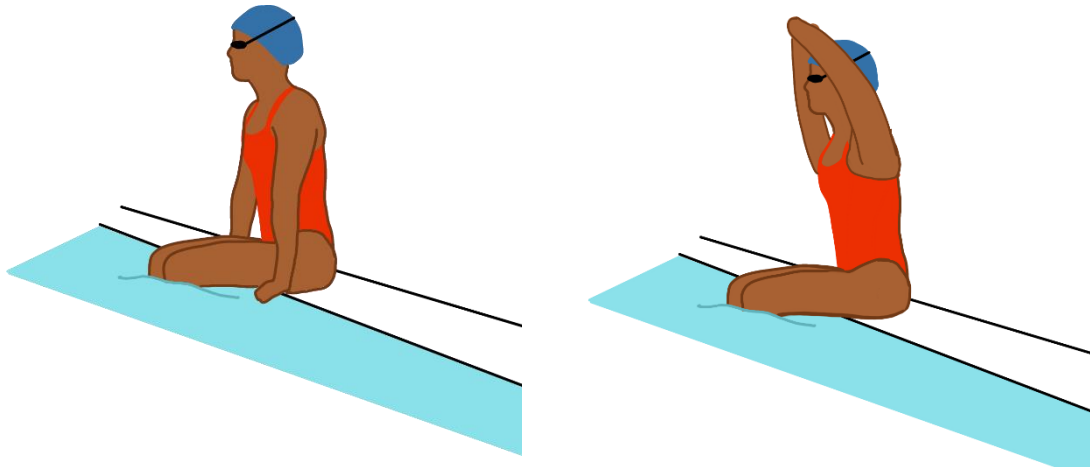


Figure 38: Sitting Concourse Start Position

In-Water Starts

The freestyle, breaststroke and butterfly in-water starts are similar. The teaching points below can be applied to each of these strokes.

Teaching Points

1. Hold onto side of pool while in the water with either hand.
2. Place both feet on the wall.
3. Bend both knees slightly.
4. Extend the other hand in the water toward the other end of the pool.
5. Ensure the swimmer is looking forward to the other end of the pool.
6. On the start signal, Push off the side into the prone streamline body position, kicking, where appropriate.
7. Begin the appropriate stroke as soon as the body is fully extended.





Swimming Turns

Butterfly Turn

The butterfly turn must be executed with a simultaneous two-hand touch

1. Swim butterfly towards the wall
2. Touch the wall simultaneously with both hands
3. Begin to rotate the body
4. Bring the knees to the chest and plant the feet on the wall
5. Push off forcefully with both feet and assume a prone, streamlined position
6. Resume the butterfly stroke.

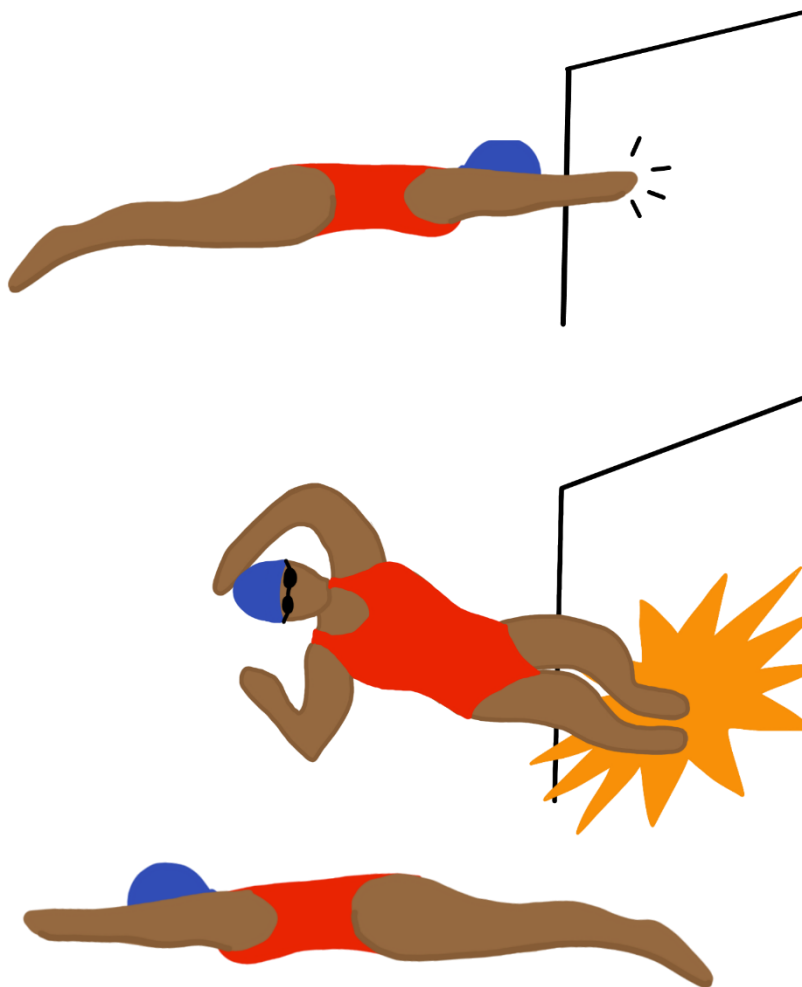


Figure 39: Butterfly Turn





Finishes

Finish Butterfly

1. Reach forward and touch the wall with both hands simultaneously
2. The shoulders must be at the same level.

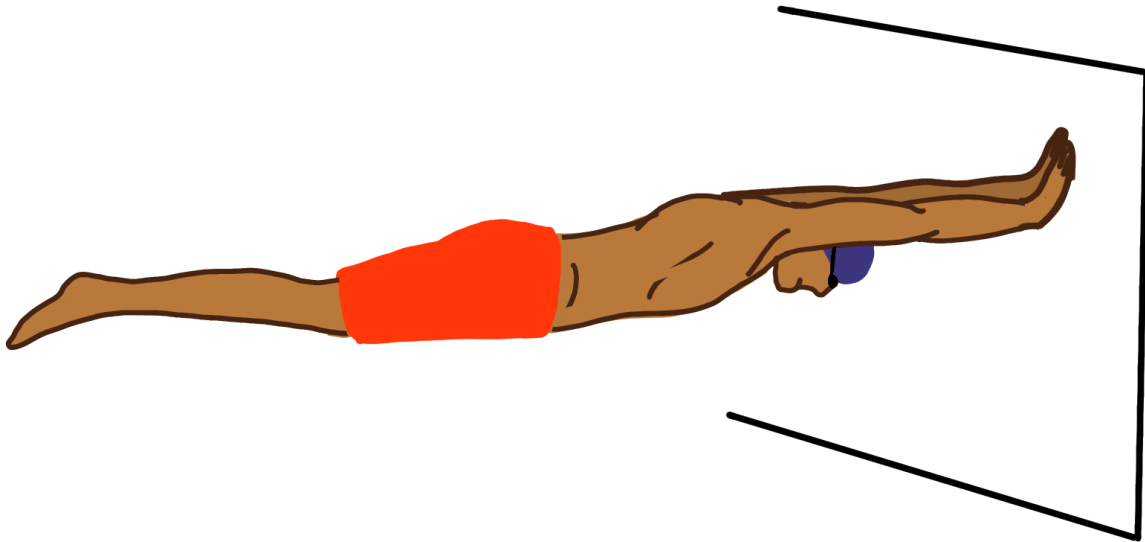


Figure 40: Two Hand Finish

Rules and DQ's

Refer to [SO](#) and [Fina rules](#).

Rules that apply to butterfly will be:

1. From the beginning of the first arm stroke after the start and each turn, the body shall be kept on the breast. It is not permitted to roll onto the back at any time, except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall.
2. Both arms shall be brought forward simultaneously over the water and brought backward simultaneously under the water through-out the race, subject to Rule 5.
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.
4. At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously, at, above or below the water surface.
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.

DQ Codes can be found in [Rules and Regulations section](#).

