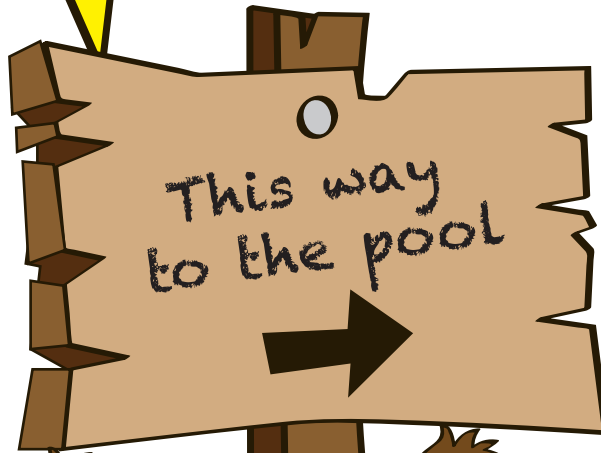
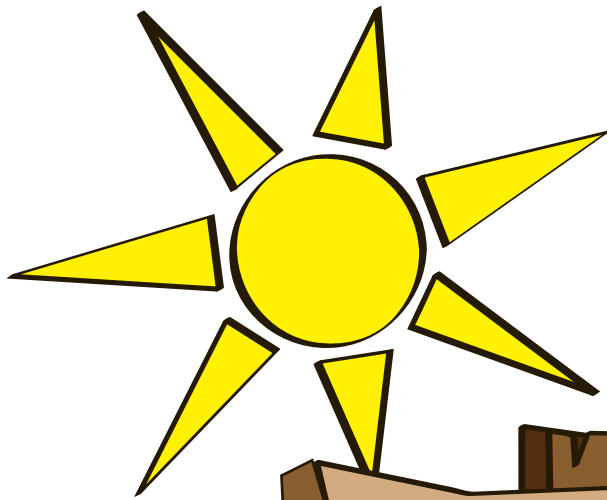


The Swim Team - to know

(USA Swimming Rules)



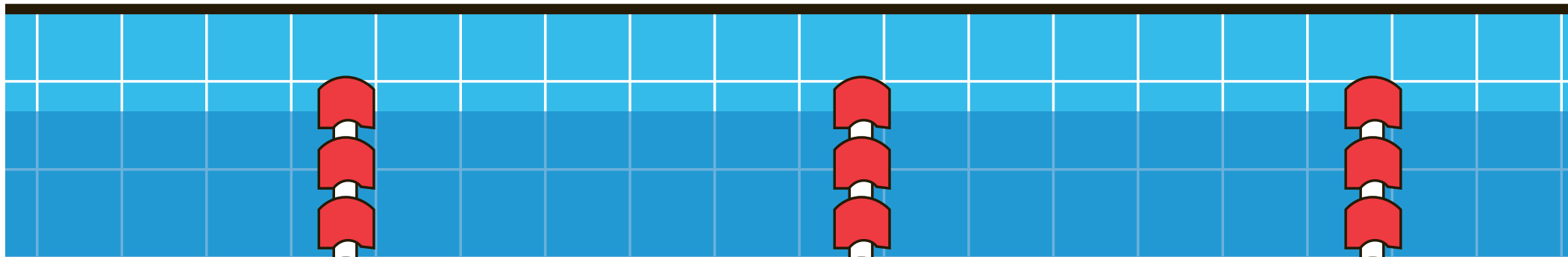
based on USA Swimming Rulebook
(visual learning)
by: Coach Bryan Jacobson
Illustrated by: Stacie Eastridge

Rancho San Dieguito Swim team

The Meet



- EVENT #1
- Gender, Age, Distance, Stroke
- HEAT 1



Short Series of Whistles

- Remove all clothing except for swimwear

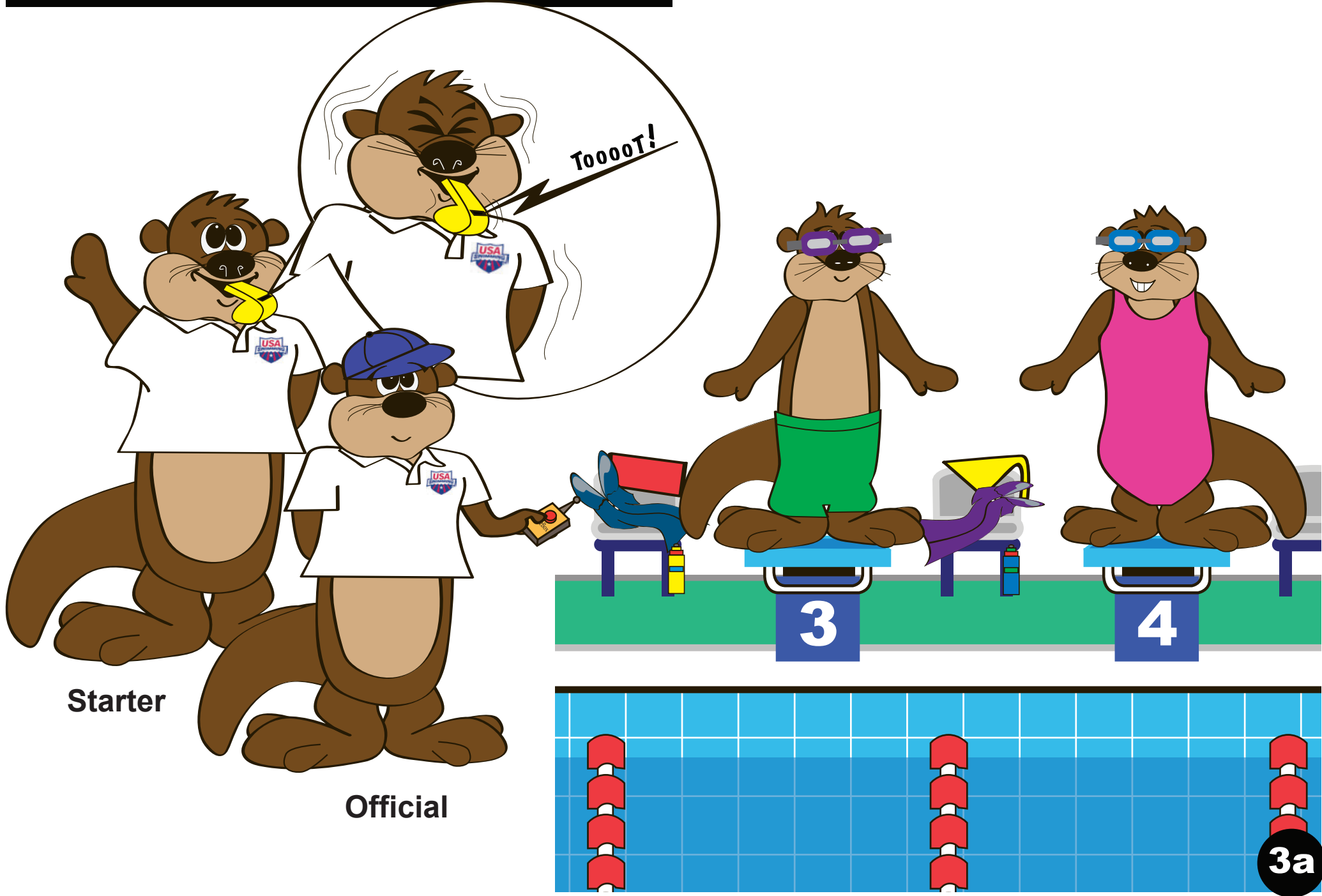


Starter

Official

1st Long Whistle

- Freestyle/Butterfly/Breast stroke: platform, the deck
- Backstroke: enter water



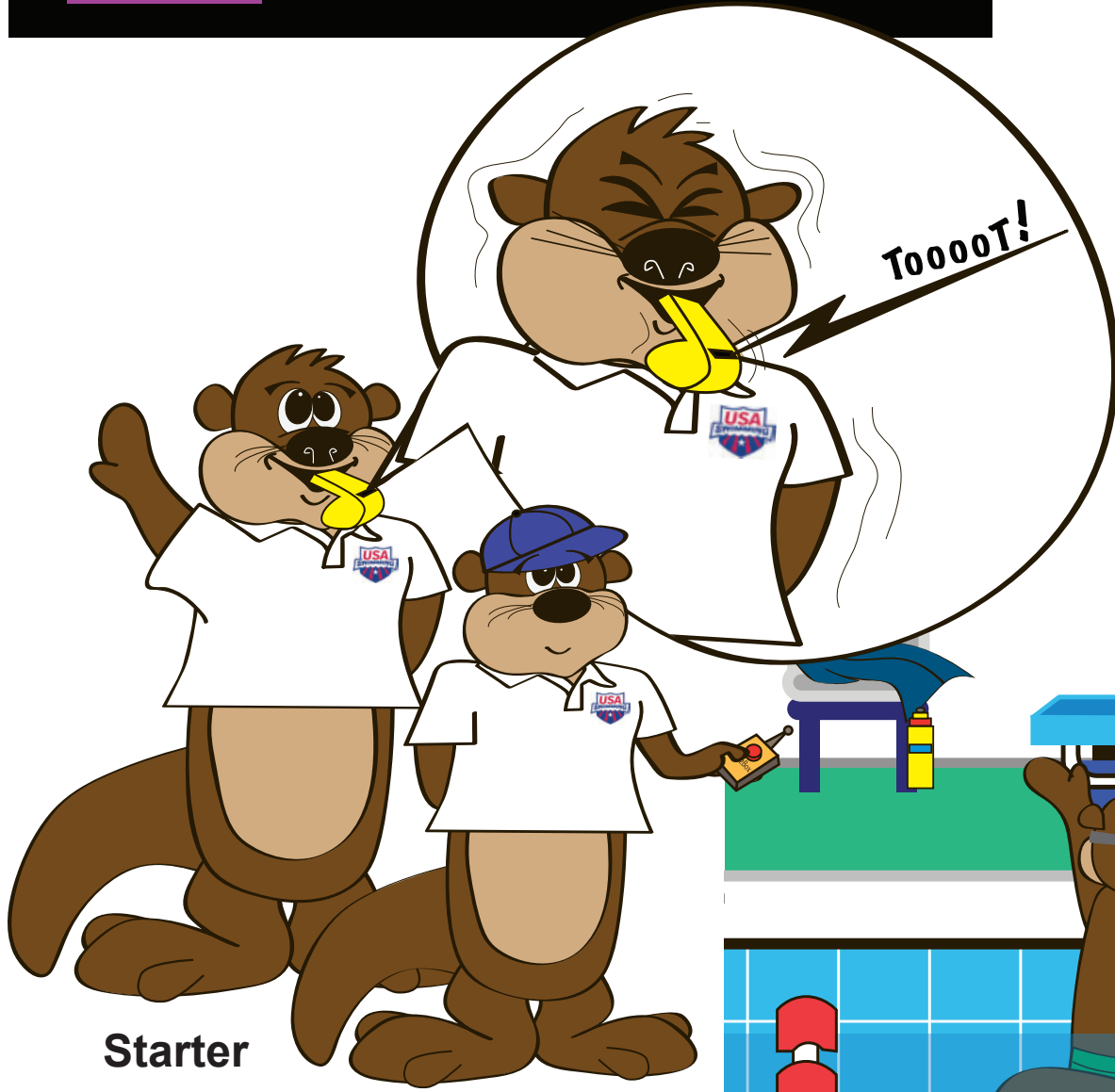
1st Long Whistle

- Freestyle/Butterfly/Breast stroke: platform, the deck
- **Backstroke**: enter water



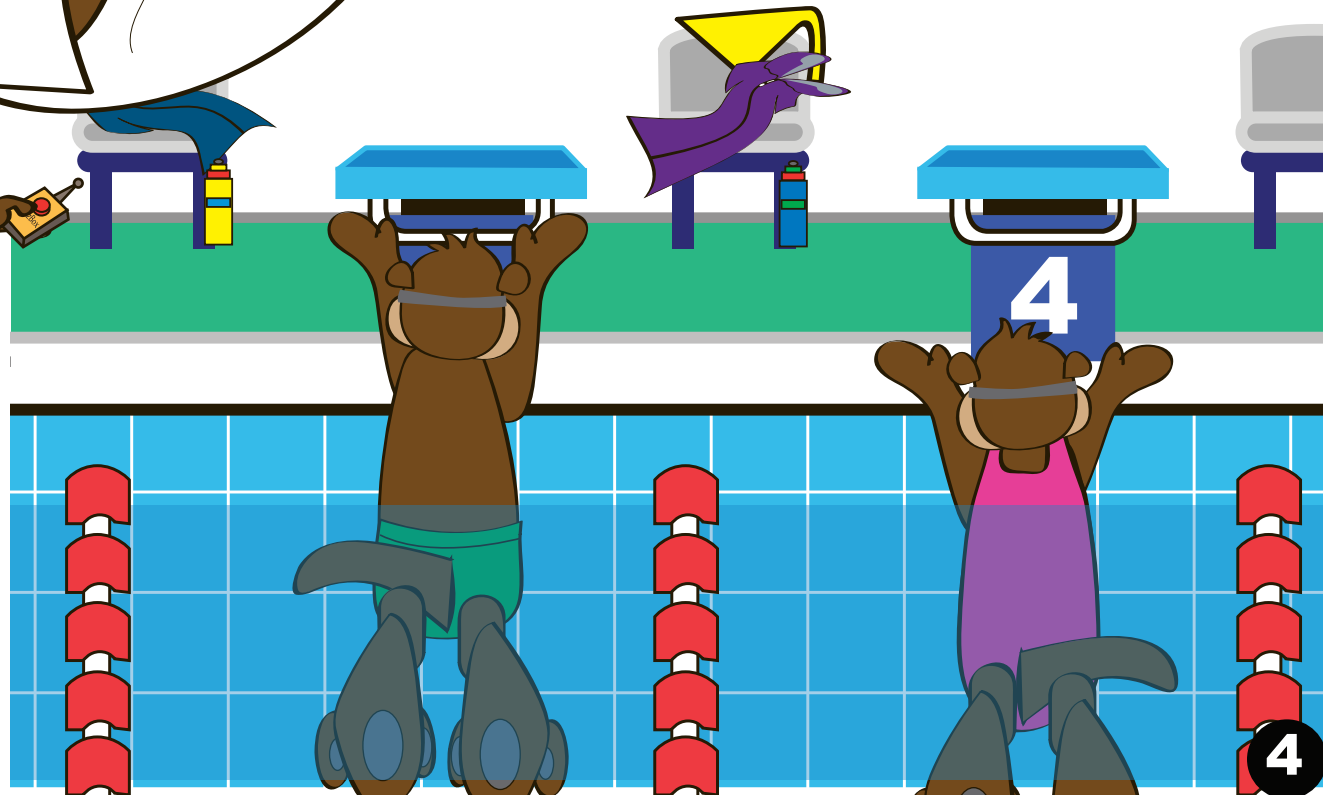
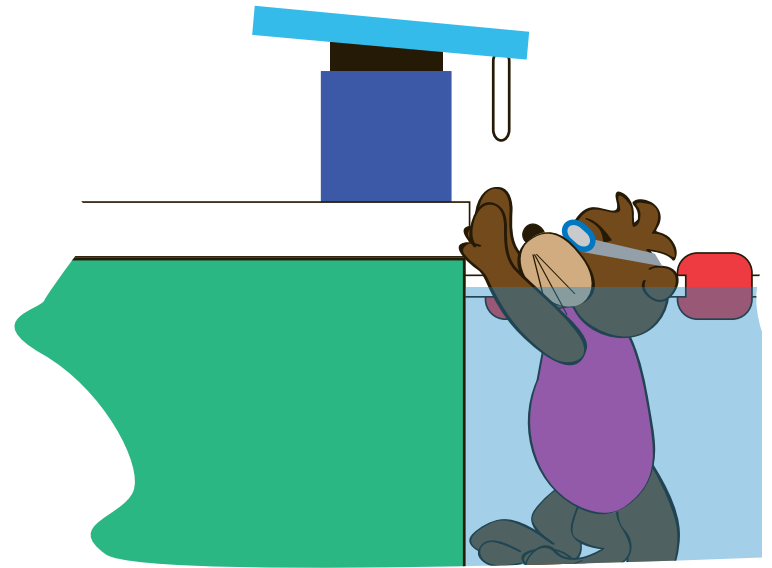
2nd Long Whistle

- Freestyle, Butterfly, Breast stroke: platform, the deck
- Backstroke, swimmers get to wall



Starter

Official



Starters Control: Freestyle, Butterfly, Breast stroke, Backstroke

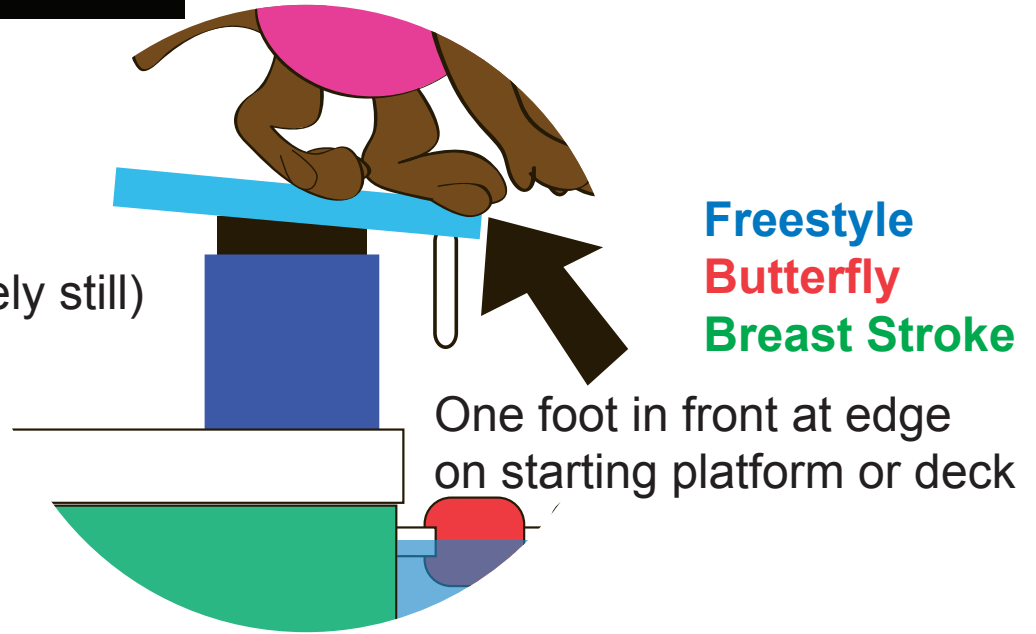
- Out stretch arm
- "Take Your Mark"
- "Stay Absolutely Still", No motion allowed.



Starter

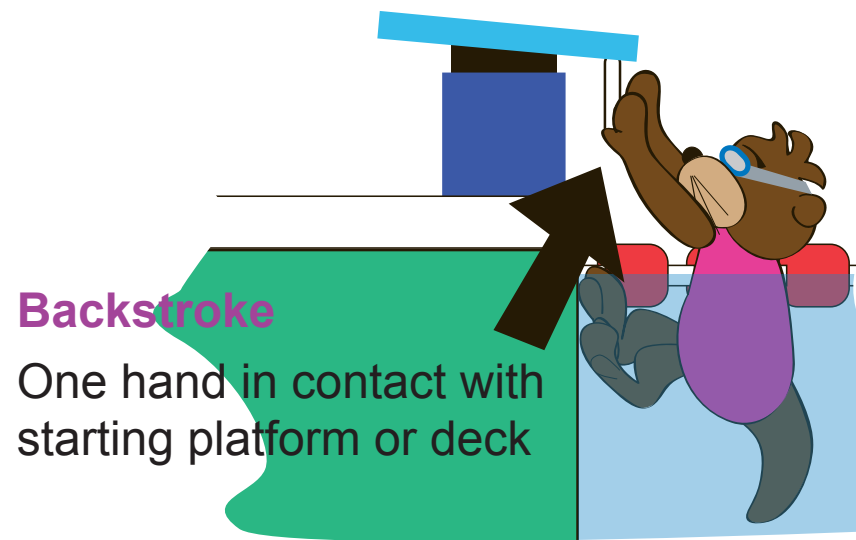
Official

Take your mark
(Stay absolutely still)



Freestyle
Butterfly
Breast Stroke

One foot in front at edge
on starting platform or deck



Backstroke

One hand in contact with
starting platform or deck

Starters Control: Freestyle, Butterfly, Breast stroke, Backstroke

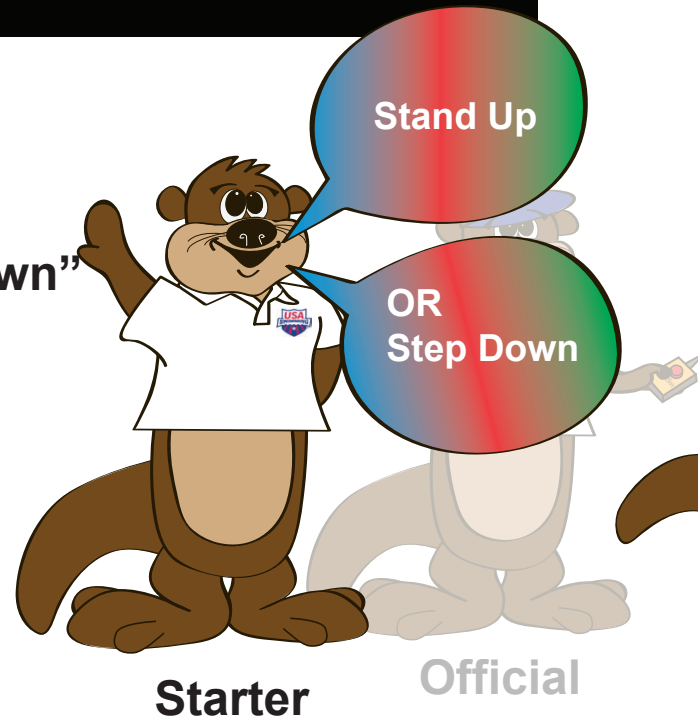
- Out stretch arm

- "Stand up", swimmer doesn't respond

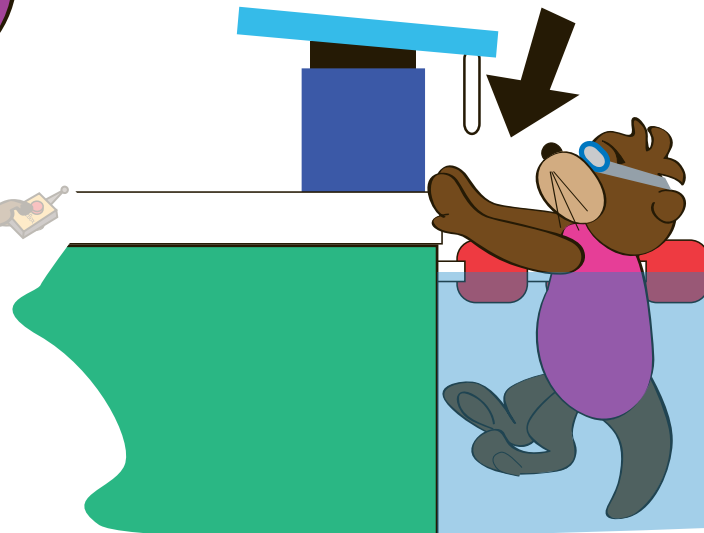
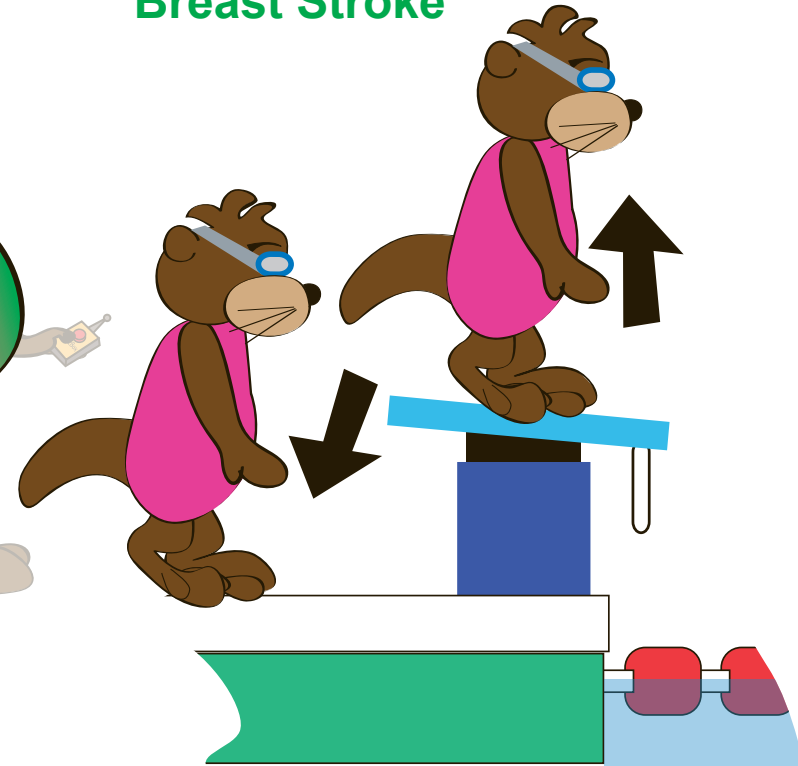
Starter

Needs to see all swimmers in position on command or can request "stand up or step down" for Freestyle, Butterfly, and Breast Stroke.

"stand down" for Backstroke



Freestyle
Butterfly
Breast Stroke



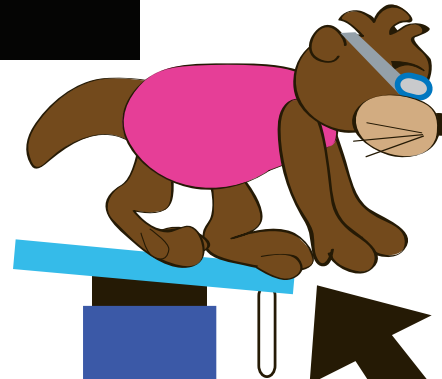
Backstroke

Starters Control: Freestyle, Butterfly, Breast stroke, Backstroke

- Out stretch arm

- "Take Your Mark"

Freestyle
Butterfly
Breast Stroke



One foot in front at edge on starting platform or deck

Take your mark



Starter

Official

Backstroke



One hand in contact with starting platform or deck

False Starts: Freestyle, Butterfly, Breast stroke, Backstroke

- "Take Your Mark"

- Any swimmer starting before signal given

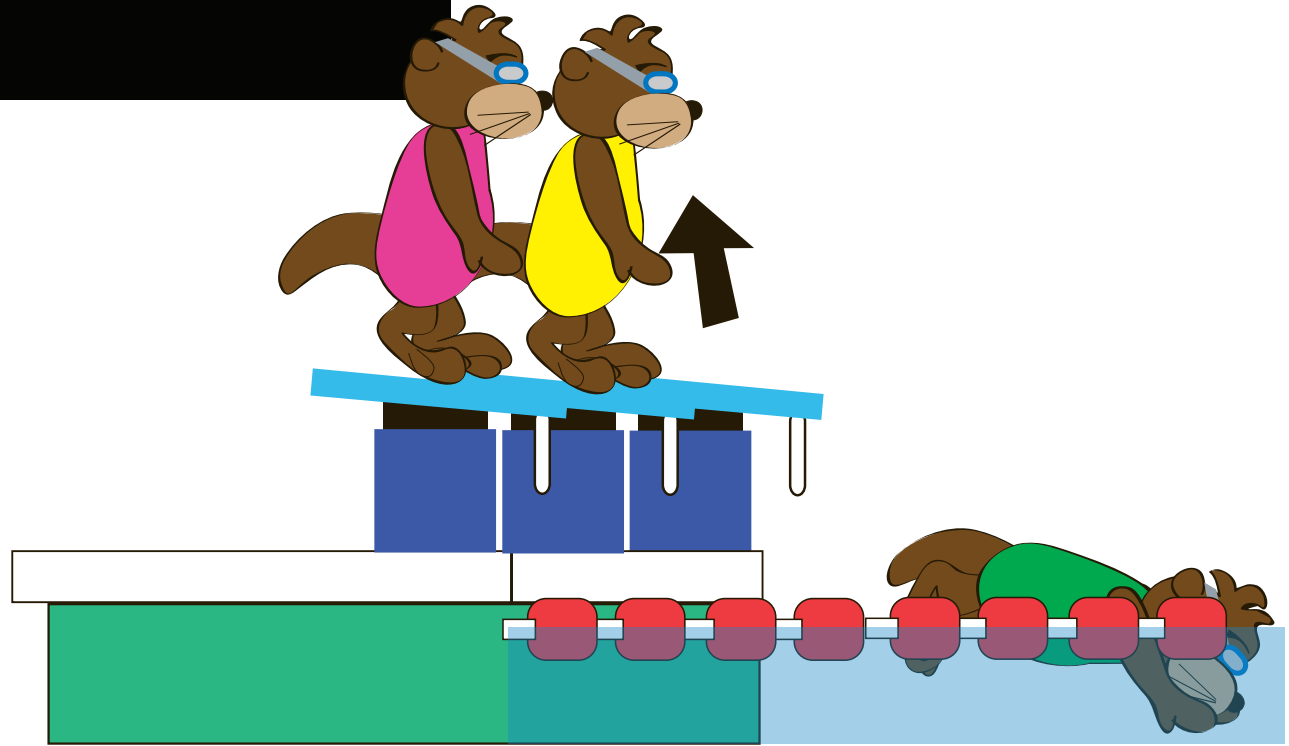


False Starts: Freestyle, Butterfly, Breast stroke, Backstroke

- Stand Up, Stand Down
- Starter may disqualify swimmer



Starter

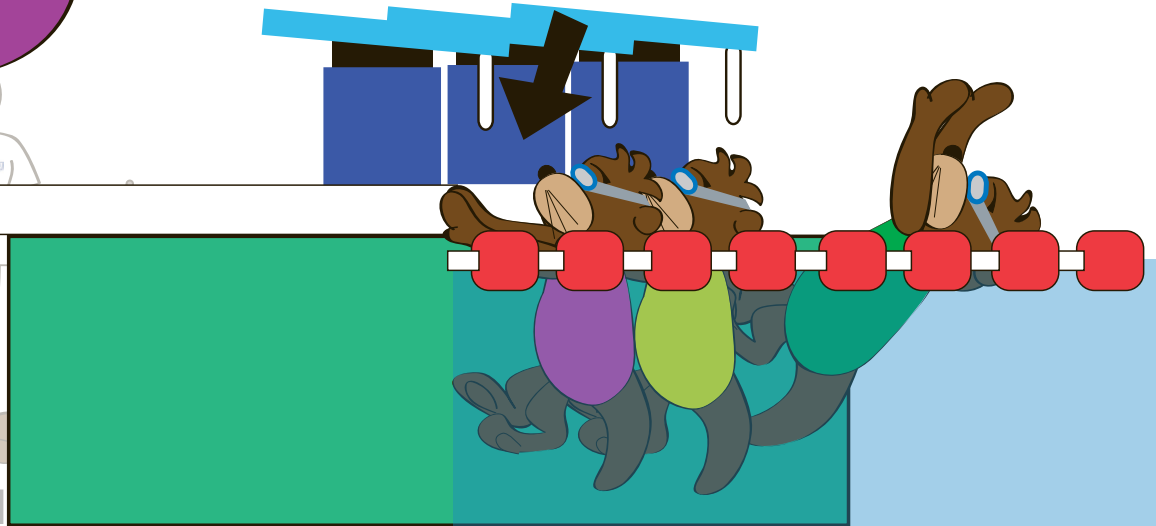


Stand Down



Starter

Official



Correct Starts: Freestyle, Butterfly, Breast stroke, Backstroke

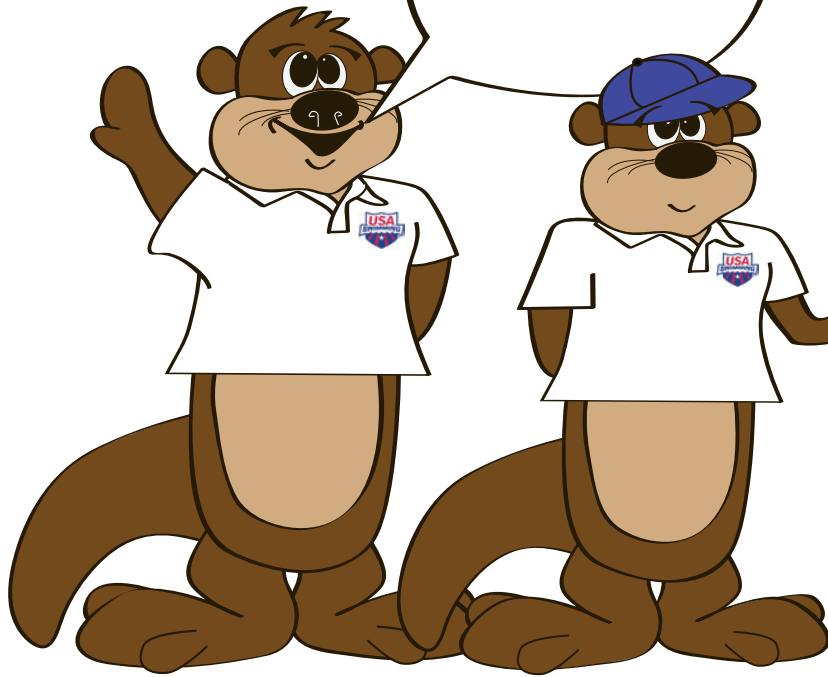
- Starter: Take Your Mark

- Official: Controls "BEEP" to GO!



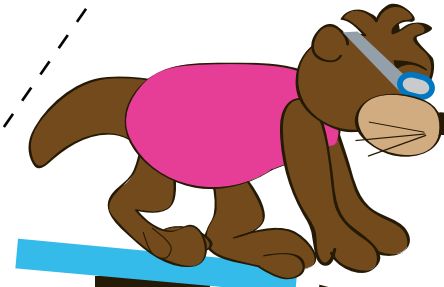
BEEEP!!

Take your mark



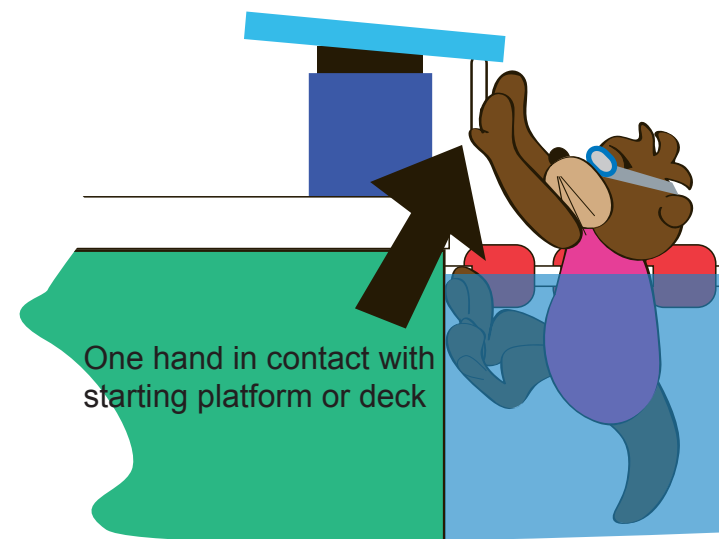
Starter

Official



Freestyle
Butterfly
Breast Stroke

One foot in front at edge on starting platform or deck



Backstroke

One hand in contact with starting platform or deck

Butterfly:

- *Start*, Forward start

BEEEP!!

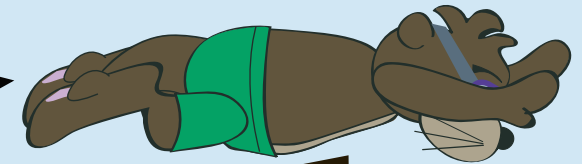
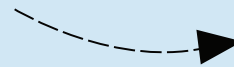
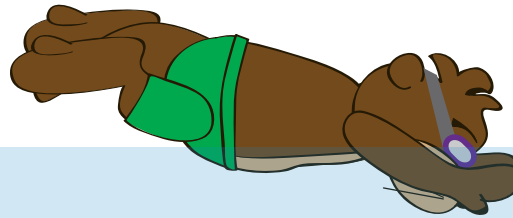
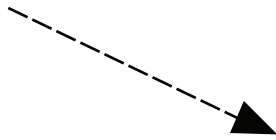
Take Your Marks



Starter

Official

Watch your form



On Breast
Glide: Streamline



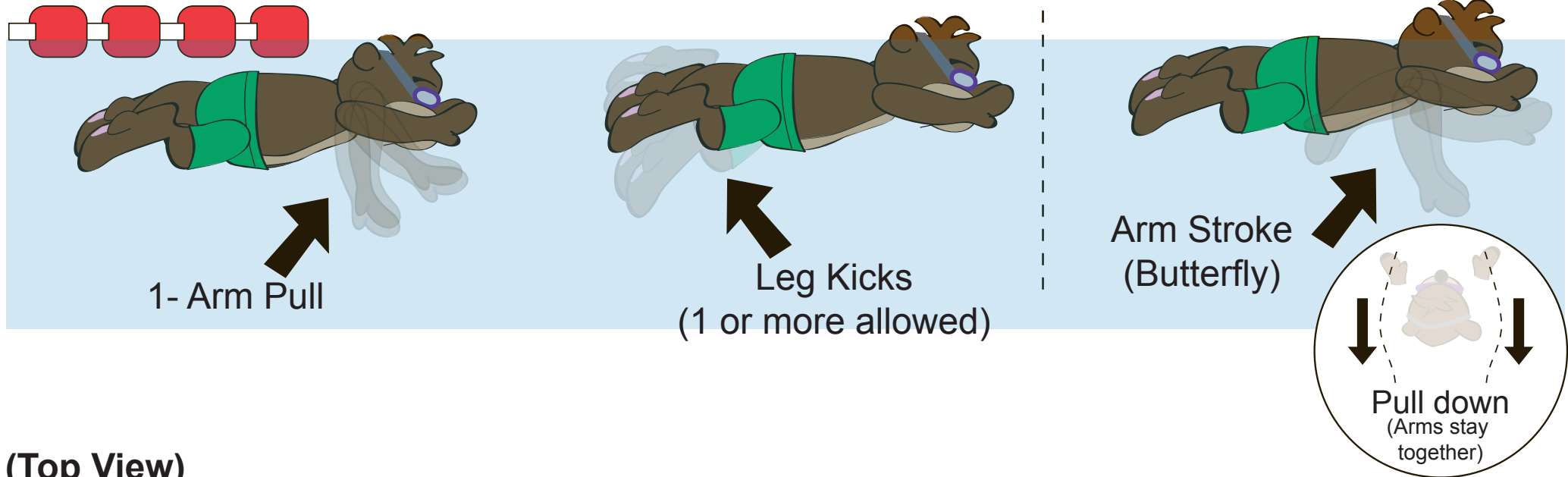
(Side View)

(Top View)

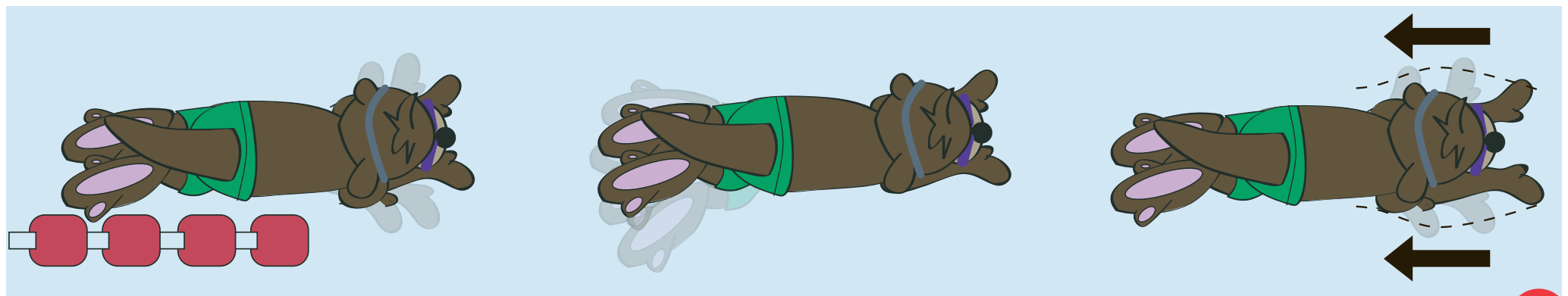
Butterfly: Stroke

- **Stroke:** After start/after each turn(s), swimmers shoulders must be past the vertical toward the breast.
- at Start permitted 1 or more kicks, BUT only 1 arm pull under water - submerged 15 meters (16.4 yards)
- Head should have broken surface.

(Side View)



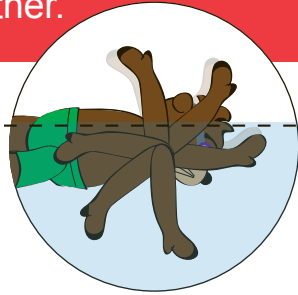
(Top View)



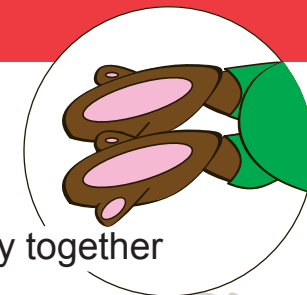
Butterfly:

- Both arms must be brought forward simultaneously over the water AND pull back simultaneously under the water.
- Dolphin kick, feet stay together.

Pull back simultaneously under water

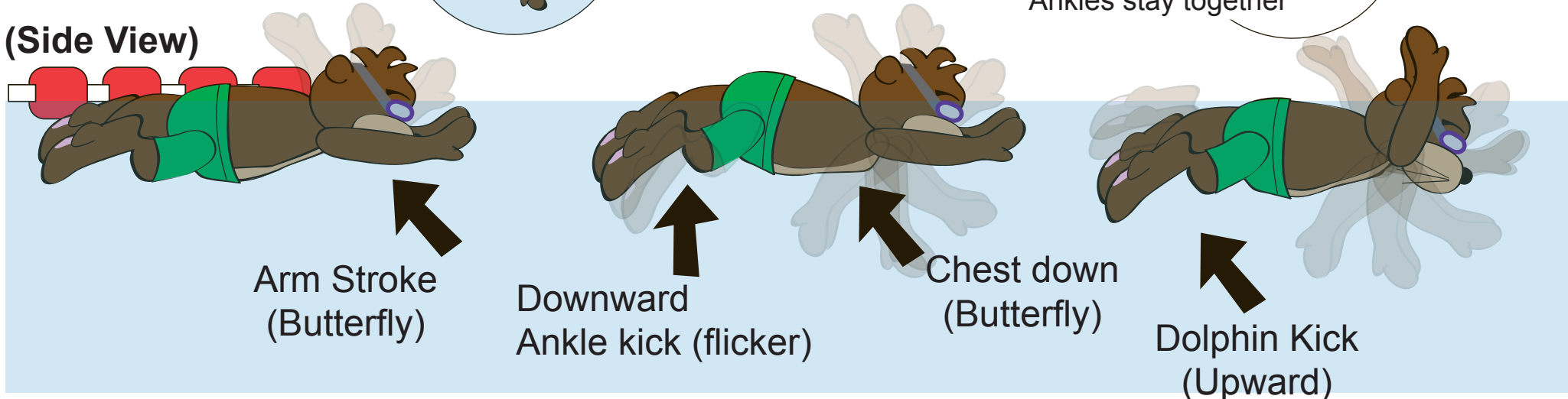


Arms forward simultaneously above water



Ankles stay together

(Side View)



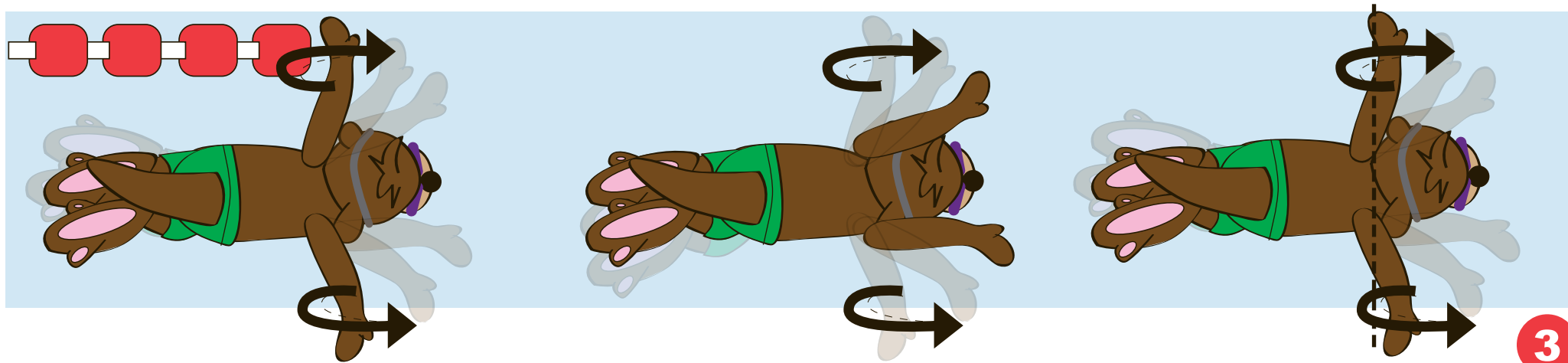
Arm Stroke (Butterfly)

Downward Ankle kick (flicker)

Chest down (Butterfly)

Dolphin Kick (Upward)

(Top View)

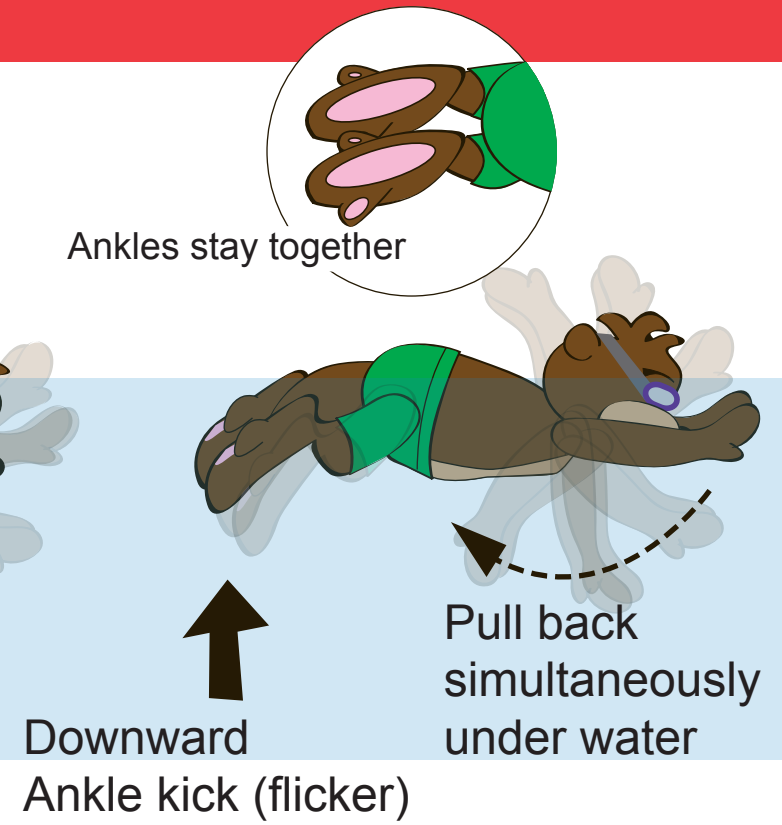
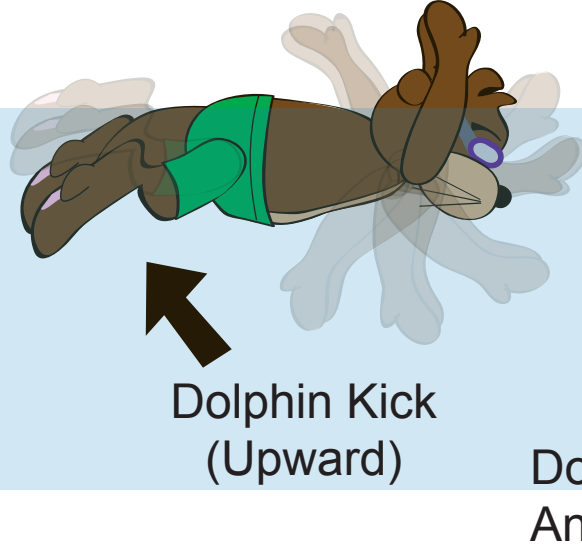
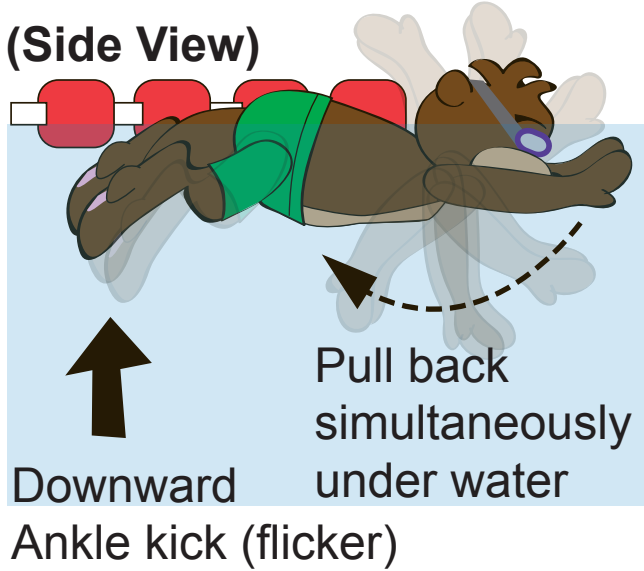


Arms over water

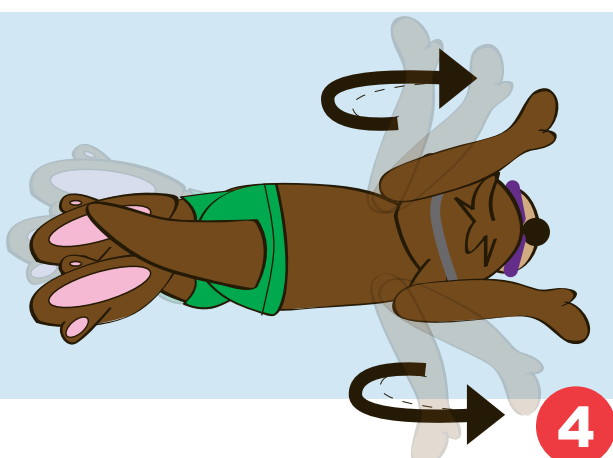
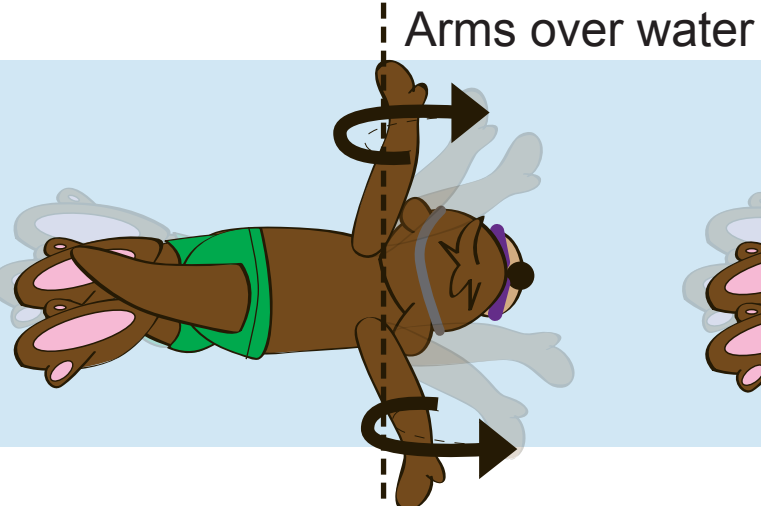
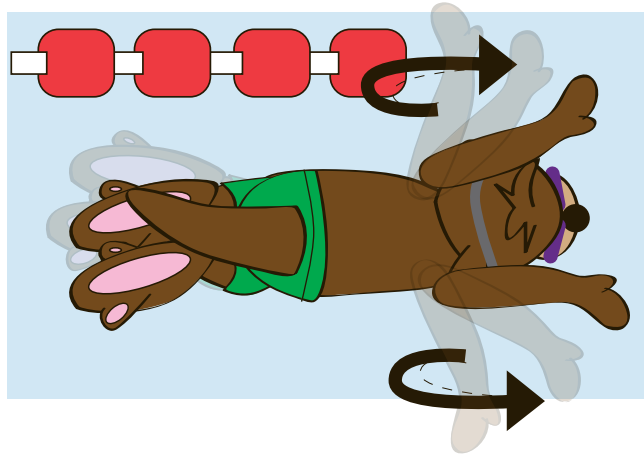
Butterfly: Kick

- Kick: All up/down movements of the legs & feet must be simultaneous (together). NO alternating legs & feet.
- Use dolphin kick with butterfly stroke.

(Side View)



(Top View)



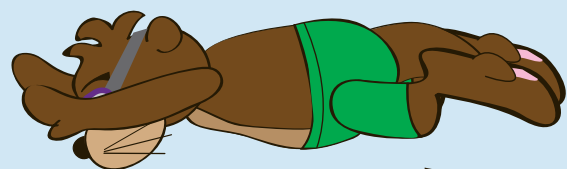
Butterfly: Turns

- Turns and Finish, the touch shall be made with both hands separated and simultaneously at, above, or below the water level.
- Each turn the body shall be on the breast.
- Shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall.

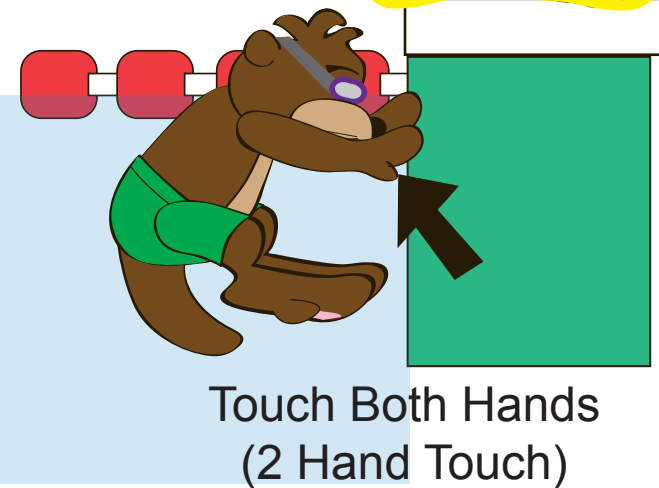
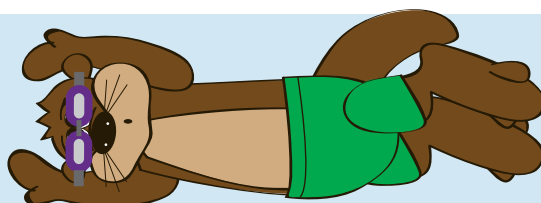
NOTE: "2 hand touch", for all *turns and finish* is a must or you will be disqualified.



(Side View)

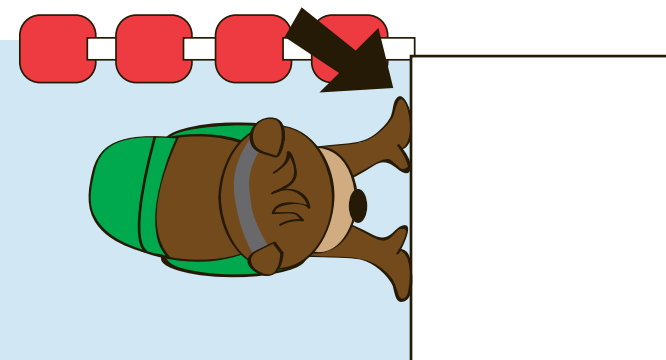
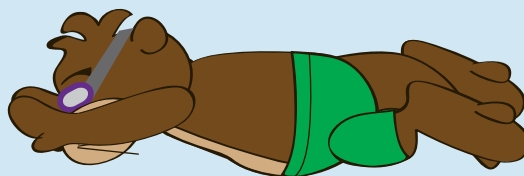
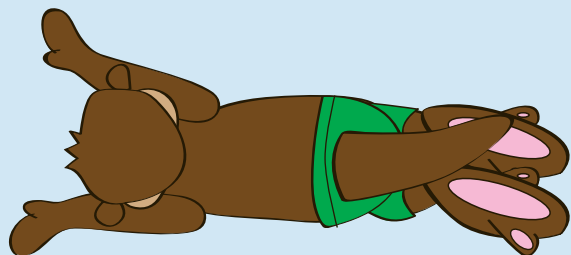


← Glide
On Breast



Touch Both Hands
(2 Hand Touch)

(Top View)



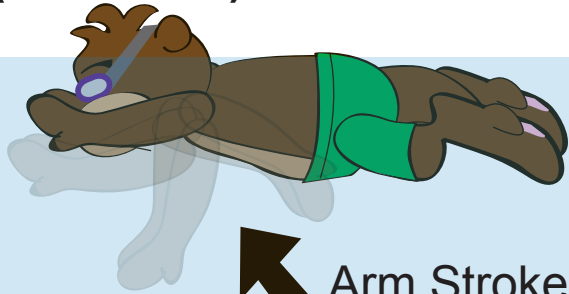
Butterfly: Stroke

- **Stroke:** After start/after each turn(s), swimmers shoulders must be past the vertical toward the breast.
- at Start permitted 1 or more kicks, BUT only 1 arm pull under water - surmerged 15 meters (16.4 yards)
- Head should have broken surface.

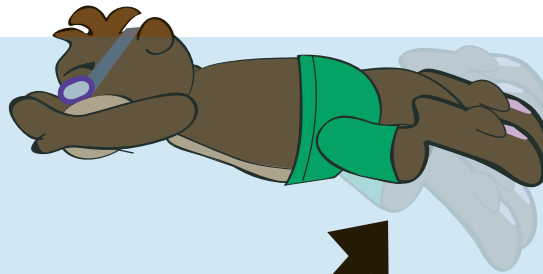
Head broken surface

Swimmer to surface

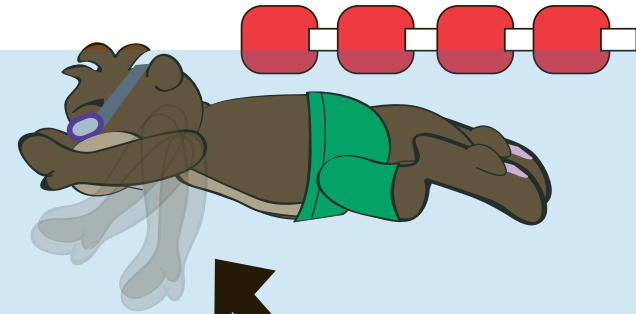
(Side View)



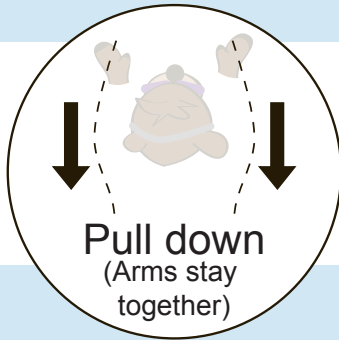
Arm Stroke
(Butterfly)



Leg Kicks
(1 or more allowed)

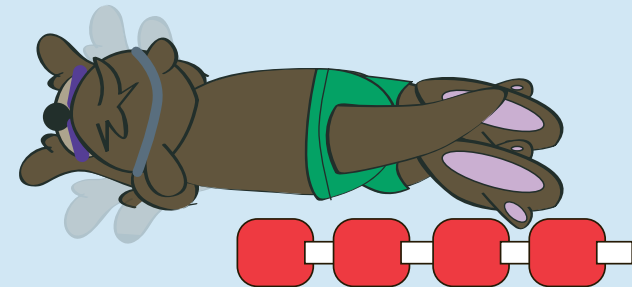
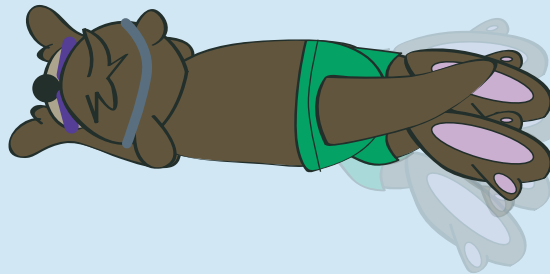
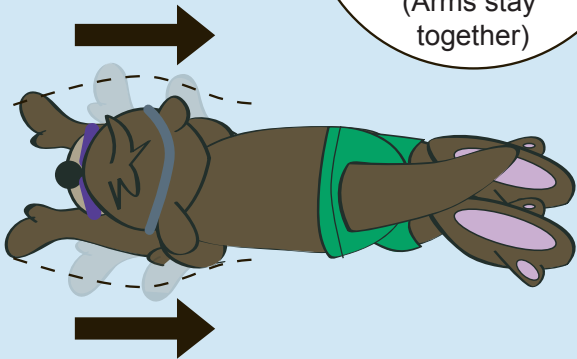


1- Arm Pull



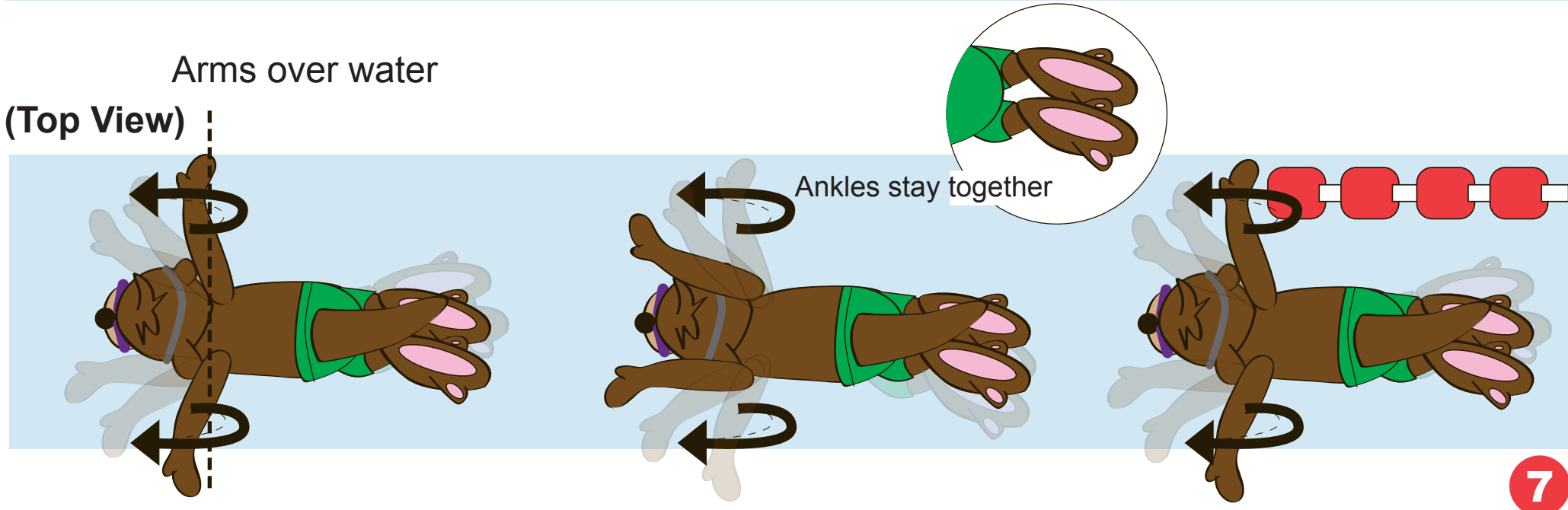
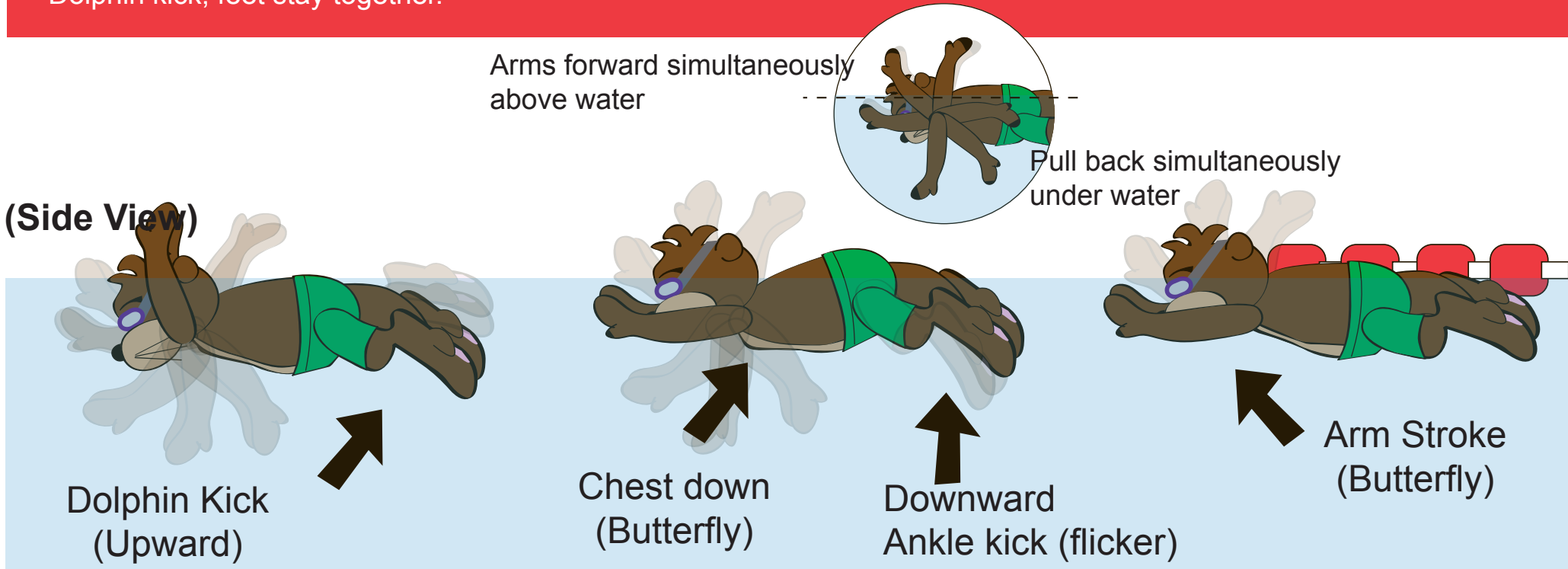
Pull down
(Arms stay together)

(Top View)



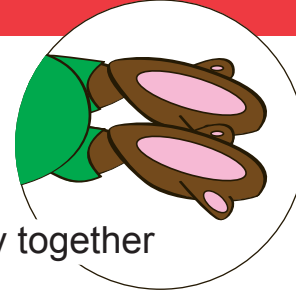
Butterfly:

- Both arms must be brought forward simultaneously over the water AND pull back simultaneously under the water.
- Dolphin kick, feet stay together.



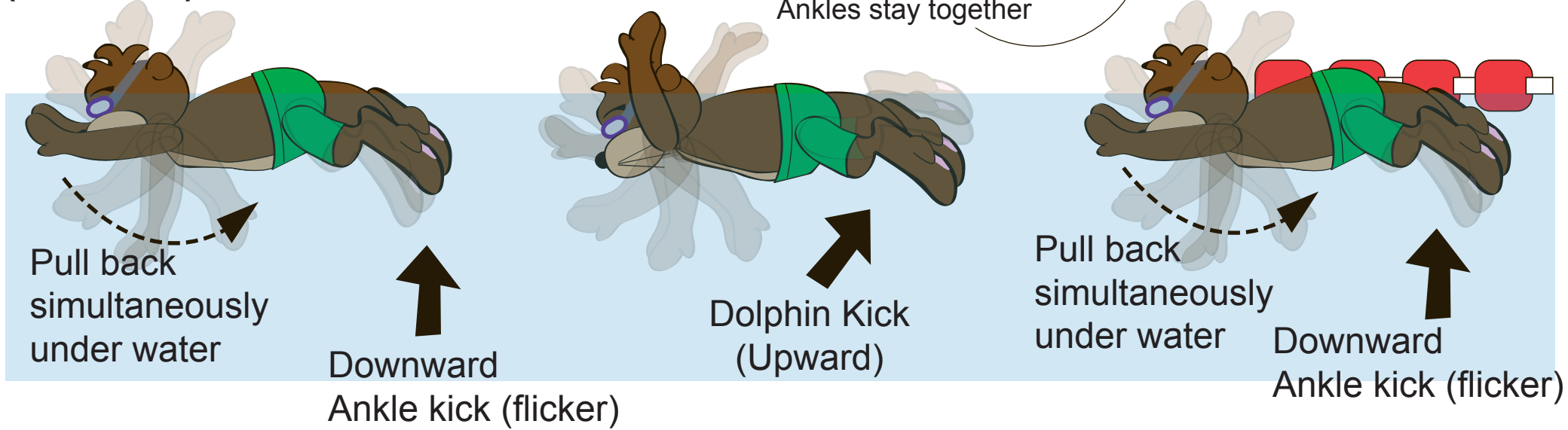
Butterfly: Kick

- Kick: All up/down movements of the legs & feet must be simultaneous (together). NO alternating legs & feet.
- Use dolphin kick with butterfly stroke.



Ankles stay together

(Side View)



Pull back simultaneously under water

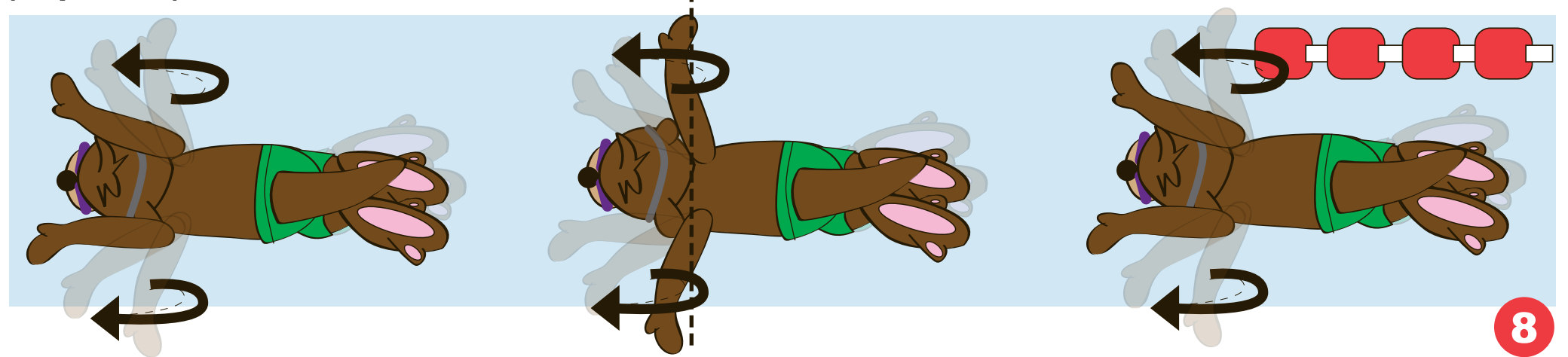
Downward Ankle kick (flicker)

Dolphin Kick (Upward)

Pull back simultaneously under water

Downward Ankle kick (flicker)

(Top View)



Arms over water

Butterfly: Finish

- Turns and Finish, the touch shall be made with both hands separated and simultaneously at, above, or below the water level.

- Body on breast and 2 hand touch to finish.

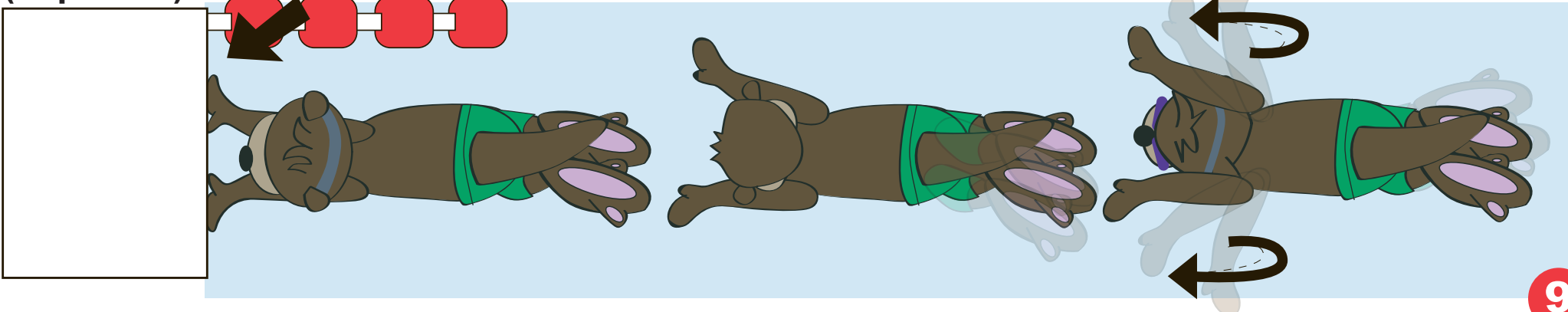
NOTE: "2 hand touch", for all *turns and finish* is a must or you will be disqualified.



(Side View)



(Top View)

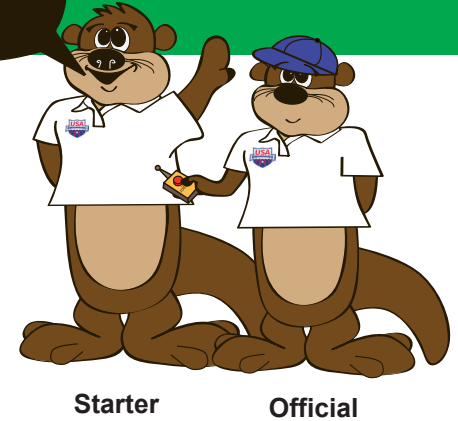


Breaststroke:

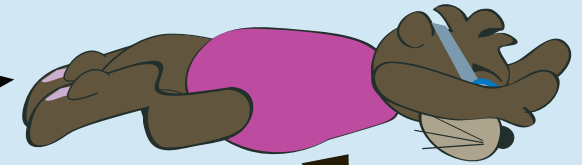
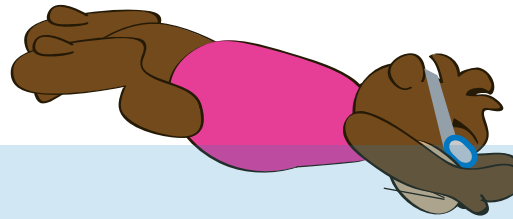
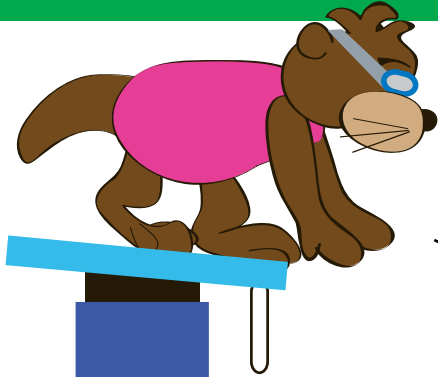
- **Start**, Forward start
- **Stroke**, the start and after each turn leaving the wall the body shall be kept on "breast".
- **No**, rolling on back at any time "except" at the turn after the touch of the wall.
- **Stroke Cycle**, One Dual arms stroke, One Dual legs stroke
- **Kick**, the first breaststroke kick 1 dolphin kick is permitted.

BEEEP!!

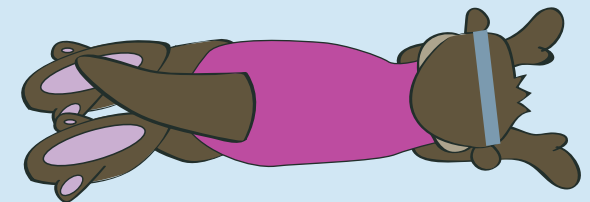
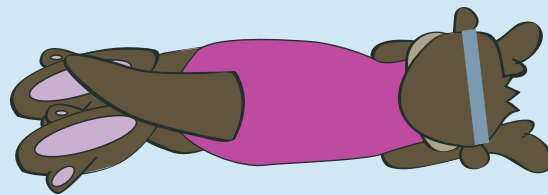
Take Your Marks



Watch your form

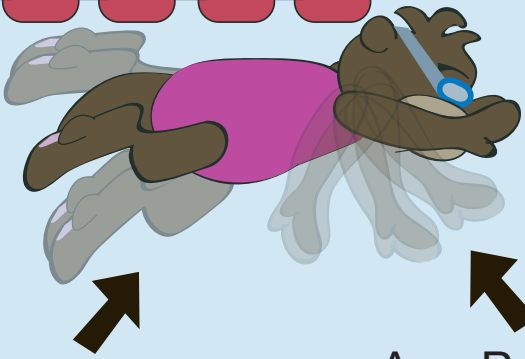
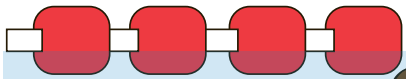


On Breast
Glide: Streamline



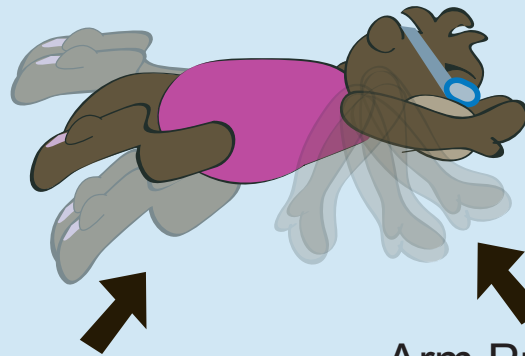
Breaststroke:

(Side View)



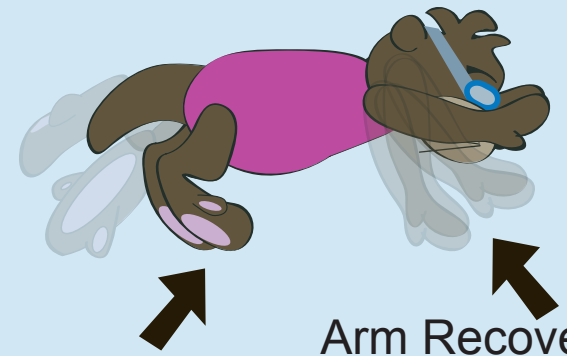
Dolphin Kick

Arm Pull
(Pulldown
to waist)



Dolphin Kick

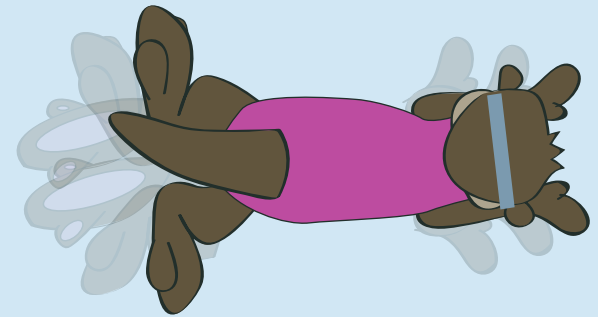
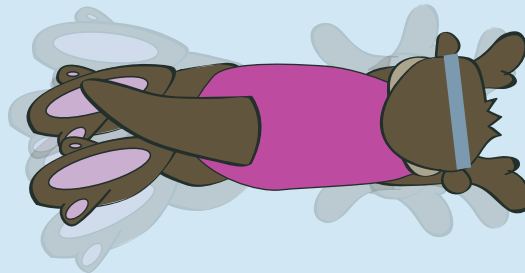
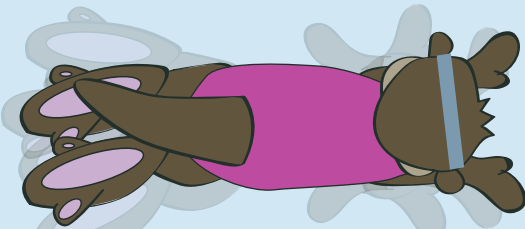
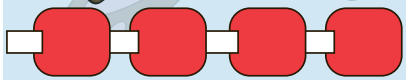
Arm Pull
(Pulldown
to waist)



Leg Kick
(Breaststroke)

Arm Recovery

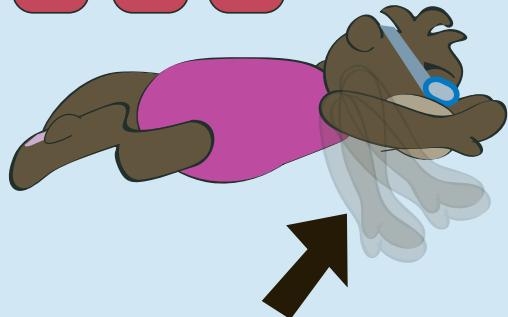
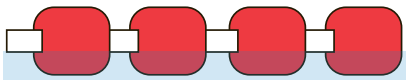
(Top View)



Breaststroke:

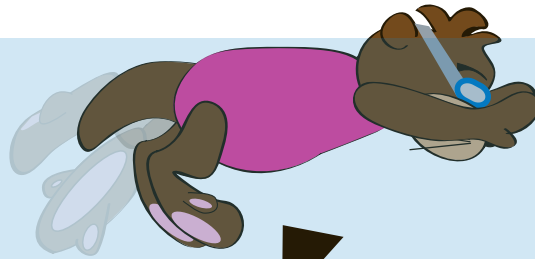
- At the last stroke before the turn and at the finish an arm stroke not followed by a leg kick is permitted.

(Side View)

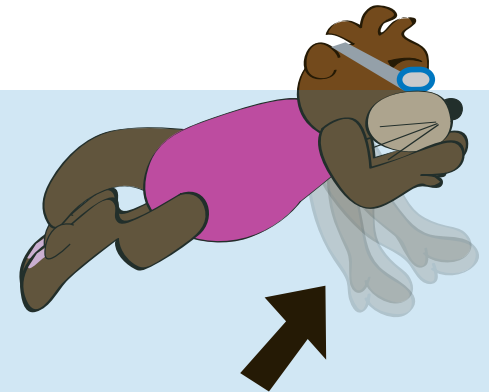


1- Arm Pull

On Breast

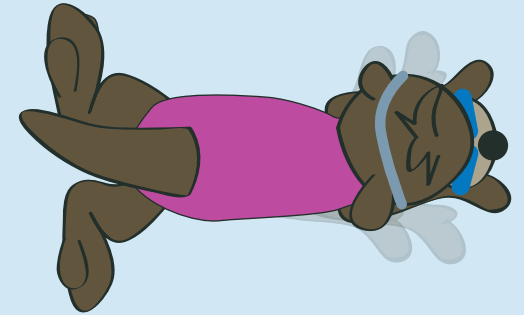
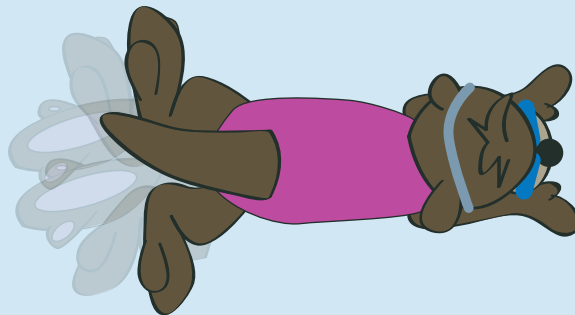
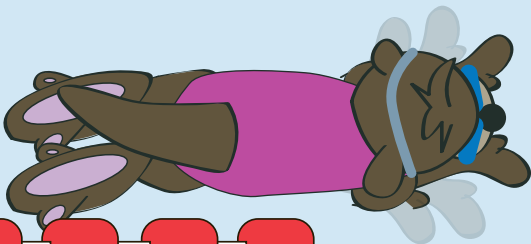
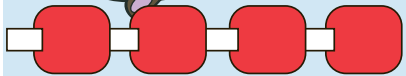


Leg Kick
(Breaststroke)



Arm Stroke
(Breaststroke)

(Top View)

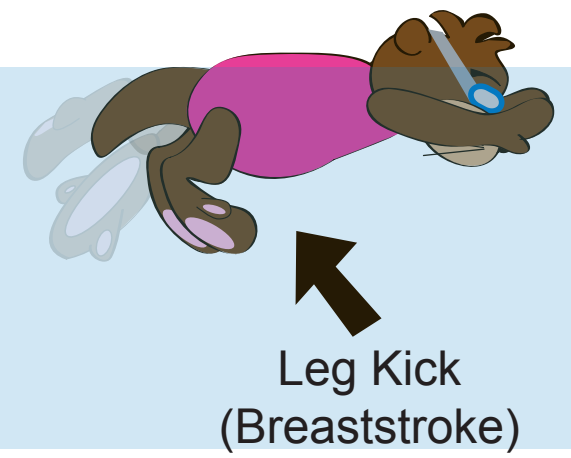
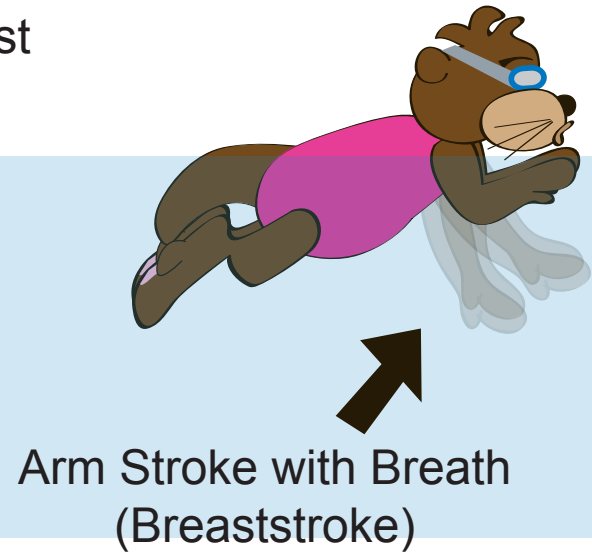
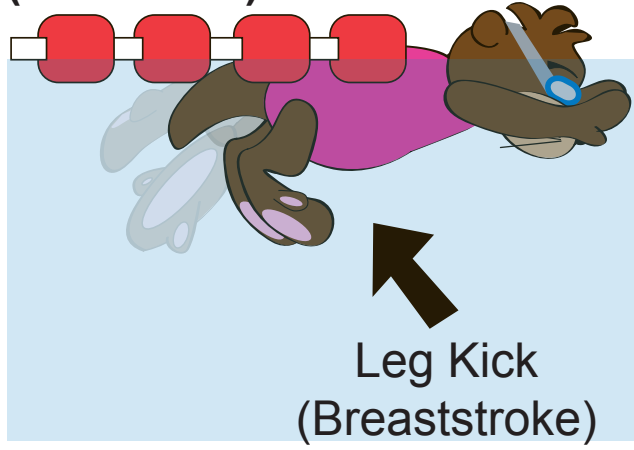


Breaststroke:

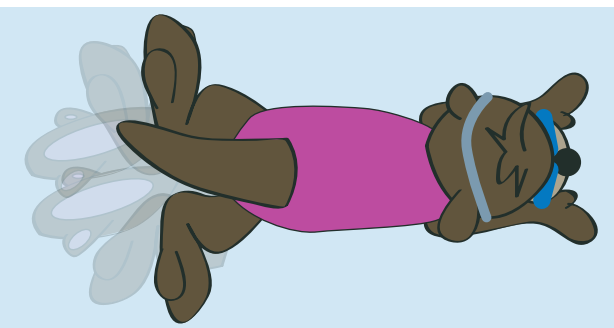
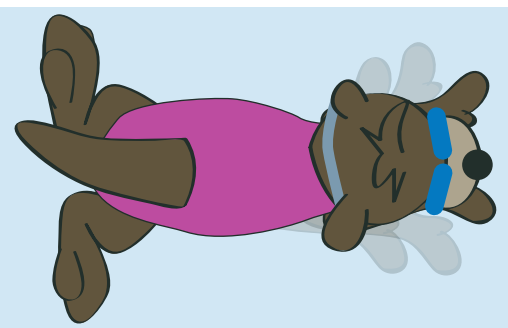
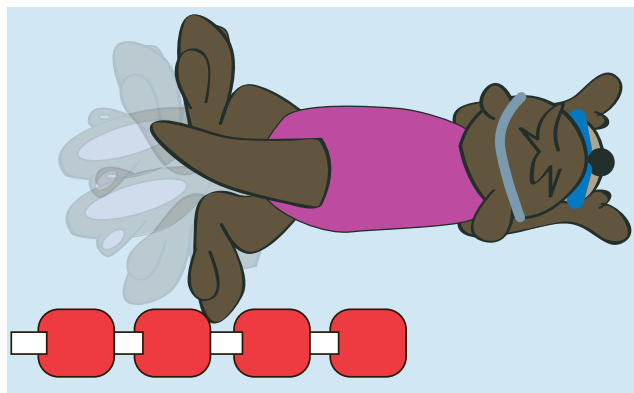
- *Stroke Cycle*, One arm stroke and one leg kick in that order

On Breast

(Side View)



(Top View)



Breaststroke: Turns

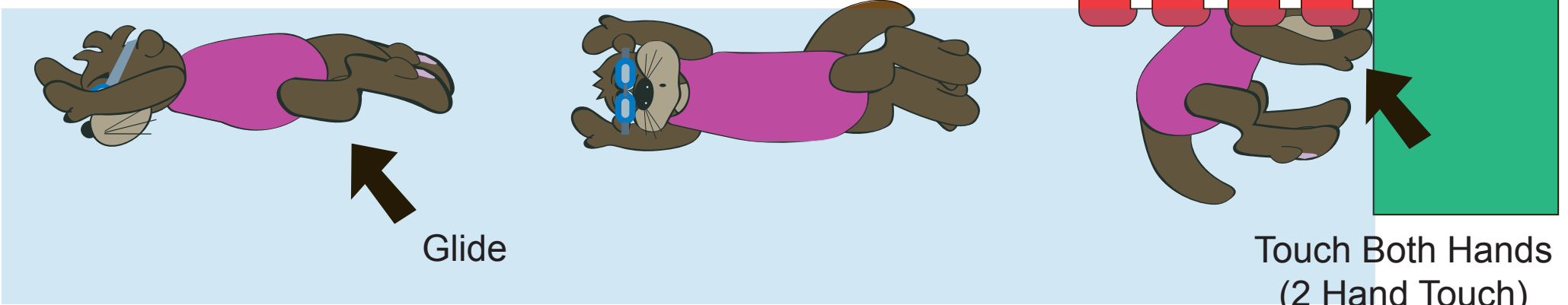
- Turns and Finish, the touch shall be made with both hands separated and simultaneously at, above, or below the water level.

- Head may be submerged after the last arm pull prior to the touch.

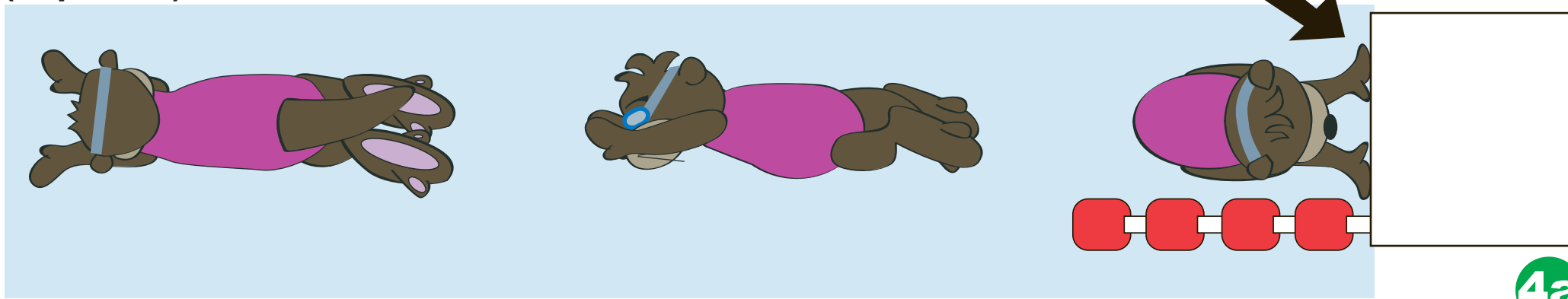
NOTE: "2 hand touch", for all *turns and finish* is a must or you will be disqualified.



(Side View)

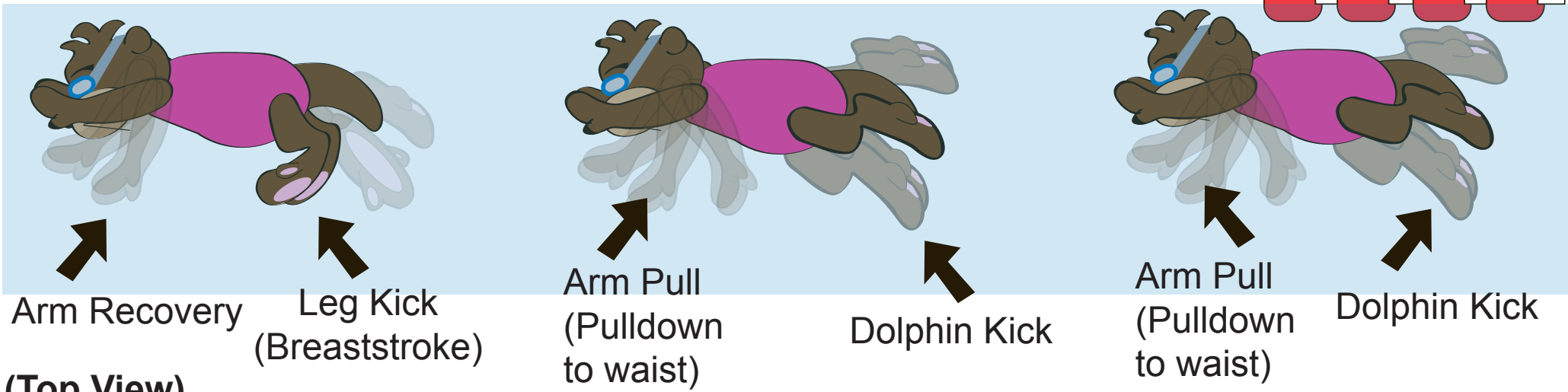


(Top View)

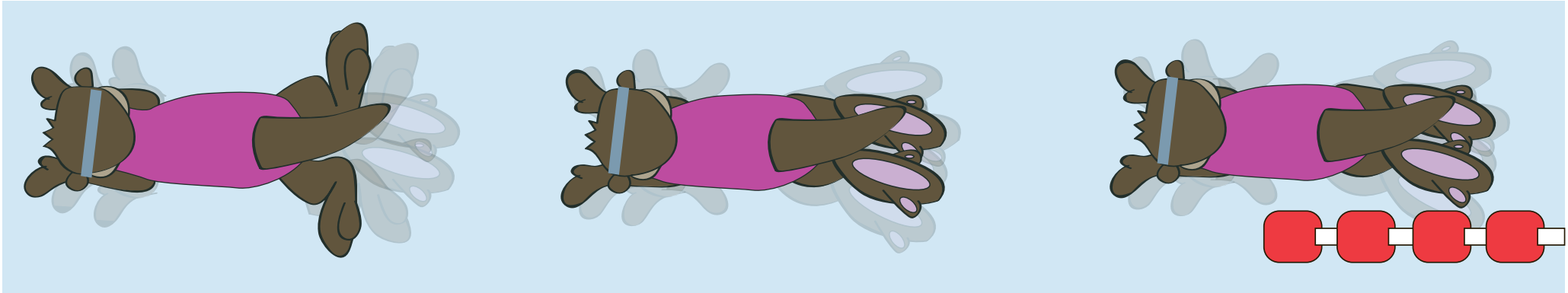


Breaststroke:

(Side View)



(Top View)



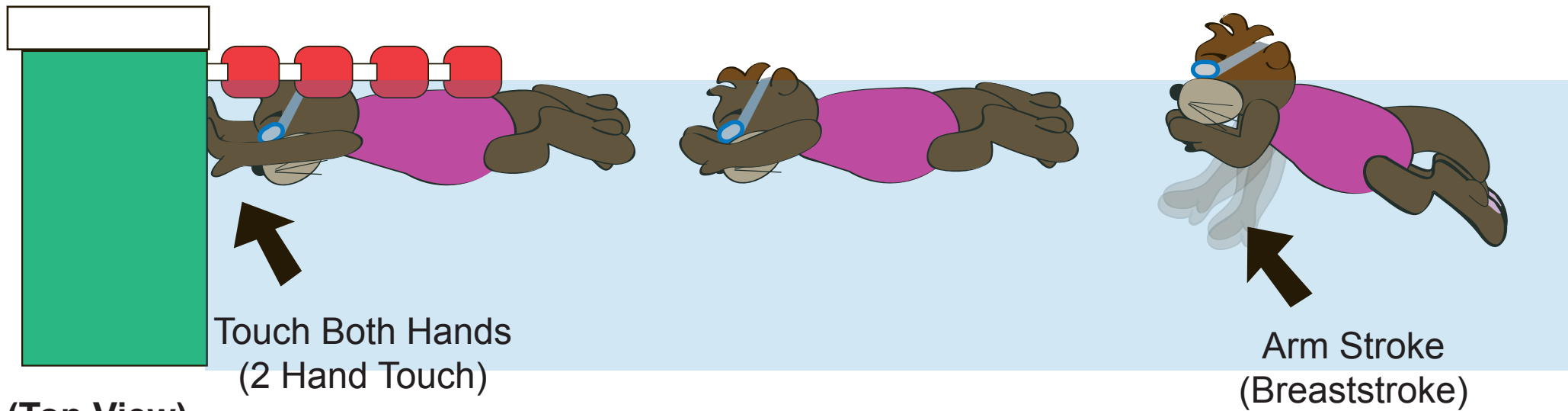
Breaststroke: Finish

- Turns and Finish, the touch shall be made with both hands separated and simultaneously at, above, or below the water level.

NOTE: "2 hand touch", for all *turns and finish* is a must or you will be disqualified.



(Side View)



(Top View)

