

# STROKE TECHNIQUE AND RULES

E.G.C.S.S.A. Swimming Carnivals are contested in the spirit of participation and fair play. Many swimmers are inexperienced and may be competing in their first and only Competitive Swimming Carnival. Therefore, disqualifications will be avoided where no advantage has been gained.

The following rules are based on W.A. Swimming / FINA rules.

## BACKSTROKE

- 1 The competitors shall line up in the water, facing the starting blocks, with hands placed on the starting grips. The feet should be placed firmly against the wall. The swimmer is not allowed to make any movement with any part of his body before the starting signal has been given.
- 2 At the signal for starting and they shall push off and swim upon their backs throughout the race. The hands must not be released before the starting signal has been given.
- 3 Any competitor leaving his normal position on the back before the head, foremost hand or arm has touched the end of the course for the purpose of finishing, shall be disqualified.

\* **Clarification:**

The swimmer must swim upon their backs throughout the race. Some part of the body must break the surface of the water throughout the race except that immediately after the start the swimmer may be submerged for a distance of up to ten metres from the wall.

## BREASTSTROKE

1. After the start a single downward dolphin kick followed by a breaststroke kick is permitted. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order.
2. From the beginning of the first arm stroke after the start the body shall be kept on the breast and both shoulders shall be in line with the water surface.
3. The movement of both arms shall be simultaneous and in the same horizontal plane without alternating movement.
4. All movements of both legs shall be simultaneous and in the same horizontal plane without alternating movement.
5. Hands shall be pushed forwards together from the breast and shall be brought back on or under the surface of the water.
6. In the leg kick, the feet must be turned outwards in the backward movement. Movements in the form of a 'flutter kick' or 'dolphin kick' are not permitted. Breaking the surface of the water with the feet is allowed unless followed by a downward movement in the form of a 'dolphin kick'.
7. Upon finishing the race the **two handed touch** may be uneven but must be simultaneous either at, above or below water level. **Coaches must emphasise this finish technique to ensure the swimmer is not disqualified.**
8. During each complete cycle of one arm stroke and one leg kick, part of the head of the swimmer shall break the surface of the water.

## FREESTYLE

- 1 Freestyle means that in an event so designated the competitor may swim any style, (except in a medley relay where the "freestyle" swimmer may not swim Backstroke or Breaststroke)
- 2 In freestyle finishing, the swimmer can touch the wall with any part of his body.

Students can not swim up or down years to fill in spaces for individual races.

### **MEDLEY RELAY**

Mixed relay teams (3 X relays) must have at least 1 girl among the three members.  
(The order shall be backstroke, breaststroke, freestyle).

Mixed relay teams (4 X relays) must have two girls and two boys.  
(The order shall be freestyle, backstroke, breaststroke, freestyle.)

### **RELAYS (General)**

In all relays the outgoing swimmer cannot leave the starting block until the incoming swimmer has contacted the pool end. If a swimmer does leave before the incoming swimmer has contacted the pool end the team shall be disqualified.

**N.B.** Schools that can not fill a position in a relay team in any year level may allow students from younger year levels to fill that spot allowing for the team to race. However, these students must not be part of their own year levels relay team.