

DALLAS AMATEUR SWIMMING ASSOCIATION
Stroke & Turn Rules
(Revised 6-1-02)

Starts

The starter has authority for control of the start. Swimmers shall take a standing position at the front of the platform (except backstroke). At the command "Take Your Mark" they must respond at once taking any starting position, provided both feet make contact with the top of the starting platform, which they must hold until the gun is fired or they are released by the command. Any swimmer who does not promptly take his mark upon command may be ruled guilty of a false start by the starter for delay of the meet.

Any swimmer who has any part of his body in motion when the gun is fired is guilty of a false start. Any swimmer who enters the water after the command "Take Your Mark" and before the gun is fired may be charged with a false start. Two false starts by a swimmer in any one event disqualifies that swimmer. Any swimmer disqualified by false starts shall not swim in the event. Rules under Starts apply to the first swimmer in all relay events, except for the backstroke, where the Backstroke Start rule applies.

In the medley relay events, the first swimmer shall conform to all provisions of "Backstroke Starts" Swimming Stroke; Backstroke (following). Succeeding swimmers may place their feet in any desired position of the starting platform provided that they do not lose contact with the platform before the preceding teammate touches the end of the pool.

Backstroke Starts

Swimmers will line up in the water, facing the starting end, with both hands on the starting platform or handgrip. The feet may be placed in any position on the end of the pool and the swimmer may assume any desired starting position which does not remove his feet completely from contact with the water and with the wall. (Note: this is different from USS rules) The swimmer shall push off on his back and continue swimming on the back throughout the race. 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 meters (or 16.5 yards) after the start and each turn. By that point, the head must have broken the surface of the water.

Swimming Strokes

FREESTYLE: Any type of stroke is allowed. Any part of the body must touch the end of the pool on the turn. Any part of the body must touch the end of the pool on the finish.

BREASTSTROKE Stroke

From the beginning of the first arm stroke after the start and after each turn, the body shall be kept on the breast and both shoulders shall be in line with the water surface. The arms shall move simultaneously. The hands shall be pushed forward together from the breast, on, under, or over the water and shall be brought back on or under the surface of the water. The hands shall not be brought beyond the hipline, except during the first stroke after the start and each turn. Some part of the swimmer's head shall break the surface of the water at least once during each complete cycle of one arm stroke and one leg kick, in that order, except after the start and each turn the swimmer may take one arm stroke completely back to the legs and one leg kick while wholly submerged. The head must break the surface before the hands turn inward at the widest part of the second stroke.

All vertical and lateral movements of the legs shall be simultaneous. The feet must be turned outwards in the backward movement. An alternating, dolphin, or scissors kick is not permitted. Breaking the surface with the feet shall not merit disqualification unless followed by a downward butterfly kick. When touching at each turn, the touch shall be made with both hands simultaneously. A legal touch may be made at, above, or below the surface of the water. Once a legal touch has been made, the swimmer may turn in any manner. It is permissible for a shoulder to be dropped and or the head to be lowered below the water level after the final arm pull and prior to the touch. On the finish, the touch must be made with both hands simultaneously at, above, or below water level, while on the breast.

BUTTERFLY Stroke

After the start and turns, a swimmer is permitted one or more leg kicks, but only one arm pull under water, which must bring him to the surface before the 15 meter mark. Both arms must be brought forward together over the water and backward simultaneously. The body must be kept on the breast, and both shoulders in the horizontal plane, from the beginning of the first arm stroke, after the start, and after each turn.

All up and down movements of the legs and feet must be simultaneous. The position of the legs and feet shall not alternate in relation to each other. The use of the scissors or breaststroke kick movement is not permitted. When touching at each turn, the touch shall be made with both hands simultaneously. It is permissible to drop a shoulder after the final arm pull and prior to the touch. A legal touch may be made at, above, or below the surface of the water. Once a legal touch has been made, the swimmer may turn in any manner desired. The prescribed form must be attained from the beginning of the first arm stroke. This would apply also to the butterfly leg of the individual medley and of the medley relay.

On the finish, the touch shall be made with both hands simultaneously while the body is on the breast. The shoulders shall be in line with the water surface. A legal touch may be made at, above, or below the surface of the water.

BACKSTROKE Stroke

The swimmer shall push off on his back and continue swimming on his back throughout the race. Any type stroke or kick is allowed, providing the swimmer stays on his back upon completion of each length, some part of the swimmer must touch the wall. During the turn the shoulders may turn past the vertical toward the breast. If the swimmer turns past vertical, such motion must be part of a continuous turning action and the swimmer must return to a position on the back before the feet leave the wall.

The swimmer shall have finished the race when any part of his person touches the solid wall at the end of the pool while on the back.

INDIVIDUAL MEDLEY Strokes

The stroke for each one fourth of the designated distance shall follow the prescribed rules for that stroke. The order of strokes is butterfly, backstroke, breaststroke, and freestyle.

The turns when changing from one stroke to another shall conform to the finish rules for the stroke just completed. In the back to breast leg, the swimmer must touch the wall while on the back.

The swimmer shall have finished the race when any part of his person touches the solid wall at the end of the pool.

Disqualifications

A disqualification (DQ) can be made only by the referee or by the official within whose jurisdiction the infraction has been committed. A swimmer must start and finish the race in his assigned lane. Standing on the bottom during a race shall not disqualify a swimmer, but he must not leave the pool, walk or spring from the bottom.

Bumping the lane ropes shall not disqualify a swimmer, but he must not propel himself forward by use of the rope. Obstructing another swimmer may disqualify the offender at the discretion of the referee. Any swimmer not entered in any event who enters the pool before all swimmers have completed the race shall be disqualified from his next scheduled event, or if none, in his last scheduled event at the referee's discretion. Should any foul not covered in these rules endanger the chance for success of a swimmer, the referee may order the event reswum. In the case of a collusion to foul another swimmer, the referee may, at his discretion, disqualify the swimmer for whose aid the foul was committed as well as any swimmer doing the fouling.

Any swimmer wearing any device to help his speed or buoyancy during a race shall be disqualified by the referee. Goggles may be worn. A relay swimmer not swimming in the order designated on the score sheets shall cause that relay to be disqualified.

Six and unders shall NOT be disqualified.

Stroke and Turn Judges

Stroke and Turn Judges must raise their hand with the palm open at the time of observing a rule infraction in order for the disqualification to be considered valid. No penalty can be imposed if the signal is not given. Two relay take off judges must agree before a relay team can be disqualified. No signal shall be given. The official making a DQ will notify the judge of that lane before the next event and see that DQ is written on the lane slip. He will also inform the swimmer or coach of the reason for the DQ. The Stroke Judge shall operate on both sides of the pool, preferably walking abreast of the swimmers during all strokes except freestyle. The Stroke Judge shall ensure that the rules relating to the style of swimming designated for the event are being observed. The Turn Judge shall operate on both ends of the pool; shall ensure that when turning or finishing the swimmer complies with the turning and finishing rules applicable to the stroke used.

Before competition begins the Stroke Judges and the Turn Judges shall determine the respective areas of the stroke and turn responsibility and jurisdiction, which may include, joint, concurrent and coordinated responsibility and jurisdiction.

The Starter

The Starter shall instruct the timers on how to time!

Watch for the flash from the gun or the strobe to start your watch. Stop the watch when any part of the swimmer touches the end of the pool. The Starter shall have a whistle and a .22 caliber starting gun or electronic starting horn. The Starter shall position himself within ten feet of the starting end of the pool at a point where the gun flash is clearly visible to timers and gun report easily heard by starting swimmers. He shall call the event number (for heat 1 only) and the heat number and instruct the swimmers to step onto the blocks, except for backstroke, where he shall instruct them to enter the water feet first. For relay starts, he will notify the swimmers the all by the last swimmer must leave the pool immediately upon completion of their leg of the race.

In Backstroke, the Starter may give the command "Place Your Feet." The Starter will then blow the whistle, announce the distance and race (example, 50 yard backstroke), instruct the swimmers to "Take Your Mark" and give the starting signal. Sufficient time should follow "Take Your Mark" to enable the swimmers to assume starting positions, but no swimmer shall be in motion immediately before the starting signal is given.