

# A Basic Simple Guide To Some Of The Rules Of Swimming

## The Start

The time keeper will ask you your name

The referee will signal to the swimmer with short blasts of the whistle, **prepare for the start**

The referee will signal to the swimmer with one long blast of the whistle, **stand on the start block**

On the starters comand **TAKE YOUR MARKS** you must immediley take up the start position

At least one foot must be at the front of the blocks **DO NOT MOVE BEFORE THE START SIGNAL**

## Freestyle

You must touch the wall after each length and at the finish

## Backstroke

You must be on you back throughout the race except for the turn

During the turn you may turn over after which an immediate continues arm pull may used to initiate the turn. You must not glide

You must have returned to you back upon leaving the wall

You must touch the wall after each length and at the finish with some part of the body

You must be on your back at the finish

## Breaststroke

You must touch the wall after each length and at the finish with both hands at the same time above or below the water, the hands must be separated

At the start and after each turn you are allowed to bring you arms down to your side and do one fly kick, however, your hands must have started to move before you do the fly kick, followed by a breast stroke kick.

While you are swimming all arm movement must be simultaneous

## Butterfly

You must touch the wall after each length and at the finish with both hands at the same time above or below the water, the hands must be separated

Both arms shall be brought forward simultaneously over the water

Both arms shall be brought backward simultaneously under the water

## The Race

You must remain and finish in the same lane that you started

Pulling on the rope is NOT ALLOWED

Goggles may be worn

2 hats may be worn

No power bands, flippers, webbed gloves or any kind of tape may be used

Swimwear must be in accordance with FINA general rules

Standing on the bottom during freestyle shall not disqualify a swimmer, but you must not walk or take a step

You may adjust your goggles ..... FREESTYLE ONLY

At the finish never get out until you are told do so by an official