

## **NSL All Pool Meet Stroke and Turn Judging Overview**

Listed below is a quick reference guide of the key stroke and turn rules in effect for the All Pool Meet. USA Swimming Rules apply to the meet.

### **START**

- **Be sure swimmers are lined up prior their event and know their heat number.**
- **There will be four whistles by the referee followed by the starter announcing the heat. Swimmers should be at the start area at this point.**
- **Swimmers step up to a start position when the starter instructs the heat to “step up”.**
- **Starter will say “Take your mark” at which time the swimmers assume the start position at once. NO movement after they set until the start signal...nervous feet, goggle re-set, twitches etc. are not allowed.**
- **Electronic start signal will start the race. No recall rule on false starts is in effect. False starts will require dual confirmation by two officials**

### **FREESTYLE**

- **No pulling on the lane line**
- **No walking or pushing off the bottom during the swim.**

### **BACKSTROKE**

- **No pulling on the lane lines.**
- **Must stay on back for the entire swim.**
- **At the turn, touch on back and turn in any manner but swimmer must leave the wall at or past vertical towards the back.**
- **As a turn option the swimmer may turn to the breast as they approach the wall and immediately perform a single or double arm pull which initiates the turning action. No kicking or gliding independent of the turning action. After the turn they must leave the wall at or past vertical towards the back.**
- **Swimmer must touch the wall at the finish on or towards their back.**

## **BREASTSTROKE**

- **At the start and after each turn, while underwater, the swimmer is allowed one arm pull past the hip line followed by a kick. (As an option they may include a propulsive butterfly kick prior, during the pull, or immediately prior the breaststroke kick). Second arm pull must bring the swimmer to the surface.**
- **Swim cycle for the entire swim must follow the same pattern...stroke-kick...stroke-kick...stroke-kick.....**
- **Body is on the breast for the entire swim.**
- **Arms must be pulled back on the same horizontal plane with no alternating movement. Arms can only pull past the hip line once during the underwater pullout at the start and turns.**
- **Arms are recovered as a push forward from the breast (between the shoulders). Elbows must stay “wet” on the recovery.**
- **All motion of the legs is simultaneous on the same horizontal plane. The position of the toes is critical to judging, if they are pointed out, it is probably legal. No alternating, butterfly, or scissors kick is allowed.**
- **Two hand simultaneous touch at turns and finish.**

## **BUTTERFLY**

- **At the start and each turn the swimmer must be at or past vertical towards the breast. They are allowed as many butterfly kicks as they want underwater. They must break the surface of the water on the first arm pull.**
- **Arms are pulled through the water simultaneously.**
- **Recover is over the water (top of the arm from the wrist to the upper arm must clear the water’s surface). Hands enter the water simultaneously.**
- **Kicking motion is simultaneous up and down motion...no breaststroke, alternating or scissors kick.**
- **Two hand touch at the turns and finish.**

## **RELAYS**

- **There will be “dual confirmation” by the officials of any early take-off infraction by the 2,3,4 swimmers. Feet cannot leave the pool edge until the incoming swimmer touches the wall.**
- **For “In water” starts the swimmer must keep their hand on the wall until the incoming swimmer touches the wall.**
- **No running starts.**