

General High School Swimming Information

Strokes

1. **Freestyle:** A swimmer may choose to do any stroke that they choose. Most swimmers choose front crawl.
2. **Backstroke:** A swimmer must remain on their back for the entire race with one exception. The only time that a swimmer is allowed to be on their stomach is at the turn. A swimmer may roll over onto their stomach on his/her last stroke into the wall, and follow that up with a flip-turn. Once a swimmer rolls over, he/she may not take any additional arm-pulls, but may kick to the wall. A swimmer must push off the wall on his/her back. A swimmer must finish the race on their back.
3. **Breaststroke:** After a swimmer dives into the pool to start the race, he/she may take one full arm-pull, one dolphin kick, and one breaststroke kick in that order. A swimmer's head must break the surface of the water before the hands start coming in on the second pull. A swimmer's body must be on their stomach. During the actual stroke, a swimmer's pull may not go past the hips. The swimmer's head must break the water surface sometime during the stroke cycle (one arm pull followed by one leg kick). The hands must move simultaneously without any alternating movement. The elbows must remain underwater at all times except for the last stroke into the wall. The kick requires the feet to be drawn up with the knees bent. The feet must be turned outward during the propulsive part of the kick. All movement of the legs and feet must be simultaneous and in the same horizontal plane. No scissors, flutter, or downward butterfly kick is permitted. A swimmer must touch the wall with both hands simultaneously at the turn and finish (not necessarily on the same plane).
4. **Butterfly:** A swimmer's body must be on their stomach. The kick requires that both legs and feet move up and down simultaneously in the vertical plane. Scissors, breaststroke, and flutter kick are not permitted. A swimmer must use butterfly kick off a start and turn. The stroke requires that both arms simultaneously pull backward under the water, then simultaneously recover over the water. At any given time, corresponding points on both hands shall be at the same horizontal level. A swimmer must touch the wall with both hands simultaneously at the turn and finish (not necessarily on the same plane).
5. **200 Individual Medley:** A swimmer must complete two lengths of the pool of Fly, Back, Breast, and Free in that order. He/she must obey all of the rules for each of those strokes. At the transition between strokes, a swimmer must touch the wall as if he/she was finishing a race for the current stroke (A swimmer must touch the wall on their back, when transitioning from backstroke to breaststroke).

Starts and Finishes

1. **Forward Starts:** After a series of whistles a swimmer will step behind the starting block. Then, after a single whistle, the swimmer will step up onto the block and position their toes over the front edge of the block. With the permission of the starter/referee, a swimmer may choose to start from in the water (The swimmer shall step into the water feet first, must be motionless and must have at least one hand in contact with the starting block or end wall). The starter will then say, "Take your mark". At this time, the swimmer will get into a ready position. When all swimmers are motionless, a starter will either activate the starting device or say, "Stand up". If the stand up command is given, the swimmer will stand up on the block and there will be a restart. The race officially begins when the flash goes off on the starting device. The starting device will make a sound too. If the starting device makes a repetitive noise, then the swimmer should stop because there was a false start. Subject to the referee/starter a false start/infracton occurs when a swimmer: unnecessarily delays in reporting for the start, or in assuming a starting position; leaves the mark before the starting signal; does not remain

motionless immediately prior to the prior to the start (Other swimmers are to be released by the starter's command, "Stand up"); does not step feet-first into the water for an "in water" start. When the "Stand up" command is given, a swimmer shall not unnecessarily enter the water nor delay a new start. When a false start occurs, the starter/referee will try to not activate the false start button. This means that the race would go on even though there is a false start. The swimmer would then be told after the race if they false started.

2. **Backstroke Starts:** On a backstroke start, the whistles are used the same way as forward starts. After the single whistle, a swimmer steps feet first into the water, and line up in the water facing the starting end of the pool with both hands in contact with the end of the pool or starting block. Prior to the command "Take your mark" and until the feet leave the wall at the starting signal, the swimmer's feet, including the toes, shall be completely under the surface of the water. Curling the toes over the gutter or standing on or in the gutter is not permitted. False start violations occur the same way as they do in a forward start.
3. **Relay Starts:** The first swimmer of a relay must follow the normal starting rules. Once the first swimmer of a relay team is called to starting block, he/she may not change his/her swimming order in the relay event with any teammate. The other swimmers are performing a relay start. At take off, a swimmer performing a relay start may be in motion before the previous swimmer finishes. The swimmer shall remain in contact with the starting block until the previous swimmer finishes. Failure to accomplish this is a false start. A swimmer may step up on a starting block during a relay start as long as the action is not initiated from the pool deck. The first three members of a relay team shall leave the water by the finish end of their lane promptly after finishing their leg of the race.
4. **Finishes:** To finish a race, the swimmer shall contact the finish end in the manner prescribed. When automatic timing equipment is used, the swimmer must contact the touch pad to finish the race.

Ways to be Disqualified

1. Stroke violation
2. Pushing off the bottom of the pool during the race
3. Pulling on the lane markers during a race
4. One false start
5. Turn violation or missing the wall (In Freestyle and sometimes Backstroke you can go back to wall if you miss it)
6. Not finishing a race
7. Swimming underwater for more than 15 meters off the wall
8. Missing your event
9. Wearing jewelry (A swimmer will be warned once to take off any jewelry. They can't even wear it during warm-ups. If they refuse to take it off, or if they are found wearing it again during the meet, they may be disqualified.)
10. Uniform violation (The swimsuit and cap may only have one logo each not exceeding 2.25 square inches. No other logos are allowed except for school logos, school names, and one small American flag. Goggles are not included as part of the uniform. This is why we order team swimsuits and caps.)
11. Not swimming in your lane
12. Entering the water without the referee's permission (Jumping in to celebrate a win)
13. Unsportsmanlike Conduct (Insulting, Taunting, Interfering another swimmer, Shaving, or Using tobacco) These violations will result in ejection from the meet and for the next two contests.

General Etiquette

1. Be quiet at the start of the race. (You can be as loud as you want during the race.)

2. Do not use flash photography during the start of a race.
3. Allow the referee to walk down the side of the pool.
4. Be a good sport.

Order of Events

1. **200 Medley Relay:** 4 swimmers; each swims 2 lengths Back, Breast, Fly, Free
2. **200 Freestyle:** 8 lengths
3. **200 Individual Medley:** 2 lengths Fly, Back, Breast, Free
4. **50 Freestyle:** 2 lengths
5. **Diving:** 6 dives in a dual meet
6. **100 Butterfly:** 4 lengths
7. **100 Freestyle:** 4 lengths
8. **500 Freestyle(400 if at a meter pool):** 20 lengths; each swimmer must have a "counter" at the end of his/her lane
9. **200 Free Relay:** 4 swimmers; each swims 2 lengths
10. **100 Backstroke:** 4 lengths
11. **100 Breaststroke:** 4 lengths
12. **400 Free Relay:** 4 swimmers; each swim 4 lengths

Each swimmer is allowed to swim a *maximum* of four events. Of these four events, at most, two can be individual events. However, a swimmer is permitted to swim one individual event and three relays. Events alternate between girls events and boys events. Junior Varsity events are run before the Varsity version of that event. Junior Varsity events count towards the maximum of 4 events.

Scoring

For a 4 or 5 Lane Pool:

- Each team is allowed to enter two swimmers/divers per event
- Relays score 6 - 3 - 1 - 0
- Individual events score 4 - 3 - 1 - 0

For a 6 Lane Pool

- Each team is allowed to enter three swimmers/divers per event
- Relays score 8 - 4 - 2 - 0
- Individual events score 6 - 4 - 3 - 2 - 1 - 0

For an 8 Lane Pool:

- Each team is allowed to enter four swimmers/divers per event
- Relays score 10 - 5 - 3 - 0
- Individual events score 8 - 6 - 5 - 4 - 3 - 2 - 1 - 0.

Championship Meet Scoring

Championships meets such as Sectionals, Districts and States have a different scoring system. Top 16 places score as follows: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1. All relays are doubled.