## 2-1 Backstroke

2-1-A Backstroke start shall be used

2-1-B Any strokes is permitted. Shoulders must be past vertical

2-1-C No toes over or on lip of gutter after the start

2-1-D Any kick is permitted

2-1-E May be completely submerged for no more than 15m(16.4yd)

2-1-F At turn must touch wall with some part of body. May flip to breast after head passes flags.

Only one arm pull (single or double is permitted). Must leave wall on back.

2-1-G Must complete full distance and contact touch pad to finish

## 2-2 Breaststroke

2-2-A Forward start shall be used

2-2-B Body remains on breast except at turn

2-2-C On start: one arm pull beyond waistline, followed by a breaststroke kick.

One butterfly kick is permitted between arm pull and breaststroke kick.

Some part of head must break surface before hands turn in on 2nd stroke

After start: Hands may not pass waisteline

Some part of head must break surface of water (except after arm pull at turns/finish)

2-2-D No sculling with the hands at end of first arm stroke following turn

2-2-E Arms simultaneous/same horizontal plane. Pushed forward from breast.

Elbows remain submerged except at turns/finish

2-2-F Feet turned outward during propulsion. All motion simultaneous/same horizontal plane

No scissor, flutter, or butterfly kick

2-2-G Simultaneous touch at turn/not necessarily same horizontal plane. Any turn style is permitted.

Shoulders past vertical toward breast when feet leave wall.

Proper body position prior to first arm pull

2-2-H Must complete full distance and contact touch pad with both hands simultaneously to finish

## 2-3 Butterfly

2-3-A Forward start shall be used

2-3-B Body on breast except at turn. After start/turn, only one arm pull under water. No limit on kicks.

2-3-C Arm pull simultaneous under water. Recovery over water simultaneously.

Symmetric in horizontal plane.

2-3-D Kick up/down simultaneous. No alternating kick or breaststroke kick allowed

2-3-E Simultaneous touch at turn/not necessarily same horizontal plane. Any turn style is permitted.

Shoulders past vertical toward breast when feet leave wall.

Proper body position prior to first arm pull

2-3-F May be completely submerged for no more than 15m(16.4yd)

2-3-G Must complete full distance and contact touch pad with both hands simultaneously to finish

## 2-4 Freestyle

2-4-A Forward start shall be used

2-4-B Any body position, stroke, kick permitted (and any combination thereof)

2-4-C Some part of body must touch at turn

2-4-D May be completely submerged for no more than 15m(16.4yd)

2-4-E Must complete full distance and contact touch pad to finish