

SUBURBAN SWIM LEAGUE
STROKE & TURN RULES INTERPRETATIONS – 2018

While the USA Swimming Stroke and Turn rules are to be applied to all swimmers, the Suburban Swim League allows the interpretations that are listed below:

8 & UNDER and 6 & UNDER SWIMMERS: The interpretations below will be allowed for the entire DUAL MEET season. (However, they will **not** be accepted at Time Trials & Championships.)

1. Swimmers must be able to swim the basic Stroke legally. A Breaststroker should be doing the basic Breaststroke, etc. Violations should be blatant and repeated. Single stroke violations may be overlooked, such as the swimmer who does an occasional flutter kick or underwater recovery in the butterfly. A swimmer who pauses and resumes swimming legally should not be DQ'd. Allowance should never be made for a swimmer who incorrectly swims a stroke to gain an advantage.

- **DQ** - A swimmer who starts an incorrect stroke at the beginning of a race should be **disqualified**. (A “flop-in” start without *repeated* stroke violations is considered acceptable.)
 - **DQ** - A swimmer in the Breaststroke or Butterfly, who does a deep dive at the start and strokes/ kicks to come to the surface in a manner not consistent with the rules for that stroke, should be disqualified. This includes doggie paddle, flutter kick, scissors kick, and breaststroke kick in the butterfly. The violations must be clearly seen and must be describable by the official to be a disqualification.
2. Two hand touches are required. Some discretion may be allowed for “simultaneous touches” when the swimmer is attempting to touch with both hands simultaneously, but the contact is not simultaneous. *A clear one-hand touch must be disqualified in the Breaststroke and Butterfly.*
3. Swimmers in Backstroke should remain on their back until the touch is made. Discretion is allowed if the swimmer is reaching over as the touch is made. *A clear rollover, then a touch, is disallowed.*
4. Freestyle swimmers in the Medley Relay may roll onto their back (rest/breathe) until the touch is made.
5. Relays -
- If a swimmer enters at the opposite end on the start, the disqualification should be overlooked if the swimmer is recovered with no interference.
 - If a swimmer in the next event enters as a continuation of the present relay, the disqualification should be overlooked if there is no interference.
6. Time Trials and Championships - *At Time Trials and Championships, each stroke shall be interpreted according to the USA-S Rulebook. The allowances listed above will not be accepted at Time Trials and Championships.*

ALL SWIMMERS: DUAL MEETS AND CHAMPIONSHIPS

BUTTERFLY: Stroke: **If Any part of the arm from wrist to shoulder must break the surface when brought forward, it is considered to be a legal stroke recovery.**

2-HAND TOUCHES – BREASTSTROKE & BUTTERFLY: Although USA Swimming now requires that the hands are separated on the touch, the SSL is not concerned with a slight overlapping. It will only be a violation if 1 hand is **clearly on top of the other hand (i.e. stacked one on top of the other).**

~~**FREESTYLE IN THE INDIVIDUAL MEDLEY AND MEDLEY RELAY:** When the swimmer's feet leave the wall at the start of the freestyle leg of the Individual Medley or after the intermediate freestyle turn in the 200 yard Medley Relay, the swimmer may be on their back as long as the swimmer does not propel themselves with any stroke, kick, or propulsive motion. The swimmer must rotate to be at or past vertical before executing the first stroke, kick, or propulsive motion, except that the first arm stroke may rotate the swimmer onto the breast.~~

15 Meter Mark for Backstroke, Butterfly and Freestyle – use the far flags in 25 y/m pools, the far end of the pool in 20 yard pools. This applies even in pools with 15 m marks on the lane lines.