

RULE AND PROCEDURE OVERVIEW

Narragansett Swim League

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.**
- **Next there will be one whistle by the referee turning the control over to the starter. Swimmers step up to a start position, starter will also instruct 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 ect. Are not allowed.**
- **Electronic start signal will start the race. No recall rule is in effect.**

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 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 butterfly kick 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 for the underwater pull at the start and turns, they cannot go past the hip line during the swim.**
- **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 (some part of the arm from the wrist to the upper arm must be out of the water). Hands enter the water simultaneously.**
- **Kicking motion is simultaneous...no breaststroke, alternating or scissors kick.**
- **Two hand simultaneous touch at the turns and finish.**

RELAYS

- **For “In water” starts the swimmer must keep their hand on the wall until the incoming swimmer touches.**
- **No running starts.**

All rule decisions of the meet referee are final