

**Skills and Techniques:
Back Crawl**

→ **Body position**

Horizontal
Streamlined
Head still
Eyes looking upward
Hips close to surface

→ **Leg Action**

Continuous up and down motion
Legs close together
Relaxed ankles

→ **Arm Action**

Thumbs leave the water first
Little finger entry

**Skills and Techniques:
Front Crawl**

→ **Body position**

Flat and streamlined
Eyes looking forwards and downwards

→ **Leg Action**

Continuous and alternating
Starts from the hip
Ankles relaxed

→ **Arm Action**

Thumb enter the water first
Enter between the headline and
shoulder line
Elbow exits first

→ **Breathing**

Head rolls to the side to breath
Bilateral breathing

**Skills and Techniques:
Breaststroke**

→ **Body position**

As horizontal as possible Shoulders
horizontal

→ **Leg Action**

Starts in glide position
Heels drawn towards the seat
Feet turned out Kick backwards with
a circular whipping action

→ **Arm Action**

From glide position, hands turn
outwards
Pull downwards and outwards to
in line with shoulders
Arms meet in the centre of the body
and drive out to glide position

**Skills and Techniques:
Butterfly**

→ **Body position**

Horizontal, with a wave like movement
from head-to-toe Shoulders kept level

→ **Leg Action**

Legs close together
Ankles relaxed toes pointed
Action starts from the hips
Kick up and down with a bend at the knee

→ **Arm Action**

Thumb first entry
Entry shoulder width apart
Pull downwards, with bent elbows
Hands leave the water little finger first
Arms clear the water just above the
surface

→ **Breathing**

Lift head and push chin forwards
Head lowered quickly but smoothly



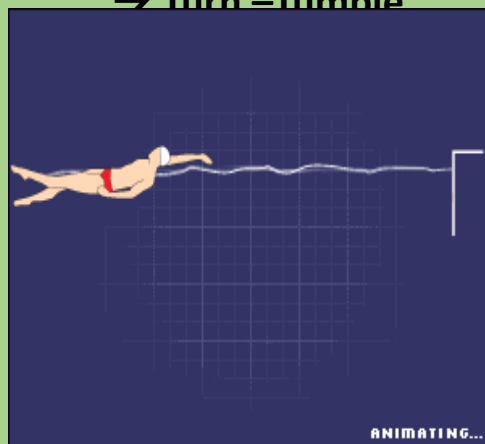


Back Crawl

→ Start -Back

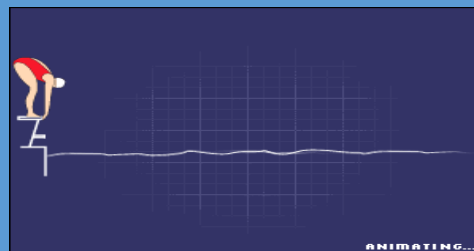


→ Turn -Tumble

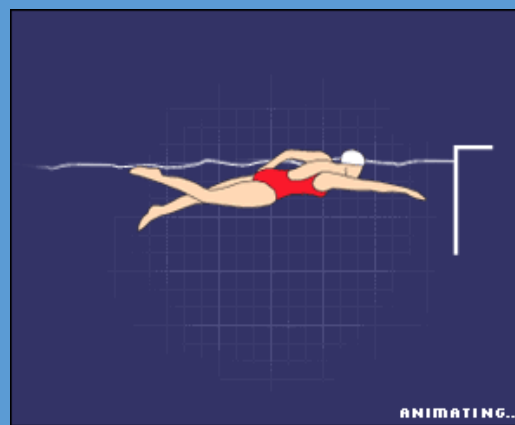


Front Crawl

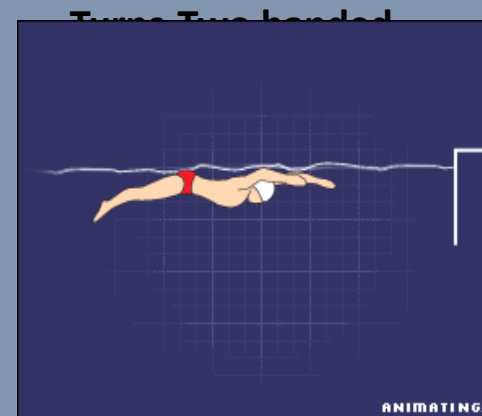
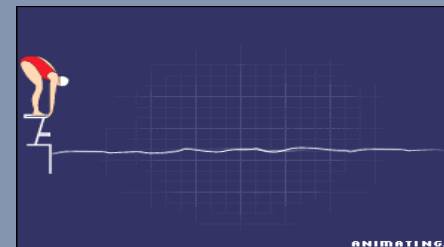
→ Start -Racing Dive



→ Turn-Tumble



Breaststroke and Butterfly



Tumble turns

Stage one

- Swim toward the turning wall.
- Ensure you breathe on the last stroke before turning.
- On the last stroke, bring both arms down and next to the hips.
- Keeping the body straight, hold feet approximately 20 cm under the water surface.

Stage two

- Bring the arms up and swing over the head whilst brushing the upper arms against the ears.
- Tuck chin into chest and begin rotating body forward.
- On complete rotation, push against the wall with the balls of the feet and kick a minimum of four times to generate pace.
- Complete one full stroke before returning to breathing pattern.

Racing start-Front crawl, breaststroke and butterfly

- 1: Chin and chest
- 2: Arm above head, squeeze ears
- 3: Tip forward
- 4: Hips high
- 5: Stretch out

Key words

Splits, Pacing,
Negative split, positive
split, Even split, False start,
Technical official,

Scoring

Success in swimming is judged on times and places.

Start of the race

Races are started with electronic pistols and are only sounded again if an athlete makes a false start.

Finish the race

In all races swimmers must strike a pressure pad at the end of their lane to stop the clock.

Officials

Starter

Clerk of course - these people line up competitors in correct order, ready for starting.

Timekeepers, Inspectors of turns, Judges of stroke, Finish judges

Disqualifications are also a result of technical rules violations. These include:

- **freestyle** - stepping or walking on the bottom of the pool, pulling on the lane rope, not touching the wall on a turn, or not completing the distance
- **backstroke** - not remaining on the back throughout the swim except when turning, pulling or kicking into the wall once turning past the vertical onto the breast, turning onto the breast before touching the wall with the hand at the finish of the race
- **breaststroke** - not swimming on the breast, an illegal kick such as flutter, dolphin, or scissors, non-simultaneous movements of the arms, taking two arm strokes or two leg kicks while the head is underwater, or touching with only one hand at the turns or finish instead of two
- **butterfly** - non-simultaneous movements of the arms or legs, pushing the arms forward under the water instead of over the water surface, using a breaststroke-style kick, or touching with only one hand at the turns or at the finish instead of two

