

FREESTYLE

ANYTHING GOES

1. **Any combination of stroke(s) and/or kick(s)**, on the breast, back, and/or side, may be used, but the swim can **only** be recorded as a freestyle time. (101.5.2, 102.24.1A(2))

EXCEPT

2. **in a medley relay or an individual medley event, freestyle means any style other than butterfly, breaststroke or backstroke.** (101.5.2) During freestyle leg of Individual Medley or Medley Relay: “*When a swimmer has traveled a sufficient distance that the official can with certainty judge that the competitor is swimming in the style of butterfly, breaststroke or backstroke, then a disqualification is appropriate.*” (Interpretation 6/1997)

3. **The forward start shall be used.** (101.5.1) .

4. **Must swim on surface, except** during turns, and during first 15 meters of each length: “*Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and each turn. By that point the head must have broken the surface.*” (101.5.2)

5. **Upon completion of each length the swimmer must touch the wall.** (101.5.3) Call is made when the swimmer misses a touch of the wall. If the swimmer later returns and completes the missed touch, **before touching the next wall**, then the call should be withdrawn.

6. Shall not walk on or spring from bottom (but may stand on bottom); shall not grasp lane lines to assist forward motion; shall not leave pool before completion of prescribed distance.

JUDGING FREESTYLE:

7. **Stroke judges may be excused during freestyle** when separate stroke and turn judges are used. (102.13.3)

8. Turn judges are often posted or seated at corner(s) during freestyle events.

Should you move around?

a. **Ask yourself:** during a freestyle turn, could I tell the difference between a 4-inch miss of the wall, versus a light brush of the, in the lane right next to me? How about 4, 6 or 8 lanes away from me? Would it be fair and equitable to remain next to the same lane for an entire freestyle event (or an entire long-distance heat)?

b. **If not, and** you are responsible for 3 or more lanes, consider changing positions to better equalize judging of your lanes. But

c. also consider how the other end of the pool is being officiated, and always follow the instructions of your meet referee (or deck referee or chief judge).

VIDEO