



**November 2012**

### **ATTENTION BREASTSTROKE and IM SWIMMERS**

In recent events officials have reported breaststroke swimmers who took a second arm stroke without doing an intermediate kick to reach the end of the pool. This has been seen at turns and at the finish of races.

This action, two consecutive arm strokes, leaves the Event Referee with no choice but to disqualify you, the swimmer. It does not matter how short the second arm stroke was.

**Rule SW 7** Breaststroke details all the actions that can and can't be done in Breaststroke. **Rule SW 7.2** states *"throughout the race the stroke cycle must be one arm stroke and one leg kick in that order"*.

This means if you find yourself very close to the end wall when completing an arm stroke you should lunge forward with your hands to touch the wall. Rule SW 7.3 allows your elbows to be above the water on this last stroke, making the finishing touch easier to achieve. This action should be practised in training.

Alternatively, follow your last stroke with a kick as required by **Rule SW 7.2** and hold your hands out till you touch. It is better to lose a second than be disqualified.

Never take a second stroke, or second kick to finish a lap. If you are in any doubt talk to your coach or one of the Referees.

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