

# Five Rules to Know SWIMMING



## The Start

Swimmers must start from the starting blocks or in the water (for backstroke) and must be in a legal position before the race begins.

## The Strokes

Each stroke (freestyle, backstroke, breaststroke, and butterfly) has specific technical requirements. Swimmers must perform each stroke according to these defined rules.

## The Turn Regulation

Swimmers must perform legal turns at the end of each lap. If a swimmer doesn't turn properly or uses illegal techniques, they can be disqualified.

## The Finish

At the end of the race, swimmers must touch the wall in the correct manner for their stroke. In freestyle, only one touch is required. In butterfly and breaststroke, swimmers must touch with both hands simultaneously.

## Disqualification

In the case of a false start, the swimmer will be disqualified. There is no second chance in competition. The swimmer is automatically removed from the race.