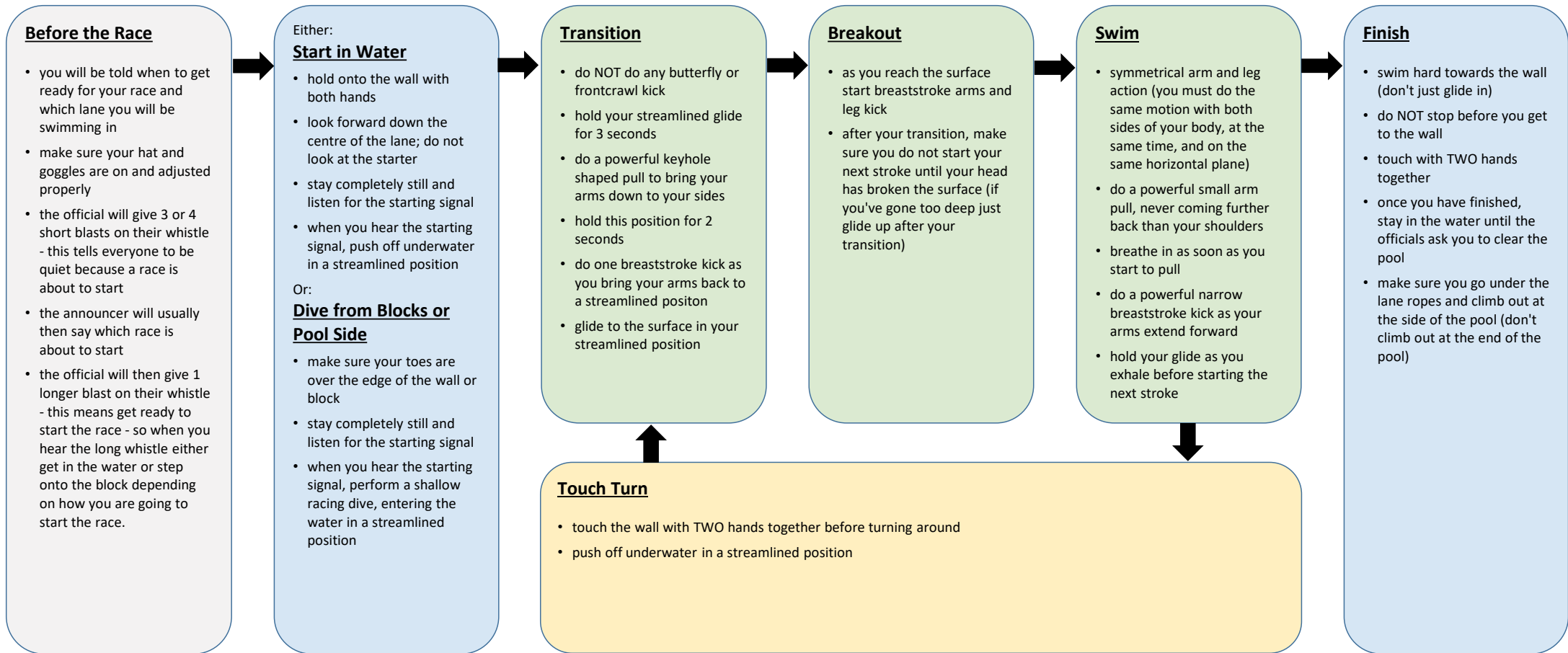


Race Guide: Breaststroke



You must NOT dive from the blocks, or at the shallow end of the pool, until you have passed your competitive start award. If you are unsure, speak to your teacher or coach before the race about how you should start.

Common Reasons for Disqualification

- starting or moving before the starting signal: once you are under starters orders (in the water or on the blocks) you must stay still - if you wobble or twitch you can be disqualified, even if you don't actually start the race too early
- one handed (or uneven) touches on turns or at the finish
- starting the next stroke after transition before your head breaks the surface
- uneven arm or leg motion (either different timing, or not on the same horizontal plane - one leg higher than the other for example)
- standing up or pushing off the bottom: you must swim the full race distance and touch the wall before stopping and standing up