

BACKSTROKE

A swimming stroke executed on the back and usually consisting of alternating circular arm pulls and a flutter kick



Key World Aquatics Rules

- 6.2: Swimmer shall push off and swim up on their back throughout the race except when executing a turn. The position on the back can include a roll movement of the body up to, but not including 90 degrees from horizontal.
- 6.3: Some part of the swimmer must break the surface of the water throughout the race, except the last 5 meters prior to the finish, the swimmer may be completely submerged. The swimmer may be completely submerged during the turn, and for a distance of not more than 15 meters after the start and each turn.
- 6.4: During the turn the shoulders may be turned over the vertical to the breast after which an immediate continuous single or double arm pull may be used to initiate the turn. The swimmer must have returned to the back upon leaving the wall.

Common Disqualifications

- Turning past vertical (rolling onto the stomach) before completing a one-lap race or on the finish of a multi-lap race
- Pulling on the lane-line to gain advantage
- Breaststroke or scissor kick used
- Head did not break the surface by the 15 meter mark

BACKSTROKE DRILLS

Thumb Pinky Thumb Drill

- Push off the wall on back, beginning the backstroke.
- Bottom arm leaves the water, thumb out and hold the left arm extended in front of the body.



Backstroke 7 & 7

- Push off wall on back, with top arm relaxed at side and bottom arm extended in front of you in a streamline position.
- Push off and kick 7 counts. Do a half backstroke rotation, stopping on the other side.
- Take 7 kicks on the other side and do another half backstroke rotation to the original side.
- Continue to switch sides every 7 counts. Shoulder should pop up on the opposite side when stroking and hips should rotate in sync with the shoulders.
- Over emphasize the movement of the shoulder roll during the backstroke. You may use fins if desired.

