

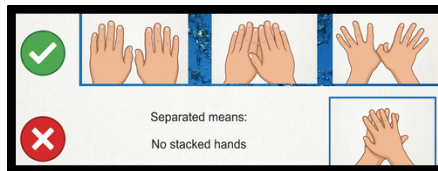


TWO HAND TOUCH

At each turn and at the finish of the race, the touch must be made with both hands separated and simultaneously, at, above, or below the water surface.

Common Disqualifications

- **DQ Code 7.7** - At each turn and at the finish of the race, the touch must be made with both hands separated and simultaneously, at, above, or below the water surface. In this Article, “separated” means that the hands cannot be stacked one on top of the other (it is not necessary to see space between the hands, and incidental contact at the fingers is permitted). At the last stroke before each turn and at the finish, an arm stroke not followed by a leg kick is permitted. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.
- **DQ Code 8.5** - At each turn and at the finish of the race, the touch must be made with both hands separated and simultaneously, at, above, or below the water surface. In this Article, “separated” means that the hands cannot be stacked one on top of the other (it is not necessary to see space between the hands, and incidental contact at the fingers is permitted).



Number of 2023 World Games Disqualifications - 25 Missed Two Handed Touch



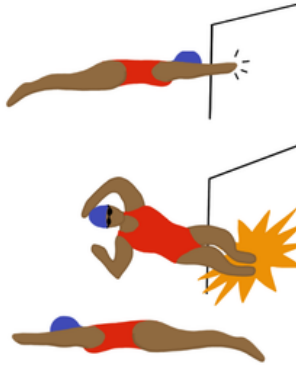
URNS AND FINISHES

Butterfly Turn

- Swim butterfly towards the wall.
- Touch the wall simultaneously with both hands.
- Begin to rotate the body.
- Bring the knees to the chest and plant the feet on the wall.
- Push off forcefully with both feet and assume a streamlined position.
- Resume the butterfly stroke.

Butterfly Finish

- Reach forward and touch the wall with both hands simultaneously.
- The shoulders must be at the same level.



Breaststroke Turn

- Swim breaststroke towards the wall.
- Touch the wall simultaneously with both hands.
- Begin to rotate the body.
- Bring the knees to the chest and plant the feet on the wall.
- Push off forcefully with both feet and assume a streamlined position.
- Resume the breaststroke.

Breaststroke Finish

- Reach forward and touch the wall with both hands simultaneously.
- The shoulders must be at the same level.

DRILLS TO AVOID DQ Code 7.7/8.5

Progression 1: On Deck Explanation/Videos

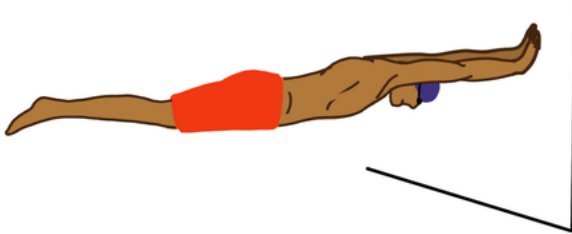
- Explain the breaststroke finish. Include visual demonstrations from videos, emphasizing the rules and need to make sure the hands are touching simultaneously.
- Practice touching a wall with two hands simultaneously, using a modified breaststroke pull out of the water.
- Practice again using the butterfly arm motion.
- Emphasize the importance of timing.

Progression 2: Demonstrate a Two Hand Touch

- Start about 15 meters from the wall, swim breaststroke into the wall, and demonstrate a two hand finish.
- Start about 15 meters from the wall, swim butterfly into the wall, and demonstrate a two hand finish.

Progression 3: Practice, Practice, Practice

- Emphasize the importance of two handed touches on any lap of breaststroke or butterfly. Practice how you would compete!



TIPS FROM MICHAEL & KIERA

Drill/Practice Consistently

You can't expect perfect form on race day if you accept sloppy strokes in training. Every drill, every length, do it right. Over time, that builds automatic behavior. No hesitation, no guessing. Just clean, legal swimming. As a coach it is important to provide feedback to help your athlete progress using correct technique.



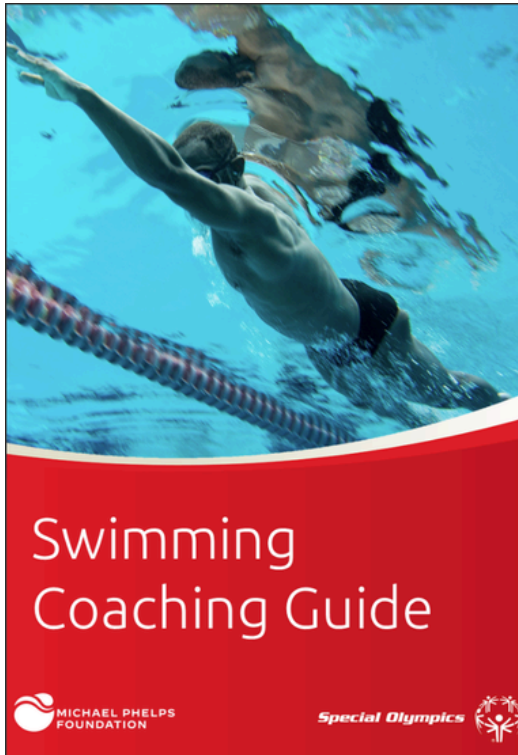
Michael Phelps is the founder of the Michael Phelps Foundation, Father of 4 boys, and the most decorated Olympic Champion of all time (23 gold medals). **Kiera Byland** is an athlete, leader and coach for Special Olympics Great Britain. She currently sits on the Special Olympics International Board and the Global Athlete Congress Chair.

ADDITIONAL RESOURCES



Swimming Coaching Guide

- More specific drill progressions
- More detailed stroke work
- Additional Special Olympics Swimming Training information.



Make Every Race Count Website

- New Coaches Standards
- DQ Data
- Training Videos

