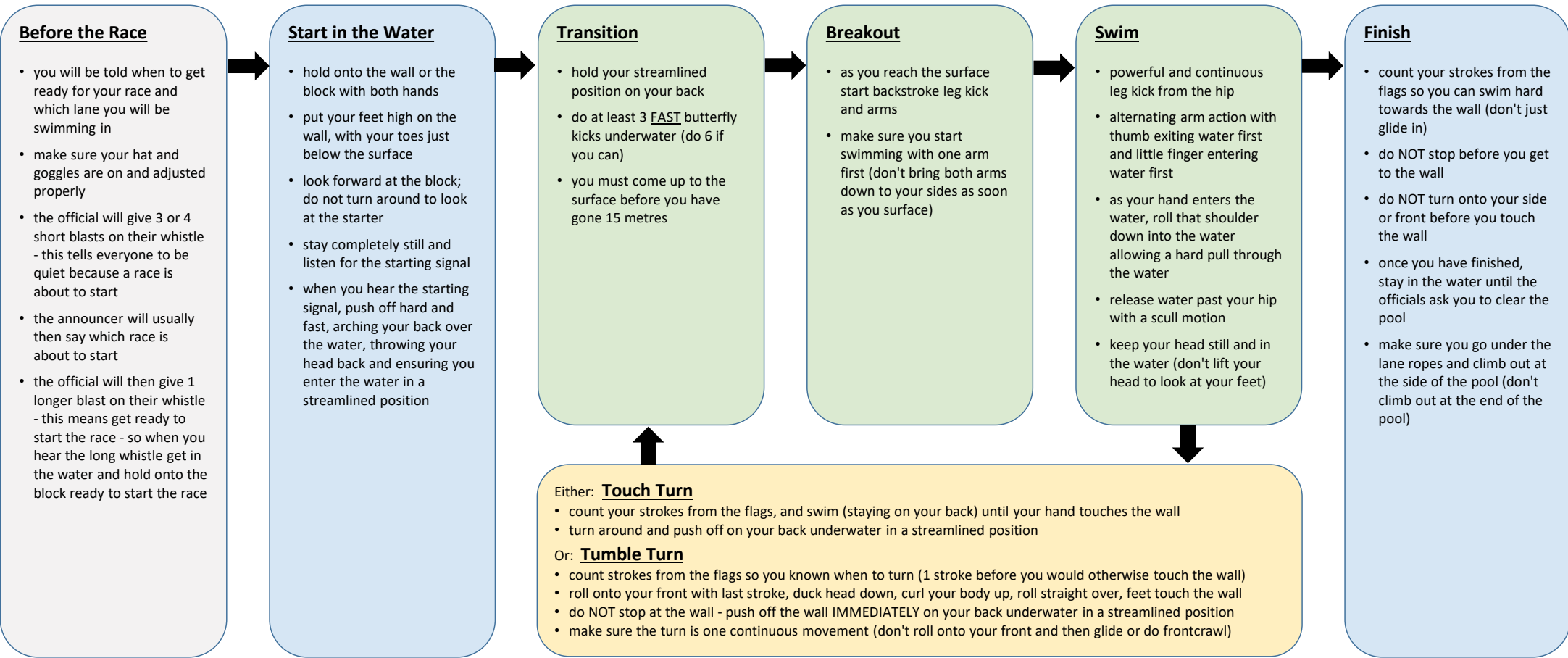


Race Guide: Backstroke



Common Reasons for Disqualification

- not performing a backstroke tumble turn as a continuous motion (your turn must be a single continuous motion from when you start rolling onto your front until your feet have touched the wall)
- rolling onto your side or front before you finish the race (make sure you stay on your back until you've touched the wall)
- standing up or pushing off the bottom: you must swim the full race distance and touch the wall before stopping and standing up