# **Race Guide: Butterfly**

## **Before the Race**

- you will be told when to get ready for your race and which lane you will be swimming in
- · make sure your hat and goggles are on and adjusted properly
- the official will give 3 or 4 short blasts on their whistle - this tells everyone to be quiet because a race is about to start
- · the announcer will usually then say which race is about to start
- the official will then give 1 longer blast on their whistle - this means get ready to start the race - so when you hear the long whistle either get in the water or step onto the block depending on how you are going to start the race.

### Either:

### Start in Water

- · hold onto the wall with both hands
- · look forward down the centre of the lane; do not look at the starter
- stay completely still and listen for the starting signal
- when you hear the starting signal, push off underwater in a streamlined position

## Dive from Blocks or **Pool Side**

- make sure your toes are over the edge of the wall or block
- stay completely still and listen for the starting signal
- when you hear the starting signal, perform a shallow racing dive, entering the water in a streamlined position

### **Transition**

- hold your streamlined position
- · do at least 3 FAST butterfly kicks underwater (do 6 if you can)
- · you must come up to the surface before you have gone 15 metres

### **Breakout**

- · as you reach the surface start butterfly leg kick and
- try not to breathe until you have done at least 2 strokes

### Swim

- powerful butterfly kick with legs together at all times
- symmetrical arm action with arms clearing the water as they come forward
- when your hands enter the water, stretch them forward before starting the next stroke
- try not to breathe on every stroke
- as soon as you've taken a breath, dip your chin towards your chest to help you dive down into the water

### **Finish**

- · swim hard towards the wall (don't just glide in)
- do NOT stop before you get to the wall
- · touch with TWO hands together
- · try not to breathe in the last few strokes
- · once you have finished, stay in the water until the officials ask you to clear the pool
- make sure you go under the lane ropes and climb out at the side of the pool (don't climb out at the end of the (loog

## **Touch Turn**

· touch the wall with TWO hands together before turning around

· push off underwater in a streamlined position

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
- alternating leg kick (such as frontcrawl leg kick) at any point
- · arm motion uneven, such as one arm ahead of the other
- · arms not clearing the water as they come forward
- standing up or pushing off the bottom: you must swim the full race distance and touch the wall before stopping and standing up