

SWIMMING RULES: COMMON ELEMENTS and DIFFERENCES (as of September 25, 2018)

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COMMON ELEMENTS WITH GOVERNING BODIES	Start	Freestyle	Backstroke	Breaststroke	Butterfly	I.M.
COMMON ELEMENTS WITH GOVERNING BODIES	<ul style="list-style-type: none"> • Whistle preparatory commands; • No recall; • Forward - after TYM – foot/feet at front of block (see USMS); • Back – feet can be above water; not above lip of gutter or curling of toes over gutter. • Requires a stationary starting position. 	<ul style="list-style-type: none"> • Head up by 15m 	<ul style="list-style-type: none"> • Head up by 15m • After 15m, some part of the swimmer must break the surface throughout the race • May be completely submerged during turn. 	<ul style="list-style-type: none"> • 2 hand touch –simultaneous; • Arms in same horizontal plane; •Elbows can be out at turn and finish; •Head must break surface by widest part of 2nd stroke; •One single butterfly/dolphin kick permitted at start and each turn at any time prior to the first breaststroke kick; 	<ul style="list-style-type: none"> • Head up by 15 m; • simultaneous 2 hand touch; • Arms simultaneous in recovery and pull; • Breaststroke, scissor, alternating kick not permitted (see USMS); • Body kept on breast from beginning of first arm stroke; • Can't re-submerge 	<ul style="list-style-type: none"> • Turn rules apply for intermediate turns. • Finish rules apply at transition turns. • During freestyle the after the turn the swimmer may be towards the back provided there is no kick or stroke.

DIFFERENCES – see specific rule book for exact wording

FINA; USA-S; YMCA; NCAA	<p>See <u>POOL DEPTH COMPARISON</u> chart for differences</p>		<ul style="list-style-type: none"> • Backstroke starting device use is permitted. • When backstroke ledge is used, toes of both feet in contact with end wall at start. 	<ul style="list-style-type: none"> • At the touch at turns and finish, hands must be “separated”- meaning-cannot be “stacked”. 	<ul style="list-style-type: none"> • At the touch at turns and finish, hands must be “separated”- meaning-cannot be “stacked”. 	
NFHS	<ul style="list-style-type: none"> • Verbal or whistle preparatory commands - State option 		<ul style="list-style-type: none"> • Kick/glide is permitted <u>before</u> and <u>after</u> turning action. • Backstroke starting device <u>not</u> permitted. • Both hands in contact with the end of the pool or starting platform. 	<ul style="list-style-type: none"> • No sculling permitted; • Two hand simultaneous touch required. • Stacking hands permitted during touch. 	<ul style="list-style-type: none"> • Hands – at same horizontal plane at any given time during stroke; (both pull and recovery) • Stacking hands permitted during touch. 	<ul style="list-style-type: none"> • See stroke differences.
USMS	<ul style="list-style-type: none"> • Use back start for in-water free start; • At least one foot at front of block before TYM • In water relay exchanges permitted. • At least one foot must remain in contact with the wall prior to the exchange 				<ul style="list-style-type: none"> • Allow breaststroke or whip kick exclusively or interchangeably • Only one breaststroke or whip kick per arm pull permitted. • On 9/25/13, adopted the “separated” rule wording interpreted to be identical in meaning to the USA Swimming Interpretation. 	<ul style="list-style-type: none"> • See stroke differences.