

## Swimming RULES (new) and DIFFERENCES

	Start	Freestyle	Backstroke	Breaststroke	Butterfly	I.M.
<b>FINA</b>	Whistle starts No recall Feet anywhere @ TYM – 1 foot front edge Back – feet under/ no curl toes	By 15 m - head up	By 15 m – head up	2 hand touch - simultaneous no mention shoulders or 15 m head up - head up by widest point of armstroke in stroke immediately following pullout	2 hand touch simultaneous no mention shoulder or 15 m – head up <b>all simultaneous kicking - no alternating</b> (this permits whip kick)	Finish rules apply @ transitions
<b>USA</b>	Whistle starts No recall (optional) Feet anywhere @ TYM – 1 foot front edge Back – feet under/ no curl toes	By 15 m - head up	By 15 m – head up	2 hand touch - simultaneous no mention shoulders or 15 m head up head up by widest point of armstroke in stroke immediately following pullout	2 hand touch simultaneous no mention shoulder or 15 m – head up breaststroke/scissor/alternating kick not permitted	Finish rules apply @ transitions
<b>NCAA/ YMCA</b>	No whistle starts No recall (for 2001?) Feet back from front, then @ TYM – 1 foot front edge Back – feet under/ no curl toes	<b>No mention of 15m or head up</b>	By 15 m (16.4y) – head up <b>sculling not permitted *</b> <b>kick/glide is permitted after turning action</b>	2 hand touch - simultaneous no mention shoulder or 15 m <b>no sculling permitted *</b> head up by widest point of armstroke in stroke immediately following pullout	2 hand touch simultaneous hands - horizontal level in stroke no mention shoulder 15 m (16.4 y) – head up breaststroke/scissor/alternating kick not permitted	Finish rules apply @ transitions
<b>NFHS</b>	No whistle starts <b>1 Foot @ front before TYM</b> @ TYM – 1 foot front edge <b>Back – stand up start allowed</b>	By 15 m - head up	By 15 m (16.4y) – head up <b>kick/glide is permitted after turning action</b>	2 hand touch - simultaneous no mention shoulder or 15 m <b>no sculling permitted *</b> head up by start of arm recovery in second stroke	2 hand touch simultaneous hands - horizontal level in stroke no mention shoulder 15 m (16.4 y) – head up breaststroke/scissor/alternating kick not permitted	<b>Transitions follow turn rules</b>

YMCA requires 5 feet at the starting end of the pool or no diving.