

SWIMMING RULES: COMMON ELEMENTS and DIFFERENCES (as of October 1, 2006)

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COMMON ELEMENTS WITH ALL GOVERNING BODIES	Start	Freestyle	Backstroke	Breaststroke	Butterfly	I.M.
	Forward – feet anywhere before TYM; Back – no curling of toes Requires a <i>motionless</i> or <i>stationary</i> starting position	Head up by 15 m; Can't re-submerge	Head up by 15 m; Can't re-submerge <i>Body can be submerged at the finish</i>	2 hand touch –simultaneous; Arms in same horizontal plane; Elbows can be out at turn and finish; Head up at widest part of 2 nd stroke; <i>One downward butterfly/dolphin kick permitted at start and each turn</i>	simultaneous 2 hand touch; Arms simultaneous in recovery and pull; Breaststroke, scissor, alternating kick not permitted; Body kept on breast from beginning of first arm stroke; Can't re-submerge	Turn rules apply for intermediate turns. Finish rules apply at transition turns.

DIFFERENCES (*in bold and italics*) – see specific rule book for exact wording

FINA	Whistle preparatory commands; No recall; <i>Forward –after TYM – foot/feet at front</i> ; Back – feet can be above water; <i>stationary starting position</i>					
YMCA	Whistle preparatory commands; No recall; <i>Forward – after TYM – foot/feet at front</i> ; Back – feet can be above water; <i>stationary starting position</i>					
USA-S						
NCAA	<i>MODIFIED whistle preparatory commands;</i> <i>Recall;</i> <i>Forward – after TYM –foot/feet at front edge</i> ; Back – feet can be above water; <i>motionless starting position</i>		<i>Kick/glide is permitted after turning action</i>	<i>No sculling permitted</i>		<i>See backstroke section for differences during turn</i>
NFHS	Verbal or whistle preparatory commands – State option; <i>No Recall ; Forward – after TYM, foot/feet at front edge; Back – feet below water; motionless starting position</i>	<i>Inadvertent re-submerging is permitted</i>	<i>Inadvertent re-submerging is permitted;</i> <i>Kick/glide is permitted before and after turning action</i>	<i>No sculling permitted</i>	<i>Hands – horizontal level in stroke;</i> <i>Inadvertent re-submerging is permitted</i>	<i>See backstroke section for differences during turn</i>
USMS	Whistle preparatory commands; No recall; <i>Forward – at least 1 foot at front before TYM</i> . Back – feet can be above water				<i>Allow breaststroke or whip kick exclusively or interchangeably</i>	<i>See butterfly section for differences in kick</i>