

SWIMMING RULES: COMMON ELEMENTS and DIFFERENCES (as of August 15, 2024)

COMMON ELEMENTS WITH GOVERNING BODIES	Start	Freestyle	Backstroke	Breaststroke	Butterfly	I.M.
	<ul style="list-style-type: none"> Whistle preparatory commands; Verbal preparatory "TAKE YOUR MARKS" No recall; Forward - after TYM's - 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"> All common 	<ul style="list-style-type: none"> All common except backstroke turn and use of starting ledges - See NFHS 	<ul style="list-style-type: none"> All Common 	<ul style="list-style-type: none"> All Common 	<ul style="list-style-type: none"> All common except NFHS Backstroke turn.

DIFFERENCES - see specific rule book for exact wording

AQUA; USA-S; YMCA; NCAA	See <u>POOL DEPTH COMPARISON</u> chart for differences		<ul style="list-style-type: none"> Backstroke ledge permitted. 			
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 ledge device <u>not permitted</u>. 			<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.