

OUR KIDS INITIATIVE

POOL DEPTH COMPARISONS (as of August 10, 2025)

	World Aquatics	NCAA	NFHS	USA-S/USMS	YMCA
<i>Depths for Competitive Swimming</i>	See Below	minimum depth: 4' at start end; 3' 6" feet at the opposite end; Minimum depth of 4 ft. is recommended throughout; NEW construction recommends 7 ft.	No Minimum depth required for competition	No minimum depth for swimming	Same as USA-S
*NOTE: THE MORE RESTRICTIVE LOCAL, STATE, AND MUNICIPAL ORDINANCES TAKE PRECEDENCE OVER NATIONAL GOVERNING BODY RULES					
<i>Depths for Competitive Racing Starts</i>	A minimum depth of 1.35 meters from 1 meter to 6 meters from end wall; The height of the platform shall be at least 0.5 meters to 0.75 meters above the water surface; No provision for starting in the water *see NOTE above	Water depth shall be no less than 4'; The height of the platform may not exceed 30" above the surface of the water; Provision for starting in the water (Rule 2) *see NOTE above	Minimum depth: 4 ft. at start end measured from the end wall to 5 m. from the end wall 4' > : platform no more than 30" above the water; 4' > block or deck start < 4': only in water Backstroke starting ledge device authorized by state assoc. adoption, in pools with a min of 6'(1.84m) depth measured from the starting end through 16 feet, 5 inches (5 meters) from the start end wall. *see NOTE above	Minimum depth for teaching racing starts: 6 ft. (USA-S only); For starts in competition: 4 ft. measured from 1 mtr. to 5 mtrs. from the end wall ; < 4' - must start in water- < 4' - no backstroke ledges. (USMS: < 3' 6" in-water starts; 3' 6" - < 4' in-water or deck starts); 4' > - platform maximum of 2' 6" (30") above water (USA-S - Article 103) (USMS - Article 106) *see NOTE above	Minimum depth for teaching racing starts: 9 ft. (YMCA); Minimum depth for starts in practice and competition: 5'; Provision for starting in the water if less than 5'