

SWIMMING RULES: COMMON ELEMENTS and DIFFERENCES (as of March 13, 2023)

COMMON ELEMENTS WITH GOVERNING BODIES	Start	Freestyle	Backstroke	Breaststroke	Butterfly	I.M.
	<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; 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 after the turn the swimmer may be in a position towards the back provided there is no kick or stroke.

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"> When backstroke ledge is used, at least one toe of each foot must contact with end wall at start. Once some part of the head of the swimmer has passed the 5m (LCM/SCM) or 5y (SCY) mark immediately prior to reaching for the finish, the swimmer may be completely submerged -AQUA as of 2/21/23 USA-S, YMCA-Effective 3/9/23 NCAA–PENDING IMPLEMENTATION 	<ul style="list-style-type: none"> At the touch at turns and finish, hands must be “separated”- meaning-cannot be “stacked”. No longer requirement for arms or legs to be in same horizontal plane. 	<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 permitted</u>. Both hands in contact with the end of the pool or starting platform. Finish requires completion of the required distance with some part of the body at or above the surface. 	<ul style="list-style-type: none"> No sculling permitted; Two hand simultaneous touch required. Stacking hands permitted during touch. Arms in same horizontal plane; Legs in same horizontal plane; 	<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.