

Illinois Missouri Area Swim Committee

To: All Coaches and Officials
From: Steve McGriff Officials Coordinator
Subject: NCAA rule changes

Changes in the forward start:

The referee will blow the whistle once to put the swimmers on the block and for quiet then turn the field over to the starter. All commands from this point on are the same.

Changes in the backstroke start:

The referee will blow the whistle once to put the swimmers in the water, then blow the whistle once more signaling to the swimmers to place their feet and otherwise prepare to assume the starting position, and at the same time ask for quiet, then turn the field over to the starter. The starter will announce the event, check to see that all swimmers have their feet on the wall, then give the command "take your mark". If the feet are not on the wall after the event is announced the starter may use the optional command of "place your feet".

Changes in backstroke:

The swimmers are allowed to be wholly submerged at each turn or finish.

Changes in breaststroke:

The shoulders do not have to be in a horizontal plane during the non-propulsive phase of the kick.

There will be 1 downward dolphin kick allowed at the start and after each turn. The kick will take place after the first arm pull and before the first breaststroke kick and before the swimmers head breaks the surface of the water.