
Understanding Technical Modifications

Freestyle, Backstroke, Breaststroke, and Butterfly – For Disability Athletes

General Guidelines

- Disability Athletes may not be able to perform all aspects of a stroke, kick or touch.
 - **No documentation of disability is required** by USAS.
 - Disability specifics are **not relevant** to referee decisions.
 - Each case is unique. Officials and coaches should **use common sense**.
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FREESTYLE

- ✓ **No rule modifications required**
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BACKSTROKE

Start Position

→ *Can the swimmer grip with both hands?*

- ✓ YES – Follow standard rules
- ✗ NO – May request **one-hand start modification**

Arm Movement

→ *Can swimmer perform simultaneous arm movement?*

- ✓ YES – Follow standard rules
- ✗ NO – May request **non-simultaneous arm movement**
 - ♦ *Arm pull must still follow rules (except for simultaneity)*

Leg Movement

→ *Can swimmer perform simultaneous leg movement?*

- ✓ YES – Follow standard rules
- ✗ NO – May request:
 - Non-simultaneous leg movement

- No leg kick
 - ⚠️ *No flutter, scissor, or butterfly kick unless permitted*

Feet Position

➡️ *Can both feet turn out?*

-  YES – Follow standard rules
-  NO – May request modification for:
 - One foot or both feet not turning out

BREASTSTROKE

Touch Requirements

➡️ *Can swimmer perform 2-hand simultaneous touch?*

-  YES – Follow standard rules
-  NO – Determine if:
 - One-hand touch (specify R/L hand)
 - Non-simultaneous touch
 - ⚠️ *USAS does not recognize intent*

Arm Movement

➡️ *Can swimmer perform simultaneous arm movement?*

-  YES – Follow standard rules
-  NO – May request **non-simultaneous arm movement**
 - ◆ *Arms must recover over the water*
 -  *No alternating arm movements allowed*

Leg Movement

➡️ *Can swimmer perform simultaneous leg movement?*

-  YES – Follow standard rules
-  NO – May request:
 - Non-simultaneous leg movement
 - No leg kick
 - ⚠️ *No flutter, scissor, or breaststroke kick allowed*

BUTTERFLY

Touch Requirements

➡️ *Can swimmer perform 2-hand simultaneous touch?*

-  YES – Follow standard rules
 -  NO – Determine if:
 - One-hand touch (specify R/L hand)
 - Non-simultaneous touch *USAS does not recognize intent*
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Notes:

- Every swimmer and situation is unique.
 - Use discretion, fairness, and sound judgment.
 - When in doubt, prioritize **inclusion and safety**.
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