

# SWIMMING RULES: COMMON ELEMENTS and DIFFERENCES (as of September 10, 2016)

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COMMON ELEMENTS WITH GOVERNING BODIES	Start	Freestyle	Backstroke	Breaststroke	Butterfly	I.M.
	<ul style="list-style-type: none"> <li>• Whistle preparatory commands;</li> <li>• No recall;</li> <li>• Forward - after TYM – foot/feet at front of block (see USMS);</li> <li>• Back – feet can be above water; not above lip of gutter or curling of toes over gutter.</li> <li>• Requires a stationary starting position.</li> </ul>	<ul style="list-style-type: none"> <li>• Head up by 15m</li> </ul>	<ul style="list-style-type: none"> <li>• Head up by 15m</li> <li>• May be completely submerged during turn.</li> </ul>	<ul style="list-style-type: none"> <li>• 2 hand touch – simultaneous;</li> <li>• Arms in same horizontal plane;</li> <li>• Elbows can be out at turn and finish;</li> <li>• Head must break surface by widest part of 2<sup>nd</sup> stroke;</li> <li>• One single butterfly/dolphin kick permitted at start and each turn;</li> </ul> <p>Sequence on downward butterfly kick - see below</p>	<ul style="list-style-type: none"> <li>• Head up by 15 m;</li> <li>• simultaneous 2 hand touch;</li> <li>• Arms simultaneous in recovery and pull;</li> <li>• Breaststroke, scissor, alternating kick not permitted (see USMS);</li> <li>• Body kept on breast from beginning of first arm stroke;</li> <li>• Can't re-submerge</li> </ul>	<ul style="list-style-type: none"> <li>• Turn rules apply for intermediate turns.</li> <li>• Finish rules apply at transition turns.</li> </ul>

## DIFFERENCES – see specific rule book for exact wording

FINA; USA-S; YMCA	<p>See <b>POOL DEPTH COMPARISON</b> chart for YMCA differences</p>		<ul style="list-style-type: none"> <li>• After 15m, some part of the swimmer must break the surface throughout the race.</li> <li>• Backstroke starting device use is permitted (effective 1/1/14)</li> <li>• When backstroke ledge is used, toes of both feet in contact with end wall at start.</li> </ul>	<ul style="list-style-type: none"> <li>• At any time prior to the first Breaststroke kick after the start and after each turn, a single butterfly kick is permitted – FINA Congress-11/30/14</li> <li>• At the touch at turns and finish, hands must be “separated”- meaning-cannot be “stacked”.</li> </ul>	<ul style="list-style-type: none"> <li>• At the touch at turns and finish, hands must be “separated”- meaning-cannot be “stacked”.</li> </ul>	<p>Being on the back during the freestyle leg of the Ind. Medley constitutes performing backstroke.</p>
NCAA	<ul style="list-style-type: none"> <li>• Verbal preparatory commands optional</li> </ul>		<ul style="list-style-type: none"> <li>• Kick/glide is permitted <u>after</u> turning action;</li> <li>• Body can be submerged on the last stroke at the finish</li> <li>• Backstroke starting device permitted.</li> </ul>	<ul style="list-style-type: none"> <li>• No sculling permitted.</li> <li>• Downward butterfly kick must follow any observable lateral separation of the hands and prior to the breaststroke kick</li> <li>• At the touch at turns and finish, hands must be “separated” meaning-cannot be “stacked”.</li> </ul> <p>The NCAA adopted the FINA/USA-S interpretation wording on 1/21/14.</p>	<ul style="list-style-type: none"> <li>• At the touch at turns and finish, hands must be “separated” meaning-cannot be “stacked”. The NCAA adopted the FINA/USA-S interpretation wording on 1/21/14.</li> </ul>	<ul style="list-style-type: none"> <li>• See backstroke section for differences during turn.</li> </ul>
NFHS	<ul style="list-style-type: none"> <li>• Verbal or whistle preparatory commands - State option</li> </ul>		<ul style="list-style-type: none"> <li>• Kick/glide is permitted <u>before</u> and <u>after</u> turning action.</li> <li>• Backstroke ledge not permitted.</li> </ul>	<ul style="list-style-type: none"> <li>• No sculling permitted;</li> <li>• Single butterfly kick permitted any time prior to the breaststroke kick.</li> <li>• Two hand simultaneous touch required.</li> </ul>	<ul style="list-style-type: none"> <li>• Hands - horizontal level in stroke;</li> <li>• Two hand Simultaneous Touch Required.</li> </ul>	<ul style="list-style-type: none"> <li>• See backstroke section for differences during turn;</li> <li>• The final leg of the individual medley and the medley relay requires the swimmer to be at or past vertical toward the breast before any stroke, kick or propulsive motion</li> </ul>
USMS	<ul style="list-style-type: none"> <li>• Use back start for in-water free start;</li> <li>• At least one foot at front of block before TYM</li> </ul>			<ul style="list-style-type: none"> <li>• On 9/25/13, adopted the “separated” rule wording interpreted to be identical in meaning to the USA Swimming Interpretation.</li> </ul>	<ul style="list-style-type: none"> <li>• Allow breaststroke or whip kick exclusively or interchangeably</li> <li>• Only one breaststroke or whip kick per arm pull permitted.</li> <li>• On 9/25/13, adopted the “separated” rule wording interpreted to be identical in meaning to the USA Swimming Interpretation.</li> </ul>	<ul style="list-style-type: none"> <li>• See breaststroke section for differences in kick</li> </ul>

## OUR KIDS INITIATIVE

### POOL DEPTH COMPARISONS (as of September 10, 2016)

	FINA	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
<b>*NOTE: THE MORE RESTRICTIVE LOCAL, STATE, AND MUNICIPAL ORDINANCES TAKE PRECEDENCE OVER NATIONAL GOVERNING BODY RULES</b>					
<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 <u>NOTE</u> 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 <u>NOTE</u> 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' > - platform maximum of 2' 6" (30") above water (USA-S - Article 103) (USMS - Article 107)  *see <u>NOTE</u> 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 – 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 107)  * see <u>NOTE</u> 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'