

# SWIMMING RULES: COMMON ELEMENTS and DIFFERENCES (as of September 25, 2018)

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<b>COMMON ELEMENTS WITH GOVERNING BODIES</b>	Start	Freestyle	Backstroke	Breaststroke	Butterfly	I.M.
<b>COMMON ELEMENTS WITH GOVERNING BODIES</b>	<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>• After 15m, some part of the swimmer must break the surface throughout the race</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 at any time prior to the first breaststroke kick;</li> </ul>	<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> <li>• During freestyle the after the turn the swimmer may be towards the back provided there is no kick or stroke.</li> </ul>

## DIFFERENCES – see specific rule book for exact wording

<b>FINA; USA-S; YMCA; NCAA</b>	<p>See <u>POOL DEPTH COMPARISON</u> chart for differences</p>		<ul style="list-style-type: none"> <li>• Backstroke starting device use is permitted.</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 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>	
<b>NFHS</b>	<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 starting device <u>not</u> permitted.</li> <li>• Both hands in contact with the end of the pool or starting platform.</li> </ul>	<ul style="list-style-type: none"> <li>• No sculling permitted;</li> <li>• Two hand simultaneous touch required.</li> <li>• Stacking hands permitted during touch.</li> </ul>	<ul style="list-style-type: none"> <li>• Hands – at same horizontal plane at any given time during stroke; (both pull and recovery)</li> <li>• Stacking hands permitted during touch.</li> </ul>	<ul style="list-style-type: none"> <li>• See stroke differences.</li> </ul>
<b>USMS</b>	<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> <li>• In water relay exchanges permitted.</li> <li>• At least one foot must remain in contact with the wall prior to the exchange</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 stroke differences.</li> </ul>