

SWIMMING RULES: COMMON ELEMENTS and DIFFERENCES (as of September 15, 2013)						OKI
COMMON ELEMENTS WITH GOVERNING BODIES	Start	Freestyle	Backstroke	Breaststroke	Butterfly	I.M.
	- 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.	Head up by 15m	- Head up by 15m - May be completely submerged during turn.	2 hand touch –simultaneous; Arms in same horizontal plane; - 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; Sequence on downward butterfly kick - see below	- 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	- Turn rules apply for intermediate turns. - Finish rules apply at transition turns.
DIFFERENCES – see specific rule book for exact wording						
FINA; USA-S; YMCA	See <u>POOL DEPTH COMPARISON</u> chart for YMCA differences		- After 15m, some part of the swimmer must break the surface throughout the race. - Backstroke starting device use is permitted (effective 1/1/14)	- Downward butterfly kick must follow any observable lateral separation of the hands and prior to the breaststroke kick - At the touch at turns and finish, hands must be separated. (hands not stacked)	At the touch at turns and finish, hands must be separated. (hands not stacked)	
NCAA	Verbal preparatory commands optional		- Kick/glide is permitted <u>after</u> turning action; - Body can be submerged on the last stroke at the finish - Backstroke starting device not permitted	- No sculling permitted. - Downward butterfly kick must follow any observable lateral separation of the hands and prior to the breaststroke kick - At the touch at turns and finish, hands must be separated. (hands not stacked)	At the touch at turns and finish, hands must be separated. (hands not stacked)	See backstroke section for differences during turn
NFHS	Verbal or whistle preparatory commands - State option	Inadvertent re-submerging after the 15 meter mark is permitted	- Inadvertent re-submerging after the 15 meter mark is permitted. - Kick/glide is permitted <u>before</u> and after turning action. - Backstroke starting device not permitted.	- No sculling permitted; - Single butterfly kick permitted any time prior to the breaststroke kick. - Two hand simultaneous touch Required.	- Hands - horizontal level in stroke; - Inadvertent re-submerging after the 15 meter mark is permitted - Two hand Simultaneous Touch Required.	- See backstroke section for differences during turn; - See NFHS casebook on a different interpretation for Freestyle leg of IM and MR
USMS	- Use back start for in-water free start; - At least one foot at front of block before TYM				- Allow breaststroke or whip kick exclusively or interchangeably - Only one breaststroke or whip kick per arm pull permitted.	See breaststroke section for differences in kick