

**The following was adopted by the Rules Committee at its September 12, 2002 meeting to more closely conform to FINA rules.**

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**101.3. BACKSTROKE**

**.1 Start --** *(Delete A & B subheadings and make one paragraph as indicated below)*

~~A—The swimmers shall line up in the water facing the starting end, with both hands placed on the gutter or on the starting grips. Prior to the starting signal, the swimmer’s feet, including the toes, shall be placed under the surface of the water, where they shall remain until the starting signal. Standing in or on the gutter or bending the toes over the lip of the gutter before or after the start is prohibited.~~

~~B—Prior to the command “take your mark” and until the feet leave the wall at the starting signal, the swimmer’s feet, including the toes, shall be placed under the surface of the water. Standing in or on the gutter or curling the toes over the lip of the gutter is not permitted at any time before the start. A backstroke starting block may not be used.~~

**.2 Stroke –** ~~Standing in or on the gutter or curling the toes over the lip of the gutter immediately after the start is not permitted.~~ The swimmer shall push off on his back ..... *(no further change in section)*