

SWIMMING RULES: COMMON ELEMENTS and DIFFERENCES (as of Sept. 25, 2003)

OKI/rpl

COMMON ELEMENTS WITH ALL GOVERNING BODIES	Start	Freestyle	Backstroke	Breaststroke	Butterfly	I.M.
	Forward - feet anywhere before TYM; after TYM – at least 1 foot at front edge; Back - feet under/ no curling of toes	Head up by 15 m* * NCAA states “leading part of the head by 15 m”	Head up by 15 m* * NCAA states “leading part of the head by 15 m”	2 hand touch –simultaneous; Arms in same horizontal plane	2 hand touch - simultaneous; Arms simultaneous in recovery and pull; Breaststroke/scissor/alternating kick not permitted; Head up by 15 m (NCAA –leading part of head); Body kept on breast from beginning of first arm stroke	Stroke rules are the same; See below for turns

DIFFERENCES (*in bold and italics*)

FINA	Whistle starts; No recall	Can't re-submerge	Can't re-submerge	Head up at widest part of 2 nd stroke; Elbows can be out at <u>turn</u> and finish	Can't re-submerge	Finish rules apply @ transition turns
USA	Whistle starts; No recall	Can't re-submerge	Can't re-submerge	Head up at widest part of 2 nd stroke; Elbows can be out at <u>turn</u> and finish	Can't re-submerge	Finish rules apply @ transition turns
NCAA	<i>No whistle starts;</i> <i>Recall</i>	Can't re-submerge	Can't re-submerge; <i>Kick/glide is permitted after turning action</i>	Head up at widest part of 2 nd stroke; Elbows can be out at <u>turn</u> and finish; <i>No sculling permitted</i>	Can't re-submerge	Finish rules apply @ transition turns
YMCA						
NFHS	<i>No whistle starts;</i> <i>Recall</i>	<i>Can re-submerge</i>	<i>Can Re-submerge* (being reviewed); Kick/glide is permitted before and after turning action</i>	<i>Head up before recovery of 2nd stroke;</i> <i>Elbows can be out at finish;</i> <i>No sculling permitted</i>	<i>Hands - horizontal level in stroke;</i> <i>Can re-submerge</i>	<i>Turn rules apply @ transitions</i>
USMS	Whistle starts; No recall; <i>Forward – at least 1 foot at front before TYM</i>	Can't re-submerge	Can't re-submerge	Head up at widest part of 2 nd stroke; Elbows can be out at <u>turn</u> and finish	<i>Allow breaststroke or whip kick exclusively or interchangeably</i>	Finish rules apply @ transition turns