

SWIMMING RULES: COMMON ELEMENTS and DIFFERENCES (as of January 5, 2006)

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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 - 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” <i>Body can be submerged on final stroke</i>	2 hand touch – simultaneous; Arms in same horizontal plane; Elbows can be out at turn and finish; <i>Head up at widest part of 2nd stroke</i>	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 and turn rules are the same; Finish rules apply at transition turns

DIFFERENCES (in bold and italics) – see specific rule book for exact wording

FINA	Whistle preparatory commands; No recall Back – feet can be above water	Can't re-submerge	Can't re-submerge	One dolphin kick permitted at start and each turn	Can't re-submerge	One dolphin kick allowed on breaststroke turn
USA	Whistle preparatory commands; No recall Back – feet can be above water	Can't re-submerge	Can't re-submerge	One downward butterfly kick permitted at start and each turn	Can't re-submerge	One downward butterfly kick allowed on breaststroke turn
NCAA	MODIFIED whistle preparatory commands; Recall	Can't re-submerge	Can't re-submerge; Kick/glide is permitted after turning action	One dolphin kick permitted at start and each turn	Can't re-submerge	One dolphin kick allowed on breaststroke turn
YMCA	Back – feet can be above water					
NFHS	Verbal or whistle preparatory commands - State option; Recall - (NO RECALL EXPERIMENTATION 05-06) Back – feet below water	Inadvertent re-submerging is permitted	Inadvertent re-submerging is permitted; Kick/glide is permitted before and after turning action	No sculling permitted; Dolphin kick not permitted	Hands - horizontal level in stroke; Inadvertent re-submerging is permitted	Dolphin kick not permitted on breaststroke turn
USMS	Whistle preparatory commands; No recall; Forward – at least 1 foot at front before TYM	Can't re-submerge	Can't re-submerge	One downward butterfly kick permitted at start and each turn	Allow breaststroke or whip kick exclusively or interchangeably	One dolphin kick allowed on breaststroke turn