

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. |
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| | 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” Body can be submerged on final stroke | 2 hand touch – simultaneous; Arms in same horizontal plane; Elbows can be out at turn and finish; Head up at widest part of 2nd stroke | 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

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| 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; | Can't re-submerge | Can't re-submerge; Kick/glide is permitted <u>after</u> turning action | One dolphin kick permitted at start and each turn | Can't re-submerge | One dolphin kick allowed on breaststroke turn |
| YMCA | Recall 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 <u>before</u> and <u>after</u> 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 Back – feet can be above water | 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 |