

SWIMMING RULES: COMMON ELEMENTS and DIFFERENCES (as of August 15, 2024)

COMMON ELEMENTS WITH GOVERNING BODIES	Start	Freestyle	Backstroke	Breaststroke	Butterfly	I.M.
	• Whistle preparatory commands; • Verbal preparatory "TAKE YOUR MARKS" • No recall; • Forward - after TYM's - 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.	• All common	• All common except backstroke turn and use of starting ledges - See NFHS	• All Common	• All Common	• All common except NFHS Backstroke turn.
DIFFERENCES - see specific rule book for exact wording						
AQUA; USA-S; YMCA; NCAA	See <u>POOL DEPTH COMPARISON</u> chart for differences		• Backstroke ledge permitted.			
NFHS	• Verbal or whistle preparatory commands - State option.		• Kick/glide is permitted <u>before</u> and <u>after</u> turning action. • Backstroke starting ledge device <u>not permitted</u>.			• See stroke differences.
USMS	• Use back start for in-water free start; • At least one foot at front of block before TYM • In water relay exchanges permitted. • At least one foot must remain in contact with the wall prior to the exchange				• Allow breaststroke or whip kick exclusively or interchangeably • Only one breaststroke or whip kick per arm pull permitted. • On 9/25/13, adopted the "separated" rule wording interpreted to be identical in meaning to the USA Swimming Interpretation.	• See stroke differences.