

SWIMMING RULES: COMMON ELEMENTS and DIFFERENCES (as of January 10, 2006)

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ELEMENTS WITH ALL GOVERNING BODIES	Start	Freestyle	Backstroke	Breaststroke	Butterfly	I.M.
	Forward – feet anywhere before TYM; 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>	simultaneous 2 hand touch; 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; Forward –after TYM – feet at front ; Back – feet can be above water	Can't re-submerge	Can't re-submerge	<i>One downward butterfly/dolphin kick permitted at start and each turn</i>	Can't re-submerge	<i>One downward butterfly/dolphin kick allowed on breaststroke turn</i>
USA	Whistle preparatory commands; No recall; Forward – after TYM – feet at front ; Back – feet can be above water	Can't re-submerge	Can't re-submerge	<i>One downward butterfly/dolphin kick permitted at start and each turn</i>	Can't re-submerge	<i>One downward butterfly/dolphin kick allowed on breaststroke turn</i>
NCAA	MODIFIED whistle preparatory commands; Recall; Forward – after TYM –feet at front edge ; Back – feet can be above water	Can't re-submerge	Can't re-submerge; <i>Kick/glide is permitted after turning action</i>	<i>One downward butterfly/dolphin kick permitted at start and each turn</i>	Can't re-submerge	<i>One downward butterfly/dolphin kick allowed on breaststroke turn</i>
YMCA						
NFHS	<i>Verbal or whistle preparatory commands – State option; Recall – (NO RECALL EXPERIMENTATION 05–06); Forward – after TYM, feet at front edge; Back – feet below water</i>	<i>Inadvertent re-submerging is permitted</i>	<i>Inadvertent re-submerging is permitted; Kick/glide is permitted before and after turning action</i>	<i>No sculling permitted; Downward butterfly/Dolphin kick not permitted at start and each turn</i>	<i>Hands – horizontal level in stroke; Inadvertent re-submerging is permitted</i>	<i>Downward butterfly/dolphin kick not permitted on breaststroke turn</i>
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	<i>One downward butterfly /dolphin kick permitted at start and each turn</i>	Can't re-submerge <i>Allow breaststroke or whip kick exclusively or interchangeably</i>	<i>One downward butterfly/dolphin kick allowed on breaststroke turn</i>

