

SWIMMING RULES: COMMON ELEMENTS and DIFFERENCES (as of Oct. 20, 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; Elbows can be out at <u>turn and finish</u>	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	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	Can't re-submerge	Finish rules apply @ transition turns
NCAA	<i>No whistle starts; 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; <i>No sculling permitted</i>	Can't re-submerge	Finish rules apply @ Transition turns
YMCA						
NFHS	<i>No whistle starts; Recall</i>	<i>Inadvertent re-submerging is permitted* *(see POINTS OF EMPHASIS in rulebook)</i>	<i>Inadvertent re-submerging is permitted* *(see POINTS OF EMPHASIS in rulebook); Kick/glide is permitted before and after turning action</i>	<i>Head up before recovery of 2nd stroke; No sculling permitted</i>	<i>Hands – horizontal level in stroke; Inadvertent re-submerging is permitted* *(see POINTS OF EMPHASIS in rulebook)</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	<i>Allow breaststroke or whip kick exclusively or interchangeably</i>	Finish rules apply @ transition turns