

SWIMMING RULES: COMMON ELEMENTS and DIFFERENCES (as of Oct. 20, 2003)

OKI/rpl

COMMON ELEMENTS WITH ALL GOVERNING BODIES	Freestyle	Backstroke	Breaststroke	Butterfly	I.M.
<p>Forward – feet anywhere before TYM; after TYM – at least 1 foot at front edge;</p> <p>Back – feet under/ no curling of toes</p>	<p>Head up by 15 m*</p> <p>* NCAA states "leading part of the head by 15 m"</p>	<p>Head up by 15 m*</p> <p>* NCAA states "leading part of the head by 15 m"</p>	<p>2 hand touch – simultaneous;</p> <p>Arms in same horizontal Plane;</p> <p>Elbows can be out at <u>turn</u> and <u>finish</u></p>	<p>2 hand touch – simultaneous;</p> <p>Arms simultaneous in recovery and pull;</p> <p>Breaststroke/scissor/alternating kick not permitted;</p> <p>Head up by 15 m (NCAA –leading part of head);</p> <p>Body kept on breast from beginning of first arm stroke</p>	<p>Stroke rules are the same;</p> <p>See below for turns</p>

DIFFERENCES (in bold and italics)

FINA	Whistle starts; No recall	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	Head up at widest part of 2 nd stroke	Can't re-submerge	Finish rules apply @ transition turns
NCAA	<i>No whistle starts;</i> <i>Recall</i>	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;</i> <i>Recall</i>	<i>Inadvertent re-submerging is permitted*</i> <i>*(see POINTS OF EMPHASIS in rulebook)</i>	<i>Head up before recovery of 2nd stroke;</i> <i>No sculling permitted</i>	<i>Hands – horizontal level in stroke;</i> <i>Inadvertent re-submerging is permitted*</i> <i>* (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	Head up at widest part of 2 nd stroke	<i>Allow breaststroke or whip kick exclusively or interchangeably</i>	Finish rules apply @ transition turns