

SWIMMING RULES: COMMON ELEMENTS and DIFFERENCES (as of January 29, 2009)

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COMMON ELEMENTS WITH ALL GOVERNING BODIES	Start	Freestyle	Backstroke	Breaststroke	Butterfly	I.M.
	Forward – feet anywhere before TYM; Back – no curling of toes Requires a stationary starting position	Head up by 15 m; Can't re-submerge	Head up by 15 m; Can't re-submerge Body can be submerged at the finish	2 hand touch –simultaneous; Arms in same horizontal plane; Elbows can be out at turn and finish; Head up at widest part of 2 nd stroke; One downward butterfly/dolphin kick permitted at start and each turn <i>(interpretations are below)</i>	simultaneous 2 hand touch; Arms simultaneous in recovery and pull; Breaststroke, scissor, alternating kick not permitted; Body kept on breast from beginning of first arm stroke; Can't re-submerge	Turn rules apply for intermediate turns. 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 – foot/feet at front ; Back – feet can be above water			<i>Sequence on downward butterfly kick– any lateral or downward movement of the hands or arms determines the initiation prior to kick</i>		
YMCA	Whistle preparatory commands; No recall; Forward – after TYM – foot/feet at front ; Back – feet can be above water			<i>Sequence on downward butterfly kick– any lateral or downward movement of the hands or arms determines the initiation prior to kick</i>		
USA-S						
NCAA	MODIFIED whistle preparatory commands; Recall; Forward – after TYM –foot/feet at front edge ; Back – feet can be above water		<i>Kick/glide is permitted after turning action</i>	No sculling permitted: <i>Drifting of the hands or arms does not constitute the initiation of a stroke cycle</i>		<i>See backstroke section for differences during turn</i>
NFHS	Verbal or whistle preparatory commands – State option; No Recall ; Forward – after TYM, foot/feet at front edge; Back – feet below water	Inadvertent re-submerging is permitted	Inadvertent re-submerging permitted; <i>Kick/glide is permitted before and after turning action</i>	No sculling permitted: <i>Drifting of the hands or arms does not constitute the initiation of an arm stroke</i>	Hands – horizontal level in stroke; Inadvertent re-submerging is permitted	<i>See backstroke section for differences during turn</i>
USMS	Whistle preparatory commands; No recall; Forward – at least 1 foot at front before TYM ; Back – feet can be above water Use back start for In-water free start				Allow breaststroke or whip kick exclusively or interchangeably	<i>See butterfly section for differences in kick</i>