

SWIMMING RULES: COMMON ELEMENTS and DIFFERENCES (as of May 17, 2004)

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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</u> and <u>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 and turn rules are the same; <u>Finish</u> rules apply at transition turns

DIFFERENCES (*in bold and italics*)

FINA	<i>Whistle preparatory commands; No recall</i>	Can't re-submerge	Can't re-submerge	Head up at widest part of 2 nd stroke	Can't re-submerge	
USA	<i>Whistle preparatory commands; No recall</i>	Can't re-submerge	Can't re-submerge	Head up at widest part of 2 nd stroke	Can't re-submerge	
NCAA	<i>Verbal preparatory commands; 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	
YMCA						
NFHS	<i>Verbal preparatory commands; 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>	
USMS	<i>Whistle preparatory commands; No recall; 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>	

LSA RULES ARE THE SAME AS NFHS RULES EXCEPT FOR THE FOLLOWING:

1. THE FIRST FALSE START DOES NOT RESULT IN DISQUALIFICATION. THE SECOND FALSE START BY THE SAME SWIMMER IN THE SAME HEAT DOES.
2. IF A SWIMMER DOES NOT RESPOND TO THE STARTER'S COMMAND OR IS IN THE PROCESS OF ARRIVING TO HIS/HER HEAT LATE, THEN THE SWIMMER IS CHARGED WITH ONE FALSE START (consequently not disqualified unless he/she false starts again in that heat).
3. IF A SWIMMER IS NOT IN SIGHT OR SIMPLY MISSES HIS RACE, THEN THE RACE IS BEGUN WITHOUT HIM AND HE IS DISQUALIFIED FROM THAT EVENT.
4. FOR 8 AND UNDER SWIMMERS IN BREAST OR FLY, THE SWIMMER IS NOT DISQUALIFIED FOR STROKE OR KICK VIOLATIONS PROVIDED THAT THE STROKE AND KICK ARE EXECUTED CORRECTLY FOR AT LEAST HALF THE RACE AND IT APPEARS THAT HE IS ATTEMPTING THE CORRECT STROKE.
5. FOR 6 AND UNDER SWIMMERS IN BACKSTROKE, THEY ARE ALLOWED TO TURN OVER WITHIN SIX FEET OF THE END OF THE RACE.