

**SWIMMING RULES: COMMON ELEMENTS and DIFFERENCES (as of December 23, 2009)**

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<b>COMMON ELEMENTS WITH ALL GOVERNING BODIES</b>	Start	Freestyle	Backstroke	Breaststroke	Butterfly	I.M.
	Whistle preparatory commands; No recall; Forward - after TYM – foot/feet at front; Back – feet can be above water; not above lip of gutter or curling of toes Requires a stationary starting position	Head up by 15 mtr.	Head up by 15 mtr.		2 hand touch –simultaneous; Arms in same horizontal plane; Elbows can be out at turn and finish; Head up at widest part of 2 <sup>nd</sup> stroke; One downward butterfly/dolphin kick permitted at start and each turn; Sequence on downward butterfly kick- any outward lateral or downward movement of the hands or arms determines the initiation prior to kick	Head up by 15 m; 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

**DIFFERENCES (*in bold and italics*) – see specific rule book for exact wording**

<b>FINA; USA-S; YMCA</b>	<i>See POOL DEPTH COMPARISON chart for YMCA differences</i>					
<b>NCAA</b>	MODIFIED whistle preparatory commands; Recall; Track start blocks are not permitted		Kick/glide is permitted <u>after</u> turning action; Body can be submerged on the last stroke at the finish	No sculling permitted		See backstroke section for differences during turn
<b>NFHS</b>	Verbal or whistle preparatory commands - State option	Inadvertent re-submerging after the 15 meter mark is permitted	Inadvertent re-submerging after the 15 meter mark is permitted; Kick/glide is permitted <u>before</u> and <u>after</u> turning action	No sculling permitted	Hands - horizontal level in stroke; Inadvertent re-submerging after the 15 meter mark is permitted	See backstroke section for differences during turn
<b>USMS</b>	Use back start for in-water free start				Allow breaststroke or whip kick exclusively or interchangeably	See butterfly section for differences in kick