

Changes to the Rules of Competition Initiated by Changes Enacted by USA-Swimming

U-1 103.8.6 (add)

D A swimmer who would otherwise be charged with a false start may be relieved of the charge if the false start was caused by the swimmer's reaction to the "Stand up" command.

E A swimmer shall not be disqualified for an illegal starting position at the start if the race is permitted to proceed. Enforcement of the correct starting position is the responsibility of the Starter.

U-2 107.6 Water Temperature

Water temperature between ~~78 and 80~~ 25 and 28 degrees ~~Fahrenheit~~ Celsius shall be maintained for competition.

U-3 101.2 Breaststroke (Delete corresponding sections and replace)

101.2.2-Stroke -From the beginning of the first arm stroke after the start and after each turn, the body shall be kept on the breast. It is not permitted to roll onto the back at any time. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement. The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn. During each complete cycle, some part of the swimmer's head shall break the surface of the water. After the start and after each turn, the swimmer may take one arm stroke completely back to the legs. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.

101.2.3- Kick - After the start and after each turn, a single downward butterfly kick followed by a breaststroke kick is permitted while wholly submerged. Following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement. The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter or downward butterfly kick is not permitted except as provided herein. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.

101.2.4- Turns and Finish - At each turn and at the finish of the race, the touch shall be made with both hands simultaneously at, above, or below the water level. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

NOTE: USA-Swimming has interpreted the above rules such that only a sequence of underwater pull, butterfly kick and then breaststroke kick is allowed after the start and each turn. Any other sequence including the butterfly kick is NOT allowed. We concur with this interpretation. However, USA-Swimming is currently seeking further clarification from FINA concerning this interpretation.

U-4 101.1.2 Backstroke

B All courses—The swimmers shall line up in the water facing the starting end with both hands placed on the gutter or on the starting grips. ~~Prior to the command "Take your mark," and until the feet leave the wall at the starting signal, the swimmers' feet including the toes shall be placed under the surface of the water. Standing in or on the gutter or curling placing the toes over the lip of the gutter or bending the toes over the lip of the gutter before or after the start is prohibited. is not permitted at any time before the start.~~ A backstroke starting block may not be used.