

**SWIMMING RULES: COMMON ELEMENTS and DIFFERENCES (as of November 28, 2011)**

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COMMON ELEMENTS WITH GOVERNING BODIES	Start	Freestyle	Backstroke	Breaststroke	Butterfly	I.M.
	Whistle preparatory commands; No recall; Forward - after TYM - foot/feet at front ( <i>see USMS</i> ); 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 single butterfly/dolphin kick permitted at start and each turn; Sequence on butterfly kick- must follow any outward lateral or downward movement of the hands and prior to the breaststroke kick	Head up by 15 m; simultaneous 2 hand touch; Arms simultaneous in recovery and pull; Breaststroke, scissor, alternating kick not permitted ( <i>see USMS</i> ); Body kept on breast from beginning of first arm stroke; Can't re-submerge

**DIFFERENCES - 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>	<i>Verbal preparatory commands optional</i>		<i>Kick/glide is permitted <u>after</u> turning action; Body can be submerged on the last stroke at the finish</i>	<i>No sculling permitted</i>		<i>See backstroke section for differences during turn</i>
<b>NFHS</b>	<i>Verbal or whistle preparatory commands - State option</i>	<i>Inadvertent re-submerging after the 15 meter mark is permitted</i>	<i>Inadvertent re-submerging after the 15 meter mark is permitted; Kick/glide is permitted <u>before and after</u> turning action</i>	<i>No sculling permitted; Any movement of hands permitted to initiate arm pull prior to butterfly kick</i>	<i>Hands - horizontal level in stroke; Inadvertent re-submerging after the 15 meter mark is permitted</i>	<i>See backstroke section for differences during turn; See NFHS casebook for difference interpretation for Freestyle leg of IM and MR</i>
<b>USMS</b>	<i>Use back start for in-water free start; Foot at front before TYM</i>				<i>Allow breaststroke or whip kick exclusively or interchangeably</i>	<i>See butterfly section for differences in kick</i>