

Interpretations Made by the Rules and Regulations Committee

GENERAL:

September 16, 1999: Adopted the following regarding the use of "full body suits" in competition:

- Until FINA determines otherwise, use of the full body suit, designed and marketed for competition, is permissible in USA swimming events. Use of suits of neoprene or other buoyant material, such as wet suits, is not permissible.
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ALL STROKES:

June 5, 1999: Adopted the following parameters regarding touching the bottom during a turn:

- Once a legal touch has been made, the swimmer may turn in any manner desired. Therefore, standing on the bottom after a legal touch has been made and prior to pushing off the wall should be considered part of the turn and no DQ should be called.
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BACKSTROKE:

June 1, 1997: Adopted the following parameters regarding DQs for being completely submerged prior to the touch at the finish:

- The turn judge should, when possible, be given jurisdiction and should watch the swimmer approaching the wall. If the swimmer completely submerges prior to the turn judge having to shift his attention to the touch at the wall, this would be a DQ. Once the turn judge must watch for the touch, this DQ would be too close to call.

September 21, 2005 (relating to 2005 FINA rule change): The official interpretation for the change to the backstroke (101.3.1) is that the toes are no longer required to be under the surface of the water at the start. However, the toes are still not allowed to be above the lip of the gutter or curled over the lip of the gutter. The change was actually made so that when full face pads are used (pads that extend above the gutter) there is no requirement to have the toes under the water. From a practical standpoint there is no change when using touch pads that actually hang on the pool gutter.

BREASTSTROKE:

June 3, 1995: Clarified that, in conformance with FINA's intent, the requirement for the elbows to remain under water on the breaststroke applies only to the recovery (forward) portion of the arm stroke, not to the backwards pull.

June 1, 1997: Agreed that the breaststroke must start with an arm pull to comply with the cycle of "one arm stroke and one leg kick, in that order" as stated in the rule. A swimmer starting with a leg kick first would be disqualified.

May 30, 1998: Reiterated that, under the March 6, 1998 rule changes by FINA, the arms must be in the same horizontal plane during the first pull at the start and after each turn.

September 21, 2005 (relating to 2005 FINA rule change): The official interpretation for the changes to the breaststroke (101.1) is that during, or at the end of the arm pull-down of the first stroke after the start and after each turn, a single downward butterfly kick is allowed, but not required, followed by a breaststroke kick. During the pull-down, if a downward butterfly is taken, it must be followed by a breaststroke kick. The downward butterfly kick is not permissible prior to the arm pull-down. In addition, there is now a requirement for all movements of the legs to be "in the same horizontal plane and without alternating movement". This was previously not included in our rules.

February 22, 2006 (relating to the 2005 FINA rule change):

1. A swimmer who chooses to take a downward butterfly kick after the start or any turn, as provided in Article 101.1.3, does **not** need to be wholly submerged.

2. The breaststroke kick has three basic requirements: all movements of the legs shall be simultaneous and in the same horizontal plan without alternating movement; the feet must be turned outward during the propulsive part of the kick; and, a scissors, flutter or "downward" butterfly kick is not permitted except as provided in the first paragraph of Article 101.1.3. Breaking the surface of the water with the feet is allowed at any time as long as it is not followed by a "downward" butterfly kick (except as provided in the first paragraph of Article 101.1.3). There is no prohibition against an upward butterfly-type kicking action or motion at any time and this should not be cause for a disqualification.

BUTTERFLY:

May 30, 1998: In view of the March 6, 1998 rule changes by FINA, agreed that the shoulders need not be parallel with the water surface after the last pull into the wall at the turns and finishes.

INDIVIDUAL MEDLEY & MEDLEY RELAY:

June 1, 1997: Adopted the following FINA Technical Committee interpretation regarding the freestyle leg of these events:

- When a swimmer has traveled a sufficient distance that the official can with certainty judge that the competitor is swimming in the style of butterfly, breaststroke or backstroke, then a DQ is appropriate.