

SWIMMING RULES: COMMON ELEMENTS and DIFFERENCES (as of January 10, 2006) OKI

COMMON ELEMENTS WITH ALL GOVERNING BODIES	Start	Freestyle	Backstroke	Breaststroke	Butterfly	I.M.
	Forward – feet anywhere before TYM; Back – no curling of toes	Head up by 15 m* * NCAA states "leading part of the head by 15 m". <i>Body can be submerged on final stroke</i>	Head up by 15 m* * NCAA states "leading part of the head by 15 m". <i>Body can be submerged on final stroke</i>	2 hand touch –simultaneous; Arms in same horizontal plane; Elbows can be out at turn and finish; <i>Head up at widest part of 2nd stroke</i>	Simultaneous 2 hand touch; 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; Finish rules apply at transition turns

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

FINA	Whistle preparatory commands; No recall; Forward –after TYM – feet at front ; Back – feet can be above water	Can't re-submerge	Can't re-submerge	One downward butterfly/dolphin kick permitted at start and each turn	Can't re-submerge	One downward butterfly/dolphin kick allowed on breaststroke turn
USA	Whistle preparatory commands; No recall; Forward – after TYM – feet at front ; Back – feet can be above water	Can't re-submerge	Can't re-submerge	One downward butterfly/dolphin kick permitted at start and each turn	Can't re-submerge	One downward butterfly/dolphin kick allowed on breaststroke turn
NCAA	MODIFIED whistle preparatory commands; Recall; Forward – after TYM –feet at front edge ; Back – feet can be above water	Can't re-submerge	Can't re-submerge; Kick/glide is permitted after turning action	One downward butterfly/dolphin kick permitted at start and each turn	Can't re-submerge	One downward butterfly/dolphin kick allowed on breaststroke turn
YMCA						
NFHS	<i>Verbal or whistle preparatory commands – State option</i> ; Recall – (NO RECALL EXPERIMENTATION 05-06); Forward – after TYM, feet at front edge; Back – feet below water	Inadvertent re-submerging is permitted	Inadvertent re-submerging is permitted; Kick/glide is permitted before and after turning action	No sculling permitted; Downward butterfly/Dolphin kick not permitted at start and each turn	Hands – horizontal level in stroke; Inadvertent re-submerging is permitted	Downward butterfly/dolphin kick not permitted on breaststroke turn
USMS	Whistle preparatory commands; No recall; Forward – at least 1 foot at front before TYM , Back – feet can be above water	Can't re-submerge	Can't re-submerge	One downward butterfly /dolphin kick permitted at start and each turn	Can't re-submerge Allow breaststroke or whip kick exclusively or interchangeably.	One downward butterfly/dolphin kick allowed on breaststroke turn