

SWIMMING RULES: COMMON ELEMENTS and DIFFERENCES (as of May 17, 2004)

OKI

COMMON ELEMENTS WITH ALL GOVERNING BODIES	Start	Freestyle	Backstroke	Breaststroke	Butterfly	I.M.
	Forward – feet anywhere before TYM; after TYM – at least 1 foot at front edge; Back – feet under/ no curling of toes	Head up by 15 m* * NCAA states “leading part of the head by 15 m”	Head up by 15 m* * NCAA states “leading part of the head by 15 m”	2 hand touch – simultaneous; Arms in same horizontal plane; Elbows can be out at <u>turn</u> and <u>finish</u>	2 hand touch – simultaneous; 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; <u>Finish</u> rules apply at transition turns

DIFFERENCES (*in bold and italics*)

FINA	<i>Whistle preparatory commands; No recall</i>	Can't re-submerge	Can't re-submerge	Head up at widest part of 2 nd stroke	Can't re-submerge	
USA	<i>Whistle preparatory commands; No recall</i>	Can't re-submerge	Can't re-submerge	Head up at widest part of 2 nd stroke	Can't re-submerge	
NCAA	<i>Verbal preparatory commands; Recall</i>	Can't re-submerge	Can't re-submerge; <i>Kick/glide is permitted after turning action</i>	Head up at widest part of 2 nd stroke; <i>No sculling permitted</i>	Can't re-submerge	
YMCA						
NFHS	<i>Verbal preparatory commands; Recall</i>	<i>Inadvertent re-submerging is permitted* *(see POINTS OF EMPHASIS in rulebook)</i>	<i>Inadvertent re-submerging is permitted* *(see POINTS OF EMPHASIS in rulebook); Kick/glide is permitted before and after turning action</i>	<i>Head up before recovery of 2nd stroke; No sculling permitted</i>	<i>Hands – horizontal level in stroke; Inadvertent re-submerging is permitted* *(see POINTS OF EMPHASIS IN RULEBOOK)</i>	
USMS	<i>Whistle preparatory commands; No recall; Forward – at least 1 foot at front before TYM</i>	Can't re-submerge	Can't re-submerge	Head up at widest part of 2 nd stroke	<i>Allow breaststroke or whip kick exclusively or interchangeably</i>	