

HIGH SCHOOL vs. USA SWIMMING RULE DIFFERENCES

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Butterfly Start/Turn/Swim: The hands need not be separated at turn/finish. "Can be stacked"

Backstroke:

Start/Swim: Swimmer must step into the water feet first.

Turn: Swimmer MAY turn over at flags and glide/kick, and MAY take a single or double arm pull to turn or to continue to the wall. A swimmer who misses the wall during the turn is allowed to scull back and touch as long as he/she remains on the back.

Finish: No differences. Must not totally submerge prior to the touch.

Breaststroke Start/Turn/Swim:

- The hands need not be separated at turn/finish. "Can be stacked"
- No sculling with the hands at the end of the first arm stroke following the start or turn.

Freestyle start/Turn/Swim: No differences. 500 free lap counters now may be ascending or descending.

Individual Medley and Medley Relay: No differences except the butterfly/back/breast mentioned above.

Relays:

- The first 3 swimmers must exit the pool in their lanes.
- On an early take-off DQ, side judge raises a hand after last swimmer in the water.

General:

- Must remain in assigned lane until race is finished.
- A legal finish now requires the competitor to contact either the touchpad or the finish end according to the finish rules pertaining to the stroke being swum.
- Host must provide lap counters for the 500-yard freestyle but need not be used. No cheering next to counters.
- Use of tape requires documentation from a health care professional.
- Religious and medical-alert medals may be visible and need not be taped to body.

Caps/suits:

- May have 1 visible manufacturer logo/trade mark, measuring no more than 2 $\frac{1}{4}$ sq. inches.
- May have an American flag, measuring no more than 2 x 3 inches.
- If wearing a cap, it must be the school team cap or a blank cap (turn it inside out to be blank)
- Suit material must be permeable, constructed of woven/knit textile material, except for 1 post construction impermeable school name and/or logo which shall not exceed 9 square inches.
- If official notes infraction of suit, you contact the coach not the athlete to fix or be DQ'd.

Referee/Starter:

- No entering the water without the referee's permission. If re-entering after a race, DQ'd from next event.
- A designee may ring the bell in the 500 yd freestyle instead of the starter.