

USA Swimming Rule Changes after 2023 Rule Book was published

1. USA Swimming Rule 101.1.3A (pp 22) – To Comply with World Aquatics SW4.4

~~Any swimmer starting before the starting signal is given shall be disqualified.~~ **Any swimmer initiating a start before the signal may be disqualified** if the Referee independently observes and confirms the Starter's observation that a violation occurred. Swimmers remaining on the starting blocks shall be relieved from their starting positions with the "stand up" command and may step off the blocks.

2. USA Swimming Rule 101.2.2 (pp 22/23) – To Comply with World Aquatics SW7.2

Stroke — After the start and after each turn when the swimmer leaves the wall, the body shall be kept on the breast. It is not permitted to roll onto the back at any time except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order.

All movements of the arms shall be simultaneous ~~and in the same horizontal plane~~ without alternating movement.

The hands shall be pushed forward together from the breast on, under, or over the water.

The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.

During each complete cycle, some part of the swimmer's head shall break the surface of the water. After the start and after each turn, the swimmer may take one arm stroke completely back to the legs. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.

3. USA Swimming Rule 101.2.3 (pp 23) – To Comply with World Aquatics SW7.4

Kick — After the start and each turn, at any time prior to the first breaststroke kick, a single butterfly kick is permitted. Following which, all movements of the legs shall be simultaneous ~~and in the same horizontal plane~~ without alternating movement.

The feet must be turned outwards during the propulsive part of the kick. Scissors, alternating movements or downward butterfly kicks are not permitted except as provided herein. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.

4. USA Swimming Rule 101.4.1 (pp 24) – To Comply with World Aquatics SW6.1

Start — The swimmers shall line up in the water facing the starting end, with both hands placed on the gutter or on the starting grips. Standing in or on the gutter, placing the toes above the lip of the gutter, or bending the toes over the lip of the gutter, before or after the start, is prohibited. When using a backstroke ledge at the start, ~~the toes~~ **at least one toe** of both feet must be in contact with the end wall or face of the touchpad. Bending the toes over the top of the touchpad is prohibited.

5. USA Swimming Rule 102.8.1E (pp 33) – To Comply with World Aquatics SW10.8

No swimmer is permitted to wear or use any device, substance or swimsuit to help his/ her speed, pace, buoyancy or endurance during a race (such as webbed gloves, flip- pers, fins, power bands, adhesive substances, etc.). **The use of technology and automated data collection devices is permissible for the sole purpose of collecting data. Automated devices shall not be utilized to transmit data, sounds, or signals to the swimmer and may not be used to aid their speed.** Goggles may be worn, and rub-down oil applied if not considered excessive by the Referee. Therapeutic elastic tape is prohibited. Any other kind of tape on the body is not permitted unless approved by the Referee.

6. USA Swimming Rule 102.21.15 (pp 40) – To Comply with World Aquatics SW2.14 and SW2.15

Video replay footage from cameras approved in writing in advance of the competition by the Program & Events Coordinator (or his/her designee) may be used to ~~review stroke or turn infractions called on deck. The official(s) reviewing the video may only confirm the call made on deck, overrule the call, or advise the Referee that the review proved inconclusive.~~ **ensure that the rules related to the style of swimming designated for the event are being observed, and to observe the starts, turns, and finishes.**

7. USA Swimming Rule USA Swimming Rule 101.4.2 (pp 24) – To Comply with World Aquatics SW6.3 Stroke — The swimmer shall push off on his back and continue swimming on the back throughout the race. Some part of the swimmer must break the surface of the water throughout the race, except it is permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface of the water. **Additionally, once some part of the head of the swimmer has passed the 5 meter mark (long course and short course meters) or 5 yard mark (short course yards) immediately prior to reaching the finish, the swimmer may be completely submerged prior to the touch.**

8. Starting immediately, we are training all officials to use the command “take your marks”. This appears in the rulebook in several places. I believe the following list is exhaustive.

101.1.2C and D

105.3 Figure 1 C and E

105.3 Figure 2 D and F

701.2.2B

701.17.4

Differences Between USA Swimming and USMS Rules – Forward Start

Compiled by Fred Polaski, October 12, 2023