

**Rule Changes from the Swimming Technical Congress held in Montreal on 21 July 2005 will come into effect in New Zealand on 23 September 2005**

Further to the Swimming Technical Congress held in Montreal on the 21 July 2005 the following changes to the stroke and race rules were approved:

(Bold indicates new wording and strike-outs indicate deletion of wording)

## **SW 6 Backstroke**

**SW6.1** Prior to the starting signal, the swimmers shall line up in the water facing the starting end, with both hands holding the starting grips. ~~The feet, including the toes, shall be under the surface of the water.~~ Standing in or on the gutter or bending the toes over the lip of the gutter is prohibited.

*Change: Toes not longer need to be below the surface of the water at the start.*

**SW 6.3** Some part of the swimmer must break the surface of the water throughout the race. It ~~shall be~~ **is** permissible for the swimmer to be completely submerged during the turn, at the finish and for a distance of not more than 15 metres after the start and each turn. By the point the head must have broken the surface.

*Change: Alteration to wording to clarify the rule.*

**SW 6.4 When executing the turn there must be a touch of the wall with some part of the swimmer's body.** During the turn the shoulders may be turned over the vertical to the breast after which a continuous single arm pull or a continuous simultaneous double arm pull may be used to initiate the turn. ~~Once the body has left the position on the back, any kick or arm pull must be part of the continuous turning action.~~ The swimmer must have returned to the position on the back upon leaving the wall. ~~When executing the turn there must be a touch of the wall with some part of the swimmer's body.~~

*Change: Alteration to wording to clarify the rule.*

**SW 6.5** Upon the finish of the race the swimmer must touch the wall while on the back. ~~The body may be submerged at the touch.~~

*Change: The last sentence is now included in SW6.3.*

## **SW 7 Breaststroke**

**SW7.1** From the beginning of the first arm stroke after the start and after each turn, the body shall be kept on the breast. It is not permitted to roll onto the back at any time. **Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order.**

*Change: Clarification of the breaststroke cycle.*

**SW7.4 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 hand turn inward at the widest part of the second stroke. **A single downward dolphin kick followed by a breaststroke kick is permitted while wholly submerged. Following which,** all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement.

*Change: A single downward dolphin kick is now allowed at the start and at the turn. The dolphin kick must be before the first Breaststroke kick.*

**SW7.5** The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter or downward dolphin kick is not permitted **except as in SW 7.4**. Breaking the surface of the water with the feet is allowed unless followed by a downward dolphin kick.

*Change: Incorporating the dolphin kick at the turn and start in rule number SW 7.4*

~~**SW7.7** During each complete cycle of one arm stroke and one leg kick, in that order, some part of the swimmer's head shall break the surface of the water, except that after the start and after each turn the swimmer may take one arm stroke completely back to the legs and one leg kick while wholly submerged. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.~~

*Change: This rule is now incorporated in the alterations above.*

### **SW 8 Butterfly**

**SW 8.3** All up and down movements of the legs must be simultaneous. The position of the legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A breaststroke kicking movement is not permitted.

*Change: Removal of the works position of the to clarify the rule.*

### **SW 10 The Race**

**SW 10.10** In relay events, the team of a swimmer whose feet lose touch with the starting platform before the preceding team mate touches the wall shall be disqualified. ~~Unless the swimmer in default returns to the original starting point at the wall, but it shall not be necessary to return to the starting platform.~~

*Change: Once a swimmer breaks the team is to be disqualified.*

The new rules are on the FINA website – [www.fina.org](http://www.fina.org)