

1998 UNITED STATES SWIMMING RULE CHANGES TO CONFORM TO FINA CHANGES
CUT AND PASTE FORMAT
(EFFECTIVE DATE: **MARCH 6, 1998**)

REFERENCE/ LOCATION

NEW WORDING

101.1 BREASTSTROKE

page 13: 2nd paragraph
from bottom

- .2 Stroke - From the beginning of the first arm stroke after the start and after each turn, the body shall be kept on the breast. The arms shall move simultaneously and in the same horizontal plane without any alternating movement. The hands shall be pushed forward together from the breast, on, under, or over the water. The elbows shall be under the water except for the last stroke at the finish of the prescribed distance. The hands shall be brought back on or under the surface of the water. The hands shall not be brought beyond the hipline, except during the first stroke after the start and each turn. Some part of the swimmer's head shall break the surface of the water at least once during each complete cycle of one arm stroke and one leg kick, in that order, except after the start and 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.

101.1 BREASTSTROKE

page 14: first paragraph at
top of page

- .4 Turns - At each turn, the touch shall be made with both hands simultaneously at, above, or below the water surface. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during any part of the last complete or incomplete stroke cycle preceding the touch. Once a touch has been made, the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall and the form prescribed in .2 must be attained from the beginning of the first arm stroke.

101.2 BUTTERFLY

page 14: 2nd paragraph
of Butterfly section

- .2 Stroke - After the start and after each turn, the swimmer's shoulders must be at or past the vertical toward the breast. One or more leg kicks are permitted, but only one arm pull under water, which must bring the swimmer to the surface. It shall be permissible for a swimmer to be completely submerged 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. The swimmer must remain on the surface until the next turn or finish. From the beginning of the first arm pull, the swimmer's shoulders shall be in line with the water surface. Both arms must be brought forward over the water and pulled back simultaneously.

101.2 BUTTERFLY

page 14: 4th paragraph
of Butterfly section

- .4 Turns - At each turn the body shall be on the breast. The touch shall be made with both hands simultaneously at, above, or below the water surface. Once a touch has been made, the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall.

101.4 FREESTYLE

page 15: 2nd paragraph of
Freestyle section

- .2 Stroke - Freestyle means that in an event so designated the swimmer may swim any style, except that in a medley relay or individual medley event, freestyle means any style other than butterfly, breaststroke, or backstroke. Some part of the swimmer must break the surface of the water throughout the race, except it shall be 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 each turn. By that point the head must have broken the surface.

102.14 STARTER

page 27: 4th paragraph
from bottom

- A The Starter, upon receiving clearance from the Referee (for all events except backstroke and medley relay) directs swimmers to step on to the starting block or platform and remain there. Refer to 101.3.1 for backstroke start requirements.

102.14 STARTER

page 27: last paragraph
on page

At the commencement of each heat, the Referee shall signal to the swimmers by a short series of whistles to remove all clothing except for swimwear, followed by a long whistle indicating they should take their positions on the starting block or platform and remain there. In backstroke and medley relay events, at the Referee's first long whistle the swimmers shall immediately enter the water and at the <continue on p 28>