

**NOTICE TO ALL USMS MEMBERS FROM THE USMS RULES and
LEGISLATION COMMITTEES**

**FINA CHANGES TO USMS RULES
Effective September 25, 2013 except as otherwise noted**

The 2013 USMS House of Delegates adopted the following changes to USMS rules to conform to rule changes adopted by the FINA Congress July 2013. FINA rule changes are effective September 25, 2013.

Unattached Swimmers:

All swimmers in a meet must belong to a club. If there is even one unattached swimmer competing at a short course or long course meters meet, NONE of the times from that meet will count for FINA Top 10 and World Records.

This rule change is necessary to comply with recent FINA rule changes that will disallow any times from USMS long course and short course meters meets for FINA Top 10 and World Records if a swimmer who does not belong to a club competes in the meet. All other rules regarding unattached swimmers will continue to function as previously interpreted (102.9.1 p. 7, 104.5.4A[3] pp. 32-33, 201.1.2 p. 53, 201.1.3A p. 53, 201.1.3B p. 53, and 201.3.5 pp. 54-55). All currently unattached swimmers will automatically be registered with the club Unattached and do not have to notify their registrars.

201.3 Representation

201.3.4 An unattached swimmer is an individual member who is registered with the UC through an LMSC. Swimmers registered with the UC shall not compete in relays or score points in competition. Competing while registered with UC shall not be considered as representing a club for purposes of 201.3.5.

Effective immediately.

Breaststroke:

FINA and USA Swimming have added clarifying language and one change in the following four areas:

- 1) turns
- 2) kicks
- 3) touches at turns and the finish (**new interpretation**)
- 4) incomplete cycle at turn and finish

101.2 Breaststroke

101.2.1 Start—The forward start shall be used.

101.2.2 Stroke—After the start and after each turn when the swimmer leaves the wall, the shoulders must be at or past the vertical toward the breast. The swimmer 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...at the widest part of the second stroke.

101.2.3 Kick—After the start and after each turn,...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 (dolphin) 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 (dolphin) kick.

101.2.4 Turns and Finish—At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously at, above or below the water level. At the last stroke before the turn and at the finish an arm stroke not followed by a leg kick is permitted. The head may be...preceding the touch.

FINA Interpretation of "...the touch shall be made with both hands separated and simultaneously at, above or below the water level...": The hands may touch but cannot overlap or be on top of each other.

Effective September 25, 2013.

Butterfly:

FINA and USA Swimming have added clarifying language and one change in the following three areas:

- 1) turns
- 2) stroke
- 3) touches at turns and the finish (**new interpretation**)

101.3 Butterfly

101.3.1 Start—The forward start shall be used.

101.3.2 Stroke—After the start and after each turn...until the next turn or finish. From the beginning of the first arm pull, the body shall be kept on the breast 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. Both arms must be brought forward simultaneously over the water and pulled back simultaneously under the water throughout the race.

101.3.3 Kick—All up and down...scissors kicking movement is not permitted.

101.3.4 Turns—At each turn the body shall be on the breast. The touch shall be made with both hands separated and simultaneously at, above or below the water surface. Once a touch has been made...swimmer leaves the wall.

101.3.5 Finish—At the finish, the body shall be on the breast and the touch shall be made with both hands separated and simultaneously at, above or below the water surface.

FINA Interpretation of "...the touch shall be made with both hands separated and simultaneously at, above or below the water level...": The hands may touch but cannot overlap or be on top of each other.

Effective September 25, 2013.

Backstroke:

FINA and USA Swimming have added clarifying language two areas:

- 1) the finish (delete "at the finish" from permission to be completely submerged to clarify that a swimmer cannot be completely submerged prior to the touch)
- 2) turns

101.4 Backstroke

101.4.1 Start—The backstroke start shall be used.

101.4.2 Stroke—Standing in or on...throughout the race. 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, ~~at the finish~~ 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 of the water.

101.4.3 Turns—Upon completion...the wall. During the turn the shoulders may be turned past the vertical toward the breast, after which an immediate continuous single arm pull or an immediate continuous simultaneous double arm pull may be used to initiate the turn. Once the body...leaving the wall. **Note:** The swimmer...turning action.

Effective September 25, 2013.

Swimwear:

FINA and USA Swimming have added power bands and adhesive substances to the list of devices or substances that are not permitted.

102.12 Swimwear for Pool Competition

102.12.1 Design

E No swimmer is permitted to wear or use any device or substance to enhance speed, pace, buoyancy or endurance during a race (such as webbed gloves, fins, power bands, adhesive substances, snorkels, neoprene caps, etc.). Goggles...by the referee.

102.13 Disqualifications

102.13.9 No swimmers are permitted to wear or use any device or substance to enhance speed, pace, buoyancy or endurance during a race (such as webbed gloves, fins, power bands, adhesive substances, snorkels, neoprene caps, etc.). Goggles may be...referee.

Effective September 25, 2013.

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