

NOTICE TO ALL USMS MEMBERS FROM THE USMS RULES COMMITTEE

MODIFICATION IN TIMING OF DOLPHIN KICK IN BREASTSTROKE KICK RULE 101.2.3

1. FINA changed the breaststroke kick rule November 29, 2014, at an extraordinary Congress in Doha, Qatar.
2. USA Swimming automatically adopted that rule change November 30, 2014.
3. USMS automatically adopted the breaststroke kick rule change in accordance with USMS 601.4.7B as of December 2, 2014.
4. The amendment to the USMS breaststroke kick rule 101.2.3 is effective immediately.

Following is the text of the amended breaststroke kick rule:

“101.2.3 Kick—After the start and after each turn, at any time prior to the first breaststroke kick, a single butterfly (dolphin) 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 (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.”

The following shows the changes made to the text of USMS breaststroke kick rule 101.2.3:

“101.2.3 Kick—After the start and after each turn, at any time prior to the first breaststroke kick, a single butterfly (dolphin) kick, ~~which must be followed by a breaststroke kick~~, is permitted ~~during or at the completion of the first arm pull~~, 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 (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.”

What this rule change means for swimmers and officials:

A visible separation of the hands initiating the arm pull is no longer required before the single butterfly (dolphin) kick that may be taken after the start and after each turn. A single butterfly (dolphin) kick is permitted at any time after the start or after pushing off the wall on each turn and before the first breaststroke kick.

For any questions contact: Kathy Casey, Chair, USMS Rules Committee,
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