

Subject: USA Swimming Rule 101.2.3 Breaststroke - Change to Conform to FINA Rule

Date: November 30, 2014
To: General Chairs Board of Directors,
USA Swimming Officials Chairs,
USA Swimming Officials Rules & Regulations Committee
USA Swimming Coach Members
From: Jay Thomas, Chair, Rules & Regulations Committee
Re: Breaststroke - Timing of Permissible Butterfly Kick After
the Start and Turns

1. On November 29, 2014, FINA convened an Extraordinary Congress in Doha, Qatar and adopted changes to FINA rules.
2. The Rules and Regulations Committee acting pursuant to the provisions of Rule 511.1, hereby amends the following rule to conform to the rules of FINA.
3. Rule 101.2.3 is amended - the underlined passage indicates the affected wording.

"101.2.3 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. The rule, as amended, **is effective immediately.**

With best regards,

Jay Thomas, Chair
USA Swimming -
Rules and Regulations Committee
1 Olympic Plaza, Colorado Springs, CO 80909-5770
954.873.3370 (phone) - 888.782.4091 (fax)

If you have questions about this change please,
contact Nancy Wargo at officials@ctswim.com

Thank you,
Nancy Wargo
CT Swimming Officials Chair