

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

From: Jay Thomas, Chair, Rules & Regulations Committee

Re: Breaststroke - Timing of Permissible Butterfly Kick After the Start and Turns

Per a call with all USA LSC Officials Chairs this evening Jay Thomas gave clarity to the order of the new breaststroke rule change. Please see his details below.

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.

To be very clear the new rule has only eliminated the timing requirement of the butterfly kick which must be done prior to the initial breaststroke kick if it is elected to be used. It can start before the initial stroke, during the initial stroke or after the initial stroke.

The butterfly kick is not considered part of the breaststroke stroke cycle - it is a separate element. The requirement remains that both the arm stroke and butterfly kick (if used) MUST precede at any time the first breaststroke kick to be legal.

LEGAL INITIATION ORDER:

A: Butterfly kick, Breaststroke arm stroke, Breaststroke kick

B: Breaststroke arm stroke, Butterfly kick, Breaststroke kick

C: Breaststroke arm stroke/Butterfly kick (together), Breaststroke kick

D: Breaststroke arm stroke, Breaststroke kick

ILLEGAL INITIATION ORDER:

A: Butterfly kick, Breaststroke kick, Breaststroke arm stroke

B: Breaststroke kick, Butterfly kick, Breaststroke arm stroke

C: Breaststroke arm stroke, Breaststroke kick, Butterfly kick

D: Breaststroke kick, Breaststroke arm stroke

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

Thank you,
Nancy Wargo
CT Swimming Officials Chair