

RMSL TECHNICAL RULES
Updated May 2010

USS ARTICLE 101
INDIVIDUAL STROKES AND RELAYS

101.1 BREASTSTROKE

.1 **Start** — The forward start shall be used.

.2 **Stroke** — After the start and after each turn when the swimmer leaves the wall, the body shall be kept on the breast. It is not permitted to roll onto the back at any time. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement. The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn. During each complete cycle, some part of the swimmer's head shall break the surface of the water. After the start and after each turn, the swimmer may take one arm stroke completely back to the legs. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke

.3 **Kick** — After the start and each turn, a single butterfly 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. A scissors, flutter or downward butterfly kick is 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 **Turns and Finish** — At each turn and at the finish of the race, the touch shall be made with both hands simultaneously at, above, or below the water level. 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 the last complete or incomplete cycle preceding the touch.

101.2. BUTTERFLY

.1 **Start** - The forward start shall be used.

.2 **Stroke** - After the start and after each turn, the swimmer's shoulders must be at or past the vertical toward the breast. The swimmer is permitted one or more leg kicks, but only one arm pull under water, which must bring him to the surface. It shall be permissible to be completely submerged for a distance of not more than 15 meters 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 body shall be kept on the breast. Both arms must be brought forward over the water and pulled back simultaneously.

.3 **Kick** - All up and down movements of the legs and feet must be simultaneous. The position of the legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A scissors kick or breaststroke kicking movement is not permitted.

.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.

.5 **Finish** - At the finish the touch shall be made with both hands simultaneously at, above, or below the surface of the water.

101.3. BACKSTROKE

.1 **Start** - The swimmers shall line up in the water facing the starting end, with both hands placed on the gutter or on the starting grips. Standing in or on the gutter, placing the toes above the lip of the gutter, or bending the toes over the lip of the gutter, before or after the start, is prohibited.

CASO

(a) The backstroke start shall be used.

(b) The body shall remain on the back to the degree the shoulders do not turn over beyond the vertical plane except while executing a turn.

(c) Any stroke is permitted.

(d) Any kick is permitted.

(e) The swimmer may be completely submerged during the turn or for a distance of not more than 16.4 yards (15 meters) after the start and each turn. By that point, the head must have broken the surface of the water.

(f) The turn requires that some part of the swimmer's body contact the end wall. After the swimmer's head has passed the backstroke flag, (20 yard mark) the swimmer's upper shoulder may (but is not required to) rotate past the vertical toward the breast before the touch is completed providing such rotation is accompanied by an initiation of the turning action or continuation into the wall. The initiation of the turning action shall be accomplished by a single-arm or simultaneous double arm pull, or in the absence of such pulls, by a downward, underwater movement of the head. After the initiation of the turning action, no additional arm pulls may be started; however, kicking and gliding actions are permitted. The swimmer shall assume a position on the back before the feet leave the wall.

(g) The finish requires completion of the required distance and contact with the finish end or the finish pad by any part of the swimmer.

101.4. FREESTYLE

.1 **Start** - The forward start shall be used.

.2 **Stroke** - In an event designated freestyle, 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.

.3 **Turns** - Upon completion of each length, the swimmer must touch the wall.

.4 **Finish** - The swimmer shall have finished the race when any part of the swimmer touches the wall after completing the prescribed distance.

101.5. INDIVIDUAL MEDLEY - The swimmer shall swim the prescribed distance in the following order: The first one-fourth, butterfly; the second one-fourth, backstroke; the third one-fourth, breaststroke; and the last one-fourth, freestyle.

1 **Start** - The forward start shall be used.

2 **Stroke** - The stroke for each one-fourth of the designated distance shall follow the prescribed rules for that stroke.

.3 **Turns**

A Intermediate turns within each stroke shall conform to the turn rules for that stroke.

B The turns when changing from one stroke to another shall conform to the finish rules for the stroke just completed, and shall be as follows:

(1) **Butterfly to backstroke** - The swimmer must touch as described in 101.2.5. Once a legal touch has been made, the swimmer may turn in any manner, but the shoulders must be at or past the vertical toward the back when the swimmer leaves the wall.

(2) **Backstroke to breaststroke** - The swimmer must touch the wall while on the back. Once a legal touch has been made, the swimmer may turn in any manner but the shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall and the prescribed breaststroke form must be attained prior to the first arm stroke.

(3) **Breaststroke to freestyle** - The swimmer must touch as prescribed in 101.1.5. Once a legal touch has been made, the swimmer may turn in any manner.

.4 **Finish** - The swimmer shall have finished the race when any part of his/her person touches the wall after the prescribed distance.

101.6. RELAYS

.1 **Freestyle Relay** - Four swimmers on each team, each to swim one-fourth of the prescribed distance using any desired stroke(s). Freestyle finish rules apply.

.2 **Medley Relay** - Four swimmers on each team, each to swim one-fourth of the prescribed distance continuously in the following order: first, backstroke; second, breaststroke; third, butterfly; and fourth, freestyle. Rules pertaining to each stroke used shall govern where applicable. At the end of each leg, the finish rule for each stroke applies in each case.

.3 Rules pertaining to Relay Races -

A No swimmer shall swim more than one leg in any relay event.

B When automatic relay take-off is used; each swimmer must touch the touch plate or pad in his/her lane at the end of the course to have finished his/her let of the race.

C In relay races a swimmer other than the first swimmer shall not start until his/her teammate has concluded his/her leg.

D Any relay team member and his/her relay team shall be disqualified from a race if a team member other than the swimmer designated to swim that leg enters the pool in the area where the race is being conducted before all swimmers of all teams have finished the race. Exception: When an in-the-water start is required or such start is approved by the Referee.

E Each relay team member shall leave the water immediately upon finishing his/her leg, except the last member.

F In relay races the team of a swimmer whose feet have lost touch with the starting platform (ground or deck) before his/her preceding teammate touches the wall shall be disqualified.

G In relay races involving in-the-water starts, the team of a swimmer who has lost touch with the end of the course before his/her teammate touches the wall shall be disqualified, unless the swimmer in default returns to the original starting point at the wall.

USS 102.10. DISQUALIFICATIONS

1 A disqualification can be made only by the official within whose jurisdiction the infraction has been committed.

2 The Referee or designated official making a disqualification shall make every reasonable effort to seek out the swimmer or his/her coach and inform him as to the reason of the disqualification.

3 Any swimmer who acts in an unsportsmanlike or unsafe manner within the swimming venue may be considered for appropriate action or penalty by the referee.

- 4 A swimmer must start and finish the race in his/her assigned lane.
- 5 Standing on the bottom during freestyle shall not disqualify a swimmer, but a swimmer must not leave the pool, or walk, or spring from the bottom. Standing on the bottom during any other stroke shall result in disqualification.
- 6 Obstructing another swimmer by swimming across or otherwise interfering shall disqualify the offender, subject to the discretion of the Referee.
- 7 Any swimmer not entered in a race who enters the pool or course in the area in which said race is being conducted before all swimmers therein have completed the race shall be barred from the next individual event in which that swimmer is entered on that day or the next meet day, whichever is first.
- 8 Dipping goggles in the water or splashing water on the competitor's face or body prior to an event shall not be considered as entering the pool unless the Referee finds that such action is interfering with the competition.
- 9 Should a foul endanger the chance of success of a swimmer(s), the Referee may allow the affected competitor(s) to reswim the event. In case of collusion to foul another swimmer, the Referee may, at his/her discretion, disqualify the swimmer for whose aid the foul was committed, as well as the swimmer doing the fouling.
- 10 No swimmer is permitted to wear or use any device or substance to help his/her speed or buoyancy during a race. Goggles may be worn, and rubdown oil applied if not considered excessive by the Referee.
- 11 Grasping lane dividers to assist forward motion is not permitted.
- 12 For relay disqualifications refer to 101.6.3.
- 13 The time and/or place of any swimmer or relay team disqualified either during or following an event shall not be recorded in the results of that event. If awards have been made prior to the decision to disqualify they shall be returned and made to the proper recipient(s) and if points have been scored by those disqualified the event shall be rescored.

14 Time and/or place officially recorded for a swimmer shall not be nullified for violations occurring subsequent to such performance.

Rules pertaining to In Water Starts and In Water Relay Exchanges –

A. Swimmers starting in the water must have at least one hand in contact with the top of the wall at the time of the starter's command, "take your mark".

B. Relay exchanges involving swimmers starting in the water require the swimmer to have at least one hand in contact with the top of the wall and shall not start until his/her teammate touches to conclude their leg of the event.

C. An on deck assistant to a swimmer is not permitted. A deck or in-the-water start is allowable and the swimmer may be permitted to have an assistant on the deck if the swimmer is afflicted with a mental or physical disability that in the judgment of the referee regarding the athlete's needs, require this modification.

.

USS 102.9 SWIMWEAR

.1 Design

A Swimwear shall include only a swimsuit, cap, and goggles. Armbands or leg bands shall not be regarded as parts of the swimsuit and are not allowed.

B In swimming competitions, the competitor must wear only one swimsuit in one or two pieces, except as provided in 205.10.1. All swimsuits shall be made from textile materials. For men, the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee.

(1) Exemptions to the foregoing restriction may be granted to a swimmer, on a case by case basis, by the RMSL Executive Board, or his/her designee. Exemptions will be granted only for conflicts due to the swimmer's verified religious beliefs or verified medical conditions.

(2) Application for an exemption must be submitted in writing to the RSML Executive Board.

(3) No exemption to this restriction will be granted for a swimsuit that will give the swimmer a competitive advantage.