

USA SWIMMING RULES & REGULATIONS COMMITTEE

BACKSTROKE START CHANGE TO CONFORM TO FINA

*Approved by the Rules & Regulations Committee
under authority granted under 514.1 to conform to FINA Technical Rules
Effective date: June 1, 2002*

1. This change is considered minor. The toes or foot may come out of the water while moving up the pad or wall **after** the starting signal, provided the toes do not curl over the lip of the gutter and no part of the foot stands in the gutter.
 2. There is no change in guttered pools in which the water level is right at the lip of the gutter. This change has potential application in flat wall pools with no gutters or in guttered pools in which the water level is below the lip of the gutter.
 3. Standing in or on the gutter or curling the toes over the lip of the gutter is still not permitted.
 4. This change is consistent with a prior Committee interpretation, dated May 30, 1998.
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101.3 BACKSTROKE

The change in legislative format:

.1 Start

A—The swimmers shall line up in the water facing the starting end, with both hands placed on the gutter or on the starting grips.

~~B—Prior to the command "take your mark" and until the feet leave the wall at the starting signal, the swimmer's feet, including the toes, shall be placed under the surface of the water. Standing in or on the gutter or curling the toes over the lip of the gutter is not permitted at any time before the start. A backstroke starting block may not be used.~~

The change in final form:

<p>.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. Prior to the starting signal, the swimmer's feet, including the toes, shall be placed under the surface of the water. Standing in or on the gutter or curling the toes over the lip of the gutter is not permitted at any time. A backstroke starting block may not be used.</p>

Current FINA language is as follows:

[FINA] SW 6.1 Prior to the starting signal, the swimmers shall line up in the water facing the starting end, with both hands holding the starting grips. The feet, including the toes, shall be under the surface of the water. Standing in or on the gutter or bending the toes over the lip of the gutter is prohibited.