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Rules

As you are all aware there have been some rule changes in USA Swimming to conform to the FINA rules changes.

You should have received an email in September announcing those changes as well as the official wording and interpretations, as set forth by the Rules Committee.

I attended the National Officials Chairs workshop October 7-9, 2005 and

heard Carol Zaleski, the head of the Olympic Rules Committee; describe the changes as the committee had put them forth. She was the author of the backstroke change, and her intention for the rule change was to put the wording in to allow the toes to be above the surface of the water in pools with no gutters and touch pads that extend out of the water (above the gutters) to the degree

that the toes would need to be out of the water. **The swimmer is not allowed to curl his/her toes over the gutter or lip of the pool or the touch pad.** As stated in the interpretation, the rest of the changes in the backstroke were simply to incorporate the language used by FINA - **THERE IS NO CHANGE TO THE WAY THE RULE IS TO BE JUDGED!**

More Rules

The original rule change by FINA (several years ago) inspired the turn as we know it now! This turn was not anticipated but has developed and the requirement to be continuous is our way of ensuring that the Backstroke is swum on the back! FINA did not use these words (...any kick or arm pull must be part of a continuous turning action) so we have now taken them out. It was my understanding that the

word 'execute' will be changed to 'initiate' as FINA has it written, but a continuous arm pull is required to initiate the turn and we must use common sense and 'well-meaningness' to judge the turn from that point on. **Officially, THERE IS NO CHANGE TO THE WAY THE TURN IS OFFICIATED!**

Along with the requirement to swim on the back, the wording to allow the swimmer to be

completely submerged 'at the finish', shall be interpreted to mean the touch at the wall, not the 'lunge' for wall or the 'last' stroke to the wall. We still want the backstroke to be swum on top of the water as well as on the back!



"Interpretations by Carol Zaleski, Olympic Rules Committee Chair."

And More

As for the Breaststroke (this is the one they thought would cause the most problems), Carol was the only one of the committee voting against the change. She is also still unsure of the actual interpretation that the committee will hand down. The Olympic Rules Committee is meeting at the end of October and will at that time give an official interpretation that USA will likely adopt as theirs also.

You are still to judge

according to the rule and interpretation that we have at this time, but when taking the test, use the rule based on the 2005 Rule book! "We can only do the best job we can do at the time," was Carol's response when ask how to judge the stroke if even she wasn't even sure of the interpretation. Follow the interpretation as written by the USA Swimming Rules Committee that you

have at this time, if FINA makes changes those will be handed down later. "...During, or at the end of the arm pull-down of the first stroke after the start and after each turn, a single downward butterfly kick is allowed, but not required, followed by a breaststroke kick."

Tests!

The tests will not be changed for the breaststroke rule as there is a possibility that they would have to be changed a second time, but the tests should reflect the backstroke changes. The stroke briefings will also be updated along with a new video (on DVD and VHS); as soon as these are available we will see to it that all trainers are

supplied with those materials.

Those in attendance at the convention please be sure that you have read Bruce Stratton's (Chairman, Rules and Regulations Committee) notice and the attached breaststroke interpretation as he states the interpretation at the convention was

partially incorrect.

The rule changes and interpretations are available on USA Swimming's web-site: <http://www.usaswimming.org/USASWeb/DesktopDefault.aspx?TabId=95&Alias=Rainbow&Lang=en>

October Birthdays! (If you are on this list you are in Great Company!)

Mike Sheppard
Earl Woodin
Cheryl Kucharik
Susan Kleiboecker
Deborah Miller
Janet Zieger
Bryna Sandstrom
David Riekhof
William Seyboth
Emmalee Martin
Linda Bailey
Christopher Prinslow
Hope Helferich

Natalie Haag
Jeffrey Larson
Mark Sutton
Michael McDermeit
Gary Stelzer
Linda Wolfe
Lucinda Bonjour-Molden
John Maynard
Shawn Jones
Jennifer Holferty
Valerie Duncan
Maria DeJulio
Teresa Snethen

Kelly Edwards
Rachel Gunderson
Scott Edmisten
Mary Greet
Kenneth Chargois
Jeffrey Zieger
Thomas Mackin
Robert Rodgers
Dale Fritsch
Sandra Miller