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To: General Chairs
Officials Chairs
Rules & Regulations Committee
Officials Committee
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From: Bruce W. Stratton
Chairman, Rules and Regulations Committee

Subject: Interpretation of Article 101.1.3

There have recently been a number of questions regarding the breaststroke and Article 101.1.3 which states in part, "After the start and each turn, a single downward butterfly kick followed by a breaststroke kick is permitted while wholly submerged." One issue is whether or not a swimmer is "required" to be wholly submerged in order to take a downward butterfly kick followed by a breaststroke kick. A second issue relates to the feet breaking the surface of the water.

The wording in the Rule Book is purposely written verbatim from the FINA Rule Book. While the literal reading of the rule may be interpreted differently depending upon your personal point of view, the following is the official interpretation of the rule by the USA Swimming Rules and Regulations Committee under the provisions of Article 506.5.5.

1. A swimmer who chooses to take a downward butterfly kick after the start or any turn, as provided in Article 101.1.3, does **not** need to be wholly submerged.
2. The breaststroke kick has three basic requirements: all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement; the feet must be turned outward during the propulsive part of the kick; and, a scissors, flutter or "downward" butterfly kick is not permitted except as provided in the first paragraph of Article 101.1.3. Breaking the surface of the water with the feet is allowed at any time as long as it is not followed by a "downward" butterfly kick (except as provided in the first paragraph of Article 101.1.3). There is no prohibition against an upward butterfly-type kicking action or motion at any time and this should not be cause for a disqualification.

If you have any questions, please direct them to me at the above e-mail address.

Bruce W. Stratton
Chairman, USA Swimming Rules and Regulations Committee

