

OUR KIDS INITIATIVE POOL DEPTH COMPARISONS

(AS OF SEPT 2, 2004)

(CHANGES ARE **RED**)

	FINA	NCAA	NFHS	USA-S/USMS	YMCA
Depths of Competitive Swimming	<p>minimum depth: 1 meter (3'3 1/2") is required</p>	<p>minimum depth: 4 ft at start end; 3'6" at the opposite end; Minimum depth of 4' is recommended throughout; NEW construction recommends 7'</p>	<p>No minimum depth: for swimming;</p> <p>SEE DEPTH REQUIREMENTS FOR COMPETITIVE RACE STARTS</p>	<p>minimum depth for competition: can be <3'6"</p>	<p>Same as NCAA</p>
Depths for Competitive Racing Starts	<p>A minimum depth of 1.35 meters from 1 meter to 6 meters from the end wall; The height of the platform shall be at least .5 m to .75 m above the surface of the water;</p> <p>No provision for starting from the side or in the water</p>	<p>Water depth shall be no less than 4'; The height of the platform may not exceed 30" above the surface of the water; Provision for starting in the water (2.1, article 1, page 25)</p>	<p>Minimum depth: 4' at start end measured from the end wall to 5 meters from the end wall.</p> <p>4'>: platform no more than 30" above the water; <4': in water</p>	<p>Minimum depth for starts in competition is 4' measured from 1 meter to 5 meters from the end wall; for teaching racing starts: 5 ft < 4' - must start in water,</p> <p>4'> - platform maximum of 2'6" (30") above water (103.2.3 & 103.12) *see note below</p>	<p>Minimum depth: 5 feet</p> <p>Provision for starting in the water (2.1, article 1, page 25 in NCAA rules)</p>

Local, state and municipal statues, ordinances, rules and regulations, may have depth limitations in conflict with this Section 103.2.3. The LSC and all Member Clubs should check for this at all times.

RULE OF THUMB FOR ALL GOVERNING BODIES - THE MORE STRINGENT RULE APPLIES WHETHER IT IS THE APPROPRIATE RULEBOOK OR LOCAL, STATE, AND MUNICIPAL ORDINANCE.

SWIMMING RULES: COMMON ELEMENTS and DIFFERENCES (as of May 17, 2004)

COMMON ELEMENTS WITH ALL GOVERNING BODIES	START	FREESTYLE	BACKSTROKE	BREASTSTROKE	BUTTERFLY	I.M.
	Forward - feet anywhere before TYM; after TYM at least 1 foot at front edge; Back - feet under/no curling of toes	Head up by 15 m* *NCAA states "leading part of the head by 15 m"	Head up by 15m* *NCAA states "leading part of the head by 15 m"	2 hand touch - simultaneous; Arms in same horizontal plane; Elbows can be out at turn and finish	2 hand touch-simultaneous; Arms simultaneous in recovery and pull; Breaststroke/scissor/alternating kick not permitted; Head up by 15 m (NCAA - leading part of head); Body kept on breast from beginning of first arm stroke	Stroke and turn rules are the same: Finish rules apply at transition turns

DIFFERENCES (in red)

FINA	Whistle preparatory commands; No recall	Can't re-submerge	Can't re-submerge	Head up at widest part of 2nd stroke	Can't re-submerge	
USA	Whistle preparatory commands; No recall	Can't re-submerge	Can't re-submerge	Head up at widest part of 2nd stroke	Can't re-submerge	
NCAA	Verbal preparatory commands; Recall	Can't re-submerge	Can't re-submerge; Kick/glide is permitted after turning action	Head up at widest part of 2nd stroke; No sculling permitted	Can't re-submerge	
YMCA						
NFHS	Verbal preparatory commands; Recall	Inadvertent resubmerging is permitted* *(see POINTS of EMPHASIS in rulebook	Inadvertent resubmerging is permitted* *(see POINTS of EMPHASIS in rule-book; Kick/glide is permitted before and after turning action	Head up before recovery of 2nd stroke; No sculling permitted	Hands-horizontal level in stroke; Inadvertent re-submerging is permitted* *(see POINTS OF EMPHASIS IN RULEBOOK)	
USMS	Whistle preparatory commands; No recall Forward - at least 1 ft at front before TYM	Can't re-submerge	Can't re-submerge	Head up at widest part of 2nd stroke;	Allow breaststroke or whip kick exclusively or interchangeably	