



IMPORTANT NEWS RE STROKE RULES – BREASTSTROKE & BUTTERFLY SW 7.6 (Breaststroke) & SW 8.4 (Butterfly)

Many people may by now have seen, or been informed, of a possible change to the stroke rules in relation to the touch at turns and finish for Breaststroke and Butterfly as described in FINA Rules 2013-2017.

Rumours began to circulate last Friday including an explanatory picture, purporting to be issued by FINA. British Swimming Officials Group was notified. At that time there was no confirmation that neither the rumour, nor the picture that went with it, were genuine and there had been no notification from FINA that the rules had changed.

FINA only yesterday clarified that the picture was authentic and that the rules had indeed been changed by the FINA Technical Swimming Committee at a meeting in December.

So, as of this moment, the interpretation of the stroke rules for the touch at the turn and finish of both Breaststroke and Butterfly is:

- *The hands must not be “stacked” i.e. one on top of the other:*
- *It is not necessary to see space between the hands:*
- *Incidental contact at the fingers is not a concern.*

Further information can be found at the following link:

<http://www.swimming.org/britishswimming/swimming/general-resources/>

The picture that also describes the changes is below:



Separated Hands

Fina
Water is Our World

“Separated” means that the hands cannot be stacked one on top of the other. It is not necessary to see space between the hands. Incidental contact at the fingers is not a concern.

OK

**Separated means:
No stacked hands**

The slide features a blue background with a central image of a hand splashing water. It includes three small inset photos showing hands in various positions: two separate hands, two hands touching side-by-side, and two hands stacked on top of each other. The text 'OK' is next to the first two photos, and 'Separated means: No stacked hands' is next to the third photo.

Ralph Shortland

Secretary

Middlesex County Swimming Officials Committee

14th January 2014