



MEMORANDUM

October 6, 2005

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TO: Head Swimming Coaches and Officials.

FROM: Sue Petersen Lubow, secretary-rules editor  
NCAA Men's and Women's Swimming and Diving Rules Committee.

SUBJECT: The following highlight the major changes and their intent in the  
2006 NCAA Swimming and Diving Rules Book:

- Backstroke start—Toes can be above the water line. Please note that this may be more difficult in a gutter pool because toes still cannot go into the gutter.
- Backstroke finish—This wording changed, but the intent is the same. The swimmer can be wholly submerged on a last stroke at the finish. This means at the wall and not at the flags and kicking into the finish.
- Breaststroke pull out—A dolphin kick is legal but only in this order: arm pull, dolphin kick, followed by a breaststroke leg kick.
- Whistle start—We are using a modified whistle start by which the referee blows the whistle and the swimmers can get up on the blocks ("step up" command is optional) or go in the water (for backstroke).

Please note that rulings 1-4 on page SW-141 should have been deleted from the Rules Interpretation Supplement the section on the start. Please cross these four rulings out for future reference in your rules book. The first correct situation listed is the one highlighted at the bottom of the page.

If you have any questions, please contact me ([lubows@usmma.edu](mailto:lubows@usmma.edu) or 516/773-5454).

SPL:nkb

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