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Date: November 30, 2014

To: General Chairs
Officials Chairs
Rules & Regulations Committee
Board of Directors, USA Swimming
USA Swimming Officials
USA Swimming Coach Members

From: Jay Thomas, Chair, Rules & Regulations Committee

Re: Breaststroke - Timing of Permissible Butterfly Kick After the Start and Turns.

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1. On November 29, 2014, FINA convened an Extraordinary Congress in Doha, Qatar and adopted changes to FINA rules.
2. The Rules and Regulations Committee acting pursuant to the provisions of Rule 511.1, hereby amends the following rule to conform to the rules of FINA.
3. Rule 101.2.3 is amended – the underlined passage indicates the affected wording.

"101.2.3 Kick – After the start and each turn, <u>at any time prior to the first breaststroke kick a single butterfly kick is permitted</u>. Following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement.

The feet must be turned outwards during the propulsive part of the kick. Scissors, alternating movements or downward butterfly kicks are not permitted except as provided herein. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick."

4. The rule, as amended, is effective immediately.

Jay Thomas
Chair, USA Swimming Rules & Regulations Committee

cc. Mickey Smythe, USA Swimming Rules & Regulations Committee