

OFFICIAL RULES DIFFERENCES

GOOD TO KNOW - Differences between USA Swimming and PWSL and High School Swim Briefing:

If you are a certified S&T with USA swimming or S&T during the summer swim season here is what you need to know about the differences with the High School swimming:

1. **Breaststroke:** No initiation of the hands before the first downward butterfly kick is needed, before the first breaststroke kick. Of course in USA this rule was also revoked.
2. **Butterfly:** Arms must be simultaneous and on the **same horizontal plane**.
3. **Butterfly & Breaststroke:** Hands at the turns and finish **CAN OVERLAP** one on top of the other
4. **Backstroke:**
 - a. When swimmer reaches the flags they can **turn over and kick into the wall**.
 - b. Can **skull backwards** into the wall on their back.
5. **Individual Medley and Medley Relay:** The final leg of the individual medley and the medley relay requires the swimmer to be at or past vertical toward the breast **before any stroke, kick or propulsive motion**. *Key word **propulsive** ~
6. **As always the benefit of the doubt goes to the swimmer.**

MORE GOOD TO KNOW - Differences between USA and High School Swim:

1. **False Start is a False start in High School Swim** – No second chances like summer swim.
2. **No Reseeds** – Swimmers must be in their lane at the quick whistles and ready to step up at the long whistle.
3. **Jewelry** – The prohibition of wearing jewelry has been removed from the rules for swimming and diving completion.
 - a. **EXCEPT for** The NFHS Director of Sports wrote and stated there is a mistake in the rule book. The correct penalty for wearing an electronic device is DQ and removal from the rest of the meet -- obviously a very severe penalty.
4. **Swim Attire/Gear** -
 - a. Caps - Only High School - Double Caps ensure your swimmer has the cap turned inside out if a swim cap from a club, summer or college is viewable on a swimmer in the water it is a DQ for sportsmanship. (Only exception is the United States Flag)
 - b. Tie back suits are considered illegal equipment given the use of a fastening system
5. **Tape** – Kinesio tape is not allowed and tape of any other kind must accompanied by a Doctor's note and approved by the referee **BEFORE** the meet.
6. **Energy Drinks** – In 2010, the VHSL Executive Committee passed on energy drink policy which is in the effect immediately for all VHSL member schools. PWCS supports this policy and will follow the same policy. Recommendation that athletes do not consume energy drinks during participation in any interscholastic activities.

Want to Review the Strokes – You Can! Visit the USA Swimming website at:

<http://www.usaswimming.org/DesktopDefault.aspx?TabId=2775&Alias=Rainbow&Lang=en>