

## IMMEDIATE CHANGES TO CONFORM TO WORLD AQUATICS AND USA SWIMMING RULES

FINA (now World Aquatics, as of the FINA Extraordinary Congress in Melbourne, AUS on December 12, 2022) approved amendments to the rules of competition via video conference during the FINA Technical Congress on October 3<sup>rd</sup> – 5<sup>th</sup>, 2022. These changes were effective on January 1, 2023. Pursuant to article 601.4.4, amendments to the World Aquatics Masters Technical Rules shall automatically be adopted by USMS unless the USMS Rules Committee takes action to alter the amendments for clarity, consistency of language, or stylistic conformity with USMS rules. Amendments can be rejected by a nine-tenths vote of the Rules Committee and a majority vote of the Executive Committee.

The USMS Rules Committee voted to affirm these changes during their winter meeting on January 29<sup>th</sup>, 2023 and these changes have been adopted in the 2023 USMS Code of Regulations and Rules of Competition.

### Explanation of Change #1

FINA approved a change which alters the requirements for judging the arm motion in breaststroke.

1. There is no longer a requirement for the arms to move in the same horizontal plane during the breaststroke.
2. The arms must still move in a simultaneous fashion.

### Explanation of Change #2

FINA approved a change which alters the requirements for judging the kick in breaststroke.

1. There is no longer a requirement for the legs to move in the same horizontal plane during the breaststroke.
2. The legs must still move in a simultaneous fashion.

The complete text of the changes are included on the next page of this notice. The most up-to-date version of the rule book can be found online at [usms.org/rules](https://usms.org/rules)  
Please direct all questions to the USMS Rules Committee Chair.

Mollie Grover  
USMS Rules Committee Chair  
February 24, 2023

### Change #1

This change is located in article 101.2.2 Stroke, paragraph 2. The rule now reads:

All movements of the arms shall be simultaneous without alternating movement.

Previously, that same paragraph read:

All movements of the arms shall be simultaneous **and in the same horizontal plane** without alternating movement.

(Bold language was removed.)

### Change #2

This change is located in article 101.2.3 Kick, paragraph 1. The rule now reads:

After the start and after each turn, at any time prior to the first breaststroke kick, a single butterfly (dolphin) kick is permitted, following which, all movements of the legs shall be simultaneous without alternating movement.

Previously, that same paragraph read:

After the start and after each turn, at any time prior to the first breaststroke kick, a single butterfly (dolphin) kick is permitted, following which, all movements of the legs shall be simultaneous **and in the same horizontal plane** without alternating movement.

(Bold language was removed.)