

MEMORANDUM

TO: ALL FINA MEMBER FEDERATIONS

FROM: FINA, Lausanne

DATE: 14 March 2012

**RE: BREASTSTROKE INTERPRETATION
FINA RULES SW 7.1 & SW 7.2**

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EXECUTIVE DIRECTOR

CORNEL MARCULESCU

Dear Sirs,

Considering that some Federations are making incorrect interpretation of when the butterfly kick is permitted at the start and after each turn in the breaststroke, please refer below to *the correct interpretation of the FINA Rules SW 7.1 and SW 7.2*:

SW 7.1 After the start and after each turn, the swimmer may take one arm stroke completely back to the legs during which the swimmer may be submerged. A single butterfly kick is permitted during the first arm stroke, followed by a breaststroke kick.

Interpretation:

The first arm stroke begins with the separation of the hands.

SW 7.2 From the beginning of the first arm stroke after the start and after each turn, the body shall be on the breast. It is not permitted to roll onto the back at any time. From the start and throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous and on the same horizontal plane without alternating movement.

Interpretation

A pause after the separation of the hands is not a violation of the rule.

Please do not hesitate to contact us for any assistance or additional information you may need.

Sincerely



Cornel Marculescu
Executive Director

CM/mvsvb