

FINA Changes to Breaststroke Rules

SW 7.4 (New Wording)

During each complete cycle, some part of the swimmer's head shall break the surface of the water. After the start and after each turn, the swimmer may take one arm stroke completely back to the legs. A single downward dolphin kick followed by a breaststroke kick is permitted while wholly submerged following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement.

Implications of this rule change:

A single dolphin kick is now permitted as part of the long underwater stroke performed by breaststrokers following a dive entry or following a turn. The wording of the FINA rule does not stipulate when the dolphin kick may be performed. However, most swimmers will feel that combining the dolphin kick with the 'power phase' of the armstroke produces the greatest forward propulsion. Coaches may want their swimmers to experiment with timing the dolphin kick to other phases of the underwater stroke.

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1. push or glide from a dive start in a streamlined position
2. dolphin kick during the 'power phase' of the long-pull
3. finish the long-pull with a streamlined body position
4. recover the arms close to the body
5. breaststroke kick as arms stretch toward the surface
6. head breaks the surface as first armstroke begins