

May 16, 2006

Q: The new breaststroke rule:

The swimmer may now take a dolphin kick on the dive start and turns. Does this mean that the dolphin kick comes before the first arm pull past the hips, which is then followed by the breaststroke kick – followed by the arm pull where the head must break the surface before the hands turn inward at the widest part? Or does it take place of the breaststroke kick after the first arm pull past the hips, which is then followed by the arm pull where the head must break the surface before the hands turn inward at the widest part?

Is there two breaststroke kicks and a dolphin kick allowed (3 kicks) or does the dolphin kick replace one of the original breaststroke kicks?

New Rule:

Breaststroke: (c) A single dolphin kick to be followed by a breaststroke kick is now permitted after the start and each turn while the swimmer is completely submerged.

SW 7.4 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. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke. 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.

A: This new rule does not eliminate the breaststroke original rule. The swimmer does NOT have to use a dolphin kick. However, if the swimmer so chooses to incorporate the dolphin kick on the dive start and turns (ONLY) then they may use a dolphin kick as their arms are pulling back past the hips or after this initial arm pull while still wholly submerged. The next kick that the swimmer does – must be a breaststroke kick.

Number of Kicks allowed on dive entry and turns:

There can only be 2 kicks – a dolphin kick followed by a breaststroke kick on the dive start or turn **or** two breaststroke kicks.

The key to watch is that there is only one arm pull past the hips and the dolphin kick is followed by a breaststroke kick while wholly submerged and the head breaks the surface as the swimmer's hands turn inward at the widest part.

The only rule change for the Breaststroke involves the kick, allowing a single legal dolphin kick at the start and at the turns. That single dolphin kick is permitted under 2 conditions:

1. It must be done while the swimmer is submerged.
2. It must be followed by a breaststroke kick.

Official FINA Interpretation on the use of the DOLPHIN KICK in BREASTSTROKE:

"A dolphin kick is not part of the cycle and is only permitted at the start and turn whilst the arms are pulling back to the legs or after the arm pull whilst wholly submerged followed by a breaststroke kick."