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To: General Chairs
Officials Chairs
Rules & Regulations Committee

Board of Directors, USA Swimming
USA Swimming Officials
USA Swimming Coach Members

From: Daniel W. McAllen III, Chair, Rules & Regulations Committee

Re: Breaststroke and Butterfly Separated Hands Interpretation

The FINA Technical Committee met in Bangkok, Thailand on December 6-7, 2013. At the meeting there was a discussion of the term "separated hands" as it relates to the rule adopted by FINA at its August, 2013 Congress.

The discussion resulted in the following interpretation:

"Separated means that the hands cannot be stacked one on top of the other. It is not necessary to see space between the hands. Incidental contact at the fingers is not a concern"

Accordingly, the separated hands in breaststroke and butterfly interpretation issued by me on October 8, 2013 is hereby expressly revoked and is replaced by the FINA interpretation above. A picture of the legal and illegal separated hands position as defined by FINA is on the following page.

A handwritten signature in cursive script that reads "Daniel W. McAllen III".

Daniel W. McAllen III
Chair, Rules & Regulations Committee



Separated Hands

"Separated" means that the hands cannot be stacked one on top of the other. It is not necessary to see space between the hands. Incidental contact at the fingers is not a concern.

OK



Separated means:

No stacked hands

