

Recently FINA (now World Aquatics) and USA Swimming adopted a rule change which affects how the arm pull and leg kick is judged in the breaststroke.

However, at this time the NFHS has not adopted any rule change regarding the breaststroke. As a result, for high school swimming breaststroke arm pulls and legs kicks shall continue to be judged as stated in the 2022-2023 NFHS Rules Book, rule 8-2, Article 2.

There is no change to the requirement that arm pull and leg kick movement occur simultaneously and in the same horizontal plane (NFHS Rule 8-2, Article 2e and Article 2f).

Please let me know of any questions.

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