

The Utah Country Club Swim & Dive League follows the 2010 USA Swimming Rules and Regulations regarding Technical Rules with the following exceptions:

Article 101

Individual Strokes and Relays

101.1 Starts

.3 False Starts

- A The League allows one false start per swimmer. The swimmer will be notified of the false start. If the swimmer false starts a second time they will be disqualified.
- B If the starting signal has been given before the false start is declared, the starter shall give a recall signal. The swimmers will return to the blocks for a restart. If the swimmers have swum one the length of the pool the starter will swim the next event and allow the swimmers who were recalled to rest before their event is reswum. If the swimmers have swum two or more lengths of the pool the starter will swim the next two events and allow the swimmers who were recalled to rest before their event is reswum.

101.4 Backstroke

- .3 Turns –** Upon completion of each length, some part of the swimmer must touch the wall. After the swimmer's head has passed the backstroke flag, prior to the turn, the swimmer's upper shoulder may (but is not required to) rotate past the vertical toward the breast before the touch is completed. The initiation of the turning action shall be accomplished by a single-arm or simultaneous double-arm pull, or in the absence of such pulls, by a downward, underwater movement of the head. After the initiation of the turning action, no additional arm pulls may be started; however, kicking and gliding actions are permitted. The swimmer shall assume a position on the back before the feet leave the wall.