

# Recent Rule Update

*By Tom Cox*

Here is one other change that FINA made in the Breast stroke. The underlined wording was added to the Turn and finish.

## Turns and Finish

At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously at, above, or below the water level. At the last stroke before the turn and at the finish an arm stroke not followed by a leg kick is permitted. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

The Breast Stroke is a cycle stroke meaning for every arm pull there must be a leg kick. This change means that if you are close to the wall and you've done the full cycle and are not quite to the wall, then you may do the arm pull to get you there without the leg kick which was previously required.

In my years of officiating I've never had a Judge call this at the turn or finish. I have seen it during the swim. From the Stroke judge's point of view at the turn and finish his view has gone from observing the body coming into the wall to just the touch which takes the eyes off the legs and totally focuses on the hands touching the wall. At that point they would not be able to see the legs do anything. The Judge that can see the entire body any time from wall to wall is the side judge that is walking the pool sides.