



## Memorandum

**To:** State Association Swimming Administrators

**From:** Becky Oakes

**Subject:** Butterfly Kick Permitted within Breaststroke - Rule 8-2-2c

**Date:** September 25, 2006

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The NFHS has received a few contacts from state associations seeking clarification on the application of Rule 8-2-2c. Some of you may be asked to provide an interpretation as to when the butterfly (dolphin) kick is permitted within the breaststroke. Most of these questions are presented due to different language within the rules of the NFHS and USA Swimming.

Rule 8-2-2c now permits a single downward butterfly (dolphin) kick at the start or turn. For clarification, the butterfly (dolphin) kick can be executed at any point after the initiation of the arm stroke but before the breaststroke kick, during the first stroke after the start or turn.

Please share this interpretation, as you deem appropriate with your schools and officials.

Thank you for your attention and consideration.

BO/lb

cc: Bob Gardner, NFHS  
NFHS Swimming and Diving Rules Committee  
State Association Swimming Administrators