

WPS Butterfly Rule Interpretation

WPS 11.5.2 Both arms must be brought forward simultaneously over the water and brought backward simultaneously under the water throughout the race, subject to Rule 11.5.5.

Interpretation: "Both arms must be brought forward simultaneously over the water"- means the entire arm from the shoulder to the wrist, not just part of it, must recover over the water. There is no requirement to see space between the arm and water.

WPS 11.5.2.4 Where an athlete can only use one (1) arm for the arm stroke (as determined by the athlete's Code of Exception), the arm shall be brought forward over the water. The position of the body must remain in line with the normal water surface. Where an athlete's impairment results in only one (1) arm being used the non-functioning arm shall be dragged or stretched forward.

WPS interpretation of "**the body**" is the trunk of an athlete, including the shoulders, the position of the legs is covered in Rule 11.5.3.

To ensure the stroke retains the integrity of a Butterfly stroke, **observe that** the shoulder blades and lower back are in line with the normal surface of the water.