

# Points of Emphasis

- 1. Backstroke Ledge Education
- 2. Viability of High School Diving and Importance of Education



PLAY.  
PERFORM.  
COMPETE.  
TOGETHER.

## Rules Revisions

1.

Backstroke starting ledges are permitted if approved by state association adoption in pools with a minimum of 6 feet (1.84 meters) water depth measured from the starting end through 16 feet, 5 inches (5 meters) from the end wall.
2.

On starts from the deck, the second, third and fourth swimmers must assume a position with at least one foot stationary at the front edge of the deck. The remainder of their body may be in motion prior to the finish of the incoming swimmer.

Sport image provided by Visual Image Photography, Illinois.



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