

改訂前 (FINA Swimming Rules 2009- 2013)	改訂後 (FINA Swimming Rules 2013- 2017)
SW5 FREESTYLE (自由形) SW5.1～SW.5.3	SW5 FREESTYLE SW5.1～SW.5.3 変更なし
SW6 BACKSTROKE (背泳ぎ) SW6.1～SW6.2	SW6 BACKSTROKE SW6.1～SW6.2 変更なし
<p>SW6.3 Some part of the swimmer must break the surface of the water throughout the race. It is permissible for the swimmer to be completely submerged during the turn, <u>at the finish</u> and for a distance of not more than 15 metres after the start and each turn. By that point the head must have broken the surface.</p>	<p>SW6.3 Some part of the swimmer must break the surface of the water throughout the race. It is permissible for the swimmer to be completely submerged during the turn, and for a distance of not more than 15 metres after the start and each turn. By that point the head must have broken the surface. ※ <u>at the finish</u> の削除</p> <p>解釈 身体が完全に水没していてもよい状態から「ゴールの時」が削除された。</p>
<p>SW 6.4 When executing the turn there must be a touch of the wall with some part of the swimmer's body in his/her respective lane. During the turn the shoulders may be turned over the vertical to the breast after which a continuous single arm pull or a continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to the position on the back upon leaving the wall.</p>	<p>SW 6.4 When executing the turn there must be a touch of the wall with some part of the swimmer's body in his/her respective lane. During the turn the shoulders may be turned over the vertical to the breast after which <u>an immediate</u> continuous single arm pull or <u>immediate</u> continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to the position on the back upon leaving the wall. ※ <u>赤字追加</u></p> <p>解釈 折返しの動作中、身体が裏返しの状態になった後、一連の動作として片腕もしくは両腕同時のかきを「速やかに」行うことが明記された。</p>
SW6.5	SW6.5 変更なし
SW7 BREASTSTROKE (平泳ぎ) SW7.1	SW7 BREASTSTROKE SW7.1 変更なし
<p>SW7.2 From the beginning of the first arm stroke after the start and after each turn, the body shall be on the breast. It is not permitted to roll onto the back at any time. From the start and throughout the race the stroke cycle</p>	<p>SW7.2 From the beginning of the first arm stroke after the start and after each turn, the body shall be on the breast. It is not permitted to roll onto the back at any time <u>except at the turn after the touch of the wall where it is</u></p>

must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous and on the same horizontal plane without alternating movement.

SW7.3～SW7.4

SW7.5 The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter or downward butterfly kick is not permitted except as in SW 7.1. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.

SW 7.6 At each turn and at the finish of the race, the touch shall be made with both hands simultaneously at, above, or below the water level. 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.

permissible to turn in any manner as long as the body is on the breast when leaving the wall. From the start and throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous and on the same horizontal plane without alternating movement. ※ 赤字追加

解釈 スタートと折返しの後の最初の一かきの始まりから、体はうつ伏せでなければならない。いかなる時も仰向けの姿勢になってはならない。ただし折返しの際に壁に手がついた後の折返し動作中はこの限りではない。折返しで壁から身体が離れる時には、うつ伏せでなければならない。

SW7.3～SW7.4

変更なし

SW 7.5 The feet must be turned outwards during the propulsive part of the kick. Alternating movements or downward butterfly kick is not permitted except as in SW 7.1. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick. ※ 文言の変更

解釈 A scissors, flutter (バタ足・あおり足) が Alternating movements (交互の動き) という表記に変更

SW 7.6 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.

※ ① separated and が追加 ② At the last stroke 以下の1文が追加

解釈 ① 折返し及びゴールタッチの際、両手同時であれば高さ等に違いがあってもよいことが明記された。
② 折返し及びゴールタッチの前の最後の1回に限って足の蹴りに続かない手のかきを行うことができる。

<p>SW8 BUTTERFLY (バタフライ)</p> <p>SW 8.1 From the beginning of the first arm stroke after the start and each turn, the body shall be kept on the breast. Under water kicking on the side is allowed. It is not permitted to roll onto the back at any time.</p> <p>SW 8.2 Both arms shall be brought forward <u>together</u> over the water and brought backward simultaneously through-out the race, subject to SW 8.5.</p> <p>SW 8.3</p> <p>SW 8.4 At each turn and at the finish of the race, the touch shall be made with both hands simultaneously, at, above or below the water surface.</p> <p>SW 8.5</p>	<p>SW8 BUTTERFLY</p> <p>SW 8.1 From the beginning of the first arm stroke after the start and each turn, the body shall be kept on the breast. Under water kicking on the side is allowed. It is not permitted to roll onto the back at any time, <u>except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall.</u></p> <p>※ 赤字追加</p> <p>解釈 平泳ぎ (SW7.2) と同様</p> <p>SW 8.2 Both arms shall be brought forward <u>simultaneously</u> over the water and brought backward simultaneously <u>under the water</u> through-out the race, subject to SW 8.5.</p> <p>※ ① <u>together</u>を <u>simultaneously</u> に変更 ②<u>under the water</u>を追加</p> <p>解釈 ① 両腕を前方に「同時に」運ぶことに変わりなし ② 両腕を後方に同時に運ぶ際に「水面下」という表現が加わった。</p> <p>SW 8.3 変更なし</p> <p>SW 8.4 At each turn and at the finish of the race, the touch shall be made with both hands <u>separated and</u> simultaneously, at, above or below the water surface. ※ <u>separated and</u> が追加</p> <p>解釈 平泳ぎ (SW7.6 ①) と同様</p> <p>SW 8.5 変更なし</p>
<p>SW9 MEDLEY SWIMMING (個人メドレー)</p> <p>SW9.1～SW.9.3</p>	<p>SW9 MEDLEY SWIMMING</p> <p>変更なし</p>

SW12 WORLD RECORDS

SW12.1 For World Records in 50 metre courses, the following distances and styles for both sexes shall be recognised:

Freestyle 50, 100, 200, 400, 800 and 1500 metres
Backstroke 50, 100 and 200 metres
Breaststroke 50, 100 and 200 metres
Butterfly 50, 100 and 200 metres
Individual Medley 200 and 400 metres
Freestyle Relays 4 x 100 and 4 x 200 metres
Medley Relay 4 x 100 metres

SW 12.2 For World Records in 25 metre courses, the following distances and styles for both sexes shall be recognised:

Freestyle 50, 100, 200, 400, 800 and 1500 metres
Backstroke 50, 100 and 200 metres
Breaststroke 50, 100 and 200 metres
Butterfly 50, 100 and 200 metres
Individual Medley 100, 200 and 400 metres
Freestyle Relays 4 x 100 and 4 x 200 metres
Medley Relay 4 x 100 metres

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SW12.1 For World Records in 50 metre courses, the following distances and styles for both sexes shall be recognised:

Freestyle 50, 100, 200, 400, 800 and 1500 metres
Backstroke 50, 100 and 200 metres
Breaststroke 50, 100 and 200 metres
Butterfly 50, 100 and 200 metres
Individual Medley 200 and 400 metres
Freestyle Relays 4 x 100 and 4 x 200 metres
Medley Relay 4 x 100 metres

Mixed Relays 4 x 100 metres Freestyle and 4 x 100 metres Medley

※ 赤字部分追加

解釈 長水路で世界記録が公認される種目に「400m混合リレー」と「400m混合メドレーリレー」が加わった。

SW 12.2 For World Records in 25 metre courses, the following distances and styles for both sexes shall be recognised:

Freestyle 50, 100, 200, 400, 800 and 1500 metres
Backstroke 50, 100 and 200 metres
Breaststroke 50, 100 and 200 metres
Butterfly 50, 100 and 200 metres
Individual Medley 100, 200 and 400 metres
Freestyle Relays 4 x 50, 4 x 100 and 4 x 200 metres
Medley Relay 4 x 50 and 4 x 100 metres

Mixed Relays 4 x 50 metres Freestyle and 4 x 50 metres Medley

※ 赤字部分追加

解釈 短水路で世界記録が公認される種目に「200mリレー」「200mメドレーリレー」「200m混合リレー」「200m混合メドレーリレー」が加わった。

