

Major Rule Changes effective for 2022 GKAIISA season

Effective for the 2022 GKAIISA season are two significant rule changes, the first change affects the handling of false starts and the second change concerns judging of backstroke turns.

False Starts –

Previously, GKAIISA False Start rules stated that in the case of a false start, the heat would be recalled, the swimmer leaving early would be charged with a false start, then the heat would be started again. If the swimmer committing the first false start would false start again, the heat would be recalled and that swimmer would be disqualified.

The new False Start rules state that if a false start is called before the starting signal, that swimmer will be disqualified and not allowed to swim in the heat. If the false start is called after the starting signal has been given, the heat will be allowed to proceed and the swimmer will be disqualified at the end of the race.

A false start may only be declared if both the Referee and Starter independently observe it and agree that a false start had occurred.

The major difference in our starting procedure is **we no longer will recall a heat due to a false start**, the heat is allowed to proceed and the swimmer(s) who false started are disqualified at the conclusion of the heat.

Backstroke Turns –

Previously, GKAIISA Backstroke Turn rules followed the National Federation of State High Schools Association (NFHS) rules, which allowed the swimmer to rotate onto their breast, then take one arm pull to enter into a flip-turn. They could also either glide or kick into the wall and either touch the wall on their breast or do a flip-turn.

Beginning with 2022, GKAIISA now conforms to the USA Swimming Backstroke Turn Rules. Under the USA rule, once a swimmer rotates onto their breast they may take one arm pull which must be immediately followed by a flip-turn or touching of the wall. They may not glide or kick independent of the turning action.

It is suggested that you review the USA Swimming Officiating videos to better understand how the backstroke turn is to be judged. The videos are available on the GKAIISA website; <https://gkaiisa.swimtopia.com/officials-certification>