



2026-27 and 2027-28 Men’s and Women’s Swimming and Diving Rules Changes

Division I Men’s and Women’s Swimming and Diving Oversight to review – July 30.
Divisions II and III Playing Rules Oversight Panel to Review – July 22.

Rule	Rules Change and Rationale
1-3.8.b Backstroke Ledge	The backstroke ledge shall be adjustable to 4 centimeters above or 4 centimeters below the water level and may not be used outside of this range. The ledge shall be a minimum of 60 centimeters in length, 8 centimeters in height, and 2 centimeters at the width with 10 degrees of slope. Rationale: To align with USA Swimming and World Aquatics.
2-2.3.e Butterfly	Add language ‘Additionally, once some part of the head of the swimmer has passed the final 5-meter mark (long course and short course meters) or 5-yard mark (short course yards), immediately prior to reaching for the finish, the swimmer may be completely submerged.’ Rationale: To align with USA Swimming and World Aquatics.
2-2.4.d Freestyle	Add language ‘Additionally, once some part of the head of the swimmer has passed the final 5-meter mark (long course and short course meters) or 5-yard mark (short course yards), immediately prior to reaching for the finish, the swimmer may be completely submerged.’ Rationale: To align with USA Swimming and World Aquatics.