

Backstroke Ledges

With various makes and models of Backstroke Ledges available the Swimming North Queensland Technical Swimming Committee (SNQ TSC) advises the following:-

- (a) The ledges are not compulsory to use. This is a swimmers choice
- (b) Only commercially manufactured FINA Compliant Backstroke Ledges are to be used. Check with SNQ TSC for suitability and initial inspection prior to use in competition. Refer to FINA Rule FR 2.10 (attached)
- (c) Ledges must be available for all swimmers to use, warm-up included, at any SNQ Sanctioned/Approved Meet, i.e. Clubs who have purchased this equipment must have sufficient quantities to cover all the lanes at their respective pool/s
- (d) Host club to provide sufficient personal to install and remove the ledges
- (e) Host Club to liaise with Meet Referee prior to the commencement of competition for any additional operating instructions or procedures especially those pertaining to the adjustment of ledges
- (f) Only swimmers ten (10) years and over are to use these ledges

For any further information please contact:-

Swimming North Queensland Technical Swimming Committee

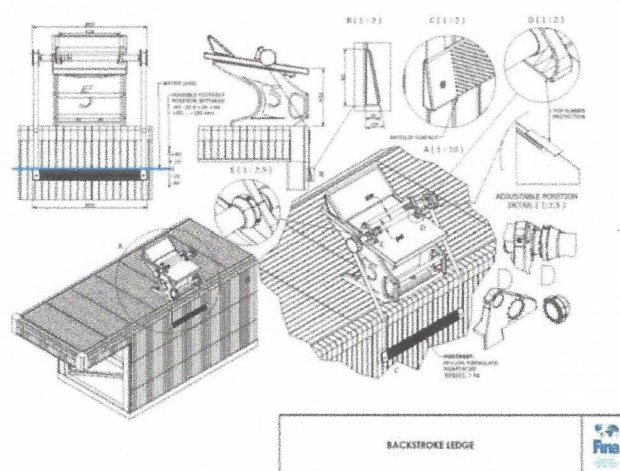
Email- snqtechnical@gmail.com

FR 2.10 Backstroke Ledge

A backstroke ledge may be used:

- The ledge may be adjustable to 4 cm above or 4 cm below the water level.
- The ledge is a minimum of 65 cm in length.
- The ledge must be 8 cm in height, 2 cm at the width with 10 degrees of slope

See Diagram



FINA Swimming Rule SW 6 and SAL Swimming Rule SW 6.1

SW 6 BACKSTROKE

SW 6.1 Prior to the starting signal, the swimmers shall line up in the water facing the starting end, with both hands holding the starting grips. Standing in or on the gutter or bending the toes over the lip of the gutter is prohibited. When using a backstroke ledge at the start, the toes of both feet must be in contact with the end wall or face of the touchpad. Bending the toes over the top of the touchpad is prohibited.