

Backstroke ledge
RQM 2024

- * At the starting end the technical official installs the backstroke ledge. The ledge will be placed at water level (position 0) for every race.
- * Swimmers must adjust the level of the ledge themselves. The device has five positions: -4, -2, 0, 2, 4.
- * The swimmer is responsible for checking that the device is properly seated on the starting block.
- * After every start the technical official will remove the beam of the ledge.
- * In case a swimmer does not want to use the backstroke ledge, the swimmer informs the technical official and the technical official removes the beam of the ledge before the start.
- * Remember: when using the ledge at least one toe of both feet must be touching the touchpad at the start.
At the start no warning will be given if the swimmer fails to comply.