

MHSA Backstroke Ledge Language

Rule 2-7-3

ART. 3 ...Backstroke ledges may be used by MHSA adoption: If ledges are used, they must be used as intended by the manufacturer no modifications should be made.

- a. The minimum water depth shall be no less 6 feet (1.84 meters) deep, measured from the starting end wall to a minimum of 16 feet, 5 inches (5 meters) from the end wall.
- b. The backstroke ledge shall be used in competition according to the following specifications:
 1. The top of the ledge may be adjustable to 1.57 inches (4 centimeters) above or below water level and shall not be used outside this range.
 2. The ledge shall be a minimum of 23.62 inches (60 centimeters) in length
 3. The ledge shall be 3.15 inches (8 centimeters) in height, 0.78 inches (2 centimeters) at the width with 10 degrees of slope.
- c. If used, identical ledges shall be provided by the host team for all lanes.
- d. The use of the ledge by individual swimmers is optional.
- e. The swimmer is responsible for setting the ledge properly.

Requirements for Backstroke Ledge	Measurements
Starting end water depth	Minimum water depth 6 feet (1.84 meters)
Distance of minimum water depth from end wall	Minimum 16 feet, 5 inches (5 meters)
Length of backstroke ledge	Minimum 23.62 inches (60 centimeters)
Height of backstroke ledge	3.15 inches (8 centimeters)
Width of backstroke ledge	.78 inches (2 centimeters) with 10
Adjustable setting level for ledges in water	Between 1.57 inches (4 centimeters) above and below water level