

Backstroke Ledges Information and Product Examples 2025-26

Approval criteria:

- Rule allows backstroke ledges in pools that maintain a 6-foot water depth, measured from the starting end wall to at least 16 feet, 5 inches (5 meters) from the end wall. It also specifies the acceptable dimensions for the ledges.
- Under Rule 2-7-3, if backstroke ledges are used in a competition, identical ledges must be provided by the host team for all lanes.
- Even if the ledges are available, individual swimmers are not required to use them.
- Statement from the NFHS S & D Chair, “I think it’s going to create an opportunity for swimmers to improve in backstroke events,” “Swimmers sometimes slip when placing their feet along the wall or touchpad at the start of a backstroke race. These ledges will help prevent that, allowing for stronger and more consistent starts.”

Other information:

- Some athletes already using at clubs/club level swimming; approval will extend opportunity to MIAA swimmers
- There are pools that don’t meet the depth specs (above)
- NFHS S & D committee was not focused on the “elite”
- “One slip on a wall, can ruin a race” “opportunity lost” (comments NFHS)
- Cost varies: \$60 – \$725
- Difference in slickness of the timing pads; different pads - Colorado pads, Omega pads; one pad may be slicker than another
- NFHS thinking was best for state associations to make an intentional decision







Shown With In-Deck Anchoring Kit
Item #13-600