



Backstroke Ledge (BSL) Usage Guidelines

2025–2026

Regular Season:

- Mutual agreement between schools is required to utilize backstroke ledges if the facility is equipped with them. The mutual agreement is all lanes or no lanes.

State Tournament:

- Backstroke ledges will be used at the Meet of Champions for both the prelims and finals. Individual swimmers may choose not to use them; however, that will not deny the other swimmers from using them. Backstroke ledges are not permitted at any other tournament round except for the Meet of Champions.

2026–2027

Regular Season:

- No mutual agreement between schools is required to utilize backstroke ledges if the facility is equipped with them. Individuals and or the team may choose not to use them; however, that will not deny the other school from using them.

State Tournament:

- Backstroke ledges will be used at the Meet of Champions for both the prelims and finals. Individual swimmers may choose not to use them; however, that will not deny the other swimmers from using them.
- Backstroke ledges will be used at the team sectionals, semifinals, and finals. Individuals and/or the team may choose not to use them; however, that will not deny the other school from using them.

2027–2028

Regular Season:

- No mutual agreement between schools is required to utilize backstroke ledges if the facility is equipped with them. Individuals and/or the team may choose not to use them, however that will not deny the other school from using them.

State Tournament:

- Backstroke ledges will be used at the Meet of Champions for both the prelims and finals. Individual swimmers may choose not to use them, however that will not deny the other swimmers from using them.
- Backstroke ledges will be used at the team sectionals, semifinals, and finals. Individuals and/or the team may choose not to use them; however, that will not deny the other school from using them.
- Backstroke ledges may be utilized at all preliminary rounds. Individual schools may choose not to use them; however, that will not deny the other school from using them.

Important Notes:

- The facility must provide and agree to utilize the ledges.
- All facilities may choose which type of BSL to use provided they are from the same manufacturer.
- All BSL must be used as the manufacture intended and must not be altered in any way.
- Under no circumstances may a school provide and use their own backstroke ledges.
- Each school must have a clear procedure established for inserting and removing the ledges from the pool. This is not the facilities responsibility.
- Pools must maintain a 6-foot water depth, measured from the starting end wall to at least 16 feet-5 inches (5 meters) from that wall to be eligible for backstroke ledges.