

Section 203.3 (120-Day Rule)

Section 203.3 of the *USA Swimming Rules and Regulations* is frequently referred to in the swimming community as the 120-day rule. Simply stated, the 120-day rule states that for a swimmer to represent a USA Swimming club in a competitive event, 120 consecutive days must have elapsed without the swimmer having represented any other USA Swimming club in competition.

Listed below are frequently asked questions and answers about section 203.3 and 203.4.

- Q** Club ABC has folded and swimmers must join another USA Swimming club. Must the swimmers wait 120 days?
- A** The *USA Swimming Rules and Regulations* specifies that 120 consecutive days must have elapsed before a swimmer can represent any other USA Swimming club in competition. Even though the club disbanded, the swimmers must still wait 120 days to represent another USA Swimming club in competition.
- Q** USA Swimming club is changing it's club name from ABC to DEF. No other changes with exception of club name. Must swimmers wait 120 days?
- A** In this instance, the 120-day rule does not apply. The club has a name change only - in essence, it is not a different club. Club should report name change to LSC Membership Chair who in turn notifies National Headquarters.
- Q** Club ABC is merging with the DEF swim club and swimmers will swim as the DEF swim club. What swimmers must wait the 120 days?
- A** The swimmers coming from the ABC swim club must wait 120 consecutive days before representing the DEF swim club in competition.
- Q** ABC swim club and DEF swim club are merging to form the GHI swim club. Must all swimmers wait 120 days to represent the GHI swim club in competition?
- A** A new swim club (GHI) has been formed. Swimmers from the ABC swim club and the DEF swim club must all wait 120 consecutive days before representing the GHI swim club.
- Q** YMCA club (also USA Swimming club) holds a YMCA Invitational meet for YMCA athletes and teams only. Swimmer A represents the club in the meet and subsequently switches to another USA Swimming club. Does the 120-day rule apply?
- A** If the YMCA Invitational meet was in fact closed competition involving only YMCA teams and YMCA member athletes, it is not USA Swimming competition, and the 120-day rule would not apply (except as to last date of competition for prior

USA Swimming club).

If additional information is needed, please contact the Member Services Department at National Headquarters.