

USA SWIMMING
RULES & REGULATIONS COMMITTEE

**2015 LEGISLATION ADOPTED
BY USA SWIMMING HOUSE OF DELEGATES**

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October 3, 2015

USA SWIMMING
RULES & REGULATIONS COMMITTEE
ADOPTED AMENDMENTS TO RULES AND REGULATIONS

R-1 ADOPTED Effective January 1, 2016
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Location: Page 14 – **Official Glossary**
 Page 60 – **Requirements for Sanction**

DECK CHANGE – changing, in whole or in part, into or out of a swimsuit when wearing just one suit in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes.

202.4 REQUIREMENTS FOR SANCTION — Sanctions are issued, withheld or withdrawn in accordance with the following regulations:

.1-8. [no changes]

.9 Application for sanction must be accompanied by a copy of the complete meet announcement which must include the following:

 A-H [no changes]

 I The following statement: ~~“Deck C~~changinges into or out of swimsuits other than in locker rooms or other designated areas ~~is are~~ prohibited.”

R-3 ADOPTED Effective Immediately
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Location: Page 29 – **102.8 Swimwear**

102.8 SWIMWEAR

.1 **Design**

 A Swimwear shall include only a swimsuit, cap, and goggles. It is not permissible to wear more than two (2) caps. Armbands or leg bands shall not be regarded as parts of the swimsuit and are not allowed.

R-4 ADOPTED Effective May 1, 2016
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Location: Page 29 – **102.8 Swimwear**

102.8 SWIMWEAR

.1 **Design**

 A Swimwear shall include only a swimsuit, cap, and goggles. Armbands or leg bands shall not be regarded as parts of the swimsuit and are not allowed.

 B In swimming competitions, the swimmer must wear only one swimsuit in one or two pieces, except as provided in 205.10.1. All swimsuits shall be made from textile materials. For men, the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee (see 701.4.4 for open water exception).

 (1) Exemptions to the foregoing restriction may be granted to a swimmer, on a case by case basis, by the Chair of the Rules & Regulations Committee, or his/her designee. Exemptions will be granted only for conflicts due to the swimmer's verified religious beliefs, ~~or~~ verified medical conditions or other reasons deemed appropriate by the Rules Chair.

- (2) Procedures for applying for an exemption will be established by the Rules & Regulations Committee and posted on the USA Swimming website.
- (3) No exemption to this restriction will be granted for a swimsuit that will give the swimmer a competitive advantage.
- (4) The decision of the Rules Chair may be appealed only to the entire Rules & Regulations Committee, whose decision shall be final and binding on all parties.

R-5 ADOPTED Effective May 1, 2016

Location: Page 36 **102.22 Disqualifications**

102.22 DISQUALIFICATIONS

- .14 ~~Approved underwater video replay~~ Video replay footage from cameras approved in writing in advance of the competition by the Vice President of Program Operations may be used to review stroke or turn infractions called on deck. The official(s) reviewing the video may only confirm the call made on deck, overrule the call, or advise the Referee that the review proved inconclusive.

R-6 ADOPTED Effective May 1, 2016

Location: Page 38 – **102.24 TIMING RULES**
Page 44 – **APPENDIX 1-A**
Page 45 – **APPENDIX 1-B**

102.24 TIMING RULES

.1 Requirements for Official Time

A **Performance Requirements** *[no change]*

B **Timing Resolution** *[no change]*

C System Requirements for Specific Purposes

- (1) Official times achieved using a timing system in accordance with 102.24.3 are valid for all entry time and recognition program purposes with the following exception: World, American, and U.S. Open Records can be established only when timed by an automatic timing system, a backup camera system, or semiautomatic system if the automatic system fails.
- (2) A backup time adjusted for timing system differences as described in 102.24.4 may be used as an official time.

D **Backup Timing System Requirement** — Except when the primary system consists of watches, backup timing shall be provided for all competitors. No swimmer shall be required to re-swim a race due to equipment failure which results in unrecorded or inaccurate time or place. It is the Meet Director's responsibility to provide the proper timing systems so that swimmers can expect to achieve official times that will satisfy the requirements of 102.24.1C.

E **Use of Secondary and Tertiary Times** — Secondary and tertiary times shall be recorded but shall not be used except to corroborate or correct missing or inaccurate primary/secondary results.

.2 Timing Systems *[no change]*

.3 Timing System Designation *[no change]*

.4 Determining Official Time

A **Automatic Timing** — When recorded by properly operating automatic timing equipment, the pad time shall be the official time.

B **Semi-Automatic and Manual Timing** — Whenever semi-automatic or manual timing is used, only valid times shall be used in calculating the official time. The times shall be determined as follows:

- (1) If two of the three button or watch times agree, that shall be the time for that timing system.

- (2) If three valid buttons or watches disagree, the time of the intermediate button or watch shall be the time for that timing system.
- (3) If only two valid button or watch times are available, the time shall be the average of those two buttons or the average of the two watch times. The digits representing thousandths of a second shall be dropped with no rounding.
- (4) If only one button or watch time is available, the time of that button or watch shall be the time for that timing system provided it is supported by other information.

C Primary Timing System Malfunction — A malfunction may have occurred if:

- (1) The difference between the time obtained by the primary system and the back-up system(s) is approximately .30 second or greater; or
- (2) The place judge(s) reports a different order of finish; or
- (3) It is reported the swimmer missed the touchpad or had a soft touch.

~~D Adjustment for the Timing System Difference~~ — ~~When the Referee determines that there is a malfunction of the primary timing system, the back-up time(s) shall be adjusted for the timing system difference prior to integrating them with accurate primary times in establishing the official times and determining the results. The adjustment for timing system difference is determined by calculating the consistent average difference between the valid primary and backup systems used at that meet.~~

E Adjustment for Malfunction on a Lane — When a malfunction is confirmed on a lane, the back-up time for that lane shall be calculated in accordance with 102.24.4B and integrated with the accurate primary times in establishing the official time and determining the results. ~~adjusted by calculating the average difference between valid primary and valid back-up times of the other lanes in that heat, or if necessary, using times from heats immediately preceding and/or following the heat. This shall be done by adding, or subtracting when appropriate, that average difference to the valid back-up time of the lane where the malfunction occurred. (See Appendix 1 A on page 44)~~

F Adjustment for Malfunction Equally Affecting an Entire Heat — When, because of an early or late start, or other equipment or operator malfunction, the time of the automatic or semi-automatic primary timing system is equally incorrect for all the lanes in a heat, but the order of finish and thus the absolute difference of time between the swimmers is accurate, the times of the primary system shall be adjusted by calculating the average difference between the primary times and the valid back-up times and adding, or subtracting when appropriate, that difference to the primary times of every lane in that heat. (See Appendix 1-B on page 45)

.5 Determining Results [no change]

APPENDIX 1-A EXAMPLE OF LANE MALFUNCTION

~~Primary~~ — Automatic

~~Secondary~~ — Semi-automatic, three buttons

~~Tertiary~~ — Manual, one watch.

LANE	PAD TIME	BUTTON A	BUTTON B	BUTTON C	WATCH TIME ***	CALCULATED BUTTON TIME	PAD MINUS VALID BUTTON	OFFICIAL TIME	CALCULATED FINISH ORDER
1	52.24	52.17	52.23	52.25	52.04	52.23	-.02	52.21	7
2	52.08	52.14	52.06	52.16	51.95	52.14	-.06	52.08	5 — JD-e
3	51.05	52.15 ₋₁	51.04	51.04	50.97	51.02 _{-1 and 1}	.03	51.05	2
4	51.04	50.98	Missing	Missing	50.84	50.98 ₋₂	.06	51.04	4
5	52.96 ₋₁	51.99	52.16	52.02	51.97	52.02	.04 ₂	52.04 ₋₃	6 — JD-e
6	51.45	51.37	51.00	50.97	51.30	51.37 _{-1 and 2}	.08	51.45	3
7	52.27	52.23	52.18	52.23	52.10	52.23	.04	52.27	8
8	51.87	51.92	51.79	Missing	51.86	51.85 ₋₂	.02	51.87	4
Place Judges Order of Finish:							.15 diff.	Total differential	
Judge 1: 4 3 6 8 2 5 1 7							+.02 corr ²¹	Correction Factor	
Judge 2: 3 4 6 8 2 5 7 1									

~~*Malfunction confirmed. .94 differential not used in the adjustment calculation.~~

~~**Adjustment calculation — the sum total of the valid pad times minus the calculated button times divided by the number of lanes used in the calculation. .15 total differential divided by 7 valid lanes = .02 correction.~~

~~*** Watch Operator also operated BUTTON A in all lanes:~~

- ~~1— Invalid — discarded — not used in calculations due to other data bringing into question that time's validity.

 - a. Lane 3 — Button A is significantly after the Pad Time and Buttons B and C. The Button A time does not correlate with the Place Judges order of finish. This points to excessive human error. The Timing Judge declares that the Lane 3 Button A is invalid and will not be used in future calculations. The Lane 3 Calculated Button Time would be the average of the valid Button B and Button C — 51.02 which confirms the pad time is valid and no adjustment is necessary.
 - b. Lane 6 — Buttons B and C are both more than .3 seconds faster than the Pad, Button A and the Watch times. The Place Judges order of finish correlates with the Pad, Button A and Watch times. The timing judge declares that Lane 6 Buttons B and C are invalid and are not used for future calculations. The Lane 6 Calculated Button Time would be the valid Lane 6 Button A — 51.37 again confirming the pad time is correct and no adjustment is needed.~~
- 2— Calculated Button time equals the single valid button.
- 3— Calculated Button time equals the average of the two valid buttons.
- 4— Lane 5 — All three buttons and the manual watch times are closely grouped. The Calculated Button Time matches the order of finish in that lane 5 finishes ahead of lanes 1 and 7. The Timing Judge declares the Lane 5 Pad Time to be invalid and proceeds with a backup time correction calculation for lane 5.
- 5— Lane 5 Official Time is the Calculated Button Time — 52.02 — plus the correction factor of .02 for a final Official Time of 52.04.
- 6— After adjusting the Lane 5 Calculated Button Time by .02, the resulting time is .04 seconds faster than the pad time for Lane 2. Both Finish Judges recorded lane 2 finishing ahead of lane 5. The final results would indicate that Lane 2 finished in 5th place and Lane 5 finished in 6th place.

APPENDIX 1-B EXAMPLE OF HEAT MALFUNCTION

Primary - Automatic (Late manual start confirmed);

Secondary - Semi-automatic, three buttons (button time not valid);

LANE	PRIMARY PAD TIME	WATCH TIME	WATCH TIME LESS PAD TIME	HEAT ADJUSTMENT*	OFFICIAL TIME
1	52.12	55.14	3.02	+3.06	55.18
2	51.56	54.61	3.05	+3.06	54.62
3	51.09	54.18	3.09	+3.06	54.15
4	50.12	53.18	3.06	+3.06	53.18
5	49.78	52.90	3.12	+3.06	52.84
6	49.06	52.06	3.00	+3.06	52.12
7	52.21	55.30	3.09	+3.06	55.27
8	52.92	55.99	3.07	+3.06	55.98
			24.50 total		

Tertiary - Manual, one watch

*Adjustment calculation:

▼ Add the differences between the pad and watch times; total = 24.50; ▼ Divide 24.50 by the number of lanes to determine an average: 24.50 divided by 8 = 3.0625; the digits after hundredths are dropped, leaving a heat adjustment of 3.06; ▼ Add the adjustment factor of 3.06 seconds for late start of the primary system to each pad time to obtain the official time for that lane.

R-7 ADOPTED/AMENDED Effective May 1, 2016

Location: Page 46 – **103.2 Water Depth**
Page 49 – **103.14 Backstroke Ledge**

103.2 WATER DEPTH

- .1 **/NC/ 2 meters (6 feet 7 inches) deep throughout the course.**
- .2 **/M/ Teaching Racing Starts** — Minimum water depth for teaching all racing starts, prior to certification, in any setting from any height starting blocks, from backstroke ledges or from the deck shall be 6 feet (1.84 meters) measured for a distance of 3 feet 31/2 inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from the end wall. Teaching racing starts shall only take place under the direct supervision of a USA Swimming member coach and shall include:
 - A All racing start instruction until a swimmer has been certified by his or her USA Swimming member coach as proficient in performing a racing start, and
 - B Subsequent to certification, instruction which seeks to alter a swimmer's basic technique in performing a racing start.

Prior to certification, all racing starts must take place from a position in the water, regardless of pool depth. Subsequent to certification, practicing of racing starts may take place in water depth of four (4) feet (1.22 meters) and deeper.
- .3 **/M/ Racing Starts** — Minimum water depth for racing starts during practice and competition shall be measured for a distance 3 feet 31/2 inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from the end wall. Starting requirements and height of starting block shall be:
 - A In pools with water depth less than 4 feet (1.22 meters) at the starting end, ~~the swimmer must start from within the water;~~
 - (1) The swimmer must start in the water;
 - (2) Backstroke starting ledges are not permitted.
 - B In pools with water depth 4 feet (1.22 meters) or more at the starting end, starting platforms shall meet the height requirements of 103.13.1.
 - C ~~Prior to certification, all racing starts must take place from the water, regardless of pool depth. Subsequent to certification, practicing of racing starts may take place in water depth of four (4) feet (1.22 meters) and deeper.~~

Note: Local, state and municipal statutes, ordinances, rules and regulations, may have depth limitations in conflict with this section. The LSC and all Member Clubs should check for this at all times.

103.14 BACKSTROKE LEDGE — The backstroke ledge shall conform to FINA's specifications when used in competition- as follows:

- .1 /M/ The ledge may be adjustable to 4 centimeters above or 4 centimeters below the water level.
- .2 /M/ The ledge is shall be a minimum of 65 centimeters in length.
- .3 /M/ The ledge must be 8 centimeters in height, 2 centimeters at the width with 10 degrees of slope.
- .4 /M/ The ledge may not be used in water depth less than 4 feet (1.22 meters).

R-8 ADOPTED Effective May 1, 2016

Location: Page 51 – **104.2 USA Swimming Records**

104.2 USA SWIMMING RECORDS

.2 American and United States Open Records

A-B [no changes]

C Special Requirements and Conditions

- (1) Lead-off legs/initial distances of mixed gender relays shall not count for American or U.S. Open records.

[re-number remaining]

R-9 ADOPTED Effective January 1, 2016

Location: Page 60 – **202.3 Procedure for Appeal**

202.3 PROCEDURE FOR APPEAL — An applicant whose application has been denied by an LSC shall have the right to appeal the denial to the Zone Sanction Appeal Panel.

- .1 Each Zone shall establish a Zone Sanction Appeal Panel.
 - A Each Zone shall designate a group of coaches, referees and athletes available to serve on an Appeal Panel.
 - B A petitioner may file an appeal with the Senior Zone Director within five (5) days of receiving notification of denial by an LSC.
 - C When an appeal is filed, the Zone Director shall notify the LSC and appoint a panel made up of a coach, referee and athlete, each from a different LSC and none from the petitioner's LSC.
- .2 The Zone Sanction Appeal Panel is authorized to require an LSC to issue a sanction or approval except in those instances where the sanction or approval was denied because the application was in conflict with a policy adopted by the LSC House of Delegates or because the application was in conflict with USA Swimming rules or requirements.
- ~~.3 The Zone Sanction Appeal Panel is authorized to direct the LSC to issue the sanction or approval. The Panel's decision shall be final.~~

R-10 ADOPTED Effective January 1, 2016

Location: Page 62 – (new) **202.5 Conditions of Sanction**

202.5 CONDITIONS OF SANCTION — Any event for which a sanction is required according to 202.1 is subject to the following conditions:

- .1 [no changes]
- .2 Any individual who is banned, currently suspended or ineligible for membership is prohibited from serving as a timer, marshal, computer operator, or otherwise being on deck at any time in connection with a USA Swimming activity.

[re-number remaining]

R-11 ADOPTED Effective Immediately

Location: Page 67 – **Article 203 Representation**

**ARTICLE 203
REPRESENTATION**

203.1-2 [no changes]

203.3 For a swimmer to represent a USA Swimming club in a competitive event, one hundred twenty (120) consecutive days must have elapsed ~~before without the swimmer is permitted to having~~ represented any other USA Swimming club in USA Swimming open or closed competition. ~~This 120 day rule does not apply to representation in closed competition even if it is sanctioned or approved by the LSC. The 120 day count shall begin on the day following the last date the athlete represented a USA Swimming club in open competition.~~

R-12 ADOPTED Effective Immediately

Location: Page 99 – Article 303 Eligibility

**ARTICLE 303
ELIGIBILITY**

303.1-4 [no changes]

303.5 No Individual Member or Group Member of USA Swimming shall coach, train or provide swimming-related advice or service to any swimmer who is serving a period of ineligibility or provisional suspension for an anti-doping rule violation.

[re-number remaining]

R-13 ADOPTED Effective Immediately

Location: Page 99 – Article 303 Eligibility

**ARTICLE 303
ELIGIBILITY**

303.1-5 [no changes]

303.6 If a swimmer is required to forfeit any medals, points or prizes earned at an event on account of an anti-doping rule violation, then any compensation paid by USA Swimming to the swimmer's coach(es) on account of that swimmer's result shall also be forfeited and shall be returned to USA Swimming.

[re-number remaining]

R-14 ADOPTED Effective Immediately

Location: Page 14 – Official Glossary
Page 100 – Article 304 code of Conduct
Page 104 – Article 306 Sexual Misconduct Reporting Requirements
Page 104 – Article 307 Prohibitions Against Retaliation for Good Faith Reporting of Abuse
Page 109 – 405. 2 Investigation of Complaints

**OFFICIAL GLSSARY
Swimming Words and Terms**

BULLYING – the severe or repeated use, regardless of when or where it may occur, by one or more USA Swimming members of an oral, written, electronic or other technological expression, image, sound, data or intelligence of any nature (regardless of the method of transmission), or a physical act or gesture, or any combination thereof, directed at any other member or Participating Non-Member that to a reasonably objective person has the effect of: (i) causing physical or emotional harm to the other person or damage to the other person's property; (ii) placing the other person in reasonable fear of harm to himself/herself or of damage to his/her property; (iii) creating a hostile environment for the other person at any USA Swimming activity; (iv) infringing on the rights of the other person at any USA Swimming activity; or (v) materially and substantially disrupting the training process or the orderly operation of any USA Swimming activity (which shall include, without limitation, practices, workouts and other events of a member club, LSC or Zone).

**ARTICLE 304
CODE OF CONDUCT**

304.1-.2 [no changes]

304.3 The following shall be considered violations of the USA Swimming Code of Conduct:

.1-.6 [no changes]

~~.7 Bullying is prohibited. For the purposes of the Code of Conduct, the term "Bullying" shall mean, regardless of when or where it may occur, the severe or repeated use by one or more USA Swimming members ("Members") of an oral, written, electronic~~

~~or other technological expression, image, sound, data or intelligence of any nature (regardless of the method of transmission), or a physical act or gesture, or any combination thereof, directed at any other Member that to a reasonably objective person has the effect of: (i) causing physical or emotional harm to the other Member or damage to the other Member's property; (ii) placing the other Member in reasonable fear of harm to himself/herself or of damage to his/her property; (iii) creating a hostile environment for the other Member at any USA Swimming activity; (iv) infringing on the rights of the other Member at any USA Swimming activity; or (v) materially and substantially disrupting the training process or the orderly operation of any USA Swimming activity (which for the purposes of this section shall include, without limitation, practices, workouts and other events of a member club or LSC). Allegations of Bullying of an athlete by a coach shall be investigated under 304.3.13.~~

[re-number remaining]

~~.132~~ Abuse

- A Physical abuse of an athlete by any person who, in the context of swimming, is in a position of authority over that athlete. "Physical abuse" is defined as a non-accidental injury and/or an injury primarily caused by the gross negligence on the part of the person in a position of authority over the athlete.
- B Bullying of an athlete by a coach member or other non-athlete member who is in a position of authority over that athlete.

~~.13~~ Bullying of a member or Participating Non-Member of USA Swimming by a non-athlete member. Allegations of Bullying of an athlete member by a coach member shall be investigated under 304.3.12. Bullying of an athlete member of USA Swimming by another athlete member shall not be considered a Code of Conduct violation, except in the most egregious and flagrant situation, but is nevertheless a serious matter to be handled by the applicable club(s) pursuant to its anti-bullying plan required under 305.6.

[re-number remaining]

306.1 It is every member's responsibility to promptly report any incident regarding sexual misconduct by a member as described in Article 304.3. ~~7~~ to USA Swimming's Director of Safe Sport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. Various state laws may also require reporting to law enforcement or to a designated child protection agency.

307.1 No Member shall retaliate against any individual who has made a good faith report under 306.1 or 304.3. ~~12~~ 12.

307.2 For the purposes of 307.1, there shall be a rebuttable presumption that any adverse action regarding the employment, membership, or other material rights of an individual who has made a good faith report under 306.1 or 304.3. ~~12~~ 12 within 90 days of a report is retaliatory. An adverse action includes, without limitation: discharge or termination; demotion or reduction in compensation for services; or the removal of or from, or restrictions on, access to facilities, team activities or team membership privileges

405.2 INVESTIGATION OF COMPLAINTS

.1-2 [no changes]

- .3 In those matters involving an alleged violation of 304.3. ~~132~~ or 304.13 by a coach, a committee of three coaches appointed by the President of USA Swimming shall make a determination with such investigative assistance by the Executive Director or his/her designee as the committee may request and report as to whether the coach's conduct is outside the customary and acceptable bounds of coaching.
- .4 In all other matters the Executive Director or his/her designee shall make the investigation and report.

R-15 ADOPTED Effective January 1, 2016

Location: Page 103 – Article 305 Athlete Protection Policies

**ARTICLE 305
ATHLETE PROTECTION POLICIES**

The following policies related to Athlete Protection are mandatory components of the USA Swimming Code of Conduct:

305.1-3 [no changes]

305.4 Employees and volunteers of USA Swimming, Zones, LSCs and member clubs who interact directly and frequently with athletes as a regular part of their duties and individuals with any ownership interest in a member club must be non-athlete members of USA Swimming and satisfactorily complete criminal background checks as required by USA Swimming. This does not apply to volunteers such as timers, marshals, computer operators, etc. who only have limited contact with athletes during a meet. Any individual who is banned, currently suspended or ineligible for membership is prohibited from serving as a timer, marshal, computer operator, or otherwise being on deck at any time in connection with a USA Swimming activity.

R-16 ADOPTED Effective January 1, 2016

Location: Page 107 – **404.1 Zone Board of Review**
Page 108 – **404.2 National Board of Review**
Page 135 – **506.4 Rules and Regulations**

404.1 ZONE BOARD OF REVIEW — The Zone Board of Review shall have the following power and authority:

.1 **Remedies and Penalties** — The Zone Board of Review, after conducting such hearings as it may determine to be necessary or helpful, may, among other remedies, with regard to a party named in the Notice of Hearing and Petition:

A-F [no changes]

G With the exception of the technical rules (Parts One and Seven), interpret any provision of (i) the Rules and Regulations of USA Swimming (to the extent not preempted by FINA or USA Swimming Rules and Regulations); (ii) the USA Swimming Code of Conduct, the Required LSC Bylaws, other policies, rules, regulations and procedures of USA Swimming, the Zone or the LSC; and (iii) the Amateur Sports Act and other applicable laws, rules and regulations; as well as adjudicate alleged inconsistencies and claims of supremacy and invalidity with respect to the foregoing;

[no further changes]

404.2 NATIONAL BOARD OF REVIEW — The National Board of Review shall have the power and authority to do the following:

.1-4 [no changes]

.5 Interpret any provision of the rules and regulations of USA Swimming with the exception of the technical rules (Parts One and Seven);

[no further changes]

506.4 RULES & REGULATIONS COMMITTEE

.1-4 [no changes]

.5 The Rules & Regulations Committee or its designee shall have the sole authority to officially interpret Parts One and Seven, the authority to interpret the remainder of these Rules and Regulations, and shall be responsible for all redistricting procedures for USA Swimming.

R-17 ADOPTED Effective Immediately

Location: Page 109 – **405.1 Filing Complaints**

405.1 FILING COMPLAINTS — All complaints within the exclusive jurisdiction of the National Board of Review as set out in 403.2.1A through D above shall set forth the allegations and be filed with the Executive Director of USA Swimming, who shall promptly perform an initial inquiry and, as appropriate, initiate an investigation of the matter as set forth below.

R-18 ADOPTED Effective Immediately

Location: Page 118 – **Article 410 Confidentiality**

**ARTICLE 410
CONFIDENTIALITY**

410.1 [no changes]

410.2 All investigations conducted by the Executive Director or his/her designee regarding alleged Code of Conduct violations and all proceedings before the National Board of Review ~~or~~ and the Board of Directors regarding alleged Code of Conduct violations shall be and remain confidential until the National Board of Review, or Board of Directors if an appeal is filed, has rendered its final decision, except:

- .1 Information that is necessary to disclose in the course of an investigation to witnesses and other appropriate parties;
- .2 Information disclosed pursuant to subpoena or court order;
- .3 Information disclosed to complaining parties or victims; ~~and~~
- .4 Information disclosed by USA Swimming in response to disclosures by other parties or witnesses in the proceeding; and
- .5 Information disclosed to law enforcement.

For the purposes of this Article 410.2, a decision shall be considered final when either: (i) the National Board of Review has rendered its final decision and the 30-day appeal period has run without an appeal being filed; or (ii) a party has appealed the decision of the National Board of Review to the Board of Directors and the Board of Directors has rendered its final decision on such appeal.

410.3 USA Swimming shall also disclose information, including but not limited to the initiation of a National Board of Review proceeding and its outcome, to a member club, LSC or Zone where an employee or volunteer of such club, LSC or Zone has been alleged in a complaint to have violated the Code of Conduct.

410.4 A redacted summary of each final Decision of the National Board of Review and Board of Directors that includes a finding of a violation of the Code of Conduct may be published at the discretion of USA Swimming

R-19 ADOPTED Effective September 1, 2016

Location: Page 126 – **502.4 Individual Membership**

502.4 INDIVIDUAL MEMBERSHIP

.1-.3 [no changes]

- .4 Non-athlete membership consists of ~~three~~ two classes: individual, ~~family~~, and life.

R-20 ADOPTED Effective January 1, 2016

Location: Page 129 – **504.2 Zone Directors**
Page 154 – **(new) 605.2 Zone Bylaws**

504.2 ZONE DIRECTORS — Each zone shall have one coach and one non-coach director from the zone as its Zone Representatives, elected at the annual meeting in the following years:

	Coach	Non-Coach
Eastern Zone	Even Years	Odd Years
Southern Zone	Odd Years	Even Years
Central Zone	Odd Years	Even Years
Western Zone	Even Years	Odd Years

- .1 Both coach and non-coach Zone Directors will be elected by the members present ~~(with each LSC entitled to three votes)~~ at their Zone meeting in the appropriate year.
- .2 Each LSC is entitled to five votes, of which at least one vote must be designated to the LSC Athlete Representative(s). If no Athlete Representative is present, the LSC shall cast only four votes.
- .~~2~~3 No director elected to two successive terms is eligible for re-election to that office until after a lapse of two years.
- .~~3~~4 For the purposes of casting its ~~three~~ votes, ~~an~~ each LSC may send one or more delegates to the Zone meeting.

- .45 The election of zone members to the Board of Directors shall be based upon the zones in which the proposed Directors maintain their residency.

605.2 ZONE BYLAWS — Each Zone shall adopt its own Bylaws.

- .1 See 504.2 for election of the Zone Directors.
- .2 On all voting matters, each LSC is entitled to five votes, of which at least one vote must be designated to the LSC Athlete Representative(s). If no Athlete Representative is present, the LSC shall cast only four votes.

[re-number remaining]

R-23 ADOPTED Effective Immediately

Location: Required LSC Bylaws – 602.1 Members

- 602.1 MEMBERS - The membership of XXSI shall consist of the following:

<i>The LSC may add additional criteria for membership, but in the case of Club and Seasonal Club Members, Athlete, Coach and Active Individual Members, any additional criteria must be approved by the USA Swimming Rules and Regulations Committee as being reasonable and in the interest of swimming.</i>

- .1 [no changes]

<i>LSC functions, duties and powers which are to be assigned to neither an officer nor a committee that has at least two members shall be assigned to a “Coordinator” rather than continuing the fictional term “Committee”. For example, in most LSCs the Membership and Registration functions have over time gone from two true committees to one person performing both functions. For those LSCs, the correct reference in the Bylaws would be to a Membership/Registration Coordinator. The choice presented is between a combined Membership/Registration or separate Membership and Registration functions (although only the Membership function is relevant here) must be consistent throughout the Bylaws.</i>

A.-C. [no changes]

<i>LSCs without seasonal members may omit this paragraph.</i>

- .2 **INDIVIDUAL MEMBERS** - Individual Members are individuals involved in the sport of swimming in the Territory who have, upon registration, been granted membership in USA Swimming and XXSI and paid the dues established by USA Swimming and XXSI pursuant to Article 603 hereof. *Except for Life members, an individual who wishes to register as an unattached member of XXSI and is not affiliated with any Club Member of XXSI must reside within the geographical territory of XXSI.* An individual may be denied membership by the **Membership/Registration Chair or Coordinator or Registration Chair or Coordinator** or by the Board of Directors for failure to satisfy the criteria for membership or for any reason for which an Individual Membership could be terminated. Any denial of membership may be appealed to the Board of Review. An individual’s status as an Individual Member is subject to the Individual Member’s continued satisfaction of the criteria for membership and compliance with the individual’s responsibilities under these Bylaws, the USA Swimming Rules and Regulations, the rules, regulations, policies, procedures and codes of conduct and ethics of XXSI and USA Swimming and may be terminated by a decision of the Board of Review or the National Board of Review. *Except for Affiliated Individual Members and Life Members, Individual Members in good standing shall be entitled to participate in the program of swimming conducted by XXSI, and competitions sanctioned or approved by USA Swimming, in accordance with Section 609.1.*

[no further changes]

R-24 ADOPTED Effective January 1, 2017

Location: Required LSC Bylaws – (new) 605.1 Members
Required LSC Bylaws – (new) 606.1 Elected Officers and Committee Chairs

605.1 MEMBERS - The Board of Directors shall consist of the following officers, committee chairs, *coordinators* and representatives of XXSI, together with those additional members designated in Sections 605.2 and 605.3:

- .1 General Chair
- .2 Administrative Vice Chair
- .3 Senior ||**Vice Chair**| or |**Committee Chair**||
- .4 Age Group ||**Vice Chair**| or |**Committee Chair**||
- .5 Program Development Vice Chair
- .6 Program Operations Vice Chair
- .7 Finance Vice Chair
- .8 Secretary
- .9 Treasurer
- .10 Coach Representatives
- .11 Athlete Representatives
- .12 Safety ||**Committee Chair**| or |**Coordinator**||
- .13 Technical Planning Chair
- .14 Safe Sport ||**Committee Chair**| or |**Coordinator**||
- .15 At-Large Board Members

This section permits an LSC to organize itself using either the traditional LSC organization (retaining the Age Group and Senior vice-chairs positions) or the function-based organization similar to the USA Swimming organizational format and hybrids in between. For more information in that regard, see the introductory guideline provided above. While the new position of Finance Vice Chair is designated as optional, it is strongly recommended that the Finance Division become a part of every LSC's structure. An LSC may add additional members to the Board of Directors, but may delete only that indicated as numbers .13 and .14 and, if the traditional organization is used, only those indicated as .5 and .6. If the functional organization is used, those indicated as .3 and .4 may also be deleted. Larger LSCs, however, would likely want to keep the Age Group and Senior Committee Chairs as Board Members even in the function-based structure. The order in which officers are listed here is not mandatory. The reference to Section 605.2 may be omitted by LSCs without At-Large Board Members.

606.1 ELECTED OFFICERS AND COMMITTEE CHAIRS — The officers, *At-Large Board Members*, and committee chairs and *coordinators* who shall be elected by the House of Delegates are:

- .1 General Chair
- .2 Administrative Vice Chair
- .3 Finance Vice Chair
- .4 Senior ||**Vice Chair**| or |**Committee Chair**||
- .5 Age Group ||**Vice Chair**| or |**Committee Chair**||
- .6 Program Development Vice Chair
- .7 Program Operations Vice Chair
- .8 Secretary
- .9 Treasurer
- .10 Technical Planning Chair
- .11 Safety ||**Committee Chair**| or |**Coordinator**||
- .12 Officials Committee Chair
- .13 ||**Membership/Registration** ||**Chair**| or |**Coordinator**||| or |**Membership** ||**Chair**| or |**Coordinator**|| and **Registration** ||**Chair**| or |**Coordinator**|||
- .14 Athlete Representatives
- .15 Safe Sport ||**Committee Chair**| or |**Coordinator**||
- .16 At-Large Board Members (*athlete and non-athlete*)

An LSC may add additional positions to the list of officers, chairs and coordinators to be elected by the House of Delegates, but may delete only those indicated by italics, except that numbers .4 and .5 may be deleted only (although not recommended) if numbers .6 and .7 are included; and if numbers .6 and .7 are deleted, then numbers .4 and .5 must be included as Vice-chairs. Larger LSCs electing the function-based organization will likely keep the Age Group and Senior Committee Chairs as elected Board Members. It is recommended that the position of Safety Chair or Coordinator be a position elected by the House of Delegates. If the position of At-Large Board Member is used, it must be elected by the House of Delegates, unless permission to do otherwise is obtained from the USA Swimming Rules and Regulations Committee. If any of numbers .10 through .13 are omitted, corresponding changes may need to be made elsewhere. Some LSCs may find it helpful to split a division into two or to appoint one or more deputy division vice-chairs to divide first tier responsibility. Any single-person position, other than General Chair, that has been listed as a chair should be changed to "coordinator". The order in which officers is listed here is not mandatory. Any office may be combined with any other office except that of General Chair. Also, the offices of Treasurer and Finance Vice Chair may not be combined. The alternatives presented allow for traditional, functional or hybrid forms of organization and must be consistent with the choices made previously. The reference to "Athlete Representatives" must be omitted if Provision A is selected for use or if the second or third variant of Provision B is selected

R-25 ADOPTED/AMENDED Effective January 1, 2016

Location: Required LSC Bylaws – 607.3 Members and Ex-Officio Members of Standing Committees

607.3 MEMBERS AND EX-OFFICIO MEMBERS OF STANDING COMMITTEES - Except as otherwise provided in these Bylaws or by the Board of Directors, members of each standing committee shall be appointed by the General Chair with the advice and consent of the respective division Vice Chair and the chair of the committee. ~~Notwithstanding anything herein to the contrary, a sufficient number of athlete members shall be appointed to each committee to constitute at least twenty percent (20%) of the voting membership of such committee.~~ Athlete members of each committee shall be appointed by the General Chair with the advice of the senior athlete representative. Athlete membership is required on all committees. Athlete membership shall amount to at least twenty percent (20%) of the voting membership of the committee. The athlete committee members shall meet the same requirements as those of Athlete Representative set forth in Section 604.1.2. The division Vice Chair shall be an ex-officio member, with voice and vote, of each standing committee within the respective division. The ex-officio members and other designated members of certain standing committees shall be as follows:

An LSC may add to, or subtract from, the list of standing committees and may vary the provisions setting forth the membership of each standing committee, except that, if used, the Athletes Committee, the Coaches Committee and the Personnel Committee shall not be varied as to membership. Committees should be added to this list only if a significant portion of its members are ex-officio members or the LSC desires to provide a formula approach to membership. The following Sub-Sections shall be renumbered accordingly.

- .1 ATHLETES COMMITTEE - *The Athletes Committee shall consist of the Athlete Representatives, the Athlete At-Large Board Members and the Athlete At-Large House Members. The Senior Athlete Representative shall be the chair of the committee.*

The decision to accord Seasonal Athlete Members the right to be members of the Athlete Committee should be consistent with the decision regarding their right to vote for the Athlete Representatives.

- .2 AUDIT COMMITTEE - The members of the Audit Committee shall be the *Finance Vice Chair*, who shall serve as chair, *the Administrative Vice Chair*, ~~and the Senior Coach Representative~~ and a sufficient number of athletes appointed so as to constitute at least twenty percent (20%) of the voting membership of the Committee.

Ideally, the members of this committee should be entirely independent of the Finance Division.

Practically, however, it is acceptable to have this committee chaired by the Finance Vice Chair, provided that there are at least two additional committee members who meet the independence test. The Treasurer shall never be a member of the Audit Committee.

- .3 BUDGET COMMITTEE - *The members of the Budget Committee shall be the General Chair, the Finance Vice Chair, who shall serve as chair, the Treasurer, the Administrative Vice Chair, the Program Development Vice Chair, the Program Operations Vice Chair, ~~the Senior Athlete Representative,~~ the Senior Coach Representative, the Age Group ||Vice Chair| or |Committee Chair|, ~~and~~ the Senior ||Vice Chair| or |Committee Chair| and a sufficient number of athletes appointed so as to constitute at least twenty percent (20%) of the voting membership of the Committee.*
- .4 COACHES COMMITTEE - *The members of the Coaches Committee shall consist of the Coach Representatives and such additional Coach Members as may be determined by the Coach Representatives and a sufficient number of athletes appointed so as to constitute at least twenty percent (20%) of the voting membership of the Committee. The Senior Coach Representative shall be the chair of the committee.*
- .5 FINANCE COMMITTEE - *The members of the Finance Committee shall be the General Chair, the Finance Vice Chair, who shall serve as chair, the Administrative Vice Chair, ~~and~~ the Treasurer and a sufficient number of athletes appointed so as to constitute at least twenty percent (20%) of the voting membership of the Committee.*

In an LSC without a Finance Vice Chair, either the Treasurer or another officer should serve as the chair of the Finance Committee. In an LSC which decides to have the Finance Committee function as the audit committee, at least one additional member should be added who is independent of the Finance Division and will participate in that function.

- .6 OFFICIALS COMMITTEE - *The members of the Officials Committee shall be the Officials Chair, who shall serve as chair, ~~and~~ at least two other members each of whom shall be a certified official of XXSI and a sufficient number of athletes appointed so as to constitute at least twenty percent (20%) of the voting membership of the Committee.*
- .7 PERSONNEL COMMITTEE - *The members of the Personnel Committee shall be the General Chair, who shall serve as chair, the Administrative Vice Chair, ~~and~~ the Finance Vice Chair and the Senior Athlete Representative.*

In an LSC without a Finance Vice Chair, the Treasurer would be substituted as a member for the Finance Vice Chair on the Personnel Committee.

- .8 PROGRAM DEVELOPMENT COMMITTEE - *The members of the Program Development Committee shall be the General Chair, the ||Age Group| or |Program Development| Vice Chair, who shall serve as the chair, the ||Senior| or |Program Operations| Vice Chair, the Senior ||Vice Chair| or |Committee Chair|, the Age Group ||Vice Chair| or |Committee Chair|, the Technical Planning Committee Chair, ~~and~~ the Senior Coach Representative and a sufficient number of athletes appointed so as to constitute at least twenty percent (20%) of the voting membership of the Committee.*

The duties and authority of this committee, which a number of LSCs have found to be invaluable, are found in Section 607.4. The committee and its composition is intended to provide better coordination and a smoother, more seamless transition between the Age Group and Senior swimming programs with the greatest retention rate possible.

- .9 SAFE SPORT COMMITTEE - *The members of the Safe Sport Committee shall be the Safe Sport Committee Chair, who shall serve as chair, and at least four additional members; at least one shall be a Coach Member, at least two shall be at-large non-athlete members and a sufficient number of*

athletes appointed so as to constitute at least twenty percent (20%) of the voting membership of the Committee.

If the LSC elects to have a Safe Sport Coordinator, instead of a Committee, then this subsection .9 should be omitted and the remaining subsections renumbered.

- .10 SAFETY COMMITTEE - *The members of the Safety Committee shall be the Safety Committee Chair, who shall serve as the chair, and five additional members; one shall be an XXSI certified official, one shall be a Coach Member and a sufficient number of athletes appointed so as to constitute at least twenty percent (20%) of the voting membership of the Committee.*
- .11 TECHNICAL PLANNING COMMITTEE - *The members of the Technical Planning Committee shall be the Technical Planning Committee Chair, who shall serve as chair, ~~an Athlete member~~ a sufficient number of athletes so as to constitute at least twenty percent (20%) of the voting membership of the Committee and at least six (6) additional members of whom at least fifty percent (50%) shall be Coach Members. The Athlete Members and the additional members shall be appointed by the General Chair with the advice and consent of the Board of Directors.*

The General Chair or the respective division Vice Chair may appoint the specified additional members and any other members deemed appropriate or necessary for any of the foregoing standing committees, except the Athletes, Coaches and Personnel Committees. Committee members appointed pursuant to the preceding sentence, shall hold their appointments at the pleasure of the appointing officer or successor.

HK-1 ADOPTED Effective Immediately

Location: Page 51 – 103.21 Electrical Safety

103.21 /M/ ELECTRICAL SAFETY — All permanent or temporary electrical connections to the electronic loudspeaker start system, automatic officiating equipment, and other electrical or electronic devices operating on line voltages in the vicinity of the racing course shall be made only from a ground-fault circuit interrupter (~~GFI~~GFCI) protected convenience receptacles or circuits. In the event such receptacles or circuits are not available in the facility used for competition, portable U.L. approved self-contained type ~~GFI~~GFCI outlet fittings shall be provided (furnished and installed) at the non-protected convenience receptacles by the meet management, Meet Director, or the equipment operator(s) whenever such equipment is connected and in use.

HK-2 ADOPTED Effective Immediately

Location: Page 63 – 202.6 Requirements for Approval

202.6 REQUIREMENTS FOR APPROVAL — Approval of competition may be issued, withheld or withdrawn by an LSC in accordance with the following regulations:

- .1 Approvals may be issued to non-member clubs/organizations for meets conducted in accordance with USA Swimming technical rules.
- .2 Applicants for approval of an open water competition shall complete the application approved by USA Swimming. Before an open water competition is approved by the LSC, the LSC sanction officer shall submit the completed sanction/approval packet to USA Swimming for review and approval.
- .3 Approvals may be issued to member clubs for closed competition (such as YMCAs) conducted in accordance with USA Swimming technical rules.
- .4 Approvals may be issued to member clubs or to LSCs for open competition conducted in accordance with USA Swimming technical rules if that competition has been specifically approved by the USA Swimming Program Operations Vice-President or his/her designee.

[no further changes]

HK-3 ADOPTED Effective Immediately

Location: Page 118 – **Article 410 Confidentiality**

**ARTICLE 410
CONFIDENTIALITY**

410.1-2 [no changes]

410.3 USA Swimming shall also disclose information to a member club, LSC or Zone where an employee or volunteer of such club, LSC or Zone has been alleged in a complaint to have violated the Code of Conduct.

HK-4 ADOPTED Effective Immediately

Location: Page 138 – **507.1 Organization**

507.1 ORGANIZATION

.1-4 [no change]

.5 The United States delegates to, and swimming technical committee members of, the Federation Internationale de Natation and the ~~Amateur Swimming Union of the Americas~~ Union Americana de Natacion shall automatically be members of the House of Delegates.

HK-5 ADOPTED Effective Immediately

Location: Page 143 – **511.6 EFFECTIVE DATE**

511.6 EFFECTIVE DATE — Housekeeping items approved as prescribed shall become effective immediately. All other amendments to Part One of these Rules and Regulations approved as prescribed shall become effective on May 1 of the year following their adoption, unless otherwise specified at the time of adoption. All other amendments to these Rules and Regulations approved as prescribed shall become effective on January 1 of the year following their adoption unless otherwise specified at the time of adoption

CHANGES TO USA SWIMMING TECHNICAL RULES
ADOPTED BY RULES & REGULATIONS COMMITTEE TO CONFORM TO FINA TECHNICAL RULES
[Informational Only]

101.2 BREASTSTROKE Effective November 30, 2014

- .3 **Kick** — After the start and each turn, at any time prior to the first breaststroke kick a single butterfly kick is permitted. Following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement.

The feet must be turned outwards during the propulsive part of the kick. Scissors, alternating movements or downward butterfly kicks are not permitted except as provided herein. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.

102.8 SWIMWEAR Effective April 15, 2015

.3 **Advertising**

A Advertising means the normal display of the name, designation, trademark, logo, or any other distinctive sign of the manufacturer of the item or any other advertiser permitted in accordance with this rule. FINA labeling and the USA Swimming logo or club logo shall not be considered as advertisements. Logos of the swimwear manufacturer shall be considered as advertising and are included in the limits described in (1) through (3) below. In the competition venue or complex of all events conducted by and under the control of USA Swimming or any LSC or division thereof, advertising appearing on swimwear is allowed as follows:

- (1) **Swimsuits** — A total of two separate advertising logos of a maximum size of 30 square centimeters (4.65 sq. in.) each, as measured as applied, shall be permitted.