

## USA Swimming Glossary of Terms and Swimming Words

**Abandonment** – termination of an open water event prior to its completion due to safety considerations.

**Age Group Swimming** – The program through which USA Swimming provides fair and open competition for its younger members. It is designed to encourage maximum participation, provide an educational experience, enhance physical and mental condition, and develop a rich base of swimming talent. Nationally recognized age groups are 10 and under, 11-12, 13-14, 15-16 and 17-18. Local meets may also include events for 8 and under and single age categories.

**Adjacent Events** – the next shorter and next longer distances of that stroke.

**Aggregate Time** – times achieved by four individuals in separate starts which are added together to arrive at a relay time for entry purposes.

**Amateur Sports Organization** – a not-for-profit corporation, club, federation, union, association, or other group organized in the United States, which sponsors or arranges any amateur athletic competition.

**Anchored (Starting Platform)** – stable at all times without human aid

**Appreciable** – sufficient in extent to be recognized.

**Approval** – a permit issued by an LSC for meets conducted in conformance with USA Swimming technical rules in which both members and non-members may compete.

**ASCA** – American Swimming Coaches Association, headquartered in Ft. Lauderdale, FL. ASCA services swimming coaches through its program offerings, which include coaches' certification, education, and communication.

**Attached** – an athlete member who represents a member club in competition after having met the requirements of Article 203.

**Block** – The starting platform.

**Blue Pages** – The technical rules section of the USA Swimming Rules and Regulations.

**Body** – the torso, including shoulders and hips.

**Bonus – (C Final)** – the third fastest heat of swimmers competing in Finals

**Bulkhead** – A moveable wall, constructed to divide a pool into different courses, such as a 50-meter pool into two 25-yard courses.

**Calm State of Surface** – normal level surface without turbulence.

**Championship – (A Final)** – the fastest heat of swimmers competing in Finals

**Circle Swimming** - Performed by staying to the right of the black line when swimming in a lane to enable more swimmers to safely swim in each lane.

**Closed Competition** – competition exclusively among members of a single club or among two or more USA Swimming member clubs within an organization or group formed for the specific purpose of such competition or series of competitions that are open only to members of that group or organization. Examples of this would include YMCA clubs and leagues consisting of a limited number of USA Swimming clubs within an LSC. It does not include groups or organizations such as an LSC, Zone, Region, or Section within USA Swimming.

**Club** – an organization which has been accepted for membership in the Corporation and which operates on a year around basis.

**Coach** - A person who teaches and trains athletes in the sport of swimming.

**Code of Conduct** - An agreement signed by swimmers, coaches, and parents stating that they will abide by certain behavioral guidelines.

**Competition** – an athletic performance by an athlete, either individually or as part of a team or club.

**Composite Time** – a time achieved in a relay event by four members of an organization.

**Conforming Time** – qualifying time standard that corresponds to the meet competition course.

**Consolation** – (finals) competition for the fastest of those who failed to qualify for the finals.

**Course** – designated distance over which the competition is conducted.

Long Course – 50meters (55 yards to be records as 50 meters).

Short Course – 25 yards or 25 meters.

**Cut** - Slang for qualifying time. A time standard necessary to attend a particular meet or event.

**Deck Entered Meet** – meet where all entries are accepted on the first or later day of that meet and subsequently seeded into events.

**Deck Seeded Meet** – meet where all entries are due prior to first day of meet and swimmers must declare availability to swim prior to the scratch deadlines.

**Distance Events** - Term used to refer to events over 400 meters/500 yards.

**Domestic Competition** – any amateur athletic competition within the jurisdiction of USA Swimming which does not meet the definition of international competition.

**DQ** - disqualification. This occurs when a swimmer has committed an infraction of some kind (e.g. freestyle kick in butterfly). A disqualified swimmer is not eligible to receive awards, nor can the time be used as an official time.

**Draw** – random selection by chance.

**Drill** - A teaching exercise involving a portion of a stroke, which is used to improve technique.

**Dryland Training** - training done out of the water that aids and enhances swimming performance; usually includes stretching and calisthenics.

**Dual Competition** – competition between two clubs.

**End of Course** – designated wall for racing turns and finishes.

**Event** – any race or series of races in a given stroke and/or distance. For competitive limits, one event equals one preliminary, or one preliminary plus its related final, or one timed final, or one time trial.

**Ex-Officio** – a member with full rights of membership unless otherwise limited by USA Swimming; ex-officio members cannot be counted to establish a quorum.

**FINA** - Federation Internationale de Natation Amateur. The international governing body for the four aquatic sports - swimming, diving, water polo and synchronized swimming. USA Swimming is affiliated with FINA ..... through United States Aquatic Sports (USAS), which is the United, States governing body for the same four aquatic sports.

**Final** – any single race which determines final places and times in an event.

**Finals** – the concluding session of each day of the meet in which the final race of each event is swum.

**Finalist** – one who swims in a final race.

**First Day of Meet** – day on which first competitive swimming event is conducted.

**Foreign Swimmer** – an athlete member of a FINA member-country federation, other than USA Swimming, or an athlete member of USA Swimming who is not eligible to represent the United States in international competition due to FINA sports citizenship requirements. (See Sports Citizen).

**Forward Start** – a forward entry facing the course.

**Foul** – an instance of obstruction, interference, collision, or equipment malfunction which prevents the successful completion of a race.

**Goodwill Games** - multi-sport competition held every four years between Olympiads sponsored by Turner Broadcasting Network

**Headquarters** – USA Swimming’s office in Colorado Springs, Colorado.

**Heats** – a division of an event in which there are too many swimmers to compete at one time.

**Preliminary Heats** – competition in which a number of heats are swum to qualify the fastest swimmers for the finals where final placing for the event will be determined.

**Timed Final Heats** – competition in which only heats are swum and final placing are determined by the times performed in the heats.

**Horizontal** – parallel to the surface level of the water.

**House Of Delegates** - The ruling body of USA Swimming, Inc. made up of the USA Swimming Board of Director members, LSC General Chairs, Administrative Vice Chairs, Age Group Vice Chairs, Senior Vice Chairs, LSC Coaches Representatives and LSC Athlete Representatives and at-large delegates appointed by the President, and representatives of other swimming organizations.

**ICAR** - International Center for Aquatic Research; USA Swimming sophisticated sports medicine laboratory in Colorado Springs.

**Initial Distance** – that first portion of a race for which an official time may be recorded but which is not in itself a completed event.

**International Competition** – any amateur athletic competition between any athlete(s) or member organization(s) of USA Swimming, either individually or as part of a team, and any athlete(s) or member organization(s) (e.g., clubs) representing any foreign country.

**Invitational Competition** – for those swimmers, organizations and clubs invited by the host.

**Junior Olympic** – a type of Age Group competition conducted by Zones and LSCs.

**Lane** – the specific area in which the swimmer is assigned to swim; e.g., lane one.

**Lane Line** – continuous floating markers attached to a line stretched from the starting end to the turning end for the purpose of separating each lane.

**Lane Markings** – the guidelines on the bottom of the pool and in the center of the lanes running from the starting end to the turning end.

**Leg** – (relay) the part of the relay event that is swum by a single team member.

**Length** – extent of the course from end to end.

**LSC** - Local Swimming Committee, an administrative division of USA Swimming with supervisory responsibilities within certain geographic boundaries designated by USA Swimming.

**Malfunction** – a mechanical or electronic failure; not a human failure by the swimmer.

**Manual Start** – the start of any timing device by an individual in response to the same starting signal given to the swimmer(s).

**Mark** – (take your) starting position.

**May** – permissive, not mandatory.

**Meet** – a series of events held in one program.

**Mixed Classification** – meet in which events of Age Group and Junior, Senior, or any other classification are offered.

**National Age Group (NAG) Recognition Time** – an official time that qualifies as one of the fastest for a given age group as defined in the SWIMS portion of the Policy Manual.

**NCAA** - National Collegiate Athletic Association; the ruling body for college athletics.

**NGB** - National Governing Body; the individual sport governing body for each Olympic and Pan American sport in the U. S. USA Swimming is the NGB for amateur competitive swimming. there are 38 NGB's in the U. S. Olympic committee.

**Non-Conforming Time** – qualifying time standard that does not correspond to the course that will be competed in a meet.

**Observed Swim** – a swim observed by assigned USA Swimming officials for conformance with USA Swimming technical rules in a meet conducted under other than USA Swimming rules.

**OIOC** - Olympic International Operations Committee; committee of Program Operations in USA Swimming responsible for staff and team members of all USA National Swimming Teams.

**Open Competition** – competition which any qualified club, organization or individual may enter.

**Pan American Games** - multi-sport competition among nations of the Western Hemisphere held every four years in the year prior to the Olympics.

**Pan Pacific Swimming Association Championships** - swimming competition between nations of the Pacific rim, conducted every other odd numbered year. Charter members of the PPSA are Australia, Canada, Japan, and the United States.

**Place Judges** – two place judges, one on each side of the finish line, who will record the order of finish of all swimmers by lane.

**Pool** – the physical facility in which the competition is actually conducted.

**Postal/Internet Meet** – a swimming competition conducted in multiple pool locations with results compiled in a central location.

**Preliminary** – session of the meet in which the heats are held.

**Program** – the order of events, including starting times and intermissions in a meet or portion thereof (See Session), sequentially listed by class of competition, sex, age group, distance, and stroke as set forth in meet announcement.

**Propulsive** – having power to propel.

**Protected Competition** – any amateur athletic competition between any athlete or athletes officially designated by USA Swimming as representing the United States, either individually or as part of a team, and any athlete or athletes representing any foreign country where (a) the terms of such competition require that the entrants therein be teams or individuals representing the respective nations, and (b) the athlete or group of athletes representing the United States are organized and sponsored by USA Swimming and are selected by USA Swimming in accordance with a defined selection or tryout procedure that is open to all and publicly announced in advance. Except for domestic amateur athletic competition, which by its terms requires that entrants therein be expressly restricted to members of a specific class of amateur athletes such as those referred to in Section 4 of Article VII of the USOC Constitution, the term 'protected competition' shall also include any domestic amateur athletic competition or event organized and conducted by USA Swimming which has been designated by USA Swimming in its selection procedure, and publicly announced in advance, as a competition or event directly qualifying successful competitors therein as an athlete representing the United States in a protected competition as defined in the immediately preceding sentence of this subsection.

**Quadrennium** - the four-year period culminated by an Olympiad.

**Race** – any single swimming competition; i.e., preliminary, final, timed final.

**Record Attempt** – swimming against time in a record attempt, unpaced by other swimmers. (Refer to Article 104 for record requirements).

**Reinstatement** – return of all or limited rights of membership in USA Swimming.

**Reportable Times** – times achieved in conformance with applicable USA Swimming rules which may be submitted to USA Swimming for recognition.

**Sanction** – a permit issued by an LSC to a USA Swimming group member to conduct a meet in conformance with all USA Swimming rules.

**Scissor** – use of the top of the instep of one foot and the bottom of the other foot in the propulsive part of the kick.

**Scratch** (from an event) – withdraw an entry from competition.

**Seasonal Club** – an organization which has been accepted for membership in USA Swimming and which operates on the basis of a period of time specified by the LSC.

**Seed** – to distribute the swimmers among the required number of heats and/or lanes, according to their submitted or preliminary times.

**Seeding – Events Seeded on the Deck** – swimmers are called to report to the clerk of course for their event on the day of the meet. After scratches are determined, swimmers are seeded in the proper heats. **Pre-Seeded Heats** – swimmers are arranged in heats in events according to submitted times and heat sheets are prepared prior to the day of competition.

**Session** – any portion of a meet distinctly separated from other portions by locale, time, or type of competition, i.e., preliminaries and finals; morning and evening; Senior and Age Group, etc.

**Shall** – mandatory.

**Should** – recommended but not mandatory.

**Simultaneously** - occurring at the same time.

**Split Time** – time recorded from official start to completion of an initial distance within a longer event.

**Sports Citizen** – an athlete who has represented a nation other than the United States in international competition is a sports citizen of that nation and is considered ineligible to represent the United States until FINA requirements for changing sports citizenship (sport nationality) have been met. (See Foreign Swimmer)

**Still Water** – water contained within four walls, or landlocked, and has no perceptible current or movement other than that caused by wind or by other swimmers. (Circulatory systems should be off during competition.)

**Steering Committee** - seven member elite sub-committee of the OIOC consisting of four coaches, two athletes and a sports medicine representative.

**Still Water** – water contained within four walls, or landlocked, and has no perceptible current or movement other than that caused by wind or by other swimmers. (Circulatory systems should be off during competition.)

**Swim-A-Thon** - USA Swimming fund raising program in which swimmers swim laps for pledges. Funds are split between local clubs and USA Swimming, with the local club retaining the majority of the funds.

**Submitted Times** – those filed with an entry, as having been previously achieved.

**Swimming Venue** –the area located on the sides and ends of the pool, spectator area, team areas within the pool facility (e.g., portion of the building designated for teams and swimmers, or fenced area around outdoor pool), locker rooms, and such other areas as may be specifically designated by the host club or organization, meet director, or referee.

**Suspension** – deprivation of all rights of membership in USA Swimming.

**Timed Finals** – competition in which only heats are swum and final placings are determined by the times performed in the heats.

**Time Standard** – the time a swimmer must have previously achieved in order to compete in that event at any designated competition.

**Touch** – contact with the end of the course

**Unattached** – a member who competes but does not represent a USA Swimming member club or another FINA member Federation.

**USA Swimming** – United States Swimming, Inc. a Colorado corporation

**USAS** - United States Aquatic Sports; umbrella organization for all five aquatic disciplines in this country. USAS is made up of Diving, Swimming, Synchronized Swimming, Water Polo, and Masters Swimming.

**USOC** - United States Olympic Committee, the USOC is the U. S. representative to the International Olympic Committee.

**U. S. Olympic Festival** - multi-sport competition held in the non-Olympic years of each quadrennium featuring competition among U. S. athletes, under the auspices of the USOC.

**Vertical** - at a right angle to the normal water level.

**Wall** – vertical portion of the pool, contiguous surfaces of the deck and overflow gutter, the front portion of the starting block or platform, or the touch pad at the end of the course.

**Warning Signal** – a starting pistol, bell, whistle, air horn, or other appropriate audible device.

**Website** – the official site maintained by USA Swimming on the internet.

**Zones** - USA Swimming is divided into four geographic zones, East, West, South and Central. Iowa is in the Central Zone.