



# **Utah Swimming Rules & Regulations**

*March 2020 Revision*

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# Utah Swimming Rules and Regulations

- UT 1.1     The **UTSI Championship Meets** are: Utah Short Course Age Group Championships, Utah Short Course Senior Championships, and Utah Long Course Championships. Other meets may be designated as such by the UTSI Board and use UTSI Championship procedures.
- UT 1.2     **Non-Championship Meets:** B or BC Finale. Meets may be designated as such by the UTSI Board.
- UT 1.3     **Entries**  
All swimmers participating in a UTSI Championship meet must be able to prove current USA Swimming membership and be registered as a member of Utah Swimming.  
All entries are due eight days prior to the first day of the meet (unless specified differently in the meet information). The Meet Director must forward a meet database backup to the UTSI Registration Chair at least 3 days prior to the meet.
- UT 1.4     **Proof of Entry Times**  
UTSI Championship Meet Swimmers will enter events with times conforming to the current edition of the USA Swimming SWIMS Time Module Policy Manual. Swimmers may enter meets with conforming and non-conforming times.
- UT 1.5     **Time Conversions** will NOT be allowed at any UT Championship meets.
- UT 1.6     **Championship Meet Awards**  
Must be approved by the UTSI Age Group or Senior Chair. Awards must be picked up at the completion of the meet and will not be mailed out.
- UT 1.7     **Online Meet Entry (OME)**  
Nothing at this time.
- UT 1.8     **Utah Swimming Scratch Procedure**
- .1     For Championship Meets and Prelims/Finals Meets  
The scratch box will be located at the Clerk of the Course. The scratch box shall close for the following day's events 30 minutes after the beginning of the final session each day, unless specified otherwise in the meet announcement. In a meet that begins with a timed final session on the first day, the scratch box for the next day's events will close 30 minutes after the start of that timed final session, unless specified otherwise in the meet announcement.
  - .2     For ALL non-Championship meets  
Scratches will be accepted prior to the beginning of each session or when called for by the Clerk of Course or as stated in the meet information. Unless stated otherwise in the meet announcement, there shall be no penalty for a swimmer missing an event, other than the swimmer will not be allowed to swim that event.

.3 Penalties for Preliminary Swims in a Championship Meet

- A. If a swimmer fails to scratch properly and doesn't report to the block to swim, that swimmer will be disqualified from that event and scratched from the next individual preliminary event for which they are entered. If a swimmer misses a second event, they will be barred from further individual competition for the remainder of the meet. They shall still be eligible to compete and score points for the team in relay events. Upon request and approval of the Meet Referee, any barred swimmer can be re-entered into the meet and reseeded with a NT into the slowest heat of their remaining events. Said swimmer will present them self to the Meet Referee and declare their intent to swim, to be allowed to swim for time only and will not be eligible to advance to Championship, Consolation or Bonus final heats or score points in individual events for themselves or for the club.
- B. Declared false starts are allowed in prelim swims. Delay of the meet penalties may be used in prelims at the discretion of the Meet Referee to protect the swimmer.

.4 Penalties for Championship, Consolation or Bonus Final Heats:

- A. A swimmer qualifying for either Consolation/Bonus Finals or Championship Finals has 30 minutes after the time of the announcement of the qualifiers of each individual event to scratch or declare an intent to scratch. The Consolation/Bonus and Championship heats will then be seeded by inserting alternates, thus filling all the lanes. Any swimmer qualifying for a Championship, Consolation or Bonus final heat who fails to compete in that event will be disqualified from that event and scratched from the next individual prelim event for which they are entered except any named alternate shall not be penalized if unavailable to compete. (See USA Swimming Rulebook) If a swimmer misses a second event, they will be barred from further individual competition for the remainder of the meet. They shall still be eligible to compete and score points for the team in relay events. Upon request and approval of the Meet Referee, any barred swimmer can be re-entered into the meet and re-seeded with a NT in the slowest heat of their remaining events. Said swimmer will present them self to the Meet Referee and declare their intent to swim, to be allowed to swim for time only and will not be eligible to advance to Championship, consolation or bonus heats or score points in individual events for themselves or for the club.
- B. Any swimmer missing a Championship, Consolation or Bonus heat in the last session, or their last Finals event of the meet will be subject to a \$50.00 fine subject to the discretion of the Meet Referee. The fine may be paid by the club or swimmer. Named alternates shall not be penalized if unavailable to compete. (See USA Swimming Rulebook)
- C. Declared false starts or deliberate Delay of the Meet Penalties are not allowed for Championship, Consolation or Bonus Finals.

.5 Results:

Results from a preliminary competition are not the same as a finals seeding posting. Any swimmer that may move into a finals seeding position as a result of scratches within the 30-minute time period is subject to all penalties as listed. Alternates as posted in the finals seeding are not subject to any penalty. The Administrative Referee (or designee) shall make every effort to contact swimmers (or their coaches) who are entered into Consolation, or Final Heats because of scratches. However, swimmers and their coaches have the ultimate responsibility to be aware of whether they are qualified in an evening finals heat.

- .6 Mandatory Scratch-down for Non-Championship meets:  
If conditions warrant (i.e., the projected timeline for the meet exceeds the limitations stated in the USA Swimming Technical Rules), the Referee, with the concurrence of the Meet Director, shall require swimmers to scratch an event or events in order to regulate and control the length of time for competition in a sanctioned meet. (This procedure is based on a minimum 20-second or greater interval between heats.)
- A. The mandatory scratch-down procedure shall be applicable to all non-championship meets.
  - B. Meet information sheets shall include the following statement: “A mandatory scratch down may apply at this meet, subject to the provisions of USA Swimming Rules and Regulations.” (205.3.1F 2018 edition)
  - C. To the maximum extent possible, the mandatory scratch requirement shall be applied uniformly to all age groups, sexes, and classes of athletes.
  - D. The entry fee for each event scratched pursuant to the mandatory scratch-down procedure shall be refunded to the team after the completion of the meet.
  - E. If an athlete fails to select a requested scratch swim, the meet director will scratch the athlete from the last event of the affected session.

**UT 1.9 Warm-Up Procedures**

- A. Feet -first entry is required. At no time should the athlete enter the water head-first unless practice starts are being directly supervised by their coach.
- B. All swimming should be done in a counter-clockwise direction – keep right.
- C. No equipment in the general warm-up. No paddles, pull buoys, fins, assisted or resisted cords and/or similar such devices that could result in injuries to swimmers or damage to equipment. The Referee may permit equipment in specially designated areas with prior coordination.

General Warm-up Period (to be specified in meet information):

- A. Usually consists of the first 30-45 minutes of the warm-up session.
- B. No Diving.... Swimmers must enter the water feet first.
- C. No sprinting or pace work.
- D. All lanes – to be specified in meet information.

Controlled Warm-up Period (to be specified in meet information):

- A. Pace lanes – last 30 minutes of warm up. Push- off one or two lengths, circle swimming only (counter-clockwise), NO DIVING, feet first entries only.
- B. Practice Racing Starts – Last 30 Minutes of warm-ups. Number of lanes as needed. Swimmers must exit the pool at the far end or return to the start end via a general warm-up lane. Do NOT return via the pace lanes.
- C. General Lanes - Circle swimming only (counter-clockwise only).

Normal Lane Assignments

Pool Size	Push/pace	Race starts/ Sprints	General
5 lane	Lanes 1 & 5	Lanes 2	Lane3 & 4
6 lane	Lanes 1 & 6	Lanes 2 & 5	Lanes 3 & 4
8 lane	Lanes 1 & 8	Lanes 2 & 5	Lanes 3, 4, & 6
10 lane	Lanes 1 & 10	Lanes 2, 5 & 9	Lanes 3, 6, 7, & 8

UT 1.10 **Seeding**

- A. Deck Seed Policy – Deck entries will NOT be accepted at any UTSI meet unless specifically allowed by a statement in the meet announcement.
- B. If a missing entry is an administrative error on the part of the meet host, the meet director will enter the swimmer into the appropriate events as follows:
  - 1. Non-Championship Meets: The swimmer will be entered into the open lane most appropriate to the swimmers' seed time. If there are no open lanes, the swimmer may stand by for an open lane. If no open lane exists at the start of the final heat, the Meet Referee will add an extra heat for the swimmer.
  - 2. Championship Meets: The event will be re-seeded.
  - 3. If the entry problem is not an administrative error on the part of the meet host, the swimmer will not be allowed to swim unless deck entry is allowed at the particular meet.

- C. Prohibited Actions at Championship Meets: Moving swimmers that were properly entered into events between events.
- D. Timed Finals – In all UT Championship meets, if the meet information states that the fastest heat of an event will be swum in the finals session, and a swimmer desires to swim the event in the preliminary session, the swimmer must enter the event at the event qualifying time. The intent of having the fastest heat in finals is to have a full heat.
- E. Seeding of 400 and greater events – The standard order for seeding events of 400Y or greater will be fastest to slowest in the prelim session.
- F. Seeding for Championship Meets – Swimmers must enter at the fastest time achieved in an event (except as otherwise provided in USA Swimming Rules Article 207 or the USA Swimming Policy Manual). Swimmers who have not achieved a time in the conforming course must enter at the fastest achieved time in the non-conforming course.

UT 1.11 **Scoring**

All UTSI Championship meets will be scored using standard point values equal to the number of lanes used in championship finals. If more than one final is scheduled, the A and B final will be scored. Any other meet may be scored using point values as delineated in the meet announcement.

UT 1.12 **UTSI Championship Meet Committee**

The UTSI Championship Meet Committee for championship meets will be appointed to handle all issues pertaining to non-rule situations at the meet. Examples of issues under the jurisdiction of the meet committee are: change of program, postponement, severe weather, and equipment issues. The composition of the meet committee is left to the discretion of the Meet Referee but must include at least one athlete, one coach representative, the Meet Director, the Age Group or Senior Chair, and the Meet Referee.

UT 1.13 **Officials and Juries**

The UTSI Officials Chair is responsible for assigning the Meet Referee for all UTSI Championship meets.

The Meet Referee shall appoint officials and the Technical and Eligibility juries. The Technical Jury shall consist of at least one coach, one swimmer, and one to three other people. Written protests involving technical rules, except disqualifications due to judgement decisions by deck officials, shall be made to the Meet Referee within thirty (30) minutes of the protested act or occurrence. Decisions of the Meet Referee may be appealed to the Technical Jury.

The Eligibility Jury shall consist of one coach, one swimmer, and one official to consider protests pertaining to the eligibility of any swimmer to compete or to represent an organization.

UT 1.14 **Retention of Records**

The following meet material must be retained for a period of 24 months after each sanctioned meet. One heat sheet from each session, timing equipment printout sheets/tapes, lane timers' sheets, Referee order of finish, DQ log, DQ Slips, no

show log, positive check in sheets, relay cards, relay takeoff slips, any other paperwork the Referee deems appropriate.

**UT 1.15 Age Group Program**

A. Application of the USA Swimming 4-hour rule:  
USA Swimming Rule 205.3.1 F 2018 edition – In this section of USA Swimming rule book it states that “with the exception of championship and open water meets, the program in all other age group competition shall be planned to allow the events for swimmers 12 years and younger to be completed in four (4) hours or less per session (prelims, finals, timed finals) events for the same 12 and under swimmers shall be limited to one session per day, except for prelim/final meets where events for 12 and under swimmers may be offered in both prelims and finals.” UTSI will enforce the “4-hour rule” for 12 & under swimmers as follows:

1. Meets shall be planned to not exceed a 4 hour day (timed finals) or a 8 hour day (prelims-finals) for 12 & under swimmers. No session may exceed 4 hours.
2. The time lines must be computed using a minimum of 20 second intervals.
3. The Referee will keep track of lost time lost due to weather, equipment malfunctions or other disruptive events. This cumulative lost time will not be counted toward the 4-hour rule. Normal operational events such as checking of backup times, swimmers getting in and out of the water and protests will be considered normal events and will not be counted as lost time. The penalty for violating this rule is fine that is located in the Utah Swimming Policies and Procedures Manual.

**UTSI 1.16 Beehive Finale Meets**

The Beehive Finale Meets will be put out to bid to teams in good standing with UTSI. Teams that receive the bid must still obtain a sanction from UTSI's Sanctions Chair.

A. General:

1. There shall be at least two Beehive Finale Meets a year, one during the Short Course Season and one during the Long Course Season. There may be 2 meets offered per season.
2. The Short Course Beehive Finale(s) shall be swum in a 25-yard pool. The Long Course Beehive Finale(s) may be swum in a 50-meter pool or 25-yard pool.

B. Participation:

1. All participating swimmers must be able to prove current USA Swimming membership and be registered as a member of Utah Swimming.



2. Participation is open to all swimmers who have achieved the Beehive Finale qualifying time but not achieved a Utah Swimming State Championship qualifying time in said events.
3. USA Time Verification Procedures will be in effect.
4. UTSI Warm-up and Safety Procedures will be used.

C. Facility

1. Host facilities should include:
  - a. Six competition lanes with sturdy starting blocks and effective lane lines. Eight lane pools will be given preference.
  - b. Seating for 200 or more spectators.
  - c. Deck space for at least 200 swimmers.
  - d. Electronic Timing System with:
    1. Properly displaying scoreboard.
    2. All pads working properly.
    3. All wiring operational and safe.
    5. Working connections to console and meet management software.
  - e. Meet Management Software

D. Meet Personnel:

1. Key meet personnel must be experienced at running Utah Swimming sanctioned meets for at least 200 swimmers. Experience may come from hosting other meets, being trained at other teams' meets, or training through UTSI's Board of Directors.
2. Key Meet Personnel include:
  - a. Meet Director
  - b. Meet Referee
  - c. Starter
  - d. Administrative Official

E. Operations:

1. Speed or flow of meet should be consistent. Meet should begin on time with few interruptions.
2. Accuracy of times and results is essential.
3. Results shall be posted at the meet in a timely manner. Also, meet results will be sent to proper UTSI personnel within 24 hours of the conclusion of the meet.
4. Compliance with UTSI Policies and Procedures
  - a. Sanctioning

- b. Reports
- c. Payment of Fees

F. Funding and Fees

1. Utah Swimming shall fund the Beehive Finale with \$700 to be used towards running the meet and awards. Awards must be approved by the UTSI Age Group or Senior Chair. Failure to receive prior approval may result in the host team being required to replace the awards.

Replacement awards will be distributed to all teams not later than 30 days following the notification of inadequate awards. Awards must be picked up at the completion of the meet and will not be mailed out.

2. Host team shall pay any and all individual and relay splash fees.

G. Bid Process

1. All interested teams should submit the bid application form completely filled out four months prior to the scheduled meet, or when called for by the Age Group Chair.

**UTSI 1.17 13 & Over/Post-Age Group Meet Fee Policy**

Any team within the LSC hosting a meet for older swimmers during the months of November to February is eligible for a splash fee reduction or splash fee waiver.

The following criteria must be met:

1. Events must be classified as 13&over men's and women's or 13&over mixed format.
2. Senior meets submitting for a splash fee waiver/reduction may not have any events for 12 & under swimmers.
3. USAM swimmers are eligible to participate in 13&over/Post-Age Group meets.
4. All 13&over/Post-Age meets must be cleared through the Senior Chair prior to submitting for a sanction.
5. Senior Meets with more than 150 swimmers are eligible for a 50% splash fee reduction.
6. Senior Meets with less than 149 swimmers are eligible for a splash fee waiver.
7. Application fee must be submitted with sanction.

**UTSI 1.18 Championship Meet Time Standards Formula**

All Time Standards will be reviewed and may be re-set annually by the Technical Planning Committee and are subject to approval by the UTSI Board of Directors. The Technical Planning Chair will present the Time Standards for the coming year at the fall House of Delegates.

1. Short Course Age Group and Long Course Championships time standards shall be adjusted using the following formula: Each of the previous three years' 32<sup>nd</sup> place entry time plus the current time standard in an event shall be averaged together to form a new time. For example: 2016's 32<sup>nd</sup> entry time + 2017's 32<sup>nd</sup> entry time + 2018's 32<sup>nd</sup> entry time + the current time standard /4. If that time is slower than the current BB Motivational Time Standard or the current time standard, the fastest of the three times will become the new Time Standard. If an event does not have at least three

previous years of 32 entry times, the current Time Standard or the current BB Motivational Time Standard, whichever is faster, will become the new Time Standard.

For both Age Group Championship meets and the Senior Long Course Championship meet, the Short Course Yards Time Standards will be calculated, using the formula, from previous Short Course Yards Championship Meet data, and the Long Course Meters Time Standards will be calculated from the Long Course Meters Championship Meet data. The Short Course Meters Time Standards will be converted from the Short Course Yards Time Standards using the Team Unified Time Conversion calculator (except for 400 relay times which must be converted from the LC meter time).

2. Senior Short Course Championship Meet Standards will be reviewed each year by the Technical Planning Committee and may be adjusted as needed to fit the needs of Senior Swimming.

Change Log					
Version	Date	Description	Change/Section(s)	Author or Editor	Authority
??	Nov. 2018	Last known version	Unknown	Lorinne Morris and Wane Oviatt	BOD
2	March 10, 2020		Formatting changes, Updated rule 1.8.4 to comply with USA Swimming rule and changed language to gender neutral	Cathy Vaughan and Ezra Silva	BOD