1 Olympic Plaza
Colorado Springs, CO
80909-5770

o 719.866.4578
f 719.866.4669

usaswimming.org

Bruce W. Stratton
398 S. 9th Street, Suite 290
Boise, ID 83702-6066

o 208-336.4953
f 208-342.8962

bruce@strattoncpa.com

September 24, 2009

To: LSC Permanent Offices
LSC General Chairs

Re: Legislation Passed by the House of Delegates

---

Attached for your information is a summary of the actions taken by USA Swimming House of Delegates during its meeting on September 19, 2009, along with the actual legislation in its final form. Included as part of this packet is also a copy of the amendments made by the Rules & Regulations Committee to Articles 102.9, 202.4.4, 202.5.3 and 205.10.1 regarding swimwear.

A few of the more significant changes, especially as they relate to LSCs, are as follows:

1. Article 102.9 was amended by the Rules & Regulations Committee to conform our rules to the new FINA rules regarding swimwear. Additional conforming changes were made to Articles 202.4.4, 202.5.3 and 205.1.1. The House of Delegates subsequently made the changes effective October 1, 2009, and included provisions relating to modesty/support type swimwear and exemptions for religious/medical reasons. (R-10, R-13, R-14 and HK-1)

2. The meet announcement for sanctioned or approved competition must include a statement about the depth of the water at the start and turn ends of the pool. This is effective January 1, 2010. (R-22)

3. Approvals for competition (as opposed to a sanction) may no longer be issued to a USA Swimming member club unless it is for a closed competition or unless the specific competition has been approved in advance by the USA Swimming Program Operations Vice President or his/her designee. This is effective January 1, 2010. (R-23)

4. LSCs may not impose requirements for either Club Membership or Individual Membership in addition to those set forth in Article 502. However, an LSC may require proof of birth date prior to competition in age classified events. (R-33)

The Rules & Regulations Committee also re-affirmed its position that LSCs are not allowed to make modifications to Part One of our Rulebook and, accordingly, no additional swimsuit restrictions may be imposed by LSCs.

If you have any questions regarding this, please do not hesitate to contact me.

Sincerely,

Bruce W. Stratton
Chair, Rules and Regulations Committee

# ACTIONS TAKEN ON
# 2009 PROPOSED AMENDMENTS
# TO USA SWIMMING RULES & REGULATIONS

| **B** | ***Description*** | Location | Action |
|---|---|---|---|
| R-1 | Composition of Meet Committee | Glossary | Approved |
| R-2 | Definition of open water terms: abandonment, escorted swim, unescorted swim | OW Glossary | Approved |
| R-3 | Eliminate the references to gun and discontinue use of the starters pistol in USA Swimming | 101.1.1<br>102.16.1<br>103.15 | Approved |
| R-4 | Correct an inconsistency regarding false starts | 101.1 .3A | Approved |
| R-5 | Change wording on breaststroke to correspond to the way it is currently officiated | 101.2.2<br>101.2.3 | Defeated |
| R-6 | Clarification regarding the use of automatic relay take-off judging | 101 .7.3B | Defeated |
| R-7 | Clarify seeding when lanes are numbered left to right | 102.5.3 | Defeated |
| R-8 | Remove requirement for empty lane between different genders or age groups | 102.8.2 | Defeated |
| R-9A-1 | Extend swimwear restriction to all swimmers at all meets below the level of USA Swimming Championships; additional coverage restrictions; apply restrictions to approved meets and observed swims | 102.9.1A<br>202.4<br>202.5 | Withdrawn |
| R-9A-2 | Extend swimwear restriction to all swimmers at all meets below the level of USA Swimming Championships; additional coverage restrictions; do not apply restrictions to approved meets and observed swims | 102.9.1A<br>202.4<br>202.5 | Withdrawn |
| R-9B | Extend swimwear restriction to all competition below the level of LSC Championships; additional coverage restrictions | 102.9.1A | Withdrawn |
| R-9C | Extend swimwear restriction to 14 & under age group defined competition; additional coverage restrictions | 102.9.1A | Withdrawn |
| R-1 0 | Change effective date of swimwear amendment | 102.9 | Approved |
| R-1 1 | Create new section regarding approval and availability of swimwear & include in approved meet and observed swims requirements | 102.9<br>202.4<br>202.5 | Withdrawn |
| R-12 | Bring USA Swimming rules into compliance with FINA regarding wearing only one swimsuit at a time; include provision for approved meets and observed swims | 102.9<br>202.4<br>202.5 | Withdrawn |
| R-13 | Allow modesty wear for age group swimmers | 102.9<br>205.10 (new) | Approved |
| R-14 | Add provision for exemption due to religious/medical reasons | 102.9. 1B | Approved |
| R-1 5 | Clarification of “teaching racing starts” | 103.2.2 | Approved/Amended |
| R-16 | Allow LSCs flexibility regarding placement of backstroke flags | 103.14.2 | Defeated |
| R-17 | Allowing personal assistants for swimmers with a disability | 105.1.3 | Approved |
| R-1 8 | To require advance notice to the meet host of the need for a recall rope | 105.3.1 | Approved |
| R-19 | Provide for necessary modification for swimmers with no leg function | 105.5.3 | Approved |
| R-20 | Remove a sentence that causes a great deal of confusion about closed competition and sanctions | 202.1 | Approved |

| | | | |
|---|---|---|---|
| R-21 | Clarify allowing foreign swimmers, coaches and officials to participate in sanctioned competition | 202.3.1-<br>202.3.3 | Approved |
| R-22 | Require meet announcement to include information about water depth | 202.3<br>202.4 | Approved |
| R-23 | Impose criteria for member clubs hosting approved meets | 202.4 | Approved |
| R-24 | Include section on determination of official time as requirement for approval | 202.4.4 | Approved |
| R-25 | Make Rule Book consistent with actual practice regarding observed swims | 202.5 | Approved |
| R-26 | Clarify that LSCs or clubs cannot prohibit the transfer of an athlete from one club or LSC to another | 203.5 | Approved |
| R-27A | Move entry fee amounts for USA Swimming Championships to Policy Manual | 207.9.3 | Approved |
| R-27B | Raise the entry fees for USA Swimming Championships | 207.9.3 | Withdrawn |
| R-28 | Delete references to entry blanks and electronic entries | 207.10.1 | Approved |
| R-29 | Allow entries to be updated until the entry deadline; delete references to entry forms | 207.10.5 | Approved |
| R-30 | Update entry provisions regarding relay-only swimmers | 207.10.8 | Approved |
| R-31 | Clarification on team scoring | 207.12.9D | Withdrawn |
| R-32 | Specifically protect athletes under sexual misconduct section | 304.3.5 | Approved |
| R-33 | Clarify that LSCs may not impose requirements for club or individual membership beyond those described in Article 502; proof of age may be required prior to competition in age classified events | 502.2 | Approved |
| R-34 | Clarify that athletes are appointed to 1-year terms on committees | 506.1 | Approved |
| R-35 | Allow Rules Committee to submit legislation after May 15 but before publication at normal approval percentage | 511.5 | Approved |
| R-36 | Change effective date of amendments to Part One to May 1 | 511.6 | Approved |
| R-37 | Require entry information to designate whether race will be escorted or unescorted | 701.2.2 | Approved |
| R-38 | Conform open water start language to FINA | 701.2.3 | Approved |
| R-39 | Guidance regarding athlete numbering | 701.3 | Approved |
| R-40 | Re-write disqualification section to clarify red/yellow flags | 701.5 | Approved |
| R-41 | Re-write disqualification procedures to correspond to re-write of disqualification section | 701.6 | Approved |
| R-42 | Include new language from FINA | 701.16 | Approved |
| R-43 | Safety precautions regarding starts from a fixed platform | 702.3 | Approved |
| R-44 | Provide for microchip technology | 702.5 | Approved |
| R-45 | Bring abandonment policy into compliance with FINA | 704.2 | Approved |
| R-46 | Allow for on-line entry to Open water National Championships | 704.4 | Approved |
| R-47 | Allow flexibility in establishing qualifying times for Open Water Championships | 704.10 | Approved |
| HK-1 | Remove reference to OW Guide (unnecessary language) | 102.1<br>701.1 | Approved |
| HK-2 | Correct for grammar and consistency | 102.8.3 | Approved |
| HK-3 | Relocate existing 102.10.10 in Disqualification section to 102.9, Swimwear section | 102.9<br>102.10 | Approved |
| HK-4 | Update FINA's name | Global change | Approved |
| HK-5 | Clarify "tapper" | 105.2 | Approved |
| HK-6 | LSC Model Bylaws are now referred to as Required LSC Bylaws | 509.1 | Approved |

USA SWIMMING RULES & REGULATIONS COMMITTEE

| | | | |
|---|---|---|---|
| HK-7 | Update references and terminology in Required LSC Bylaws | Required LSC Bylaws | Approved |

# AMENDMENTS TO
# USA SWIMMING RULES & REGULATIONS
# ADOPTED AT THE 2009 HOUSE OF DELEGATES

R-1 **Adopted Effective January 1, 2010**

**Location:** **Page 12 Glossary Swimming Words and Terms**

**Meet Committee** – Unless otherwise specified in the meet information, the Meet Committee shall consist of the Meet Director, Meet Referee, and coach and athlete members as appropriate.

R-2 **Adopted Effective January 1, 2010**

**Location:** **Page 16 Glossary Open Water Swimming Words and Terms**

**Abandonment** – Termination of an event prior to its completion due to safety considerations.

**Escorted Swim** – An event where each swimmer is required to have a support craft which accompanies the swimmer throughout the race.

**Unescorted Swim** – An event where swimmers compete without a designated support craft.

R-3 **Adopted Effective May 1, 2010**

**Location:** **Page 17 Article 101.1 Starts**
**Page 33 Article 102.16 Timing**
**Page 45 Article 103.15 Loudspeaker Start System**

**101.1 STARTS**

.1 **Equipment** — A loudspeaker start system conforming to 103.15, with or without an underwater recall device, and an electronic strobe signal visible to all manual timers and for forward and backstroke starts, shall be the preferred starting device. A .22 caliber starting pistol may be used.

**102.16 TIMING**

.1 **Timing Systems** — Every race in a swimming competition shall be timed with one or more of the following systems, listed in their preferred order of use:

A **Automatic** — A timing system that whose start is started by an electric impulse generated activated by a starting device or a transducer capable of detecting a gun report and stopped at the finish by the swimmer touching the touchpad.

B **Semi-Automatic** — A timing system that whose start is started by an electric impulse generated activated by a starting device or transducer capable of detecting a gun report and stopped by buttons pushed by timers at the finish touch of the swimmer.

C **Manual** — A timing system consisting of individual lane timers, each operating a manual watch that is both started and stopped by the timer as described in 102.16.3C. Only hand-held, battery powered, digital read-out type watches designed for timing purposes shall be used.

**103.15 /NC/ LOUDSPEAKER START SYSTEM** — An electronic sound generating device shall be provided to give the starting and recall signal. Loudspeakers may be mounted underneath or on the side of each starting platform, between every two platforms, on each side of the racing course, or positioned behind the starting platforms in such a manner that equitable dispersion of sound to all lanes is assured. The device shall also activate a strobe light, or similar visual signal, located on the starter's side of the course approximately 15 feet forward from the starting end, to indicate the start to manual timers and deaf and hard-of-hearing swimmers. The start system may include an underwater recall speaker and gun final lap signal option.

R-4 **Adopted Effective May 1, 2010**

**Location:** **Page 17 Article 101.1 Starts**

**101.1 STARTS**

.3 **False Starts**

A Any swimmer starting before the starting signal is given shall be disqualified if the Referee independently observes and confirms the Starter's observation that a violation occurred. Swimmers remaining on the starting blocks shall be relieved from their starting positions with the "Stand up" command and may step off the blocks. The Starter shall restart the race upon signal by the Referee.

R-10 **Adopted Effective October 1, 2010**

**Location:** **Page 28 Article 102.9. Swimwear**

**Proposed by:** Senior and Age Group Development Committees

MOTION: Change effective date of amendment adopting FINA swimwear rules to October 1, 2009.

R-13 **Adopted Effective Immediately**

**Location:** **Page 28 Article 102.9 Swimwear**
**Article 205.10 Swimwear in Age Group Competition**

**102.9 Swimwear**

.1 **Design**

A *no change*

B In swimming competitions, the competitor 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.

| | | |
|---|---|---|
| 91 | C | *no change* |

**205.10 SWIMWEAR IN AGE GROUP COMPETITION**

.1 For age group competitions, it is permissible for an athlete to wear a single set of garments underneath his or her competition swimsuit for modesty and/or privacy reasons.

R-14 **Adopted Effective October 1, 2009**

**Location:** **Page 28 Article 102.9. Swimwear**

**102.9 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 competitor must wear only one swimsuit in one or two pieces. 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.

.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.

.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.

C. Only swimsuits approved by FINA, as reflected on its published list of approved swimsuits may be worn in any USA Swimming sanctioned or approved competition.

D. Swimsuits worn for competition must be non-transparent and conform to the current concept of the appropriate.

E. The Referee shall have the authority to bar offenders from the competition until they comply with the rule.

R-1 5 **Adopted/Amended Effective Immediately**

**Location:** **Page 41 Article 103.2 Water Depth**

**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 racing starts in any setting from any height starting blocks or the deck, prior to certification, shall be 6 feet (1.84 meters) measured for a distance of 3 feet 3 1/2 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.

Subsequent to certification, practicing of racing starts may take place in water depth of four (4) feet (1.22meters) and deeper.

R-17 **Adopted Effective May 1, 2010**

**Location: Page 51 Article 105.1 General**

**105.1 GENERAL**

.1 **Authority** — *no change*

.2 **Responsibilities –** *no change*

.3 **Modifications** — Aids to buoyancy or speed are not allowed (See 102.10.10). Some of the modifications which the Referee may make to accommodate the athlete with a disability are:

(1) A change in starting position.

(2) Reassignment of lanes within a heat, e.g., exchanging Lanes 2 and 7.

(3) Allowing the athlete's to have a personal assistant(s). on the deck to assist with a start, A personal assistant is not required to be a member of USA Swimming unless acting in a coaching capacity.

(4) Other allowable modifications are further described in this section under the type of disability.

R-18 **Adopted Effective May 1, 2010**

**Location: Page 52 Article 105.3 Deaf and Hard of Hearing**

**105.3 Deaf and Hard of Hearing**

.1 Deaf and hard of hearing swimmers require a visual starting signal, i.e., a strobe light and/or Starter's arm signals. The Referee may reassign lanes within the swimmer's heat, i.e., exchanging one lane for another, so that the strobe light or Starter's arm signal can more readily be seen by the deaf or hard of hearing swimmer. Standard Starter's arm signals are shown in Figure 1. A false start rope is required in the event of a recall, provided the meet host is notified by the entry deadline that a deaf or hard of hearing swimmer will be participating.

R-19 **Adopted Effective May 1, 2010**

**105.5 PHYSICAL DISABILITIES**

.1 *no change*

.2 *no change*

.3 **Turn/Finishes** —

A Touches shall be judged in the same manner as strokes and kicks, i.e., on the basis of the arm(s) and/or hand(s) that the swimmer can use. In breaststroke and butterfly events, the competitor must reach forward as if attempting a simultaneous two-hand touch. When a swimmer has a different arm length, only the longer arm must touch the wall, but both arms must be stretched forward simultaneously. Swimmers with no arms or with upper limbs too short to stretch above the head may touch the wall with any part of the upper body.

B At the turn and finish of the butterfly, an athlete with no leg function is permitted to perform a partial stroke with the arm(s) recovering forward under the surface of the water in order to touch the wall.

R-20 **Adopted Effective January 1, 2010**

**Location: Page 55 Article 202.1 Sanctions and Approvals**

**202.1 JURISDICTION —** As the National Governing Body for competitive swimming in the United States and as a Federation member of FINA, USA Swimming has the sole and exclusive authority to sanction or approve domestic and international swimming competition conducted within its jurisdiction. Each Local Swimming Committee (LSC), as the administrative arm of USA Swimming, is authorized to issue the sanction or approval for all swimming competition and benefits, exhibitions, clinics and entertainment involving competitive swimming within its geographical boundaries. Additional requirements/conditions for sanction or approval, other than those listed in 202.2, 202.3 and 202.4, may be established by a vote of the LSC House of Delegates in accordance with LSC Bylaws. Sanction is not required for closed competition which is restricted to members of a single Group Member of USA Swimming, although it may be issued by the LSC upon proper application.

R-21 **Adopted Effective January 1, 2010**

**Location: Page 57, Article 202.3 Conditions of Sanction**

**202.3 Conditions of Sanction** – Any event for which a sanction is required according to 202.1 is subject to the following conditions:

1 No swimmer who is not a member as provided in Article 302 will be allowed to compete or participate except as provided under 202.6 or USA Swimming's "open border" policy included in its Registration Manual.

2 At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. Athletes participating under the provisions of 202.6 or USA Swimming's "open border" policy must be under the supervision of their own coach or a USA Swimming member coach. The Meet Director or Meet Referee shall assist the athlete in making arrangements for such supervision.

3 All meet directors, referees, starters, and stroke and turn judges, serving in an official capacity in a sanctioned event, must be members of USA Swimming., and or other FINA-member organization. Except for coaches accompanying athletes participating under the provisions of 202.6 or USA Swimming's "open border" policy, all persons acting in any coaching capacity in a sanctioned event must be coach members of USA Swimming.

R-22 **Adopted Effective January 1, 2010**

**Location:** **Page 57 Article 202.3 Conditions of Sanction**
**Page 58 Article 202.4 Requirements for Approval**

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

.6 The meet announcement shall include information about water depth measured for a distance of 3 feet 3 Y2 inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls.

*Renumber remaining*

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

.12 The meet announcement shall include information about water depth measured for a distance of 3 feet 3 Y2 inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls.

*Renumber remaining*

R-23 **Adopted Effective January 1, 2010**

**Location:** **Page 58 Article 202.4 Requirements for Approval**

**202.4 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 either USA Swimming member clubs and LSCs or non-member clubs/ or organizations for meets conducted in accordance with USA Swimming technical rules.

.2 Approvals may be issued to member clubs for closed competition (such as YMCAs) conducted in accordance with USA swimming technical rules.

.3 Approvals may be issued to member clubs 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.

R-24 **Adopted Effective January 1, 2010**

**Location:** **Page 58 Article 202.4 Requirements for Approval**

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

.4 No competition shall be approved unless a sufficient number of USA Swimming officials, certified by the LSC at a minimum of Stroke and Turn level, are present to observe and certify that the conduct of competition and all times achieved in such competition were in conformance with all applicable USA Swimming technical rules including, but not limited to, the following:

| | |
|---|---|
| A Article 101 (all)<br>or Article 105<br>or Article 701 | Start, individual stroke and relay rules<br>(Disability)<br>(Open Water) |
| B 102.2.2 & 3 | Entry limit per day |
| C 102.16.4 A (1) & (2) | Requirements for official time/performance |
| D 102.16.4 B & C | Timing Resolution (including table) |
| E 102.16.5 | Determination of Official Time |
| E F 103.2.3, 103.3.1, 103.4<br>103.12.1 & 2 and 103.14<br>or Article 702 (Open Water) | Minimum standards for facilities |

R-25 **Adopted Effective January 1, 2010**

**Location: Page 59 Article 202.5 Requirements for Observed Swims**

**202.5 REQUIREMENTS FOR OBSERVED SWIMS —** Swims may be observed by assigned USA Swimming officials for conformance with USA Swimming technical rules in a meet conducted under other than USA Swimming rules. Official times achieved as observed swims may be submitted for entry into the SWIMS database if all of the following conditions are met:

.1 The meet must be a season-culminating Championship, e.g., League, Conference, District, Sectional, State, Regional, or be specifically approved by the USA Swimming Program Operations Vice President or designee. A time trial held in conjunction with the season-culminating championship meet that is officiated in accordance with the same standard as the championship meet may also be observed.

.2 Requests for USA Swimming observers for certification of times from meets in the championship progression must be made to the host LSC in accordance with LSC procedures at least 10 days prior to the meet. Applications for observation of all other meets must be made to the host LSC at least 10 days prior to the meet. Authorization of such non-championship meets must then be approved by the USA Swimming Program Operations Vice President or designee.

.3 A USA Swimming official must verify that all swims approved for USA Swimming purposes were in accordance with the requirements of 102.16.4 (Requirements for Official Times), 102.16.5 (Determination of Official Time), 103.3.1 (Racing Course Dimensions), and 103.12.1 & 2 (Starting Platforms).

.34 Where the technical rules of the stroke differ from USA Swimming as defined in Article 101, at least two USA Swimming observers, who shall be certified Stroke & Turn Judges assigned or approved by the LSC, must be present, one at each end of the course, to verify compliance of the swim or swims, when blanket observed (all swims observed), with USA Swimming rules specified in 202.4.4A, C, and D, and 103.3.1. with that part of the USA Swimming rule that differs from the organization's rule. Where the technical rules as listed in Article 101 are identical to those of the organization under whose rules the meet is being conducted, the judgment of the organization officials shall be sufficient. An individual swim being observed requires notification to the observers prior to the start of the competition. The times should be entered, upon request, into SWIMS, the National Times Database.

R-26 **Adopted Effective January 1, 2010**

**Location: Page 61 Article 203.5 Representation**

**203.5** When transferring between LSCs or clubs the swimmer shall submit a completed transfer form in accordance with USA Swimming and LSC procedures. When transferring from one club to another within the same LSC, the procedural requirements established by the LSC shall be followed. LSCs may not establish procedures for transfers which effectively deny a swimmer the right to transfer from one LSC or club to another.

R-27A **Adopted Effective January 1, 2010**

**Location:** **Page 70 Article 207.9 Entry Forms and Official Meet Information**

**207.9 ENTRY FORMS AND OFFICIAL MEET INFORMATION**

.1 The entry forms and information shall be prepared under joint direction of the Program Operations Vice President, the Rules Chairman, the Meet Director, and the Executive Director.

.2 The meet information shall state qualifying times and procedures necessary for proof of entry times. (See 207.8) For a USA Swimming Championship meet, Program Operations may permit bonus events. For each qualifying time achieved in an individual event, additional bonus events may be allowed. Requirements for bonus events will be specified in the meet information.

.3 Entry fees shall be $10.00 for individual events and $25.00 for relay teams.

R-28 **Adopted Effective January 1, 2010**

**Location:** **Page 70 Article 207.10 Entries**

**207.10 Entries**

.1 A swimmer and/or relay team will be officially entered when the entry blanks or electronic entries are received by USA Swimming prior to the meet entry deadline. The method and procedure for submission of entries will be stated in the meet information.

R-29 **Adopted Effective January 1, 2010**

**Location:** **Page 70 Article 207.10 Entries**

**207.10 Entries**

.5 Only swimmers and relay teams listed on the official entry entered using the procedures stated in the meet information shall be eligible to compete. No changes in Submitted times may be updated up to the entry deadline. Corrections or changes of events entered, or additional entries shall be allowed. No corrections or changes of events entered or additional entries will be accepted after the entry deadline. Typographical or transcription errors which can be readily verified by entry data or National Times Data Base data may be corrected if attested to by the swimmer, coach, or the swimmer's representative prior to the scratch deadline.

R-30 **Adopted Effective January 1, 2010**

**Location:** **Page 70 Article 207.10 Entries**

**207.10 Entries**

. 8 Relay Entries

R-32 **Adopted Effective January 1, 2010**

**Location:** **Page 90 Article 304.3 Code of Conduct**

.5 Any sexual conduct, advance or other inappropriate sexually oriented behavior or action directed towards a member an athlete by (i) a coach member or other non-athlete member, or (ii) any other adult participating in any capacity whatsoever in the affairs or activities of USA Swimming or its LSCs (whether such adult is a member or not). Any nonconsensual physical sexual conduct, or pattern of unwelcome advances or other sexual harassment in connection with or incidental to a USA Swimming-related activity by any person participating in the affairs or activities of USA Swimming or its LSCs (whether such person is a member or not) directed toward any member or other person participating in the affairs or activities of USA Swimming or its LSCs.

R-33 **Adopted Effective January 1, 2010**

**Location:** **Page 110 Article502.2 Group Membership**
**Page 110 Article 502.3 Individual Membership**

**502.2 Group Membership**

.1 Club Membership

A Club membership is for a calendar year. A club applying for membership on or after September 1 will receive membership valid through December 31 of the following year.

B An LSC may provide for a seasonal club membership for the period established by the LSC pursuant to Article 302.2.3. Seasonal clubs may not compete at or above the Zone Championship level.

C An LSC shall not impose requirements for Club Membership in addition to those set forth in Article 502.

.2 Organizational Membership

A The Board of Directors may establish classes of organizational membership.

B Any organization which is interested in competitive swimming, on either the national, state, or local level, may join USA Swimming.

**502.3 Individual Membership**

.1 Any individual may join USA Swimming as a member.

.2 Athlete members who register with an LSC and USA Swimming are eligible for swimming competition. An athlete member shall not be registered in more than one LSC simultaneously.

.3 Non-athlete membership consists of three classes: individual, family, and life.

.4 Each class of membership (except life membership, seasonal membership and single-meet open water membership) is for a calendar year period. Individuals applying for calendar year membership on or after September 1 will receive membership credentials through the following year.

.5 An LSC shall not impose requirements for Individual Membership in addition to those set forth in Article 502. An

A A club may enter no more than two relay teams in each relay event.

B Only swimmers listed on the entry form for an organization entered in accordance with the meet information shall be eligible to compete for that organization in relay events.

LSC may require proof of birth date prior to competition in age classified events.

R-34 **Adopted Effective January 1, 2010**

**Location:** **Page 115 Article 506.1 Committees and Coordinators**

**506.1 Committees and Coordinators**

1 Standing committees of USA Swimming shall be as listed in this Article.

2 Except for those individuals who qualify for their positions under some other provision of Article 506:

A Non-athlete Committee members shall serve four year terms;

B Non-athlete Committee members' terms shall be staggered so that one-fourth of all non-athlete members are appointed each year by the President following the annual meeting of the corporation;

C *no change*

D *no change*

E *no change*

F *no change*

G An appointed non-athlete committee member shall serve no more than two consecutive terms and may be reappointed following a lapse of one year.

R-35 **Adopted Effective January 1, 2010**

**Location:** **Page 125 Article 511.5 Late Submission and Majority Required**

**511.5 Late Submission and Majority Required** After the deadline has expired for submission of legislation to the Rules & Regulations Committee, new and/or additional amendments may be proposed, but they may be adopted only by an affirmative vote of nine-tenths (9/10) of the members of the House of Delegates present and voting. For purposes of this Article, legislation originating within the Rules & Regulations Committee will be considered as being submitted before the deadline as long as it is published in accordance with Article 511.3.

*Renumber remaining provisions*

R-36 **Adopted Effective January 1, 2010**

**Location:** **Page 125 Article 511.6 Amendments**

**511.6 Effective Date** All amendments to Part One of these Rules and Regulations approved as prescribed shall become effective on May 15 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.

R-37 **Adopted Effective January 1, 2010**

**Location:** **Page 142 Article 701.2 Rules**

**701.2 Rules**

.2 The Host Committee must declare shall include in the meet information the policy for abandonment and whether the race will be an "escorted" or "unescorted" swim.

R-38 **Adopted Effective January 1, 2010**

**Location:** **Page 142 Article 701.2 Rules**

**701.2 Rules**

.3 The Start

A *no change*

B In all starts the start signal shall be both audible and visible. For fixed platform starts, the Starter shall give the command "Take Your Mark" at which time the swimmers will assume a starting position with at least one foot at the front of the starting platform. When all swimmers are stationary, the starter shall give the starting signal.

R-39 **Adopted Effective January 1, 2010**

**Location:** **Page 143 Article 701.3 Marking**

**701.3 Marking** - Prior to the start, entrants shall be marked with their race number on both upper arms and their upper backs. The competitors shall be numbered vertically down the arms and horizontally across the upper backs. Depending on the finish system used, the Referee may also require numbering elsewhere on the body (hands or thighs). Paddlers and escort boats for escorted swims individual swimmers shall also be marked on both sides with the swimmers race number so it is easily seen from either side.

R-40 **Adopted Effective January 1, 2010**

**Location:** **Page 143 Article 701.5 Disqualifications**

**701.5 Disqualifications** A swimmer shall be disqualified for:

1 Willfully or intentionally delaying or impeding the progress of another swimmer. (Note: Incidental contact, especially at the start of the event, shall not be a basis for disqualification.);

.1 **RED FLAG** –A swimmer shall receive a Red Flag and be disqualified from further competition for:

A Accumulating two yellow flag infractions for any combination of rules violations. The Red Flag will be issued at the time of the second infraction;

B Failing to swim or complete the prescribed course. Competitors who do not finish the course within the time

limit shall be removed from the water except that the Referee may allow a competitor outside the time limit to complete the course but not participate in any points or prizes awarded;

C Receiving assistance by pulling the cables, lane markers, buoys or buoy lines (Note: Incidental contact shall not be grounds for disqualification.);

D Receiving propulsive aid from anyone in boats or other escort craft of any kind;

E Walking or pushing off the bottom or objects thereon. (Note: Pushing off at the start or walking at the finish where an on-shore finish is employed is permitted.);

.6 Violating the swimwear rules. No swimmer shall be permitted to use or wear any device which may be an aid to his/her speed, endurance or buoyancy. Goggles, a maximum of two (2) caps, nose clip, and earplugs may be used;

.7 Receiving aid from a non competing person in the form of pacing;

taking unfair advantage by pacing or slipstreaming with escort safety craft to move clear.);

.9 Actions of his/her escort safety craft or coach that interfere with another swimmer's progress or for failure of his/her craft or coach to heed the instruction of an assigned official;

F Receiving support from any fixed or floating object or touching or being touched by his/her escort safety craft or the crew. (Standing on the bottom during the race shall not disqualify the swimmer. Incidental physical contact while giving food or liquid to a swimmer shall not result in disqualification.) Being touched by water safety personnel will not necessarily result in disqualification;

G Unsporting conduct. Swimmers will be disqualified if they, or their support craft or support personnel commit an act that is deemed unsporting by the Referee. Examples of unsporting conduct include intentionally striking another swimmer, refusing to re-round a turn mark and intentional interference with another swimmer while approaching the finish;

H Violating the swimwear rules. No swimmer shall be permitted to use or wear any device which may be an aid to his/her endurance, or buoyancy. Goggles, a maximum of two (2) caps, nose clip and earplugs may be used.

.2 **YELLOW FLAG** – A swimmer shall receive a Yellow Flag caution for:

A Gaining an unfair advantage at the start If in the opinion of the Referee an unfair advantage has been gained at the start the offending competitor will be given a Yellow Flag or a Red Flag as determined by the Referee;

B Receiving aid from a non-competing person in the form of pacing;

C Taking an unfair advantage by slipstreaming an escort safety craft. (Race judges shall instruct swimmers who are taking unfair advantage by pacing or slipstreaming with escort safety craft to move clear.);

D Actions of his/her escort craft that interfere with another swimmers progress or for failure of his/her craft or coach to heed the instruction of an assigned official;

E Intentional contact with another swimmer or contact which causes interference.

R-41 **Adopted Effective January 1, 2010**

**Location:** **Page 143 Disqualification Procedure**

**701.6 Disqualification Procedure:** If in the opinion of the Referee or Assistant Referee, any swimmer or escort safety craft commits any of the infractions in this section, the following procedure shall apply:

.1 First Infringement: A yellow flag and a card bearing the number of the swimmer's number shall be raised by the Referee to indicate and to inform the swimmer that he is in violation of the rules. Yellow Flag – A swimmer who commits an infraction listed in 701.5B shall receive a Yellow Flag. The Referee will display a Yellow Flag and a card bearing the number of the swimmer being charged with the infraction Whistles may be used by the Referee to get the swimmer's attention. The Referee may use a whistle to attempt to get the swimmer's attention in order to notify the swimmer being charged with an infraction. There is no requirement for the swimmer to acknowledge the infraction.

.2 Second Infringement - A red flag and a card bearing the swimmer's number shall be raised by the Referee to inform the swimmer that he is, for the second time, in violation of the Rules. Red Flag - A swimmer who commits an infraction as listed in 701.5A shall receive a Red Flag (Disqualification). The Referee will display a Red Flag and a card bearing the number of the swimmer being charged with the infraction. The swimmer shall be disqualified. He must leave the water immediately and be placed in an escort craft and take no further part in the race. Whistles may be used by the Referee to get the swimmer's attention. The Referee may use a whistle to get the swimmer's attention in order to notify the swimmer of the disqualification. The disqualified swimmer must leave the water immediately.

.3 The Referee may disqualify a swimmer without prior warning if in his opinion the action of the swimmer or escort craft is deemed to be unsportsmanlike. Examples of unsportsmanlike conduct include intentionally striking another swimmer and refusal to re round a turn mark after being advised the mark was missed.

R-42 **Adopted Effective January 1, 2010**

**Location:** **Page 146 Article 701.16 The Starter**

**701.16 The Starter**

.1-.3 *no change*

.4 When swimmers are starting from a fixed platform, the Starter shall give the command, "Take Your Mark," at which time the swimmers will assume a starting position with at least one foot at the front of the starting platform. When all swimmers are stationary the starter shall give the starting signal.

R-43 **Adopted Effective January 1, 2010**

**Location:** **Page 147 Article 702.3 The Start**

**702.3 The Start**

.1 The start line shall be clearly defined by overhead apparatus or removable equipment at water level.

.2 If the race is started from a fixed platform, the water depth requirements of 103.2.3 must be met. Additionally, the Course Officer and Referee shall have the start area inspected for hidden underwater obstacles or obstructions. If there is any doubt as to the condition of the start area, an in-water or beach start shall be used.

**701.6 Disqualification Procedure:** If in the opinion of the Referee or Assistant Referee, any swimmer or escort safety craft commits any of the infractions in this section, the following procedure shall apply:

R-44 **Adopted Effective January 1, 2010**

**Location:** **Page 147 Article 702.5 The Finish**

**702.5 The Finish**

.1-.2 *no change*

.3 When Automatic Officiating Equipment (microchip technology) is used for timing of the race, the official time for the finish of the race shall be recorded in tenths of seconds. Actual finish placement shall be determined by manual finish judging and/or video replay of the finish.

R-45 **Adopted Effective January 1, 2010**

**Location:** **Page 148 Article 704.2 Abandonment**

**704.2 Abandonment** – Where emergency conditions require a race to be halted before it is completed, the following shall apply:

.1 5K &10K events Races of 10K or shorter: In the event of abandonment, the race should shall be re-started from the beginning at the earliest possible time and the full distance completed.

.2 25K events Races longer than 10K: If the race is abandoned prior to the lead swimmer reaching the 12.5K point completing three-fourths of the distance of the event, the race should shall be re-started from the beginning and the full distance completed at the most appropriate time as decided by the meet committee and the full distance completed. If the race is abandoned after the 12.5K point when the lead swimmer has completed at least three-fourths of the race, the race will shall be considered complete. The final placings of the swimmers shall be determined by the Meet Referee.

R-46 **Adopted Effective January 1, 2010**

**Location:** **Page 148 Article 704.4 Entry Blanks and Meet Information Book**

**704.4 Entry Blanks Process and Meet Information Book** – The entry __ blank procedure shall be stated in the and meet information booklet. The meet information shall be prepared under joint direction of and approved by the Steering Committee, the Meet Director, Program Operations, and the USA Swimming Executive Director or his/her representative.

R-47 **Adopted Effective January 1, 2010**

**Location:** **Page 149 Article 704.10 Proof of Time**

**704.10 Proof of Time** - Any A swimmer entered in any USA Swimming National Championship 10 kilometers or longer may shall be required to show proof of having achieved a time of 18 minutes or better in the 1500 meter freestyle for men or 19 minutes or better in the 1500 meter freestyle for women. met the entry qualification standards as set forth in the meet information.

HK-1 **Adopted Effective January 1, 2010**

**Location:** **Page 22 Article 102.1 Events**
**Page 141 Article 701.1 Events/Meets**

**102.1 EVENTS** — Meets should be planned to terminate within a maximum period of eight (8) hours of competitive events for any group of swimmers in any one day and to provide adequate meal, rest breaks and properly supervised sheltered rest areas. Refer to 205.3.1 F for additional provisions.

.3 **OPEN WATER AND LONG DISTANCE POOL EVENTS** — The following events are recommended for Sectional, Zone, and LSC competitions. Competitions may be composed of events selected from the following list of events or other such events/meet types as may be sanctioned by the LSC. See Open Water Meet Manager's Guide for additional options.

**701.1 EVENTS/MEETS**

.1 Recommended individual events are listed in 102.1.3. Additional event options are listed in the Open Water Meet Managers Guide.

HK-2 **Adopted Effective May 1, 2010**

**Location:** **Page 27 Article 102.8 Change of Program and Postponement**

**102.8 CHANGE OF PROGRAM AND POSTPONEMENT**

.3 The entry provisions and starting time of any event ..... each all affected swimmers or their coaches must voluntarily agree in writing that they has have been notified and is are in accord with such change. Any affected swimmer or their his or her coach may and should file a written protest with the Referee prior to running of event or meet if they do not agree to such change in time or date.

HK-3 **Adopted Effective October 1, 2010**

**Location:** **Page 28 Article 102.9 Swimwear**
**Page 29 Article 102.10 Disqualifications**

**102.9 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 competitor must wear only one swimsuit in one or two pieces. 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.

C. Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition.

D. Swimsuits worn for competition must be non-transparent and conform to the current concept of the appropriate.

E. No swimmer is permitted to wear or use any device, substance or swimsuit to help his/her speed, pace, buoyancy or endurance during a race (such as webbed gloves, flippers, fins, etc.). Goggles may be worn, and rubdown oil applied if not considered excessive by the Referee. Any kind of tape on the body is not permitted unless approved by the Referee.

EF The Referee shall have the authority to bar offenders from the competition until they comply with the rule.

**102.10 DISQUALIFICATIONS**

.10 No swimmer is permitted to wear or use any device, substance or swimsuit to help his/her speed, pace, buoyancy or endurance during a race (such as webbed gloves, flippers, fins, etc.). Goggles may be worn, and rubdown oil applied if not considered excessive by the Referee. Any kind of tape on the body is not permitted unless approved by the Referee.

*Renumber remaining*

HK-4 **Adopted Effective January 1, 2010**

**Location:** **Page 46, 89, 109, 121, 124 (global change)**

Federation Internationale de Natation Amateur (FINA)

HK-5 **Adopted Effective May 1, 2010**

**Location:** **Page 51 Article 105.2 BLIND AND VISION LOSS**

**105.2 BLIND AND VISION LOSS**

.1 **Start –** *no change*

.2 **Turns and Finishes -** A swimmer who is blind or has vision loss is permitted to have a personal assistants ("tappers", which is who use a poles with a soft-tipped ends. to tap the swimmer is tapped with the "tapper" as notification of turns and the finish). Sound devices shall not be used. It is the swimmer's responsibility to provide the tapper(s) and operator(s), who shall be positioned within the confines of the swimmer's lane at the ends of the pool.

HK-6 **Adopted Effective January 1, 2010**

**Location:** **Page 123 Article 509.1 LSC Model Bylaws**

**509.1 REQUIRED LSC Model Bylaws**: Each LSC ... based on the 'Required LSC Model Bylaws", adopted ..... contained within the "Required LSC Model Bylaws," .....

HK-7 **Adopted Effective January 1, 2010**

**Location:** **Required LSC Bylaws**

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

.3 MEMBERSHIP A PRIVILEGE NOT A RIGHT - Membership in XXSI and USA Swimming is a privilege and shall not be interpreted as a right. Membership *(including a Life Membership)* may be terminated by the Board of Review or the National Board of Review for any violation of a member's responsibilities under Section 0 602.2, for any of the reasons set forth in Article 404.1.3 of the USA Swimming Rules and Regulations, Section 0 or for any other reason determined by the Board of Review or National Board of Review to be in the best interests of the sport of swimming, USA Swimming or XXSI.

604.4 DUTIES AND POWERS - The House of Delegates shall oversee the management of the affairs of XXSI and the establishment of policies, procedures and programs. In addition to the duties and powers prescribed in the USA Swimming Rules and Regulations or elsewhere in these Bylaws, the House of Delegates shall:

.10 Remove from office any Board Members, members of the Board of Review, *or* committee chairmen or members *or coordinators* who have failed to attend to their official duties or member responsibilities or have done so improperly, or who would be subject to penalty by the Board of Review for any of the reasons set forth in Section 0 Article 404.1.3 of USA Swimming Rules and Regulations. However, no Board Member, Board of Review member or elected committee chairman *or coordinator* may be removed except upon not less than thirty (30) days written notice by the Secretary or other officer designated by the House of Delegates specifying the alleged deficiency in the performance of member responsibilities or specific official duties or other reason. All notices and proceedings under this section shall be prepared, served and processed utilizing the procedures for a formal hearing pursuant to Section 0 Article 406 of the USA Swimming Rules and Regulations to the extent applicable. Should the Board Member, Board of Review member or elected committee chairman *or coordinator* contest the alleged deficiency or other reason alleged in the notice, the House of Delegates shall hold a hearing at which the defendant shall have the same rights as if the hearing were to be conducted by the Board of Review pursuant to Article 0 Part Four of the USA Swimming Rules and Regulations.

605.6 DUTIES AND POWERS - The Board of Directors shall act for XXSI and the House of Delegates during the intervals between meetings of the House of Delegates, subject to the exercise by the House of Delegates of its powers of ratification or prospective modification or rescission, except that it shall not remove a Board Member, a Board of Review member or other person elected by the House of Delegates or amend these Bylaws. In addition to the powers and duties prescribed in the USA Swimming Rules and Regulations or elsewhere in these Bylaws, the Board of Directors shall have the power and it shall be its duty to:

.12 Remove from office any officers, *At-Large Board Members*, committee chairmen, *or* committee members *or coordinators* of XXSI who were not elected by the House of Delegates and who have failed to attend to their official duties or member responsibilities or have done so improperly, or who would be subject to penalty by the Board of Review for any of the reasons set forth in Article 404.1.3 of the USA Swimming Rules and Regulations Section 0. No officer, *At-Large Board Member, or* committee chairman *or coordinator* may be removed without receiving the thirty (30) days written notice specifying the alleged deficiency in the performance of the member's responsibilities under these Bylaws, the member's official duties or other reasons. All notices and proceedings under this section shall be prepared, served and processed utilizing the procedures for a formal hearing pursuant to Section 0 Article 406 of the USA Swimming Rules and Regulations to the extent applicable. Should the officer, *At-Large Board Member*, committee chairman, *or* committee member *or coordinator* contest the alleged deficiency or other reason set forth in the notice, the Board of Directors shall hold a hearing at which the member shall have the same procedural rights as if the hearing were to be conducted by the Board of Review pursuant to Article 0 Part Four of the USA Swimming Rules and Regulations.

610.2 BOARD OF REVIEW ORGANIZATION -

.11 ADVICE; ATTORNEY AS PRESIDING OFFICER -

A *no change*

B Attorney as Presiding Officer - The Board of Review or the Chair may retain an attorney (who need not be a member of XXSI, USA Swimming or the Board of Review) to act as Presiding Officer at any hearing where it is appropriate or helpful. A Presiding Officer who is not a Board of Review member may not participate

in the deliberations of the Board of Review or the designated panel or have a vote.

610.3 GENERAL -

4 TIMELINESS OF PETITION - The Board of Review need not exercise its jurisdiction with respect to a Petition the subject matter of which occurred, or concerns or is founded on events which occurred, more than ninety (90) days prior to the date the Petition is received (as determined under Section 0 Article 406.1 of the USA Swimming Rules and Regulations),. A determination not to exercise its jurisdiction as a result of the untimeliness of a Petition may be made by the Chair alone and may be the subject of a request for rehearing and, thereafter, appeal to the National Board of Review pursuant to Section 0 Article 408 of the USA Swimming Rules and Regulations.

612.2 EXCLUSION - The indemnification provided by this Article 0, shall not apply to any Indemnified Party whose otherwise indemnified conduct is finally determined to have been in bad faith, self-dealing, gross negligence, wanton and willful disregard of applicable laws, rules and regulations, of the USA Swimming Rules and Regulations, of the USA Swimming Code of Ethics Conduct or these Bylaws or who is convicted of a crime (including felony, misdemeanor and lesser crimes) involving sexual misconduct, child abuse, violation of a law specifically designed to protect minors or similar offenses, or who is found by the Board of Review or the National Board of Review to have committed actions which would be the basis for a conviction and, in each case, the otherwise indemnifiable conduct (or failure to act) was, or was directly related to, the predicate acts of the conviction or finding.