



## 2022 CMSL Officials Guidance – Rule Interpretations and Modifications

CMSL follows USA Swimming's rules of Swimming except as noted in the CMSL handbook or as modified by the CMSL Board of Directors. The CMSL Board has decided to provide the following clarification to the USA swimming rules for the 2022 season as follows:

- 1) **TAPE.** CMSL swimmers may use tape while competing in a CMSL event to accommodate an injury. Since this may provide an uninjured swimmer with a competitive advantage, the swimmer **MUST** provide the head official with a copy of a doctor's note prior to competing in each meet. The doctor's note must be for the current season and relevant to the injury. The same note can be used but must be provided at each meet. The head official will make the final decision as to whether or not the tape will be permitted.
- 2) **SHIRTS.** CMSL swimmers may wear a shirt, head scarf or pants over a bathing suit during CMSL events to accommodate medical, religious or modesty concerns. Wet-suits are not included. Since this does not provide a competitive advantage, no notification or written documentation is required.
- 3) **TIE BACK SUITS.** CMSL swimmers may wear ONE PIECE tie back suits during a CMSL event. Two piece, or bikini style suits are not permitted. Since this does not provide a competitive advantage, no notification or written documentation is required.

**Exhibition Swim.** Exhibition Swims are not permitted by CMSL, except as provided for Assisted Swims.

**Assisted swims.** Swimmers may have another swimmer in their lane to provide encouragement or to be prepared to provide assistance. These swims shall be marked as an assisted swim and listed as exhibition. If the competing swimmer touches or otherwise receives assistance from the other swimmer in the lane, the swimmer will be disqualified.

**False starts.** The CMSL rules of swimming competition (RSC) provides for two false starts before disqualification. If a swimmer false starts, the head official shall restart the heat. If the heat is restarted and the same swimmer false starts a second time, they can be disqualified for a false start without a second restart. If the first start is not recalled, a swimmer cannot be disqualified for a false start.

**Relay starts.** The CMSL rules of swimming competition (RSC) requires that a swimmer's hand be in contact with the wall. A swimmer is disqualified if their hand leaves the wall prior to the previous swimmer touching the wall.

Questions on rules and rule interpretations should be directed to the CMSL Officials Chairperson. Schedule changes for head officials must be communicated to the Maryland Officials Club swimming commissioner and the CMSL officials Chairperson.