

USA SWIMMING
RULES & REGULATIONS COMMITTEE

**ACTIONS TAKEN ON 2024 PROPOSED LEGISLATION
BY USA SWIMMING HOUSE OF DELEGATES**

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September 28, 2024

USA SWIMMING
RULES & REGULATIONS COMMITTEE
ACTIONS TAKEN ON PROPOSED
AMENDMENTS TO RULES AND REGULATIONS

R-1	ADOPTED	Effective September 28, 2024
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Location: Article 6 Corporate Bylaws

ARTICLE 6
HOUSE OF DELEGATES

6.1 MEMBERS – the following shall be the voting members of the House of Delegates:

- .1 All voting members of the Board of Directors, other than the 10-Year Athlete Representatives to the Board, who receive votes pursuant to Bylaw 6.1.13;
- .2 All Coach Directors, Non-Coach Directors, Athlete Directors, and the Junior Athlete Representatives from the Zone Directors' Council;
- .3 Four (4) LSC Athlete Representatives (as defined in the then current Required LSC Bylaws) from each Zone selected by the Athlete Director and the Junior Athlete Representative from each Zone;
- .4 Three (3) non-coach, non-athlete members from each Zone selected by each respective Zone's Coach and Non-Coach Directors;
- .5 Seven (7) members of the Rules & Regulations Committee to include the Committee Chair, one (1) 2-Year Athlete member, and five (5) non-athlete members selected by the voting members of the Committee;
- .6 All coach members of the National Team Steering Committee, other than the Chair of the National Team Steering Committee (who is a voting member pursuant to 6.1.1, if a coach member, or pursuant to 6.1.13, if a 10-Year Athlete Representative);
- .7 Ten (10) members of the Age Group Development Committee to include at least five (5) coach members, three (3) non-athlete members, and two (2) 2-Year Athlete members selected by the voting members of the Committee;
- .8 Ten (10) members of the Senior Development Committee to include at least five (5) coach members, three (3) non-athlete members, and two (2) 2-Year Athlete members selected by the voting members of the Committee;
- .9 Seven (7) non-athlete coach members of the Coach Advisory Council selected by the voting members of the Council;
- .10 The eleven (11) 2-Year Athlete members of the Athletes' Executive Committee, as well as two (2) additional 2-Year Athletes designated by the AEC by majority vote.
- .11 One (1) non-coach, non-athlete member from each LSC as selected by each respective LSC's Board of Directors;
- .12 Three (3) non-athlete coach members from each LSC as selected by each respective LSC's Board of Directors, except that the five (5) LSCs with the smallest number of registered athletes shall select two (2) non-athlete coach members and the five (5) LSCs with the largest number of registered athletes shall select four (4) non-athlete coach members. The size of the LSCs shall be determined by the number of registered athletes as of August 31 of the prior calendar year;

.13 A sufficient number of 10-Year Athletes and 10-Year+ Athletes whose voting power shall constitute one-third (33.3%) of the total House of Delegates and shall include the voting members of the AAC, the 10-Year Athlete members of the AEC, and the 10-Year Athlete members of the Board of Directors. This may be achieved by actual votes or by weighted voting. A minimum of twenty percent (20%) must be 10-Year Athlete representatives and the remainder may be 10-Year+ Athlete representatives; any weighted voting must preserve these proportions. At least half (50%) of these athlete members of the House of Delegates must have obtained 10-Year Athlete or 10-Year+ Athlete representative eligibility through competing at an event that, at the time of election/selection, is on a USOPC Delegation Event program.

.14 10-Year Athlete representatives and 10-Year+ Athlete representatives shall be directly elected by athletes who meet the same eligibility standards as 10-Year Athletes. However, by majority vote, the AAC may replace the following delegates under Bylaw 6.1.13 with designees if a delegate informs the AAC that they are unavailable for the Annual Meeting of the House of Delegates: voting members of the AAC, the 10-Year Athlete members of the AEC, and the 10-Year Athlete members of the Board of Directors. Any designee appointed by the AAC pursuant to this provision must be a 10-Year Athlete.

.15 To the extent that any of the individuals selected by the voting members of the Committees under Bylaws 6.1.5 through 6.1.9, are afforded votes under other provisions of Article 6, the respective committee (by majority vote) shall select a designee from the same membership governance category as the individual (e.g., a 2-Year Athlete committee member's vote will be designated to another 2-Year Athlete), to assume that individual's committee vote. For purposes of this Bylaw 6.1.15, the membership governance categories are coach, 10-Year Athlete, 10-Year+ Athlete, 2-Year Athlete, non-athlete, and non-coach non-athlete.

.16 All members of the House of Delegates shall serve until their successors are selected, except that membership may be terminated by resignation filed with the Secretary & General Counsel or their designee. All members under 6.1 must be elected on or before July 1 of each year and written certification thereof must be sent to the Secretary & General Counsel or their designee on or before July 15. No substitution of a member may be made unless written certification thereof is given to the Secretary & General Counsel or their designee at least 72 hours before the House of Delegates is called to order.

.17 Membership on any committee notwithstanding, USA Swimming employees shall not be members of the House of Delegates.

R-2	ADOPTED	Effective Immediately
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Location: Page 15-20 – OFFICIAL GLOSSARY

Administrative Referee – a Referee who performs the duties of an Administrative Official under 102.14 at a prelims-finals meet. The Administrative Referee should have the experience and knowledge to be able to assume the role of the Meet Referee any time during the meet, if necessary.

Alternating Kick – the alternating movement of the legs, commonly known as the flutter kick, is the up-and-down propulsive motion of the legs where one limb moves in the opposite direction of the other at the same time.

Deck Referee – the deck level referee who may be assigned by the Meet Referee to perform specific duties as enumerated under 102.11 during a session.

Meet Referee (Open Water (OW) Competition) – an experienced OW referee who oversees the operations of the entire OW swim meet and ensures that all safety plans, rules, and regulations are followed, and who makes final decisions on any procedure, modification, dispute, or protest to ensure a safe, fair, and equitable competition.

Meet Referee (Pool Competition) – an experienced referee who oversees the entire swim meet and ensures that all rules and regulations are followed by making final decisions on any procedure, modification, dispute, or protest for a fair and equitable competition.

R-3	ADOPTED	Effective Immediately
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Location: Page 21-22 – **101.1.2 – The Start**
Page 22 – **101.1.3 – False Starts**
Page 37 – **102.12 – STARTER**

101.1.2 The Start

- A-C *[no changes]*
- D When a swimmer does not respond promptly to the command "take your marks," the Starter shall immediately release all swimmers with ~~the command "stand up"~~ a "stand" command upon which the swimmers may stand up or step off the blocks.
- E *[no changes]*

101.1.3 False Starts

- A Any swimmer initiating a start before the signal may 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~~ a "stand" command and may step off the blocks.
- B-C *[no changes]*
- D A swimmer who would otherwise be charged with a false start may be relieved of the charge if the false start was caused by the swimmer's reaction to ~~the "stand up"~~ a "stand" command.
- E *[no changes]*

102.12 STARTER

- .1 *[no changes]*
- .2 **Optional Instructions** – The Starter may:
 - A-C *[no changes]*
 - D Use a "stand" command in accordance with 101.1.2 D, 101.1.3 A, and 101.1.3 D.

R-4	ADOPTED	Effective Immediately
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Location: Page 25 – **101.7.3 – Mixed Gender Relay**

101.7 RELAYS

- .1-2 *[no changes]*
- .3 **Mixed Gender Relay** – must consist of two (2) males and two (2) females.

Exception: at meets below the LSC championship level, mixed relays consisting of compositions other than two (2) male swimmers and two (2) female swimmers may be permitted if stated in the meet announcement. Times for the mixed relays with compositions other than two (2) males and two (2) females shall not be loaded into the SWIMS database, but eligible lead-off times shall be loaded.

- .4 *[no changes]*

R-5	ADOPTED	Effective Immediately
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Location: Page 26 – **102.1.2 – AGE GROUP EVENTS**

102.1 EVENTS – *[no changes]*

- .1 *[no changes]*

.2 AGE GROUP EVENTS — Competitions may be composed of events selected from the following recognized list of events or other such events/meet types as may be sanctioned by the LSC.

- | | |
|-----------------------------------|--|
| 10 Years and Younger | 11, 12 Years |
| 50, 100, 200, 400m/500y freestyle | 50, 100, 200, 400m/500y, 800m/1000y, 1500m/1650y freestyle |
| 50, 100 backstroke | 50, 100, 200 backstroke |
| 50, 100 breaststroke | 50, 100, 200 breaststroke |
| 50, 100 butterfly | 50, 100, 200 butterfly |
| 100, 200 individual medley | 100, 200, 400 individual medley |
| 200 freestyle relay | 200, 400 freestyle relay |
| 200 medley relay | 200, 400 medley relay |
| 200 mixed gender freestyle relay | 200, 400 mixed gender freestyle relay |
| 200 mixed gender medley relay | 200, 400 mixed gender medley relay |

- 13, 14 Years
50, 100, 200, 400m/500y, 800m/1000y, 1500m/1650y freestyle
50, 100, 200 backstroke
50, 100, 200 breaststroke
50, 100, 200 butterfly
200, 400 individual medley
200, 400, 800 freestyle relay
200, 400 medley relay
200, 400, 800 mixed gender freestyle relay
200, 400 mixed gender medley relay

- 13, 14, 15, 16, 17, 18 Years
50, 100, 200, 400m/500y, 800m/1000y, 1500m/1650y freestyle
100, 200 backstroke
100, 200 breaststroke
100, 200 butterfly
200, 400 individual medley
200, 400, 800 freestyle relay
200, 400 medley relay
200, 400, 800 mixed gender freestyle relay
200, 400 mixed gender medley relay

.3-.7 [no changes]

R-6	ADOPTED/AMENDED	Effective Immediately
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Location: Page 33 – 102.8.1 – SWIMWEAR

102.8 SWIMWEAR

.1 Design

A-D [no changes]

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, power bands, adhesive substances, etc.). The use of technology and automated data collection devices is permissible for the sole purpose of collecting data. Automated devices shall not be utilized to transmit data, sounds, or signals to the swimmer and may not be used to aid their speed. Goggles may be worn, and rubdown oil applied if not considered excessive by the Referee. Therapeutic elastic tape is prohibited. As a consequence of injury, it is permissible to tape not more than two fingers or toes. Any other kind of tape on the body is not permitted unless approved by the Referee.

F [no changes]

.2-.3 [no changes]

R-7	ADOPTED	Effective Immediately
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Location: Page 51 – 103.17 – /M/ BACKSTROKE FLAGS AND LINES

103.17 /M/ BACKSTROKE FLAGS AND LINES

- .1 **Design:** At least three triangular pennants six (6) to twelve (12) inches in width at the base and twelve (12) to eighteen (18) inches in vertical length, of two or more alternating and contrasting colors shall be suspended on a firmly stretched line over each lane during all warm-up periods and during competition for all backstroke, individual medley and medley relay events.
- .2 **Location:**
 - A **Long course and short course meters:** 5 meters (16 feet 5 inches) from each end of the course, and
 - (1) ~~a~~ A minimum of 1.8 meters (5 feet 11 inches) to a maximum of 2.5 meters (8 feet 3 inches) above the water surface.
 - (2) /NC/ 1.8 meters (5 feet 11 inches) above the water surface.
 - B **Short course yards:** 15 feet (4.57 meters) from each end of the course, 7 feet (2.13 meters) above the water surface.
 - C Height shall be measured to the horizontal line from which the pennants are suspended.

R-8	DEFEATED	
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Location: Page 67 – 202.8 REQUIREMENTS FOR OBSERVED SWIMS

202.8 REQUIREMENTS FOR OBSERVED SWIMS — Swims may be observed by assigned USA Swimming or YMCA officials for conformance with USA Swimming technical rules in a meet conducted under other than USA Swimming rules (NFHS, USMS, USOPC). Official times achieved as observed swims may be submitted for entry into the SWIMS database for a USA Swimming member in either the current or immediately preceding registration year if all of the following conditions are met:

.1-.4 *[no changes]*

R-9	ADOPTED	Effective January 1, 2025
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Location: Page 74 – 205.7 ZONE SENIOR PROGRAM

205.7 ZONE SENIOR PROGRAM – Each Zone may offer at least one Zone Senior Championship meet, recommended to be long course if only one is conducted. The competition will be governed by the Zone.

- ~~.1 The competition will be governed by the Zone.~~
- ~~.2 The competition is for swimmers who meet the qualifying and eligibility standards set by the Zone.~~
- ~~.3 Swimmers at this meet will represent their clubs, swim unattached, or represent their LSC in an all-star format.~~
- ~~.4 Eligibility: Participation in the Zone Senior Championship meet shall be restricted to registered swimmers of that Zone.~~

R-10	ADOPTED/AMENDED	Effective Immediately
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Location: Page 75 – 205.9 NATIONAL AGE GROUP RECOGNITION PROGRAM

205.9 NATIONAL AGE GROUP RECOGNITION PROGRAM

- .1 Times submitted for recognition shall be achieved in the recognized events in 102.1.2 and in accordance with 102.23.1C, in USA Swimming recognized times from any USA Swimming Sanctioned or Approved competition, USA Swimming Observed Swims, or meets sanctioned by World Aquatics or World Aquatics members and accepted for national times reporting by USA Swimming. These Times loaded into SWIMS that are not recognized by USA Swimming cannot be used.
- ~~.2 Meets must be conducted between September 1 of one calendar year and August 31 of the next calendar year.~~
- ~~.2 A swimmer must be a USA Swimming athlete member at the time of the swim.~~

- ~~.3 The Times & Recognition Committee Chair (or his/her designee) shall establish and distribute the specifications of the Recognition Program to the LSCs before the start of the subsequent reporting period. These procedures will include the reporting period, deadlines, awards to be given, and the expected publication date.~~
- ~~.43 If the times are achieved in a meet conducted in a continuous session overlapping the start of a reporting period, the last day of the meet shall be the last day of the reporting period for that meet.~~
- ~~.5 Each LSC shall be responsible for submitting all official times achieved within its boundaries for consideration.~~
- ~~.6 An Awards list shall be published for both short and long course competition.~~
- ~~.4 LSCs may award Top-Ten certificates for both short course yard and long course meter events. The ages for individual events are 11, 12, 13, 14, 15, 16, 17, and 18. Relay age categories are 11-12, 13-14, and 15-18. Top-Ten certificates for LSCs will be made available on the USA Swimming website.~~
- ~~.75 No club's relay team may be listed more than once, unless that club has an additional relay or relays comprised of four different swimmers. If the club has an additional relay entitled to listing with a change of one, two or three individual swimmers from a higher listed relay, those additional swimmers will be listed after the club's higher ranked team members.~~
- ~~.8 Each swimmer achieving the fastest reported time in each individual event and each member of the relay team achieving the fastest time in a relay event shall be awarded an appropriate certificate and an emblem, pin or similar memento by USA Swimming.~~

R-11	ADOPTED	Effective Immediately
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Location: Page 90 – **304.3.2 CODE OF CONDUCT**

304.3.2 Discrimination in violation of the Amateur Sports Act which requires that USA Swimming must provide an equal opportunity to athletes, coaches, trainers, managers, administrators, and officials to participate in the sport of swimming. Athletes must be allowed to participate and compete to the fullest extent allowed by the Rules and Regulations. Discrimination against any member or participant on the basis of age, gender, race, ethnicity, culture, religion, national origin, sexual orientation, gender expression, gender identity, genetics, mental or physical disability, or any other status protected by federal, state or local law, where applicable, is prohibited.

R-12	ADOPTED/AMENDED	Effective Immediately
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Location: Page 95 – **501.1 – OPERATING COMMITTEES**
Page 95-96 – **501.1.2 – COACH ADVISORY COUNCIL**
Page 96 – **501.1.3 – RULES & REGULATIONS COMMITTEE**
Page 97 – **501.1.4 – NATIONAL TEAM STEERING COMMITTEE**
Page 97-98 – **501.1.5 – SENIOR DEVELOPMENT COMMITTEE**
Page 98 – **501.1.6 – AGE GROUP DEVELOPMENT COMMITTEE**

501.1 OPERATING COMMITTEES AND COUNCILS – The following committees and councils shall report to the President/CEO (or his/her designee):

501.1.1 ATHLETES' ADVISORY COUNCIL *[no changes]*

501.1.2 COACH ADVISORY COUNCIL

- A-B *[no changes]*
- C The Chair, Vice-Chair, and Secretary shall be elected from among the voting members of the CAC by its voting members.
- D *[no changes]*
- E The CAC shall lead, direct, and represent the voice, opinions, and viewpoints of all non-athlete coach members within USA Swimming-by:
- (1) Selecting Coach Representatives to serve on committees and defining qualifications for purposes of coach representative eligibility;
 - (2) Evaluating, developing, and supporting committee projects and legislation; and
 - (3) Conducting long-term planning in all areas concerning non-athlete coach members to ensure long-term coach viability and success.

501.1.3 RULES & REGULATIONS COMMITTEE

- A The Rules & Regulations Committee shall consist of the following:
- (1)-(3) *[no changes]*
 - (4) ~~Eight (8) non-athlete members appointed by the President/CEO (or his/her designee), at least three (3) of whom shall be coaches;~~
 - (4) Five (5) non-athlete members appointed by the President/CEO (or his/her designee);
 - (5) Three (3) coach members appointed by the CAC;
- [re-number remaining]*
- B-D *[no changes]*

501.1.4 NATIONAL TEAM STEERING COMMITTEE

- A **Membership:** The National Team Steering Committee shall consist of:
- (1) Nine (9) coaches selected as follows;
 - Preceding Head Men's Olympic Coach
 - Preceding Head Women's Olympic Coach
 - Preceding Head Open Water Olympic Coach
 - The Head Women's Coach for the two (2) Long Course World Championships preceding the Olympic Games
 - The Head Men's Coach for the two (2) Long Course World Championships preceding the Olympic Games
 - Two coaches appointed by the ~~President/CEO (or his/her designee)~~ CAC in consultation with the National Team Managing DirectorAny vacancies on the committee shall be filled by appointment by the President/CEO (or his/her designee) in consultation with the National Team Managing Director.
 - (2)-(5) *[no changes]*
- B-D *[no changes]*

501.1.5 SENIOR DEVELOPMENT COMMITTEE

- A The Senior Development Committee shall consist of twelve (12) members. The President/CEO (or his/her designee) shall appoint ~~eight (8) three (3) members, at least five (5) of whom shall be coaches,~~ the CAC shall appoint five (5) coach members, and the AAC shall appoint four (4) athlete members (in consultation with the AEC). The Age Group Development Committee Chair (or his/her designee) shall be an ex-officio member with voice but no vote.
- B-C *[no changes]*

501.1.6 AGE GROUP DEVELOPMENT COMMITTEE

- A The Age Group Development Committee shall consist of twelve (12) members. The President/CEO (or his/her designee) shall appoint ~~(8) members, with at least one (1) representative from each Zone and at least five (5) coach members,~~ three (3) members. The CAC shall appoint five (5) coach members, with at least one (1) coach from each Zone. The AAC shall appoint four (4) athlete members (in consultation with the AEC). The Senior Development Committee Chair (or his/her designee) shall be an ex-officio member with voice but no vote.
- B-C *[no changes]*

501.1.7 SELECTION PROCEDURE APPROVAL COMMITTEE *[no changes]*

Location: Page 100 – **503.2 – RULEBOOK**

503.2 Each non-athlete member of USA Swimming shall ~~may~~ annually ~~receive~~ request a printed copy of the Rulebook as a benefit of membership. Such Rulebooks shall be mailed out as close to January 1 as possible or immediately upon a non-athlete's membership registration received prior to September 1.

Location: Page 20 – **OFFICIAL GLOSSARY**
Page 111 – **701.1 – EVENTS**
Page 112 – **701.4 – SWIMWEAR**
Page 121-122 – **705 – ARTICLE 705 – USA SWIMMING OPEN WATER NATIONAL CHAMPIONSHIPS**

OFFICIAL GLOSSARY

Wetsuit – a swimsuit made of material providing thermal insulation.

701.1 EVENTS

.1 *[no changes]*

.2 **Wetsuit Events**

A At Junior National and National Championships and any sanctioned open water competition with a race distance of 5k and greater, World Aquatics rules regarding use of wetsuits shall apply.

B For all ~~other~~ open water competitions with water temperature below 18.0°C (64.4°F), participants ~~may use either swimsuits or~~ must use wetsuits (refer to 701.4.5).

C Meet Directors may also designate a wetsuit competition category at any event other than Junior National Championships, National Championships, and Zone Open Water Championships.

.3 *[no changes]*

701.4 SWIMWEAR

.1-.4 *[no changes]*

.5 **Wetsuits at Championships Events (701.1 A)** — Wetsuits (for both men and women) shall completely cover the torso, back, shoulders and knees. Wetsuits shall not extend beyond the neck, wrists and ankles.

.56 **Wetsuits at non-Championships Events (701.1 C)** — ~~Wetsuits are swimsuits made of material providing thermal insulation. Wetsuits (for both men and women) shall completely cover torso, back, shoulders and knees. They shall not extend beyond the neck, wrists and ankles. The thickness of material(s) used shall be maximum 5 mm. In addition, the outer surface of the wetsuit shall not include outstanding shapes, such as ridges, fins, etc.~~

ARTICLE 705 - USA SWIMMING OPEN WATER NATIONAL AND JUNIOR NATIONAL CHAMPIONSHIPS

~~705.1-705.2~~ *[no changes]*

705.3 **EVENTS** – In conjunction with the Managing Director, National Team, or designee, the Open Water Committee may designate additional events as qualifying competitions for the Open Water Junior National and National Championships, including the 5k at Zone Open Water Championships.

~~705.34~~ **ENTRY FEES** – *[no changes]*

705.45 **ENTRY PROCESS AND MEET ANNOUNCEMENT** — The entry procedure shall be stated in the meet announcement. The meet announcement shall be prepared under joint direction of and approved by the ~~National Team Steering Open Water~~ Committee, the Meet Director, Program & Events Coordinator, and the President/CEO of USA Swimming (or his/her designee).

705.56 **RESULTS** — Results shall be submitted to the ~~National Team Steering Open Water~~ Committee, USA Swimming, and posted on the USA Swimming website.

~~705.67~~ **TEAM EVENT ENTRIES** *[no changes]*

~~705.78~~ **SCORING** – *[no changes]*

705.89 AWARDS

- .1 Individual champions shall be determined and awarded in women's and men's competitions. Medals shall be awarded to all first through eighth place finishers in each individual event.
- .2 The male and female swimmers eighteen (18) years of age and younger attaining the highest finish position shall be designated as the USA Swimming 18 and under Open Water Swimming Champion in ~~each contested event~~ the 10K and 5K National Championships and shall receive the appropriate USA Swimming Championship medals.
- ~~.3 The American male and female swimmers ages sixteen (16) years and younger and the American male and female swimmers ages seventeen through eighteen (17-18) years placing highest in the 5k and 10k events shall be designated the USA Swimming Age Group National Champion in their respective age group and shall receive the appropriate USA Swimming Championship medals.~~
[re-number remaining]

705.910 ELIGIBILITY — Qualifying times and/or qualifying criteria may be established by the Meet Director with the concurrence of the ~~National Team Steering~~ Open Water Committee.

~~705.4011~~ **PROOF OF TIME** – [no changes]

HK-1	ADOPTED	Effective Immediately
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Location: Page 18 – **OFFICIAL GLOSSARY**
Page 23 – **101.3 – BUTTERFLY**

OFFICIAL GLOSSARY

ON THE BACK — position of the body when the shoulders are ~~at or~~ past vertical towards the back.

101.3 BUTTERFLY

- .1 [no changes]
- .2 **Stroke** — After the start and after each turn, the swimmer's ~~shoulders~~ body must be ~~at or past the vertical toward~~ on the breast. The swimmer is permitted one or more leg kicks, but only one arm pull under water, which must bring the swimmer to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish. From the beginning of the first arm pull, the body shall be kept on the breast except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. Both arms must be brought forward simultaneously over the water and pulled back simultaneously under the water throughout the race.
- .3 [no changes]
- .4 **Turns** — At each turn the body shall be on the breast. The touch shall be made with both hands separated and simultaneously at, above, or below the water surface. Once a touch has been made, the swimmer may turn in any manner desired as long as the body is on the breast when leaving the wall. ~~The shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall.~~
- .5 [no changes]

HK-2	ADOPTED	Effective Immediately
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Location: Page 24-25 – **101.6 – INDIVIDUAL MEDLEY**

101.6 INDIVIDUAL MEDLEY – The swimmer shall swim the prescribed distance in the following order: the first one-fourth, butterfly; the second one-fourth, backstroke; the third one-fourth, breaststroke; and the last one-fourth, freestyle.

- .1-2 [no changes]
- .3 **Turns**
 - A Intermediate turns within each stroke shall conform to the turn rules for that stroke, except that in the freestyle turn, the swimmer must return to the breast before any kick or stroke.
 - B The turns when changing from one stroke to another shall conform to the finish rules for the stroke just completed, ~~and shall be as follows:~~

- (1) ~~**Butterfly to Backstroke**~~—The swimmer must touch as described in 101.3.5. Once a legal touch has been made, the swimmer may turn in any manner, but the shoulders must be at or past the vertical toward the back when the swimmer leaves the wall.
- (2) ~~**Backstroke to Breaststroke**~~—The swimmer must touch the wall while on the back. Once a legal touch has been made, the swimmer may turn in any manner but the shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall and the prescribed breaststroke form must be attained prior to the first arm stroke.
- (3) ~~**Breaststroke to Freestyle**~~—The swimmer must touch as described in 101.2.4. Once a legal touch has been made, the swimmer may turn in any manner and must return to the breast before any kick or stroke.

.4 [no changes]

HK-3	ADOPTED	Effective Immediately
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Location: Page 25 – **101.7 – RELAYS**
Page 26-27 – **102.1 – EVENTS**
Page 54 – **104.2.2 – American and United States Open Records**
Page 122 – **705.6 – TEAM EVENT ENTRIES**
Page 122 – **705.7 – SCORING**

101.7 RELAYS

- .1-.2 [no changes]
- .3 ~~Mixed Gender~~ Competition Category Relays – must consist of two (2) males and two (2) females.
- .4 [no changes]

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 and rest breaks and properly supervised sheltered rest areas. Refer to 205.3.1F for additional provisions.

.1 SENIOR EVENTS — The following events for National Championships are recommended for LSC and other championship meets. Eligibility for these championships shall be determined by the LSCs involved.

- 50, 100, 200, 400m/500y, 800m/1000y, 1500m/1650y freestyle
- 100, 200 backstroke
- 100, 200 butterfly
- 100, 200 breaststroke
- 200, 400 individual medley
- 200, 400, 800 freestyle relay
- 200, 400 medley relay
- 200, 400, 800 mixed ~~gender~~ competition category freestyle relay
- 200, 400 mixed ~~gender~~ competition category medley relay

.2 AGE GROUP EVENTS — Competitions may be composed of events selected from the following recognized list of events or other such events/meet types as may be sanctioned by the LSC.

- | | |
|---|--|
| 10 Years and Younger | 11, 12 Years |
| 50, 100, 200, 400m/500y freestyle | 50, 100, 200, 400m/500y, 800m/1000y, 1500m/1650y freestyle |
| 50, 100 backstroke | 50, 100, 200 backstroke |
| 50, 100 breaststroke | 50, 100, 200 breaststroke |
| 50, 100 butterfly | 50, 100, 200 butterfly |
| 100, 200 individual medley | 100, 200, 400 individual medley |
| 200 freestyle relay | 200, 400 freestyle relay |
| 200 medley relay | 200, 400 medley relay |
| 200 mixed gender <u>competition category</u> freestyle relay | 200, 400 mixed gender <u>competition category</u> freestyle relay |
| 200 mixed gender <u>competition category</u> medley relay | 200, 400 mixed gender <u>competition category</u> medley relay |

13, 14, 15, 16, 17, 18 Years
 50, 100, 200, 400m/500y, 800m/1000y, 1500m/1650y freestyle
 100, 200 backstroke
 100, 200 breaststroke
 100, 200 butterfly
 200, 400 individual medley
 200, 400, 800 freestyle relay
 200, 400 medley relay
 200, 400, 800 mixed ~~gender-competition category~~ freestyle relay
 200, 400 mixed ~~gender-competition category~~ medley relay

.3-7 [no changes]

104.2.2 American and United States Open Records

A [no changes]

B Recognized Distances and Strokes (Men and Women)

(1)	Short Course Yards — Made only over courses 25 yards long	
	Freestyle	50, 100, 200, 500, 1000, 1650 yards
	Backstroke	100, 200 yards
	Breaststroke	100, 200 yards
	Butterfly	100, 200 yards
	Individual Medley	200, 400 yards
	Freestyle Relay	200, 400, 800 yards
	Mixed Gender-competition category Freestyle Relay	200, 400, 800 yards
	Medley Relay	200, 400 yards
	Mixed Gender-competition category Medley Relay	200, 400 yards
(2)	Short Course Meters — Made only over courses 25 meters long	
	Freestyle	50, 100, 200, 400, 800, 1500 meters
	Backstroke	50, 100, 200 meters
	Breaststroke	50, 100, 200 meters
	Butterfly	50, 100, 200 meters
	Individual Medley	100, 200, 400 meters
	Freestyle Relay	200, 400, 800 meters
	Mixed Gender-competition category Freestyle Relay	200, 400, 800 meters
	Medley Relay	200, 400 meters
	Mixed Gender-competition category Medley Relay	200, 400 meters
(3)	Long Course — Made only over courses 55 yards or 50 meters long	
	Freestyle	50, 100, 200, 400, 800, 1500 meters
	Backstroke	50, 100, 200 meters
	Breaststroke	50, 100, 200 meters
	Butterfly	50, 100, 200 meters
	Individual Medley	200, 400 meters
	Freestyle Relay	200, 400, 800 meters
	Mixed Gender-competition category Freestyle Relay	200, 400, 800 meters
	Medley Relay	200, 400 meters
	Mixed Gender-competition category Medley Relay	200, 400 meters

C Special Requirements and Conditions

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

(2)-(7) [no changes]

705.6 TEAM EVENT ENTRIES

.1 [no changes]

- .2 When participating concurrently in individual and team events, no participant shall compete in more than two team events, one of which may be as a member of his/her gender-specific team and the other as a member of a mixed-gender competition category team.

705.7 SCORING — Scoring of individual events will be on a sixteen (16)-place basis: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1.

- .1 **Team Events** — team events shall be scored in men's, women's and mixed-gender competition categories.
.2 *[no changes]*

HK-4	ADOPTED/AMENDED	Effective Immediately
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Location: Page 31 – **102.5 – SEEDING, LANE ASSIGNMENTS, SWIM-OFFS, AND ORDER OF HEATS**

102.5 SEEDING, LANE ASSIGNMENTS, SWIM-OFFS, AND ORDER OF HEATS

- .1-5 *[no changes]*

.6 Order of Heats

A *[no changes]*

B **Finals** — The order of heats during the finals of a preliminaries and finals meet may be reversed, with the B and C (consolation and bonus) heats, if any, swum following the A (final) heat. ~~In the event of scratches, the empty lanes may be filled by moving the swimmers up in order from the slower heats and by using the available alternates in the slowest heat without reseeding the heats. For heats other than team selection finals where athletes are not provided any recognition other than the opportunity to swim (e.g., scoring points, earning prize money, etc.) alternates may be inserted into empty lanes in any heat regardless of order swum.~~

C *[no changes]*

- .7 Alternates – In the event of scratches or athlete(s) failing to report for finals, the empty lanes may be filled by moving the athletes up in order from the slower heats and by using the available alternates to fill lanes in the slowest heat without reseeding the heats.

- .8 For heats other than team selection finals where athletes are not provided any recognition other than the opportunity to swim (e.g., scoring points, earning prize money, etc.) alternates may be inserted into empty lanes in any heat regardless of order swum.

HK-5	ADOPTED	Effective Immediately
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Location: Page 33 – **102.8.1 F – SWIMWEAR**

102.8 SWIMWEAR

.1 Design

A-E *[no changes]*

F No Technical Suits shall be worn by any 12 & Under USA Swimming athlete member in competition at any sanctioned, approved or observed meet.

(1)-(2) *[no changes]*

- .2-3 *[no changes]*

HK-6	ADOPTED	Effective Immediately
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Location: Page 35 – **102.10.5 A – OFFICIALS**

102.10 OFFICIALS

- .1-4 *[no changes]*

- .5 **Officials for USA Swimming Championships**

- A Officials for USA Swimming championship meets shall be assigned by the National Officials Committee Chair with the approval of the Program & Events Coordinator (or his/her designee).
- B-D *[no changes]*

HK-7	ADOPTED	Effective Immediately
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Location: Page 59 – 105.5 – PHYSICAL DISABILITIES

105.5 PHYSICAL DISABILITIES

- .1 **Start** — Swimmers with physical disabilities:
 - A-D *[no changes]*
 - E *[no changes]*
 - (1)-(3) *[no changes]*
 - (4) For breaststroke and butterfly, after the start and after each turn, a swimmer who is unable to push off with the leg(s) may perform one arm stroke that need not be simultaneous ~~or on the horizontal plane~~ to attain the breast position.

Examples of modified starting positions are shown in Figures 3 through 7.

- .2-4 *[no changes]*

HK-8	ADOPTED	Effective Immediately
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Location: Page 63 – 202.4.11 – REQUIREMENTS FOR SANCTION

- 202.4 REQUIREMENTS FOR SANCTION** — Sanctions are issued, withheld or withdrawn in accordance with the following regulations:
 - .1-10 *[no changes]*
 - .11 Application for sanction must be accompanied by a copy of the complete meet announcement which must include the following:
 - A-I *[no changes]*
 - J The following statement: “Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open-ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.”

Exceptions may be granted with prior written approval by the Program & Events ~~Committee~~ Coordinator (or his/her designee).
 - K-O *[no changes]*
 - .12 *[no changes]*
 - .13 Sanction fees shall be established by the LSC, except those for national and international meets which shall be established by the USA Swimming President/CEO.
 - .14-16 *[no changes]*

HK-9	ADOPTED	Effective Immediately
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Location: Page 65 – 202.6.4 REQUIREMENTS FOR APPROVAL

- 202.6 REQUIREMENTS FOR APPROVAL** – Approval of competition may be issued, withheld or withdrawn by an LSC in accordance with the following regulations:
 - .1-3 *[no changes]*
 - .4 Approvals may be issued to member clubs or to LSCs for open competition conducted in accordance with USA Swimming technical rules if that competition has been specifically approved by the ~~Times & Recognition~~ Registration/Membership Committee staff leader (or his/her designee).
 - .5-18 *[no changes]*

HK-10	ADOPTED	Effective Immediately
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Location: Page 76 – 206.3.1 – AWARD OF EVENTS

206.3 AWARD OF EVENTS

- .1 USA Swimming National Championships, Trials Class, U.S. Open, Open Water Championships and Disability Championships shall be contracted for by the USA Swimming President/CEO (or his/her designee) in accordance with Article 206 and Article 207, after approval by the Board of Directors.
- .2 *[no changes]*

HK-11	ADOPTED	Effective Immediately
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Location: Page 96 – 501.1.3 – RULES & REGULATIONS COMMITTEE

501.1.3 RULES & REGULATIONS COMMITTEE

- A The Rules & Regulations Committee shall consist of the following:
 - (1) The National Officials Committee Chair (or his/her designee) and the Program & Events Coordinator;
 - (2)-(6) *[no changes]*
- B-E *[no changes]*

HK-12	ADOPTED	Effective Immediately
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Location: Page 109 – 607.1 – APPEALS AND REVIEW

607.1 PETITION TO THE USA SWIMMING RULES AND REGULATIONS COMMITTEE —

Any House of Delegates of any LSC or any member of USA Swimming may petition the USA Swimming Rules & Regulations Committee with respect to any proposed changes referenced in Articles 604 and 605 above. Such appeal must be submitted at least one hundred (100) days prior to the next regular or special meeting of the USA Swimming House of Delegates.

HK-13	ADOPTED	Effective Immediately
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Location: Page 121 – 705.3 – ENTRY FEES

705.3 ENTRY FEES — The entry fees shall be determined by the Meet Director with the concurrence of the President/CEO (or his/her designee).

HK-14	ADOPTED	Effective Immediately
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Location: Page 121 – 705.4 – ENTRY PROCESS AND MEET ANNOUNCEMENT

705.4 ENTRY PROCESS AND MEET ANNOUNCEMENT — The entry procedure shall be stated in the meet announcement. The meet announcement shall be prepared under joint direction of and approved by the National Team Steering Committee, the Meet Director, Program & Events Coordinator, and the President/CEO of USA Swimming (or his/her designee).

HK-15	ADOPTED	Effective Immediately
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Location: Multiple Occurrences

Change all references from:
 Chair of the Rules & Regulations Committee
 Chair of the USA Swimming Rules & Regulations Committee
 Rules Chair

To the:
 Rules & Regulations Committee Chair

HK-16	ADOPTED	Effective Immediately
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Location: Various Sections – Required LSC Bylaws Template

1.2 OBJECTIVES - The objectives and primary purpose of XXSI shall be the education, instruction and training of individuals to develop and improve their capabilities in the sport of swimming. XXSI shall promote swimming for the benefit of swimmers of all ages and abilities, in accordance with the standards, rules, regulations, policies and procedures of FINA World Aquatics, USA Swimming, and XXSI and its *Articles/Certificate* [select one] of Incorporation.

6.2 OTHER DIRECTORS

.1 ATHLETE BOARD REPRESENTATIVES -
Provision A: Two (2) Athlete Board Representatives shall be elected, one each year for a two-year term, or until their respective successors are elected. At the time of election, the Athlete Board Representative must (a) be an athlete member in good standing; (b) be at least a sophomore in high school or at least 16 years of age, (c) be currently competing, or have competed within the two (2) immediately preceding years, in a USA Swimming sanctioned event conducted by XXSI or another LSC; and (d) have ~~his or her~~ their place of permanent residence in the Territory and expect to reside therein throughout at least the first half of the term (other than periods of enrollment in an institution of higher education). The balloting shall take place via electronic vote and/or at a meeting called for that purpose by the Senior Athlete Board Representative *or the Athletes Committee*, or failing that, at a time and in a manner designated by the Board of Directors. At least *twenty (20) days'* written notice of the election shall be given to all clubs. The Athlete Board Representatives elected shall be determined by a majority of the [define the athlete voting members who elect the Athlete Board Representatives].

Provision B: Two (2) Athlete Board Representatives shall be elected by the House of Delegates, one each year, for a two-year term or until their respective successors are elected. At the time of election, the Athlete Board Representative must (a) be an athlete member in good standing; (b) be at least a sophomore in high school or at least 16 years of age, (c) be currently competing, or have competed within the two (2) immediately preceding years, in a USA Swimming sanctioned event conducted by XXSI or another LSC; and (d) have ~~his or her~~ their place of permanent residence in the Territory and expect to reside therein throughout at least the first half of the term (other than periods of enrollment in an institution of higher education).

7.4 STANDING COMMITTEES & COORDINATORS

.1 ATHLETES COMMITTEE -
 A CHAIR - The Senior Athlete Board Representative or ~~his or her~~ their designee shall be the chair of the committee.
 B-C [no changes]
 .2-4 [no changes]

7.5 DUTIES OF CHAIRS AND COORDINATORS GENERALLY - The duties of the General Chair, the division chairs, committee chairs, and coordinators (in addition to those provided elsewhere in these Bylaws) shall be as follows:

.1 [no changes]
 .2 See that all duties and responsibilities of the *coordinator* or the respective division, committee or sub-committee in ~~his or her~~ their charge are properly and promptly carried out;

.3-6 [no changes]

- 10.4 EXTENT OF INDEMNITY - To the full extent permitted by law, the indemnification provided in this Article shall include expenses (including attorneys' fees, disbursements and expenses), judgments, fines, penalties and amounts paid in settlement, and, except as limited by applicable laws, these expenses shall be paid by XXSI in advance of the final disposition of such action, suit or proceeding. If doubt exists as to the applicability of an exclusion to XXSI's obligation to indemnify, XXSI may require an undertaking from the Indemnified Person obliging ~~him~~them to repay such sums if it is subsequently determined that an exclusion is applicable. In the case of any person engaged in the sport of swimming for compensation or other gain, if XXSI determines that there is reasonable doubt as to such person's ability to make any repayment, XXSI shall not be obligated to make any payments in advance of the final determination. This indemnification shall not be deemed to limit the right of XXSI to indemnify any other person for any such expenses to the full extent permitted by law, nor shall it be deemed exclusive of any other rights to which any Indemnified Person may be entitled under any agreement, vote of members or disinterested directors or otherwise, both as to action in an official capacity and as to action in another capacity while holding such office.
- 13.2 ADMINISTRATIVE REVIEW BOARD ORGANIZATION -
- .1-9 [no changes]
- .10 Substitutions for Member - In the event that a regular member of the Administrative Review Board is unable or unwilling to promptly act for any reason, recuses ~~herself or himself~~themselves or is disqualified in any particular circumstance, the Chair (or, if the person so unable or unwilling to act or recused or disqualified is the Chair, the Vice-Chair; or failing that, the General Chair) shall appoint an alternate *member* to act in the regular member's place in respect of that circumstance.
- 14.2 DEFINITIONS - When used in these Bylaws, the following terms shall have the meanings indicated in this Section, and the definitions of such terms are equally applicable both to the singular and plural forms.
- .1-3 [no changes]
- .4 ATHLETE REPRESENTATIVE - shall be (a) an athlete member in good standing; (b) currently competing, or have competed within the two (2) immediately preceding years, in a USA Swimming sanctioned event conducted by XXSI or another LSC, and (c) have ~~his or her~~their place of permanent residence in the Territory and expect to reside therein throughout at least the first half of the term (other than periods of enrollment in an institution of higher education).
- .5-8 [no changes]
- ~~.9 FINA - the Federation Internationale de Natation, the international governing body for the sport of swimming.~~
[re-number remaining]
- .20 WORLD AQUATICS - the international governing body for the sport of swimming.
- .21 [no changes]