



**RULES & REGULATIONS COMMITTEE  
PROPOSED  
AMENDMENTS TO 2025 RULES & REGULATIONS**

<b>No.</b>	<b>Description</b>	<b>Location</b>	<b>Recommendation</b>
R-1	To update the current definition of disability to explicitly include visual disabilities, ensuring closer alignment with current performance groupings.	OFFICIAL GLOSSARY 105.1 701.24	Approval
R-2	To modify the jurisdiction of the starting position from the Starter to the Starter or Stroke and Turn Judge.	101.1	Approval
R-3	To provide additional competition opportunities for 15-18 swimmers, aligning with World Aquatics and the addition of 50s of stroke into the LA28 Olympics.	102.1	Approval
R-4	To provide uniform procedures for Administrative Officials, based on current practices, when it is found that swimmers have been over-entered and/or competed beyond allowable limits.	102.2	Rejection
R-5	To provide a swimmer the option of a counter in the 16 length 400 SCM freestyle race. This would especially benefit younger and newer swimmers.	102.6	Approval
R-6	To clarify technical swimsuit restrictions for 12 & Under athletes.	102.8	Approval
R-7	To clarify which distances and strokes are recognized for American and United States Open Records.	104.2	Approval
R-8	To make it easier for athletes to achieve results when the LSC cannot obtain enough officials for observed meets.	202.8	Rejection
R-9	To align with current practices and to allow the Senior Development Committee the ability to evaluate Futures Championships each year for the best opportunities for the athletes.	204.10	Approval
R-10	To clarify that 12 & Under athletes shall only swim in one preliminary session and the related finals when preliminaries and finals are contested.	205.3	Approval
R-11	To align athlete representation on the Coach Advisory Council with other similar committees.	501.1.2	Approval
R-12	To allow for Potomac Valley Swimming to sanction meets in a territory occupied by Potomac Valley Swimming clubs.	603.2	No Recommendation
R-13	To bring LSC Bylaws into alignment and conformity with USA Swimming desired practices.	7.4.3 7.4.4 Required LSC Bylaws	Approval

<b>No.</b>	<b>Description</b>	<b>Location</b>	<b>Recommendation</b>
HK-1	To conform to World Aquatics regulations and to clarify that at least one toe from each foot must be in contact with the end wall or touchpad.	101.4	Approval
HK-2	To conform to current practice and align with World Aquatics events.	102.1	Approval
HK-3	To align with USOPC requirements.	304.3	Approval
HK-4	To correct a reference to Article 404 that no longer exists, and to remove references to specific policy numbers in the Operating Policy Manual.	Multiple Occurrences Required LSC Bylaws	Approval

<b>No.</b>	<b>Description</b>	<b>Location</b>	<b>Action</b>
M-1	To conform to World Aquatics regulations.	102.21	Mandated by World Aquatics
M-2	To conform to World Aquatics regulations and to clean up the "Mandatory" notations.	103.15	Mandated by World Aquatics

<b>No.</b>	<b>Description</b>	<b>Location</b>	<b>Action</b>
I-1	To merge Lake Erie Swimming and Ohio Swimming into one LSC as described in 604.4; to redistrict several counties in Kentucky; and to redistrict Woodbury County from Midwestern to Iowa.	603.2 605.1	Previously approved by LE and OH; by KY and OH; and by IA and MW.

**R-#** Rules Amendment

**HK-#** Housekeeping

**M-#** Rules Amendment to align USA Swimming Rules with World Aquatics Competition Regulations

**I-#** Information



**RULES & REGULATIONS COMMITTEE  
PACKET OF PROPOSED AMENDMENTS TO  
THE USA SWIMMING RULES & REGULATIONS  
2025**

R-1	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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**Location:** Page 16 – **OFFICIAL GLOSSARY**  
Page 56 – **105.1 – GENERAL**  
Page 118 – **701.24 – SWIMMERS WITH DISABILITIES**

**Proposed by:** Diversity, Equity and Inclusion Committee

**Purpose:** To update the current definition of disability to explicitly include visual disabilities, ensuring closer alignment with current performance groupings.

**Recommendation:** *The Rules & Regulations Committee recommends approval.*

**Effective Date:** Immediately

**OFFICIAL GLOSSARY**

**DISABILITY** – a permanent physical, cognitive, or visual disability that substantially impacts one or more major life activities.

**105.1 GENERAL**

.1 **Authority** — The USA Swimming Rules & Regulations grant the Referee the authority to modify the rules for the swimmer with a disability. ~~Disability is defined as a permanent physical or cognitive disability that substantially limits one or more major life activities.~~ This section contains guidelines and suggestions for making such modifications. Reference 701.24 for Open Water competitions.

.2-.3 [no changes]

**701.24 SWIMMERS WITH DISABILITIES**

.1 **Authority** — The USA Swimming Rules & Regulations grant the Referee authority to modify any rule or race management procedure for a swimmer with a disability. ~~Disability is defined as a permanent physical or cognitive disability that substantially limits one or more major life activities.~~ Any such modification shall affect only the current event and does not set precedent.

.2 [no changes]

R-2	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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**Location:** Page 22 – **101.1 – STARTS**

**Proposed by:** National Officials Committee

**Purpose:** To modify the jurisdiction of the starting position from the Starter to the Starter or Stroke and Turn Judge.

**Recommendation:** *The Rules & Regulations Committee recommends approval.*

**Effective Date:** Immediately

**101.1 STARTS**

- .1 [no changes]
- .2 The Start  
A-D [no changes]
- E A swimmer shall not be disqualified for an illegal starting position at the start if the race is permitted to proceed. Enforcement of the correct starting position is the responsibility of the Starter. A swimmer shall be disqualified for an illegal starting position at the start if the swimmer moves from a legal starting position to an illegal starting position immediately prior to or after the "take your marks" command provided that the illegal starting position exists when the signal to start the race is given. Enforcement of the correct starting position is the responsibility of the Starter or the Stroke and Turn Judges.
- .3-.5 [no changes]

R-3	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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**Location:** Page 26 – **102.1 – EVENTS**  
**Proposed by:** Athletes' Executive Committee  
**Purpose:** To provide additional competition opportunities for 15-18 swimmers, aligning with World Aquatics and the addition of 50s of stroke into the LA28 Olympics.  
**Recommendation:** *The Rules & Regulations Committee recommends approval.*  
**Effective Date:** December 1, 2025

**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 [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**

50, 100, 200, 400m/500y freestyle  
 50, 100 backstroke  
 50, 100 breaststroke  
 50, 100 butterfly  
 100, 200 individual medley  
 200 freestyle relay  
 200 medley relay  
 200 mixed competition category freestyle relay  
 200 mixed competition category medley relay

**11, 12 Years**

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

**13, 14, 15, 16, 17, 18 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 competition category freestyle relay  
 200, 400 mixed competition category medley relay

**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 competition category freestyle relay~~  
 200, 400 ~~mixed competition category medley relay~~  
 .3-.7 [no changes]

R-4	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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**Location:** Page 28 – **102.2 – GENERAL RULES**  
**Proposed by:** Maine Swimming  
**Purpose:** To provide uniform procedures for Administrative Officials, based on current practices, when it is found that swimmers have been over-entered and/or competed beyond allowable limits.  
**Recommendation:** *The Rules & Regulations Committee recommends rejection as these procedures should already be stated in the meet announcement according to 102.2.7.*  
**Effective Date:** Immediately

## 102.2 GENERAL RULES

.1-.6 [no changes]

.7 The above limitations on individual events apply regardless of the classification mixture or if separate meets or time trials are being conducted. These, and additional limitations on entries which may be established by the LSC's sanction or approval, shall be clearly stated in the meet announcement.

- A A swimmer found, prior to seeding, to have exceeded the session, daily, or overall meet entry limit shall be scratched from any and all events that occur beyond the allowable limit, in the order that events are contested.  
B A swimmer found to have competed in events beyond entry limits shall be administratively disqualified from any and all events that were swum beyond the allowable limit.

.8-.9 [no changes]

R-5	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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**Location:** Page 31 – **102.6 – COUNTERS**  
**Proposed by:** Oklahoma Swimming  
**Purpose:** To provide a swimmer the option of a counter in the 16 length 400 SCM freestyle race. This would especially benefit younger and newer swimmers.  
**Recommendation:** *The Rules & Regulations Committee recommends approval.*  
**Effective Date:** Immediately

## 102.6 COUNTERS

- A A swimmer in the 500/1000/1650 yard or ~~800/1500~~ 400/800/1500 Short Course Meter or 800/1500 Long Course Meter freestyle or other long distance pool event (see 102.1.4) may appoint one counter to call lengths or indicate lengths by visual sign.  
 B-E [no changes]

R-6	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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**Location:** Page 33 – **102.8 – SWIMWEAR**  
**Proposed by:** Rules & Regulations Committee  
**Purpose:** To clarify technical swimsuit restrictions for 12 & Under athletes.  
**Recommendation:** *The Rules & Regulations Committee recommends approval.*  
**Effective Date:** Immediately

## 102.8 SWIMWEAR

### .1 Design

A-E [no changes]

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

(1) Exceptions to the foregoing restriction are only for Junior Nationals, U.S. Open, National Championships, and Olympic Trials.

(2) A Technical Suit is one that has the following components:

a. Any suit with any bonded or taped seams regardless of its fabric or silhouette;

or

b. ~~Any suit with woven fabric extending past the hips.~~ Any suit which includes any woven fabric and which extends past the hips.

(Note: WOVEN FABRIC — A suit with woven fabric and sewn seams that does not extend below the hips is permitted.)

(Note: KNIT FABRIC — A suit with knit fabric and sewn seams not extending below the knees is permitted.)

.2-3 [no changes]

R-7	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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**Location:** Page 53 – **104.2 – USA SWIMMING RECORDS**  
**Proposed by:** Rules & Regulations Committee  
**Purpose:** To clarify which distances and strokes are recognized for American and United States Open Records.  
**Recommendation:** *The Rules & Regulations Committee recommends approval.*  
**Effective Date:** Immediately

## 104.2 USA SWIMMING RECORDS

.1 [no changes]

### .2 American and United States Open Records

A [no changes]

B **Recognized Distances and Strokes (Men and Women)** – Times submitted for American and United States Open Records shall be achieved in the recognized events in 102.1.1 with the following exceptions:

- 195 (1) The 100 Short Course Meters (SCM) individual medley event shall be eligible for American and  
 196 United States Open Records.
- 197
- 198 (2) The 50 yard butterfly, 50 yard breaststroke, and 50 yard backstroke events shall not be eligible for  
 199 American or United States Open Records.
- 200
- 201 (1) **Short Course Yards** — Made only over courses 25 yards long
- 202 Freestyle 50, 100, 200, 500, 1000, 1650 yards
- 203 Backstroke 100, 200 yards
- 204 Breaststroke 100, 200 yards
- 205 Butterfly 100, 200 yards
- 206 Individual Medley 200, 400 yards
- 207 Freestyle Relay 200, 400, 800 yards
- 208 Mixed Competition Category Freestyle Relay 200, 400, 800 yards
- 209 Medley Relay 200, 400 yards
- 210 Mixed Competition Category Medley Relay 200, 400 yards
- 211
- 212 (2) **Short Course Meters** — Made only over courses 25 meters long
- 213 Freestyle 50, 100, 200, 400, 800, 1500 meters
- 214 Backstroke 50, 100, 200 meters
- 215 Breaststroke 50, 100, 200 meters
- 216 Butterfly 50, 100, 200 meters
- 217 Individual Medley 100, 200, 400 meters
- 218 Freestyle Relay 200, 400, 800 meters
- 219 Mixed Competition Category Freestyle Relay 200, 400, 800 meters
- 220 Medley Relay 200, 400 meters
- 221 Mixed Competition Category Medley Relay 200, 400 meters
- 222
- 223 (3) **Long Course** — Made only over courses 55 yards or 50 meters long
- 224 Freestyle 50, 100, 200, 400, 800, 1500 meters
- 225 Backstroke 50, 100, 200 meters
- 226 Breaststroke 50, 100, 200 meters
- 227 Butterfly 50, 100, 200 meters
- 228 Individual Medley 200, 400 meters
- 229 Freestyle Relay 200, 400, 800 meters
- 230 Mixed Competition Category Freestyle Relay 200, 400, 800 meters
- 231 Medley Relay 200, 400 meters
- 232 Mixed Competition Category Medley Relay 200, 400 meters
- 233
- 234 C [no changes]
- 235
- 236 .3-.5 [no changes]
- 237

R-8	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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238 **Location:** Page 67 – **202.8 – REQUIREMENTS FOR OBSERVED SWIMS**

239 **Proposed by:** Jack Swanson, Member of the House of Delegates

240 **Purpose:** To make it easier for athletes to achieve results when the LSC cannot obtain enough officials for observed

241 meets.

242 **Recommendation:** *The Rules & Regulations Committee recommends rejection since it conflicts with 202.8.1 and 202.8.2.*

243 **Effective Date:** Immediately

244

245 **202.8 REQUIREMENTS FOR OBSERVED SWIMS** — Swims may be observed by assigned USA Swimming or YMCA officials

246 for conformance with USA Swimming technical rules in a meet conducted under other than USA Swimming rules (NFHS, USMS,

247 USOPC). Official times achieved as observed swims may be submitted for entry into the SWIMS database if all of the following

248 conditions are met:

249  
 250 .1-4 [no changes]  
 251  
 252 .5 Meets described under .1 and .2 above officiated by a minimum of one referee, one starter and two stroke and turn judge  
 253 association officials, but with insufficient USA Swimming and/or YMCA observers, may be loaded into SWIMS if the  
 254 appropriate form (Form A, Form B) is submitted to the LSC National Times Verification Officer in accordance with LSC  
 255 procedures at least 10 days prior to the meet. Such times shall not be eligible for USA Swimming records as defined  
 256 within Articles 104.2.1-104.2.4.  
 257

R-9	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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258 **Location:** Page 72 – **204.10 – USA SWIMMING FUTURES CHAMPIONSHIPS**  
 259 **Proposed by:** Rules & Regulations Committee  
 260 **Purpose:** To align with current practices and to allow the Senior Development Committee the ability to evaluate Futures  
 261 Championships each year for the best opportunities for the athletes.  
 262 **Recommendation:** *The Rules & Regulations Committee recommends approval.*  
 263 **Effective Date:** Immediately  
 264  
 265 **204.10 USA SWIMMING FUTURES CHAMPIONSHIPS** — The USA Swimming Futures Championships shall be governed  
 266 and conducted by USA Swimming.  
 267  
 268 .1 [no changes]  
 269  
 270 .2 LSCs ~~will~~ may be assigned to a specific Futures meet based upon the recommendation from the Senior Development  
 271 Committee.  
 272

R-10	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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273 **Location:** Page 73 – **205.3 – PROGRAM AND EVENTS**  
 274 **Proposed by:** Rules & Regulations Committee  
 275 **Purpose:** To clarify that 12 & Under athletes shall only swim in one preliminary session and the related finals when  
 276 preliminaries and finals are contested.  
 277 **Recommendation:** *The Rules & Regulations Committee recommends approval.*  
 278 **Effective Date:** Immediately  
 279  
 280 **205.3 PROGRAM AND EVENTS**  
 281 .1 [no changes]  
 282 A-E [no changes]  
 283 F With the exception of championship and open water meets, the program in all other age group competition  
 284 shall be planned to allow the events for swimmers twelve (12) years and younger to be completed in four (4)  
 285 hours or less per session (prelims, finals, timed finals). Events for the same 12 & under swimmers shall be  
 286 limited to one session per day, except for prelim/final meets where events for 12 & under swimmers may be  
 287 offered in both ~~prelims and finals~~ a single prelim session and the related finals.  
 288 .2 [no changes]  
 289

R-11	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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290 **Location:** Page 95 – **501.1.2 – COACH ADVISORY COUNCIL**  
 291 **Proposed by:** Coach Advisory Council  
 292 **Purpose:** To align athlete representation on the Coach Advisory Council with other similar committees.  
 293 **Recommendation:** *The Rules & Regulations Committee recommends approval.*  
 294 **Effective Date:** Immediately  
 295  
 296 **501.1.2 COACH ADVISORY COUNCIL**  
 297 A [no changes]



298 (1) [no changes]  
299 (2) Six (6) ~~10-Year Athlete representatives and/or 10-Year+ Actively Engaged Athlete~~ representatives  
300 appointed by the AAC. ~~At least 50% of the athletes must meet the requirements of 10-Year Athlete~~  
301 ~~representatives.~~  
302 B-F [no changes]  
303

R-12	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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304 **Location:** Page 102 – **603.2 – NAMES AND JURISDICTIONAL BOUNDARIES**  
305 **Proposed by:** Potomac Valley Swimming  
306 **Purpose:** To allow for Potomac Valley Swimming to sanction meets in a territory occupied by Potomac Valley Swimming  
307 clubs.  
308 **Recommendation:** *The Rules & Regulations Committee makes no recommendation.*  
309 **Effective Date:** Immediately  
310

311 **603.2** The geographical areas or boundaries for the Local Swimming Committees shall be as indicated below. The two-letter  
312 Registration Codes are shown in parenthesis:  
313

314 [AD through PN no changes]  
315

316 **POTOMAC VALLEY (PV)** — The District of Columbia; Montgomery and Prince George's counties in the State of Maryland; and  
317 Arlington and Fairfax counties and the cities of Alexandria, Fairfax and Falls Church in the Commonwealth of Virginia.  
318

319 Any pool within the boundaries of Loudoun County, Prince William County, and the city of Manassas in the Commonwealth of  
320 Virginia shall be available for the use of the Potomac Valley Swimming and Virginia Swimming LSCs and their respective member  
321 clubs, and both LSCs may sanction swimming events in these pools under their own rules and regulations.  
322

323 [SI through UT no changes]  
324

325 **VIRGINIA (VA)** — Commonwealth of Virginia, except Arlington and Fairfax counties and the cities of Alexandria, Fairfax and Falls  
326 Church; and including the counties of Pasquotank, Camden and Currituck in the State of North Carolina.  
327

328 Any pool within the boundaries of Loudoun County, Prince William County, and the city of Manassas in the Commonwealth of  
329 Virginia shall be available for the use of the Potomac Valley Swimming and Virginia Swimming LSCs and their respective member  
330 clubs, and both LSCs may sanction swimming events in these pools under their own rules and regulations.  
331

332 [WT through WY no changes]  
333

R-13	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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334 **Location:** **Article 7.4.3 – Required LSC Bylaws Template**  
335 **Proposed by:** LSC Development Committee  
336 **Purpose:** To bring LSC Bylaws into alignment and conformity with USA Swimming desired practices.  
337 **Recommendation:** *The Rules & Regulations Committee recommends approval.*  
338 **Effective Date:** Immediately  
339

340 Two provisions are offered with respect to Governance or Nominating Committees. Select one and delete the other.

341 *Provision A (combined Governance & Nominating Committee)*

342 7.4.3 GOVERNANCE COMMITTEE -

343 A. CHAIR - The chair shall be elected annually by the Governance Committee from among its own members.

344 Two options are offered concerning the method of selection of the Governance Committee members. Select  
345 one and delete the other.

346 B. *Option 1 MEMBERS -*

347 The Governance Committee members shall be appointed by the General Chair with advice and consent of the  
348 Board of Directors. The Committee shall be comprised of [list the number in factors of 3 or 4, in alignment with

the term of office] with a sufficient number of Athlete Representatives so as to constitute at least twenty percent (20%) of the voting membership of the Committee. Each member shall serve a *three or four-year* [select one] term, staggered so that *one-third (1/3) or one-fourth (1/4)* [select one to coincide with factor selected above] of such members are appointed each year. No more than one-half (1/2) of the Governance Committee members shall be members of the XXSI Board of Directors at any given time. After completion of two consecutive terms, members are not eligible for re-appointment to the Governance Committee until after a lapse of two years. A portion of any term served to fill a vacancy in the position shall not be considered in the computation of the successive term limitation. In no case shall the General Chair or paid staff serve on the Governance Committee.

*Option 2 MEMBERS -*

The Governance Committee shall be elected by the House of Delegates and shall be comprised of at least [insert a number] members, with a sufficient number of Athlete Representatives so as to constitute at least twenty percent (20%) of the voting membership of the Committee. No more than one half of the Committee shall be members of the XXSI Board of Directors. If any member of the Governance Committee resigns or otherwise becomes unable to participate in its affairs, the General Chair, with the advice and consent of the Board of Directors, shall appoint a successor to serve until the next meeting of the House of Delegates. In no case shall the General Chair or paid staff serve on the Governance Committee. Members shall serve two-year terms, staggered so that approximately one-half of the members are elected each year. After completion of three consecutive terms, members are not eligible to be elected or appointed to the Governance Committee until after a lapse of two years. A portion of any term served to fill a vacancy in the position shall not be considered in the computation of the successive term limitation.

- C. QUORUM - When making nominations, a quorum for any meeting of the Governance Committee shall consist of a majority of its voting members. For all other meetings, a quorum shall consist of those members present and voting.

D. DUTIES

- (1) ~~To assist in periodic evaluation of the mission and vision statements and the Bylaws of XXSI. To lead in the annual evaluation of the mission and vision statement of XXSI;~~
- (2) ~~To lead in the annual evaluation of the Bylaws of XXSI;~~
- (3) ~~To lead in the biennial review of all XXSI governance documents;~~
- (24) ~~To aid in the development of operating policies and procedures regarding conflict of interest (Board and staff), document retention, ethics, whistle blower, procurement, contract review, grievance and other employment related practices, etc.;~~
- (3) ~~To aid in the development of personnel practices procedure including job descriptions and annual review of staff;~~
- (45) ~~To ensure that the Board's focus remains on the strategic plan;~~
- (5) ~~To aid in the development of expectations and processes for accountability of Board members;~~
- (6) ~~To lead in the development and review of the job descriptions criteria for the qualities and required characteristics of Board officers;~~
- (7) ~~To lead Board succession planning by assessing current and anticipated needs for of the Board;~~
- (8) ~~To lead in the composition and identifying and recruiting identification and recruitment of potential Board members;~~
- (89) ~~To nominate Board members, Administrative Review Board members, Governance Committee members (when elected), and other coordinator or chair positions to be elected by the House of Delegates consistent with the matrix of skills, demographics, and talents needed;~~
- (910) ~~To publish the slate of candidates to the XXSI membership at least twenty (20) days prior to the election. Additional nominations may be made from the floor of the House of Delegates by voting members of the House of Delegates;~~
- (4011) ~~To design and implement Board and Chair orientation and an ongoing program of Board education and development onboarding; and,~~
- (12) ~~To design and implement an ongoing program of Board and Chair education and development.~~
- (11) ~~To lead periodic assessment of the Board's performance (as a whole and of individual members) and make recommendations to enhance Board effectiveness.~~

*Provision B (separate Governance & Nominating Committees)*

7.4.3 NOMINATING COMMITTEE -

- A. CHAIR - The Chair shall be elected annually by the Nominating Committee from among its own members.

- 403 B. MEMBERS - The House of Delegates shall annually elect at least [insert a number] individuals to the  
404 Nominating Committee to serve a one-year term, with a sufficient number of Athlete Representatives so as to  
405 constitute at least twenty percent (20%) of the voting membership of the Committee. Terms shall commence  
406 at the conclusion of the meeting at which members were elected and end when their successors assume office.  
407 If any member of the Nominating Committee resigns or otherwise becomes unable to participate in its affairs,  
408 the General Chair, with the advice and consent of the Board of Directors, shall appoint a successor to serve  
409 until the next meeting of the House of Delegates. No individual shall be eligible to serve more than six (6)  
410 consecutive years on the Nominating Committee until after a lapse of two years. A portion of any term served  
411 to fill a vacancy in the position shall not be considered in the computation of the successive term limitation. In  
412 no case shall the General Chair or paid staff serve on the Nominating Committee.
- 413 C. QUORUM - A quorum for any meeting of the Nominating Committee shall consist of a majority of its voting  
414 members.
- 415 D. DUTIES -
- 416 (1) To work with the Board on succession planning assessing current and anticipated needs for Board  
417 composition;
- 418 (42) To nominate Board members, *Administrative Review Board members, Governance Committee (when*  
419 *elected), and other coordinator or chair positions* to be elected by the House of Delegates consistent  
420 with the matrix of skills, demographics, and talents needed; and,
- 421 (23) To publish the slate of candidates to the XXSI membership at least *twenty (20)* days prior to the election.  
422 Additional nominations may be made from the floor of the House of Delegates by voting members of  
423 the House of Delegates.

424 7.4.4 GOVERNANCE COMMITTEE -

- 425 A. CHAIR - The Chair shall be elected annually by the Governance Committee from among its own members.
- 426 B. MEMBERS - The Governance Committee members shall be appointed by the General Chair with advice and  
427 consent of the Board of Directors. The Committee shall be comprised of at least [insert a number] members  
428 with a sufficient number of Athlete Representatives so as to constitute at least twenty percent (20%) of the  
429 voting membership of the Committee. Each member shall serve a *three or four-year* [select one] term. Terms  
430 shall be staggered such that approximately *one-third (1/3) or one-fourth (1/4)* [select one to coincide with term  
431 selected above] of members are appointed each year.
- 432 C. DUTIES - It shall be the duty of the Governance Committee to:
- 433 (1) ~~Assist in periodic evaluation of the mission and vision statements and the Bylaws of XXSI;~~ To lead in  
434 the annual evaluation of the mission and vision statement of XXSI;
- 435 (2) To lead in the annual evaluation of the Bylaws of XXSI;
- 436 (3) To lead in the biennial review of all XXSI governance documents;
- 437 (24) ~~To aid in the development of operating policies and procedures regarding conflict of interest (Board and~~  
438 ~~staff), document retention, ethics, whistle blower, procurement, contract review, grievance and other~~  
439 ~~employment related practices, etc.;~~
- 440 (3) ~~Aid in the development of personnel practices procedure including job descriptions and annual review~~  
441 ~~of staff;~~
- 442 (45) ~~Assist in shaping the Board's agenda based on the strategic plan~~ To ensure that the Board's focus  
443 remains on the strategic plan;
- 444 (5) ~~Aid in the development of expectations and processes for accountability of Board members;~~
- 445 (6) ~~Develop criteria for the qualities and required characteristics of Board officers~~ To lead in the  
446 development and review of the job descriptions of Board officers;
- 447 (7) To lead Board succession planning by working with the Nominating Committee to assess current and  
448 anticipated needs for Board composition;
- 449 (8) To design and implement Board and Committee orientation and onboarding; and an ongoing program  
450 of Board education and development; and
- 451 (9) To design and implement an ongoing program of Board and Committee education and development.
- 452 (9) ~~Lead periodic assessment of the Board's performance (as a whole and of individual members) and make~~  
453 ~~recommendations to enhance Board effectiveness.~~

HK-1	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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**Location:** Page 24 – **101.4.1 – BACKSTROKE**  
**Proposed by:** Rules & Regulations Committee  
**Purpose:** To conform to World Aquatics regulations and to clarify that at least one toe from each foot must be in contact with the end wall or touchpad.  
**Recommendation:** *The Rules & Regulations Committee recommends approval.*  
**Effective Date:** Immediately

#### 101.4 BACKSTROKE

.1 **Start** — The swimmers shall line up in the water facing the starting end, with both hands placed on the gutter or on the starting grips. Standing in or on the gutter, placing the toes above the lip of the gutter, or bending the toes over the lip of the gutter, before or after the start, is prohibited. When using a backstroke ledge at the start, at least one toe of ~~both feet~~ each foot must be in contact with the end wall or face of the touchpad. Bending the toes over the top of the touchpad is prohibited.

.2-.4 [no changes]

HK-2	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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**Location:** Page 26 – **102.1 – EVENTS**  
**Proposed by:** Rules & Regulations Committee  
**Purpose:** To conform to current practice and align with World Aquatics events.  
**Recommendation:** *The Rules & Regulations Committee recommends approval.*  
**Effective Date:** Immediately

**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

50, 100, 200 backstroke

50, 100, 200 butterfly

50, 100, 200 breaststroke

200, 400 individual medley

200, 400, 800 freestyle relay

200, 400 medley relay

200, 400, 800 mixed competition category freestyle relay

200, 400 mixed competition category medley relay

.2-.7 [no changes]

HK-3	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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**Location:** Page 90 – **304.3**  
**Proposed by:** Rules & Regulations Committee  
**Purpose:** To align with USOPC requirements.  
**Recommendation:** *The Rules & Regulations Committee recommends approval.*  
**Effective Date:** Immediately

**304.3** The following shall be considered violations of the USA Swimming Code of Conduct:

**Measures to be adjudicated by the USA Swimming National Board of Review as set forth in the National Board of Review procedures, pursuant to the USA Swimming Operating Policy Manual.**

.1 - .14 [no changes]

HK-4	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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**Location:** Various Sections – Required LSC Bylaws Template

**Proposed by:** Rules & Regulations Committee

**Purpose:** To correct a reference to Article 404 that no longer exists, and to remove references to specific policy numbers in the Operating Policy Manual.

**Recommendation:** *The Rules & Regulations Committee recommends approval.*

**Effective Date:** Immediately

2.1 MEMBERS - The membership of XXSI shall consist of the clubs, organizations and individuals who have registered with XXSI as set forth in the USA Swimming Corporate Bylaws, *including the optional categories of seasonal athlete membership, seasonal club membership, flex membership, and single event open water athlete membership.*

.1 [no changes]

.2 MEMBERSHIP A PRIVILEGE NOT A RIGHT - Membership in XXSI and USA Swimming is a privilege and shall not be interpreted as a right. Membership may be terminated by the National Board of Review or the U.S. Center for SafeSport in accordance with the National Board of Review procedures, pursuant to ~~Policy 26.0~~ of the USA Swimming Operating Policy Manual.

4.5.9 Remove from office any persons elected by the House of Delegates (Board Members, *members of the Administrative Review Board*, or committee chairs 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 National Board of Review for any of the reasons set forth in ~~Article 404 of USA Swimming Rules and Regulations~~ the National Board of Review procedures, pursuant to the USA Swimming Operating Policy Manual. However, no such individual may be removed without receiving 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 the member's responsibilities or specific official duties or other reason and an opportunity to respond in writing within twenty (20) days to such allegations.

5.6 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, except that it shall not remove a Board Member, *an Administrative Review Board member*, or other person not appointed by the Board of Directors or amend these Bylaws. Any actions taken are subject to the exercise by the House of Delegates of its powers of ratification or prospective modification or rescission. 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:

.1-.9 [no changes]

.10 Remove from office any Board Members, committee chairs, or committee members or coordinators of XXSI who were appointed/elected by the Board 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 National Board of Review for any of the reasons set forth in the National Board of Review procedures, pursuant to ~~Policy 26.0~~ of the USA Swimming Operating Policy Manual. However, no At-Large Board Member, or committee chair 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 or specific official duties or other reasons and an opportunity to respond in writing within twenty (20) days to such allegations.

13.1 INTRODUCTION - USA Swimming was organized as the National Governing Body for the sport of swimming under the Amateur Sports Act of 1978, as amended by the Ted Stevens Olympic and Amateur Sports Act of 1998, both federal laws. These laws require USA Swimming to establish and maintain provisions for the swift and equitable resolution of all disputes involving any of its members. This Article, together with Section 2.2 and the National Board of Review procedures, pursuant to ~~Policy 26.0~~ of the USA Swimming Operating Policy Manual, are intended to provide a mechanism for resolving in an orderly and fair way all manner and kinds of disputes that may arise among its members in connection with the sport of swimming. Accordingly, XXSI has established the Administrative Review Board to hear complaints and appeals regarding

- administrative matters within XXSI which do not rise to the level of Code of Conduct violations and are not appeals of sanction decisions. The Administrative Review Board shall have no jurisdiction to hear complaints regarding conduct that may violate the USA Swimming Code of Conduct or otherwise violate the policies, procedures, rules and regulations adopted by USA Swimming, or conduct that may bring USA Swimming, XXSI or the sport of swimming into disrepute. This Article, together with the National Board of Review procedures, pursuant to ~~Policy 26.0~~ of the USA Swimming Operating Policy Manual, is intended to provide a fair hearing before a group of independent and impartial people. This Article and the National Board of Review procedures, pursuant to ~~Policy 26.0~~ of the USA Swimming Operating Policy Manual shall be construed accordingly.
- 13.3 GENERAL -
- .1-.3 *[no changes]*
- .4 Timeliness of Petition - The Administrative Review Board need not exercise its jurisdiction with respect to a complaint 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 complaint is received. A determination not to exercise its jurisdiction as a result of the untimeliness of a complaint 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 in accordance with the National Board of Review procedures, pursuant to ~~Policy 26.0~~ of the USA Swimming Operating Policy Manual.
- 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-.14 *[no changes]*
- .15 NATIONAL BOARD OF REVIEW - the National Board of Review of USA Swimming established in accordance with the National Board of Review procedures, pursuant to ~~Policy 26.0~~ of the USA Swimming Operating Policy Manual. Where the context requires, a reference to the National Board of Review shall include a reference to the USA Swimming Board of Directors when that body is acting upon an appeal from the National Board of Review.
- .16-.21 *[no changes]*

M-1	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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**Location:** Page 40 – **102.21 – DISQUALIFICATIONS**  
**Proposed by:** Rules & Regulations Committee  
**Purpose:** To conform to World Aquatics regulations.  
**Recommendation:** *Mandated by World Aquatics.*  
**Effective Date:** Currently effective

#### 102.21 DISQUALIFICATIONS

- .1-.4 *[no changes]*
- .5 ~~A-The swimmer must start and finish the race in the same lane-remain and finish the race in the same lane in which they started.~~
- .6-.15 *[no changes]*

M-2	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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**Location:** Page 50 – **103.15 – BACKSTROKE LEDGE**  
**Proposed by:** Rules & Regulations Committee  
**Purpose:** To conform to World Aquatics regulations and to clean up the “Mandatory” notations.  
**Recommendation:** *Mandated by World Aquatics.*  
**Effective Date:** Currently effective

**103.15 /M/ BACKSTROKE LEDGE** — The backstroke ledge shall conform to World Aquatics’ specifications when used in competition as follows:

- .1 ~~/M/~~The ledge ~~may~~ shall be adjustable to 4 centimeters above or 4 centimeters below the water level and may not be used outside of this range.

- 614 .2 ~~///~~The ledge shall be a minimum of ~~65-60~~ centimeters in length.
- 615
- 616 .3 ~~///~~The ledge must be 8 centimeters in height, 2 centimeters at the width with 10 degrees of slope.
- 617
- 618 .4 ~~///~~The ledge may not be used in water depth less than 4 feet (1.22 meters).
- 619
- 620 .5 ~~///~~Should backstroke ledges be used, identical ledges shall be provided for all lanes.
- 621

I-1	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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622 **Location:** Page 102 – **603.2 – NAMES AND JURISDICTIONAL BOUNDARIES**

623 Page 108 – **605.1**

624 **Proposed by:** Rules & Regulations Committee

625 **Purpose:** To merge Lake Erie Swimming and Ohio Swimming into one LSC as described in 604.4; to redistrict several

626 counties in Kentucky; and to redistrict Woodbury County from Midwestern to Iowa.

627 **Recommendation:** *This is for information only. This has been approved by the LSCs involved.*

628 **Effective Date:** September 1, 2025

629

630 **603.2** The geographical areas or boundaries for the Local Swimming Committees shall be as indicated below. The two-letter

631 Registration Codes are shown in parenthesis:

632

633 *[AD through IE no changes]*

634

635 **IOWA (IA)** — State of Iowa, except the counties of Lyon, Osceola, Sioux, O'Brien, Plymouth, Cherokee, ~~Woodbury~~, Ida, Monona,

636 Crawford, Harrison, Shelby, Pottawattamie, Mills, Montgomery, Freemont and Page.

637

638 **KENTUCKY (KY)** — Commonwealth of Kentucky ~~except the counties of Campbell and Boone~~; and including Floyd and Clark

639 counties in the State of Indiana.

640

641 **LAKE ERIE (LE)** — In the State of Ohio, the counties of Seneca, Crawford, Erie, Huron, Richland, Lorain, Ashland, Cuyahoga,

642 Medina, Wayne, Summit, Lake, Geauga, Portage, Stark, Tuscarawas, Ashtabula, Trumbull and Mahoning.

643

644 *[LA through MA no changes]*

645

646 **MIDWESTERN (MW)** — State of Nebraska except the counties of Sioux, Scotts Bluff, Banner, Kimball, Dawes, Box Butte, Morrill,

647 Cheyenne, Sheridan, Garden and Deuel; and including the counties of Lyon, Osceola, Sioux, O'Brien, Plymouth, Cherokee,

648 ~~Woodbury~~, Ida, Monona, Crawford, Harrison, Shelby, Pottawattamie, Mills, Montgomery, Freemont and Page in the State of Iowa.

649

650 *[MN through NT no changes]*

651

652 **OHIO (OH)** — State of Ohio, except the counties of ~~Seneca, Crawford, Erie, Huron, Richland, Lorain, Ashland, Cuyahoga, Medina,~~

653 ~~Wayne, Summit, Lake, Geauga, Portage, Stark, Tuscarawas, Ashtabula, Trumbull, Mahoning, Columbiana, Jefferson, Belmont,~~

654 ~~Washington and Lawrence; and including the counties of Campbell and Boone in the Commonwealth of Kentucky.~~

655

656 *[OK through WY no changes]*

657

658 **605.1** For administrative purposes, USA Swimming has grouped the LSCs into the following zones:

659

660 **Eastern Zone** — *[no changes]*

661

662 **Southern Zone** — *[no changes]*

663

664 **Central Zone** — Arkansas, Illinois, Indiana, Iowa, ~~Lake Erie~~, Michigan, Midwestern, Minnesota, Missouri Valley, North Dakota,

665 Ohio, Oklahoma, Ozark, South Dakota, Wisconsin.

666

667 **Western Zone** — *[no changes]*