

USA SWIMMING
RULES & REGULATIONS COMMITTEE

**2012 LEGISLATION ADOPTED
BY USA SWIMMING HOUSE OF DELEGATES**

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USA SWIMMING
RULES & REGULATIONS COMMITTEE
ADOPTED AMENDMENTS TO RULES AND REGULATIONS

R-1 **ADOPTED Effective January 1, 2013**

Location: Page 12 **Official Glossary**

TIME TRIAL – an event conducted within or independently of a meet where the swimmer races against the clock to establish an official time.

R-2 **ADOPTED Effective May 1, 2013**

Location: Page 22 **102.1 Events**

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 205.3.1 F for additional provisions.

.5 Time Trials – Time trial events may be held in conjunction with a sanctioned, approved, or observed competition if all information about the conduct of the time trials is included in the meet announcement as sanctioned or approved by the LSC. Time trials may be a separate event, sanctioned, approved, or observed in compliance with 202.1 through 202.5.

R-3 **ADOPTED Effective January 1, 2013**

Location: Page 59 **202.3 Conditions of Sanction** and
Page 61 **202.4.14 Requirements for Approval**

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

.1-3 *no changes*

.4 Meet Announcement

A – E *no changes*

F The meet announcement shall include the following statement: "Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged." The host club and/or the LSC may change the last two words in this statement to "prohibited."

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 REQUIREMENTS FOR APPROVAL — Approval of competition may be issued, withheld or withdrawn by an LSC in accordance with the following regulations:

.1-13 *no changes*

.14 Meet Announcement

A-C *no changes*

D The meet announcement shall include the following statement: "Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is

strongly discouraged." The host club and/or the LSC may change the last two words in this statement to "prohibited."

R-4 ADOPTED Effective May 1, 2013

Location: Page 29 **102.10 Officials**

102.10 OFFICIALS

- .1 All officials accepting an invitation to officiate at a swimming meet should arrive promptly and report immediately to the Meet Director or Meet Referee.
- .2 All officials acting in the capacity of Referee, Starter, Administrative Official, or Stroke and/or Turn Judge at a swimming meet shall be certified in such position by their LSC prior to being assigned to officiate in that capacity. Uncertified trainees may perform the duties of such positions when they are under the direct supervision of a certified official. See Article 202 for USA Swimming membership requirements.

R-5 ADOPTED Effective September 1, 2013

Location: Page 29 **102.10 Officials**

102.10 OFFICIALS

- .3 For all swimming meets or time trials except dual meets there should not be fewer than the following officiating positions filled or approved by the LSC in authority. Officials other than the Referee and Administrative Official may act in more than one officiating capacity only when sufficient qualified officials are not available, but no one may simultaneously time and judge the order of finish. An LSC House of Delegates may establish additional minimum requirements.

- 1 Referee
- 1 Starter
- 3 Timers per lane (one minimum if automatic equipment with touchpads is used)
- 1 Clerk of Course (if applicable)
- 1 Place Judge (2 are preferred)
- 2 Stroke Judges and 2 Turn Judges or 2 Stroke & Turn Judges
- Relay Take-off Judges (if applicable)
- 1 Administrative Official/Referee
- 1 Announcer
- Timing Equipment Operators (as needed) Marshal(s) (number determined by the LSC)

R-7 ADOPTED Effective May 1, 2013

Location: Page 34 **102.22 Disqualifications**

- .2 The Referee or designated official making a disqualification shall make every reasonable effort to seek out the swimmer or his/her coach and inform him/her as to the reason for the disqualification. Failure to notify does not negate the disqualification.

R-8 ADOPTED Effective May 1, 2013

Location: Page 46 **103.7 Water and Air Temperature**

103.7 WATER AND AIR TEMPERATURE

- .1 ~~AM~~ /LSC/ Water temperature between 25 to 28 degrees Celsius (77 to 82.4 degrees Fahrenheit) shall be maintained for competition.

- .2 Air temperature within 8 feet above deck level in indoor facilities shall be not lower than 76 degrees Fahrenheit, with relative humidity maintained at about 60% and air velocity at about 25 feet per minute.

R-9 ADOPTED Effective January 1, 2013

Location: Page 49 **104.2 USA Swimming Records**

104.2 USA SWIMMING RECORDS

.1 General Requirements and Conditions for Records

G Record Attempts Against Time

- (1) ~~Must be sanctioned by the LSC and conducted by the LSC Chairman or his/her duly appointed representative in accordance with all pertinent rules, and all information relative to such attempt must be public and available to any interested person for at least three (3) days before the event. Programs, schedules, facility and other relevant fixtures may not be changed thereafter except as provided in 102.7.~~
- (2) ~~All times achieved in such attempts shall be duly certified and made matter of record by the LSC or Record Chairman or his/her representative.~~
- (3) ~~Record attempts against time are not acceptable for NAG Recognition Times or Age Group Records.~~

R-10 ADOPTED Effective May 1, 2013

Location: Page 54 **105.3 Deaf and Hard of Hearing**
Page 55 **105.5 Physical Disabilities**

105.3 DEAF AND HARD OF HEARING

- .1 Deaf and hard of hearing swimmers require a visual starting signal, i.e., a strobe light and/or Starter's arm signals. The Referee may reassign lanes within the swimmer's heat, i.e., exchanging one lane for another, so that the strobe light or Starter's arm signal can more readily be seen by the deaf or hard of hearing swimmer. Standard Starter's arm signals are shown in Figures 1 and 2. A false start rope is required in the event of a recall, provided the meet host is notified by the entry deadline that a deaf or hard of hearing swimmer will be participating.

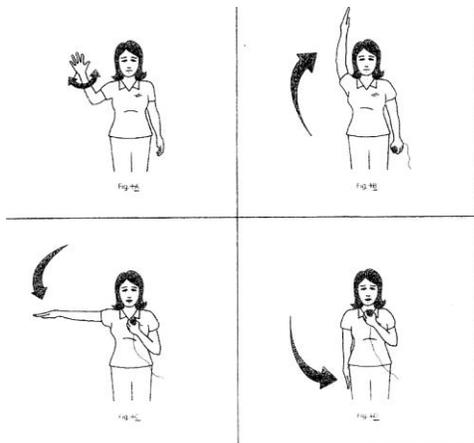


Figure 1: **Foreward Start**

- 1A Twist hand at chin level - Short whistles
- 1B Arm overhead - swimmer steps onto starting block
- 1C Arm moves to shoulder level - signal to "take your mark"
- 1D Arm moves to side of body - starting signal

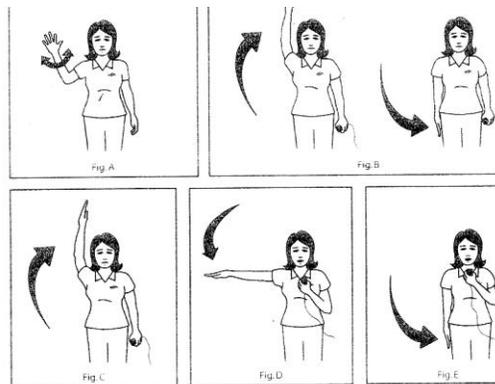


Figure 2: **Backstroke Start**

- A Twist hand at chin level - Short whistles
- B Arm overhead - swimmer enters water drag arm to side while swimmer enters water
- C Arm overhead - swimmer returns to backstroke start position
- D Arm moves to shoulder level - signal to "take your mark"
- E Arm moves to side of body - Starting signal

105.5 PHYSICAL DISABILITIES

.1 **Start** — Swimmers with physical disabilities:

No changes in A-E

Examples of modified starting positions are shown in Figures 2 3 through 5 7.

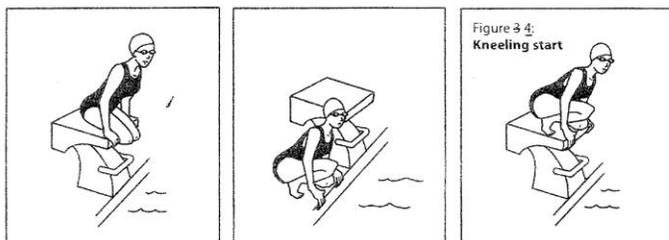
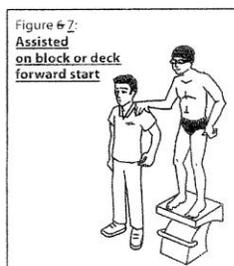
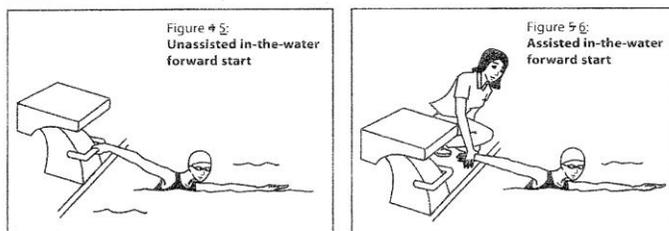


Figure 3: Sitting on block or deck



R-12 **ADOPTED** Effective January 1, 2013

Location: Page 59 **202.3 Conditions of Sanction**
Page 113 **502.6 Privileges and Responsibilities of Membership**

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

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

502.6 PRIVILEGES AND RESPONSIBILITIES OF MEMBERSHIP

- .1 All non-athlete members of USA Swimming must have satisfactorily completed criminal background checks and athlete protection education as required by USA Swimming.
- .2 All clubs, including seasonal clubs, shall ensure that all athletes and coaches participating in practices and USA Swimming sanctioned competition are members of USA Swimming.
- .3 All referees, starters, administrative officials, chief judges, and stroke and turn judges must be non-athlete members of

USA Swimming.

No further change

R-13 ADOPTED Effective January 1, 2013

Location: Page 60 **202.4 Requirements for Approval**

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

.1-.6 *No change*

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

- | | | |
|-----|---|--|
| A | Article 101 (all)
or Article 105 (Disability)
or Article 701 (Open Water) | Start, individual stroke and relay rules |
| B | 102.2.2 & 3 | Entry limit per day |
| C | 102.8.1 A, B, C, D and E | Swimwear restrictions |
| D | <u>102.10</u> | <u>Officials</u> |
| D E | 102.24 | Timing Rules |
| E F | 103.2.3, 103.3.1, 103.4
103.13 and 103.15
or Article 702 (Open Water) | Minimum standards for facilities |

R-14 ADOPTED Effective January 1, 2013

Location: Page 67 **205.2 Eligibility**

205.2 ELIGIBILITY

- 1 Eligibility to compete in a particular age group shall be determined by the swimmer's date (not hour) of birth.
- 2 Age on the first day of the meet shall determine the swimmer's age for the entire meet ~~except as follows:~~
 - A ~~In a preliminaries and finals meet, when the preliminaries are separated from the finals by more than two days, swimmers shall compete at the age they are on the first day of the finals.~~
 - B ~~In a timed finals meet that covers more than one weekend, swimmers shall compete at the age they are on the first day of each continuous session of the meet.~~

Re-number remaining.

R-15 ADOPTED Effective Immediately

Location: Page 90 **304 Code of Conduct**

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

- .7 Bullying is prohibited. For ~~these~~ the purposes of the Code of Conduct, the term "Bullying" shall mean, regardless of when or where it may occur, the severe or repeated use by one or more USA Swimming members ("Members") of an

oral, written, electronic or other technological expression, image, sound, data or intelligence of any nature (regardless of the method of transmission), or a physical act or gesture, or any combination thereof, directed at any other Member that to a reasonably objective person has the effect of: (i) causing physical or emotional harm to the other Member or damage to the other Member's property; (ii) placing the other Member in reasonable fear of harm to himself/herself or of damage to his/her property; (iii) creating a hostile environment for the other Member at any USA Swimming activity; (iv) infringing on the rights of the other Member at any USA Swimming activity; or (v) materially and substantially disrupting the training process or the orderly operation of any USA Swimming activity (which for the purposes of this section shall include, without limitation, practices, workouts and other events of a member club or LSC). Allegations of Bullying an athlete by a coach shall be investigated under 304.3.13.

R-16 ADOPTED Effective Immediately

Location: Page 90 **304 Code of Conduct**

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

- .8 (a) Any inappropriate sexual conduct or advance, or other inappropriate oral, written, visual, or physical conduct of a sexual nature directed towards an athlete by (i) a coach member or other non-athlete member, or (ii) any other adult participating in any capacity whatsoever in the activities of USA Swimming (whether such adult is a member or not).
- (b) Any act of sexual harassment, including without limitation unwelcome sexual advances, requests for sexual favors, and other inappropriate oral, written, visual, verbal or physical conduct of a sexual nature in connection with or incidental to a USA Swimming-related activity by any person participating in the affairs or activities of USA Swimming (whether such person is a member or not) directed toward any member or other person participating in the affairs or activities of USA Swimming.

R-17 ADOPTED Effective Immediately

Location: Page 90 **304 Code of Conduct**

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

.13 Abuse

- A Physical abuse of an athlete by any person who, in the context of swimming, is in a position of authority over that athlete. "Physical abuse" is defined as a non-accidental injury and/or an injury primarily caused by the gross negligence on the part of the person in a position of authority over the athlete.
- B Bullying of an athlete by a coach member or other non-athlete member who is in a position of authority over that athlete.

R-18 ADOPTED Effective 90 days after USA Swimming's models are published

Location: Page 92 **305 Athlete Protection Policies**

The following policies related to Athlete Protection are mandatory components of the USA Swimming Code of Conduct:

305.6 Clubs shall establish their own action plans for implementing USA Swimming's anti-bullying policy. USA Swimming shall provide a model plan as an example which shall serve as the default for any club that fails to establish its own plan. Club anti-bullying plans must be reviewed and agreed to annually by all athletes, parents, coaches and other non-athlete members of the club.

305.7 Clubs shall establish their own electronic communication/social media policy. USA Swimming shall provide a model policy as an example which shall serve as the default for any club that fails to establish its own policy. Club electronic

communication policies should be reviewed and agreed to annually by all athletes, parents, coaches and other non-athlete members of the club.

R-19 ADOPTED Effective January 1, 2013

Location: Page 111 **502.1 Requirements of Membership**

502.1 REQUIREMENTS OF MEMBERSHIP — All members of the House of Delegates, Board of Directors, ~~persons with password access to the USA Swimming database,~~ and any committee, sub-committee, or division of USA Swimming, appointed or elected, must hold an individual membership pursuant to the provisions of this Article, unless otherwise specified by the Board of Directors. Any person with password access to the USA Swimming database must hold an individual non-athlete membership.

R-20 ADOPTED Effective January 1, 2013

Location: Page 113 **502.6 PRIVILEGES AND RESPONSIBILITIES OF MEMBERSHIP**

502.6 PRIVILEGES AND RESPONSIBILITIES OF MEMBERSHIP

- .1 All non-athlete members of USA Swimming must have satisfactorily completed criminal background checks and athlete protection education as required by USA Swimming.
- .2 All clubs, including seasonal clubs, shall ensure that all athletes and coaches participating in practices and USA Swimming sanctioned competition are members of USA Swimming.
- .3 All referees, starters, chief judges, and stroke and turn judges must be non-athlete members of USA Swimming (effective 9/1/11).
- .4 Anyone who coaches swimmers at a USA Swimming practice or competition, must be a coach member of USA Swimming and must have satisfactorily completed safety training, criminal background checks and other coaches education as required by USA Swimming.
- .5 A coach member of USA Swimming must be at least 18 years of age.
- .6 ~~Anyone who registers for the first time as a coach member, shall complete coaches education required by USA Swimming prior to receiving his/her coach membership for a second year.~~

No further change. Re-number remaining items.

R-21 ADOPTED Effective Immediately

Location: Page 116 **504.7 (new) Removal of Officers or Directors**

504.7 Removal of Officers or Directors Any elected or appointed Officer or Director of USA Swimming who has failed to attend to his or her official duties or responsibilities or has done so improperly, or who would be subject to penalty for any of the reasons set forth in Article 404.1.3 of the USA Swimming Rules and Regulations, may be removed from office by the National Board of Review pursuant to Part Four of the USA Swimming Rules and Regulations, in an action authorized by a two-thirds (2/3rds) vote of the entire voting membership of the Board of Directors. Any appeal of the Decision of the National Board of Review would be heard by the Board of Directors as a whole (not by a panel thereof) and any decision of the Board of Directors in favor of removal of an Officer or Director would require a two-thirds (2/3rds) vote of the entire voting membership of the Board of Directors.

Renumber current 504.7-504.10 as 503.8-504.11

R-22 **ADOPTED Effective January 1, 2013**

Location: Page 118 **506.1 Committees and Coordinators**

506.1 COMMITTEES AND COORDINATORS

- .1 Standing committees of USA Swimming shall be as listed in this Article.
- .2 Except for those individuals who qualify for their positions under some other provision of Article 506:

A-C no change

- D In the event of a vacancy on a committee caused by any reason, the person/organization responsible for the appointment shall select the person to fill the vacancy for the remainder of the term. If the vacancy occurs in an elected committee position other than OIOC, the President, in consultation with the Committee Chair, shall appoint a replacement to serve the remainder of the term.

R-23 **ADOPTED Effective January 1, 2013**

Location: Page 122 **506.8 Credentials/Elections Committee**

506.8 CREDENTIALS/ELECTIONS COMMITTEE

- .1 Membership: The Credentials/Elections Committee shall consist of ~~twelve (12)~~ eight (8) non-athlete members appointed by the President and a sufficient number of athlete members as to constitute at least 20% of the voting membership. *(Note: current members shall serve out the remainder of their terms, unaffected by this change.)*
- .2 Each non-athlete member shall serve a four-year term, not subject to consecutive term limits.
- .3 Responsibility: The Credentials/Elections Committee shall certify delegates at the annual meeting of the corporation, supervise elections held at the annual meeting, and certify results of elections held at the annual meeting.

R-24 **ADOPTED Effective January 1, 2013**

Location: Page 151 **702.7 Feeding Stations**

702.7 FEEDING STATIONS

- .1 Feeding stations shall be securely fixed in position and shall not be subject to tidal, wind or other movements ~~may be floating or stationary~~ and shall safely accommodate the number of feeders consistent with the number of entries.

R-25 **ADOPTED Effective September 1, 2013**

Location: Required LSC Bylaws

607.1 DIVISIONAL ORGANIZATION AND JURISDICTIONS, STANDING COMMITTEES AND; COORDINATORS - *no change*

- .1 ADMINISTRATIVE DIVISION – Administrative Vice Chair
Safe Sport ||Committee Chair| or |Coordinator|| *[add to list]*
no further changes

607.2 NON-OFFICER CHAIRS AND THEIR COMMITTEES; COORDINATORS

- .2 DUTIES AND POWERS OF NON-CHAIR CHAIRS AND COORDINATORS –
 - A. – F. *no changes*
 - G. SAFE SPORT ||COMMITTEE CHAIR| or |COORDINATOR|| - The Safe Sport ||Committee Chair| or |Coordinator|| shall be responsible for the implementation and coordination of, and serve as the XXSI

liaison for, the Safe Sport Program established by USA Swimming. The Safe Sport [Committee Chair] or [Coordinator] shall be a non-athlete member in good standing, and shall work with the USA Swimming Safe Sport staff, and the USA Swimming Safe Sport Committee and the XXSI Safe Sport Committee to implement pertinent aspects of the national Safe Sport Program within XXSI. The Safe Sport [Committee Chair] or [Coordinator] will:

1. Serve as the primary contact for XXSI to coordinate and oversee the implementation of effective safe sport educational programs for all athlete members, their parents, coaches, volunteers and clubs, as provided by USA Swimming;
2. Be trained regarding the complaint reporting structure and refer all reports of a violation of the Athlete Protection policies directly to the local club, the General Chair, the USA Swimming Safe Sport staff, and/or other appropriate authority;
3. Participate in workshops as provided by USA Swimming, collect and share information about what USA Swimming and other LSCs are doing to promote safe sport policies, and disseminate information on LSC best practices;
4. Serve as an information resource for XXSI clubs and membership, and will help to identify and connect them with local educational partners and resources;
5. Receive feedback and suggestions on the Safe Sport policies and programs from the XXSI clubs and membership, and provide feedback to the USA Swimming Safe Sport Committee and Safe Sport staff; and
6. Perform other functions as necessary in the fulfillment of USA Swimming's continuing efforts to foster safe, healthy and positive environments for all its members.

607.3 MEMBERS AND EX-OFFICIO MEMBERS OF STANDING COMMITTEES -

renumber .8 and .9 to .9 and .10

- .8 SAFE SPORT COMMITTEE – The members of the Safe Sport Committee shall be the Safe Sport Committee Chair, who shall serve as chair, and at least four additional members; at least one shall be a Coach Member, at least two shall be at-large non-athlete members, and at least one shall be an athlete member.*

607.4 DUTIES AND POWERS OF STANDING COMMITTEES AND COORDINATORS -

renumber .8 and .9 to .9 and .10

- .8 SAFE SPORT COMMITTEE - The purpose of the XXSI Safe Sport Committee is to ensure implementation of the USA Swimming's Safe Sport policies, guidelines, educational programs, reporting and adjudication procedures which are intended to help provide as safe, healthy and positive environment as possible for all USA Swimming members. The Safe Sport Committee will:*
1. *Coordinate and oversee the implementation of effective ongoing educational programs for all athlete members, their parents, coaches, volunteers and local clubs as provided by USA Swimming;*
 2. *Be the primary contact for the club members in XXSI to share information about what USA Swimming and other LSCs are doing regarding Safe Sport policies and programs; and to collect, develop and disseminate information on LSC best practices;*
 3. *Serve as an information resource for clubs by, among other things, helping to identify and connect them with local educational partners and resources;*
 4. *Perform other functions as necessary in the fulfillment of USA Swimming's continuing efforts to foster safe, healthy and positive environments for all its members; and*
 5. *Be available to work on special projects, educational programs and assignments as needed.*

HK-2 ADOPTED Effective January 1, 2013
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Location: Page 120 506.4 Rules & Regulations Committee

506.4 RULES & REGULATIONS COMMITTEE

- .1 The Rules & Regulations Committee shall consist of the following:

- A The Officials Committee Chair~~man~~, the Chair~~man~~ of the NCAA Men's and Women's Swimming Committee, the Chair~~man~~ of the High School Swimming (NFHS) Rules Committee, the Technical Vice President, the Program Operations Vice President, the immediate past Chair of the Rules & Regulations Committee, the USA Swimming representative to the FINA Open Water Swimming Technical Committee and the USA Swimming representative to the FINA Technical Committee, or their respective designees;
- B A sufficient number of active athletes appointed by the Athletes Committee so as to constitute twenty percent (20%) of the voting membership of the Committee;
- C A representative, or his/her designee, from each Allied member, on condition that within thirty (30) days following the annual meeting of USA Swimming in even-numbered years the member informs USA Swimming in writing of its desire to appoint a representative;
- D Eight (8) non-athlete members appointed by the President, none of whom shall be members of the Board of Directors, and at least three of whom shall be coaches; and
- E The Executive Director, the Secretary/General Counsel of the Corporation, and others appointed by the Rules & Regulations Committee Chair~~man~~, as ex-officio members with voice but no vote.

.2 Each non-athlete member shall serve a four-year term, staggered so that one-fourth of such members are appointed each year.

Re-number remaining

HK-3 ADOPTED Effective January 1, 2013

Location: Page 122 **506.8 Credentials/Elections Committee**

506.8 CREDENTIALS/ELECTIONS COMMITTEE

- .2 Each non-athlete member shall serve a four-year term, staggered so that one-fourth of such members are appointed each year.
- .3 Responsibility: The Credentials/Elections Committee shall certify delegates at the annual meeting of the corporation, supervise elections held at the annual meeting, and certify results of elections held at the annual meeting.

HK-4 ADOPTED Effective January 1, 2013

Location: Page 123 **507.1 Organization**

507.1 ORGANIZATION

- .1-.6 *No change*
- .7 The President shall be empowered to appoint up to ten percent (10%) of the total membership as members of the House of Delegates. One fourth (1/4th) of all those appointed shall be appointed in equal numbers from members, other than athletes, of the five (5) LSCs having the largest number of registered athletes as of ~~the September 4~~ August 31 of the prior calendar year.

No further change

HK-5 ADOPTED Effective January 1, 2013

Location: Page 134 **Article 603 Names and Jurisdictional Boundaries**

603.2 The geographical areas or boundaries for the Local Swimming Committees shall be as indicated below. The two letter Registration Codes are shown in parentheses:

MINNESOTA (MN) — State of Minnesota, except for Polk and Pennington counties; and including the counties of Polk, St. Croix, Dunn, and Pierce ~~and Polk~~ in the State of Wisconsin.

WISCONSIN (WI) — State of Wisconsin, except the counties of Polk, St. Croix, Dunn, and Pierce ~~and Polk~~.

HK-7 ADOPTED Effective January 1, 2013

Location: Page 145 **701.5 Disqualifications**
 Page 146 **701.6 Disqualification Procedure**

701.5 DISQUALIFICATIONS

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

701.6 DISQUALIFICATION PROCEDURE

.2 **Red Flag** — A swimmer who commits an infraction as listed in 701.5.1 shall receive a Red Flag (~~Disqualification~~). The Referee will display a Red Flag and a card bearing the number of the swimmer being charged with the infraction. The Referee may use a whistle to get the swimmer's attention in order to notify the swimmer of the disqualification. The disqualified swimmer must leave the water immediately.