

USA SWIMMING
RULES & REGULATIONS COMMITTEE

**2014 LEGISLATION ADOPTED
BY USA SWIMMING HOUSE OF DELEGATES**

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September 20, 2014

USA SWIMMING
RULES & REGULATIONS COMMITTEE

ADOPTED AMENDMENTS TO RULES AND REGULATIONS

R-1 ADOPTED Effective Immediately
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Location: Page 20 – **101.4 Backstroke**

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, the toes of both feet must be in contact with the end wall or face of the touchpad. Bending the toes over the top of the touchpad is prohibited.

R-2 ADOPTED Effective May 1, 2015
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Location: Page 21 – **101.7 Relays**
 Page 22 – **102.1 Events**

101.7 RELAYS

.1-.2 [no changes]

- .3 **Mixed Gender Relays** — must consist of two (2) males and two (2) females.

[Re-number remaining]

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.

- .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 freestyle relay
200, 400 mixed gender 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

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 gender freestyle relay
200 mixed gender medley relay

11, 12 Years

50, 100, 200, 400m/500y, 800m/1000y, 1500m/1650 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 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

R-3 ADOPTED Effective May 1, 2015

Location: Page 24 – 102.5 Seeding, Lane Assignments, Swim-Offs, and Order of Heats

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

- .3 **Finals** — In finals, the times to be considered are those times made in preliminary heats. If any qualifying swimmers have the same time, their respective lanes shall be determined by draw. Lane assignments shall be made in descending order of qualifying times by placing the fastest swimmer or team in the center lane in a pool with an odd number of lanes, or in lanes 3, 4, or 5 respectively in pools having 6, 8, or 10 lanes. ~~with the swimmer having the next fastest time is to be placed in the adjacent lane to the left, then alternating the other swimmer(s) to the right and or left in accordance with the submitted times.~~ (See chart below)

R-6 ADOPTED Effective Immediately

Location: Page 44 – (new) 103.14 Backstroke Ledge

**ARTICLE 103
FACILITIES STANDARDS**

103.1-.13 [no changes]

103.14 BACKSTROKE LEDGE — The backstroke ledge shall conform to FINA's specifications when used in competition.

- .1 ~~/M/~~ The ledge may be adjustable to 4 cm above or 4 cm below the water level.
.2 ~~/M/~~ The ledge is a minimum of 65 cm in length.
.3 ~~/M/~~ The ledge must be 8 cm in height, 2 cm at the width with 10 degrees of slope.

[Re-number remaining]

R-9 ADOPTED Effective January 1, 2015

Location: Page 57 – 202.2 Requirements for Sanction

202.2 REQUIREMENTS FOR SANCTION — Sanctions are issued, withheld or withdrawn in accordance with the following regulations:

.1-.8 [no changes]

- .9 Application for sanction must be accompanied by a copy of the complete meet announcement which must include the following:

A-H [no changes]

I 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-10 ADOPTED Effective January 1, 2015

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:

.1-7 [no changes]

.8 With the exception of YMCA meets approved by USA Swimming and sufficiently staffed by YMCA certified officials, 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 the following USA Swimming technical rules:

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

.9 Except for YMCA meets approved by USA Swimming and sufficiently staffed by YMCA certified officials as stated in 202.4.8, the organization requesting approval shall permit USA Swimming officials to be on the deck at both ends of the course where they can properly view strokes and turns.

R-11 ADOPTED Effective May 1, 2015

Location: Page 65 – (new) **204.10 USA Swimming Legends Championships**

204.10 USA SWIMMING LEGENDS CHAMPIONSHIPS – The USA Swimming Legends Championships shall be governed and conducted by Program Operations.

- .1 The Legends Championships will be swum long course during the summer season. The dates, place of competition and number of competitions to be held will be determined by the Senior Development Committee based on the recommendations of USA Swimming's National Events staff.
- .2 The meets should be scheduled to be held during the same week as the USA Swimming Junior National Championships.
- .3 LSCs will be assigned to a specific Legends meet based upon the recommendation from the Senior Development Committee.

R-13 ADOPTED Effective Immediately

Location: Page 100 – **306.2 Sexual Misconduct Reporting Requirements**

ARTICLE 306

SEXUAL MISCONDUCT REPORTING REQUIREMENTS

306.1 It is every member's responsibility to promptly report any incident regarding sexual misconduct by a member as described in ~~Article 304.3.8 to USA Swimming's Athlete Protection Officer~~ Director of Safe Sport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. Various state laws may also require reporting to law enforcement or to a designated child protection agency.

~~**306.2** No member shall retaliate against any individual who has made a good faith report under 306.1.~~

[Re-number remaining]

ARTICLE 307

PROHIBITIONS AGAINST RETALIATION

FOR GOOD FAITH REPORTING OF ABUSE

307.1 No Member shall retaliate against any individual who has made a good faith report under 306.1 or 304.3.13.

R-14 ADOPTED Effective Immediately

Location: Page 100 – (new) **307.2 Rebuttable Presumption of Retaliation**

307.2 For the purposes of 307.1, there shall be a rebuttable presumption that any adverse action regarding the employment, membership, or other material rights of an individual who has made a good faith report under 306.1 or 304.3.13 within 90 days of a report is retaliatory. An adverse action includes without limitation discharge or termination; demotion or reduction in compensation for services; or the removal of or from, or restrictions on, access to facilities, team activities or team membership privileges.

R-15 ADOPTED Effective Immediately

Location: Page 105 – **405.2 Investigation of Complaints**

405.2 INVESTIGATION OF COMPLAINTS

- .1 In those matters occurring during the course of an international meet the Olympic International Operations Committee Coordinator or his/her designee shall make the investigation and report.
- .2 In those matters occurring during the course of a national or regional event the Vice President of Program Operations or his/her designee shall make the investigation and report.
- .3 In those matters involving an alleged violation of 304.3.13 by a coach, a committee of three coaches appointed by the President of USA Swimming shall make the investigation a determination with such investigation assistance by the Executive Director or his/her designee as the committee may request and report, as to whether the coach's conduct is outside the customary and acceptable bounds of coaching.

R-16 ADOPTED Effective the day following the last day of the next Olympic Games

Location: Page 105 – **405.2 Investigation of Complaints**
Page 123 – **504.1 General Membership**
Page 125 – **505.2 Membership**
Page 126 – **506.1 Committees and Coordinators**
Page 127 – **506.2 Athletes Committee**
Page 128 – **506.3 Olympic International Operations Committee**
Page 131 – **506.9 Steering Committee**
Page 132 – **507.1 Organization**

405.2 INVESTIGATION OF COMPLAINTS

- .1 In those matters occurring during the course of an international meet the ~~Olympic International Operations Committee Coordinator~~ National Team Steering Committee Chair or his/her designee shall make the investigation and report.

504.1 GENERAL MEMBERSHIP — Eight (8) Directors shall be the seven (7) elected officers of USA Swimming and the Secretary (appointed by the Board). Two (2) Directors shall be elected from each zone by members of the House of Delegates, representing LSCs within each of the four zones. The Chair of the ~~Olympic International Operations~~ National Team Steering Committee shall also be a member.

505.2 MEMBERSHIP — The Executive Committee shall consist of the officers of USA Swimming, the ~~Olympic International Operations Committee Coordinator~~ chair of National Team Steering Committee, and one additional athlete member from the Board of Directors to be selected by the Athletes Committee, acting with advice and consent of legal counsel.

506.1 COMMITTEES AND COORDINATORS

- .1 Standing committees of USA Swimming shall be as listed in this Article.
- .2 Except for those individuals who qualify for their positions under some other provision of Article 506:
 - A Non-athlete committee members shall serve four-year terms.
 - B Non-athlete committee members' terms shall be staggered so that one-fourth of all non-athlete members are appointed each year by the President following the annual meeting of the Corporation.
 - C Committees other than athletes committees shall consist of volunteer members of USA Swimming who are not voting members of

the Board of Directors. The President may appoint voting members of the Board of Directors as Ex-Officio, non-voting members of committees that are normally appointed by the President. Athlete members and non-voting members of the Board of Directors shall be exempt from this rule.

~~(1) Committees that shall not be affected by this limitation are the Olympic International Operations Committee and any athletes committees.~~

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~~ OIOG, the President, in consultation with the Committee Chair, shall appoint a replacement to serve the remainder of the term.

E Committee members shall be subject to removal prior to the expiration of a term only by the Board of Directors.

F At least twenty percent (20%) of the voting membership of each committee shall be athletes, each of whom must at the time of his/her appointment be engaged in swimming within ten (10) years preceding his/her appointment.

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

.3 Unless otherwise specified in these Bylaws, the President shall appoint all committee chairs for one-year terms.

.4 The Board of Directors may establish special committees and coordinators to satisfy programming needs. Committee and coordinator details shall be outlined in the USA Swimming Policy Manual.

.5 The following shall be responsible to the President: Governance Committee.

.6 The following shall be responsible to the Administration Vice President: Rules & Regulations and Credentials/Elections.

.7 The following shall be responsible to the Technical Vice President: ~~Olympic International Operations Committee~~ National Team Steering Committee, Senior Development Committee, Steering Committee, and Age Group Development Committee.

506.2 ATHLETES COMMITTEE

.1-4 [no changes]

.5 The Athletes Vice President shall appoint representatives to serve terms on each committee of USA Swimming except Athletes, Athletes Executive, and Investment, ~~and Olympic International Operations Committees.~~

506.3 ~~OLYMPIC INTERNATIONAL OPERATIONS COMMITTEE~~

~~.1 The Olympic International Operations Committee shall be formed at the annual meeting of the House of Delegates in the year preceding the Olympic Games and the terms of the newly elected members shall commence on the day following the conclusion of the Olympic Games and end the last day of the next Olympic Games.~~

~~.2 There shall be a maximum number of fifty (50) members in the Committee elected or selected as follows:~~

~~A Athlete members shall be elected by the Athletes Committee in such numbers as to constitute twenty percent (20%) of the Committee and presented to the House of Delegates for approval;~~

~~B The Board of Directors in its sole discretion may invite those organizations which directly or indirectly provide potential members of the Olympic Swimming Team to appoint members to the Committee, the number representing Allied members to be determined by the Board. Such organizations must have joined USA Swimming as organizational members pursuant to 502.3;~~

~~C The President of USA Swimming, the Program Operations Vice President, the Technical Vice President and the Steering Committee shall be members of the Committee; and~~

~~D That number of members necessary to bring the Committee membership to a total of fifty (50) shall be elected by the House of Delegates.~~

~~.3 Organizations entitled to appoint members to the Committee shall submit the names of their appointees in writing to the national office at least thirty (30) days prior to the first official meeting of the quadrennium at the annual meeting of the House of Delegates in which elections to the Committee are held. A written list of those appointees approved by the Board of Directors shall be distributed to the appointing organizations and to the House of Delegates no less than forty eight (48) hours prior to that session of the House of Delegates in which the elections are held~~

~~.4 The Committee is responsible for all international competition by USA Swimming. It shall develop and administer all international competition for the National Teams and shall monitor all other international programs for National Teams. It shall select swimmers and staff of all National Junior, National Senior, and National Open Water Teams; arrange for and conduct developmental programs to aid National Teams; arrange for and conduct training camps; approve foreign invitations; develop schedules for foreign competition; and develop a budget.~~

[Re-number remaining]

506.9 NATIONAL TEAM STEERING COMMITTEE

- .1 Membership: The National Team Steering Committee shall consist of:
 - A Eight (8) coaches selected as follows;
Preceding Head Women's Olympic Coach (1)
Preceding Head Men's Olympic Coach (1)
~~OIOC Coordinator~~
~~Two coaches elected by Olympic International Operations Committee~~
The Head Women's Coach for the two Long Course World Championships preceding the Olympic Games (2)
The Head Men's Coach for the two Long Course World Championships preceding the Olympic Games (2)
~~One Two coaches appointed by the President in consultation with the National Team Director (2)~~
~~Two coaches appointed by the National Team Director~~

Any vacancies on the committee shall be filled by appointment by the President in consultation with the National Team Director.
 - B The chair of the committee shall be elected by its voting members.
 - ~~BC~~ Once the new Head Olympic Coaches are named, they shall become ex-officio members of the Steering Committee, if not already on the Committee.
 - ~~CD~~ Two athletes selected by the Athletes Committee, one female/one male, both former USA National Team members; and
 - ~~DE~~ The Technical Vice-President, the Chair of the Senior Development Committee, and the Chair of the Sports Medicine Committee shall be ex-officio members of the Committee with voice but no vote. The Committee may name additional ex-officio members.
- .2 Term: Members of the Steering Committee shall serve a term commencing with appointment ~~or election~~ and extend until the ~~last day of~~ end of the annual House of Delegates meeting following the next Olympic Games.
- .3 Responsibility: The Steering Committee shall operate under the direction of the National Team Director to create a National Team program; expedite decisions regarding that program; and plan for specific needs of the National Team in preparation for international competition.
- .4 Operation: The Steering Committee shall operate according to policies adopted and published in the ~~OIOC~~ National Team Policy Manual.

507.1 ORGANIZATION

- .1 All USA Swimming officers and all voting members of the Board of Directors, the ~~Olympic International Operations National Team Steering Committee~~, the National Team Athletes Committee, the Age Group Development Committee, the Rules & Regulations Committee, the Registration/Membership Committee, the Credentials/Elections Committee, the Senior Development Committee, and past USA Swimming Presidents shall be members of the House of Delegates. Membership on any committee notwithstanding, USA Swimming employees shall not be members of the House of Delegates.
- .2-.6 [no changes]
- .7 The President, in consultation with the Technical Vice President, shall appoint, on an annual basis, twenty-five (25) members selected from coaches who had athletes that qualified for the preceding Olympic Trials and from members that served as the manager or assistant manager on a national team or junior national team trip within the past four years. The appointments shall provide for a reasonable geographic representation of USA Swimming Membership.

[Re-number remaining]

R-23 ADOPTED Effective January 1, 2016

Location: Required LSC Bylaws – 605.4 Board of Directors Limitations

605.4 LIMITATIONS – ~~No more than three (3) members or coaches of any Club Member or Affiliated Group Member shall serve on the Board of Directors at any time. This limitation shall be applied separately as to Athlete Members and other Individual Members.~~

.1 No more than three (3) members or coaches of any Club Member or Affiliated Group Member shall serve on the Board of Directors at any time. This limitation shall be applied separately as to Athlete Members and other Individual Members.

- .2 Notwithstanding anything in these Bylaws to the contrary, no employee of the LSC may serve as a voting member of the Board of Directors.

The result of this application is that a single club could have, for example, three Coach Members and three Athlete Members serving on the Board of Directors at the same time. That club could not, however, have four volunteers and two Athlete Members. Although not recommended, this provision may be omitted if desired. Alternatively, or in addition to the club affiliation limitation, an LSC may impose a limitation based on geography. In order to preserve continuity across the LSCs, if an LSC elects to omit this provision, the Section number and heading should remain with the addition of the following commentary: "This Section is reserved for future use."

R-24 ADOPTED Effective Immediately

Location: Required LSC Bylaws – 605.12 Quorum (for LSC Board Meetings)

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

605.12 QUORUM - A quorum of the Board of Directors shall consist of a majority of the voting members.

Although it is not recommended, an LSC may provide for a quorum of those members "present and voting" or other definition. However, if this modification is made, the time period for notice of a meeting must be increased to "twenty (20) days". Similarly, consideration should be given to keeping the quorum at the suggested level with respect to special meetings

R-25 ADOPTED Effective January 1, 2015

Location: Required LSC Bylaws – 606.7.5 Senior Vice Chair/Committee Chair

606.7 DUTIES AND POWERS — The duties and powers of the officers and other Board Members shall be to attend and participate in all meetings of the House of Delegates and the Board of Directors and as follows:

.1-4 [no changes]

- .5 SENIOR ~~||VICE CHAIR| OR |COMMITTEE CHAIR||~~: ~~The Senior ||Vice Chair| or |Committee Chair|| shall chair and have general charge of the affairs and property of the ||Division| or |Committee|| that develops and conducts the senior swimming program of XXSI. The ||Senior ||Vice Chair| or |Committee Chair|| or |Administrative Vice Chair|| serves a liaison to the Athlete Representatives and the Athletes Committee, and shall be responsible to see that the Athlete Representatives elections are held in accordance with these Bylaws.~~ The Senior ~~||Vice Chair| or |Committee Chair||~~ shall chair and have general charge of the affairs and property of the ~~||Division| or |Committee||~~ that develops and conducts the senior swimming program of XXSI. The ~~||Senior ||Vice Chair| or |Committee Chair|| or |Administrative Vice Chair||~~ will serve as the liaison to the Athlete Representatives and the Athletes Committee, and shall be responsible to see that the Athlete Representatives' elections are held in accordance with these Bylaws.

If the responsibility for Athlete liaison and Athlete Representatives' elections are determined to be one for the Administrative Vice Chair, then the last sentence of this provision should be removed to the section covering the Administrative Vice Chair.

HK-1 ADOPTED Effective January 1, 2015

Location: Page 17 – 101.1 Starts

101.1 STARTS

.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.~~

.3 False Starts

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.~~

[Re-letter remaining]

HK-2 ADOPTED Effective January 1, 2015

Location: Page 44 – 103.2 Water Depth

103.2 WATER DEPTH

- .1 **/NC/ 2 meters (6 feet 7 inches) deep throughout the course.**
- .2 **/M/ Teaching Racing Starts** — Minimum water depth for teaching racing starts, prior to certification, in any setting from any height starting blocks, or the deck shall be 6 feet (1.84 meters) measured for a distance of 3 feet 31/2 inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from the end wall. Teaching racing starts shall only take place under the direct supervision of a USA Swimming member coach and shall include:
 - A All racing start instruction until a swimmer has been certified by his or her USA Swimming member coach as proficient in performing a racing start, and
 - B Subsequent to certification, instruction which seeks to alter a swimmer's basic technique in performing a racing start.

Prior to certification, all racing starts must take place from in the water, regardless of pool depth. Subsequent to certification, practicing of racing starts may take place in water depth of four (4) feet (1.22 meters) and deeper.
- .3 **/M/ Racing Starts** — Minimum water depth for racing starts during practice and competition shall be measured for a distance 3 feet 31/2 inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from the end wall. Starting requirements and height of starting block shall be:
 - A In pools with water depth less than 4 feet (1.22 meters) at the starting end, the swimmer must start from within the water;
 - B In pools with water depth 4 feet (1.22 meters) or more at the starting end, starting platforms shall meet the height requirements of 103.13.1.

Note: Local, state and municipal statutes, ordinances, rules and regulations, may have depth limitations in conflict with this section. The LSC and all Member Clubs should check for this at all times.

HK-3 ADOPTED Effective January 1, 2015

Location: Page 57 – 202.1 Jurisdiction
Page 57 – 202.2 Requirements for Sanction
Page 70 – 206.5 Method of Granting Awards

202.1 JURISDICTION — As the National Governing Body for competitive swimming in the United States and as a Federation member of FINA, USA Swimming has the sole and exclusive authority to sanction or approve domestic and international swimming competition conducted within its jurisdiction. Each Local Swimming Committee (LSC) has been authorized by USA Swimming to issue the sanction or approval for all swimming competition and benefits, exhibitions, clinics and entertainment involving competitive swimming within its geographical boundaries except that USA Swimming shall sanction national swimming competitions as defined by the Program Operations Division. Additional requirements/conditions for sanction or approval, other than those listed in Article 202, may be established by a vote of the LSC House of Delegates in accordance with LSC Bylaws.

202.2 REQUIREMENTS FOR SANCTION — Sanctions are issued, withheld or withdrawn in accordance with the following regulations:

- .1-11 [no changes]
- .12 For the sole purpose of improving competitive swimming, and with the written approval of the USA Swimming Rules & Regulations Committee, USA Swimming or an LSC may sanction events or meets for which waivers of specific provisions of Parts One, Two, or Seven of USA Swimming Rules and Regulations have been granted for limited periods and under specified conditions.

206.5 METHOD OF GRANTING AWARD

- .1 A USA Swimming Championship may be awarded either to an LSC in good standing or to an organization approved by the Board of Directors of the LSC. USA Swimming Championships and meets designated as national meets may be awarded to a USA Swimming member in good standing or to an organization approved by USA Swimming for the purpose of assuming full responsibility to conduct the USA Swimming Championship as agreed to in writing. ~~The LSC may also assign the contract to conduct the championship to a member in good standing of~~

that LSC who shall then assume the full responsibility for the championship as agreed to in writing.

HK-4 ADOPTED Effective January 1, 2015

Location: Page 59 – **202.3 Conditions of Sanction**

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

- .1 [no change]
- .2 At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. ~~Swimmers participating under the provisions of 202.6 or USA Swimming's "open border" policy must be under the supervision of their own coach or a USA Swimming member coach.~~ The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet.
- .3 ~~Swimmers participating under the provisions of 202.6 or USA Swimming's "open border" policy must be under the supervision of their own coach or a USA Swimming member coach. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet.~~

[Re-number remaining]

HK-5 ADOPTED Effective January 1, 2015

Location: Page 67 – **205.3 Program and Events**

205.3 PROGRAM AND EVENTS

- .1 In order to promote maximum achievement and recognition, competition may be separated by age, gender and level of ability. Meets and/or events shall be structured by the LSC to assure fair competition.

A-E [no changes]

- F With the exception of championship and open water meets, the program in all other age group competition shall be planned to allow the events for swimmers twelve (12) years and younger to be completed in four (4) hours or less for a timed finals session or in a total of eight (8) hours or less per day for a preliminaries and finals meet.

HK-6 ADOPTED Effective January 1, 2015

Location: Page 94 – **302.3 Application/Renewal**

302.3 APPLICATION/RENEWAL — Athlete membership applications and payment as set forth in 502.7 shall be submitted to the Registration Chair of the LSC ~~who, upon approval, shall issue a membership card.~~ The Registration Chair may designate deputy registrars to accept applications on behalf of the Chair and forward for approval.

NOTE: The following wording was inadvertently deleted from the Rulebook a few years ago and is reinstated, effective immediately.

Location: Page 55 – **105.5 Physical Disabilities**

105.5 PHYSICAL DISABILITIES

.1-.2 [no changes]

- .3 **Turn/Finishes**

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