

USA SWIMMING
RULES & REGULATIONS COMMITTEE

**2020 ADOPTED LEGISLATION
BY USA SWIMMING HOUSE OF DELEGATES**

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September 26, 2020

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

R-1	ADOPTED	Effective January 1, 2021
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Location: Page 14 – (new) **Official Glossary**

Official Time – a time achieved in a USA Swimming sanctioned or approved competition or in an observed swim in accordance with USA Swimming technical rules.

R-2	ADOPTED	Effective Immediately
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Location: Page 14 – (new) **Official Glossary**
Page 24 – (new) **102.1 Events**
Page 32 – **102.10 Officials**

Intra-Squad Meet – a competition exclusively among members of a single club.

Virtual Meet – a competition held at multiple venues.

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-.5 [no changes]

.6 **VIRTUAL EVENTS** – A Virtual Meet shall be conducted with the same order of events with all results merged. All venues shall complete their competition within a ten (10) day period. It shall be officiated in accordance with 102.10 at each venue and conducted according to the Virtual Meet guidelines.

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.
- .3 ~~For all swimming meets or time trials,~~ With the exception of intra-squad and dual meets, there should not be fewer than the following officiating positions filled or approved by the LSC in authority for all swim meets and time trials. 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
- 1 Announcer Timing Equipment Operators (as needed)
- Marshal(s) (number determined by the LSC)

4 Minimum Number of Officials Required for Dual and Intra-Squad Meets

- 1 Referee, who may also act as a stroke and turn judge
- 1 Starter 1 Other Stroke and Turn Judge (may be the Starter)
- 1 Announcer
- 3 Timers per lane (one minimum if automatic timing equipment with touchpads is used)
- 1 Administrative Official
- 1 Place Judge
- Relay Take-off Judges (if applicable)
- Timing Equipment Operators (as needed)
- Marshal(s) (number determined by the LSC)

R-3	ADOPTED	Effective May 1, 2021
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Location: Page 24 – **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.

.1-4 [no changes]

- .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. If time trials are held as may be a separate event, they shall be sanctioned, approved, or observed in compliance with Article 202.

R-5	ADOPTED	Effective January 1, 2021
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Location: Page 60 – **202.4 Requirements for Sanction**
Page 63 – **202.6 Requirements for Approval**
Page 123 – **701.3 Rules**

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

.1-6 [no changes]

- .7 Applicants for sanction of an open water competition shall complete the application ~~approved provided by USA Swimming. Before an open water competition submitted is sanctioned by the LSC, the LSC sanction officer sanction officer shall submit completed sanction packet to USA Swimming for review and approval.~~
- .8 The Host Committee of an open water competition shall develop a safety plan for the competition in compliance with all requirements included in the published application for sanction of an open water event.

[re-number remaining]

- .8 All sanctions must be signed by a designated member of the LSC and a record thereof must be retained.

.9 [no change]

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

A-M [no changes]

- N For open water competitions, the policy for abandonment, the race timeline, the course map, and a statement whether the race will be an “escorted” or “unescorted” event.

.11-15 [no changes]

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

- .1 [no change]
- .2 Applicants for approval of an open water competition shall complete the application ~~approved~~ provided by USA Swimming. ~~Before an open water competition application is approved by the LSC, the LSC sanction officer shall submit the completed sanction/approval packet to USA Swimming for review and approval.~~
- .3-.6 [no changes]
 - A-G [no changes]
 - H For open water competitions, the policy for abandonment, the race timeline, the course map, and a statement whether the race will be an “escorted” or “unescorted” event

.7-.18 [no changes]

701.3 RULES

- .1 All open water competitions shall be freestyle events.
- ~~.2 The Host Committee shall include in the meet announcement:
 - A The policy for abandonment; and
 - B Whether the race will be an “escorted” or “unescorted” swim.~~
- ~~.3 The Host Committee shall develop a safety plan for the competition in compliance with all requirements included in the published application for sanction of an open water event.~~

[re-number remaining]

R-7	ADOPTED	Effective Immediately
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Location: Page 73 – 206.1 General

206.1 GENERAL — USA Swimming Championships shall be conducted annually.

- ~~.1 A winter National Championships The U.S. Open shall be conducted annually in November or December the week following Thanksgiving..~~
- .2-.3 [no changes]

R-8	ADOPTED	Effective Immediately
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Location: Page 74 – 206.4 Dates

206.4 DATES — Unless otherwise determined and announced by the National Team Managing Director at the previous year’s annual meeting, the dates shall be as follows:

- ~~.1 **Short Course Yards National Championships U.S. Open** – To start the Thursday in November or December, as decided by the National Team Managing Director in order to best conform to the international calendar following Thanksgiving.~~
- .2-.3 [no changes]

R-9	ADOPTED	Effective Immediately
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Location: Page 74 – 207.1 General

ARTICLE 207 USA SWIMMING CHAMPIONSHIPS

207.1 GENERAL — USA Swimming may conduct USA Swimming National Championships, Trials Class meets, U.S. Open Championships, and Open Water Championships. The designation of each of these championships shall include the name of the national sponsor, if any, for that meet. Additional sponsorship may be requested for the host club or the host LSCs provided the sponsorship is in accordance with the USA Swimming Policy Manual and approved in writing by the ~~Chief Marketing Officer~~

President/CEO or his/her designee.

R-10	ADOPTED	Effective Immediately
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Location: Page 75 – 207.5 Trials Class Meets

207.5 TRIALS CLASS MEETS — Trials Class shall be the selection meets for United States teams for the ~~Long Course~~ World Championships and Olympic Games and may be held in conjunction with the USA Swimming National Championships. The Trials Class meets shall be governed by the National Team Managing Director and conducted by the Program & Events Committee. The event format will be established by the National Team Managing Director and may emulate the Olympic Games or ~~Long Course~~ World Championship program. The men's 800 meter freestyle and women's 1500 meter freestyle will be conducted if the Trials are held in conjunction with the National Championships. There shall be no relays or scoring in the Olympic Team Selection Meet. Touch pads shall conform to 103.21.3E. Only United States citizens eligible to represent the United States on the Olympic or ~~Long Course~~ World Championship teams may compete in these Trials.

R-11	ADOPTED/AMENDED	Effective September 2021
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Location: Page 92 – 302.2. Application/Renewal

302.2 APPLICATION/RENEWAL – Athlete membership applications and payment as set forth in Article 2.7 of the Corporate Bylaws shall be submitted to the Registration Chair of the LSC or USA Swimming. The Registration Chair may designate deputy registrars to accept applications on behalf of the Chair and forward for approval.

[Re-number remaining]

R-12	ADOPTED	Effective Immediately
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Location: Page 92 – 303 Eligibility

ARTICLE 303 ELIGIBILITY

303.1-2 [no changes]

303.3 As a member National Governing Body of the United States Olympic & Paralympic Committee (USOPC), and as a member Federation of Federation Internationale de Natation (FINA), USA Swimming is obligated to adhere to the anti-doping rules of the USOPC and FINA. In addition, USOPC Bylaw Chapter XXIII, Section 2(G) provides that, as a condition of membership in the USOPC, each National Governing Body shall comply with the procedures pertaining to drug testing and adjudication of related doping offenses of the independent anti-doping organization designated by the USOPC to conduct drug testing. The USOPC has designated the United States Anti-Doping Agency (“USADA”) as that organization. The current anti-doping rules of the USOPC, FINA and USADA are available at the offices of USA Swimming or on line at the following websites:

WADA www.wada-ama.org

FINA www.fina.org

USOPC www.usoc.org www.teamusa.org

USADA www.usada.org

As a condition of membership in USA Swimming, it is the ~~responsibility~~ duty of each ~~athlete~~ individual member of USA Swimming, including athletes, athlete support personnel, and other persons, to comply with ~~the all~~ anti-doping rules of the World Anti-Doping Agency (WADA), FINA, USOPC and USADA, including the USOPC National Anti-Doping Policy, the USADA Protocol for Doping Policy, and all other policies and rules adopted by WADA, FINA, the USOPC, and USADA. Athlete members ~~agree and~~ to submit, without reservation or condition, to in-competition and out-of-competition doping controls conducted by either FINA or USADA ~~or their designees at any time and understand that the use of methods or substances prohibited by the applicable anti-doping rules make them subject to penalties including, but not limited to, disqualification and suspensions. (Out-of-competition doping controls by USADA may take place at USA Swimming elite-level camps, training sessions at USOC facilities, or with no advance notice any time for athletes designated by USA Swimming and USADA for inclusion in USA Swimming's no advance notice testing pool.)~~ If it is determined that an individual member may have committed a doping

violation, the member agrees to submit to the results management authority and processes of USADA, including arbitration under the USADA Protocol, or to the results management authority of FINA, if applicable or referred by USADA.

~~Pursuant to USOC Bylaw Chapter XXIII, Section 2(G), the management of positive and elevated test results for USA Swimming athletes has become the responsibility of USADA. Any inconsistent provisions elsewhere in USA Swimming rules are hereby superseded. USA Swimming will, without further process, enforce and publish any sanction communicated to USA Swimming by USADA resulting from adjudication of a doping control under the USADA Protocol for Olympic Movement Testing.~~

Note: Various housekeeping changes throughout the Rulebook to correct USOPC references are considered to be part of this legislation.

R-13	ADOPTED/AMENDED	Effective Immediately
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Location: Page 95 – (new) **305 Minor Athlete Abuse Protection Policies**

305.3 Clubs shall establish their own photography policy. USA Swimming shall provide a model policy as a template, which shall serve as the minimum policy for all clubs. Club photography policy shall be reviewed and agreed to annually by all athletes, parents, coaches and other non-athlete members of the club.

[re-number remaining]

R-14	ADOPTED	Effective Immediately
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Location: Page 99 – **405.1 Filing Complaints**
Page 100 – **405.3 Disposition After Investigation**
Page 100 – **405.4 Emergency Hearing**
Page 100 – **406.1 Petition**
Page 101 – **406.3 Response**
Page 102 – **407.1 Procedure**

405.1 FILING COMPLAINTS – All complaints within the exclusive jurisdiction of the National Board of Review as set out in 403.1.1A through E above shall set forth the allegations and be filed with the Chief Executive Officer of USA Swimming (or his/her designee), who shall promptly perform an initial inquiry and, as appropriate, initiate an investigation of the matter as set forth below.

405.3 DISPOSITION AFTER INVESTIGATION – After the initial investigation has been completed, the Chief Executive Officer (or his/her designee) may decide to initiate a complaint in the name of USA Swimming by filing the complaint with the Chair of the National Board of Review and requesting that a hearing on the complaint be conducted. Any decision of the Chief Executive Officer (or his/her designee) not to forward a complaint to the National Board of Review shall be reviewed by the Board Chair of USA Swimming for a final decision. The Chief Executive Officer (or his/her designee) may also seek an emergency hearing as set forth in 405.4 below. If the Chief Executive Officer (or his/her designee) does not decide to initiate a complaint in the name of USA Swimming, then the Chief Executive Officer (or his/her designee) may (i) cause further investigation to be conducted into the alleged violations; (ii) seek to mediate the complaint; or (iii) advise the complaining party that, while USA Swimming will not initiate a complaint in its own name, the complaining party may still file his/her complaint directly with the Chair of the National Board of Review. If the complaining party chooses to go forward with the complaint, the Chair of the National Board of Review may then decide to either assign the matter for hearing or dismiss the complaint.

405.4 EMERGENCY HEARING – After the initial investigation has been completed and upon the request of the Chief Executive Officer (or his/her designee) in accordance with 405.3 above, the Chair of the National Board of Review may order an emergency hearing before the National Board of Review to determine if the member should be suspended pending the outcome of a full hearing before the National Board of Review. If an emergency hearing is ordered, the National Board of Review shall conduct the hearing and publish its results within twenty-one (21) days. Until such time as the National Board of Review makes a decision, all proceedings shall be confidential and not subject to disclosure to anyone other than the parties to the review and witnesses.

406.1 PETITION — Matters under the original jurisdiction of the National Board of Review shall be instituted by a written complaint (the “Petition”) served upon the Chief Executive Officer (or his/her designee). An investigation of the matter shall be conducted in accordance with Article 405. If the results of the investigation warrant referring the case to a National Board of Review, the Chief Executive Officer (or his/her designee) shall send a copy of the Petition together with the results of the investigation to the Chair of the National Board of Review.

406.3 RESPONSE — The Chair shall deliver the Notice of Hearing, together with a copy of the Petition received by the Chief Executive Officer (or his/her designee) to the Respondent(s) and a copy of the Notice of Hearing to the Petitioner(s). The Respondent(s) shall have thirty (30) days from the date of issuance to submit a written Response to the charges. The Response shall be delivered to the Chair, the Chief Executive Officer of USA Swimming (or his/her designee) and the Petitioner(s) or its counsel.

407.1 PROCEDURE

- .1 Any real party in interest, including any officer of USA Swimming or the Chief Executive Officer (or his/her designee), may appeal any decision of the National Board of Review as follows:
 - A Matters heard by the National Board of Review pursuant to its original jurisdiction, heard de novo or heard pursuant to its discretionary jurisdiction, may be appealed to the Board of Directors within thirty (30) days of the date of the issuing of its written decision.
- .2 The Petition on appeal is to be served upon the Chief Executive Officer (or his/her designee), as well as the other party(ies) to the National Board of Review proceeding, and shall be accompanied by a \$250 filing fee payable to USA Swimming.

R-15	ADOPTED	Effective Immediately
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Location: Page 107 – **501.1 Operating Committees**

501.1 OPERATING COMMITTEES — the following committees shall report to the President/ CEO or his or her designees:

.1 RULES & REGULATIONS COMMITTEE

- A The Rules & Regulations Committee shall consist of the following:
 - (1) The Officials Committee Chair, the Director of Sport Swimming and Diving of the National Federation of State High School Associations (NFHS) or designee, the Chair of the Program & Events Committee, 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 Swimming Committee, or their respective designees;
 - (2) A sufficient number of active athletes appointed by the ~~Athletes Committee~~ Athletes' Executive Committee so as to constitute at least twenty percent (20%) of the voting membership of the Committee;
 - (3) A representative, or his/her designee, from the NCAA and a representative, or his/ her designee, from the YMCA;
 - (4) Eight (8) non-athlete members appointed by the President/CEO or his or her designee, at least three (3) of whom shall be coaches; and
 - (5) The President/CEO, and the Secretary & General Counsel of the Corporation, or their respective designees, and others appointed by the Rules & Regulations Committee Chair, as ex-officio members with voice but no vote.

B-E [no changes]

.2 NATIONAL TEAM STEERING COMMITTEE

- A Membership: The National Team Steering Committee shall consist of:
 - (1) Eight (8) coaches selected as follows; Preceding Head Men's Olympic Coach (1) Preceding Head Women's Olympic Coach (1) The Head Women's Coach for the two (2) Long Course World Championships preceding the Olympic Games (2) The Head Men's Coach for the two (2) Long Course World Championships preceding the Olympic Games (2) Two coaches appointed by the President/CEO or his or designee in consultation with the National Team Managing Director (2) Any vacancies on the committee shall be filled by appointment by the President or his or designee in consultation with the National Team Managing Director.
 - (2) The Chair of the committee shall be elected by its voting members.
 - (3) Once the new Head Olympic Coaches are named, they shall become ex-officio members of the National Team Steering Committee, if not already on the Committee.
 - (4) Two (2) athletes (different genders) ~~selected~~ appointed by the ~~Athletes Committee~~ Athletes' Executive Committee,

~~one (1) female/one (1) male~~, both former USA National Team members; and

- (5) 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.

B-D [no changes]

3 SENIOR DEVELOPMENT COMMITTEE

- A The Senior Development Committee shall consist of ten (10) members. The President/ CEO or his or her designee shall appoint eight (8) members, at least five (5) of whom shall be coaches, and the ~~Athletes Chair~~ Athletes' Executive Committee shall appoint two (2) athlete members. The Age Group Development Committee Chair or his/her designee shall be an ex-officio member with voice but no vote.

B-C [no changes]

4 AGE GROUP DEVELOPMENT COMMITTEE

- A The Age Group Development Committee shall consist of ten (10) members. The President/CEO or his or her designee shall appoint (8) members, with at least one (1) representative from each Zone and at least five (5) coach members. The ~~Athletes Chair~~ Athletes' Executive Committee shall appoint two (2) athlete members. The Senior Development Committee Chair or his/her designee shall be an ex-officio member with voice but no vote.

B-C [no changes]

B-C [no changes]

R-22	ADOPTED	Effective Immediately
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Location: Page 120 – **605.2 Zone Bylaws, Elections of Directors and Voting**

605.2 ZONE BYLAWS ADMINISTRATIVE PROCEDURES, ELECTIONS OF DIRECTORS AND VOTING

- Each Zone shall adopt ~~Bylaws~~ Administrative Procedures which shall govern its affairs and shall be approved by the USA Swimming Secretary & General Counsel or his/her designee.
- Zone Directors shall be elected in accordance with Zone ~~Bylaws~~ Administrative Procedures.
- On all voting matters, each LSC is entitled to five votes, of which at least one vote must be designated to the LSC Athlete Representative(s). If no Athlete Representative is present, the LSC shall cast only four votes.

R-23	ADOPTED	Effective January 1, 2021
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Location: Page 123 – **701.1 Events/Meets**
Page 125 – **701.5 Swimwear**

ARTICLE 701 CONDUCT AND OFFICIATING OF THE COMPETITION

701.1 EVENTS/MEETS

- Recommended individual events are listed in 102.1.3.
- Wetsuit Events** — ~~For open water swimming competitions in water with temperature below 20°C (68°F), men and women may use either swimsuits or wetsuits. When the water temperature is below 18°C (64.4°F), the use of wetsuits is compulsory.~~
 - At Junior National and National Championships and any sanctioned open water competition with a race distance of 5k and greater, FINA rules regarding use of wetsuits shall apply.
 - For all other open water competitions with water temperature below 20.0°C (68.0°F), participants may use either swimsuits or wetsuits (refer to 701.5.5).

- 3 **Team Events** — Team events may be conducted in various formats concurrently with individual events, with the results achieved in the individual event used to compute the team scoring as announced in the meet announcement.

701.5 SWIMWEAR

- 1 No swimmer shall be allowed to use or wear any device that may be an aid to his/her speed, endurance, or buoyancy. A maximum of two (2) caps may be used.
- 2 Except as provided in 701.1.2, wetsuits, flotation aids or any similar items, and anything used to maintain body heat, except a reasonable application of body grease, are not allowed.
- 3 Only swimsuits complying with FINA Open Water swimsuit specifications may be worn in any USA Swimming sanctioned or approved open water competition.
- 4 Swimsuits for both men and women shall not cover the neck, extend past the shoulder, nor extend below the ankle.
- 5 **Wetsuits** — Wetsuits are swimsuits made of material providing thermal insulation. Wetsuits for both men and women shall completely cover the torso, back, shoulders and knees and shall not extend beyond the neck, wrists or ankles. The thickness of material(s) used shall be minimum 3 mm and a maximum 5 mm. In addition, the outer surface of the wetsuit shall not include outstanding shapes, such as ridges, fins, etc.

R-24	ADOPTED	Effective January 1, 2021
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Location: Page 123 – **701.2 Eligibility**
Page 133 – **Article 704 (new) Zone Open Water Championships**

701.2 ELIGIBILITY — Age for Open Water Zone Championships shall be determined by the swimmer's age as of December 31 of that year.

[re-number remaining]

ARTICLE 704 **ZONE OPEN WATER CHAMPIONSHIPS**

[Renumber Remaining]

704.1 EVENTS – A 5k shall be a required event for all Zone Open Water Championships and designated as the qualifying event for the Open Water Junior National and National Championships. All other events for Zone Open Water Championships shall be determined by the Zone.

704.2 ELIGIBILITY – Age for Open Water Zone Championships shall be determined by the swimmer's age as of December 31 in the year of competition.

[re-number remaining]

R-25	ADOPTED	Effective January 1, 2021
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Location: Page 127 – **701.10 Officials**

701.10 OFFICIALS — There should be no fewer than the following officiating positions filled. The positions of Referee, Safety Officer, Finish Judge and Timer shall not be combined with the duties of any other official.

The Referee, Assistant Referee, Administrative Referee or Administrative Official, and Starter must have passed the USA Swimming Open Water Referee online test prior to officiating a sanctioned Open Water competition.

Referee	Assistant Referee
Administrative Referee or Administrative Official	Announcer
Safety Officer	Medical Officer
Course Officer	Clerk of Course
Starter	Chief Timer and 3 timers
Chief Finish Judge and 2 finish judges	Recorder
Race Judge (one per competitor in escorted races)	
Turn Judge (one at each change in the direction of the course)	

701.10 OFFICIALS – The Referee, Administrative Referee, and Starter must have passed the USA Swimming Open Water

Referee online test prior to officiating a sanctioned Open Water competition.

.1 The following positions are required for all open water competitions:

- Referee*
- Administrative Referee* or Administrative Official*
- Finish Judge
- Meet Director *
- Independent Safety Monitor*
- Medical Officer*
- Turn Judge (one at each change in the direction of the course)
- Starter

Note: All positions noted with an asterisk () above shall not be combined with any other role.*

.2 The following additional positions are recommended for all open water competitions, and are required for championship meets at or above the zone level:

- Recorder
- Race Judge (one per competitor in escorted races)
- Timer
- Announcer
- Course Officer
- The Clerk Of Course
- Assistant Referee

R-28	ADOPTED	Effective Immediately
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Location: Required LSC Bylaws Template

4.8 MEETING LOCATION AND TIME - All meetings of the House of Delegates shall take place at a site within the Territory. The House of Delegates or the Board of Directors shall determine the location and time of all meetings of the House of Delegates. If federal, state, or local law, policy, or regulation prohibits physical gathering sufficient to conduct a House of Delegates meeting within the Territory, a House of Delegates meeting may be conducted through conference equipment by means of which all persons participating in the meeting can hear each other at the same time. In that circumstance, participation by such means shall constitute presence at that meeting.

If the LSC state of incorporation does not permit electronic meetings, the LSC should not include this language.

HK-1	ADOPTED	Effective Immediately
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Location: Various

Various housekeeping changes throughout the Rulebook to correct designee references to his/her designee and Chief Executive Officer references to President/CEO.