USA SWIMMING

RULES & REGULATIONS COMMITTEE

AMENDMENTS TO RULES AND REGULATIONS

September 29, 2007

No.	Description	Location	Action
R-1	Provide for warning signal for individual freestyle events of 16 or more lengths	101.1.4	Defeated
R-2	Clarification of breaststroke rules	101.2	Adopted
R-3	Clarify wording for backstroke turn	101.4	Adopted
R-4	Add 50 back, breast, and fly to senior long course events and	102.1.1	Withdrawn
	to 13-18 age group events as well as to 3-day and 5-day	102.1.2	
	programs	207.11	
R-5	Simplify requirements for filling out relay cards	102.4	Adopted
R-6A	Eliminate requirement that fastest time of competitor be used for entry into event	102.5.1 102.5.4	Adopted
R-6B	Maintain entry requirements for USA-S Championships	207.10.4	Adopted
R-7	Ratify and extend Board's action raising water depth for teaching racing starts to 6-foot minimum	103.2	Adopted
R-8	Create spring Junior National series in lieu of spring	204.9	Defeated
.	sectionals	207.4	
R-9	Revise Top 16 to more flexible age group recognition program	205.8	Adopted
R-10	Re-write of 206 and 207	206/207	
R-10A	Drop Spring Championships, add U.S. Open in place of		Adopted
_	summer Nationals when there is a Trials class meet earlier in		
	the summer (General)		
R-10B	Move language to Policy	206.2	Adopted
R-10C	Update to reflect current practice	206.3	Adopted
R-10D	Update & move some language to Policy	206.4-206.7	Adopted
R-10E	Update to reflect current practice	207.1-207.6	Adopted/Amended
R-10F	Update & move some language to Policy	207.7	Adopted/Amended
R-10G	Move language to Policy	207.8	Adopted/Amended
R-10H	Move language to Policy	207.9	Adopted
R-10I	Update & move some language to Policy	207.10	Adopted/Amended
R-10J	Move some language to Policy	207.11	Adopted
R-10J(1)	Update & move some language to Policy	207.11	Adopted
R-10K	Update & move some language to Policy	207.12	Adopted
R-10L	Update & move some language to Policy	207.13	Adopted
R-11	Remove "Chief Financial Officer" from description of Treasurer	503.3	Adopted
R-12	To add independent directors to Board of Directors	504.1	Defeated
R-13	Attendance requirement for ex-officio members of Board of Directors	504.5	Adopted
R-14	Give Board rather than House of Delegates sole authority for		Defeated
	budget approval	508.2	

R-15	To control the membership of current Board of Director members on USA-S committees	506.1.2	Adopted		
R-16	To create a Nominating Committee	506.1 506.13 (new)	Defeated		
R-17	Change IRC from a Standing Committee to a Policy Committee	506.1 506.4	Adopted		
R-18	Change Officials Committee from a Standing Committee to a Policy Committee	506.1	Adopted		
R-19A	Housekeeping	506.7	Adopted		
R-19B	To expand the role of the Governance Committee to include ethics	506.7	Referred to the Board of Directors		
R-20	Clarify role of Audit Committee	506.8.3	Adopted		
R-21	To change composition of the Steering Committee	506.10.1	Adopted		
R-23	To change Steering Committee composition to be in compliance with Ted Stevens Amateur Sports Act	506.10.1	Withdrawn		
R-24	Eliminate Program Endowment Fund	508.5	Adopted		
R-25	Provide for LSC financial reporting requirements	509 (new)	Adopted/Amended		
R-26	Provide for requirements for LSCs in order to retain insurance coverage	509.3	Adopted		
R-27	Clarify a clumsy sentence in LSC Bylaws template	604.8.1	Adopted		
R-28	Require 20% athlete representation on all LSC committees	607.1	Defeated		
R-29	Mandate 20% athlete representation on LSC boards of Review and on any panels hearing cases	610.3.2	Adopted		
R-30	Allow for disqualification rather than re-start when there is an unfair start	701.2 701.15	Adopted		
R-31	Align open water disqualifications with FINA	701.5	Adopted		
R-32	Define OW disqualification procedure (FINA)	701.6 (new)	Adopted		
R-33	Duties of Course Officer	701.13	Adopted		
R-34	Duties of Clerk of Course for OW	701.14	Adopted		
R-35	Duties of Recorder for OW	701.21(new)	Adopted		
R-36	Align OW course requirements with FINA	702.1	Adopted		
R-37	Align OW water temperature with FINA	702.2	Adopted		
R-38	Align requirements for OW finish venue with FINA	702.5	Adopted		
R-39	Establish abandonment policy for OW National Champs	704.2 (new)	Adopted		
R-40	Align requirements for OW finish course with FINA	702.5	Adopted		
R-4 1	Establish procedure for abandonment at OW National Champs	704.2 (new)	Adopted		
R-42	To remove requirement that marshals be members of USA-S	202.3.3	Adopted		
HK-1	Correct name of Steering Committee	506.3.2	Adopted		
HK-2	Replace U.S. Open with SCY National Championships	507.1.2	Adopted		
HK-3	Clarify description of Pacific Northwest	Appendix 6D	Adopted		

R-2 ACTION: Adopted Effective May 15, 2008

Location: Page 20-21 ARTICLE 101.2 BREASTSTROKE

101.2. BREASTSTROKE

- .1 Start- The forward start shall be used.
- .2 Stroke <u>After the start and after each turn when the swimmer leaves the wall</u>, From the beginning of the first arm stroke after the start and after each turn the body shall be kept on the breast. It is not permissible to roll onto the back at any time. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movements.

The hands shall be pushed

During each complete

.3 Kick – After the start and each turn, a single downward butterfly kick, which must be followed by a breaststroke kick, is permitted while wholly submerged during or at the completion of the first arm pull. Following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement.

The feet must be turned outwards....

No further changes...

R-3 ACTION: Adopted Effective May 15, 2008

Location: Page 21-22 ARTICLE 101.4 BACKSTROKE

101.4 BACKSTROKE:

- .1 No change
- .2 No change
- .3 Turns Upon completion of each length, some part of the swimmer must touch the wall. During the turn, the shoulders may be turned past vertical toward the breast after which a continuous single arm pull or a continuous simultaneous double arm pull may be used to <u>initiate</u> execute the turn. The swimmer must have returned to a position on the back upon leaving the wall.

R-5 ACTION: Adopted Effective May 15, 2008

Location: Page 25-26 ARTICLE 102.4 RELAYS

102.4 RELAYS

.7 First and last <u>Nn</u>ames of eligible relay swimmers, their ages, and order of swimming shall be submitted to the clerk of course or to the head lane timer. Any changes in the names of the competing swimmer or their order of swimming must be declared to the Head Lane Timer prior to the start of the heat in which such relay team is entered. No changes shall be permitted thereafter.

R- 6A ACTION: Adopted Effective May 15, 2008

Location: Page 26-27 ARTICLE 102.5 LANE ASSIGNMENTS – SEEDING – COUNTERS – ORDER OF HEATS

102.5 LANE ASSIGNMENTS — SEEDING — COUNTERS — ORDER OF HEATS

.1 Preliminary Heats When Finals are Scheduled — In order to assure seeded positions, the best competitive times of all entries must be submitted. These Entry times shall be assembled (listed) by the meet committee with the fastest swimmer first and the slowest swimmer last.... No further change

.4 Timed Finals

A **Heats** — In order to assure seeded positions, the best competitive times of all entries must be submitted. The last heat shall be composed of the swimmers with the fastest submitted times, the next to last heat composed of the next fastest swimmers, etc....

No further change...

R- 6B ACTION: Adopted Effective January 1, 2008

Location: Page 73 ARTICLE 207.10 ENTRIES

207.10 ENTRIES

- .4 Entry times for individual and relay events shall:
 - <u>A(new)</u> Be the best competitive times of swimmers except as otherwise provided in this Article 207 or the USA Swimming Policy Manual.

Renumber existing A-D as B-E

R-7 ACTION: Adopted Effective Immediately

Location: Page 43 ARTICLE 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 in any setting from any height starting blocks or the deck shall be 5 6 feet (1.53 1.84 meters) measured for a distance of 3 feet 3 1/2 inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from the end wall.
- .3 /M// Racing Starts Minimum water depth for racing starts during practice and competition shall be measured for a distance 3' 3 1/2" (1.0 meter) to 16'5" (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' (1.22 meter) at the starting end, the swimmer must start from within the water;
 - B In pools with water depth 4' (1.22 meter) or more at the starting end, starting platforms shall meet the height requirements of 103.12.1.

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.

R-9 ACTION: Adopted Effective January 1, 2008

Location: Page 67 ARTICLE 205.8 NATIONAL TOP 16 TIMES REPORTING AND RECOGNITION

205.8 National Top 16 Times Reporting and Recognition National Age Group Recognition Program

- .1 Times submitted for recognition shall be achieved in the recognized events in 102.1.2 and in accordance with 102.16.4C, in any USA Swimming Sanctioned or Approved competition, USA Swimming Observed Swims, or meets sanctioned by FINA or FINA members and accepted for national times reporting by USA Swimming. These meets must be conducted between September 1 of one calendar year and August 31 of the next calendar year.
- .2 A swimmer must be a USA Swimming athlete member at the time of the reportable swim in order to be ranked in the National Top 16 Times.
- .3 The Vice President of Program Operations or designee shall establish and distribute the reporting procedures specifications of the <u>Recognition Program</u> to the LSCs before the start of the subsequent reporting period. These procedures will shall include the reporting period, method of submission, deadlines, awards to be given, and the expected publication date.
- .4 If the reportable times are achieved in a meet conducted in a continuous session overlapping the start of a reporting period, the last day of the meet shall be the last day of the reporting period for that meet.
- .5 Each LSC shall be responsible for submitting all reportable official times achieved within its boundaries for consideration.
- .6 The Top 16 Times tabulation shall be published for short and long course competition. An Awards list shall be published for both short and long course competition.
- .7 No club's relay team may be listed more than once unless that club has an additional relay or relays comprised of four different swimmers. If the club has an additional relay entitled to listing with a change of one, two, or three individual swimmers from a higher listed relay, those additional swimmers will be listed after the club's higher ranked team members.
- .8 Each swimmer achieving the fastest reported time in each individual event and each member of the relay team achieving the fastest time in a relay event shall be awarded an appropriate certificate and an emblem, pin, or similar memento by USA Swimming. Those ranked second through 16th will be awarded a certificate with their name and ranking. At the option of the LSC, a swimmer achieving a Top 16 reportable time, but not listed in the final tabulation as an individual or as a member of a relay, will receive a certificate of recognition. Other awards will be determined and announced to the LSCs by the Vice President of Program Operations.

R-10A ACTION: Adopted Effective January 1, 2008

Note: Items to be relocated to the Policy Manual are highlighted. Items that are being changed or deleted to clarify, reflect current practice, or eliminate redundancy are in "strikethrough" and "underline."

ARTICLE 206 AWARDING USA SWIMMING CHAMPIONSHIPS AND INTERNATIONAL COMPETITIONS

206.1 GENERAL — USA Swimming Championships shall be conducted annually.

- .1 A short course yard (25 yard) National Championships shall be conducted the week following Thanksgiving.
- .2 A long course meet shall be conducted in the spring, except that in the year of the Summer Olympic Games or when a national team selection meet is held, the format, type and dates of the meet shall be determined by the National Team Head Coach/General Manager.
- -3.2 A long course National Championship meet shall be conducted every summer, except when there is a Trials Class meet in the summer and that Trials Class meet is not in accordance with 206.4.3 (at the traditional time at the end of the summer). The end of the summer meet during those summers shall be called the U.S. Open.

-4.3 USA Swimming Open Water Individual and Team Championships shall be held in the 5 kilometer, 10 kilometer, and 25 kilometer distances.

R-10B ACTION: Adopted Effective January 1, 2008

206.2 FACILITIES

- .1 Facilities awarded USA Swimming Championships and International competition must meet the mandatory standards of Article 103 and shall have a separate warm-up pool. Facilities where competition to select USA Swimming National Teams for certain international competition is held shall also conform to the requirements stated in 103.18.3E.
- -2 Facilities with movable bulkheads shall be required to demonstrate to the Program Operations Vice President, or his/her designee, prior to submitting a bid for a USA Swimming Championship, the ability to meet all measurements and tolerances as specified in 103.3, 103.4 and 103.5. Written confirmation of this demonstration shall accompany the championship meet bid.
- .3.2 Open water venues must meet the mandatory standards of Article 702.

R-10C ACTION: Adopted Effective January 1, 2008

206.3 AWARD OF EVENTS

- .1 USA Swimming spring championships, nationals championships, Trials class, U.S. Open, Open Water Championships and Disability Championships shall be contracted for by the USA Swimming Executive Director or his/her designee in accordance with Article 206 and Article 207, after approval of the contract by the Board of Directors.
- .2 In an Olympic or Pan American year Program Operations may elect not to conduct one or more USA Swimming Championships. Such decision must be made at the annual meeting of USA Swimming in the second calendar year preceding such Olympic or Pan American year. In the event of such decision said division may elect to name and rank the individual national champions for that year based upon the final results of the related Olympic or Pan American Trials. Place awards will not be made. <u>The National Team Head Coach/General Manager may elect not to conduct one or more USA Swimming Championships in any year upon approval by the Board of Directors.</u>

R-10D ACTION: Adopted Effective January 1, 2008

206.4 DATES — Unless otherwise determined and announced by the National Team Head Coach/General Manager at the previous year's <u>annual meeting convention</u>, the dates shall be as follows:

- .1 Short Course Yards National Championships To start the Thursday following Thanksgiving.
- .2 Spring Championships To start the Tuesday following the fourth Thursday of March;
- .3.2 Summer National Championships and U.S. Open (when held) To end no later than the second Saturday in August;
- .4.3 Disability Championships To be scheduled annually by Program Operations.
- .5.4 Open Water Championships—Each event to be scheduled annually by Program Operations in conjunction with the Steering Committee.

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 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.

- .2 A bidder shall be provided by the Executive Director with a bid form, financial and operating agreements, and all other documents related to the responsibilities of the awardee in relation to conduct of the event. The award process shall be conducted by the Executive Director in accordance with the provisions of the USA Swimming Policy Manual.
- .3 A USA Swimming spring championship, National, Trials class, U.S. Open, and Disability Championship bids shall be returned to the Executive Director by June 1. Acceptance or rejection of the bid will be determined by July 1. At this time, all bids will be categorized by the Executive Director and the bidding parties shall be notified.
 - Bids for Open Water Championships shall be returned to the Executive Director by June 1 of the year preceding the event. Acceptance or rejection of the bids shall be determined by the Executive Director in cooperation with the Steering Committee.
 - C The <u>Executive Director's recommendation</u> bids shall be presented to the Board of Directors for acceptance approval. The contract shall be executed by all involved parties, including but not limited to the bidder, the President or Secretary of USA Swimming, the Program Operations Vice President, the LSC General Chairman and such other entity as may be designated.

206.6 CONTRACTS There shall be a contract between USA Swimming and meet hosts, under terms and conditions approved by the Board of Directors.

206.7 INTERNATIONAL COMPETITIONS

- .1 An LSC may apply for an award of international competition only if it is currently fully paid in dues and fees owed to USA Swimming.
- .2 The applicant shall be provided by the Executive Director with financial and operating agreements and all other documents relating to the conduct of the meet.
- .3 Should there be more than one bidder to sponsor a particular international event, the Olympic International Operations Committee shall decide the award.

R-10E ACTION: Adopted/Amended Effective January 1, 2008

ARTICLE 207 USA SWIMMING CHAMPIONSHIPS

207.1 GENERAL — USA Swimming shall may conduct USA Swimming spring championships, National Championships, Trials class meets, <u>U.S. Open Championships</u>, Open Water Championships and USA Swimming Disability Championships. The designation of each of these championships shall include the name of the national sponsor, if any, for that meet.

207.2 USA SWIMMING SPRING <u>U.S. OPEN</u> CHAMPIONSHIPS — The USA Swimming spring championships <u>U.S. Open</u> <u>Championships</u> shall be governed by the Senior Development Committee and conducted by Program Operations. All USA Swimming member athletes who are members of a USA Swimming member club (attached or unattached), and who have achieved the qualifying time standards for one or more specific events are eligible to participate. <u>The meet shall be conducted in years designated by the National Team Head Coach/General Manager.</u>

207.3 USA SWIMMING NATIONAL CHAMPIONSHIPS AND OPEN WATER CHAMPIONSHIPS

The USA Swimming National Championship meets and Open Water Championship meets shall be governed and conducted by Program Operations. All USA Swimming member-athletes who have achieved the qualifying time standards for one or more specific events are eligible to participate. If the following USA Swimming team selection trials are held in conjunction with the USA Swimming National Championships, only United States citizens eligible to represent the United States in international competition make such teams-will be allowed to compete in the A (championship) finals from which team selections are chosen: Pan American Games Trials, and Pan Pacific Championship Trials. Foreign swimmers may compete in all relays, but in individual preliminary events and B and C (consolation and bonus) finals only. When the selection of more than one of the above teams necessitates picking athletes from beyond eighth (8) place in a specific event, this rule also applies to the B and C (consolation and bonus) final in that event. Finals will be seeded accordingly.

207.4 USA SWIMMING JUNIOR NATIONAL CHAMPIONSHIPS — The USA Swimming Junior National Championship meet shall be governed and conducted by Program Operations.

- .1 The Junior National Championships will be swum long course during the summer season. The dates and place of competition will be determined by the Senior Development Committee. The meet should be scheduled to be held after the summer National Championships.
- .2 All registered swimmers <u>USA Swimming athlete members</u> 18 years of age and under who have met the qualifying time standard for a specific event, are eligible to participate.
- .3 The Junior National Championships program will be determined annually by the Senior Development Committee.

207.5 USA SWIMMING DISABILITY CHAMPIONSHIPS — The USA Swimming Disability Championship meet shall be governed and conducted by Program Operations. Program Operations shall request International Paralympic Swimming Committee approval of the competition. All USA Swimming member athletes with a disability who have achieved the qualifying time standards for one or more specific events are eligible to participate.

207.6 TRIALS CLASS MEETS — Trials Class shall be the selection meets for United States teams for the Long Course World Championship 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 Head Coach/General Manager and conducted by Program Operations. The event format will be established by the National Team Head Coach/General Manager 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 103.1 8.3E. 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-10F ACTION: Adopted/Amended Effective January 1, 2008

207.7 QUALIFYING TIME STANDARDS

- .1 USA Swimming spring championship and National Championships and U.S. Open qualifying time standards will be determined from performances at the respective spring winter and summer championship meets for all swimmers and may be based on world rankings so that they will be of comparable quality for all events. The time standards formulas shall be established by the Senior Development Committee in consultation with the National Team Head Coach/General Manager. Time standards shall be designed to allow 900-1000 swimmers in individual events at the USA Swimming spring short course championships, the U.S. Open and the National Championships.
- .2 Time standards for foreign swimmers who are representing a foreign team or country shall be the National Championships time standards.
- .3.2 At each annual meeting at the USAS Convention, The Senior Development Committee shall develop one (1) year in advance Program Operations shall approve the qualifying time standards for all National Championships/U.S. Opens one (1) year in advance. which will be reported to the House of Delegates by the Technical Vice President during the annual meeting or to the Board of Directors when established at a time other than the annual meeting. Qualifying time standards shall be specified in hundredths of a second, with nine one-hundredths being the constant. At the first meeting of the House of Delegates, the Program Operations Vice President shall submit the written report of these time standards.
- .4 The Senior Development Committee shall approve at each annual meeting the qualifying time standards for the spring championships one (1) year in advance. Qualifying time standards shall be specified in hundredths of a second, with nine one-hundredths being the constant. At the first meeting of the House of Delegates, the Technical Vice President shall submit the written report of these time standards.

R-10G ACTION: Adopted/Amended Effective January 1, 2008

207.8 PROOF OF ENTERED TIME — Procedures for obtaining proof of time shall conform to the current edition of the USA Swimming SWIMS Time Module Policy Manual. Official times achieved in accordance with the requirements of 102.16.4 may be used to enter the meet.

.1 **Individual Events** — All individual entry times must be made during the correct qualifying period specified in 207.10.4C and must be proven prior to the scratch deadline for that event through the SWIMS database.

- .2 **Relay Events** Times for each entered relay team must be submitted <u>with the entry</u> on the entry form. This entered time must be proven prior to the scratch deadline for each entered relay team, in aggregate or as a team, through the SWIMS database. For the purpose of proving times, a club may name a swimmer on only one of its relay teams in each event. Once the relay team or teams have been proven, any swimmer listed by that organization on the entry form is eligible to compete on that relay team. The time of any swimmer recorded while legally representing a USA Swimming club, secondary school, college or university within the appropriate time frame may be used in proving an aggregate relay-entry time and that swimmer does not need to be entered in the championship in question.
- → Foreign swimmers, who are representing a foreign team or country, must meet the established National Championships time standards and provide official meet results with the entry form.
- -4 The above requirements shall be made a part of the official entry form for all USA Swimming championships and other meets at which proof-of-time is required through the SWIMS database.

.5.3 Responsibility Clause

- A The coach, swimmer, or swimmer representative who enters a USA Swimming championship thereby attests that all times on the entry form are true and correct achieved qualifying times for each event entered. He/she assumes all responsibility for false or incorrect times or times which are unacceptable under USA Swimming rules and shall be assessed a \$100 penalty payable to USA Swimming for each such time entered, unless absolved of the fine by the Vice President of Program Operations or designee or Board of Review. Additional action or penalty may be taken or levied as deemed appropriate by USA Swimming.
- B Such penalty shall also be levied against any USA Swimming verification officer who <u>knowingly</u> entered such a false or incorrect time(s) into the SWIMS Database.
- C Appeal of fines are to be made to the Vice President of Program Operations or designee and/or Board of Review. Any appeal of the decision of the Vice President of Program Operations or designee shall be in accordance with the provisions of Part Four, specifically Article 406.

R-10H ACTION: Adopted Effective January 1, 2008

207.9 ENTRY FORMS AND OFFICIAL MEET INFORMATION

- .1 The entry forms and information shall be prepared under joint direction of the Program Operations Vice President, the Rules Chairman, the Meet Director, and the Executive Director. Printing, distribution and mailing and posting to the USA Swimming Web Site of the entry forms and meet information will be the responsibility of USA Swimming. All data shall be approved in writing by the Program Operations Vice President prior to printing and distribution.
- -2 The entry blanks shall conform exactly to the standard format agreed upon by Program Operations, and no other shall be used.
- -3 One set of the entry forms and meet information shall be sent by first class mail at least 90 days prior to the meet entry closing date to all LSC General Chairmen, LSC Senior Chairmen, LSC Coaches Representatives, LSC Registration Chairmen, and permanent LSC offices. At the same time, the entry forms and meet information shall be posted on the USA Swimming Web Site. Entry forms and meet information may be requested from the USA Swimming National Events Department.
- .4.2 The meet information shall state qualifying times and procedures necessary for proof of entry times. (See 207.8) For a USA Swimming Championship meet, Program Operations may permit bonus events. For each qualifying time achieved in an individual event, additional bonus events may be allowed. Requirements for bonus events will be specified in the meet information.
- .5 The meet information shall state that foreign swimmers must comply with all meet entry requirements.
- .6 The meet director's telephone number shall be included in the information book.
- -7.3 Entry fees shall be \$10.00 for individual events and \$25.00 for relay teams.
- -8 Program Operations shall establish a closing date for entries in all USA Swimming championship events which shall be at least one week before the first day of competition. For USA Swimming spring championships and National Championships, a later fax

entry deadline of 11:59 p.m. (local time at the host site) two (2) days prior to the start of the meet may be established and published in the meet information book for qualifying times that are first achieved after the entry deadline and prior to the fax entry deadline.

.9 It shall be the responsibility of the meet host/local organizing committee to ship the submitted entry forms to the Executive Director immediately following the championships. Those entry forms will be retained for a period of one year.

R-10I ACTION: Adopted/Amended Effective January 1, 2008

207.10 ENTRIES

- .1 A swimmer and/or relay team will be officially entered when the entry blanks or electronic entries are received by USA Swimming prior to the meet entry deadline.
- .2 An unattached swimmer shall be identified in competition with the LSC in which the swimmer is registered.
- .3 In national championships a swimmer may enter and compete, except as provided in 102.2.2, in any number of individual events in which he/she has met the qualifying time standards.
- .4 Entry times for individual and relay events shall:
 - A Be achieved in accordance with 102.16.4, Requirements for Official Time.
 - B Be submitted to hundredths of a second.
 - C Be achieved during the following qualification periods
 - (1) Qualifying entry times for the USA Swimming spring championship shall be achieved from February 1 of the prior year until the entry deadline for the USA Swimming spring championship.
 - (21) Qualifying entry times for the USA Swimming National Championship/U.S. Open shall be achieved from July 1 of the year prior to the Nationals meet until the entry deadline for the USA Swimming National Championship.
 - (2) USA Swimming Short Course Yards National Championships from November 1 of the year prior to the meet until the entry deadline.
 - D Athletes who have qualified for the Olympic Trials within the current quadrennium in a specific event may swim that event in all USA Swimming spring championship, National Championships and U.S. Open events preceding the next Olympic Trials, even if they have not re-qualified for the USA Swimming spring championship, Nationals or U.S. Open in that specific event.

.5 Times achieved at an altitude of 3,000 feet or above may be adjusted as follows:

Time Adjustment

Event Distance	3000-4250 Feet	4251-6500 Feet A	Above6500 Feet
200	.50 Sec.	1.20 Sec.	1.60 Sec.
400 or 500	2.50 Sec.	5.00 Sec.	7.00 Sec.
800 freestyle relay	2.00 Sec.	4.80 Sec.	6.40 Sec.
800 or 1000	5.00 Sec.	10.00 Sec.	. 15.00 Sec.
1500 or 1650	11.00 Sec.	23.00 Sec.	. 32.50 Sec.

- (1) Subtract the time indicated above from the actual time achieved at altitude. This is the time to be used on the entry form and seeding will be based on that time. Information relative to the adjustment accompanying the entry form must include name of swimmer, event, date of performance, elevation location, actual time, corrected time and signature of coach.
- (2) A swimmer or relay may use the above adjustments to meet the national qualifying time standard and seeding will be based upon that time.

.6 Entries are acceptable using either 25 yard, 25 meter or 50 meter times.

- .7.5 Only swimmers and relay teams listed on the <u>official</u> entry form shall be eligible to compete. No and no changes in submitted times, corrections or changes of events entered, or additional entries shall be allowed. Typographical or transcription errors which can be readily verified by entry data or National Times Data Base data may be corrected if attested to by the swimmer, coach, or the swimmer's representative prior to the scratch deadline.
- -8 Any swimmer who qualifies for the 1000 or 1650-yard freestyle or the 800 or 1500-meter freestyle may enter at his/her fastest time or at the time standard, if entered in two or more events on the day of the distance freestyle.
- .9 In USA Swimming spring championships and National Championships, swimmers entered in the 800/1000 and 1500/1650 freestyle do not need to enter their best times, but may enter themselves at the time performed at the meet distance (SC-SC, LC-LC) at the previous USA Swimming spring championships or National Championships, provided they have made the short course yard, short course meter, or long course meter standard during the appropriate qualifying period. Swimmers will be seeded at their entered times.
- .10.6 Program Operations reserves the right to challenge any submitted time.
- .11 Foreign swimmers, who are not members of USA Swimming, may enter national championships provided they have met all qualifying requirements including submission of proof of entered times. These foreign athletes must meet the time standards. Foreign swimmers must be members of USA Swimming, and must be members of a USA Swimming registered club to compete in the USA Swimming spring championships. (See also 207.8.3 and 207.12.13B)
- .12.7 All swimmers entered in the USA Swimming spring championships are eligible for scoring. In order to score at USA Swimming National Championships, a swimmer must be eligible to represent the United States in international competition.

.13.8 Relay Entries

- A A club may enter no more than two relay teams in each relay event.
- B Only swimmers listed on the entry form for an organization shall be eligible to compete for that organization in relay events.
- C Relay teams shall indicate on the entry form-whether they elect to be entered at their provable time or at the lowest priority non-conforming time standard. The time for each relay may be submitted as a composite or an aggregate time. Only times achieved in the same course (i.e. all short course or all long course) may be used for aggregate relay times.
- D A completed relay entry form-listing the competing relay swimmers, their first and last names, ages, and order of swimming, shall be returned to the clerk of course for each competing relay. Upon reporting to the starting blocks, immediately prior to the start of the relay heat in which such team is entered, the completed relay entry form shall be handed to the head lane timer. No change will be permitted thereafter and failure to present the head lane timer with written list of relay swimmers shall prevent such team from competing.
- E A fine of \$100 will be imposed on the organization obtaining deck credentials for each relay-only swimmer who does not compete in a USA Swimming spring championship or National Championship relay. No penalty shall apply if the Referee is notified prior to the event and accepts proof that failure to compete was due to the relay-only swimmer's illness or injury, or to circumstances beyond the swimmer's control.

R-10J ACTION: Adopted Effective January 1, 2008

207.11 PROGRAMS

.1 Three-Day Program

Day One Preliminaries 100-yard/meter breaststroke 200-yard/meter freestyle 100-yard/meter butterfly

Finals 1000-yard/800-meter freestyle 100-yard/meter breaststroke 200-yard/meter freestyle 200-yard/meter individual medley 800-yard/meter freestyle relay 1000-yard/800-meter freestyle

Day Two

Preliminaries

Finals

Finals

200-yard/meter backstroke

100-yard/meter freestyle

100-yard/meter butterfly

50-yard/meter freestyle

200-yard/meter breaststroke 100-yard/meter backstroke

500-yard/400-meter freestyle

400-yard/meter medley relay

1650-yard/1500-meter freestyle

400-yard/meter freestyle relay

200-yard/meter butterfly

200-yard/meter individual medley

800-yard/meter freestyle relay

400-yard/meter individual medley 400-yard/meter individual medley 50-yard/meter freestyle 200-yard/meter breaststroke 100-yard/meter backstroke 500-yard/400-meter freestyle 400-yard/meter medley relay

Day Three

Preliminaries

200-yard/meter backstroke 100-yard/meter freestyle 200-yard/meter butterfly 400-yard/meter freestyle relay 1650-yard/1500-meter freestyle

.2 Five Day Program

Day One	Women's Men's	800-meter freestyle 800-meter freestyle
Day Two	Women's Men's Women's Men's Women's Men's Men's	100-meter freestyle 100-meter freestyle 200-meter breaststroke 200-meter breaststroke 200-meter backstroke 200-meter backstroke 200-meter butterfly 200-meter butterfly
Day Three	Women's Men's Women's Men's Women's Men's	200-meter freestyle 200-meter freestyle 400-meter individual medley 400-meter individual medley 800-meter freestyle relay 800-meter freestyle relay
Day Four	Women's Men's Women's Women's Men's Women's Men's Women's Men's	 100-meter backstroke 100-meter backstroke 400-meter freestyle 400-meter freestyle 100-meter breaststroke 100-meter breaststroke 100-meter butterfly 100-meter freestyle relay 400-meter freestyle relay
Day Five	Women's Men's Women's Women's Men's Women's Men's	200-meter individual medley 200-meter individual medley 1500-meter freestyle 50-meter freestyle 50-meter freestyle 1500-meter freestyle 400-meter medley relay 400-meter medley relay

- A Women's events shall precede men's except as indicated.
- B All relays shall be conducted on a timed final basis with the two fastest heats swum in the final session. Others to be held during the preliminary heats.
- C The 800 meter freestyle on day one shall be conducted on a timed final basis. In facilities where women's and men's events are conducted in the same course they shall be swum as follows:

(1) Women's heats — slowest-to-fastest.

- (2) Men's heats slowest-to-fastest.
- D The 1500 meter freestyle events on Day 5 shall be conducted during the preliminaries on a timed final basis, the heats swum slowest to fastest, with the single fastest heat swum in the final session. In facilities where women's and men's events are conducted in the same course all heats during the preliminaries shall be swum alternately women/men as follows:
 - (1) Second-fastest men's heat last.
 - (2) Second-fastest women's heat next-to-last.
 - (3) Third-fastest men's heat third-from-last.
 - (4) Third-fastest women's heat fourth-from-last and continuing until all heats are swum.
 - (5) In the event of an unequal number of women's and men's heats, the excess slow heats will be swum first, then the remaining heats will be swum as indicated in (1) through (4) above.

The starting time for each preliminary heat shall be scheduled so that the second fastest heat of the men's 1500-meter freestyle is concluded 60 minutes before the evening finals session is scheduled to begin.

R-10J(1) ACTION: Adopted Effective January 1, 2008

- .3-<u>.1</u>Time Trials At all USA Swimming spring championships, National Championships and Trials Class meets, Time Trials will be conducted on a time available basis for swimmers participating in the meet. These Time Trials shall be held under a separate sanction of the LSC where the meet is held and shall conform to the following conditions and format, subject to the time limitations specified in 207.11 and 207.12:
 - A A swimmer is limited to a maximum of two Time Trials during the course of the championships.
 - B At the USA Swimming spring championships, National Championships and Trials Class meets, a swimmer must be entered in the meet with a proved time (individual event or relay) to be eligible to participate in the Time Trials.
 - Except as noted in (4) below, Time Trials shall be swum in the order listed under the meet program as follows:
 - (1) First Day: that day's events, followed by the remaining events in the meet, except on the first day of the Modified Four-Day Program, when only that day's events will be swum.
 - (2) Second and all subsequent days except the final day: that day's events, followed by the events of the remaining day(s) of the meet, followed by the events of the previous days.
 - (3) Final Day: that day's events; that day's 1500-meter/1650-yard freestyle events may be swum, followed by events of the previous days if time permits.
 - (4) Exception: For long course championships, on the day the 50-meter freestyle is contested, the 50-meter freestyle Time Trials will be the first event in the Time Trial program. On all other days, the 50-meter freestyle will be the last event of the Time Trial program.
 - $\underline{\mathbf{PC}}$ Entry fees for Time Trials shall be the same as those established for the corresponding national championships.

.4 <u>.2</u>International Program — Upon the recommendation of the National Team Head Coach/General Manager with the approval of the OIOC and Program Operations, the USA Swimming spring championships and National Championships may be conducted in a format with the order of events simulating the World Championship or Olympic program. The men's 800 and women's 1500freestyle may be included in this format. All relays shall be conducted on a timed finals basis with all heats swum in the finals session.

R-10K ACTION: Adopted Effective January 1, 2008

207.12 ADMINISTRATIVE CONDUCT OF USA SWIMMING CHAMPIONSHIPS — The administrative rules for the conduct of the national championships and Open Water Championships are specified herein. Additional rules for Open Water Championships are listed in Article 704.

.1 General Meeting

- A A general meeting, chaired by the Program Operations Vice President or a designee, shall be held at all USA Swimming championship meets prior to the first day's competition. All participating coaches, meet officials, Program Operations Division committee chairs and coordinators, and representatives of each participating club are obligated to attend or be represented at this meeting.
- B Only business pertinent to the administrative conduct of that championship meet and its events may be considered and finalized at this meeting by a vote of those in attendance and no changes shall be made thereafter. Only material contained in Article 207 may be changed.
- C It is the obligation of every athlete entered in the meet to attend or be represented at this meeting and to become acquainted with the changes, if any, and the decisions made at this meeting.
- -2 Computerization The organization(s) conducting the championship shall compile entry lists, heat sheets, final sheets, and final results, by computer.
- -3 Entry List An entry list, by event, with submitted times shall be distributed to the coaches, swimmers, and officials on the morning of the day preceding the meet and copies shall also be available at the general meeting on the night preceding the meet.
- .4 Credentials Credentials for national championships will be provided at no charge for participating athletes and officials who are members of USA Swimming. Credentials for coaches, managers and chaperones to serve as admittance passes to national championships shall be issued to those persons listed on the submitted team roster according to the following schedule and is based upon the total size of the team. There shall be a surcharge of \$20.00 per person for spectator passes, which money shall become the property of the meet host. For clubs that wish to bring one certified massage therapist with their teams, a \$50.00 surcharge will apply if the massage therapist exceeds the deck pass formula below. These funds shall become the property of the meet host. All massage therapists must be non-athlete members of USA Swimming.
 - A 1-3 swimmers in individual events, or 1-only relay team with any number of alternates: 1 deck pass; 1 spectator pass.
 - B 4-6 swimmers in individual events: 2 deck passes; 1 spectator pass.
 - C 7-9 swimmers in individual events: 3 deck passes; 1 spectator pass.
 - D 10-20 swimmers in individual events: 4 deck passes; 2 spectator passes.
 - E 21-30 swimmers in individual events: 5 deck passes; 2 spectator passes.
 - F 31-40 swimmers in individual events: 6 deck passes; 3 spectator passes.
 - G 41-50 swimmers in individual events: 7 deck passes, 3 spectator passes.
 - H 51 or more swimmers in individual events: 8 deck passes; 5 spectator passes.
 - Unattached swimmers with a team shall be included in above schedule even if listed on separate entry blank.

Unattached swimmers not with a team: 1 deck pass; 1 spectator pass.

-5 Heat Sheets — Heat sheets for each preliminary and finals session shall be made available to coaches and/or team representatives no less than one hour before the beginning of each session. Complete results from each session shall be made available one hour prior to the next session.

.6 Schedule

- A Except as otherwise stated in 207.11.2D, a minimum of two (2) hours must elapse between the end of the last preliminary heat and the start of the first race in the finals on any one day, during which time the pool must be available for warm-up. Starting times for the preliminary and finals sessions shall be published in the meet information and reviewed at the general meeting. Starting times shall be as consistent as possible throughout the meet. At the general meeting a schedule shall be made available for the first day's competition, including starting times for the first race in each preliminary event and for each race in the finals. Each day a schedule shall be made available for the following day's competition including all the same information. No event shall start prior to the time established for that event or race.
- B At the discretion of the Program Operations Vice President, the preliminary sessions may be conducted in two courses.
- .7 Warm-up Schedule A schedule of lanes, times and warm-up procedures which must be adhered to shall be established and must be distributed during the general meeting.

.8 Eligibility Protests

- A An Eligibility Jury composed of three persons in attendance at each national championship shall be appointed by the Program Operations Vice President or designee prior to the start of the meet to consider protests pertaining to the eligibility of any swimmer to compete or to represent an organization. The Eligibility Jury shall consist of an athlete, a coach and an official.
- B All protests made prior to or during the championship shall be submitted to the Eligibility Jury on a form prescribed by USA Swimming and accompanied by a \$50 fee, which shall be returned if the protest is upheld. The \$50 fee shall not be required for protests submitted by the Registration Committee or LSC Registration Chairpersons.
- C Protests shall be heard by the jury and, if possible, decisions rendered before the start of events on the day in which the protested swimmer competes, but no later than the last night of the championships. <u>The Oopportunity to be heard</u> shall be given for to both the party lodging the protest and the party or parties charged to be heard.
- D Until the Eligibility Jury renders a decision, the swimmer may compete under protest. An announcement to this effect shall be made prior to the race. The results of any race conducted under protest shall not be announced, nor prizes awarded, nor points scored until the jury has determined if and how their decision may affect the final scoring or awards.
- E The decision of the jury may be appealed by either party to the National Board of Review, pursuant to Article 401. Protests submitted after the last day of the championships shall be submitted directly to the National Board of Review.
- F Any such decision of the National Board of Review shall be published in the next issue of Splash on the USA Swimming <u>website.</u> If such decision requires any adjustment to the results of the championships, the adjusted results shall also be published.
- .9 **Technical Rules Protests** Prior to the start of the meet the Program Operations Vice President or designee shall appoint a Technical Jury composed of at least one athlete representative, at least one coach, and at least one, but not more than three other persons. Written protests involving technical rules, except disqualifications due to judgment decisions by the deck officials, shall be made to the Meet Referee within 30 minutes of the protested act or occurrence. Decisions of the Meet Referee regarding these protests may be appealed to the Technical Jury, whose decision must be made the day of the protest and shall be final. The jury cannot adjudicate judgment decisions, which can only be considered by the Referee under Section 102.13.

.10 Scratch Procedures

A Scratches prior to the seeding of heats shall be confirmed by properly filling out and depositing a scratch card in the scratch box, available at the general meeting prior to the first day's events and available at the pool for all subsequent days' events. Swimmers may scratch from an event in which they are entered by following the procedures set forth in the meet invitation.

- B The scratch deadline for the first day's events shall be fifteen (15) minutes after the general meeting is adjourned. The scratch deadline for all subsequent days' events shall be thirty (30) minutes after the time established for the start of the finals sessions.
- C In all events where preliminary heats are necessary, after the heats have been seeded, any swimmer who fails to compete in an individual event heat in which such swimmer entered and has not been scratched in accordance with sub-paragraphs A and B above will be barred from all further individual and relay events of that day. Additionally that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares an intent to swim prior to the close of the scratch box for that day's events.
- D Scratching from finals:
 - Any swimmer qualifying for a C, B or A (bonus and consolation final or) final race in an individual event who fails to compete in said final shall be barred from further competition for the remainder of the meet, except as noted in paragraph E. A declared false start under 101.1.3F or deliberate delay of meet under 101.1.5 is not permitted and will be regarded as a failure to compete.
 - (2) In the event of withdrawal or barring of a swimmer from competition the Referee shall fill the C, B, or A (bonus and consolation final or) final, when possible, with the next qualified swimmer(s). First and second alternates shall be announced along with the final qualifiers. These alternates shall not be penalized if unavailable to compete in the finals.
 - (3) Where C and B (bonus and consolation) finals have not been swum and a barring or withdrawal is known to the Referee, the Referee shall reseed the C, B and A (bonus final and consolation final and the) final, if necessary, to insert the alternate(s) in the appropriate lane(s), filling all lanes in the final.
 - (4) If the C and B (bonus and consolation) finals have already been contested, the (championship) final shall be swum without reseeding for the empty lane(s).
- E Exceptions for Failure to compete No penalty shall apply for failure to withdraw or compete in an individual event if:
 - (1) The Referee is notified in the event of illness or injury and accepts the proof thereof.
 - (2) A swimmer qualifying for a C, B or A (bonus or consolation final or) final race based upon the results of the preliminaries notifies the Referee within thirty (30) minutes after announcement of the qualifiers for that race that they may not intend to compete and further declares their final intentions within thirty (30) minutes following their last individual preliminary event.
 - (3) It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

.11 Seeding

- A Entrants in the 1000yd/800m and 1650yd/1500m freestyle must check in and confirm their intention to compete prior to the scratch deadline in order to be seeded. Seeded heat sheets shall be published at the conclusion of the finals the evening before, except that in the five-day format, seeded heat sheets for the 800m freestyle shall be published two hours prior to the scheduled starting time for that event. The swimmers shall be listed in the meet program in the order of submitted times, beginning with the fastest.
- B Seeding individual events when using non-conforming and bonus times shall be as follows:
 - (1) All conforming times will be arranged in time order.
 - (2) In a long course championship meet, non-conforming short course meter times will be arranged in time order followed by non-conforming yard times; in a short course meet, non-conforming long course times shall precede non-conforming short course times.
 - (3) Conforming bonus times, if permitted, will be arranged in time order after the times that meet the qualifying standards, in the precedence specified in (2) above.
 - (4) Non-conforming bonus times, if permitted, will be arranged in time order after the times that meet the qualifying standard and after conforming bonus times, in the precedence specified in (2) above.

- (5) After arranging the times as provided above, the event will be seeded in normal fashion.
- .12 **Finals** Except for the relay events, the 1000 and 1650-yard and 800 and 1500-meter freestyle events, there shall be C, B, and A (bonus, consolation and championship) final heats, with the consolation heats preceding the championship heat, in both short course and long course National Championships. The order of final heats for each meet shall be approved by the Program Operations Vice President.
- .13 **Scoring** Except for Trials Class meets, scoring at the USA Swimming spring championships and National Championships shall be mandatory.
 - A Foreign national teams will not be permitted in the USA Swimming spring championships. Foreign national teams entered in the National Championships will not be scored for team awards.
 - B Foreign swimmers may score points for a USA Swimming registered club at the USA Swimming spring championships, but must be a member of that club. Foreign swimmers may not score points for a USA Swimming team at the USA Swimming National Championships, but, subject to USA Swimming representation requirements, may represent that team and receive awards.
 - C Scoring at the USA Swimming spring championships and National Championships will be on a sixteen (16) place basis. Individual events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1. Relay events receive double these point values.
 - D To be eligible for Combined Men's and Women's Team Awards, a team must have scored points in both the Men's Team and Women's Team Categories.
- .14 Final Results USA Swimming will provide final meet results to all participating teams and LSC times and records volunteers within two weeks of the completion of the Championships.

R-10L ACTION: Adopted Effective January 1, 2008

207.13 AWARDS

.1 Team Awards

Women's Team Champion	(high point women's team)
Women's Team Runner-up Champion	(second highest)
Women's Team Top Ten	(third through tenth)
Men's Team Champion	(high point men's team)
Men's Team Runner-up Champion	(second highest)
Men's Team Top Ten	(third through tenth)
Men's & Women's Team Champion	(high combined points)
Men's & Women's Runner-up Team Champion	(second highest)
Men's & Women's Combined Team Top 25	(third through twenty-fifth)

USA Swimming National Championship only:

William A. Lippman, Jr., USA Swimming—Combined Team Champion Cup *(perpetual trophy)*

.2 Individual and Relay Awards

- A Medals shall be awarded to all place winners in the A (championship) final and to the top eight (8) place winners in timed final events of any USA Swimming championship.
- B First-place medal to be awarded to the 18 & under swimmer placing highest in each individual event at each USA Swimming National Championship. If no 18-and-under swimmer scores in the A, B, or C finals, the highest placing 18-and-under swimmer from preliminaries will be recognized as the National 18-and-under Champion for that event.
- C In each national championship meet a championship gold medal and/or appropriate award shall be awarded to the man and woman swimmer scoring the greatest number of points in individual events. If two or more are tied duplicate awards shall be provided. If this occurs, the original award is given to the swimmer scoring the most first and second places and the duplicate award, if not then available, shall be sent within thirty days to the proper swimmer.
- D Where two or more swimmers tie for any place, duplicate awards shall be given to each of such swimmers, and in such case no award shall be given for the place or places immediately following the tied positions.
- E Each member of an award-winning relay team shall receive identical awards.

R-11 ACTION: Adopted Effective January 1, 2008

Location: Page 118 503.3 Treasurer

503.3 Treasurer The Treasurer shall be the Chief Financial Officer of USA Swimming, and shall have all the duties incident to that office; those specifically assigned by the Board of Directors; those specified in the USA Swimming Policy Manual or specifically set forth in Article 508.2 of these Bylaws.

R-13 ACTION: Adopted Effective January 1, 2008

Location: Page 119 ARTICLE 504.5 Ex-officio Members

504.5 Ex-Officio Members The immediate Past President of USA Swimming shall be an ex-officio member with voice but no vote. Additional ex-officio members may be appointed by the Board to serve at the pleasure of the Board with voice but no vote. An ex-officio member who fails to attend at least two regularly scheduled meetings of the Board per year shall forfeit his/her seat on the Board.

R-15 ACTION: Adopted Effective January 1, 2008

Location: Page 121 ARTICLE 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 Committee members shall serve four year terms;
 - B 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 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.

Items now noted by 506.1.2 C through F shall be moved down one letter.

R-17 ACTION: Adopted Effective January 1, 2008

Location: Page 121 ARTICLE 506.1.5 Committees and Coordinators Page 124 ARTICLE 506.4 International Relations Committee

506.1 Committees and Coordinators

.5 The following shall be responsible to the President: International Relations and Governance Committees.

506.4 International Relations Committee

.1 The International Relations Committee shall consist of the following:

- A Members of USA Swimming who hold any of the following positions shall be automatic members of the committee during their tenure in these positions: Any FINA, ASUA or USOC officer, FINA Bureau member, FINA committee chair, the Olympic International Operations Committee Chair, the Steering Committee Chair, the USA Swimming representative to the United States Olympic Committee, the current head coaches of the U.S. Olympic Swimming team, and the immediate past president of USA Swimming.
- B Five members of USA Swimming with relevant international experience shall be appointed by the President; these members will be selected from persons who serve in any of the following positions: Any member of a FINA or ASUA committee or commission, any officer of the World Swimming Coaches Association, the President of the American Swimming Coaches Association, the Executive Director of the American Swimming Coaches Association, the President of the International Swimming Hall of Fame, the FISU Chair, representatives of a committee organizing a World Championship in the USA, officials from the current FINA Lists or officials who have officiated at an Olympic Games or Long Course World Championship.
- C Five members of USA Swimming with relevant international experience, appointed by the President.
- D Two members elected by the OIOC at its first meeting following the Olympic Games.
- E A sufficient number of athlete representatives with international competitive experience on an Olympic, World Championships, Pan American, Pan Pacific, or World University Games team within 10 years preceding selection to the committee so as to constitute at least 20 percent of the voting membership.
- F The Executive Director and National Team Director of USA Swimming, with voice but no vote.
- .2 Each member shall serve until the conclusion of the House of Delegates meeting after the next Olympic Games, or until a successor is elected/appointed.
- .3 The President shall appoint a chairman, with approval of the Board of Directors.
- .4 From the members of the committee, the president shall appoint five continental liaisons to the respective FINA continental organizations of the Americas, Asia, Africa, Europe, and Oceania.
- .5 The International Relations Committee shall:
 - A Conduct an ongoing review and analysis of all political aspects and trends of swimming at the continental and international level;
 - B Develop and advance a comprehensive non technical international strategic plan for USA Swimming;

C Identify and promote individuals for nomination and advancement to international political and leadership positions;

D Enhance the influence of USA Swimming within FINA and the USOC commensurate with our competitive success and for the betterment of athlete centered governance of our sport.

R-18 ACTION: Adopted Effective January 1, 2008

Location: Page 121 ARTICLE 506.1.8 Committees and Coordinators

506.1 Committees and Coordinators

.8 The following shall be responsible to the Program Operations Vice President: Officials.

R-19A ACTION: Adopted Effective January 1, 2008

Location: Page 125 ARTICLE 506.7 Governance Committee

506.7 Governance Committee

.3 Responsibility: The Governance Committee shall

- <u>A</u> be responsible for the review of governance practices by the Board of Directors, the House of Delegates and the various committees:
- <u>B</u> The Governance Committee shall review compliance with the Ted Stevens Amateur Sports Act and the U.S. Olympic Committee Constitution and Bylaws:
- <u>C</u> Additionally, the Governance Committee shall be available for mentoring and consulting to the Board of Directors and the committees on the responsibilities and accountabilities of membership on those groups.

R-20 ACTION: Adopted Effective January 1, 2008

Location: Page 126 506.8 Audit Committee

506.8 Audit Committee

- .3 Responsibility: The Audit Committee shall be responsible for:
 - <u>A</u> the reviewing and acceptance accepting of the annual audited statements, accompanying opinion letter, and management letter:, auditor letter and
 - B making a recommendations for acceptance to the Board of Directors; and
 - <u>C</u> to oversee evaluating the system of internal controls of the corporation.

R-21 ACTION: Adopted Effective September 1, 2008

Location: Page 126 ARTICLE 506.10 Steering Committee

506.10.1 Membership The Steering Committee shall consist of one athlete selected by the Athlete's committee, one athlete selected by Steering from a slate provided by the Athletes Committee. The immediate past Head Women's Olympic coach, the immediate past Head Men's Olympic Coach, the OIOC Coordinator, the National Team Head Coach/General Manager, two coaches selected by the OIOC, one coach elected by the Senior Development Committee, one coach elected by the ASCA Board of Directors, and one coach appointee by the President in consultation with the National Team Head Coach/General Manager.

The Technical Vice President, a representative of Open Water swimming, and the Chair of the Sports Medicine/Science Committee, shall be ex officio members of the committee with voice but no vote.

- .1 eight (8) coaches selected by the National Team Head Coach/General Manager;
- .2 two athletes selected by the Athletes Committee, one female/one male, both former USA Olympic Team members;
- .3 the National Team Head Coach/General Manager, the OIOC Coordinator, the Technical Vice-President, the Chair of the Senior Development Committee, and the Chair of the Sports Medicine Committee who shall be ex officio members of the Committee with voice but no vote.

R-24 ACTION: Adopted Effective January 1, 2008

Location: Page 130 Article 508.5 Endowment Funds

508.5 Endowment Funds-There shall be established within USA Swimming such special endowment fund accounts as the House of Delegates or the Board of Directors deem appropriate. The rules governing their respective operations shall be set forth in the USA Swimming Policy Manual. These funds previously established under these Bylaws, and known as the "USA Swimming Athlete Assistance Fund" and the "USA Swimming Program Endowment Fund" shall continue. The "USA Swimming Athlete Assistance Fund" shall provide assistance and/or recognition to USA Swimming athletes who show potential for international swimming competition. The "USA Swimming Program Endowment Fund" shall provide financial benefit and support for the development of new and existing USA Swimming programs.

R-25 ACTION: Adopted/Amended Effective January 1, 2008

Location: Page 130 ARTICLE 509 (new) LSC REPORTING REQUIREMENTS

ARTICLE 509 LSC REPORTING REQUIREMENTS

[Note: Insert new article and re-number subsequent articles.]

509.1 LSC Model By-Laws: Each LSC, in accordance with its By-Laws, which are based on the "LSC Model By-Laws", adopted and amended from time to time by the USA Swimming of House of Delegates, shall meet the reporting requirements to USA Swimming contained within the "LSC Model By-Laws", including, but not limited to a copy of (1) the annual closing Balance Sheet and Statement of Income and Expense and (2) the corresponding federal income tax return (Form 990). The Balance Sheet and Statement of Income and Expense shall be audited or reviewed by an outside auditor or the LSC Finance Committee.

509.2 Financial Requirements: Annually, a copy of the financial reports listed above shall be forwarded to USA Swimming headquarters within five (5) months after the close of the fiscal year for the LSC. Upon submission of a request to extend the time to file its federal income tax return, an LSC may be granted additional time to meet its financial reporting requirements to USA Swimming equal to the extension period (typically three months), provided that the LSC submit a copy of the request for extension with the IRS to USA Swimming at the time the extension is filed and the IRS grants such an extension.

509.3 Suspension of LSC Voting: Should an LSC not be current, including extensions, with its financial reporting requirements to USA Swimming as of 45 days prior to the annual meeting of the USA Swimming House of Delegates, the Board of Directors may, with written notice, suspend the LSC from voting at the House of Delegates meeting, said suspension of votes applying only to the LSC positions entitled to vote in the House of Delegates, excluding any at-large members of the LSC.

R-26 ACTION: Adopted Effective January 1, 2008

Location: Page 130 ARTICLE 509 INDEMNIFICATION

[Article 509 Indemnification / To be renumbered as 510 if new 509 above adopted]

509.3 LSC Requirements: The Board of Directors may set certain requirements, including the adoption of financial controls. Any such requirements shall be published in the minutes and communicated to all LSCs via mail or e-mail. Failure to adopt such requirements may result in a penalty to the LSC.

R-27 ACTION: Adopted Effective January 1, 2008

Location: ARTICLE 604 OF PART SIX BYLAWS OF THE LOCAL SWIMMING COMMITTEE

604.8 NOMINATING COMMITTEE —

.1 MEMBERS OF NOMINATING COMMITTEE; ELECTION –

The Nominating Committee shall comprise *the Immediate Past General Chair and* not fewer than *||five (5)| or |four (4)||* Individual Members. <u>The Nominating Committee</u> shall be elected annually by the House of Delegates. <u>If the House of Delegates</u> <u>does not act in a timely fashion</u> the Board of Directors if the House of Delegates does not act in a timely fashion</u> shall elect a Nominating Committee to serve until their successors are elected.

A number greater than *|/five (5)/ or |/four/*| may be designated from time to time by either the House of Delegates or the Nominating Committee. Each Nominating Committee member shall be a member of the House of Delegates and no more than two (two-fifths if there are more than five (5) members of the Nominating Committee) shall be *|/Board Members/ or /Executive Committee members/*. Section 0 shall apply to members of the Nominating Committee, *but service as the immediate Past General Chair shall not be counted for that purpose.* If any member of the Nominating 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.

R-29 ACTION: Adopted Effective immediately without further action on the part of any LSC. This legislation shall be mandatory and the Bylaws of each LSC shall be deemed amended by the adoption of this legislation, notwithstanding any requirement whatsoever for passage of legislation by the LSC itself.

Location: LSC Bylaws Template Article 610 Board of Review

610.3 BOARD OF REVIEW ORGANIZATION -

- .1 ESTABLISHMENT The Board of Review of XXSI shall be independent and impartial.
- .2 MEMBERS The Board of Review shall have *at least five (5) regular* members *and at least three (3) alternate members*. The Board of Review, and any panel hearing a case, shall have a sufficient number of athlete members to constitute at least 20% of its membership. The House of Delegates may increase the number of *regular or alternate* members by resolution but subsequent to the adoption of these Bylaws may only decrease the number of *regular or alternate* members upon the expiration of the term of office of any incumbent members. When a matter is being heard by less than the full Board of Review, the panel hearing the case shall include a sufficient number of athlete members so as to constitute at least 20% of the hearing panel. No hearing shall proceed without the required athlete representation.

R-30 ACTION: Adopted Effective January 1, 2008

Location: Page 145 ARTICLE 701.1 EVENTS/MEETS

701.1 EVENTS/MEETS

- .3 Team Events <u>-</u> A Team events may be conducted <u>in various formats</u> concurrently with individual events, with the results achieved in the individual event used to compute the team scoring <u>as announced in the meet information</u>.
 - A A team event shall be contested on a total time or distance basis. Clubs may enter any number of three or fourswimmer teams. The aggregate time or distance of the top three swimmers on each team shall be used to determine the team's time or distance. Mixed gender teams shall be composed of not more than two males and two females.
 - B The team whose top three swimmers have the lowest cumulative time or the greatest cumulative distance shall be the winning team. Subsequent places shall be determined on the cumulative time/distance basis. If two or more teams have identical times or distances, a tie shall be declared.
 - C The team whose top three swimmers have the lowest cumulative time or the greatest cumulative distance shall be the winning team. Subsequent places shall be determined on the cumulative time/distance basis. If two or more teams have identical times or distances, a tie shall be declared.

R-31 ACTION: Adopted Effective January 1, 2008

Location: Page 146 ARTICLE 701.2 RULES

701.2 RULES

- .1 All open water competitions shall be freestyle events.
- .2 If in the 4 mile race swum on a quarter mile straightaway the race is stopped before the two mile point, it may be restarted. If the race is stopped after the two mile point, the race results will be determined by the time and place at the last completed half mile point. In all non-Championship events Tthe Host Committee must declare in the meet information the policy for abandonment.
- .3 In long-distance pool events over three miles, it is permissible for a swimmer to leave the water for brief periods because of pool safety and health considerations. When re-entering the water the swimmer shall resume the event commencing with the last completed length, using an in-water start with a push off the wall. A dive entry is not permitted.
- .4 The Start
 - A Events may be started:
 - (1) In-water competitors stand or tread water in a depth sufficient for them to commence swimming on the start signal;
 - (2) From the <u>Bb</u>each contestants line up and run into the water from the shore on the Starter's signal.:
 - (3) From a fixed platform competitors' positions on the platform are determined by random draw and they commence racing on the start signal. (See 103.2.3- Water Depth)
 - B The start signal shall be both audible and visible.
 - C When the number of entries dictate the start shall be segregated in the for Men's and Women's competitions is staggered, the Men's events shall always start before the Women's events.
 - CD If, in the opinion of the Referee, an unfair advantage has been gained by someone at the start, the competitors shall be stopped and restarted.

- \underline{DE} Prior to the start all escort boats <u>safety craft</u> shall be stationed so as to avoid interference with any competitor. If catching up to their swimmers from behind, the <u>boats craft</u> shall navigate in such a way as to avoid maneuvering through the field of swimmers.
- .5 The Finish
 - <u>A</u> Where in-water finish apparatus is not available, an on-shore finish where contestants run from the water to a finish point is permitted.
 - <u>B</u> The finish should be filmed and recorded by video system with slow motion and recall facilities including timing equipment.
- .6 Escort Safety Craft
 - A Escort boats <u>safety craft</u> shall maintain a constant position at the sides of their swimmers and shall maneuver so as to avoid obstructing or placing themselves directly in front of another swimmer.
 - B Each escort boat <u>safety craft</u> shall contain a race judge, a person of the swimmer's choosing, and the minimum crew required to operate the escort boat <u>safety craft</u>.
 - <u>C</u> Coaching and the giving of instructions by a swimmer's representative on escort safety craft or platforms is permitted. No whistles may be used by coaches.
- .7 Time Limits In all Open Water events, time limits shall be published in the meet information and shall apply as follows from the finish time of the first swimmer. Events with age group divisions will have the time limit applied by age group.
 - A Events under 25 KM.....not less than 30 Minutes
 - B Events of 25 KM..... not less than 60 Minutes
 - C Events of over 25 KM..... not less than 120 Minutes

R-32 ACTION: Adopted Effective January 1, 2008

Location: Page 146 ARTICLE 701.2 RULES Page 149 ARTICLE 701.15 THE STARTER

701.2 RULES

- .4 The Start
 - A No change
 - B No change
 - C If, in the opinion of the Referee, an unfair advantage has been gained by someone at the start, the competitors shall be stopped and restarted that swimmer may be disqualified.
 - D No change

701.15 THE STARTER

- .1 Shall assume a position clearly visible to all competitors;
- .2 On a signal from the Referee, shall raise a distinctive flag to a vertical position;

- .3 Holding the arm straight, shall simultaneously bring the arm holding the flag down and shall activate an audible signal to signify the start.; and
- .4 In the event of a false start, shall activate a recall device or signal. The recall signal shall be made known to all competitors prior to the race.

R-33 ACTION: Adopted Effective January 1, 2008

Location: Page 147 ARTICLE 701.5 DISQUALIFICATIONS

701.5 DISQUALIFICATIONS — A swimmer shall be disqualified for:

- .1 Willfully or intentionally delaying or impeding the progress of another swimmer. (Note: Incidental contact, especially at the start of the event, shall not be a basis for disqualification.);
- .2 Failing to swim or complete the prescribed course. <u>Competitors who do not finish the course within the time limit shall be</u> removed from the water except that the Referee may allow a competitor outside the time limit to complete the course but not participate in any points or prizes awarded;
- .3 Receiving assistance by pulling on the cables, line markers or buoys <u>or buoy lines (Note: Incidental contact shall not be a basis for disqualification.);</u>
- .4 Receiving propulsive aid from anyone in boats, on surf boards, etc or other escort craft of any kind;
- .5 Walking or pushing off the bottom or objects thereon. (Note: pushing off at the start or walking at the finish where an on-shore finish is employed are is permitted.);
- .6 Violating the swimwear rules. No swimmer shall be permitted to use or wear any device which may be an aid to his/her speed, endurance or buoyancy. Goggles, a maximum of two (2) caps, nose clip, and earplugs may be used;
- .7 Receiving aid from a non-competing person in the form of pacing;
- .8 Failing to maintain clearance between himself/herself and other swimmers and/or escort craft except at starts, turns, finishes, or where course conditions do not permit suitable spacing. (Race judges shall instruct swimmers who are taking unfair advantage by pacing to move clear of other swimmers. Failure to comply shall result in disqualification.); *re-number remaining*
- .89 Taking an unfair advantage by slipstreaming an escort safety craft (Race judges shall instruct swimmers who are taking unfair advantage by pacing or slipstreaming with escort craft to move clear.);
- .910 Actions of his/her escort safety craft or coach that interfere with another swimmer's progress or for failure of his/her craft or coach to heed the instruction of an assigned official; or
- .<u>10</u>11 Receiving support from any fixed or floating object or touching or being touched by his/her escort <u>safety</u> craft or the crew. (Note: Standing on the bottom during the race shall not disqualify the swimmer. <u>Incidental contact while</u> Ggiving food or liquid to a swimmer <u>shall not result in disqualification</u> is permissible.)

R-34 ACTION: Adopted Effective January 1, 2008

Location: Page 147 ARTICLE 701.6 (New) DISQUALIFICATION PROCEDURE

<u>701.6 DISQUALIFICATION PROCEDURE</u> — If in the opinion of the Referee or Assistant Referee, any swimmer, or escort safety craft commits one of the infractions in this section the following procedure shall apply:

.1 First Infringement – A yellow flag and a card bearing the swimmer's number shall be raised by the Referee to indicate and to inform the swimmer that he is in violation of the Rules. Whistles may be used by the Referee to get the swimmer's attention.

- .2 Second Infringement A red flag and a card bearing the swimmer's number shall be raised by the Referee to indicate and to inform the swimmer that he is for the second time in violation of the Rules. The swimmer shall be disqualified. He must leave the water immediately and be placed in an escort craft and take no further part in the race. Whistles may be used by the Referee to get the swimmer's attention.
- .3 The Referee may disqualify a swimmer without prior warning if in his opinion the action of the swimmer or escort craft is deemed to be unsportsmanlike. Examples of unsportsmanlike conduct include intentionally striking another swimmer, refusal to re-round a turn mark after being advised the mark was missed.

Re-number remaining

R-35 ACTION: Adopted Effective January 1, 2008

Location: Page 149 ARTICLE 701.13 THE COURSE OFFICER

701.13 THE COURSE OFFICER

- .1 Shall be responsible for the accuracy of the survey establishing the distance of the course;
- .2 Prior to the commencement of competition, shall inspect with the Referee and Safety Officer the course to ensure that all points are correctly marked and all equipment has been correctly installed and is in working order; and
- .3 Shall ensure that Turn Judges are in position prior to the start of the competition and report this to the Assistant Referee; and
- .34 Shall serve as pilot in the lead boat when one is used.

R-36	ACTION:	Adopted	Effective January 1, 2008	
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Location: Page 149 ARTICLE 701.14 THE CLERK OF COURSE

Proposed by: Sid Cassidy, Rules & Regulations Committee and Jay Thomas, Open Water Task Force

701.14 THE CLERK OF COURSE

- .1 Shall assemble and instruct the competitors prior to the competition and ensure proper reception for the competitors at the finish;
- .2 Shall ensure that each competitor is correctly marked with his/her race number and that all swimmers have trimmed fingernails and are not wearing any jewelry including watches; and
- .3 Shall be certain all swimmers are present, in the assembly area, at the required time prior to the start; and
- .4 Shall keep competitors and officials informed of the time remaining before the start at suitable intervals and at one minute intervals for the last five minutes.

R-37 ACTION: Adopted Effective January 1, 2008

Location: Page 150 ARTICLE 701.21 (New) THE RECORDER

Proposed by: Sid Cassidy, Rules & Regulations Committee and Jay Thomas, Open Water Task Force

701.21 THE RECORDER shall record withdrawals from the competition, enter results on official forms, and maintain the record for team awards as appropriate.

R-38 ACTION: Adopted Effective January 1, 2008

Location: Page 150 ARTICLE 702.1 THE COURSE

702.1 THE COURSE

- .1 The course shall be measured as accurately as possible with the available navigational or survey equipment.
- .2 The course shall be in water that is subject to only minor currents or tide <u>and may be salt or fresh water</u>.
- .3 With the exception of beach starts and beach finishes, the minimum depth of water at any point on the course shall be $4 \underline{1.4}$ meters (3.4 feet).
- .4 Quarter mile (440 yards) straightaway shall be delineated by a cable with floats stretched between two stationary pylons or platforms fixed in the water. The distance between the anchoring points shall be plus or minus six inches, measured from the outer edge of the turning point with a minimum of five meters between the turning point and any obstruction.

R-39 ACTION: Adopted Effective January 1, 2008

Location: Page 150 ARTICLE 702.2 WATER TEMPERATURE

702.2 WATER TEMPERATURE — The water temperature shall should be a minimum of $\frac{1416}{57^{\circ}}$ (57° $\frac{60^{\circ}}{57^{\circ}}$ F).

R-40 ACTION: Adopted Effective January 1, 2008

Location: Page 151 ARTICLE 702.5 THE FINISH

702.5 THE FINISH

- .1 The final approach to the finish shall be clearly marked by a narrowing "gateway" of buoys or floats. defined with markers of a distinctive color. The area leading to the finish apparatus should be clearly marked by rows of buoys which narrow as they get closer to the finish wall. Escort safety craft should be stationed at the approach to and entrance of the finish lane to ensure that only the escort craft authorized to do so enter or cross this entrance.
- .2 The finish line shall be clearly defined and marked by a vertical surface at least five meters wide. The finish apparatus, where possible, should be a stationary panel securely fastened in place so as to not be moved by wind, tide, or force of the swimmer striking it.

R-41 ACTION: Adopted Effective January 1, 2008

Location: Page 151 ARTICLE 704.2 (New) ABANDONMENT

704.2 ABANDONMENT - In National Championship Events where emergency conditions require a race to be halted before it is completed the following shall apply:

- .1 5K & 10 K events: In the event of abandonment, the race should be re-started at the earliest possible time and the full distance completed.
- .2 25K events If the race is abandoned prior to the lead swimmer reaching the 12.5K, the race should be re-started and the full distance completed at the most appropriate time as decided by the meet committee. If the race is abandoned after the 12.5K mark, the race shall be considered complete. The final placings of all swimmers shall be determined by the Meet Referee.

.3 Situations not covered above shall be determined by the Meet Committee.

10/9/2007

R-42 ACTION: Adopted Effective Immediately

Location: Page 59 ARTICLE 202.3 CONDITIONS OF SANCTION

202.3 CONDITIONS OF SANCTION

.3 All meet directors, referees, starters, marshals, and stroke and turn judges, serving in an official capacity in a sanctioned event, must be members of USA Swimming, and all persons acting in any coaching capacity in a sanctioned event must be coach members of USA Swimming.

	ve January 1, 2008	Adopted	ACTION:	HK- 1
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Location: Page 123 506.3 OLYMPIC INTERNATIONAL OPERATIONS COMMITTEE

506.3 Olympic International Operations Committee

- .2 There shall be a maximum number of fifty (50) members in the Committee elected or selected as follows:
 - C The President of USA Swimming, the Program Operations Vice President, the Technical Vice President and the National Steering Committee shall be members of the Committee;

HK-2 ACTION: Adopted Effective January 1, 2008

Location: Page 127 507.1 ORGANIZATION

507.1 Organization

- .1 No change
- .2 Ten athlete representatives, five (5) per year and each serving a two (2) year term, elected by those athletes competing at the USA Swimming U.S. Open <u>SCY National Championships</u> competition shall be members of the House of Delegates... *No further changes*

HK-3 ACTION	Adopted Effective January 1, 2008
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Location: Page 139 APPENDIX 6-D Description of LSC Boundaries

PACIFIC NORTHWEST - That portion of the State of Washington west of the counties of Okanogan, Chelan, Kittitas, and Yakima; and north of Cowlitz and Skamania counties County; and north and west of Cowlitz County.