



VIA ELECTRONIC MAIL

P.O. Box 6222
Indianapolis, Indiana 46206
Telephone: 317/917-6222

Shipping/Overnight Address:
1802 Alonzo Watford Sr. Drive
Indianapolis, Indiana 46202

www.ncaa.org

MEMORANDUM

September 15, 2009

TO: Head Swimming and Diving Coaches at NCAA Member Institutions and
Commissioners of Conferences that Sponsor Swimming.

FROM: Tracy Huth, chair
NCAA Swimming and Diving Committee

Brian Gordon, secretary-rules editor
NCAA Swimming and Diving Committee.

SUBJECT: Major Rules Changes for 2010 and 2011.

The enclosed rules changes have been approved by the NCAA Men's and Women's Swimming and Diving Committee and by the NCAA Playing Rules Oversight Panel. The rules changes will be incorporated into the rules book for the 2010 and 2011 seasons.

If you have questions regarding these major rules changes, you may contact one of us or Rachel Seewald (rseewald@ncaa.org) at the NCAA national office.

TH:BG:nkb

Enclosure

cc: Selected NCAA Staff Members

N a t i o n a l C o l l e g i a t e A t h l e t i c A s s o c i a t i o n

An association of more than 1,200 members serving the student-athlete
Equal Opportunity/Affirmative Action Employer

MEN'S AND WOMEN'S SWIMMING AND DIVING MAJOR RULES CHANGES FOR 2010 AND 2011

The following rules changes have been approved by the NCAA Men's and Women's Swimming and Diving Committee and the Playing Rules Oversight Panel (PROP). They have been incorporated into the rules book for the current cycle, beginning with the 2009-10 season. The rule and page references are from the 2008-09 Men's and Women's Swimming and Diving Rules book. All underlined language represents additions to the respective rule. Language that is crossed out was deleted from the rule.

1. **Rule 1-4-8 and 3-1-3 (Pages 24 and 38) New Equipment.** The NCAA Men's and Women's Swimming and Diving Committee is responsible for formulating the official playing rules for the sport. The committee may establish and/or utilize independent sources for testing/control.

Equipment or swimsuit manufacturers have undertaken the responsibility for the development of playing equipment that meets specifications established by the committee. The NCAA urges manufacturers to work with the various independent testing agencies to ensure the production of safe products. Neither the NCAA nor the NCAA Men's and Women's Swimming Committee certifies the safety of any swimming equipment. Only equipment or swimsuits that meet the specifications stated in the NCAA Men's and Women's Swimming and Diving Rules may be used in intercollegiate competition.

While the committee does not regulate the development of new equipment or swimsuits and does not set technical or scientific standards for testing equipment or swimsuits, the committee may provide manufacturers with informal guidelines as to the equipment-performance levels it considers consistent with the integrity of the sport. The committee reserves the right to intercede in order to protect and maintain that integrity.

The NCAA Men's and Women's Swimming and Diving Committee suggests that manufacturers planning innovative changes in swimming equipment or swimsuits submit the equipment or swimsuit to the NCAA Men's and Women's Swimming and Diving Committee for review before production.

***Rationale:** Adds additional language to be consistent with other changes throughout the rules book.*

2. **Rule 2-2-2b (Page 29) Breaststroke.** After the start and after each turn when the feet leave the wall, the body shall be kept on the breast. The arms shall move simultaneously and in the same horizontal plane throughout the propulsive phase of the stroke without any alternating movement. The hands shall be pushed forward together from the breast, on, under or over the water. A butterfly-style recovery is not permitted. The elbows shall be under the calm level of the water except for the final stroke before the turn, during the turn, and the last stroke at the finish of the prescribed distance. The hands shall be pulled back simultaneously on or under the surface of the water. The hands shall not be brought back beyond the hipline, except during the first stroke cycle after the start and each turn. Some part of the swimmer's head shall break the surface of the water at least once during each complete cycle of one arm stroke and one leg kick, in that order, except after the start and each turn when a single butterfly kick, which must be followed by a breaststroke kick, is permitted during or at the completion of the first arm pull. After the start and after each turn, any lateral or downward movement of the hands or arms is

considered to be the initiation of the first arm pull. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke after the start and after each turn. There shall be no sculling with the hands at the end of the first arm stroke after the start and each turn.

***Rationale:** Will bring NCAA Rules in line with FINA and USA Swimming Rules. Will allow for more consistency in officiating and allow for performance in both NCAA and USA Swimming/FINA events to count universally.*

3. **Rule 2-2-2d (Page 30) Breaststroke.** A complete stroke cycle shall consist of one arm stroke followed by one leg kick. A stroke cycle may be initiated only by an arm stroke. Each time the swimmer's hands begin their lateral and/or downward press, a new stroke cycle shall have been started. ~~Drifting apart of the hands shall not constitute the start of a stroke cycle.~~ Each time the swimmer finishes a leg kick, a stroke cycle shall have been completed. An incomplete stroke cycle, consisting of an arm stroke without a following leg kick, may be used immediately before the touch at each turn or at the finish. Two arm strokes without an intervening leg kick or two leg kicks without an intervening arm stroke may not be used at any time.

***Rationale:** Will bring NCAA Rules in line with FINA and USA Swimming Rules. Will allow for more consistency in officiating and allow for performance in both NCAA and USA Swimming/FINA events to count universally.*

4. **Rule 2-5-6 (Page 36) Improper Conduct.** Acts of unsporting or unsafe conduct will be considered for disciplinary action by the referee or meet committee. This includes the use of obscene or vulgar language by coaches, student-athletes and institutional representatives. The use of any equipment or swimsuit not permitted by NCAA rules is considered an act of improper conduct.

***Rationale:** Adds additional language to update rule for current issues in the sport.*

5. **Rule 3-1-1 (Page 37). Uniforms and Swimsuits for Swimmers.** a. Competitors' uniforms should be characterized by conformity to recognized standards of propriety.

a. MATERIAL:

1. TEXTILE: By definition, the material used for the swimsuit shall be a textile (a woven material).
2. PERMEABILITY: All swimsuit materials must be 100% permeable to air and water.
3. BUOYANCY: The material shall have a net buoyant effect of not more than .5 Newton – 50.95 gm – 1.796 oz.
4. THICKNESS: The material used shall have a maximum thickness of .8 mm. The measurement method is in accordance with ISO Standard 5084 for textiles.
5. ERGOGENIC AIDS: The material shall not provide external stimulation or influence of any form (e.g. pain reduction, chemical/medical substance release, electro-stimulation, compression for core stabilization, or other performance enhancing properties).

b. DESIGN:

1. When used, the material shall follow the body shape.
2. The design shall not create air trapping effects.
3. For men the swimsuit shall not extend above the waist and below the top of the kneecap.

4. For women the swimsuit shall not extend beyond the shoulders and below the top of the kneecap, nor cover the neck.
- c. CONSTRUCTION:
1. Any system providing external stimulation or influence of any form (e.g. pain reduction, chemical/medical substance release, electro-stimulation, performance enhancing compression, or other performance enhancing properties) is prohibited.
 2. The swimsuit shall not have any zippers or fasteners other than a waist tie for a brief or a jammer. The tie shall have a maximum width of 1/4".
 3. The swimsuit shall be comprised of no more than two layers, the sum of which shall not exceed 1 mm in total thickness (excepting the casing/ribbing at the terminal ends of the material).
 4. Elastic material may be contained within the casing/ribbing terminal ends of the swimsuit (e.g. shoulder straps, waist opening, legs openings).
- d. CUSTOMIZATION:
1. All swimsuits must be constructed in an identical fashion with no variation/modification for individual swimmers.
 2. Any modification or alteration (e.g. water resistant sprays, tape, etc.) is prohibited.
 3. One post-construction impermeable institutional marking or logo that does not exceed 9 square inches may be applied to the swimsuit.
 4. Swimmers with physical disabilities may request a waiver for customization from the NCAA Swimming and Diving Secretary / Rules Editor at least one week prior to the individual's first competition.
- e. USE: The swimmer shall be limited to one swimsuit.
- f. CONTROL: The NCAA may establish and/or utilize independent sources for testing/control.
- g. In accordance with NCAA Bylaw 12.5.4, an institution's uniforms, swimsuits or any item of apparel (e.g., ~~bathing suits~~ t-shirts and warm-ups) that is worn by a student-athlete while representing the institution in intercollegiate competition shall contain only a single manufacturer's or distributor's logo or trademark on the outside of the apparel (regardless of the visibility of the logo or trademark). The logo or trademark must be contained within a four-sided geometrical figure (i.e., rectangle, square, parallelogram) that does not exceed 2 1/4-square inches. Such an item of apparel may contain more than one manufacturer's or distributor's logo or trademark on the inside of the apparel provided the logo or trademark is not visible.
- h. If an institution's uniform, swimsuit or any item of apparel worn by a student-athlete in competition contains washing instructions on the outside of the apparel or on a patch that also includes the manufacturer's or distributor's logo or trademark, the entire patch must be contained within a four-sided geometrical figure (i.e., rectangle, square, parallelogram) that does not exceed 2 1/4-square inches.
- i. The restriction of the size of a manufacturer's or distributor's logo is applicable to all apparel worn by student-athletes during the conduct of the institution's competition, which includes any pregame or postgame activities (e.g., postgame celebrations or pre- or postgame media conferences) involving student-athletes.
- j. UNIFORM/SWIMSUIT DEFINITIONS:

1. Propriety - conformity to established standards of good or proper behavior or manners. Decency, modesty.
2. Coverage – the amount of body surface covered by the swimsuit. The greater the surface area covered, the greater the effect of the suit on performance.
3. Compress – to press together; force into less space. Causes the reduction of water displacement (reduces buoyancy), and drag (i.e. form, etc.). Creates discriminating effects based on body type.
4. Ergogenic properties - increasing capacity for bodily or mental labor especially by eliminating fatigue symptoms. Materials and designs that enhance stability, circulation, and movement (torso and limb), or eliminate or reduce performance limiting factors such as pain.
5. Design – to plan or fashion.
6. Material - a textile fabric.

Rationale: To completely address a pressing issue in the sport of swimming.

6. **Rule 3-1-2 (Page 38) Artificial Aids.** No swimmer is permitted to wear or use any device or foreign substances to help his or her speed, pace, buoyancy or body compression in competition. Pulling on a lane line to assist motion is not permitted. Temporarily applied adhesives shall not be used to assist the backstroke start; however, host institutions are encouraged to have all end walls and touch pads finished with a permanent or semipermanent nonslip surface. Goggles may be worn and rubdown oil may be applied if not considered excessive by the referee.

Rationale: Adds additional language to be consistent with other changes throughout the rules book.

7. **Rule 3-1-4b (Page 39) Required Participation of Entrants.** Names of relay competitors must be submitted to the appropriate official at a designated time before the start of the race. Changes in names of participants are permitted up until the start of the event (the start is considered to be when the referee calls the first heat of the event to the starting blocks). When the actual contestants in a relay are different from those listed on the official relay entry form, the competing relay shall be disqualified and all athletes involved (competing and listed) shall be charged with participation in an event, but no further penalty will be assessed. ~~If there is an order change for swimmers two, three and four, please inform the meet administration before the start of the event.~~ Order change for swimmers two, three and four is permitted at any time without penalty. Please inform the meet administration of said changes for the accuracy of results.

Rationale: Rewords rule for clarity and adds language to reflect what is being practiced.

8. **Rule 3-2-1b (Page 41) Number of Entries in Nonchampionships Meets.** In double-dual, triangular and quadrangular meets, each institution shall be allowed two entries per individual event (swimming or diving) and two entries per relay event. By mutual consent of all participating head coaches and when facilities permit, each institution may be allowed three or four entries per individual and three entries per relay event when facilities permit more than two entries per team per event may be allowed.

Rationale: A clean up and clearer interpretation.

9. **Rule 3-3-4 (Page 44) Scratches.** Competitors may scratch from an event in which they are entered by following the procedures set forth in the meet information. In non-NCAA championships, invitational meets and NCAA championships, a competitor remains officially entered in all events that he or she is officially entered in unless scratched by the official scratch deadline for that event. A declared false start may be taken during the preliminary heat, and that swimmer(s) will be charged for an event. ~~If the competitor competes in the preliminary heat and qualifies for the finals, there is no provision for scratching as the rule does not allow for alternates (See Rule 5-3-4). Relay events are held to the same interpretation, except that swimmers' names may be changed from the preliminary heat to finals.~~ A swimmer or relay team who does not want to participate in a final based upon results of the preliminaries must complete a scratch card signed by a coach and submit it to the designated official within thirty (30) minutes after the announcement of qualifiers for that event that they are scratching from the event. They will be allowed to withdraw without penalty and the event shall be reseeded with the first available alternate swimmer or relay team being moved up into the appropriate finals.

Rationale: Allows more flexibility for teams, coaches, and student-athletes. Will potentially create more competition opportunities for additional student-athletes when scratches are allowed. Will remove "phantom medical excuses" that remove swimmers and also eliminate conferences and invitationals ignoring actual rule. The original reason for this rule is now obsolete.

10. **Rule 4-6-1 (Page 48) Referee Jurisdiction (added an additional jurisdiction).** L. When bulkheads are used at either the start or turning end, the referee shall verify that the competition course measures to the correct distance both prior to and subsequent to each day of competition. Such measurements shall be done by laser with a device provided by the host institution or host facility. Failure to adhere to this requirement shall render any times recorded or records achieved null and void.

Rationale: Confirmation that the race course is legitimate.

11. **Rule 4-14-3 (Page 54) Side Takeoff Judges.** Each side takeoff judge shall assume a position, on the side of the racing course, that will afford a clear view of the relay exchanges in the lane(s) to which he or she has been assigned.

When side takeoff judges are used in non-NCAA and NCAA championships meets, there shall be a sufficient number of such judges so that no side takeoff judge shall be assigned to observe relay exchanges in more than four lanes, with three or fewer preferred. For example, if four side takeoff judges are used with eight lanes, the side takeoff judges shall be stationed and assigned lanes as follows: Judge A on lane one side of the pool shall observe lanes one and two; Judge B on lane one side of the pool shall observe lanes three and four; Judge C on lane eight side of the pool shall observe lanes five and six; and Judge D on lane eight side of the pool shall observe lanes seven and eight; OR Judge A on lane one side of the pool shall observe lanes one through four; Judge B stationed between lanes four and five shall also observe lanes one through four; Judge C stationed between lanes four and five shall observe lanes five through eight; and Judge D on lane eight side of the pool shall also observe lanes five through eight.

Rationale: A clean up and clearer interpretation.

12. **Rule 4-14-6a (Page 55) Electronic Takeoff Equipment.** In nonchampionships meets, at least one human takeoff judge must be assigned to observe the relay exchange in ~~each lane~~ all lanes. In championships meets, two human takeoff judges must be assigned this responsibility.

Rationale: A clean up and clearer interpretation.

13. **Rule 4-14-7 Takeoff Judges (added an additional article to 4-14). Article 7. Electronic Equipment Video Review.** Video replay may be used at competitions governed by a meet or games committee comprised of representatives of multiple institutions to determine if the electronic judging equipment has failed. Such equipment can be used if the relay judging equipment detects an exchange between +0.09 and -0.09 and both relay judges independently recorded opposite of the equipment and the referee feels it is warranted to investigate the accuracy of the electronic judging equipment. To use such equipment, the meet committee (in consultation with the meet referee), must set up a system prior to the event aligned with a direct side view(s) of the exchange end and maintain a speed of at least 25 frames/second (.04s). Video of this speed allows for two frames in each direction of what should have been 0.0, allowing for sufficient evidence to be indisputable and clear. Exact framing is not necessary, nor is time synching with the electronic timing system. The result of the video is merely to determine if the electronic judging equipment has failed. The video shall not be used to detect early take-offs or any other rule infractions. If conclusive video evidence exists that the electronic equipment failed, the result of the electronic judging equipment is voided, and no electronic result is recorded and the referee may overturn the disqualification for that heat. Any obstruction to the view of the exchange is sufficient to void the video from evidence. The video clip must be saved and submitted to the NCAA or conference, along with a statement from the referee detailing the reason for the overturned call, for archiving and review; and the equipment must then be tested to determine if the equipment is in fact faulty, or if some other glitch occurred. Should the NCAA or conference disagree with the video evidence, the NCAA or conference retains the right to overturn the meet referee's decision.

Rationale: Timing and judging systems are mechanical and thus prone to periodic failure. The relay takeoff judging uses two mechanical devices to compare times, one on the top of the starting block and the finish pad at the end of the course. The current rules have provision for making timing adjustments when the finish pad fails to record a time but makes no provision when the pad failure occurs as a part of a relay exchange. With the current rules there is no provision to deal with an equipment malfunction in the interval +0.09 seconds to -0.09 seconds.

This rule, proposed to protect the athletes, provides for an economical means to determine whether an equipment malfunction has occurred and a high standard for overturning the decision of the equipment. This rule will only apply if the referee decides prior to the beginning of the meet to have the video cameras installed and then only if there is other evidence of a potential malfunction. The video cameras used as part of this proposal are readily available to the consumer. Many facilities and swim teams already own these cameras and use them for coaching. We will most likely use two cameras, one on each side of the pool looking at four lanes each. The entire race would be filmed so that the exchange in question can be identified. There should not be any financial impact to implement this proposal.

In the end, the NCAA meet committee will have the final say on whether to accept the time for entry into the NCAA championships. The proposed rule could be used on a trial basis for a couple of seasons to work out the protocols for efficiently using the video evidence. The video review system will only be used to review relay exchanges that have evidence of an equipment malfunction.

14. **Rule 5-1-4 (Page 65) Invitational Meets.** ~~For invitational meets in which seeding is not used to assign swimmers to lanes, the host institution shall establish and publish in advance the procedure(s) by which lane assignments shall be made.~~ For NCAA qualifying times to be accepted, seeding must follow the accepted seeding procedures of seeding the finals first, then the consolation final, and finally any bonus heats. A full complement of entries shall be placed in all heats starting with the fastest heat. Whenever this results in fewer than three entries in the

slowest heat, the slowest seeded entries in the second heat shall be moved into the slowest heat so no heat has fewer than three entries.

***Rationale:** NCAA qualifying standards must adhere to all rules. This clarifies seeding issues.*

15. **Rule 5-2-3a (Page 68) Preliminary Heats. Three Heats or Fewer.** The fastest person or relay team shall be placed in the third heat, the second fastest in the second heat, the third fastest in the first heat. The fourth fastest person or relay team shall be placed in the third heat, the fifth fastest in the second heat, the sixth fastest in the first heat, the seventh fastest in the third heat, etc. With 16 or fewer swimmers or relay teams in an eight-lane racing course (12 or fewer swimmers or relay teams in a six-lane racing course), there will be two seeded heats. With eight or fewer swimmers or relay teams (six or fewer in six lane course) there will be one seeded heat.

***Rationale:** Clarifies intent of rule that is applied liberally and differently nationwide.*

16. **Rule 5-3-4 (Page 70) Alternate Qualifiers.** In non-NCAA championships and NCAA championships competition, two alternate qualifiers will be specified and listed on the program to help ensure a full complement of finalists in the event of illness or injury (certified by a physician or designated health official) to a qualified swimmer or in the case of permitted scratches (see 3-3-4). In the case of tied times, the outlined swim-off procedure will be followed.

If a swimmer who is qualified for the consolation final of a swimming event is certified at any time before the start of that consolation final as being ill or injured, the highest ranking available alternate qualifier for the event shall be moved into the consolation final and the consolation final shall be reseeded.

If a swimmer who is qualified for the championships final of a swimming event is certified at any time before the start of the consolation final in that event as being ill or injured, the highest ranking available alternate qualifier for the event shall be moved into the consolation final and both the consolation and championships finals shall be reseeded.

If a swimmer who is qualified for the championships final of a swimming event is certified at any time after the start of the consolation final in that event as being ill or injured, the championships final shall proceed with an empty lane and without reseeding. The points involved shall be lost from the meet.

***Rationale:** Adds additional language to be consistent with other changes throughout the rules book.*

17. **Rule 6-1-1 (Page 71) Description of Events.** In dual, double-dual, triangular, quadrangular and relay meets, there shall be finals only, for both one- and three-meter. The default program is six dives with true degree of difficulty (representing all five diving categories) one voluntary and five optionals. With mutual consent by all coaches, one voluntary and five optional dives may be contested ~~six optional dives may be contested.~~

When the voluntary plus five optional is used, the voluntary dive shall be done first; shall be the choice of the diver; and shall be assigned a standard 2.0 degree of difficulty, regardless of the degree of difficulty normally listed for that dive.

When six optionals are contested, the first round of dives can be assigned their standard degree of difficulty.

Regardless of the program, the optional dives shall be chosen so as to include one dive from each of the five diving groups. The optional dives may be performed in any order.

Rationale: National selection videos for Division III now require the coach to submit 6 dives using real DD. This requires Division III to tape all dual meets to obtain the best “6” dive video for athletes to have a fair shot at making the national meet. When doing 5 optional dives and 1 voluntary dive with a set DD limit, Division III taping opportunities are limited. There is really no reason any longer to have a set DD for the first dive or the “voluntary” dive. Simply do 6 dive meets using real DD.

18. **Rule 6-5-4-9 (Page 90) Arm Stands.** ~~Assume that the diver has reached a starting position when both of the diver’s feet leave the platform. If a steady balance in the straight position is not shown, the judges should deduct from one to three points. If a diver loses balance and any part of the diver’s body other than the hands touches the platform, it is a balk. A diver’s hands may move without a balk being called.~~

The starting position in an arm stand dive shall be assumed when both hands are on the front edge of the platform and both feet leave the platform. When a steady balance in the straight vertical position is not shown, each judge shall deduct ½ to 2 points. A re-start shall be allowed when a diver loses his/her balance, one or both feet return to the platform or any other body part other than his/her hands touches the platform. When a diver moves one or both hands from the original starting position, a balk shall be declared, and continuation of the dive shall be considered a re-start.

Rationale: (1) To bring the arm stand balk rule in line with FINA rules; and (2) The deduction for “walking” in an arm stand was often greater than the 2-point balk deduction.

19. **Rule 8-6i (Page Page 135) Default Programs and Events.** In nonchampionships, the one-meter and three-meter events shall consist of six dives with true degree of difficulty (representing all 5 diving categories).

Rationale: Adds additional language to be consistent with other changes throughout the rules book.

20. **Rule 9-2 (Page 140) Bona Fide Competition.** Detailed administrative procedures, such as entry and qualifying procedures, for conducting NCAA championships are contained in the current Men’s and Women’s Swimming and Diving Handbook.

Time standards, consideration standards and optional-entry standards for swimming (individual and relay) events and diving events must be achieved in bona fide competition.

Bona fide competition is defined as an event that conforms to all NCAA rules relevant to swimming and diving performances. They include the following:

- Meet is open to the public (spectators);
- Competition is between two or more teams of the same gender at the same time and site, from different collegiate institutions;
- All NCAA competitors must be eligible by NCAA standards;
- Meets must be in institutions’ approved competition schedule;
- Meets must have published results; and
- Depending on the governing body, meet official(s) must be qualified and/or certified.

Or

Any multinational meet that is sanctioned by the Federation Internationale de Natation Amateur (FINA), ~~and a~~ Any bona fide meet that is sanctioned by USA Swimming and USA Diving that follows NCAA rules and regulations.

Rationale: Qualifying should happen at USA Swimming or NCAA events. International meets do not enforce NCAA or USA Swimming rules. College NCAA qualifying should happen at NCAA events.

Summary of all actions:

- * 1-4-8 New equipment regulations
- * 2-2-2b Breaststroke
- * 2-2-2d Breaststroke
- * 2-5-6 Improper conduct definition
- * 3-1-1 Uniform and swimsuit regulations
- * 3-1-2 Artificial aids
- * 3-1-3 New equipment regulations
- * 3-1-4b Relay entries
- * 3-2-1b Entries in nonchampionships meets
- * 3-3-4 Athlete scratches
- * 4-6-1 Bulkhead measurements
- * 4-14-3 Assigned lanes for side takeoff judges
- * 4-14-6a Assigned lanes for takeoff judges
- * 4-14-7 Added section for electronic equipment video review
- * 5-1-4 Seeding for invitational meets
- * 5-2-3a Seeded heats
- * 5-3-4 Alternate qualifiers
- * 6-1-1 Diving events
- * 6-5-4-9 Arm stand dive positions
- * 8-6i Default programs and events
- * 9-2 Definition of bona fide competition

Also added the language “and swimsuits” after all references to uniforms throughout the book.