

USA SWIMMING
RULES & REGULATIONS COMMITTEE

**ACTIONS TAKEN ON 2023 PROPOSED LEGISLATION
BY USA SWIMMING HOUSE OF DELEGATES**

Prepared by Derek Paul (Chair),

Herb Schwab (Secretary)

September 23, 2023

USA SWIMMING
RULES & REGULATIONS COMMITTEE
ACTIONS TAKEN ON PROPOSED
AMENDMENTS TO RULES AND REGULATIONS

Old Business R-4 (2021)	ADOPTED	Effective Immediately to extend for an additional one-year period.
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Location: Article 6 Corporate Bylaws

[Effective until September 30, 2023 unless the House of Delegates agrees by a majority vote to extend for an additional one-year period prior to the aforementioned date, or adopt as permanent legislation by a two-thirds (2/3) vote. The Board of Directors shall appoint an ad hoc working group by October 1, 2022, which will be comprised of an equal number of coaches, Actively Engaged Athletes, Ten-Year Athletes, and non-coach, non-athlete members. Prior to any action to extend or make permanent by the House of Delegates, the ad hoc working group shall review the impact of this legislation and present recommendations or actions to the House of Delegates.]

R-1	ADOPTED	Effective Immediately
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Location: Article 6 Corporate Bylaws

6.1 MEMBERS - the following shall be the voting members of the House of Delegates:

.1 All voting members of the Board of Directors, other than the 10-Year Athlete Representatives to the Board, who receive votes pursuant to Bylaw 6.1.13.

.2 All Coach Directors, Non-Coach Directors, Athlete Directors, and the Junior Athlete Representatives from each the Zone Directors' Council;

.3 Four (4) LSC Athlete Representatives (as defined in the then current Required LSC Bylaws) from each Zone selected by the Athlete Director and the Junior Athlete Representative from each Zone;

.4 Three (3) non-coach, non-athlete members from each Zone selected by each respective Zone's Coach and Non-Coach Directors;

.5 Seven (7) members of the Rules & Regulations Committee to include the Committee Chair, one (1) 2-Year Athlete member, and five (5) non-athlete members selected by the voting members of the Committee;

.6 All coach members of the National Team Steering Committee, other than the Chair of the National Team Steering Committee (who is a voting member pursuant to 6.1.1, if a coach member, or pursuant to 6.1.13, if a 10-Year Athlete Representative);

.7 Ten (10) members of the Age Group Development Committee to include at least five (5) coach members, three (3) non-athlete members, and two (2) 2-Year Athlete members selected by the voting members of the Committee;

.8 Ten (10) members of the Senior Development Committee to include at least five (5) coach members, three (3) non-athlete members, and two (2) 2-Year Athlete members selected by the voting members of the Committee;

.9 Seven (7) non-athlete coach members of the Coach Advisory Council selected by the voting members of the Council;

.10 ~~Thirteen~~ The eleven (11) 2-Year Athlete members of the AEC Athletes' Executive Committee, as well as two (2) additional 2-Year Athletes designated by the AEC by majority vote.

.11 One (1) non-coach, non-athlete member from each LSC as selected by each respective LSC's Board of Directors;

.12 Three (3) non-athlete coach members from each LSC as selected by each respective LSC's Board of Directors, except that the five (5) LSCs with the smallest number of registered athletes shall select two (2) nonathlete coach members and the five (5) LSCs with the largest number of registered athletes shall select four (4) nonathlete coach members. The size of the LSCs shall be determined by the number of registered athletes as of August 31 of the prior calendar year;

.13 A sufficient number of 10-Year Athletes and 10-Year+ Athletes whose voting power shall constitute one-third (33.3%) of the total House of Delegates and shall include the voting members of the AAC, the 10-Year Athlete members of the AEC, and the 10-Year Athlete members of the Board of Directors. This may be achieved by actual votes or by weighted voting. A minimum of twenty percent (20%) must be 10-Year Athlete representatives and the remainder may be 10-Year+ Athlete representatives; any weighted voting must preserve these proportions. At least half (50%) of these athlete members of the House of Delegates must have obtained 10-Year Athlete or 10-Year+ Athlete representative eligibility through competing at an event that, at the time of election/selection, is on a USOPC Delegation Event program.

.14 10-Year Athlete representatives and 10-Year+ representatives shall be directly elected by athletes who meet the same eligibility standards as 10-Year Athletes.

.15 To the extent that any of the individuals selected by the voting members of the Committees under Bylaws 6.1.5 through 6.1.9, are afforded votes under other provisions of Article 6, the respective committee (by majority vote) shall select a designee from the same membership governance category as the individual (e.g., a 2-Year Athlete committee member's vote will be designated to another 2-Year Athlete), to assume that individual's committee vote. For purposes of this Bylaw 6.1.15, the membership governance categories are coach, 10-Year Athlete, 10-Year+ Athlete, 2-Year Athlete, non-athlete, and non-coach non-athlete.

.16 All members of the House of Delegates shall serve until their successors are selected, except that membership may be terminated by resignation filed with the Secretary & General Counsel or their designee. All members under 6.1 must be elected or selected on or before July 1 of each year and written certification thereof must be sent to the Secretary & General Counsel or their designee on or before July 15. No substitution of a member may be made unless written certification thereof is given to the Secretary & General Counsel or their designee at least 72 hours before the House of Delegates is called to order.

.17 Membership on any committee notwithstanding, USA Swimming employees shall not be members of the House of Delegates.

R-2	ADOPTED	Effective Immediately
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Location: Page 87 - 301.3 Member Rights

Article 301.3 Any swimmer, coach, trainer, manager, official or administrator who alleges that he or she has been denied or is about to be denied, by a person or an organization affiliated with USA Swimming, a right as set forth in 301.1, shall immediately inform the President/CEO, who shall promptly cause an investigation to be made and steps to be taken to settle the controversy without unnecessary delay. Such steps shall include, but shall not be limited to, advising the Secretary General of the U.S. Olympic & Paralympic Committee, and submitting the matter ~~to the American Arbitration Association~~ for binding arbitration with an arbitral organization designated by the USOPC.

R-3	ADOPTED	Effective Immediately
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Location: Page 74 - 205.7 Zone Senior Program

205.7 ZONE SENIOR PROGRAM — ~~Each zZone may offer one Zone Senior Championship meet at the end of every summer, to be held either during the week of the National Championships or the week of the Junior National Championships. The competition will be governed by the zone; offer at least one Zone Senior Championship meet, recommended to be long course if only one is conducted.~~

.1 The competition is for swimmers ~~fifteen (15) years and older as of the first day of the meet.~~ will be governed by the Zone.

- ~~.2 Swimmers at this meet will represent their clubs or swim unattached. The competition is for swimmers who meet the qualifying and eligibility standards set by the Zone.~~
- ~~.3 Swimmers at this meet will represent their clubs, swim unattached or represent their LSC in an all-star format.~~
- ~~.4 Eligibility: Participation in the Zone Senior Championship meets shall be restricted to registered swimmers of that Zone.~~

R-4	ADOPTED	Effective Immediately
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Location: Page 75 - 205.11 Development Competition Program

205.11 DEVELOPMENT COMPETITION PROGRAM

- .1 Development competitions are limited to athletes ages 12 and under offering events listed in 102.1.3.
- ~~.2 The Development competition season shall be defined by the three ten-week seasons with dates defined by the Age Group Development Committee not later than February 15 annually.~~
- ~~.3 Athletes shall be limited to participating in four Development competitions per season.~~
- .4.2 Development competitions may operate as multi-day, multi-session meets. Sessions shall be planned to allow the events not to exceed two (2) hours in length. Athletes shall only participate in one session per sanctioned competition.
- ~~.5.3 Development competitions may be offered at the option discretion of the LSC, but are not required.~~

R-5	ADOPTED	Effective Immediately
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Location: Page 56 - 105.1 Guideline for Officiating Swimmers with a Disability in USA Swimming Meets

105.1 GENERAL

.2 Responsibilities

- A Swimmer/Coach** — The swimmer (or the swimmer's coach) is responsible for notifying the Referee, prior to the competition, of any ~~disability of the swimmer~~ with a disability and of the requested accommodations and/or modifications. The swimmer/coach shall provide a Personal Assistant(s) or any equipment (tappers, deck mats, etc.) if required.
- B Meet Referee** — The Meet Referee's responsibilities include:
 - (1) Determining if the requested accommodations/modifications are appropriate and can be met.
 - (2) Instructing the Deck Referee and Starter and Stroke & Turn officials as to how the accommodations, and/or modifications will be made for that the swimmer with a disability.
 - (3) In communication with the remaining officiating crew a Meet Referee may:
 - a. Instruct them to observe and report ANY violation of the rules and vet the call against the approved modification(s) and apply Article 105 to overturn the call.
 - b. Or, share the specific modification(s) and instruct them to observe and report any violation except the approved modification(s).
- ~~.3 **Modifications** — Aids to buoyancy or speed are not allowed (See 102.8.1E). Some of the modifications which the Referee may make to accommodate the swimmer with a disability are:
 - A ~~A change in starting position.~~
 - B ~~Reassignment of lanes within a heat, e.g., exchanging Lanes 2 and 7.~~
 - C ~~Allowing the swimmer to have a Personal Assistant(s). A Personal Assistant that meets any of the requirements of Corporate Bylaw 2.6.6 shall be a member of USA Swimming. Other allowable modifications are further described in this section under the type of disability.~~~~
- .3 Accommodations/Modifications**
 - A Accommodations are considerations which allow a swimmer with a disability to access the facility (locker rooms, restrooms, pool deck, warm-up/down pool) and afford the athlete the time, assistance and deck space required to obtain a starting position for each event. Accommodations which the Meet Referee may approve for the swimmer with a disability include but are not limited to:
 - (1) Reassignment of lanes within a heat, e.g., exchanging Lanes 2 and 7.
 - (2) Allowing a swimmer to have a personal assistant(s) for any reason approved by the Meet Referee.
 - (3) Assuring proximity wheelchair access from deck to block.

- B Modifications are any exception to the technical rules approved by the Meet Referee (See 102.11.9) allowing a parallel performance for a swimmer with a disability. Aids to buoyancy or speed are not allowed (See 102.8.1E). Modifications which the Meet Referee may approve for the swimmer with a disability include but are not limited to:
- (1) Personal Assistant to act as a tapper at the turn and finish walls for a swimmer who is blind or has low vision.
 - (2) Use of visual starting signal(s) (strobe and hand signals) for a swimmer that is deaf or hard of hearing.
 - (3) Inability of the swimmer to turn a foot out in breaststroke during the propulsive part of the kick.
 - (4) Examples of other allowable modifications are further described in this section under the type of disability. Allowable modifications in accordance with Article 105 shall affect the current meet and shall not set a precedent (See 102.11.9).

R-6	ADOPTED	Effective Immediately
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Location: 4.8 Meeting Location and Time - Required LSC Bylaws Template

- 4.8 Meeting Location and Time - Meetings of the House of Delegates may be held at any date, time, and place, including via telecommunication (unless prohibited by state or local laws), as may be fixed in the notice of such meeting. All in-person meetings of the House of Delegates shall take place at a site within the Territory. The House of Delegates or the Board of Directors shall determine the location and time of all meetings of the House of Delegates. ~~If federal, state, or local law, policy, or regulation prohibits physical gathering sufficient to conduct a House of Delegates meeting within the Territory, a House of Delegates meeting may be conducted through conference equipment by means of which all persons participating in the meeting can hear each other at the same time. In that circumstance participation by such means shall constitute presence at that meeting.~~ All meetings conducted via telecommunications shall include means by which all persons participating in the meeting can hear each other at the same time and which ensures all votes duly cast by voting members are officially recorded.

R-7	ADOPTED	Effective Immediately
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Location: Page 67 - 202.7 Requirements for NCAA Meets

202.7 REQUIREMENTS FOR NCAA MEETS

- .1 Times for individual and relay events achieved in NCAA bona fide competition, as defined in the current NCAA Rules, and Interpretations shall be regarded as approved times for USA Swimming purposes.
- ~~.2 Officiating shall comply with the requirements in the current NCAA Rules Book.~~
- .32 Competition results are to be submitted electronically uploaded directly into SWIMS within 72 hours after the meet has ended to ncaa@usaswimming.org.

R-8	ADOPTED	Effective Immediately
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Location: Page 67 - 202.8 Requirements for Observed Swims

202.8 REQUIREMENTS FOR OBSERVED SWIMS - Swims may be observed by assigned USA Swimming or YMCA officials for conformance with USA Swimming technical rules in a meet conducted under other than USA Swimming rules (NFHS, USMS, USOPC). Official times achieved as observed swims may be submitted for entry into the SWIMS database if all of the following conditions are met.

- .1 The meet must be a season-culminating Championship, e.g., League, Conference, District, Sectional, State, Regional, or be specifically approved by the Times & Recognition Committee staff leader (or his/her designee) and be submitted

- on Local Swim Committee - Form B to the LSC National Times Verification Officer at least 10 days prior to the meet. A time trial held in conjunction with the season-culminating championship meet that is officiated in accordance with the same standards as the championship meet may also be observed if it is authorized by the host association.
- .2 Requests for observers for certification of times from meets not in the championship progression (such as invitationals for 3 or more teams) must be made on Local Swim Committee - Form A to the host LSC in accordance with LSC procedures at least 10 days prior to the meet. Applications for observation of all other meets must be made to the host LSC at least 10 days prior to the meet. Authorization of such non championship meets must then be approved by the Times & Recognition Committee staff leader (or his/her designee). A list of all LSC observed meets for the current swim year shall be posted on the LSC website.
- .3 An observer must verify that all swims approved for USA Swimming purposes were in accordance with the following requirements:
- A Minimum of one referee, one starter, and two stroke and turn association officials working season-culminating championship meets and invitationals;
 - B 102.24 (Timing Rules);
 - C 103.3 (Racing Course Dimensions); and
 - D 103.14 (Starting Platforms).
- .4 Where the technical rules of the stroke differ from USA Swimming as defined in Article 101, at least two observers from USA Swimming and/or the YMCA, who shall be certified Stroke and Turn Judges assigned or approved by the LSC, must be on deck and in position to observe the strokes where the rules differ, in order to verify compliance of the swim or swims with that part of the USA Swimming rule that differs from the organization's rule. Where the technical rules as listed in Article 101 are identical to those of the organization under whose rules the meet is being conducted, the judgement of the organization officials shall be sufficient. The Times for USA Swimming members in good standing at the time of the meet should be entered, upon request, into SWIMS, the National Times Database.

R-9	ADOPTED/AMENDED	Effective January 1, 2024
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Location: Page 34 - 102.10.2 Officials

102.10 OFFICIALS

- .1 *[no changes]*
- .2 All officials acting in the capacity of Referee, Starter, Stroke and Turn Judge, or Administrative Official,~~or Stroke and Turn Judge~~ at a sanctioned or approved USA Swimming meet shall be certified and trained in such position by their LSC to the uniform and consistent standards set by USA Swimming with recommendation from the National Officials Committee in conjunction with the Coach Advisory Council prior to being assigned to officiate in that capacity. LSCs and clubs shall not require any additional certifications. Uncertified trainees may perform the duties of such positions when they are under the direct supervision of a certified official in said position. See Article 202 and the Corporate Bylaws for USA Swimming membership requirements.
- .3-.5 *[no changes]*

R-10	ADOPTED	Effective Immediately
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Location: Various Sections - Required LSC Bylaws Template

- 4.1.4 ATHLETE AT-LARGE HOUSE MEMBERS - A sufficient number of athletes to ensure that ~~Athlete Members~~ Representatives constitute at least 20% of the voting membership of the House of Delegates shall be elected by the Athletes Committee or appointed by the General Chair with advice and consent of the Board of Directors or elected by the House of Delegates [select one of the options] and shall hold office from the date of appointment or election [select one] through the conclusion of the annual meeting of the House of Delegates following such appointment or election [select one] or until their successors are appointed or elected [select one] to the House of Delegates.

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- 4.5.1 Elect the officers, Athlete Board Representatives, Coach Representative(s), At-Large Board Members, and members of the Administrative Review Board, and the committee chairs and coordinators listed in Articles 6 and 7;
- 5.1.5 Athlete Board Representatives (2)
- 5.2 AT-LARGE BOARD MEMBERS - *The House of Delegates may specify [insert a number] At-Large positions. Any reduction in the number of At-Large Board Members shall not take effect until the terms of office of the incumbents expire or become vacant. [Specify when and how at-large Board members are selected.] Additionally, a sufficient number of ~~a~~ Athlete ~~members~~ Representatives shall be elected or appointed [select one] as At-Large Board Members such that athletes constitute at least twenty percent (20%) of the voting membership of the Board of Directors at any given time (taking into account the Athlete Board Representatives). The Athlete At-Large Board Members shall meet the same requirements and be elected at the same time and place as the Athlete Board Representatives set forth in Section 6.2.1. All At-Large Board Members shall hold office from the date of their election or appointment through the conclusion of the second annual meeting of the House of Delegates following such election or appointment, or until their successors are elected or appointed.*
- 5.4.1 *No more than [insert a number] Members of any Group Member shall serve [as voting members] on the Board of Directors at any time. This limitation shall be applied separately as to Athlete ~~Members~~ Representatives and Non-Athlete Members.*
- 6.2.1 ATHLETE BOARD REPRESENTATIVES -
*Provision A: Two (2) Athlete Board Representatives shall be elected, one each year for a two-year term, or until their respective successors are elected. At the time of election, the Athlete Board Representative must (a) be an athlete member in good standing; (b) be at least a sophomore in high school or at least 16 years of age, (c) be currently competing, or have competed within the ~~three (3)~~ two (2) immediately preceding years, in the program of swimming a USA Swimming sanctioned event conducted by XXSI or another LSC; and (d) have his or her place of permanent residence in the Territory and expect to reside therein throughout at least the first half of the term (other than periods of enrollment in an institution of higher education). The balloting shall take place via electronic vote and/or at a meeting called for that purpose by the Senior Athlete Board Representative or the Athletes Committee, or failing that, at a time and in a manner designated by the Board of Directors. At least *twenty (20)* days' written notice of the election shall be given to all clubs. The Athlete Board Representatives elected shall be determined by a majority of the [define the athlete voting members who elect the Athlete Board Representatives].*
- Provision B: Two (2) Athlete Board Representatives shall be elected by the House of Delegates, one each year, for a two-year term or until their respective successors are elected. At the time of election, the Athlete Board Representative must (a) be an athlete member in good standing; (b) be at least a sophomore in high school or at least 16 years of age, (c) be currently competing, or have competed within the ~~three (3)~~ two (2) immediately preceding years, in the program of swimming a USA Swimming sanctioned event conducted by XXSI or another LSC; and (d) have his or her place of permanent residence in the Territory and expect to reside therein throughout at least the first half of the term (other than periods of enrollment in an institution of higher education).*
- 6.2.3 COMMITTEE CHAIRS/COORDINATORS/AT-LARGE BOARD MEMBERS
- A. *The following committee chairs/coordinators/at-large Board members shall be elected by the House of Delegates: [List as appropriate]*
- B. *The following committee chairs /coordinators/ at-large Board members shall be elected as follows: [List as appropriate]*
EXAMPLES:
(1) *The Officials Chair shall be elected by the Officials Committee in accordance with XXSI Policies and Procedures.*
(2) *At-Large Board members shall be elected by the regions they represent in accordance with the rules of each region or the XXSI Policies and Procedures.*
(3) *The Athlete At-Large Board members shall be elected by the athletes at the same time as the Athlete Board Representatives.*
- C. *The following committee chairs/coordinators/ at-large Board members shall be appointed by the General Chair with advice and consent of the Board of Directors: [List as appropriate]*
- 6.9.2 OFFICES OF ATHLETE BOARD REPRESENTATIVES OR COACH REPRESENTATIVES OR ANY POSITION ELECTED - In the event of a vacancy or of the permanent incapacity of a person holding the office of Athlete Board

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Representative or Coach Representative, or person who has been elected, the General Chair may appoint, with the advice and consent of the Board of Directors, an eligible member to serve the remainder of the term of office or until the respective body shall elect a successor.

7.3 COMMITTEES - In addition to the standing committees listed herein, the Board of Directors and the House of Delegates are each authorized to establish additional committees to meet programming needs. Except as otherwise provided in these Bylaws or the XXSI Policies and Procedures, members of each committee shall be appointed by the General Chair with the advice and consent of the respective division chair and the chair of the committee. Athlete ~~members~~ Representatives of each committee shall be appointed by the General Chair with the advice of the Senior Athlete Board Representative. Athlete membership shall constitute at least twenty percent (20%) of the voting membership of every committee. The division chair shall be an ex-officio member, with voice and vote, of each committee within the respective division.

7.4.1 ATHLETES COMMITTEE -

- A. CHAIR - The Senior Athlete Board Representative or his/her designee shall be the chair of the committee.
- B. MEMBERS - The Athletes Committee shall consist of the Athlete Board Representatives, the Athlete At-Large Board members *and* [include any additional ~~a~~Athlete ~~members~~ Representatives].

7.4.2 FINANCE COMMITTEE -

- B. MEMBERS - The members of the Finance Committee shall be the Finance Vice-Chair, the Treasurer, [include additional defined members] and a sufficient number of ~~athletes~~ Athlete Representatives so as to constitute at least twenty percent (20%) of the voting membership of the Committee.

Provision A (combined Governance & Nominating Committee)

7.4.3 GOVERNANCE COMMITTEE -

B. *Option 1* MEMBERS -

The Governance Committee members shall be appointed by the General Chair with advice and consent of the Board of Directors. The Committee shall be comprised of [list the number in factors of 3 or 4, in alignment with the term of office] with a sufficient number of ~~athletes~~ Athlete Representatives so as to constitute at least twenty percent (20%) of the voting membership of the Committee. Each member shall serve a *three or four-year* [select one] term, staggered so that *one-third (1/3) or one-fourth (1/4)* [select one to coincide with factor selected above] of such members are appointed each year. No more than one-half (1/2) of the Governance Committee members shall be members of the XXSI Board of Directors at any given time. After completion of two consecutive terms, members are not eligible for re-appointment to the Governance Committee until after a lapse of two years. A portion of any term served to fill a vacancy in the position shall not be considered in the computation of the successive term limitation. In no case shall the General Chair serve on the Governance Committee.

B. *Option 2* MEMBERS -

The Governance Committee shall be elected by the House of Delegates and shall be comprised of at least [insert a number] members, with a sufficient number of ~~athletes~~ Athlete Representatives so as to constitute at least twenty percent (20%) of the voting membership of the Committee. No more than one half of the Committee shall be members of the XXSI Board of Directors. If any member of the Governance 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. In no case shall the General Chair serve on the Governance Committee. Members shall serve two-year terms, staggered so that approximately one-half of the members are elected each year. After completion of three consecutive terms, members are not eligible to be elected or appointed to the Governance Committee until after a lapse of two years. A portion of any term served to fill a vacancy in the position shall not be considered in the computation of the successive term limitation.

Provision B (separate Governance & Nominating Committees)

7.4.3 NOMINATING COMMITTEE -

- B. MEMBERS - The House of Delegates shall annually elect at least [insert a number] individuals to the Nominating Committee to serve a one-year term, with a sufficient number of ~~athletes~~ Athlete Representatives so as to constitute at least twenty percent (20%) of the voting membership of the Committee. Terms shall commence at the conclusion of the meeting at which members were elected and end when their successors assume office. 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. No individual shall be eligible to serve more than six (6) consecutive years on the Nominating Committee until after a lapse of two years. A portion of any term served to fill a vacancy in the position shall not be considered in the computation of the successive term limitation. In no case shall the General Chair serve on the Nominating Committee.

7.4.4 GOVERNANCE COMMITTEE -

- B. MEMBERS - The Governance Committee members shall be appointed by the General Chair with advice and consent of the Board of Directors. The Committee shall be comprised of at least [insert a number] members with a sufficient number of ~~athletes~~ Athlete Representatives so as to constitute at least twenty percent (20%) of the voting membership of the Committee. Each member shall serve a *three or four-year* [select one] term. Terms shall be staggered such that approximately *one-third (1/3) or one-fourth (1/4)* [select one to coincide with term selected above] of members are appointed each year.

7.4.4 OPERATIONAL RISK COMMITTEE/COORDINATOR

- B. MEMBERS - The Committee shall be comprised of the Operational Risk Committee Chair, at least [insert a number] members with a sufficient number of ~~athletes~~ Athlete Representatives so as to constitute at least twenty percent (20%) of the voting membership of the Committee.

7.4.5 EXECUTIVE COMMITTEE

- B. MEMBERS - The members of the Executive Committee shall be the
(8) Senior Athlete Board Representative, and
(9) Junior Athlete Board Representative.

- 13.2.2 Members - The Administrative Review Board shall have at least [insert a number] regular members, with a sufficient number of ~~athlete members~~ Athlete Representatives to constitute at least 20% of the voting membership. At least three members of the Administrative Review Board shall hear each case, with a sufficient number of ~~athlete members~~ Athlete Representatives to constitute at least twenty percent (20%) of its membership. No hearing shall proceed without the required athlete representation. 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.

- 14.2.3 ATHLETE BOARD REPRESENTATIVE - an Athlete Member elected to represent athletes in the House of Delegates and on the Board of Directors.

- 14.2.4 ATHLETE REPRESENTATIVE - shall be (a) an athlete member in good standing; (b) currently competing, or have competed within the two (2) immediately preceding years, in a USA Swimming sanctioned event conducted by XXSI or another LSC; and (c) have his or her place of permanent residence in the Territory and expect to reside therein throughout at least the first half of the term (other than periods of enrollment in an institution of higher education).

[re-number remaining]

HK-1	ADOPTED	Effective Immediately
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Location: Page 81 - 207.11.4 Administrative Conduct of USA Swimming Championships

207.11.4 Eligibility Protests

- A An Eligibility Jury composed of three persons in attendance at each National Championships shall be appointed by the Program & Events Coordinator (or his/her designee) prior to the start of the meet to consider protests

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pertaining to the eligibility of any swimmer to compete or to represent an organization, ~~except protests regarding an athlete's competition category, which shall be heard by the National Eligibility Appeal Panel.~~ The Eligibility Jury shall consist of a swimmer, a coach and an official.
B-F *[no changes]*

HK-2	ADOPTED	Effective Immediately
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Location: 2.1.2 Membership - Required LSC Bylaws Template

2.1.2 MEMBERSHIP A PRIVILEGE NOT A RIGHT - Membership in XXSI and USA Swimming is a privilege and shall not be interpreted as a right. Membership may be terminated by the National Board of Review or the U.S. Center for SafeSport in accordance with ~~Part Four of the USA Swimming Rules and Regulations~~ the National Board of Review procedures, pursuant to Policy 26.0 of the USA Swimming Operating Policy Manual.

HK-3	ADOPTED	Effective Immediately
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Location: 5.6.10 Board of Directors - Required LSC Bylaws Template

5.6.10 Remove from office any Board Members, committee chairs, or committee members or coordinators of XXSI who were appointed/elected by the Board and who have failed to attend to their official duties or member responsibilities or have done so improperly, or who would be subject to penalty by the National Board of Review for any of the reasons set forth in ~~Part Four of the USA Swimming Rules and Regulations~~ the National Board of Review procedures, pursuant to Policy 26.0 of the USA Swimming Operating Policy Manual. However, no At-Large Board Member, or committee chair or coordinator may be removed without receiving the thirty (30) days' written notice specifying the alleged deficiency in the performance of the member's responsibilities or specific official duties or other reasons and an opportunity to respond in writing within twenty (20) days to such allegations.

HK-4	ADOPTED	Effective Immediately
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Location: 13.1 Administrative Review Board - Required LSC Bylaws Template

13.1 INTRODUCTION - USA Swimming was organized as the National Governing Body for the sport of swimming under the Amateur Sports Act of 1978, as amended by the Ted Stevens Olympic and Amateur Sports Act of 1998, both federal laws. These laws require USA Swimming to establish and maintain provisions for the swift and equitable resolution of all disputes involving any of its members. This Article, together with Section 2.2 and ~~Part Four of the USA Swimming Rules and Regulations~~ the National Board of Review procedures, pursuant to Policy 26.0 of the USA Swimming Operating Policy Manual, are intended to provide a mechanism for resolving in an orderly and fair way all manner and kinds of disputes that may arise among its members in connection with the sport of swimming. Accordingly, XXSI has established the Administrative Review Board to hear complaints and appeals regarding administrative matters within XXSI which do not rise to the level of Code of Conduct violations and are not appeals of sanction decisions. The Administrative Review Board shall have no jurisdiction to hear complaints regarding conduct that may violate the USA Swimming Code of Conduct or otherwise violate the policies, procedures, rules and regulations adopted by USA Swimming, or conduct that may bring USA Swimming, XXSI or the sport of swimming into disrepute. This Article, together with ~~Part Four of the USA Swimming Rules and Regulations~~ the National Board of Review procedures, pursuant to Policy 26.0 of the USA Swimming Operating Policy Manual, is intended to provide a fair hearing before a group of independent and impartial people. This Article and ~~Part Four of the USA Swimming Rules and Regulations~~ the National Board of Review procedures, pursuant to Policy 26.0 of the USA Swimming Operating Policy Manual shall be construed accordingly.

HK-5	ADOPTED	Effective Immediately
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Location: 13.3.4 Administrative Review Board - Required LSC Bylaws Template

13.3.4 Timeliness of Petition - The Administrative Review Board need not exercise its jurisdiction with respect to a complaint the subject matter of which occurred, or concerns or is founded on events which occurred, more than ninety (90) days prior to the date the complaint is received. A determination not to exercise its jurisdiction as a result of the untimeliness of a complaint may be made by the Chair alone and may be the subject of a request for rehearing and, thereafter, appeal to the National Board of Review pursuant to Part Four of the USA Swimming Rules and Regulations in accordance with the National Board of Review procedures, pursuant to Policy 26.0 of the USA Swimming Operating Policy Manual.

HK-6	ADOPTED	Effective Immediately
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Location: 14.2.15 Conventions and Definitions - Required LSC Bylaws Template

14.2.15 NATIONAL BOARD OF REVIEW - the National Board of Review of USA Swimming established pursuant to Part Four of the USA Swimming Rules and Regulations in accordance with the National Board of Review procedures, pursuant to Policy 26.0 of the USA Swimming Operating Policy Manual. Where the context requires, a reference to the National Board of Review shall include a reference to the USA Swimming Board of Directors when that body is acting upon an appeal from the National Board of Review.

HK-7	ADOPTED	Effective Immediately
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Location: Page 41 - 102.22.6 Protests

102.22 PROTESTS

.1-.5 *[no changes]*

.6 ~~With the exception of a competition category protest, the~~ official results of any protested race shall not be announced, the affected awards shall not be given, and points scored shall not be allocated until the protest is resolved or is withdrawn in writing.

HK-8	ADOPTED	Effective Immediately
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Location: Multiple Occurrences

Change all instances of FINA to World Aquatics.

HK-9	ADOPTED	Effective Immediately
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Location: Official Glossary
Page 65 - 202.5.7 Conditions of Sanction

OFFICIAL GLOSSARY ~~DECK PASS~~ the official mobile application of USA Swimming

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

.1-.6 *[no changes]*

.7 ~~Deck Pass~~ The official mobile application of USA Swimming is acceptable proof of USA Swimming membership.

.8-.10 *[no changes]*

HK-10	ADOPTED	Effective Immediately
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Location: Page 48 - 103.3 Racing Course Dimensions

103.3 RACING COURSE DIMENSIONS

.1 /M/ Length.

A-E *[no changes]*

F See Article 104, Rules for Swimming Records, for course measurements certification requirements.

HK-11	ADOPTED	Effective Immediately
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Location: Page 63 - 202.4 Requirements for Sanction

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

.1-.10 *[no changes]*

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

A-F *[no changes]*

G ~~One of the following two statements:~~ A statement indicating that host will ensure the required course dimensions.

(1) ~~The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming; or~~

(2) ~~The competition course has not been certified in accordance with 104.2.2C(4).~~

H-O *[no changes]*

.12-.16 *[no changes]*

HK-12	ADOPTED	Effective Immediately
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Location: Page 65 - 202.6 Requirements for Approval

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

.1-.5 *[no changes]*

.6 Written application for approval shall be made not later than the period established by the LSC prior to the competition. The LSC may establish a fee for processing such applications. Application for approval shall be accompanied by the meet announcement which shall include the following:

A-C *[no changes]*

D ~~One of the following two statements:~~ A statement indicating that host will ensure the required course dimensions.

(1) ~~The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming; or~~

(2) ~~The competition course has not been certified in accordance with 104.2.2C(4).~~

E-H *[no changes]*

.7-.18 *[no changes]*

HK-13	ADOPTED	Effective Immediately
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Location: Page 75 - 206.1 Awarding USA Swimming Championships and International Competitions

206.1 GENERAL - USA Swimming Championships shall be conducted annually.

- .1 The U.S. Open shall be conducted annually in November or December.
- .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 206.4.2 (at the traditional time at the end of summer). ~~The end of summer meet during those summers shall be called the USA Swimming Summer Championship.~~
- .3 USA Swimming Open Water Individual and Team Championships shall be held in the ~~5-kilometer and~~ 10-kilometer distances. Additional distances may be offered.

HK-14	ADOPTED	Effective Immediately
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Location: Page 76 - 206.2 Facilities

206.2 FACILITIES

- .1 *[no changes]*
- .2 ~~Facilities awarded USA Swimming Championships and international competition must have been certified in accordance with 104.2.2C(4). A copy of such certification must be on file with USA Swimming.~~ Event hosts shall ensure the required course dimensions. For pools with a movable bulkhead, the facilities host shall, prior to each session of competition, examine the bulkhead and shall confirm to the Meet Referee that the bulkhead is stable, straight and properly positioned and anchored.
- .3 *[no changes]*

HK-15	ADOPTED	Effective Immediately
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Location: Page 76 - 206.4 Dates

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

- .1 *[no changes]*
- .2 ~~Summer National Championships and U.S. Open (when held)~~ — To end no later than the second Saturday in August.
- .3 *[no changes]*

HK-16	ADOPTED	Effective Immediately
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Location: Page 77 - 207.4 USA Swimming Championships

207.4 USA SWIMMING JUNIOR NATIONAL CHAMPIONSHIPS AND JUNIOR NATIONAL OPEN WATER CHAMPIONSHIPS

- .1 The Junior National Championships will be swum long course during the summer season and short course during the winter season. The dates and place of competition will be determined by the Senior Development Committee. The meets should be scheduled to be held after the summer National Championships/ and U.S. Open ~~and after the winter National Championships~~ respectively.
- .2-.3 *[no changes]*

HK-17	ADOPTED	Effective Immediately
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Location: Page 78 - 207.6 Qualifying Time Standards

207.6 QUALIFYING TIME STANDARDS

- .1 Other than Trials Class meets, the time standards shall be established by the Senior Development Committee in consultation with the National Team Managing Director. Time standards shall be designed to allow 900-1,000 swimmers in individual events at the ~~USA Swimming Short Course Championships~~, the U.S. Open and the National Championships.
- .2 *[no changes]*

HK-18	ADOPTED	Effective Immediately
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Location: Page 80 - 207.10 Programs

207.10 PROGRAMS

- .1 **Time Trials** — At all USA Swimming 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 207.10 and 207.11:~~
- A-C *[no changes]*
- .2 *[no changes]*

HK-19	ADOPTED	Effective Immediately
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Location: Page 84 - 207.12 Awards

207.12 AWARDS

USA Swimming National Championships only:

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

HK-20	ADOPTED	Effective Immediately
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Location: Page 21 - 101.1.2A Starts

101.1 STARTS

- .2 **The Start**
 - A ~~At the commencement of each heat, the Referee shall signal to the swimmers by a short series of whistles to remove all clothing except for swimwear. Once all swimmers have removed their clothing, except for swimwear, the Referee shall signal the commencement of an event by a short series of whistles inviting them to get ready at the starting end,~~ followed by a long whistle indicating that they should take and maintain their positions on the starting platform, the deck, or in the water. In backstroke and medley relay events, at the Referee's first long whistle, the swimmers shall immediately enter the water and at the second long whistle shall return without undue delay to the starting position.
 - B-E *[no changes]*

HK-21	ADOPTED	Effective Immediately
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Location: Page 24 - 101.4.2 Backstroke

101.4 BACKSTROKE

- .1 *[no changes]*

- .2 **Stroke** - The swimmer shall push off on his back and continue swimming on the back throughout the race. Some part of the swimmer must break the surface of the water throughout the race, except it is permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface of the water. Additionally, once some part of the head of the swimmer has passed the final 5-meter mark (long course and short course meters) or 5-yard mark (short course yards), immediately prior to reaching for the finish, the swimmer may be completely submerged prior to the touch.
- .3-4 *[no changes]*

HK-22	ADOPTED	Effective Immediately
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Location: Page 108 - 604.4 Merging Two LSCs

604.4 MERGING TWO LSCs - If the Boards of Directors of two (2) LSCs that share a common geographical border agree in principle to merge their two LSCs into a single ~~new~~ LSC, and should the House of Delegates of each LSC by a majority vote of the members present approve the merger, then the merger shall become effective no sooner than sixty (60) days following the receipt by the Chair of the USA Swimming Rules & Regulations Committee of satisfactory evidence of the various votes required.

HK-23	ADOPTED	Effective Immediately
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Location: Page 111 - 701.1 Events

701.1 EVENTS

- .1 *[no changes]*
- .2 **Wetsuit Events**
- A At Junior National and National Championships and any sanctioned open water competition with a race distance of 5k and greater, FINA rules regarding use of wetsuits shall apply.
- B For all other open water competitions with water temperature below ~~20.0°C (68.0°F)~~ 18.0°C (64.4°F), participants may use either swimsuits or wetsuits (refer to 701.4.5).
- .3 *[no changes]*

HK-24	ADOPTED	Effective Immediately
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Location: Page 113 - 701.4 Swimwear

701.4 SWIMWEAR

- .1-4 *[no changes]*
- .5 **Wetsuits** — Wetsuits are swimsuits made of material providing thermal insulation. ~~Wetsuits for both men and women shall completely cover the torso, back, and shall not extend beyond the neck, wrists or ankles. Wetsuits (for both men and women) shall completely cover torso, back, shoulders and knees. They shall not extend beyond the neck, wrists and ankles.~~ Wetsuits (for both men and women) shall completely cover torso, back, shoulders and knees. They shall not extend beyond the neck, wrists and ankles. The thickness of material(s) used shall be maximum 5 mm. In addition, the outer surface of the wetsuit shall not include outstanding shapes, such as ridges, fins, etc.