



**RULES & REGULATIONS COMMITTEE
PROPOSED
AMENDMENTS TO 2026 RULES & REGULATIONS**

No.	Description	Location	Recommendation
R-1	To provide an exception of the non-continuous turn rule specific to 12 & under swimmers. Rules should be designed to combat unfair advantages; this rule is a disadvantage.	101.4	Rejection
R-2	To remove the requirement of having a signature on approved sanction applications.	202.4	Approval
R-3	To allow for a waiver of the 60-day transfer rule in specific circumstances and remove the restriction when an athlete is competing internationally.	203.3 203.9	Approval
R-4	To clarify that paying a re-entry fee for a penalty alleviates the need to declare an intent to swim.	207.11	Approval
R-5	To remove the requirement for including a physical address for proposal submissions.	502.1	Approval
R-6	To remove the requirement to use World Aquatics-approved wetsuits on grassroots-level open water swimming. The requirement to use AQUA approved wetsuits is a needless restriction on grassroots-level open water swimming. There are only a handful listed on the AQUA Approved Swimwear list and nearly all are \$500 and above. This proposal is that for events below the Zone level that are not national-qualifiers (i.e. LSC Champs) that wetsuits that are not on the Approved Swimwear List but still comply with all of the regulations in 6.9 of the World Aquatics rulebook be allowed. There are dozens of wetsuits available, typically marketed to triathletes, that meet all of the necessary criteria but their manufacturers have simply not gone through the approval process. For example, XTERRA Wetsuits makes several varieties well under \$500 and in youth sizes. The end goal, of course, is to make wetsuits much more affordable for age-group athletes, which would allow for non-Southern states to begin their open water seasons earlier in Spring and extend them further into the Fall.	701.4	Rejection
R-7	To align with World Aquatics Competition Regulations.	Article 701	Approval
R-8	To align with World Aquatics Competition Regulations.	Article 702	Approval
R-9	To require the same LSC Board qualifications as the USA Swimming Board qualifications.	6.3 Required LSC Bylaws	Approval

No.	Description	Location	Recommendation
HK-1	To remove references to specific policy numbers in the Operating Policy Manual.	102.7.4 102.22.5 B 202.10 207.7.3 207.11.4 E 301.4 302.1.1 303.8	Approval
HK-2	To remove reference to specific page number.	102.23	Approval

No.	Description	Location	Action
M-1	To conform to World Aquatics Competition Regulations.	101.1.4	Mandated by World Aquatics
M-2	To conform to World Aquatics Competition Regulations.	101.3	Mandated by World Aquatics
M-3	To conform to World Aquatics Competition Regulations.	101.4	Mandated by World Aquatics
M-4	To conform to World Aquatics Competition Regulations.	101.5	Mandated by World Aquatics
M-5	To conform to World Aquatics Competition Regulations.	101.6	Mandated by World Aquatics
M-6	To conform to World Aquatics Competition Regulations.	102.6	Mandated by World Aquatics
M-7	To conform to World Aquatics Competition Regulations.	102.8	Mandated by World Aquatics

R-# Rules Amendment

HK-# Housekeeping

M-# Rules Amendment to align USA Swimming Rules with World Aquatics Competition Regulations



**RULES & REGULATIONS COMMITTEE
PACKET OF PROPOSED AMENDMENTS TO
THE USA SWIMMING RULES & REGULATIONS
2026**

R-1	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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Location: Page 26 – **101.4 – BACKSTROKE**
Proposed by: Marcia Callan, Member of the House of Delegates
Purpose: To provide an exception of the non-continuous turn rule specific to 12 & under swimmers. Rules should be designed to combat unfair advantages; this rule is a disadvantage.
Recommendation: *The Rules & Regulations Committee recommends rejection since exceptions to the technical rules are inconsistent with existing USA Swimming rules.*
Effective Date: October 1, 2026

101.4 BACKSTROKE

.1-.2 [no changes]

.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 the vertical toward the breast after which an immediate continuous single arm pull or immediate continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to a position on the back upon leaving the wall.

Exception: At meets below the LSC Championship level, in an individual backstroke event designated for 12 years & Under, a swimmer shall not be disqualified solely because the swimmer fails to complete the backstroke turn in one continuous turning action after rotating from the back toward the breast during the turn.

.4 [no changes]

R-2	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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Location: Page 65 – **202.4 – REQUIREMENTS FOR SANCTION**
Proposed by: Rules & Regulations Committee
Purpose: To remove the requirement of having a signature on approved sanction applications.
Recommendation: *The Rules & Regulations Committee recommends approval.*
Effective Date: Immediately

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

.1-.8 [no changes]

.9 All sanctions must be ~~signed~~ approved by a designated member of the LSC, and a record thereof must be retained.

.10-.16 [no changes]

R-3	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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Location: Page 71 – **203.3 – REPRESENTATION**

Page 72 – **203.9**

Proposed by: Athletes' Executive Committee

Purpose: To allow for a waiver of the 60-day transfer rule in specific circumstances and remove the restriction when an athlete is competing internationally.

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

Effective Date: Immediately

203.3 For a swimmer to represent a USA Swimming club in a competitive event, sixty (60) consecutive days must have elapsed before the swimmer is permitted to represent any other USA Swimming club in USA Swimming open competition. The 60-day count shall begin on the day following the last date the athlete represented a USA Swimming club in open competition. This sixty (60) day period may be waived in specific cases where an athlete's previous club is no longer operating at the discretion of, and as determined by, the Registration and Membership Committee or their designee.

203.9

.4 [no changes]

~~.2 A swimmer who has competed for an organization within a foreign federation must provide official documentation from that federation confirming their last day representing that organization in competition. Sixty (60) consecutive days must elapse after a swimmer represents any organization before they can represent a USA Swimming club. If documentation is not provided at the time of registration, the sixty (60) days will commence from the date of registration. Foreign swimmers who are competing for a secondary school, college or university shall be automatically released, in accordance with 203.4.~~

R-4	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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Location: Page 83 – **207.11 – ADMINISTRATIVE CONDUCT OF USA SWIMMING CHAMPIONSHIPS**

Proposed by: National Officials Committee

Purpose: To clarify that paying a re-entry fee for a penalty alleviates the need to declare an intent to swim.

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

Effective Date: Immediately

207.11 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-.5 [no changes]

.6 Scratch Procedures

A-B [no changes]

C In all events where preliminary heats are necessary or in any timed final event for which the swimmer has been positively checked in, 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. The application of this penalty shall pertain to the order in which the event/heats are swum, not the numerical order of the events. Additionally, that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares an intent to swim, or pays an established re-entry fee according to 207.11.6 E (4), prior to the close of the scratch box for that day's events.

D-E [no changes]

.7-.9 [no changes]

R-5	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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Location: Page 100 – **502.1 – AMENDMENTS**

Proposed by: Rules & Regulations Committee

Purpose: To remove the requirement for including a physical address for proposal submissions.

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

Effective Date: Immediately

502.1 AMENDMENTS — The USA Swimming House of Delegates may amend the Rules and Regulations and certain provisions of the Corporate Bylaws at its annual meeting in accordance with Article 10 of the Corporate Bylaws and this Section 502.1 of the Rules and Regulations.

.1-.3 [no changes]

.4 AMENDMENTS PROPOSED

A [no changes]

B **Form Required** — Every proposed amendment to the USA Swimming Rules & Regulations shall be in such form as to show the entire section as it will read if adopted, with any changes in existing language single underlined if new and lined out (struck through) if deleted. Each amendment shall be accompanied by a concise, but informative rationale for adoption and for the proposed effective date. In addition, the name, e-mail address and telephone number of the proposer must be included (if the proposer is an entity, the name, e-mail address and telephone number of an authorized spokesperson with authority to agree to changes in the proposed amendment).

C-E [no changes]

.5-.8 [no changes]

R-6	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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Location: Page 114 – **701.4 – SWIMWEAR**

Proposed by: Kevin Ryan, Member of the House of Delegates

Purpose: To remove the requirement to use World Aquatics-approved wetsuits on grassroots-level open water swimming. The requirement to use AQUA approved wetsuits is a needless restriction on grassroots-level open water swimming. There are only a handful listed on the AQUA Approved Swimwear list and nearly all are \$500 and above. This proposal is that for events below the Zone level that are not national-qualifiers (i.e. LSC Champs) that wetsuits that are not on the Approved Swimwear List but still comply with all of the regulations in 6.9 of the World Aquatics rulebook be allowed. There are dozens of wetsuits available, typically marketed to triathletes, that meet all of the necessary criteria but their manufacturers have simply not gone through the approval process. For example, XTERRA Wetsuits makes several varieties well under \$500 and in youth sizes. The end goal, of course, is to make wetsuits much more affordable for age-group athletes, which would allow for non-Southern states to begin their open water seasons earlier in Spring and extend them further into the Fall.

Recommendation: *The Rules & Regulations Committee recommends rejection since it creates inequity in competition and creates undue compliance issues and administrative burden.*

Effective Date: Immediately

701.4 SWIMWEAR

.1-.2 [no changes]

.3 ~~Only swimsuits complying with World Aquatics Open Water swimsuit specifications may be worn in any USA Swimming sanctioned or approved open water competition. For National and National-qualifying events (i.e. Zone Championships), only wetsuits that appear on the World Aquatics List of Approved Swimwear may be worn. For non-Championship events, wetsuits that do not appear on the World Aquatics List of Approved Swimwear but still comply with all parts of Section 6.9 of the World Aquatics Competition Regulations may be worn.~~

.4-.6 [no changes]

R-7	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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Location: Page 113 – **ARTICLE 701**

Proposed by: Open Water Steering Committee

Purpose: To more closely align with World Aquatics Competition Regulations.

Effective Date: Immediately

701.1 [no changes]

701.2 RULES

.1-.4 [no changes]

.5 **Time Limits** — In all Open Water events, time limits shall be published in the meet announcement and shall ~~apply~~ be calculated as follows from the finish time of the first swimmer—:

After the finish time of the first placed swimmer, the remaining swimmers will have ten (10) minutes per five (5) km (or part thereof) of the total course distance, up to a maximum of sixty (60) minutes, to complete the course.

Events with age group divisions will have the time applied by age group.

A Events ~~under 25k not less than 30 minutes~~

B Events ~~of 25k not less than 60 minutes~~

C Events ~~of over 25k not less than 120 minutes~~

.6 In events where feed poles are permitted, feed poles are not to exceed 5m (16 feet 5 inches) in length when extended. No objects, rope or wire may hang off of ~~or be attached to a feed pole(s) except a single banners or flags which does not~~ exceed 20 cm x 30 cm (8 inches x 12 inches) in size. Only banners or flags made from a soft, flexible material without hard edges and without any weight or other items added shall be permitted.

.7 Swimmers shall not carry any gels or any other packaged nutrition during the event including inside their swimwear.

.8 Swimmers shall attend the safety briefing held immediately prior to the race. Any swimmer who fails to attend the safety briefing without a valid reason may be disqualified or issued a yellow card by the Referee.

701.3 MARKING

.1 Prior to the start, swimmers shall be marked with their race numbers on both upper arms and their upper backs. The swimmers shall be numbered vertically down the arms and horizontally across the upper backs. Swimmers shall be marked with their race numbers on both hands and/or their ~~swim caps wetsuits~~ when competing in wetsuits. Depending on the finish system used, the Referee may also require numbering elsewhere on the body (hands or thighs). Paddlers and escort boats for escorted swims shall also be marked on both sides with the swimmer's race number so it is easily seen from either side. The markings shall be made in contrasting color to the underlying surface.

.2 For National and Junior National Championships, each swimmer shall wear their race number as follows:

A On both shoulder blades on the upper back, horizontally, each digit shall be 100 mm high x 60 mm wide.

B On the arms, vertically, each digit shall be 100 mm high x 60 mm wide.

C On the hands, horizontally to the base of the wrist.

701.4 SWIMWEAR

.1 No swimmer shall be allowed to use or wear any device that may be an aid to their speed, endurance, or buoyancy. A maximum of two (2) caps may be used, and all swimmers shall start the race wearing at least one (1) cap.

.2-.6 *[no changes]*

.7 Technology and Wearables – A swimmer is permitted to use an automated data collection device for the sole purpose of collecting data. Such a device shall not be capable of transmitting or receiving data, sounds, or signals to the swimmer, and shall not be capable of aiding the swimmer's speed, buoyancy, or endurance. A swimmer wearing any technology or wearable shall declare the technology or wearable by reporting to the Meet Referee or their designee.

.8 When multiple microchip transponders are used, each swimmer must start the race with two microchip transponders, one on each wrist. If during a race a swimmer loses a microchip transponder (or a microchip transponder becomes detached from the wrist), the Referee shall offer the swimmer a replacement microchip transponder. Prior to the finish of the race, it shall only be obligatory for a swimmer to take receipt of the replacement microchip transponder if they have lost both microchip transponders.

701.5 DISQUALIFICATIONS

.1 **Red Flag** — A swimmer shall receive a Red Flag and be disqualified from further competition for:

A-F *[no changes]*

G Unsporting conduct. Swimmers will be disqualified if they, their support craft, or support personnel, commit an act that is deemed unsporting by the Referee. Examples of unsporting conduct include intentionally striking another swimmer, ~~refusing to re-round a turn mark~~ and intentional interference with another swimmer while approaching the finish; ~~or~~

H Violating the swimwear rules. No swimmer shall be permitted to use or wear any device which may be an aid to their speed, endurance, or buoyancy. Goggles, a maximum of two (2) caps, nose clip and earplugs may be used;

I Failing to declare any technology and/or wearable; or

J Finishing a race without a microchip transponder, when multiple microchip transponders were used at the start of the race and the swimmer denied the receipt of a replacement microchip transponder.

.2 **Yellow Flag** — A swimmer shall receive a Yellow Flag for:

A-C *[no changes]*

D Actions of their escort craft that interfere with another swimmer's progress or for failure of their craft or coach to heed the instruction of an assigned official; ~~or~~

E Intentional contact with another swimmer or contact which causes interference; or

F Receiving sustenance or other objects thrown from the feeding platform or escort craft.

701.6 *[no changes]*

251
252 **701.7 THE MEET DIRECTOR** shall
253

254 .1-.4 *[no changes]*
255

256 .5 Submit to USA Swimming no less than four (4) weeks in advance of the event a site-specific safety plan which complies
257 with all relevant requirements of USA Swimming's open water rules.
258

259 **701.8 THE INDEPENDENT SAFETY MONITOR** shall
260

261 .1-.5 *[no changes]*
262

263 .6 Review and approve a site-specific safety plan which complies with all relevant requirements of USA Swimming's open
264 water rules prior to submission to USA Swimming.
265

266 **701.9 OFFICIALS** — The Meet Referee, Administrative Referee, and Starter must have passed the USA Swimming Open
267 Water Referee online test prior to officiating a sanctioned open water competition.
268

269 .1 The following positions are required for all open water competitions:
270

271 Meet Referee*

272 Administrative Referee* or Administrative Official*

273 Finish Judge

274 Meet Director*

275 Independent Safety Monitor*

276 Medical Officer*

277 Turn Judge (one at each change in the direction of the course)

278 Starter

279 One (1) Feeding Platform Judge per feeding platform, if feeding platforms are used

280 One (1) Relay Judge
281

282 Note: All positions noted with an asterisk (*) above shall not be combined with any other role.
283

284 .2 The following additional positions are recommended for all open water competitions, and are required for championship
285 meets at or above the Zone level:
286

287 Recorder

288 Race Judge (one per competitor in escorted races)

289 Timer

290 Announcer

291 Course Officer

292 Clerk Of Course

293 Assistant Referee

294 Video Review Judge
295

296 **701.10 THE REFEREE** shall
297

298 .1-.4 *[no changes]*
299

300 .5 review and consider any violations reported by the Video Review Judge (if applicable) after the race has finished;
301

302 .56 conduct a random draw for assignment of the Race Judges in escorted swims;
303

304 .67 signal by a raised distinctive flag and a series of short blasts on a whistle that the start is imminent and when satisfied
305 that the swimmers are ready, indicate by pointing the flag at the Starter that the competition may commence;
306

[re-number .7-.8]

.10 review and approve a site-specific safety plan which complies with all relevant requirements of USA Swimming's open water rules prior to submission to USA Swimming.

701.11-701.15 [no changes]

701.16 THE CLERK OF COURSE shall

.1 [no changes]

.2 ensure that each competitor is correctly marked with their race number and that all swimmers have trimmed fingernails and toenails and are not wearing any jewelry including watches;

.3-.4 [no changes]

701.17-701.21 [no changes]

701.22 THE VIDEO REVIEW JUDGE shall

.1 assist the Meet Referee to make any decisions to enforce any violations of the rules;

.2 observe any violations of the rules for the 3K knockout sprint races, record them, and report them to the Meet Referee.

.3 review all finishes of the race from the entry of the finish funnel to the finish plate, and record and report to the Meet Referee any breaches of the rules.

701.23 THE FEEDING PLATFORM JUDGE shall

.1 manage the activity and the athlete support personnel on the feeding platform, and ensure that the feeding procedures, including the use of bottles and any other means of nutrition, are conducted in accordance with the rules.

701.24 THE RELAY JUDGE shall

.1 manage the activity on the relay changeover platform or changeover zone to ensure that all changeovers occur in accordance with the rules.

[re-number remaining]

R-8	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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Location: Page 120 – **ARTICLE 702**

Proposed by: Open Water Steering Committee

Purpose: To more closely align with World Aquatics Competition Regulations.

Effective Date: Immediately

702.1 THE COURSE

.1-.4 [no changes]

702.2 WATER/AIR TEMPERATURE — The race shall not begin if the following conditions are not satisfied:

.1 The water temperature shall not be less than 16.0° C (60.8° F).

.2 For races of 5k and above, the water temperature shall not exceed 29.45° C (85° F).

.3 The air temperature and water temperature when added together shall not be less than 47.8° C (118° F) nor greater than 80.8° C (177.4° F).

.4 The water temperature shall be ~~checked~~ measured the day of the race, two (2) hours before the start, ~~on at three points~~ (selected by the Meet Referee) around the course at a depth of 40 cm (15.75 inches). The water temperature shall be recorded as the average of the three temperatures measured.

Further, the Independent Safety Monitor shall measure the water temperature ten (10) minutes prior to the start of each event and, if the event is longer than 5k, shall measure the water temperature on the course at thirty (30) minute intervals after the start of the event throughout the duration of the event. All measurements shall be recorded and communicated to the Meet Referee and Medical Officer.

702.3-702.5 [no changes]

702.6 THE FINISH

.1 [no changes]

.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.

For National and Junior National Championships, the bottom of the finish plate shall be no less than 500 mm and no greater than 700 mm above the waterline.

.3 [no changes]

702.7 FEEDING STATIONS

.1-.2 [no changes]

.3 Number of feeding stations required:

A No feeding station is required for an event 5k or shorter.

~~B At least one feeding station is required for an event that is longer than 5k but shorter than 10k.~~

~~CB~~ For an event ~~10k or~~ longer than 5k, there shall be at least one feeding station every 2.5k.

R-9	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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Location: Article 6.3 – Required LSC Bylaws Template

Proposed by: Safe Sport Committee

Purpose: To require the same LSC Board qualifications as the USA Swimming Board qualifications.

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

Effective Date: May 1, 2027

6.3 ELIGIBILITY - Only Individual Members of USA Swimming in good standing with XXSI and USA Swimming shall be eligible to hold office and must maintain their eligibility throughout their term of office. Any individual who has served a period of ineligibility for a SafeSport Code violation as defined by the U.S. Center for SafeSport or USA Swimming's Safe Sport program (unless that period of ineligibility was later entirely overturned) will be deemed ineligible to serve.

HK-1	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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Location: Page 33 – **102.7.4 – Postponement or Cancellation**
Page 41 – **102.22.5 B – PROTESTS**
Page 69 – **202.10 – SWIM-A-THONS**
Page 78 – **207.7.3 – Responsibility Clause**
Page 81 – **207.11.4 E – Eligibility Protests**
Page 87 – **301.4**
Page 88 – **302.1.1 – Athlete Members**
Page 89 – **303.8**

Proposed by: Rules & Regulations Committee

Purpose: To remove references to specific policy numbers in the Operating Policy Manual.

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

Effective Date: Immediately

102.7.4 Postponement or Cancellation

- G Entry fees for teams or swimmers may be refunded, in whole or part, at the discretion of the meet committee, upon cancellation of a meet or particular event. The decision of the meet committee on refunding may be appealed to the LSC Administrative Review Board or National Board of Review for hearing under the provisions of ~~Policy 26.0~~ of the USA Swimming Operating Policy Manual.

102.22.5 PROTESTS

- B All other protests, together with the Referee's or the jury's written decision, shall be submitted to the National Board of Review, in accordance with ~~Policy 26.0~~ of the USA Swimming Operating Policy Manual.

202.10 SWIM-A-THONS — All Swim-a-thon events are held under the license of the USA Swimming Foundation and must conform to rules and regulations established by USA Swimming. The participants may or may not be members of USA Swimming. Each LSC is responsible for the monitoring of each Swim-a-thon event held within its geographical boundaries, including the taking of that action pursuant to the provisions of ~~Policy 26.0~~ of the USA Swimming Operating Policy Manual as may be necessary to discipline any violation of USA Swimming Rules & Regulations.

207.7.3 Responsibility Clause

- C Appeal of fines are to be made to the Program & Events Coordinator (or their designee) and/or Board of Review. Any appeal of the decision of the Program & Events Coordinator (or their designee) shall be in accordance with the provisions of ~~Policy 26.0~~ of the USA Swimming Operating Policy Manual, specifically the following sections: Pre-Hearing Matters, Hearing, Decision, Stay, and Delivery.

207.11.4 Eligibility Protests

- E The decision of the jury may be appealed by either party to the National Board of Review, pursuant to ~~Policy 26.0~~ of the USA Swimming Operating Policy Manual. Protests submitted after the last day of the championships shall be submitted directly to the National Board of Review.

301.4 Whenever a swimmer, or party acting on a swimmer's behalf, informs the President/CEO of an alleged violation of the swimmer's right to participation as set forth in 301.1, the President/CEO (or their designee) shall review all the related evidence of the case and make a report, with a preliminary recommendation, to the National Board of Review within thirty (30) days, or sooner if the situation requires. The Board of Review shall review the case and the preliminary recommendation of the President/CEO (or their designee) and take whatever action it deems appropriate. Any of the parties involved in the action who are dissatisfied with the decision of the National Board of Review may appeal said decision under the provisions of ~~Policy 26.0~~ of the USA Swimming Operating Policy Manual, specifically the section entitled "Appeal."

302.1 REGISTRATION

.1 **Athlete Members** — All swimmers practicing with a member club or competing in events sanctioned by USA Swimming must be registered as athlete members of USA Swimming. Athlete members must meet the rules of eligibility contained in Article 303. No swimmer alleged to be ineligible shall be denied the right to register and compete without being afforded the opportunity to refute the allegations relating to possible ineligibility, pursuant to ~~Policy 26.0~~ of the USA Swimming Operating Policy Manual.

303.8 A swimmer declared ineligible for any reason may be reinstated pursuant to the provisions of ~~Policy 26.0~~ of the USA Swimming Operating Policy Manual, specifically the section entitled "Authority of the NBOR".

HK-2	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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Location: Page 46 – **102.23 – TIMING RULES**

Proposed by: Rules & Regulations Committee

Purpose: To remove reference to specific page number.

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

Effective Date: Immediately

102.23 TIMING RULES

.1-.3 [no changes]

.4 Determining Official Time

A-D [no changes]

E **Adjustment for Malfunction Equally Affecting an Entire Heat** — When, because of an early or late start, or other equipment or operator malfunction, the time of the automatic or semi-automatic primary timing system is equally incorrect for all the lanes in a heat, but the order of finish and thus the absolute difference of time between the swimmers is accurate, the times of the primary system shall be adjusted by calculating the average difference between the primary times and the valid back-up times and adding, or subtracting when appropriate, that difference to the primary times of every lane in that heat. (See Appendix 1 ~~on page 46~~)

.5 [no changes]

M-1	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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Location: Page 24 – **101.1 – STARTS**

Proposed by: Rules & Regulations Committee

Purpose: To conform to World Aquatics Competition Regulations.

Effective Date: Currently effective

101.1.4 STARTS

.1-.3 [no changes]

.4 **Warning Signal** — With the exception of relays, in ~~events 500 yards freestyle events 400 meters/500 yards~~ or longer, the Starter or a designee shall sound a warning signal over the water at the finish end of the lane of the leading swimmer when that swimmer has two lengths plus five yards or five meters to swim. As an alternative, a ~~bell~~ warning signal may be given over each lane by a lane judge or timer for that lane.

.5 [no changes]

M-2	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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Location: Page 25 – **101.3 – BUTTERFLY**
Proposed by: Rules & Regulations Committee
Purpose: To conform to World Aquatics Competition Regulations.
Effective Date: Currently effective

101.3 BUTTERFLY

.1-.4 *[no changes]*

.5 **Finish** — At the finish, the body shall be on the breast and the touch shall be made with both hands separated and simultaneously at, above, or below the water surface. 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.

M-3	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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Location: Page 26 – **101.4 – BACKSTROKE**
Proposed by: Rules & Regulations Committee
Purpose: To conform to World Aquatics Competition Regulations.
Effective Date: Currently effective

101.4 BACKSTROKE

.1 *[no changes]*

.2 **Stroke** — The swimmer shall push off on their 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 *[no changes]*

.4 **Finish** — Upon the finish of the race, the swimmer must touch the wall while on the back. 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.

M-4	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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Location: Page 26 – **101.5 – FREESTYLE**
Proposed by: Rules & Regulations Committee
Purpose: To conform to World Aquatics Competition Regulations.
Effective Date: Currently effective

101.5 FREESTYLE

.1-.3 *[no changes]*

.4 **Finish** — The swimmer shall have finished the race when any part of their person touches the wall after completing the prescribed distance. 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.

M-5	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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Location: Page 27 – **101.6 – INDIVIDUAL MEDLEY**

Proposed by: Rules & Regulations Committee

Purpose: To conform to World Aquatics Competition Regulations.

Effective Date: Currently effective

101.6 INDIVIDUAL MEDLEY – The swimmer shall swim the prescribed distance in the following order: the first one-fourth, butterfly; the second one-fourth, backstroke; the third one-fourth, breaststroke; and the last one-fourth, freestyle.

.1-.2 *[no changes]*

.3 **Turns**

A Intermediate turns within each stroke shall conform to the turn rules for that stroke, except that in the freestyle turn, the swimmer must return to the breast before any kick or stroke after leaving the wall.

B *[no changes]*

.4 *[no changes]*

M-6	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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Location: Page 33 – **102.6 – COUNTERS**

Proposed by: Rules & Regulations Committee

Purpose: To conform to World Aquatics Competition Regulations.

Effective Date: Currently effective

102.6 COUNTERS

A A swimmer in the ~~500/1000/1650 yard or 400/800/1500 Short Course Meter or 800/1500 Long Course Meter~~ 400 meters/500 yards or longer freestyle or other long distance pool event (see 102.1.4) may appoint one counter to call lengths or indicate lengths by visual sign.

B-E *[no changes]*

M-7	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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Location: Page 35 – **102.8 – SWIMWEAR**

Proposed by: Rules & Regulations Committee

Purpose: To conform to World Aquatics Competition Regulations.

Effective Date: Currently effective

102.8 SWIMWEAR

.1 **Design**

A-D *[no changes]*

E No swimmer is permitted to wear or use any device, substance or swimsuit to help their speed, pace, buoyancy or endurance during a race (such as webbed gloves, flippers, fins, power bands, adhesive substances, etc.). The use of technology and automated data collection devices is permissible for the sole purpose of collecting data. Automated devices shall not be utilized to transmit data, sounds, or signals to the swimmer and may not be used to aid their speed. Goggles may be worn, and rubdown oil applied if not considered excessive by the

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Referee. ~~Therapeutic elastic tape is prohibited.~~ As a consequence of injury, it is permissible to tape together
not more than two fingers or toes. ~~Any other kind of tape on the body is not permitted unless approved by the~~
~~Referee.~~

F
.2-.3

[no changes]
[no changes]