

USA SWIMMING
RULES & REGULATIONS COMMITTEE

**2019 ADOPTED LEGISLATION
BY USA SWIMMING HOUSE OF DELEGATES**

Prepared by Clark Hammond (Chair),

Mickey Smythe (Secretary)

September 14, 2019

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

R-1	ADOPTED	Effective January 1, 2020
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Location: Page 14 – **Official Glossary**

~~**BONUS (C) FINAL** — the third fastest heat of swimmers competing in Finals.~~

~~**CONSOLATION (B) FINAL** — the second fastest heat of swimmers competing in Finals.~~

FINALS — a session of a meet in which the concluding heats of an event are contested which may include championship, consolation, or bonus finals.

- Championship (A) Final – the fastest heat of swimmers competing in Finals
- Consolation Final(s) – the second fastest and subsequent heats of swimmers competing in Finals for which team selection, scoring points and/or prize money are awarded
- Bonus Final(s) – any finals heat in which no points or placement prizes are awarded

R-2	ADOPTED	Effective January 1, 2020
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Location: Page 14 – **Official Glossary**
Page 67 – **203.3 Representation**

CLOSED COMPETITION

- Competition exclusively among members of a single club
- Competition or series of competitions within an independent organization open only to members of that organization, such as:
 - YMCA competition
 - Summer league competition
 - Conference competition
- Closed competition does not include representing a group within USA Swimming such as LSC, Zone, Region, or Section, nor does it include dual meets, invitationals or other meets where only certain clubs are invited to participate

OPEN COMPETITION — competition that is not otherwise defined as a closed competition in which any qualified club, organization or individual may enter.

OPEN EVENT – an event in which any qualified individual may compete, regardless of age.

203.3 For a swimmer to represent a USA Swimming club in a competitive event, one hundred twenty (120) consecutive days must have elapsed before the swimmer is permitted to represent any other USA Swimming club in USA Swimming open or ~~closed~~ competition. The 120-day count shall begin on the day following the last date the athlete represented a USA Swimming club in open competition.

R-3	ADOPTED	Effective May 1, 2020
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Location: Page 14 – **Official Glossary**
Page 39 – **102.24 Timing Rules**
Page 51 – **104.2 USA Swimming Records**

RELAY — a race in which ~~each~~ four eligible team members ~~each~~ swims a specified portion of the course.

102.24 TIMING RULES

.1 Requirements for Official Time

A Performance Requirements

- (1) An official time can be achieved only in USA Swimming sanctioned or USA Swimming approved competition, or in an observed swim in accordance with all applicable rules. It may be achieved in:
 - (a) Any heat.
 - (b) A swim-off.
 - (c) A lead-off leg in a relay swum by four eligible relay members; the lead-off swimmer's time shall not be nullified by a subsequent disqualification of his/her team members.
 - (d) A split time recorded from the official start to the completion of an initial distance with a legal finish within a longer event, provided the swimmer completes the event or the lead-off portion of the relay in compliance with applicable rules.
 - (e) A time trial or a record attempt.

.2 - .5 [no changes]

104.2 USA SWIMMING RECORDS

.1 General Requirements and Conditions for Records

A-D [no changes]

- E Should the first swimmer on a legally composed relay team complete his/her leg in a record time for that stroke/distance, his/her performance shall not be nullified by ~~any~~ a subsequent disqualification of his/her team members.

.2 - .5 [no changes]

R-4	ADOPTED	Effective May 1, 2020
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Location: Page 19 – 101.1 Starts

101.1 START

.1 - .3 [no changes]

.3 False Starts

- A Any swimmer starting before the starting signal is given shall be disqualified if the Referee independently observes and confirms the Starter's observation that a violation occurred. Swimmers remaining on the starting blocks shall be relieved from their starting positions with the "stand up" command and may step off the blocks.
- B If the starting signal has been given before the disqualification is declared, the race shall continue without recall. If the Referee independently observes and confirms the Starter's observation that a violation occurred, the swimmer or swimmers who have false started shall be disqualified upon completion of the race.
- C If the recall signal is activated ~~inadvertently~~, no swimmer shall be charged with a false start and the Starter shall restart the race upon signal by the Referee.
- D A swimmer who would otherwise be charged with a false start may be relieved of the charge if the false start was caused by the swimmer's reaction to the "stand up" command.
- E Declared false start: swimmers reporting to the Referee prior to the start of their race and declaring their intent not to compete will be disqualified except as noted in 207.11.6D(1).

.4 - .5 [no changes]

R-5	ADOPTED	Effective May 1, 2020
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Location: Page 26 – 102.5 Seeding, Lane Assignments, Swim-Offs, and Order of Heats

102.5 SEEDING, LANE ASSIGNMENTS, SWIM-OFFS, AND ORDER OF HEATS

- .1 Preliminary Heats When Finals are Scheduled — Entry times shall be listed by the meet committee with the fastest swimmer first and the slowest swimmer last. Swimmers whose submitted times are identical should be assigned places in

the list by draw. Swimmers with no submitted times shall be considered the slowest and shall be placed at the end of the list by draw. Swimmers shall be seeded in lanes under the procedure outlined for finals seeding in 102.5. Swimmers shall be seeded in heats according to submitted times in the following manner:

A Fewer than three heats

- (1) If there is only one heat, it shall be swum as scheduled during the preliminaries and finals.
- (2) If there are two heats, the fastest swimmer shall be seeded in the second heat, next fastest in the first heat, next fastest in the second heat, next in the first heat, next in the second heat, next in the first heat, etc.

B Three heats — Except for 400y, 400m/500y, 800m/1000y and 1500m/1650y events, the fastest swimmer shall be placed in the third heat, next fastest in the second, next in the first. The fourth fastest swimmer shall be placed in the third heat, the fifth in the second heat, and the sixth fastest in the first heat, the seventh fastest in the third heat, etc.

C Four heats or more — Except for 400y, 400m/500y, 800m/1000y and 1500m/1650y events, the ~~last fastest~~ three heats of an event shall be seeded in accordance with B above. The heat preceding the ~~last fastest~~ three heats shall consist of the next fastest swimmers; the heat preceding the ~~last fastest~~ four heats shall consist of the next fastest swimmers, etc. Lanes shall be assigned in descending order of submitted times within each heat, in accordance with the pattern outlined in 102.5.

D For 400y, 400m/500y, 800m/1000y and 1500m/1650y events, the ~~last fastest~~ two heats of an event shall be seeded in accordance with 102.5.1A(2). The heat preceding the fastest two heats shall consist of the next fastest swimmers; the heat preceding the fastest three heats shall consist of the next fastest swimmers, etc. Lanes shall be assigned in descending order of submitted times within each heat, in accordance with the pattern outlined in 102.5

E Exception — When there are two or more heats in an event, there shall be a minimum of three swimmers seeded into any one preliminary heat, but subsequent scratches may reduce the number of swimmers in such heat to less than three.

.2 - .6 [no changes]

R-6	ADOPTED	Effective Immediately
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Location: Various

102.7 POSTPONEMENTS AND CHANGES IN PROGRAM

.1-.3 [no changes]

.4 Postponement or Cancellation

A-F [no changes]

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 ~~Zone Board of Review~~ National Board of Review for hearing under the provisions of Part Four.

102.23 PROTESTS

.1-.5 [no changes]

.6 Except as provided in 102.23.1, the Referee's or the meet jury's ruling may be appealed as follows

A Protests concerning interpretation of the rules in Part One and Part Seven of the USA Swimming Rules and Regulations shall be submitted in writing within ten (10) days to the Chair of the USA Swimming Rules & Regulations Committee who shall issue a ruling within five (5) days from the date of the receipt of such protest. This ruling shall be final and binding on all parties.

B All other protests, together with the Referee's or the jury's written decision, shall be submitted to ~~the Zone Board of Review for the Zone in which the sanctioning LSC is located or, in the case of a National Championship or trials class meet, to the National Board of Review~~, in accordance with Part Four of the USA Swimming Rules & Regulations.

**ARTICLE 402
BOARD OF REVIEW MEMBERSHIP**

~~402.1~~ ~~**ZONE BOARD OF REVIEW**~~—The selection and composition of the membership of the Zone Board of Review shall be governed by the Required Zone Board of Review Procedures.

[re-number remaining]

ARTICLE 403 JURISDICTION

~~403.1~~ ~~**JURISDICTION OF THE ZONE BOARD OF REVIEW**~~—In matters involving a member or members of only one Zone, matters arising in regional or zone competition and any complaint alleging violations of 304.3.12 through 304.3.16 inclusive of the USA Swimming Code of Conduct involving one or more members or prospective members of the Zone, and/or one or more Participating Non-Members, and not brought by USA Swimming, shall be filed directly with the respective Zone. Any appeal of the Zone Board of Review's decision shall be made to the National Board of Review pursuant to Article 408 hereof. The resolution of any dispute regarding jurisdiction of the Zone or the National Board of Review with regard to a particular case shall be determined by the Chair of the National Board of Review, which resolution shall be binding on all parties and non-appealable.

[re-number remaining]

403.2 JURISDICTION OF THE NATIONAL BOARD OF REVIEW

.1 **Original and Exclusive Jurisdiction** — The National Board of Review has original and exclusive jurisdiction to hear:

A-B [no changes]

C Any complaint under 304.3 through 304.3.14~~6~~ against any member of USA Swimming, including any athlete, coach, manager, official, member of any committee, or a Participating Non-Member

ARTICLE 404 AUTHORITY OF BOARDS OF REVIEW

~~404.1~~ ~~**ZONE BOARD OF REVIEW**~~—The Zone Board of Review shall have the following power and authority:

~~.1~~ ~~**Remedies and Penalties**~~—The Zone Board of Review, after conducting such hearings as it may determine to be necessary or helpful, may, among other remedies, with regard to a party named in the Notice of Hearing and Petition:

~~A~~ Dismiss the Petition with or without permission to refile;

~~B~~ Censure or fine a party;

~~C~~ Establish a period of probation, with or without conditions;

~~D~~ Prohibit or mandate future actions, inaction or conduct;

~~E~~ Determine the results of, or require a rerun of, any election held by the Zone or any constituent element thereof;

~~F~~ Vacate, modify, sustain, reverse, remand or stay any decision or order of a House of Delegates, Board of Directors, officer, division or committee, or coordinator of a LSC within the Zone;

~~G~~ With the exception of the technical rules (Parts One and Seven), interpret any provision of (i) the Rules and Regulations of USA Swimming (to the extent not preempted by FINA or USA Swimming Rules and Regulations); (ii) the USA Swimming Code of Conduct, the Required LSC Bylaws, other policies, rules, regulations and procedures of USA Swimming, the Zone or the LSC; and (iii) the Amateur Sports Act and other applicable laws, rules and regulations; as well as adjudicate alleged inconsistencies and claims of supremacy and invalidity with respect to the foregoing;

~~H~~ Deny, grant, suspend or restore the eligibility or right to compete of an athlete member of the Zone and USA Swimming;

~~I~~ Deny, grant, suspend or restore membership in the respective LSC and USA Swimming for a definite or indefinite period of time, with or without terms of probation, or expel any Group Member or Individual Member of the respective LSC and USA Swimming, including any administrator, athlete, coach, trainer, manager, meet director, official, officer, Board Member, House of Delegates representative of a Group Member, coordinator, chair or member of any committee or sub-committee;

~~J~~ Prohibit for a definite or indefinite period of time the participation by a Participating Non-Member in the affairs or activities of USA Swimming, the Zone, the respective LSC, its Group Members or other LSCs and their Group Members;

~~K~~ Assess costs, including any filing fee and attorneys' fees and expenses, to the prevailing party or refund any filing fee paid by the prevailing party (except as otherwise set forth below);

~~L Issue such interim orders, prohibitory or mandatory in nature, as may be necessary pending a final decision of the Board; and~~

~~M Assess sanctions in any combination of the foregoing or assess any other remedies deemed appropriate under the circumstances.~~

~~.2 **Preliminary Hearing and Temporary Orders** In appropriate cases, the Zone Board of Review, after an initial investigation and/or a preliminary hearing, may make in its discretion temporary orders for the good of the sport of swimming. The temporary order may encompass any remedy or order permissible in a final decision and may include, by way of example, suspending membership, granting the right to participate or coach in a competition, permitting a swimmer to compete subject to protest, or offering or ordering the parties to attempt to resolve their differences pursuant to mediation or other alternative dispute resolution mechanisms prior to any hearing before the Zone Board of Review. These orders may be made effective pending full hearings by the Zone Board of Review or the conclusion of administrative or judicial proceedings of other bodies addressing the same or similar issues or on other terms as determined by the Zone Board of Review.~~

~~.3 **Grounds for Imposition** The Zone Board of Review may fashion remedies and orders and impose penalties with respect to any Group or Individual Member of the Zone, or Participating Non-Member residing within the Zone (1) who has violated any of the regulations, rules, policies or procedures of the LSC, Zone, USA Swimming or FINA, including any of the responsibilities of membership set forth in the Required LSC Bylaws, (2) who aids, abets, instigates or encourages another to violate any of such regulations, rules or policies, (3) who is responsible for any such violation by another, or (4) who has acted in a manner which has brought, or may bring, into disrepute the LSC, the Zone, USA Swimming or the sport of swimming.~~

[re-number remaining]

ARTICLE 406

ZONE BOARD OF REVIEW HEARINGS AND PROCEDURES

[Delete entire Article and re-number remaining]

ARTICLE 408

APPEAL FROM ZONE BOARD OF REVIEW TO NATIONAL BOARD OF REVIEW

[Delete entire Article and re-number remaining]

ARTICLE 413

REQUIRED ZONE BOARD OF REVIEW PROCEDURES

[Delete entire Article and re-number remaining]

[And other such housekeeping edits as may be required in 304, 409, 411, 412.1, 412.2, and 412.3]

[Amend Required LSC Bylaws to remove all Zone Board of Review references]

R-7	ADOPTED	Effective May 1, 2020
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Location: Page 30 – 102.8 Swimwear

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 his/ her speed, pace, buoyancy or endurance during a race (such as webbed gloves, flippers, fins, power bands, adhesive substances, etc.). Goggles may be worn, and rubdown oil applied if not considered excessive by the Referee. Therapeutic elastic tape is prohibited. Any other kind of tape on the body is not permitted unless approved by the Referee.

R-8	ADOPTED	Effective January 1, 2020
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Location: Page 30 – 102.8 Swimwear

102.8 SWIMWEAR

.1-2 [no changes]

3 Advertising

- A Advertising means the normal display of the name, designation, trademark, logo, or any other distinctive sign of the manufacturer of the item or any other advertiser permitted in accordance with this rule. FINA labeling and the USA Swimming logo or club logo shall not be considered as advertisements. Logos of the swimwear manufacturer shall be considered as advertising and are included in the limits described in (1) through (3) below. In the competition venue or complex of all events conducted by and under the control of USA Swimming or any LSC or division thereof, advertising appearing on swimwear is allowed as follows:
- (1) **Swimsuits** — A total of ~~two~~ three separate advertising logos of a maximum size of 30 square centimeters (4.65 sq. in.) each, measured as worn, shall be permitted.
 - (2) **Caps** — A total of ~~two~~ three separate advertising logos of a maximum size of 20 square centimeters (3.1 sq. in.) each, as measured as applied, shall be permitted. A club logo is not considered as advertising and is not subject to the size limitations.
 - (3) **Goggles** — A total of ~~two~~ three separate advertising logos of a maximum size of 6 square centimeters (.9 sq. in.) each, as measured as applied, shall be permitted, but only on the spectacle frame or band.
- B Body advertising in the form of temporary tattoos or other embellishments is not allowed.
- C Advertising for the following shall not be allowed:
- (1) Products involving tobacco, nicotine, psychoactive cannabinoids, alcohol or pharmaceuticals containing substances banned under IOC or FINA rules;
 - (2) Political statements; and
 - (3) Any products or services that would be counter to the values of the sport or bring disrepute to USA Swimming.
- D Swimmers in violation of the above provisions may be barred from the competition venue until they comply. However, any swimmer who competes in an event wearing swimwear in violation of these advertising provisions shall not be subject to disqualification.

R-9	ADOPTED	Effective January 1, 2020
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Location: Page 65 – **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. Official times achieved as observed swims may be submitted for entry into the SWIMS database if all of the following conditions are met:

.1-3 [no changes]

- 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 & Turn Judges assigned or approved by the LSC, must be ~~present, one at each end of the course,~~ 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 judgment of the organization officials shall be sufficient. The times should be entered, upon request, into SWIMS, the National Times Database.

R-10	ADOPTED	Effective January 1, 2020
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Location: Page 70 – **204.10 USA Swimming Futures Championships**
Page 74 – **207.2 USA Swimming U.S. Open Championships**
Page 75 – **207.3 USA Swimming National Championships and Open Water Championships**
Page 75 – **207.4 USA Swimming Junior National Championships**

204.10 USA SWIMMING FUTURES CHAMPIONSHIPS — The USA Swimming Futures Championships shall be

governed and conducted by USA Swimming ~~and conducted by the Program & Events Committee.~~

.1-3 [no changes]

207.2 USA SWIMMING U.S. OPEN CHAMPIONSHIPS — The USA Swimming U.S. Open Championships shall be governed and conducted by the Senior Development Committee ~~USA Swimming and conducted by the Program & Events Committee.~~ All USA Swimming member athletes who have achieved the qualifying time standards for one or more specific events are eligible to participate. The meet shall be conducted in years designated by the National Team Managing Director.

207.3 USA SWIMMING NATIONAL CHAMPIONSHIPS AND OPEN WATER CHAMPIONSHIPS — The USA Swimming National Championship meets and Open Water Championship meets shall be governed and conducted by USA Swimming ~~and conducted by the Program & Events Committee.~~ All USA Swimming member-athletes who have achieved the qualifying time standards for one or more specific events are eligible to participate.

If the following USA Swimming team selection trials are held in conjunction with the USA Swimming National Championships, only United States citizens eligible to represent the United States in international competition will be allowed to compete in the A (championship) finals from which team selections are chosen: Pan American Games Trials and Pan Pacific Championship Trials. Foreign swimmers may compete in all relays, but in individual preliminary events and ~~B and C (consolation and bonus) finals~~ only. When the selection of more than one of the above teams necessitates picking swimmers from beyond eighth (8th) place in a specific event, this rule also applies to the ~~B and C (consolation and bonus) final(s)~~ in that event. Finals will be seeded accordingly.

207.4 USA SWIMMING JUNIOR NATIONAL CHAMPIONSHIPS AND JUNIOR NATIONAL OPEN WATER CHAMPIONSHIPS — The USA Swimming Junior National Championship and Junior National Open Water Championships meets shall be governed and conducted by USA Swimming ~~and conducted by the Program & Events Committee.~~

.1-3 [no changes]

R-11	ADOPTED	Effective January 1, 2020
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Location: Page 70 – **204.10 USA Swimming Futures Championships**

204.10 USA SWIMMING FUTURES CHAMPIONSHIPS — The USA Swimming Futures Championships shall be governed and conducted by USA Swimming ~~the Program & Events Committee.~~

- .1 The Futures Championships will be swum long course during the summer season. The dates, place of competition and number of competitions to be held will be determined by the Senior Development Committee based on the recommendations of USA Swimming's National Events staff.
- ~~.2 The meets should be scheduled to be held during the same week as the USA Swimming Junior National Championships.~~
- ~~.3 LSCs will be assigned to a specific Futures meet based upon the recommendation from the Senior Development Committee.~~

R-12	ADOPTED	Effective January 1, 2020
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Location: Page 78 – **205.9 National Age Group Recognition Program**

205.9 NATIONAL AGE GROUP RECOGNITION PROGRAM

.1-7 [no changes]

- .8 Each swimmer achieving the fastest reported time in each individual event and each member of the relay team achieving the fastest time in a relay event shall be awarded an appropriate certificate and an emblem, pin or similar memento by USA Swimming. ~~Other awards will be determined and announced to the LSCs by the Program & Events Committee Chair or designee.~~

R-13	ADOPTED	Effective January 1, 2020
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Location: Page 76 – **207.8 Entry Forms and Meet Announcement**

207.8 ENTRY FORMS AND MEET ANNOUNCEMENT

- .1 The ~~entry forms and~~ meet announcement shall be prepared under joint direction of the Program & Events Committee Chair or designee, ~~the Rules Chair~~, the Meet Director, and the President/Chief Executive Officer or his/her designee(s).
- .2 The meet announcement shall state qualifying times and procedures necessary for proof of entry times. (See 207.6 and 207.7) For a USA Swimming Championship meet, the President/CEO or his/her designee may permit bonus events. For each qualifying time achieved in an individual event, additional bonus events may be allowed. Requirements for bonus events will be specified in the meet announcement.

R-14	ADOPTED	Effective January 1, 2020
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Location: Page 77 – 207.10 Programs

207.10 PROGRAMS

- .1 [no changes]
- .2 **International Program** — ~~Upon the recommendation of the National Team Managing Director with the approval of the Program & Events Committee Chair,~~ At the discretion of the National Team Managing Director the USA Swimming National Championships may be conducted in a format with the order of events simulating the World Championship or Olympic program. ~~The men's 800 and women's 1500-freestyle may be included in this format.~~ All relays shall be conducted on a timed finals basis with all heats swum in the finals session.

R-15	ADOPTED	Effective January 1, 2020
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Location: Page 78 – 207.11 Administrative Conduct of USA Swimming Championships

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 **General Meeting**
 - A A general meeting, chaired by the Program & Events Committee Chair or designee, shall be held at all USA Swimming championship meets prior to the first day's competition. The Meet Referee, all participating coaches, and representatives of each participating club are ~~obligated to attend or be represented at this meeting~~ responsible for all information disseminated at the meeting.
 - B Only business pertinent to the administrative conduct of that championship meet and its events may be considered and finalized at this meeting by a vote of those in attendance and no changes shall be made thereafter.
 - C It is the obligation of every swimmer entered in the meet to attend or be represented at this meeting and to become acquainted with the changes, if any, and the decisions made at this meeting.

R-16	ADOPTED	Effective January 1, 2020
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Location: Page 78 – 207.11 Administrative Conduct of USA Swimming Championships

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 – D [no changes]
 - E Exceptions for Failure to compete — No penalty shall apply for failure to withdraw or compete in an individual event if:
 - (1) The Referee is notified in the event of illness or injury and accepts the proof thereof.

- (2) A swimmer qualifying for a C, B, or A (bonus or consolation final or) final race based upon the results of the preliminaries notifies the Referee within thirty (30) minutes after announcement of the qualifiers for that race that they may not intend to compete and further declares their final intentions within thirty (30) minutes following their last individual preliminary event.
- (3) It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.
- (4) The swimmer pays a re-entry fee for each preliminary event in which he or she failed to compete. The re-entry fee shall be established by the National Team Steering Committee and the Program & Events Committee Chair or designee and published in the meet announcement.

F Notwithstanding the provisions of 207.11.6, the scratch procedures for a selection meet for the United States teams for the Olympic Games, the FINA World Championships, the Pan Pacific Championships, the Pan American Games or the World University Games shall be established by the National Team Steering Committee and the Program & Events Committee Chair or designee.

R-17	ADOPTED	Effective January 1, 2020
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Location: Page 78 – **207.11 Administrative Conduct of USA Swimming Championships**

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.

.1-7 [no changes]

.8 **Finals** — ~~Except for the relay events, the 1000 and 1650 yard and 800 and 1500 meter freestyle events, there shall be C, B, and A (bonus, consolation and championship) final heats, with the consolation heats preceding the championship heat, in both short course and long course National Championships.~~ The order of final heats for each meet shall be approved by the Program & Events Committee Chair or designee.

R-18	ADOPTED	Effective Immediately
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Location: Page 94 – **Article 304 Code of Conduct**
Page 96 – **Article 305 Athlete Protection Policies**

304.3 CODE OF CONDUCT

Measures to be adjudicated by the USA Swimming National Board of Review

.1-2 [no changes]

.3 ~~Repeated violations of any of the Athlete Protection~~ Minor Athlete Abuse Prevention Policies set forth in Article 305 [see page ___].

ARTICLE 305 MINOR ATHLETE ABUSE PREVENTION PROTECTION POLICIES

The following policies related to Athlete Protection are mandatory components of the USA Swimming Code of Conduct:

305.1 — ~~Inappropriate touching between an athlete and an adult non athlete member or Participating Non Member (as defined in 401.1) is prohibited, including, but not limited to, excessive touching, hugging, kissing, and having an athlete sit on a non-family member adult's lap.~~

305.2 — ~~Any inappropriate sexual conduct or advance, or other inappropriate oral, written, visual, or physical conduct of a sexual nature at any time, past or present toward any person under the age of eighteen (18) by (i) a coach member or other non-athlete member, or (ii) any other adult participating in any capacity whatsoever in the activities of USA Swimming (whether such adult is a member or not) is prohibited.~~

305.3 — ~~Any rubdown or massage performed on an athlete by any adult member or Participating Non Member, excluding the spouse, parent, guardian, sibling, or personal assistant of such athlete, is prohibited unless such adult is a licensed massage therapist or other certified professional. Any rubdown or massage performed at a swim venue by a licensed professional must be conducted in open/public locations and must never be done with only the athlete and licensed massage therapist in the room.~~

~~Even if a coach is a licensed massage therapist, the coach shall not perform a rubdown or massage of an athlete under any circumstances.~~

~~**305.4** Use of audio or visual recording devices, including a cell phone camera, is not allowed in changing areas, rest rooms or locker rooms.~~

~~**305.5** Employees and volunteers of USA Swimming, Zones, LSCs and member clubs who interact directly and frequently with athletes as a regular part of their duties and individuals with any ownership interest in a member club must be non-athlete members of USA Swimming and satisfactorily complete criminal background checks as required by USA Swimming. This does not apply to volunteers such as timers, marshals, computer operators, etc., who only have limited contact with athletes during a meet. Any individual who is banned, currently suspended or ineligible for membership is prohibited from serving as a timer, marshal, or computer operator, or otherwise being on deck at any time in connection with a USA Swimming activity.~~

~~**305.6 TRAVEL**~~

~~.1 Regardless of gender, a coach shall not share a hotel room or other sleeping arrangement with an athlete unless the coach is the parent, guardian, sibling, or spouse of that particular athlete.~~

~~.2 Team managers and chaperones must be members of USA Swimming and have successfully passed a USA Swimming-required criminal background check.~~

~~.3 When only one athlete and one coach travel to a competition, the athlete must have his/her parent's (or legal guardian's) written permission in advance to travel alone with the coach.~~

~~.4 Clubs and LSCs shall develop their own travel policies. USA Swimming will provide a model club travel policy as an example. Club travel policies must be signed and agreed to by all athletes, parents, coaches and other adults traveling with the club.~~

~~**305.7.1** Clubs shall establish their own action plans for implementing USA Swimming's anti-bullying policy the Minor Athlete Abuse Prevention Policies (see page ____). USA Swimming shall provide a model plan as an example which shall serve as the default for any club that fails to establish its own plan. Club anti-bullying plans must be reviewed and agreed to annually by all athletes, parents, coaches and other non-athlete members of the club.~~

~~**305.8.2** Clubs shall establish their own electronic communication/social media anti-bullying policy. USA Swimming shall provide a model policy as an example, which shall serve as the default for any club that fails to establish its own policy. Club electronic communication anti-bullying policies should be reviewed and agreed to annually by all athletes, parents, coaches and other non-athlete members of the club.~~

R-19	ADOPTED	Effective Immediately
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Location: Page 94 – Article 304 Code of Conduct

304.3 The following shall be considered violations of the USA Swimming Code of Conduct:

Measures to be adjudicated by the USA Swimming National Board of Review

.1-3 [no changes]

~~.4 Violation of any of the Sexual Misconduct Reporting Requirements set forth in Article 306 or the Prohibitions against Retaliation for Good Faith Reporting of Abuse set forth in Article 307.~~

[re-number remaining and appropriate references]

R-20	ADOPTED	Effective Immediately
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Location: Page 94 – Article 304 Code of Conduct

304.3 The following shall be considered violations of the USA Swimming Code of Conduct:

Measures to be adjudicated by the USA Swimming National Board of Review

.1-5 [no changes]

~~.6 Conviction of, imposition of a deferred sentence for, or any plea of guilty or no contest at any time, past or present, or the existence of any pending charges, for (i) any felony or (ii) any offense involving use, possession, distribution or intent to~~

~~distribute illegal drugs or substances.~~

[re-number remaining]

R-21	ADOPTED	Effective Immediately
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Location: Page 94 – **Article 304 Code of Conduct**

304.3 The following shall be considered violations of the USA Swimming Code of Conduct:

Measures to be adjudicated by the USA Swimming National Board of Review

.1-10 [no changes]

~~.11 For any USA Swimming member club or coach to knowingly:~~

~~A allow any person who has been sanctioned with a membership suspension by the Center for SafeSport or USA Swimming to coach or instruct any of its athlete members,~~

~~B aid or abet coaching or instruction of athletes by any person who has been sanctioned with a membership suspension by the Center for SafeSport or USA Swimming or~~

~~C allow any person who has been sanctioned with a membership suspension by the Center for SafeSport or USA Swimming to have an ownership interest in such USA Swimming club or its related entities.~~

[re-number remaining and appropriate references]

R-23	ADOPTED	Effective Immediately
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Location: Page 94 – **Article 304 Code of Conduct**

Page 100 – **(new) 403.2 Jurisdiction of the National Board of Review**

304.3 The following shall be considered violations of the USA Swimming Code of Conduct:

Measures to be adjudicated by the USA Swimming National Board of Review

.1-14 [no changes]

~~.15 Violation of any team misconduct rule as established by the USOC, USA Swimming, any Zone or LSC team authority.~~

[re-number remaining]

403.2 JURISDICTION OF THE NATIONAL BOARD OF REVIEW

.1 **Original and Exclusive Jurisdiction** — The National Board of Review has original and exclusive jurisdiction to hear:

A-E [no changes]

F Any appeal initiated pursuant to adverse action taken by the USA Swimming Board of Directors against an LSC for alleged violations of an LSC Affiliation Agreement.

G Any appeal initiated pursuant to adverse action taken against an athlete for alleged violations of the applicable USA Swimming Honor Code.

R-24	ADOPTED	Effective Immediately
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Location: Page 94 – **Article 304 Code of Conduct**

304.3 The following shall be considered violations of the USA Swimming Code of Conduct:

Measures to be adjudicated by the USA Swimming National Board of Review

.1-15 [no changes]

.16 Any other material and intentional act, conduct or omission not provided for above, which is detrimental to the image or reputation of USA Swimming, a LSC or the sport of swimming.

R-25	ADOPTED	Effective Immediately
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Location: Page 97 – Article 306 Sexual Misconduct Reporting Requirements

ARTICLE 306
SEXUAL MISCONDUCT CHILD ABUSE REPORTING REQUIREMENTS

306.1 Pursuant to federal law, it is every member's responsibility to promptly immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, regarding sexual misconduct by a member as described in the SafeSport Code for the U.S. Olympic and Paralympic Movement to law enforcement and the U.S. Center for SafeSport. Reporting (720-531-0340) must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. Various state laws may also require reporting to law enforcement or to a designated child protection agency.

306.2 Filing a knowingly false allegation of child abuse and sexual misconduct is prohibited and may violate state criminal law and civil defamation laws. Any person making a knowingly false allegation of sexual misconduct shall be subject to disciplinary action by USA Swimming.

R-27	ADOPTED	Effective January 1, 2020
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Location: Page 135 – (new) 701.2 Eligibility

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

[re-number remaining]

HK-1	ADOPTED	Effective Immediately
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Location: Page 46 – (new) 103.5 /LSC/ Pool and Bulkhead Marking

103.5 /LSC/ POOL AND BULKHEAD MARKINGS

.1 - .2 [no changes]

.3 /M/ 15 Meter Markings: Fixed distinctive marks shall be placed on either the pool wall or deck surface adjacent to any outside lane at a distance of 15 meters from each end wall of the course. These marks should also be used to correctly align the distinctive floats on the lane dividers, but the fixed marks on the deck or walls take precedence for judging.

[re-number remaining]

103.16 /M/ FLOATING LANE DIVIDERS AND MARKINGS

.1 Floating lane dividers shall extend the full length of the course and shall be attached at each end wall with recessed anchors so located that the center line of the cable securing the dividers shall be on the surface of the water with the bottom half uniformly submerged for its entire length. They shall:

- A Separate the racing lanes.
- B /LSC/ Be outside the outermost lanes being used.

.2 Dividers shall consist of contiguous floats having a minimum diameter of 5 centimeters (2 inches) to a maximum diameter of 15 centimeters (6 inches). The color of the floats extending from the walls the distance of 5 meters for long course and short course meters and 15 feet for short course yards shall be distinct from the rest of the floats. Distinctive colored floats, or markers extending around the full circumference of the floats, shall be placed at 15-meters (49 feet 2-1/2 inches) from each end wall in both short course and long course pools. A fixed mark shall be placed on any wall or the deck adjacent to an outside lane to correctly align the 15-meter buoys for judging underwater starts/turn distances. The mark on the wall or deck will be considered the default marking for officiating purposes. Additionally, in long course pools, a distinctive warning line or lane markers may be placed at a distance of 13 meters from each end wall. Damaged or broken floats shall be removed and/or replaced, to the extent possible.