

**USA SWIMMING**  
RULES & REGULATIONS COMMITTEE  
**ACTIONS TAKEN ON 2021 PROPOSED LEGISLATION  
BY USA SWIMMING HOUSE OF DELEGATES**

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*September 25, 2021*

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

R-1	ADOPTED	Effective Immediately
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**Location:** Page 15 – **Official Glossary**

**BULLYING** — the severe or repeated use, regardless of when or where it may occur, by one or more USA Swimming members of an oral, written, electronic or other technological expression, image, sound, data or intelligence of any nature (regardless of the method of transmission), or a physical act or gesture, or any combination thereof, directed at any other member or Participating Non-Member that to a reasonably objective person has the effect of: (i) causing physical or emotional harm to the other person or damage to the other person's property; (ii) placing the other person in reasonable fear of harm to himself/herself or of damage to his/her property; (iii) creating a hostile environment for the other person at any USA Swimming activity; (iv) infringing on the rights of the other person at any USA Swimming activity; or (v) materially and substantially disrupting the training process or the orderly operation of any USA Swimming activity (which shall include, without limitation, practices, workouts and other events of a member club, LSC or Zone).

R-2	ADOPTED	Effective Immediately
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**Location:** Page 15 – **Official Glossary**

**PERSONAL ASSISTANT** — ~~person assigned to aid a disabled swimmer~~ an individual who assists an athlete requiring help with activities of daily living and preparation for athletic participation. A Personal Assistant provides support unique to the needs of the athlete(s) in their care. This support may include, but is not limited to, mobility guidance, assistance with transfer, entering/exiting the pool, dressing, showering, toileting, medication administration, and communication. Some athletes require a Personal Assistant to enable successful participation in the sport, while others need help to assure personal safety in practice and meet environments.

R-3	ADOPTED/AMENDED	Effective Immediately
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**Location:** Page 15 – **Official Glossary**

**POLICY MANUAL** — document ~~adopted~~ maintained by the USA Swimming Board of Directors President/CEO that specifies operating policies and procedures not contained in Rules & Regulations. New policies adopted shall be vetted and approved by the Board of Directors and appropriate committee chair.

R-4	ADOPTED	Effective Immediately
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**Location:** Page 15 – **Official Glossary**  
Page 57 – **105.1 General**  
Page 58 – **105.4 Cognitively Disabled**  
Page 126 – **701.24 Swimmers with Disabilities**

**TAPPER** — ~~p~~Personal ~~a~~Assistant who uses a pole with a soft-tipped end to tap a blind or visually-impaired swimmer as notification of turns and ~~the~~ finish.

**105.1 GENERAL**

.1 [no changes]

**.2 Responsibilities**

A **Swimmer** — The swimmer (or the swimmer's coach) is responsible for notifying the Referee, prior to the competition, of any disability of the swimmer and of the requested modification. The swimmer/coach shall provide any Personal Assistant(s) or any equipment (tappers, deck mats, etc.) if required.

**105.4 COGNITIVELY DISABLED** — A swimmer may be permitted to have an Personal Assistant on the deck when

necessary. No other specific rule modifications are required other than patience and clarity in communicating instructions.

#### 701.24 SWIMMERS WITH DISABILITIES

.1 [no changes]

#### .2 Responsibilities

- A **Swimmer** — The swimmer (or the swimmer's coach) is responsible for notifying the Referee, prior to the competition, of any disability of the swimmer and of the requested modification. The swimmer/coach shall provide any Personal Assistant(s) or any equipment (tappers, deck mats, etc.) if required.

R-5	ADOPTED	Effective Immediately
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**Location:** Page 26 – (new) 102.1 Events

**102.1 EVENTS** — Meets should be planned to terminate within a maximum period of eight (8) hours of competitive events for any group of swimmers in any one day and to provide adequate meal and rest breaks and properly supervised sheltered rest areas. Refer to 205.3.1 F for additional provisions.

.1-2 [no changes]

**.3 DEVELOPMENT COMPETITION EVENTS** – Competitions may be composed of events selected from the following recognized list of events:

#### **12 Years and Younger**

25, 50, 100 freestyle

25, 50 backstroke

25, 50 breaststroke

25, 50 butterfly

100 individual medley

100, 200 freestyle relay

100, 200 medley relay

100, 200 mixed competition category freestyle relay

100, 200 mixed competition category medley relay

[re-number remaining]

R-6	ADOPTED	Effective Immediately
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**Location:** Page 29 – 102.5 Seeding, Lane Assignments, Swim-Offs, and Order of Heats

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

.1 [no changes]

.2 **Swim-Offs** —A swim-off is considered to be part of the total preliminary process of qualifying for the finals. In no case may a swimmer with a faster time displace another who placed ahead of him within a heat as the result of a decision by the Referee or Place Judges in accordance with Section 102.24. If this situation results in disputed qualifications, all swimmers having times tied or within the disputed times shall swim-off the event to qualify for the disputed place or places in the final unless the swimmers, coaches, and Referee mutually agree to resolve the tie in an alternative manner, such as coin toss or racing a different distance/event. The swim-off shall be timed and judged in the same manner as the original event unless a subsequent timing system malfunction requires that an adjustment be made. For the seeding of finals, the times used for the swimmers involved shall be the times achieved in their original preliminary heats. This elimination may be held at any time set by the Referee, but not more than 45 minutes after the last heat of any event in which any one of these swimmers is competing in that session. In the case of a disqualification in a swim-off, the swimmer so disqualified is relegated to the lowest qualifying position for which he/she is competing. Disqualification in a swim-off for a qualifying position shall not eliminate a swimmer from eligibility to compete in the accompanying finals, or as an alternate. If disqualifications leave a vacancy for the full complement of finalists, swim-offs shall be continued among the disqualified swimmers until a full complement of finalists is assured.

**Note:** It shall be the swimmer's responsibility to become acquainted with information pertaining to swim-offs, final events and the participants therein.

R-7	ADOPTED	Effective Immediately
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Location: Page 34 – **102.10 Officials**

### 102.10 OFFICIALS

.1-.3 [no changes]

#### 4 Minimum Number of Officials Required for Development, Dual and Intra-Squad Meets

- 1 Referee, who may also act as a stroke and turn judge
- 1 Starter
- 1 Other Stroke and Turn Judge (may be the Starter)
- 1 Announcer
- 3 Timers per lane (one minimum if automatic timing equipment with touchpads is used)
- 1 Administrative Official
- 1 Place Judge
- Relay Take-off Judges (if applicable)
- Timing Equipment Operators (as needed)
- Marshal(s) (number determined by the LSC)

R-8	ADOPTED	Effective Immediately
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Location: Page 51 – **103.18 /NC/ Loudspeaker Start System**  
Page 58 – **105.3 Deaf and Hard of Hearing**

**103.18 /NC/ LOUDSPEAKER START SYSTEM** — An electronic sound generating device shall be provided to give the starting and recall signal. Loudspeakers may be mounted underneath or on the side of each starting platform, between every two platforms, on each side of the racing course, or positioned behind the starting platforms in such a manner that equitable dispersion of sound to all lanes is assured. The device shall also activate a strobe light, or similar visual signal, located on the starter's side of the course approximately 15 feet forward from the starting end, to indicate the start to manual timers and swimmers who are deaf and or hard-of-hearing swimmers. The start system may include an underwater recall speaker and final lap signal option.

#### 105.3 DEAF AND OR HARD OF HEARING

- .1 Swimmers who are Deaf and or hard of hearing swimmers require a visual starting signal, i.e., a strobe light and/or Starter's arm signals. The Referee may reassign lanes within the swimmer's heat, i.e., exchanging one lane for another, so that the strobe light or Starter's arm signal can more readily be seen by the swimmer who is deaf or hard of hearing swimmer. Standard Starter's arm signals are shown in Figures 1 and 2. A false start rope is required in the event of a recall, provided the meet host is notified by the entry deadline that a swimmer who is deaf or hard of hearing swimmer will be participating.

R-9	ADOPTED	Effective Immediately
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Location: Page 57 – **105.1 General**

### 105.1 GENERAL

.1-.2 [no changes]

- .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 ~~p~~Personal ~~a~~Assistant(s). A Personal Assistant that meets any of the requirements of Corporate Bylaw 2.6.6 shall be a member of USA Swimming. A personal assistant is not required to be a member of USA Swimming unless acting in a coaching capacity. Other allowable modifications are further described in this section under the type of disability.

R-10	ADOPTED	Effective Immediately
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**Location:** Page 58 – **105.4 Cognitively Disabled**

**105.4 COGNITIVELY DISABLEDITIES** — A swimmer with a cognitive disability may be permitted to have an ~~an~~ Assistant on the deck when necessary. ~~No other specific rule modifications are required other than patience and clarity in communicating instructions.~~ Specific circumstances may allow rule modifications as communicated and approved in accordance with Rule 105.1.2 to be granted. Patience and clarity in communication is often required for a swimmer with a cognitive disability.

R-11	ADOPTED	Effective Immediately
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**Location:** Page 65 – **202.6 Requirements for Approval**  
Page 67 – **202.8 Requirements for Observed Swims**

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

- .1 Approvals may be issued to non-member clubs/organizations for meets conducted in accordance with USA Swimming technical rules.
- .2 Applicants for approval of an open water competition shall complete the application provided by USA Swimming.
- .3 Approvals may be issued to member clubs for closed competition (such as YMCAs) conducted in accordance with USA Swimming technical rules.
- .4 Approvals may be issued to member clubs or to LSCs for open competition conducted in accordance with USA Swimming technical rules if that competition has been specifically approved by the ~~Program & Events Committee Coordinator~~ Times & Recognition Committee staff leader (or his/her designee).

**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 The meet must be a season-culminating Championship, e.g., League, Conference, District, Sectional, State, Regional, or be specifically approved by the ~~Program & Events Committee Coordinator~~ Times & Recognition Committee staff leader (or his/her designee). A time trial held in conjunction with the season-culminating championship meet that is officiated in accordance with the same standard as the championship meet may also be observed.
- .2 Requests for observers for certification of times from meets in the championship progression must be made 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 ~~Program & Events Committee Coordinator~~ Times & Recognition Committee staff leader (or his/her designee).

R-12	ADOPTED	Effective Immediately
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**Location:** Page 71 – **204.9 Sectional Championships**

**204.9 SECTIONAL CHAMPIONSHIPS**

.1-.2 [no changes]

- .3 The goal size for the Sectional meet is 700 athletes. If 800 or more athletes enter a given meet, the Section shall either (a) tighten the time standards (but not faster than the maximum standards established by the Senior Development Committee), or (b) split the meet into two meets for the following year. For meets held in two courses, the goal size of the meet is ~~1,000~~ 800 athletes. If ~~1,400~~ 900 or more athletes enter a given meet, the Section shall either (a) tighten the time standards (but not faster than the maximum standards established by the Senior Development Committee), or (b) limit the out-of-section athletes (this number should be equal to the difference between the entry cap and the number of swimmers entered by in-section teams), or (b c) split the meet into two meets for the following year.

R-13	ADOPTED/AMENDED	Effective May 1, 2022
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Location: Page 75 – (new) 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 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 Development competitions may operate as multi-day, multi-session meets. Sessions shall be planned to allow the events not to exceed two hours in length. Athletes shall only participate in one session per sanctioned competition.
- .5 Development competitions may be offered at the option of the LSC but are not required.

R-14	ADOPTED	Effective Immediately
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Location: Page 103 – 501.1 Operating Committees

**2 NATIONAL TEAM STEERING COMMITTEE**

A **Membership:** The National Team Steering Committee shall consist of:

- (1) ~~Eight (8)~~ Nine (9) coaches selected as follows;

Preceding Head Men's Olympic Coach ~~(4)~~

Preceding Head Women's Olympic Coach ~~(4)~~

Preceding Head Open Water Olympic Coach

The Head Women's Coach for the two ~~(2)~~ Long Course World Championships preceding the Olympic Games ~~(2)~~

The Head Men's Coach for the two ~~(2)~~ Long Course World Championships preceding the Olympic Games ~~(2)~~

Two coaches appointed by the President/CEO (or his/her designee) in consultation with the National Team Managing Director ~~(2)~~

Any vacancies on the committee shall be filled by appointment by the President/CEO (or his/her designee) in consultation with the National Team Managing Director.

- ~~(2)-(5)~~ [no changes]

R-15	ADOPTED	Effective January 1, 2022
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Location: Page 107 – (new) 503 Rulebook

**ARTICLE 503**

**RULEBOOK**

**503.1** USA Swimming shall annually publish an updated Rules & Regulations (Rulebook). It shall be posted on the USA Swimming website by January 1 of each year.

**503.2** Each non-athlete member of USA Swimming shall annually receive a printed copy of the Rulebook as a benefit of membership. Such Rulebooks shall be mailed out as close to January 1 as possible or immediately upon a non-athlete's membership registration received prior to September 1.

R-16	ADOPTED	Effective January 1, 2023
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**Location: 5.1 Members – Required LSC Bylaws Template**  
**6.2 Other Directors – Required LSC Bylaws Template**

ARTICLE 5  
BOARD OF DIRECTORS

5.1 MEMBERS - The Board of Directors shall consist of the following officers, committee chairs, *coordinators* and representatives of XXSI, together with those additional members designated in Sections 5.2 and 5.3:<sup>10</sup>

- .1 General Chair
- .2 Administrative Vice-Chair
- .3 Finance Vice-Chair
- .4 Coach Representative
- .5 Athlete Representatives (2)
- .6 Secretary
- .7 Treasurer
- .8 Senior Vice-Chair
- .9 Age Group Vice-Chair
- .10 Safe Sport *Chair/Coordinator*
- .11 At-Large Athlete Board Members [as needed]
- .12 Diversity, Equity & Inclusion (DEI) *Chair/Coordinator*<sup>15</sup>

6.2 OTHER DIRECTORS

.1-.2 [no changes]

.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 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]

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<sup>10</sup> *Each LSC may add to this list other positions in accordance with its needs, but may not remove any of the listed positions. Typical positions on many Boards include: Officials Chair, Registration/Membership Coordinator, Technical Planning Chair, ~~Diversity Chair~~, Disability Chair, Operational Risk Chair/Coordinator, and Non-Athletes At-Large.*

<sup>15</sup> *Insert the DEI Chair/Coordinator into the proper section of 6.2 as appropriate for your LSC.*