

**DELEGATE PACKET FOR 2022 USMS ANNUAL MEETING (LONG DISTANCE COMMITTEE)**

**TABLE OF PROPOSED AMENDMENTS TO PART 3**

**The following proposed amendments to the USMS Rules of Competition were submitted to the Long Distance Committee in accordance with Articles 601.2, 601.4.1, 601.4.5, and 601.4.7. If adopted by the House of Delegates, these amendments will take effect on January 1, 2023.**

The committee action prior to the annual meeting is indicated as “recommended” or “not recommended”. Committee actions may be reconsidered at the annual meeting before presentation to the House of Delegates.

Amendments that are recommended by the committee require a majority vote of the House of Delegates to adopt.

Amendments that are not recommended by the committee require a two-thirds vote of the House of Delegates to adopt.

<b>Number</b>	<b>Section</b>	<b>Description</b>	<b>Committee Action</b>
<b>LD-1</b>	303.4.2	Provide clarification on caps for Class I swimwear	Recommended
<b>LD-2</b>	301.2.2; 301.4; 305.2.1; 305.2.4; 306; 306.2.2; 306.4; 306.9.1; 306.9.2; 307.2.2 G,H,I; 307.2.3 A; 307.6; 307.7.4 A; 307.7.6 B; 307.7.8 B; 307.9; 307.9.1 A,B; 307.12.1; 307.12.2; 307.12.3; 308.1.2	Change designation of events from Postal or ePostal to Virtual	Recommended
<b>Glossary</b>		Change "Postal Event" to "Virtual Event"	

**DELEGATE PACKET FOR 2022 USMS ANNUAL MEETING (LONG DISTANCE COMMITTEE)**

**PROPOSED AMENDMENTS TO PART THREE RULES**

The following proposed amendments to the USMS Rules of Competition were submitted to the Long Distance Committee in accordance with Articles 601.2, 601.4.1, 601.4.5, and 601.4.7. If adopted by the House of Delegates, these amendments will take effect on January 1, 2022.

**LD-1 303.4.2C** Long Distance Committee p. 70 Modify

<b>Committee Action:</b>	Recommended
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<b>HOD Action:</b>	Adopted	Adopted as Amended	Defeated
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**303.4.2 Rules for Category I Swimwear for Open Water Events**

A Swimwear shall include only a swimsuit, cap or caps (including ~~those~~ caps made of neoprene when the water temperature is not greater than 78 degrees Fahrenheit), and goggles. Swim caps shall be defined as head gear conforming to a traditional swim cap design, may have a chin strap, and shall not extend to protect the neck and/or shoulders. Nose clips, ear plugs, and wristwatches are also allowed.

**Rationale:** Housekeeping. Clarification. The current wording could be seen to be ambiguous, and the word “those” has been mistakenly interpreted by at least one Event Director to refer to “swimsuit, cap or caps” rather than just “cap or caps”. This amendment would clarify the phrase in parentheses, which refers only to caps as originally intended.

**LD-2** 301.2.2; 301.4; Long Distance Committee p.65, 65, 75, 76, Modify  
305.2.1; 305.2.4; 76, 77, 77, 78,  
306; 306.2.2; 78, 79, 79, 80,  
306.4; 306.9.1; 81, 81, 81, 82,  
306.9.2; 307.2.2 82, 83, 84, 84,  
G,H,I; 307.2.3; 84  
307.6; 307.7.4  
A; 307.7.6 B;  
307.7.8 B; 307.9;  
307.9.1 A,B;  
307.12.1;  
307.12.2;  
307.12.3;  
308.1.2

<b>Committee Action:</b>	Recommended
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<b>HOD Action:</b>	Adopted	Adopted as Amended	Defeated
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**301.2.1 ~~Postal~~ Virtual Guide to Operations**—The Long Distance Committee shall develop and maintain a guide for conducting ~~postal~~ virtual events. The guide shall contain the manner of implementation, governing policies, and management of the rules applying to ~~postal~~ virtual swims.

**301.2.2 ~~Postal~~ Virtual Guide to Operations**—The Long Distance Committee shall develop and maintain a guide for conducting ~~postal~~ virtual events. The guide shall contain the manner of implementation, governing policies, and management of the rules applying to ~~postal~~ virtual swims.

**301.4 Age Determining Date**

In open water and ~~postal~~ virtual swims, the eligibility of a swimmer shall be determined by the age of the swimmer on December 31 of the year of competition, except for 18-year-olds, who must be 18 on the day that they swim.

**305.2.1 Long Distance Pool Event**—A long distance pool event is any swimming event that contains one or more distance-based swims of more than 1650 yards (1508.8 meters) in length or time-based swims equal to or longer than 60 minutes in time. Freestyle rules shall apply. Long distance pool events may be conducted in a designated pool or as a ~~postal~~ virtual event. Except for national championship swims, the event host shall designate the time/distance of the swims and the sizes of the pools in which they may be swum.

**305.2.4 ~~Postal~~ Virtual**—A ~~postal~~ virtual event is a competition in which swimmers participate at a place of their choosing and submit the time or distance achieved to a central location for tabulation. The Long Distance Committee shall have jurisdiction only over ~~postal~~ virtual events that meet the requirements given in article 305.2.1.

**ARTICLE 306:**

**Conduct of ~~Postal~~ Virtual Events**

**306.2.2** Requirements for pool certification (article 105.1.6) and pool measurement (article 105.1.7) shall not apply to ~~postal~~ virtual events.

**306.4 Eligibility**

All swimmers in national championship ~~postal~~ virtual events must be currently registered members of USMS or a FINA-member national governing body on or before the day of their swims.

**306.9.1** Split times from individual ~~postal~~ virtual events may not be used for entry into a separate individual ~~postal~~ virtual national championship event of a shorter distance.

**306.9.2** Split times from individual ~~postal~~ virtual events may not be used as part of a relay entry into a separate relay ~~postal~~ virtual national championship event of a shorter distance.

**307.2.2** At the discretion of the Long Distance Committee, national championships may be awarded in the following categories:

**A** Sprint-Distance Championship (1 mile swum in a quarter-mile straightaway or open water course).

**B** Two-Mile Cable Championship (quarter-mile straightaway).

**C** Open water Middle-Distance Championship (greater than 1 mile and less than or equal to 3 miles).

**D** Open water Long-Distance Championship (greater than 3 miles and less than 6 miles).

**E** Open water Marathon-Distance Championship (greater than or equal to 6 miles and less than 9 miles).

**F** Open water Ultramarathon-Distance Championship (greater than or equal to 9 miles).

**G** ~~Postal~~ Virtual 1-Hour Championship (in a pool 25 yards or longer).

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- H ~~Postal~~ Virtual 5- and 10-Kilometer Championship (each event swum separately on a 50-meter course in a pool).
- I ~~Postal~~ Virtual 3000- and 6000-Yard Championship (each event swum separately on a 25-yard or 25-meter course in a pool).
- J Other national championship events and distances may be awarded at the discretion of the Long Distance Committee chair.

### 307.2.3 Cumulative Relays

- A Cumulative relay competitions shall be contested in ~~postal~~ virtual championships and may be contested in other championships. Recognized relays shall be three-person women's relays, three-person men's relays, and four-person mixed-gender relays with two women and two men. Exceptions for open water national championships may be granted by the Long Distance Committee chair.

### 307.6 Entry Fee

The Long Distance Committee shall determine the individual and relay entry fees for open water and ~~postal~~ virtual national championships.

### 307.7.4 Eligibility

- A Swimmers with one-event registrations shall not be eligible to compete in open water and ~~postal~~ virtual national championships, nor shall they be eligible for records, All-American status, or any other USMS special awards. Such swimmers may be allowed to participate in a separate nonchampionship category in these swims.

### 307.7.6 Swimwear

- B ~~Postal~~ Virtual—Only swimmers wearing swimwear as defined in article 102.12.1 may complete in national championship ~~postal~~ virtual swims.

### 307.7.8 Protests

- B Any protest arising from a ~~postal~~ virtual championship swim shall be made to the event director in writing within three days after all swimmers are notified of the release of preliminary results or amendments to the preliminary results. If the protest is not resolved, the protester may appeal in writing promptly to the Long Distance Committee chair.

### 307.9 Club Scoring

Club scoring shall be officially tallied for ~~postal~~ virtual national championships. At the discretion of the event host, club scoring may be officially tallied for open water national championships.

#### 307.9.1 Scoring

- A Club scoring for the ~~Postal~~ Virtual 1-Hour Championship shall be calculated based on total club yardage for individual swims.
- B Club point scoring for the ~~Postal~~ Virtual 3,000- and 6,000-Yard and 5- and 10-Kilometer Championships shall be calculated for individual swims using a formula, approved by the Long Distance Committee, based on percentage of time differences from the age group national record times.

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**307.12.1** A USMS All-Star Team shall be selected each calendar year from the official results of the USMS open water and ~~postal~~ virtual national championship events.

**307.12.2** To be eligible for the All-Star Team, a USMS member shall legally complete at least three events, of which at least one shall be an open water event and at least one shall be a ~~postal~~ virtual event. Cancellation of an open water championship shall not relieve the requirement of completing an open water event to qualify for the All-Star Team.

**307.12.3** A swimmer shall earn points for a top 10 finish in each open water and ~~postal~~ virtual national championship event in the following manner: 1st: 11 points, 2nd: 9 points, 3rd: 8 points, 4th: 7 points, 5th: 6 points, 6th: 5 points, 7th: 4 points, 8th: 3 points, 9th: 2 points, 10th: 1 points.

**308.1.2** Individual and relay USMS records will be maintained in quarter-mile straightaway swims (1-mile and 2-mile) and time/distance pool events (1-hour, 3,000-yard, 6,000-yard, and 5- and 10-kilometer ~~postal~~ virtual).

**Rationale:** Housekeeping - Changed to reflect the change in terminology from postal to virtual events.

**LD-3 Glossary** Long Distance Committee p. xiv Modify

<b>Committee Action:</b> Recommended
<b>HOD Action:</b> Adopted      Adopted as Amended      Defeated

**~~Postal-Virtual~~ Event**—a swimming competition conducted in multiple pool locations with results compiled in a central location.

**Rationale:** Housekeeping - Changed to reflect the change in terminology from postal to virtual events.