

**DELEGATE PACKET FOR 2022 USMS ANNUAL MEETING (RULES COMMITTEE)**

**TABLE OF PROPOSED AMENDMENTS TO THE  
USMS GLOSSARY AND PART 1 RULES OF COMPETITION**

The following proposed amendments to the USMS Rules of Competition were submitted to the Rules Committee in accordance with Articles 601.2, 601.4.1, 601.4.5, and 601.4.7.

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 which are recommended by the committee require a majority vote of the House of Delegates to adopt. Amendments which are not recommended by the committee require a 2/3 vote of the House of Delegates to adopt.

<b>Number</b>	<b>Section</b>	<b>Description</b>	<b>Committee Action</b>
<a href="#"><u>R-1</u></a>	102.13.4	Change wording to match FINA and USA-S language	Recommended
<a href="#"><u>R-2</u></a>	104.5.6	Add subtitle for consistency; no language change	Recommended
<a href="#"><u>R-3</u></a>	105.1.2	Allow for extension of Top 10 season dates, if warranted	Recommended as amended
<a href="#"><u>HK-1</u></a>	102.12.1	Re-order list to align with USA-S rules	Recommended
<a href="#"><u>HK-2</u></a>	104.5.6	Update to match Rule Book style	Recommended
<a href="#"><u>HK-3</u></a>	105.16	Update to match Rule Book style	Recommended
<a href="#"><u>HK-4</u></a>	105.17	Update to match Rule Book style	Recommended

**USA Swimming Amendments that affect USMS Rules**

<b>Number</b>	<b>Section</b>	<b>Description</b>	<b>USA Swimming HOD Action</b>	<b>Committee Action</b>
<a href="#"><u>U-1</u></a>	107.3.1, Fig 1	Modify Figure 1 with an additional command	Withdrawn	No action to take
<a href="#"><u>U-2</u></a>	107.3.1, Fig 1	Modify Figure 1 with an additional command	Adopted*	Recommended
<a href="#"><u>U-3</u></a>	107.3.1, Fig 2	Modify Figure 2 with an additional command	Withdrawn	No action to take
<a href="#"><u>U-4</u></a>	107.3.1, Fig 2	Modify Figure 2 with an additional command	Adopted*	Recommended
<a href="#"><u>U-5</u></a>	107.3.1	Modify to require use of both strobe light and arm signals	Defeated	No action to take
<a href="#"><u>U-6</u></a>	107.3	Add duration for which visual starting signals are required	Defeated	No action to take
<a href="#"><u>U-7</u></a>	107.3	Allow for a personal assistant to convey visual starting signals	Defeated	No action to take
<a href="#"><u>U-8</u></a>	107.5.2	To eliminate the ambiguity of language and replace it with proactive direction	Defeated	No action to take

*\*The comparable USA Swimming proposals for U-2 and U-4 are effective immediately.*



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designation or the designation of another club by filing an appeal with the chair of the Championship Committee at least 45 days prior to the first day of competition at the national championship meet.

- C Overall point total**—The overall point totals for each club shall be published in all results documentation.

**Rationale:** Correct rule reference in 104.5.6A. Add subtitle in 104.5.6B(3), as there are subtitles for 104.5.6B(1) & (2) but no subtitle for (3).

**R-3 105.1.2** Championship Committee pages 40 Modify

**Committee Action: Recommended as amended**

**HOD Action: Adopted**

- 105.1.2 Deadlines**—Times to be considered for records and Top 10 times shall be achieved and submitted as follows:

Course	Times Shall Be Achieved On or Before:	Times Shall Be Forwarded to Records and Tabulation Chair Or Designee By:	Season
Short Course Yards	May 31 <sup>*</sup>	June 30 <sup>**</sup>	June 1– May 31
Long Course Meters	September 30 <sup>*</sup>	October 20 <sup>**</sup>	October 1– September 30
Short Course Meters	December 31	January 26	January 1– December 31

\*` If USMS requests that a meet host conduct a USMS national championship meet after the season-ending date, times achieved at all USMS/FINA meets up to and including Nationals after the season-ending date (May 31 or September 30) at that meet shall be considered for USMS Top 10 for the season that just ended, not the next year's season.

\*\* Should a USMS national championship meet occur after the submission deadline for that course, times from that meet-meets through Nationals shall be forwarded to the Records and Tabulation chair or designee by the last day of the month in which that meet was completed or by the 15<sup>th</sup> of the following month, if the meet was held in the last two weeks of the month.

**Rationale:** There is no intention of not typically having national champs during the usual 45-day period currently listed in the rule book. However, with a 2021 COVID year (two nationals affected) and on two prior occasions (2012 Omaha nationals linked onto Olympic Trials and World Champs in Brisbane 1988), the Championship Committee has had to get approval from

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the Rules Committee and then the USMS BOD or the HOD (for the Summer Nationals) to allow exceptions. The extra steps are cumbersome in case a possible scenario might present itself again.

However, if the season length is changed only for Nationals, it possibly creates an unmanageable data nightmare with two season-ending dates for a course. We also want to give adequate time to Top 10 recorders to submit results if a meet is held near the end of a month.

HOUSEKEEPING AMENDMENTS

HK-1 102.12.1 Officials Committee, Pacific LMSC, page 14 Modify  
Southern Pacific LMSC

Committee Action: Recommended

HOD Action: Adopted

102.12 Swimwear for Pool Competition

102.12.1 Design

~~A~~ The swim suits worn for competition shall be nontransparent and conform to the current concept of the appropriate. The referee shall have authority to bar offenders from competition until they comply with this rule.

**BA** Swimwear shall include only a swimsuit, no more than two caps, and goggles (a nose clip and ear plugs are allowed). Armbands or legbands shall not be regarded as parts of the swimsuit and are not allowed.

**CB** In swimming competitions, the competitor must wear only one swim suit in one or two pieces. All swimsuits shall be made from textile materials. For men, the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder nor extend below the knees.

(1) Exemptions to the foregoing restrictions may be granted to a swimmer, on a case-by-case basis, by the chair of the Rules Committee or designee. Exemptions will be granted for conflicts due to the swimmer's verified religious beliefs, verified medical conditions, or other reasons as deemed appropriate by the chair of the Rules Committee.

(2) Procedures for applying for an exemption will be established by the Rules Committee and posted on the USMS website.

(3) No exemption to these restrictions will be granted for a swimsuit that will give the swimmer a competitive advantage.

(4) The decision of the Rules Committee chair may be appealed only to the entire Rules Committee, whose decision shall be final and binding on all parties.

**DC** Only swim suits complying with FINA swim suit specifications maybe worn in any USMS sanctioned or recognized competition. Note: FINA specifications prohibit any zippers, ties, or any other fastener systems with the exception of a waist tie.

~~AD~~ The sSwim suits worn for competition shall be nontransparent and conform to the current concept of the appropriate. The referee shall have authority to bar offenders from competition until they comply with this rule.

**E** No swimmer is permitted to wear or use any device or substance to enhance speed, pace, buoyancy, or endurance during a race (such as webbed gloves, fins, power bands, adhesive substances, snorkels, neoprene caps, etc.). Goggles may be worn, and rubdown oil applied if not considered excessive by the referee. Medical

identification items may be worn. Therapeutic elastic tape is prohibited. Any other kind of tape on the body is not permitted unless approved by the referee.

**Rationale:** Housekeeping. This aligns US Masters Swimming with USA Swimming Rules. It will make it easier for officials who are more familiar with USA Swimming Rules to find the applicable rule.

HK-2      104.5.6      Rules Committee      page 37      Modify

**Committee Action: Recommended**

**HOD Action: Adopted**

### 104.5.6 Club Scoring

- A Scoring**—All national championship meet scoring and awards shall be treated as if the meet were swum in a 10-lane pool, regardless of the actual number of lanes available. Points shall be awarded as in article ~~103.19.3A~~ **03.19.3A**.
- B Categories**—Club scoring will be tabulated in two categories.
- (1) **Regional clubs**—For competition at national championship meets, a regional club consists of a club made up of those swimmers who represent a club at ~~nationals~~ **Nationals**, but at competitions within their LMSC, they compete for an entity or subgroup (such as a workout group) that is different than the one they compete with at ~~nationals~~ **Nationals**.
- (2) **Local clubs**—For competition at national championship meets, a local club consists of a club that does not qualify as a regional club.
- (3) The Championship Committee shall publish a list of regional and local clubs no later than February 15 of each year. A club may contest its designation or the designation of another club by filing an appeal with the chair of the Championship Committee at least 45 days prior to the first day of competition at the national championship meet.
- C Overall point total**—The overall point totals for each club shall be published in all results documentation.

**Rationale:** Correct the article reference in 104.5.6A. It is USMS style is to capitalize “Nationals”. It only appears twice in the USMS Rule Book, and it is in this particular article.

HK-3      105.1.6      Rules Committee      page 40      Modify

<b>Committee Action:</b> <b>Recommended</b>
<b>HOD Action:</b> <b>Adopted</b>

**105.1.6    Pool Certification**

- A Record applications and Top 10 submissions shall not be accepted unless certification of course length accompanies them or is on file with USMS or FINA.
- B Pool certification shall be reported on the USMS ~~Pool-pool Length-length Certification-certification Form-form~~ (see Appendix B). USA Swimming verification of pool length certification will be accepted if it meets the USMS requirements for pool measurement (article 105.1.7B)

**Rationale:** USMS record application form is lower case. USA Swimming verification of pool length certification is lower case. One-event registration form is lower case. Sanction application form is lower case.

HK-4      105.1.7      Rules Committee      page 41      Modify

<b>Committee Action:</b> <b>Recommended</b>
<b>HOD Action:</b> <b>Adopted</b>

**105.1.7    Pool Measurement**

- A The length of the course must be measured for all lanes using a steel tape or other acceptable measuring device. The measurement must be attested to by the person performing the measurements. The measurement must be recorded:
  - (1) In feet and inches and fractions of an inch or
  - (2) In meters and centimeters.
- B A statement of the conditions under which the course was measured must be included as stipulated on the USMS ~~Pool-pool Length-length Certification certification Form-form~~ (Appendix B).

*(Articles 105.1.7C through 105.1.7E are unchanged)*

**Rationale:** USMS record application form is lower case. USA Swimming verification of pool length certification is lower case. One-event registration form is lower case. Sanction application form is lower case.

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**USA SWIMMING AMENDMENTS THAT AFFECT USMS RULES**

Pursuant to article 601.4.7, amendments to USA Swimming articles 101, 102, and 105 shall automatically be adopted by USMS unless the USMS House of Delegates votes to reject those amendments.

Amendments to USA Swimming article 103 (USMS article 106, “Facilities Standards”) may be recommended by the Rules Committee for adoption by the USMS House of Delegates.

The following amendments were submitted by the USA Swimming Rules and Regulations Committee to the USA Swimming House of Delegates for consideration at the 2022 annual meeting.

U-1 and U-3 have been withdrawn by the proposing USA Swimming LSC, after approval by the USA Swimming House of Delegates.

U-6 and U-7 were amended after initial submission to USA Swimming. The original language has been updated to align with the language that was considered by the USA Swimming HOD.

The USA Swimming Rules & Regulations Committee recommends that the following proposals take effect immediately after passage by the USA Swimming HOD: U-2, U-4.

<b>Number</b>	<b>Section</b>	<b>Description</b>	<b>USA Swimming HOD Action</b>
<a href="#"><u>U-1</u></a>	107.3.1, Fig 1	Modify Figure 1 with an additional command	Withdrawn
<a href="#"><u>U-2</u></a>	107.3.1, Fig 1	Modify Figure 1 with an additional command	Adopted
<a href="#"><u>U-3</u></a>	107.3.1, Fig 2	Modify Figure 2 with an additional command	Withdrawn
<a href="#"><u>U-4</u></a>	107.3.1, Fig 2	Modify Figure 2 with an additional command	Adopted
<a href="#"><u>U-5</u></a>	107.3.1	Modify to require use of both strobe light and arm signals	Defeated
<a href="#"><u>U-6</u></a>	107.3	Add duration for which visual starting signals are required	Defeated
<a href="#"><u>U-7</u></a>	107.3	Allow for a personal assistant to convey visual starting signals	Defeated
<a href="#"><u>U-8</u></a>	107.5.2	To eliminate the ambiguity of language and replace it with proactive direction	Defeated



U-1            107.3.1, Figure 1            pages 50, 52            Modify

<b>USA-S HOD Action:    Withdrawn</b> <b>USMS Committee Action:    No action to take</b>
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**107.3        Deaf and Hard of Hearing**

**107.3.1     Visual Starting Signal**

*(Text is unchanged)*

Need updated Figure 1

**Figure 1. FORWARD START.**

- A. Twist hand at chin level—short whistles
- B. Arm overhead—swimmer steps onto starting block
- C. Arm moves to shoulder level—signal to “Take your mark”
- D. Arm moves to side of body—starting signal
- E. Turn palm up and slowly raise the arm overhead—signal to “Stand up”

**Rationale:** To modify Figure 1 to reflect a signal to indicate “stand up”.

U-2            107.3.1, Figure 1            pages 50, 52            Modify

<b>USA-S HOD Action:    Adopted</b> <b>USMS Committee Action:    Recommended</b>
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**107.3        Deaf and Hard of Hearing**

**107.3.1     Visual Starting Signal**

*(Text is unchanged)*

Need updated Figure 1

**Figure 1. FORWARD START**

- A. Twist hand at chin level—short whistles
- B. Arm overhead—“long whistle”—swimmer steps onto starting block
- C. Arm moves to shoulder level—signal to “Take your mark”
- D. Arm moves to side of body—starting signal
- E. Arm raised overhead with palm up (at any time after C. [“Take your mark”] and prior to D. [starting signal])—swimmer released from “Take your mark” command

**Rationale:** To modify Figure 1 to add an additional hand signal for swimmers who are deaf or hard of hearing to indicate the “Stand up” command from the starter (a command commonly verbalized during the starting sequence).

U-3                    107.3.1, Figure 2                    pages 50, 52                    Modify

<b>USA-S HOD Action: Withdrawn</b> <b>USMS Committee Action: No action to take</b>
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**107.3 Deaf and Hard of Hearing**

**107.3.1 Visual Starting Signal**

*(Text is unchanged)*

Need updated Figure 2

**Figure 2. BACKSTROKE START**

- A. Twist hand at chin level—short whistles
- B. Arm overhead—swimmer steps enters water; drop arm to side while swimmer enters water
- C. Arm overhead—swimmer returns to backstroke start position
- D. Arm moves to shoulder level—signal to “Take your mark”
- E. Arm moves to side of body—starting signal
- F. Turn palm up and slowly raise the arm overhead—signal to “Relax”

**Rationale:** To modify Figure 2 to reflect a signal to indicate “Relax”.

U-4                    107.3.1, Figure 2                    pages 50, 52                    Modify

<b>USA-S HOD Action: Adopted</b> <b>USMS Committee Action: Recommended</b>
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**107.3 Deaf and Hard of Hearing**

**107.3.1 Visual Starting Signal**

*(Text is unchanged)*

Need updated Figure 2

**Figure 2. BACKSTROKE START**

- A. Twist hand at chin level—short whistles
- B. Arm overhead—“long whistle”—swimmer steps enters water; drop arm to side while swimmer enters water
- C. Arm overhead—swimmer returns to backstroke start position
- D. Arm moves to shoulder level—signal to “Take your mark”
- E. Arm moves to side of body—starting signal
- F. Arm raised overhead with palm up (at any time after D [“Take your mark”] and prior to E [starting signal])—swimmer released from “Take your mark” command

**Rationale:** To modify Figure 2 to add an additional hand signal for swimmers who are deaf or hard of hearing to indicate the “Stand up” command from the starter (a command commonly verbalized during the starting sequence).

U-5                    107.3.1                    pages 50                    Modify

USA-S HOD Action:    Defeated  
USMS Committee Action:    No action to take

**107.3            Deaf and Hard of Hearing**

**107.3.1    Visual Starting Signal**—Swimmers who are deaf or hard of hearing 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.~~ Standard starter’s arm signals are shown in Figures 1 and 2. A recall 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 will be participating.

*Rationale:* To require use of both a strobe light and the starter’s arm signals.  
[\(Language shown struck out was amended by the USA Swimming Rules & Regulations Committee after initial submission.\)](#)

U-6                    107.3                    pages 50                    Add

USA-S HOD Action:    Defeated  
USMS Committee Action:    No action to take

**107.3            Deaf and Hard of Hearing**

*(Articles 107.3.1 and 107.3.2 are unchanged)*

**107.3.3**    ~~When a deaf swimmer who is deaf or hard of hearing is entered in a meet, the arm signals proscribed described in by article 107.3 shall be executed~~ implemented with by the starter intended for the deaf swimmer’s heat, 5-10 heats consecutively before and after the deaf entry during the entire event in which the swimmer who is deaf or hard of hearing is entered.

*Rationale:* To specify use of arm signals ~~during for~~ the 5-10 heats prior to that entire event in which the swimmer who is deaf or hard of hearing is entered.  
[\(Proposal and rationale were amended by the USA Swimming Rules & Regulations Committee after initial submission.\)](#)

U-7                    107.3                    pages 50                    Add

**USA-S HOD Action:    Defeated**  
**USMS Committee Action:    No action to take**

**107.3            Deaf and Hard of Hearing**

*(Articles 107.3.1 and 107.3.2 are unchanged; addition of article 107.3.3 is proposed in U-6 above)*

**107.3.4    Personal Assistant**—A personal assistant as specified by article ~~105.1.3C~~ 107.1.2B(3) may be positioned on the pool deck, in a position determined together by the meet referee and the swimmer who is deaf or hard of hearing ~~visible to the deaf swimmer~~ for the purpose of conveying all or part of the start commands ~~visually~~ or communicating other directions. This shall not take the place of the starter completing the hand signals at the start end of the pool.

**Rationale:** To allow a personal assistant to be positioned on the pool deck for the purpose of conveying all or part of the start commands or communicating other directions to a swimmer who is deaf or hard of hearing.

[\(Proposal was amended by the USA Swimming Rules & Regulations Committee after initial submission.\)](#)

U-8                    107.5.2                    page 51                    Modify

**USA-S HOD Action:    Defeated**  
**USMS Committee Action:    No action to take**

**107.5            Physical Disabilities**

*(Articles 107.5.1 and 107.5.3 are unchanged)*

**107.5.2    Stroke/Kick**—In judging the stroke or kick of a swimmer with a physical disability, the referee and stroke and turn judge should follow the general rule that if a part of the body is absent or cannot be used, ~~it is not judged; a necessary stroke accommodation may be applied by the meet referee if it is used during the stroke or kick, it should be judged in accordance with the USMS rules. All other body part(s) shall be judged in accordance with the USMS rules.~~

Judgments should be made based on the actual rule, not on the swimmer’s technique. For example, the breaststroke swimmer with one arm or leg shorter than the other may have a nonsymmetrical stroke or kick, but as long as the arm or leg action is simultaneous, it would meet that portion of the rule.

**Rationale:** To eliminate the ambiguity of the phrase “it is not judged” and replace it with proactive direction that a necessary accommodation may be applied by a meet referee for a part of the body that is absent or cannot be used by a swimmer with a physical disability, and to assure that all other body parts are judged according to the rules. This is consistent with the

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protocol that the stroke and turn judge observes and reports, and the meet referee determines the validity of the disqualification.

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**CHANGES TO CONFORM TO USA SWIMMING FACILITIES STANDARDS**

**Pursuant to USMS article 601.4.7, changes to USA Swimming article 103 (Facilities Standards) may be recommended by the Rules Committee for adoption by the USMS House of Delegates.**

**There are no amendments to the USA Swimming facilities standards proposed for the 2022 annual meeting.**

**CHANGES TO CONFORM TO FINA RULES**

**Pursuant to USMS Article 601.4.8, if amendments to the FINA Masters Technical Rules are adopted between annual meetings of the House of Delegates, the corresponding portions of Part 1 shall be automatically adopted by USMS, except that such amendments may be altered, amended, repealed, or changed by a nine-tenths vote of the Rules Committee and a majority vote of the Executive Committee.**

**There are no pending FINA amendments to consider for the 2022 annual meeting. The next FINA Congress is scheduled for October 2022.**