

**DELEGATE PACKET FOR 2024 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, and 601.4.3.**

The committee action prior to the annual meeting is indicated as a recommendation to “adopt” or “reject”. Committee actions may be reconsidered at the annual meeting before presentation to the House of Delegates.

Amendments which are recommended for adoption by the committee require a majority vote of the House of Delegates to adopt. Amendments which are recommended for rejection 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 Recommendation</b>
<a href="#"><u>R-1</u></a>	103.18.1	Clarify requirements for official times for relay lead-off leg	Reject
<a href="#"><u>R-2</u></a>	104.5.3	Modify options for event limits for national championships	Adopt
<a href="#"><u>R-3</u></a>	105.1.7	Clarify requirements for pool measurements	Adopt
<a href="#"><u>R-4</u></a>	105.3.9	Modify the language to reflect current practice and requirements.	Adopt

**Pending USA Swimming Amendments that affect USMS Rules**

<b>Number</b>	<b>Section</b>	<b>Description</b>	<b>Committee Recommendation</b>
<a href="#"><u>U-1</u></a>	Glossary 101.3.2	Modify to be consistent with World Aquatics terminology	Pending USA Swimming HOD action
<a href="#"><u>U-2</u></a>	101.6.3	Modify to be consistent with World Aquatics terminology	
<a href="#"><u>U-3</u></a>	102.12.1	Update to adopt a rule that has been an interpretive decision and conform to current World Aquatics rule	
<a href="#"><u>U-4</u></a>	103.8.3, 103.8.5 103.8.6	Update to reflect current practice for starter commands	

**PROPOSED CHANGES TO THE USMS GLOSSARY AND PART ONE**

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, and 601.4.3. If adopted by the House of Delegates, these amendments will take effect on January 1, 2025.

**Recommendation: ADOPT**

The Rules Committee recommends adoption of the following proposed amendments. A majority affirmative vote by the House of Delegates is required for adoption.

<b>R-2</b>	<b>104.5.3</b>	Championship Committee	page 35	Modify
<b>Committee Recommendation:</b>		<b>Adopt</b>		
<b>HOD Action:</b>		Adopted	Adopted as Amended	Defeated

**104.5.3 Event Limits**

**A Individual events**

*(Article 104.5.3A is unchanged)*

**B Relays**

*(Article 104.5.3B is unchanged)*

**C National qualifying times**—There shall be qualifying times for national championship meets unless otherwise determined by the Championship Committee. The procedure for determining the qualification times shall be established by the Championship Committee with the approval of the House of Delegates.

**(1) Altitude adjustment**

*(Article 104.5.3C[1] is unchanged)*

**(2) Event limit**—When qualifying times are in effect, competitors may enter and swim in a maximum of three individual events without meeting the established qualifying times. Competitors may also enter up to three additional events (or two if the maximum event limit is five) in which they have in the past two years achieved a time equal to or better than the qualifying times for those events. The Championship Committee may choose to put an entry cap on events 200 yards/meters and longer. The Championship Committee may also choose to specify one or more of the following entry limitations for the 800/1000 and/or the 1500/1650 freestyle:

- (a)** Each competitor may enter only one of these events.
- (b)** Each competitor may enter both of these events.
- (c)** Only competitors who meet the qualifying times in both events may enter both events.

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- (d) One of these events may be restricted to only competitors who meet the qualifying times in that event.

**Rationale:** The Championship Committee has multiple ways by which it can control the length of national championship meets; however, the meet length is now exceeding a reasonable length for officials and volunteers. (The Officials Committee has long asked to limit the competition days to 10 hours.) The Championship Committee has explored multiple options and decided that the option presented above continues to serve USMS members of all speeds and yet not add to the length of the meet.

**R-3      105.1.7      Records and Tabulation Committee      Page 42      Modify**

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

**105.1.7 Pool Measurement**

*(Articles 105.1.7A and 105.1.7B are unchanged)*

- C** If a movable bulkhead is used and the initial pool length certification for all lanes is on file, the length of the course must be confirmed by measuring the two outside competition lanes and a middle lane prior to the start of the meet and at the conclusion of each session.

**Rationale:** Some meet hosts are measuring outer lanes that are not being used for competition. If one of those outer lanes is short, it creates a problem knowing if a competition lane is valid.

**R-4      105.3.9      Records and Tabulation Committee      page 44      Modify**

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

**105.3.9** The following requirements for USMS record applications must be fulfilled:

- A** When a record is claimed in meets other than USMS national championship meets:

*(Articles 105.3.9.A[1] and 105.3.9A[3] are unchanged)*

- (2)** Supporting data shall include:

~~(a) Official meet results.~~

~~(a)(b)~~ The timing system printout and/or copy of the entry card with timers' signatures a picture of the timing console showing event, heat, lanes, and times with backups.

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(b)(e) A copy of the heat sheet, which shall show the swimmer's name, heat number, and lane number in which the record was achieved.

Official meet results are encouraged.

*(Articles 104.5.3B through 104.5.3F are unchanged)*

**Rationale:** Update the language to reflect current practice and requirements.

**Recommendation: REJECT**

**The Rules Committee recommends rejection of the following proposed amendments. A 2/3 affirmative vote by the House of Delegates is required for adoption.**

**R-1      103.18.1      Records and Tabulations Committee      page 28-29      Modify**

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

**103.18.1 Achieving Official Times**—An official time shall be achieved in a USMS-sanctioned competition or a USMS-recognized event in accordance with all applicable rules (articles 202.1.1E[1] and 108.2.1A). It may be achieved in:

- A** Any timed heat.
- B** An initial distance within a longer event or relay, provided the swimmer:
  - (1) Notifies the meet referee in writing of the intent to record an initial split time prior to the conclusion of the meet,
  - (2) Makes the written request prior to the swim for relay leadoff splits and for initial backstroke distances in individual backstroke events,
  - (3) Completes the initial distance with a legal finish, and
  - (4) Completes the event without being disqualified.
- C** A relay leadoff leg, provided:
  - (1) The second swimmer does not start in the water when automatic timing is used,
  - (2) The second swimmer does not invalidate the pad touch by standing on an active touchpad at the exchange if starting from the deck when automatic timing is used, and
  - (3) The relay is swum by four eligible relay members. The lead-off swimmer's time shall not be nullified by a subsequent disqualification of the remaining relay team members.
  - (4) The relay completes the full distance.
- D** A time trial conducted in a USMS-sanctioned meet or USMS-recognized meet under the rules of the sanctioning organization

**Rationale:** Relays should be required to complete the full distance the same as individual swims. An extreme example would be an 800 free relay where the leadoff goes the full 200 distance, but each remaining teammate only swims a 50. The remaining teammates may be DQ'd for not completing their portion, but the leadoff should also not count. Such relays should not be used just to get a time for the leadoff swimmer.

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***Rationale for Recommendation to Reject:*** Adding this limitation puts USMS in opposition to World Aquatics and USA Swimming, both of whose rules would allow an official time to be set in the circumstances as described. There are numerous scenarios in which a relay member might not finish the complete distance, not just so the relay leadoff swimmer gets an official split time. Additionally, if a relay leadoff swimmer clearly or habitually puts names down for a relay that either will not swim or will not do the correct distance, the referee has the option of considering that unsporting conduct and may consider appropriate action or penalty.

**HOUSEKEEPING REPORT**

**Pursuant to article 601.1.2, housekeeping changes to the USMS Rules of Competition submitted and approved by the Rules Committee, with the concurrence of the Vice President of Administration, are reported to the House of Delegates in the annual report from the Rules Committee or in a subsequent report (if approved after the annual meeting). These changes will take effect on January 1, 2025.**

**There are no housekeeping changes to be reported prior to the 2024 annual meeting.**

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**USA SWIMMING AMENDMENTS THAT AFFECT USMS RULES**

Pursuant to article 601.4.3, Amendments to USA Swimming articles 101, 102, and 105 shall automatically be adopted by USMS unless the USMS Rules Committee determines that the amendment is not applicable to USMS, corresponds to a previously approved difference or is not in conformance with World Aquatics Masters Technical Rules.

Amendments to USA Swimming article 103 (USMS article 106, Facilities Standards) may be submitted by the Rules Committee with a recommendation for adoption by the USMS House of Delegates.

The following amendments will be submitted by the USA Swimming Rules and Regulations Committee to the USA Swimming House of Delegates for consideration at the USA Swimming 2024 Annual Meeting and are pending final action and reporting by the USMS Rules Committee.

Number	Section	Description	Committee Recommendation
<a href="#">U-1</a>	Glossary 101.3.2	Modify to be consistent with World Aquatics terminology	Pending USA Swimming HOD action
<a href="#">U-2</a>	101.6.3	Modify to be consistent with World Aquatics terminology	
<a href="#">U-3</a>	102.12.1	Update to adopt a rule that has been an interpretive decision and conform to current World Aquatics rule	
<a href="#">U-3</a>	103.8.3 103.8.5 103.8.6	Update to reflect current practice for starter commands	

<b>U-1</b>	<b>Glossary</b>	page xiv	Add
	<b>101.3.2</b>	page 3	Modify

<b>Committee Recommendation:</b>	Adopt	Adopt as Amended	Reject
<b>HOD Action:</b>	Adopted	Adopted as Amended	Defeated

**Glossary**

**On the Back** — position of the body when the shoulders are ~~at or~~ past vertical towards the back.

**101.3 Butterfly**

*(Article 101.3.1 is unchanged)*

**101.3.2 Stroke**—After the start and after each turn, the swimmer’s ~~shoulders-body~~ must be ~~at or past the vertical toward-on~~ the breast. The swimmer is permitted one or more leg



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kicks, but only one arm pull under water, which must bring the swimmer to the surface. (Note: After the start and after each turn, only one breaststroke kick is allowed prior to the arm pull that brings the swimmer to the surface.) It shall be permissible for a swimmer to be completely sub-merged for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish. From the beginning of the first arm pull, the body shall be kept on the breast except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. Both arms must be brought forward simultaneously over the water and pulled back simultaneously under the water throughout the race.

*(Article 101.3.3 is unchanged)*

**101.3.4 Turns**—At each turn the body shall be on the breast. The touch shall be made with both hands separated and simultaneously at, above, or below the water surface. Once a touch has been made, the swimmer may turn in any manner desired as long as the body is on the breast when leaving the wall. ~~The shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall.~~

*(Article 101.3.5 is unchanged)*

**Rationale:** To be consistent with World Aquatics terminology.

U-2	101.6.3	page 4	Modify
<b>Committee Recommendation:</b>	Adopt	Adopt as Amended	Reject
<b>HOD Action:</b>	Adopted	Adopted as Amended	Defeated

**101.6 Individual Medley**

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

*(Article 101.6.1 and 101.6.2 are unchanged)*

**101.6.3 Turns**

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

**B** The turns when changing from one stroke to another shall conform to the finish rules for the stroke just completed, ~~and shall be as follows:~~

~~(1) **Butterfly to backstroke**—The swimmer must touch as described in article 101.3.5. Once a legal touch has been made, the swimmer may turn in any~~

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~~manner, but the shoulders must be at or past the vertical toward the back when the swimmer leaves the wall.~~

~~(2) **Backstroke to breaststroke**—The swimmer must touch the wall while on the back. Once a legal touch has been made, the swimmer may turn in any manner, but the shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall and the prescribed breaststroke form must be attained prior to the first arm stroke.~~

~~(3) **Breaststroke to freestyle**—The swimmer must touch as described in article 101.2.4. Once a legal touch has been made, the swimmer may turn in any manner and must return to the breast before any kick or stroke.~~

*(Article 101.6.4 is unchanged)*

**Rationale:** To be consistent with World Aquatics terminology.

U-3      102.12.1      page 14 and 15      Modify

<b>Committee Recommendation:</b>	Adopt	Adopt as Amended	Reject
<b>HOD Action:</b>	Adopted	Adopted as Amended	Defeated

**102.12 Swimwear for Pool Competition**

**102.12.1 Design**

*(Articles 102.12.1A through 102.12.1D are unchanged)*

**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. As a consequence of injury, it is permissible to tape not more than one or two fingers or toes. Any other kind of tape on the body is not permitted unless approved by the referee.

**Rationale:** To provide a minimally invasive method to support regularly occurring finger and toe injuries, and adopt a rule that has been an interpretive decision by USA Swimming, as well as a current rule for World Aquatics.

**U-4**          **103.8.3, 103.8.5, and 103.8.6**          page 21 and 22          Modify

<b>Committee Recommendation:</b>	Adopt	Adopt as Amended	Reject
<b>HOD Action:</b>	Adopted	Adopted as Amended	Defeated

**103.8.3**     **Optional Instructions** – The starter may:

*(Articles 103.8.3A through 103.8.3C are unchanged)*

**D**     Use a “stand” command in accordance with 103.8.5 and 103.8.6

**103.8.5**     **Start Commands**

*(Articles 103.8.5A through 103.8.5C are unchanged)*

**D**     When a swimmer does not respond promptly to the command, “Take your marks,” the starter shall immediately release all swimmers with a “stand” command, upon which the swimmers may stand up, step off the blocks, or leave the wall.

**103.8.6**     **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”~~ a “stand” command and may step off the blocks.

*(Articles 103.8.6B and 103.8.6C are unchanged)*

**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”~~ a “stand” command.

*(Article 103.8.6E is unchanged)*

**Rationale:** To reflect current practice and allow the Starter judgement in the use of the command, dependent on the level or experience of the field. To reflect current practice of using a ‘stand’ command as procedural and remove implied reference to it as a rule.

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

**Pursuant to USMS article 601.4.3, changes USA Swimming article 103 (facilities standards) may be submitted by the Rules Committee with a recommendation for adoption by the USMS House of Delegates.**

**There are no amendments to the USA Swimming facilities standards proposed for the 2024 annual meeting.**

**CHANGES TO CONFORM TO WORLD AQUATICS RULES**

**Pursuant to USMS Article 601.4.4, if amendments to the World Aquatics 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 World Aquatics amendments to consider during the 2024 annual meeting.**