
U.S. MASTERS SWIMMING
2026
Rule Book




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# 2026
# U.S. MASTERS SWIMMING
# CODE OF REGULATIONS
# AND
# RULES OF COMPETITION

U.S. Masters Swimming was founded in 1970 and remains dedicated to the premise that the lives of participants will be enhanced through swimming. This book establishes certain rules and regulations for the conduct of the organization, the participants, and the competitors. The most up-to-date version of this rule book is available online at: www.usms.org/rules.

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**On the Cover:** Swimmer poses underwater in Sarasota, Florida. Photo by Mike Lewis/@MIKE2SWIM

## Rule Book Dedication

Doug Hayden, longtime chair of the Missouri Valley LMSC, died on August 20, 2025, after a multiyear battle with abdominal cancer.




*Doug Hayden*

Hayden's 11 years as LMSC chair were marked by his unwavering commitment, passionate leadership, and tireless energy. Hayden mentored and coached hundreds of swimmers—from beginners to nationally ranked competitors—and served as meet director for MOVY's annual fall meet. Hayden proudly represented his LMSC at numerous USMS annual meetings and at Relay, always ensuring MOVY's swimmers were heard and supported. Under his leadership, MOVY not only stayed afloat; it thrived.

In their nomination of Hayden for a USMS Dorothy Donnelly Service Award, LMSC board members wrote that Hayden embodied "the very best of Masters Swimming: leadership, resilience, inclusivity, and heart." Hayden was one of the 2025 recipients of this award at the USMS annual meeting, held in his hometown of Kansas City, shortly before his death.

Putting Hayden in just one life category is impossible. He was an athlete and volunteer but also a husband and father, singer, traveler, devoted to his faith, record holder, and friend to all that came his way. He was a diver at the University of Nebraska, where he met his wife, Genene. He proposed to her in the middle of a triathlon. Once kids came along, he was a stay-at-home dad for the first few years of their lives.

Once he returned to the workforce, variety continued to be the spice of his life: He created a faith group through St. Charles Borromeo Catholic Church, sang in the church choir, and had a small business. And he became a force in U.S. Masters Swimming when he founded, coached, and swam

for MOVY Masters Swim Team. It was more than just competition for him; it was the people.

Hayden retired in 2021. Two years later he was diagnosed with abdominal cancer, for which he underwent surgery and several rounds of chemotherapy. By June 2024, he was back competing at the 2024 Spring Nationals in Indianapolis.

Hayden's cancer returned later in 2024 but he never let that stop him from realizing his dreams: He went to all 50 states, lost track of how many Kansas concerts he went to after his 40th show, saw his son graduate from college, walked his daughter down the aisle at her wedding, and celebrated his 60th birthday with more than 300 people.

USMS is honored to dedicate the 2026 USMS Rule Book to this beloved LMSC leader, teammate, and friend.

## Previous Rule Book Dedications

| | |
|---|---|
| 1989 | June Krauser |
| 1992 | Mary Lee Watson |
| 1993 | Kathrine Casey and Gail Dummer |
| 1994 | All USMS volunteers |
| 1995 | E. Kevin Kelly |
| 1996 | Dorothy Donnelly |
| 1997 | Jack Geoghegan |
| 1998 | USMS All-Americans |
| 1999 | F.H. "Ted" Haartz |
| 2000 | Jim Matysek |
| 2001 | Gene Donner and the staff of Gateway Printing |
| 2002 | Nancy Ridout |
| 2003 | Tom Boak |
| 2004 | Joanne Tingley |
| 2005 | Walt Reid |
| 2006 | Pieter Cath |
| 2007 | Pacific Masters XI FINA World Masters Championships Organizing Committee |
| 2008 | Steve Schofield |
| 2009 | Meg Smath |
| 2010 | Bill Volckening |
| 2011 | Tracy Grilli |
| 2012 | Esther Lyman |
| 2013 | Rob Copeland |
| 2015 | June Krauser |
| 2016 | Rob Butcher |
| 2017 | Tom Taylor |
| 2018 | Anna Lea Matysek |
| 2019 | Jeffrey Roddin |
| 2020 | Ralph Davis |
| 2021 | Ray Novitske |
| 2022 | Ted Haartz |
| 2023 | Teri White |
| 2024 | Patty Miller |
| 2025 | Nadine Day |

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# Guiding Principles

## Mission Statement

Empower adults to improve their lives through swimming.

## Vision Statement

Foster a nationwide adult swimming community through lifelong fitness, competition, and education.

## Values

Fitness
Camaraderie
Inclusion
Learning
Excellence
Competition
Fairness

**Technology and Automated Data Collection Devices:** These devices can be worn for the sole purpose of collecting data. Automated devices cannot be used to transmit data, sounds, or signals to the swimmer or to aid their speed. (article 102.12.1E)

**Qualification of Officials:** The exact positions entitled to grant an exception regarding officials' qualifications has been better identified. (articles 103.1.1, 103.1.2)

**Selection of Meet Referees for National Championship Meets:** The Officials Committee and Championship Committee have updated the process for the selection of meet referees at national championship meets. (article104.15.10)

**False Starts:** The jurisdiction of which officials can call a false start has been broadened to allow stroke and turn officials to call the infraction, rather than just the starter. (article 103.8.6D)

**Disqualifications:** The requirements for where swimmers must start, remain, and finish a race have been updated to comply with World Aquatics regulations. (article 102.13.4)

**Backstroke ledges:** The permitted distance above and below the water when using backstroke ledges on a backstroke start has been updated to comply with World Aquatics regulations. (article 106.12.1)

**Swimwear Requirements:** Swimwear requirements for USMS open water swims must be included in the event information. (article 303.4)

**Time Adjustment:** If a final time is submitted to the nearest second, 0.99 shall be added to the time submitted. If a final time is submitted to the nearest tenth of a second, 0.09 shall be added to the time submitted. The resulting time is considered as the official time. (306.6.3)

**Open Water National Championships:** A minimum of three open water national championships shall be awarded each year at the discretion of the Long Distance Committee. (article 307.2.2)

**Resolving Protests:** The process for lodging protests at open water national championships has been clarified. Protests against judgment decisions may not be appealed. Protests must be made to the referee within 30 minutes after the release of results at the venue. If results are not released in a timely manner, a protest may be made to the event director in writing within three days after all swimmers are notified of the release of results. After receipt of a protest, the referee or event director must respond within 10 days. If the protest is denied by the referee or event director, the swimmer may appeal within five days to the Long Distance Committee chair. The Long Distance Committee chair must reply within 10 days, unless the USMS Long Distance chair notifies the parties that the issue must come before the entire committee. Any protest arising from a virtual championship swim must be made to the Long Distance Committee chair in writing within five days after all swimmers are notified of the release of preliminary results or amendments to the preliminary results. The final decision for any protest will be determined by the Long Distance Committee chair. After receipt of a protest, the Long Distance Committee chair must reply within 10

days, unless the chair notifies the parties that the issue must come before the entire committee. (article 307.7.8A–C)

**Time Adjustment for Records:** If a record attempt has been timed to the nearest second, 0.99 second shall be added to the time submitted. If a record attempt is timed to the nearest tenth of a second, 0.09 shall be added to the time submitted. The resulting time then becomes the official time. (article 308.1.4B–C)

**Record Application Documentation:** Swimmers applying for a cable swim record must submit a copy of the Application for Long Distance Cable Event Record to the Long Distance Committee chair. (article 308.1.5E)

**Standing Committee Meetings at the Annual Meeting:** Committees now have the choice whether they want to hold a meeting in conjunction with the annual meeting. (article 507.1)

# Glossary

**Administrative official—**an official certified as an administrative official who supervises entries, seeding, determination of official times, results, and meet personnel assisting with these duties.

**Aggregate Time—**times achieved by four individuals in separate starts that are added together to arrive at a relay time for entry purposes.

**Anchored (Starting Platform)—**stable at all times without human aid.

**Arm—**that part of the body that extends from the shoulder to the wrist.

**Bulkhead—**moveable end wall of a course.

**Cable Swim—**a type of straightaway swim defined by a cable.

**Club—**an organization or group of permanent character that is a member of USMS, and that actively promotes and/or participates in Masters Swimming.

**Code—**the *USMS Code of Regulations and Rules of Competition,* including Parts 1–6 and the Organizing Principles.

**College Club Swimming (CCS)—**A swimming program administered by USMS. CCS is the organization. that unifies college club swimming programs across the country. CCS provides the rules, calendar of events, results database, and communications for CCS registered individuals and clubs.

**Corporation—**United States Masters Swimming Inc. (USMS).

**Course—**designated distance over which the competition is conducted.

**Long Course—**50 meters.

**Short Course—**25 yards or 25 meters.

**Deck-Entered—**all entries are accepted on the first or later day of that meet and subsequently seeded into events.

**Deck-Seeding—**with or without check-in, events seeded at the time of the event using entries received prior to or at the meet.

**Disability—**a permanent physical, or cognitive disability that substantially impacts one or more major life activities.

**Drafting—**in open water and long distance events, an individual swimming behind or next to a single swimmer or support craft for the purpose of taking advantage of the reduced water resistance.

**Dual Meet—**competition between two clubs.

**Dual-Sanctioned Meet—**A USMS sanctioned meet held in conjunction with a USA Swimming sanctioned meet in which swimmers from both organizations are competing together in the same session(s).

**Electronic Timing Chip—**used to trigger the timing system and may not be used as an audible pacing device in swimming.

**End of the Course—**designated wall for racing turns or finishes.

**Escort Craft**—boats or paddle boards that accompany swimmers in an open water swim for safety and logistical support, including the person or people that staff them.

**Event**—any clinic, demonstration, series of races in a given stroke and distance, or meet: including pool, long distance, and open water.

**Event Director**—the person responsible for the administration and conduct of the event.

**Ex Officio Member**—a committee member, appointed by virtue of an office or position held, who has participatory rights of membership but no vote.

**FINA**—*see* World Aquatics

**Finish**—the instant that a swimmer touches the wall at the end of the prescribed distance.

**Finish Point**—the physical location where the race terminates.

**Fitness Events**—events designed to encourage and enhance fitness.

**First Day of Meet**—day on which first competitive swimming event is conducted.

**Foreign Swimmer**—athlete member of a World Aquatics Member Federation other than USMS.

**Forward Start**—an entry made while facing the course or a start made while in the water either facing the course or not facing the course.

**Foul**—an instance of obstruction, interference, collision, or equipment malfunction that prevents the successful completion of a race.

**Gender**—a competition category defined as male or female for the purpose of athlete swimming eligibility for official times, places, records, and other forms of recognition.

**Gender Identity**—an individual's concept of self, which may be male, female, a blend of both, or neither.

**Grease**—a substance used by swimmers to reduce friction or reduce the loss of body heat during a swim.

**Heat**—a division of an event in which there are too many swimmers to compete at one time.

**Heat Sheet**—a list of events with names of swimmers, heat assignments, lane assignments, ages, affiliations (e.g., club, workout group, and/or LMSC), and seed times.

**Horizontal**—parallel to the level surface of the water.

**Housekeeping**—changes to the *USMS Code of Regulations and Rules of Competition* to correct errors of deviation from adopted language, nonconformity with the *USMS Publications Style Guide,* consistency of wording among multiple articles, or accuracy of numerical article and page references.

**IOPC**—International Olympic and Paralympic Committee.

**Initial Distance**—that first portion of a race for which an official time may be recorded but which is not itself a completed event.

**Lane**—the specific area in which the swimmer is assigned to swim.

**Lane Line**—continuous floating markers attached to a line stretched from one end of the course to the other for the purpose of separating adjacent lanes.

**Lane Markers**—the guide lines on the bottom of the pool and in the center of the lanes running from one end of the course to the other.

**Last Day of the Meet**—day on which last competitive swimming event is conducted.

**Leadoff**—the first part of the relay event that is swum by a single team member.

**Leg (Relay)**—the part of the relay event that is swum by a single team member.

**Length**—the extent of the course from end to end.

**LMSC**—Local Masters Swimming Committee.

**Manual Start**—the start of any timing device by an individual in response to the same starting signal given to the swimmers.

**Marks**—(take your) starting positions.

**Masters Swimming**—a program including training, competition, and other activities affiliated with United States Masters Swimming through the participation of USMS members or through a USMS sanction.

**May**—permissive, not mandatory.

**Medical Identification Item**—an item worn by a swimmer that identifies medical conditions, emergency contacts, or other information necessary to protect the health of the swimmer. Medical identification items are not considered part of swimwear.

**Meet**—an event or series of events held under sanction or recognition and conducted within 10 consecutive days at the same venue or multiple venues for virtual meets. Postal meets may be conducted over periods longer than 10 days.

**Meet Announcement**—document that sets forth required information about the meet, including the starting times, order of events, entry procedures, and other meet procedures as required by the rules and regulations.

**Meet Program**—information provided to swimmers, coaches, and officials pertinent to the operation of a meet, which should include entry lists with names, ages, and affiliations (e.g., club, workout group, and/or LMSC), but may also include heat sheets and/or other information.

**Member**—an individual, club, or organization registered with USMS.

**Member in Good Standing**—any person or club who has fulfilled the requirements for membership and who has not voluntarily withdrawn nor been expelled or suspended.

**Must**—mandatory.

**Official time**—a time achieved in a USMS-sanctioned or -recognized competition in accordance with USMS rules.

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

**On the Breast**—position of the body when the shoulders are at or past the vertical towards the breast.

**Paddler**—a person on a paddle board or manually propelled craft who supports a swimmer or group of swimmers.

**Pool**—the physical facility in which the competition is conducted.

**Preliminary Heats**—competition in which a number of heats are swum to qualify the fastest swimmers for the finals.

**Preseeding**—events are seeded prior to the day of competition.

**Propulsive**—having the power to propel.

**Recognized Events**—the written acknowledgment by an LMSC for a designated competition conducted in conformance with relevant USMS rules, or a demonstration, clinic, or exhibition conducted by USMS member clubs, individual members, or organizations other than USMS in which both members and nonmembers may participate. Times or distances achieved by members at recognized competitions will be considered for recording purposes by USMS.

**Register**—enroll as a member of USMS.

**Safety Plans**—written plans for the procedures to be followed in the event of an emergency or need for medical intervention.

**Sanction**—the written authorization of an LMSC to permit members to participate in a specific competition, demonstration, clinic, exhibition, or Swim-A-Thon.

**Scissors Kick**—use of the top of the instep of one foot and the bottom of the other foot in the propulsive part of the kick.

**Scratch**—withdraw an entry from an event or fail to report to the assigned lane in the assigned heat.

**Seeding**—distributing swimmers among the required number of heats and/or lanes, based on submitted times.

**Session**—any portion of a pool meet distinctly separated from other portions of the meet by locale, time, day, or type of competition; i.e., first day and second day, morning and evening, etc., exclusive of a short break between events such as before the start of distance events or relays.

**Shall**—mandatory.

**Should**—recommended but not mandatory.

**Soft Touch**—a swimmer's touch that does not register a time at the point of contact with the touchpad.

**Split Time—**time recorded from official start to completion of an initial distance within a longer event.

**Still Water—**water contained within four walls or landlocked, having no perceptible current or movement other than that caused by wind or by swimmers.

**Straightaway Swim—**any swim of any length where the course shall be a straight, measured distance in stationary open water and defined by a cable with floats or a continuous marking system visible to the swimmer.

**Submitted Times—**those filed with an entry as having been previously achieved or reasonably estimated; also known as seed times.

**Time Trial—**a timed heat conducted within a meet where the swimmer races against the clock to establish an official time.

**Timed Finals—**competition in which only heats are swum and final placings are determined by the times achieved in the heats.

**Touch—**contact with the end of the course.

**Turn—**a point on the course where the swimmers reverse or change direction of the swim.

**USA-S—**USA Swimming Inc.

**USAS—**United States Aquatic Sports Inc.

**USMS—**United States Masters Swimming Inc.

**Valid Time—**a time reported by a designated timing system without a confirmed malfunction and determined by the meet referee or designee to be accurate based on analysis of all reported times, observations by officials, and other relevant data.

**Venue—**geographical area and environs where a swim event is conducted.

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

**Wall—**the vertical portion of the pool, the contiguous surface of the deck and overflow gutters, the front portion of the starting block or platform, or the touchpad at the end of the course.

**Warning Signal—**a bell, whistle, air horn, or other appropriate audible device.

**Wave—**the second or subsequent start used if the start area cannot accommodate all contestants at the same time.

**Will**—consent to do, an expectation.

**Workout Group—**a subordinate organization (subgroup) of a USMS-registered club.

**World Aquatics—**(Formerly known as FINA).

**Zone**—a geographic section of the country that includes all LMSCs within that section.

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# PART 1: SWIMMING RULES

All provisions under *Part 1: Swimming Rules,* unless otherwise specified, are effective beginning January 1, 2026, and until changed. Rules in effect on the first day of a meet shall govern throughout the meet.

*Part 1: Swimming Rules* is based upon articles 101, "Individual Strokes and Relays," 102, "Conduct and Officiating of All Swimming Competition," and 105, "Guidelines for Officiating Swimmers With a Disability in USA Swimming Meets," of the USA Swimming Technical Rules, which, as amended, will govern all Masters swimming competitions.

All competitive swimming meets or events held under corporate sanction shall be conducted in accordance with the following rules, which are designed to provide fair and equitable conditions of competition.

It is not the purpose of the *Code of Regulations and Rules of Competition* of United States Masters Swimming (the national governing body) contained herein to set standards of care for the safety of the swimmer. Safety considerations should be addressed by the swimmer, the swim coach, and the local public entity or pool owner in whose facility events are held.

## ARTICLE 101: Starts, Strokes, and Relays

### 101.1 Starts

**101.1.1** **Forward Start—**The forward start may be taken from the starting block, the pool deck, or a push from the wall. Once all swimmers have removed their clothing, except for swimwear, the referee shall signal the commencement of an event by a short series of whistles inviting them to get ready at the starting end, followed by a long whistle indicating that they may take and maintain their positions with at least one foot at the front of the starting platform, or the deck, or in the water, and remain there. On the starter's command, "Take your marks," each swimmer shall immediately assume the starting position that maintains at least one foot at the front of the starting platform or the deck. Each swimmer starting in the water must take the position on the wall with at least one hand in contact with the wall or starting platform and one foot in contact with the wall. A swimmer starting in the water may face any direction.

**101.1.2** **Backstroke Start**

**A Starting commands—**Once all swimmers have removed their clothing, except for swimwear, the referee shall signal the commencement of an event by a short series of whistles inviting them to get ready at the starting end. At the referee's first long whistle, the swimmers shall immediately enter the water and at the second long whistle shall take their positions on the wall without undue delay.

**B All courses—**The swimmers shall line up in the water facing the starting end with both hands placed on the gutter or on the backstroke starting grips. Standing in or on the gutter, placing the toes above the lip of the gutter, or bending the toes over the lip of the gutter before or after the start is prohibited. When using a backstroke ledge at the start, at least one toe of each foot must be in contact with the end wall or face of the touchpad. Bending the toes over the top of the touchpad is prohibited.

**101.1.3 Starter—**See article 103.8 for starter equipment, preparation, optional instructions, start commands, false starts, warning signal, and deliberate delay or misconduct.

**101.2 Breaststroke**

**101.2.1 Start—**The forward start shall be used.

**101.2.2 Stroke—**

The body shall be kept on the breast. The swimmer is not permitted to roll onto the back at any time 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 before any stroke or kick after leaving the wall. Throughout the race the stroke cycle must be one stroke and one kick in that order.

All movements of the arms shall be simultaneous without alternating movement.

The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under water except for the final stroke before the turn, during the turn, and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start, and each turn.

During each complete cycle, some part of the swimmer's head shall break the surface of the water. After the start and after each turn, the swimmer may take one stroke completely back to the legs. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.

**101.2.3 Kick—**After the start and after each turn, at any time prior to the first breaststroke kick, a single butterfly (dolphin) kick is permitted, following which, all movements of the legs shall be simultaneous without alternating movement.

The feet must be turned outwards during the propulsive part of the kick. Scissors, alternating movements, or downward butterfly (dolphin) kicks are not permitted except as provided herein. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly (dolphin) kick.

**101.2.4 Turns and Finish—**At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously at, above, or below the water level. At the last stroke before the turn and at the finish, an arm stroke not followed by a leg kick is permitted. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

### 101.3 Butterfly

**101.3.1** **Start—**The forward start shall be used.

**101.3.2** **Stroke—**After the start and after each turn, the swimmer's body must be on the breast. The swimmer is permitted one or more leg 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 submerged 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.

**101.3.3** **Kick—**All up and down movements of the legs and feet must be simultaneous. The position of the legs or the feet need not be on the same level, but they shall not alternate in relation to each other. The breaststroke kick may be used exclusively or interchangeably with the dolphin kick while doing the butterfly stroke at any time during the race. Only one breaststroke kick is permitted per arm pull, except that a single breaststroke kick is permitted prior to the turn and the finish without an arm pull. After the start and after each turn, a single breaststroke kick is permitted prior to the first arm pull. A scissors kicking movement is not permitted.

**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.

**101.3.5** **Finish—**At the finish, the body shall be on the breast and the touch shall be made with both hands separated and simultaneously at, above, or below the water surface. Once some part of the head of the swimmer has passed the final 5-meter mark (long course and short course meters) or 5-yard mark (short course yards), immediately prior to reaching for the finish, the swimmer may be completely submerged.

### 101.4 Backstroke

**101.4.1** **Start—**The backstroke start shall be used.

**101.4.2** **Stroke—**Standing in or on the gutter, placing the toes above the lip of the gutter, or bending the toes over the lip of the gutter immediately after the start is not permitted. The swimmer shall push off on the back and continue swimming on the back throughout the race. Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and each turn. By that point, the head must have broken the surface of the water.

**101.4.3** **Turns—**Upon completion of each length, some part of the swimmer must touch the wall. During the turn the shoulders may be turned past the vertical toward the breast, after which an immediate continuous single arm pull or an immediate continuous simultaneous double arm pull may be used to initiate the turn. Once the body has left the position on the back, any kick or arm pull must be part of the continuous turning action. The swimmer must have returned to a position on the back upon leaving the wall.

**Note:** The swimmer who turns past vertical and, in a continuous motion, grabs the wall before pushing off with the feet while on the back is considered to have executed a "continuous turning action."

**101.4.4** **Finish—**Upon the finish of the race, the swimmer must touch the wall while on the back. Once some part of the head of the swimmer has passed the final 5-meter mark (long course and short course meters) or 5-yard mark (short course yards) immediately prior to reaching for the finish, the swimmer may be completely submerged prior to the touch.

**101.5 Freestyle**

**101.5.1** **Start—**The forward start or the backstroke start shall be used.

**101.5.2** **Stroke—**In an event designated freestyle, the swimmer may swim any style, except that in a medley relay or individual medley event, freestyle means any style other than butterfly, breaststroke, or backstroke. Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and each turn. By that point the head must have broken the surface.

**101.5.3** **Turns—**Upon completion of each length, the swimmer must touch the wall.

**101.5.4** **Finish—**The swimmer shall have finished the race when any part of the swimmer touches the wall after completing the prescribed distance. Once some part of the head of the swimmer has passed the final 5-meter mark (long course and short course meters) or 5-yard mark (short course yards), immediately prior to reaching for the finish, the swimmer may be completely submerged.

**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.

**101.6.1** **Start—**The forward start shall be used.

**101.6.2** **Stroke—**The stroke for each one-fourth of the designated distance shall follow the prescribed rules for that stroke, except that in the freestyle, the swimmer must be on the breast except when executing a turn.

**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 after leaving the wall.

**B** The turns when changing from one stroke to another shall conform to the finish rules for the stroke just completed.

**101.6.4** **Finish—**The swimmer shall have finished the race when any part of the swimmer touches the wall after completion of the prescribed distance.

### 101.7 Relays

**101.7.1** **Freestyle Relay—**Four swimmers on each team, each to swim one-fourth of the prescribed distance using any desired stroke(s). Freestyle finish rules apply.

**101.7.2** **Medley Relay—**Four swimmers on each team, each to swim one-fourth of the prescribed distance in the following order: first, backstroke; second, breaststroke; third, butterfly; fourth, freestyle. Rules pertaining to each stroke as described in article 101.6 (Individual Medley) shall govern. At the end of each leg, the finish rules for that stroke apply.

**101.7.3** **Rules Pertaining to Relays**

**A** No swimmer shall swim more than one leg in any relay event.

**B** When automatic relay takeoff judging is used, all swimmers must touch the touchplate or pad in their respective lanes at the end of the course to have finished their legs of the relay.

**C** A swimmer other than the first swimmer shall not start until the previous swimmer's leg has been concluded.

**D** If a team member other than the swimmer designated to swim a particular leg jumps into or enters the pool in the area where the race is being conducted and before all swimmers of all teams have finished the race, both the offending swimmer and relay team shall be disqualified.

**Note:** An exception may be granted to a relay team member who wishes to enter the water to start from the water; this swimmer shall notify the starter and be careful not to disturb or interfere with another swimmer or the timing system pad when in use.

**E** All relay team members shall leave the water immediately upon finishing their legs, except for the last member.

**Note:** Swimmers who cannot exit the water quickly enough to prevent interference with automatic officiating equipment may be allowed to hold on to the lane line until all relays have finished, allowing them to exit the pool more slowly or via the ladders at the conclusion of the race.

**F** The team of a swimmer whose feet have lost contact with the starting platform (ground, deck, or wall) before the preceding teammate touches the wall shall be disqualified.

**G** Mixed relays shall consist of two men and two women who may swim in any order.

**H** On relays, the second, third, and fourth swimmers are prohibited from starting from the top of the adjustable setting back plate. A swimmer must have at least part of one foot in contact with the starting platform in front of the adjustable setting back plate.

**101.7.4** See article 102.9 for additional relay rules.

## ARTICLE 102:
## Swimming Competition

**102.1 Eligibility**

**102.1.1** To be eligible for competition, including participation in warm-ups, members must be 18 years of age or over.

**102.1.2** USMS members may participate in non-USMS aquatic activities, meetings, exhibitions, demonstrations, etc., without jeopardy to their eligibility to swim in USMS competition. However, any times achieved in nonsanctioned

or nonrecognized activities will not be recorded for official purposes and cannot be used for LMSC rankings or USMS Top 10 times, All-American status, or qualification times for USMS national championship meets.

**102.2 Age Determining Date**

**102.2.1** For short course yards, the eligibility of a participant for a particular age group shall be determined by the age as of the last day of the meet.

**102.2.2** For short course meters and long course meters, the eligibility of a participant for a particular age group shall be determined by the age as of December 31 of the year of competition.

**102.3 Age Groups**

**102.3.1 Individual Events—**18–24, 25–29, 30–34, 35–39, 40–44, 45–49, 50–54, 55–59, 60–64, 65–69, 70–74, 75–79, 80–84, 85–89, 90–94, 95–99, 100–104 … (five-year age groups as high as is necessary).

**102.3.2 Relay Events**

**A Short course (25) yards—**18+, 25+, 35+, 45+, 55+, 65+, 75+, 85+, 95+… (10-year increments as high as is necessary). The age of the youngest relay team member shall determine the age group. Relay teams must swim in the oldest age group for which they are eligible.

**B Short course (25) meters and long course (50) meters—**72–99, 100–119, 120–159, 160–199, 200–239, 240–279, 280–319, 320–359, 360–399 … (40-year increments as high as is necessary). The aggregate age of the four relay team members shall determine the age group.

**102.3.3** If a sanctioned meet is conducted by an organization whose age eligibility requirements differ from USMS (see article 202.1.1E), the age groups listed in articles 102.3.1 and 102.3.2 may be adjusted to conform to the minimum and maximum ages eligible to compete in the meet.

**102.4 Warm-up/Warm-down**

**102.4.1 Availability—**In pools of five lanes or more, a separate warm-up area must be made available to swimmers during the competition. If there is no other warm-up/warm-down area available in pools of five lanes or more, one lane shall be set aside for warm-up/warm-down during the conduct of the meet. If there is no other warm-up/warm-down area available in pools of four or fewer lanes, swimmers shall be allowed to swim to the other end of the pool at the end of each heat, and a warm-up/warm-down period shall be offered at least once during each half-hour of competition.

**102.4.2 Dual-Sanctioned Meets—**If the meet is a dual-sanctioned meet with USA Swimming, the requirements of article 102.4.1 may be adjusted depending on availability of warm-up space at the venue by agreement between the LMSC and LSC host clubs. If a continuous warm-up/warm-down lane(s) or area is not available in pools of five lanes or more, the meet announcement shall clearly state the availability of warm-up for USMS athletes. Once the meet announcement is published, changes which further restrict the availability of continuous warm-up/warm-down space are not permitted.

**102.4.3 Procedure—**Swimmers must enter the pool feet first in a cautious and controlled manner. Diving and backstroke starts shall be permitted only in the designated lanes. No hand paddles are allowed.

**102.5 Events**

**102.5.1** In planning any meet, careful consideration must be given the demands to be made upon swimmers, officials, and spectators, in that order. Meets should be planned to terminate within a reasonable period of time each day. Planning should provide for adequate meal and rest breaks and sheltered rest areas.

**102.5.2** Any event (series of races in a given stroke and distance) conducted at a sanctioned meet must be offered for all age groups listed in articles 102.3.1 and 102.3.2 and both genders. Sanctioned meets conducted by organizations whose age eligibility requirements differ from USMS (see article 202.1.1E) must comply with article 102.3.3. Events may be repeated with the same stroke and distance as different event numbers at a meet. Any of the following events may be conducted.

**A Short course (25) yards**

50-100-200-500-1000-1650 yards freestyle

50-100-200 yards backstroke

50-100-200 yards breaststroke

50-100-200 yards butterfly

100-200-400 yards individual medley

200-400-800 yards freestyle relay

200-400-800 yards mixed freestyle relay

200-400 yards medley relay

200-400 yards mixed medley relay

**B Long course (50) meters and short course (25) meters**

50-100-200-400-800-1500 meters freestyle

50-100-200 meters backstroke

50-100-200 meters breaststroke

50-100-200 meters butterfly

100*-200-400 meters individual medley

200-400-800 meters freestyle relay

200-400-800 meters mixed freestyle relay

200-400 meters medley relay

200-400 meters mixed medley relay

*short course meters only

**102.5.3** The Rules Committee shall develop, publish, and maintain, with the approval of the USMS Board of Directors, policy guidelines that address the eligibility of transgender athletes to earn official times and other forms of recognition (times, places, records, and Top 10 rankings) in the male and female gender categories. Athletes who do not meet the eligibility guidelines shall be permitted to participate in competition in the gender that corresponds to their USMS registrations without official recognition.

**102.5.4** Nonconforming events may be offered in accordance with the provisions of article 202.1.1E(4). For open water and long distance events, see Part 3.

**102.5.5** All short course meters events, long course meters events, and national championships shall be conducted on a timed-finals basis. Other short course yards events may be conducted on a timed-finals basis or another basis (e.g., preliminary heats and finals). If events are conducted in a format other than timed finals, the meet announcement shall state the process for seeding, contesting the event, and determining the final places.

**102.5.6** Independent attempts to establish official times ("time trials") are permitted only in USMS-sanctioned short course yards meets other than national championship meets. Time trials are not permitted in USMS national championship meets, short course meters, or long course meters meets. If time trials are offered, the meet announcement must state the events being offered and the format for the time trials.

**102.5.7** Following the issuance of a sanction, the order of events must be published in the meet announcement and made available to all eligible swimmers at least one week prior to the entry deadline. The LMSC may establish a minimum period of time longer than one week for which the meet announcement must be made available to all eligible swimmers. (See article 102.11 for change of program or postponement.)

**102.5.8** Virtual meets may be held as competitions at multiple venues (sanctioned by each respective LMSC) with the same order of events and all results merged. Virtual meets may be held on different days at the multiple venues. All of the events must be completed within a maximum 10-day period in the same calendar year. The age determining date shall be the same for the entire meet and in accordance with article 102.2.

**102.6 Event Limit**

**102.6.1** A swimmer may compete in not more than six individual events per day.

**102.6.2** A swimmer shall not compete more than once in the same numbered individual event.

**102.6.3** If, due to conditions beyond the control of meet officials, an event or events are postponed to a subsequent day of the meet, such postponed events shall not be included in the daily event limit.

**102.6.4** For events conducted in formats other than timed finals that require multiple swims (e.g., preliminary heats and finals), swimmers may compete in not more than three individual events per day.

**102.6.5** For events conducted in formats other than timed finals that require multiple swims (e.g., preliminary heats and finals), all swims (e.g., preliminary heats) are considered as part of the same individual event, not as multiple individual events.

**102.6.6** If time trials are offered in short course yards meets, any time trial events swum shall be included in the daily event limit. A swimmer may repeat, as a time trial, an individual event already swum during the meet on the same day or in the same meet.

**102.6.7** Any nonconforming events swum shall be included in the daily event limit.

**102.6.8** When a USMS meet is held as a dual-sanctioned meet in conjunction with a USA Swimming meet, swimmers must select only one organization (USMS or USA Swimming) with which to compete. Dual membership

cannot be used to exceed the daily event limit regardless of the format of the dual-sanctioned meet.

**102.7 Entries**

**102.7.1** **Entry Name—**Each competitor shall enter with the full name as it appears on the USMS registration card.

**102.7.2** **Entry Fee—**Entry fee policies for local Masters events shall be set by the LMSC.

**102.7.3** **Club Affiliation—**A swimmer's club affiliation as stated on the entry form shall apply throughout the meet. If the club on the entry form and the club listed in the USMS membership database do not match, the swimmer shall correct the error or notify the meet host of a valid change in club affiliation by presenting proof of the new club affiliation prior to the first event in which that swimmer competes. If at any time there are any questions about club affiliation, the swimmer shall be switched to unattached status for the entire meet, regardless of actual club affiliation. A swimmer may declare unattached status only prior to the first event in which that swimmer competes.

**102.8 Scratch Procedures**

It is the swimmer's responsibility to be informed of the meet starting time and to report to the proper meet authorities promptly upon call. Meet announcements and advance information shall specify check-in and scratch procedures for individual and relay events.

**102.8.1** **Penalties—**Any swimmer or relay team not reporting for or competing in an event shall not be penalized.

**102.9 Relays**

**102.9.1** Relay teams shall not compete unattached. In all cases, relay teams must be composed of USMS members of the same club, which is a member of USMS.

**102.9.2** Clubs entering two or more relay teams in an event shall designate them on the entry blank as team A, team B, etc.

**102.9.3** The best time or aggregate time of each relay team shall be entered on the entry blank for seeding purposes, and no change in time shall be permitted.

**102.9.4** Swimmers who will be competing only in relays must be entered in accordance with the procedures in the meet announcement.

**102.9.5** On the relay entry, relay teams must list the name of the club, each swimmer's full name (as it appears on the USMS membership card), age, and for mixed relays, gender. The name of the leadoff swimmer must be clearly designated. The meet director shall establish a procedure that ensures entries are compliant with this provision prior to the start of the event.

**102.9.6** First and last names of eligible relay swimmers, their ages, and order of swimming shall be submitted to the clerk of course or to the head lane timer. Any changes in names of the competing swimmers or their order of swimming must be declared to the head lane timer prior to the start of the relay heat in which such relay team is entered. No changes will be permitted thereafter. The meet referee is responsible for instructing the officials to ensure compliance with provisions of this article.

**102.9.7** The competing teams, first and last names of members, and their ages must be listed in the meet results.

**102.9.8** Competitors shall be allowed to swim only once per meet in each of the following relays: men's/women's 200 medley, 400 medley, 200 freestyle, 400 freestyle, and 800 freestyle; and mixed 200 medley, 400 medley, 200 freestyle, 400 freestyle, and 800 freestyle.

**102.9.9** See article 101.7 for additional relay rules.

**102.9.10** For national championship relay entries, see article 104.5.4B(7).

### 102.10 Lane Assignments–Seeding–Counters

#### 102.10.1 Seeding Principles for Masters Competition

**A** All short course meters events, long course meters events, and national championships shall be conducted on a timed-final basis. Other short course yards events may be conducted on a timed-final basis or other basis (e.g., preliminary heats and finals). In such cases, the meet announcement shall state the process for seeding.

**B** Age groups and/or genders, as well as events of the same distance 200 yards or longer, may be combined so that no swimmer has to swim alone and lanes may be filled.

**C** It is recommended that when swimmers are seeded by time and not by age groups, the fastest two swimmers in each age group should not be seeded into outside lanes. It is recommended that they be moved inward one lane or given the center lanes in the next slowest heat, whichever is the more appropriate placement.

**D** Seeding at meets other than national championship meets may be either fast-to-slow or slow-to-fast. Seeding may differ for sprint and distance events (events 400 yards or longer) within a meet. Women's and men's heats may be alternated in the distance events. The meet announcement shall state the seeding for all events.

**E** Heat and lane assignments for events of 200 meters or less shall be available to all competitors at least five minutes prior to the start of the event.

#### 102.10.2 Heat and Lane Assignments

**A** **Seeding within heats—**Within each heat, lanes shall be assigned in order of submitted times (fastest to slowest) in accordance with the following pattern:

| | |
|---|---|
| Ten lanes: | 5-6-4-7-3-8-2-9-1-10 |
| Nine lanes: | 5-6-4-7-3-8-2-9-1 |
| Eight lanes: | 4-5-3-6-2-7-1-8 |
| Seven lanes: | 4-5-3-6-2-7-1 |
| Six lanes: | 3-4-2-5-1-6 |
| Five lanes: | 3-4-2-5-1 |
| Four lanes: | 2-3-1-4 |

**B** **Minimum number of swimmers per heat—**When there are two or more heats, there shall be a minimum of three swimmers or relay teams seeded into the slowest heat. The fastest heat shall be filled first, then the next fastest heat, etc.

**C Fast-to-slow seeding—**The first heat of each event shall be composed of the swimmers with the fastest submitted times, the second heat composed of the next fastest swimmers, etc.

**D Slow-to-fast seeding—**The last heat of each event shall be composed of the swimmers with the fastest submitted times, the next-to-last heat composed of the next fastest swimmers, etc.

**102.10.3 Seeding of Events in a 50-Meter Course**

**A Seeding of 50-meter events in a 50-meter course—**Fifty-meter events swum in a 50-meter course shall be seeded as provided above. If the event is started at the turning end of the course, no change in the lane numbering shall be made; i.e., the lanes shall be numbered the same on both ends of the course.

**B Starting heats from alternate ends of the course—**If only one course is available and the pool depth is adequate at both ends of the course, the meet director may choose to start heats from alternate ends of the course.

**(1)** In 50-meter events, the in-the-water heat may be instructed to wait in the water after the finish until the next heat has been started.

**(2)** In events 100 meters and longer, the next heat may be started when the in-the-water heat is within a half-length of the finish.

**(3)** If the pool depth is different at alternate ends of the course, the meet director may choose to start men's events at one end of the course and women's events at the alternate end of the course. Men's and women's heats shall alternate.

**(4)** If the pool depth is the same at alternate ends of the course, men's and women's heats may alternate.

**102.10.4 Two-to-a-Lane Seeding in Distance Freestyle Events**

**A General principles of seeding two-to-a-lane**

**(1) Options to swim two-to-a-lane**

**(a)** At the discretion of the meet director, competitors in the freestyle events over 200 meters may be required to swim two-to-a-lane when only one course is available for the event. The meet announcement shall state the criteria under which such events are to be swum two-to-a-lane.

**(b)** When competitors have an option of swimming two-to-a-lane, the heats with two competitors per lane will be completed before the heats with a single competitor per lane.

**(c)** If there are not enough swimmers to fill all heats with two swimmers in each lane, those swimmers with the fastest submitted times may be seeded one-to-a-lane.

**(2) Men's/women's events**

**(a)** If men and women compete under the same event number, they shall be seeded by time without regard to gender.

**(b)** If men and women compete under different event numbers, they shall be seeded separately by time.

**(c)** If men and women compete under different event numbers, men's and women's heats should be alternated.

**(3) Heat designations—**Heats shall be numbered consecutively without using alphabetical characters (e.g., no "A" and "B" heats). Heats shall be referred to as "odd" or "even" numbered heats. Odd and even heats shall be paired when seeding two-to-a-lane.

**(4) Reporting to the clerk of course—**Swimmers in both odd and even heats shall be asked to report to the clerk of course (or to the starting area) at the same time.

**(5) Starting procedure—**The starter shall call the odd heat to the starting block first. As soon as the odd heat is underway, swimmers in the even heat shall be called to the starting blocks. The even heat shall be started as soon as practical after the odd heat.

**(6) Lane etiquette**

**(a)** The starter shall instruct the swimmers to swim on one side of the lane during the entire race (i.e., no "circle" swimming).

**(b)** Obstructing another swimmer by swimming across the lane or otherwise interfering with the swimmer shall disqualify the offender, subject to the discretion of the referee, and the disqualified offender shall be removed from the lane as soon as practical.

**(7) Timing—**Separate timing shall be required for each swimmer.

**B Methods of seeding two-to-a-lane (either method is recommended)**

**(1) Swimmers of similar speed in the same heat**

**(a) Heat and lane assignments—**Lanes shall be assigned as in article 102.10.2.

**(b) Pairing of heats—**After lanes are assigned, heats shall be arranged in pairs beginning with either the slowest or fastest heats, at the meet director's discretion. The fastest heat within each pair shall be designated as the odd heat and the next-fastest heat as the even heat.

In the following example, for a six-lane pool, "1" refers to the fastest swimmer, "2" to the next-fastest swimmer, etc.

| | Lane | | | | | |
|---|---|---|---|---|---|---|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| Odd Heat | 5 | 3 | 1 | 2 | 4 | 6 |
| Even Heat | 11 | 9 | 7 | 8 | 10 | 12 |

**(2) Swimmers of similar speed in the same lane—**Groups of swimmers equal in number to twice the number of lanes of the pool (e.g., groups of 12 swimmers for a six-lane pool) shall be created. Each group of swimmers shall be divided into odd and even heats. The fastest swimmer in each group shall be assigned to a middle lane in the odd heat. The second-fastest swimmer shall be assigned to the

same middle lane in the even heat. The remaining swimmers shall be assigned to lanes in accordance with article 102.10.2A.

In the following example, for a six-lane pool, "1" refers to the fastest swimmer, "2" to the next-fastest swimmer, etc.

| | Lane | | | | | |
|---|---|---|---|---|---|---|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| Odd Heat | 9 | 5 | 1 | 3 | 7 | 11 |
| Even Heat | 10 | 6 | 2 | 4 | 8 | 12 |

**102.10.5** **Places—**Places shall be determined on a time basis, subject to the order of finish within each heat. Any ties resulting from the procedure used shall be declared officially tied for awards and points, with no further attempt made at resolution.

**102.10.6** **Counters**

**A** A swimmer in any individual event of 400 meters/500 yards or longer, except the individual medley, may appoint one counter to call lengths or indicate lengths by visual sign.

**B** Verbal counters shall be limited to one per swimmer and shall be stationed at the end of the course opposite the starting end. They may use watches and signal intermediate times to the swimmer.

**C** If visual counters are used, they may be stationed at the end or either side of the pool beyond the halfway point toward the end of the course opposite the starting end. Visual counters may be lowered into the water at the end of the swimmer's lane, provided that, in the opinion of the referee, they neither physically aid the swimmer nor interfere with another competitor nor present any safety hazard.

**D** The count may be in ascending or descending order.

**E** In the event of official or counter error, it is the responsibility of the swimmer to complete the prescribed distance.

**102.11 Change of Program and Postponement**

**102.11.1** The order of events, as stated in the meet announcement, shall not be changed. The announced arrangement of heats in any event shall not be added to or altered, except by the authority of the referee to the extent of consolidating the heats.

**102.11.2** At the meet referee's discretion, events may be combined by distance and/or stroke.

**102.11.3** The entry provisions and starting time of any event, meet, or portion thereof shall stand as stated in the meet announcement and may not be changed to an earlier time or date unless written notice of such change is delivered to all affected swimmers or their coaches. Electronic notice must be sent no later than the entry deadline date stated in the meet announcement. If mailed, such notice must be postmarked no later than the entry deadline date stated in the meet announcement, and if lack of time prohibits mail notification, all affected swimmers must voluntarily agree in writing that they have been notified and are in accord with such change. Affected swimmers or coaches

may file a written protest with the referee prior to the running of the event or the meet if they do not agree to such change in time or date.

**102.11.4 Postponement or Cancellation**

**A** If, prior to the start of a meet or event, unusual or severe weather or other conditions preclude the possibility of safely and effectively conducting a meet or event, the meet director (article 103.1) may cancel or postpone it after consultation with the host organization, LMSC leadership, the meet referee, and/or facility management.

**B** Should a meet or event have actually commenced, and in the judgment of the referee cannot safely and effectively continue because of weather conditions or for some other compelling reason, the meet or event may be suspended at the referee's sole discretion until conditions warrant continuance. If circumstances do not warrant continuance, the referee may cancel the meet or event or postpone it to a future date or time, with the concurrence of the meet director.

**C** A decision to cancel or postpone shall be final.

**D** Should an event have actually commenced but be terminated prior to an official finish and be postponed to another time or date, it shall then be conducted among the swimmers who were officially competing in the event at the time of termination.

**E** Incomplete events will not be awarded or scored; however, times achieved in accordance with articles 103.17 and 103.18 up to the point of cancellation shall be considered official.

**F** Entry fees for teams or swimmers may be refunded, in whole or part, at the discretion of the meet director, upon cancellation of a meet or particular event. The decision of the meet director on refunding may be appealed to the officers of the LMSC for local or regional meets or the USMS Championship Committee for national championship meets.

**102.12 Swimwear for Pool Competition**

**102.12.1 Design**

**A** 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.

**B** In swimming competitions, the competitor must wear only one swimsuit 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.

**C** Only swimsuits complying with World Aquatics swimsuit specifications may be worn in any USMS-sanctioned or -recognized competition. **Note:** World Aquatics specifications prohibit any zippers, ties, or any other fastener systems with the exception of a waist tie.

**D** Swimsuits 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.). The use of technology and automated data collection devices is permissible for the sole purpose of collecting data. Automated devices shall not be used to transmit data, sounds, or signals to the swimmer and may not be used to aid their speed. Goggles may be worn, and rubdown oil applied if not considered excessive by the referee. Medical identification items may be worn. As a consequence of injury, it is permissible to tape together not more than two fingers or toes.

**102.12.2** **Advertising—**Products involving tobacco, psychoactive cannabinoids, alcohol, or pharmaceuticals containing substances banned under IOC or World Aquatics rules may not be advertised, but the advertiser's name only may be used. Offenders may be barred from competition until they comply with this rule.

**102.13 Disqualifications**

**102.13.1** A disqualification can be made only by the official within whose jurisdiction the infraction has been committed. The referee, stroke, turn, or relay takeoff judge, upon observing an infraction, shall immediately raise one hand overhead. If the official does not do so, there shall be no disqualification. When there is dual confirmation of relay takeoffs (article 103.10.5B) or dual confirmation of false starts (article 103.8.6A–B), a disqualification is not signaled by raising one hand overhead.

**102.13.2** The referee or designated official making a disqualification shall make every reasonable effort to seek out the swimmer or the swimmer's coach and inform one or both as to the reason for the disqualification. Failure to notify does not negate the disqualification.

**102.13.3** Any swimmer who acts in an unsporting or unsafe manner within the swimming venue may be considered for appropriate action or penalty by the referee.

**102.13.4** The swimmer must remain and finish the race in the same lane in which they started.

**102.13.5** Standing on the bottom during a freestyle race shall not disqualify a swimmer, but the swimmer must not leave the pool, walk, or spring from the bottom. Standing on the bottom during any other stroke shall result in disqualification.

**102.13.6** Obstructing another swimmer by swimming across the lane or otherwise interfering with the swimmer shall disqualify the offender, subject to the discretion of the referee.

**102.13.7** A swimmer who completes a race may warm down in the assigned lane while the rest of the swimmers finish the heat and shall not be disqualified if that swimmer does not delay the start of the next heat.

**102.13.8** Dipping goggles in the water or splashing water on the competitor's face or body prior to the event shall not be considered as entering the pool unless the referee finds that such action is interfering with the competition.

**102.13.9** Should a foul endanger the chance of success of a swimmer(s), the referee may allow the affected competitor(s) to reswim the event. In the case of collusion to foul another swimmer, at the referee's discretion, the swimmer for whose aid the foul was committed may be disqualified, as well as the swimmer committing the foul.

**102.13.10** 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.). The use of technology and automated data collection devices is permissible for the sole purpose of collecting data. Automated devices shall not be used to transmit data, sounds, or signals to the swimmer and may not be used to aid their speed. Goggles may be worn, and rubdown oil applied if not considered excessive by the referee. Medical identification items may be worn. As a consequence of injury, it is permissible to tape together not more than two fingers or toes.

**102.13.11** Grasping the lane line or side wall to assist forward motion is not permitted.

**102.13.12** For relay disqualifications, refer to article 101.7.3.

**102.13.13** The time, place, and/or initial splits of any swimmer or relay team disqualified either during or following an event shall not be recorded in the results of that event. If awards have been given prior to the decision to disqualify, they shall be returned and given to the proper recipient(s), and if points have been scored by those disqualified, the event shall be rescored.

**102.13.14** Time and/or place officially recorded for a swimmer shall not be nullified for violations occurring subsequent to such performance.

**102.13.15** A swimmer who misrepresents a seed time, causing a significant delay of the meet, may be disqualified at the discretion of the referee. The disqualified swimmer shall be removed from the lane as soon as practical.

**102.13.16** Video replay footage from cameras approved in writing in advance of the competition by the chair of the USMS Officials Committee and, for a national championship meet, with the concurrence of the chair of the USMS Championship Committee, may be used to review stroke or turn infractions called on deck. The official(s) reviewing the video may only confirm the call made on deck, overrule the call, or advise the referee that the review proved inconclusive.

**102.13.17** For swimwear disqualifications, refer to article 102.12.1.

**102.14 Protests**

**102.14.1** The official results of any protested race shall not be announced, the affected awards shall not be given, and points shall not be allocated until the protest is resolved or is withdrawn in writing.

**102.14.2** Protests affecting the eligibility of any swimmer to compete or to represent an organization in any race shall be made in writing to the meet director or referee before the race is held, and if the meet director deems it advisable, and with the concurrence of the meet referee, the swimmer may compete under protest and it shall be so announced before the race. The meet director shall immediately refer such protest to the LMSC officers (local meets) or championship meet protest committee (national championship meets; see article 104.5.9B) having jurisdiction for adjudication at the earliest possible time.

**102.14.3** Protests against judgment decisions of starters and stroke, turn, and relay takeoff judges can only be considered by the referee, and the referee's decision shall be final.

**102.14.4** Protests concerning interpretation of the rules in *Part 1: Swimming Rules* and the *Glossary* shall be submitted in writing (on paper or in an electronic file) within 10 days to the USMS Rules Committee chair, who shall issue a decision in writing (on paper or in an electronic file) within five days of the date of receipt of such protest, unless the USMS Rules Committee chair notifies the parties that the issue must come before the entire committee. The ruling shall be final and binding on all parties.

**102.14.5** Any other protest arising from the competition itself shall be made within 30 minutes after the race in which the alleged infraction took place. If the protest is not resolved immediately, the protester shall at that time file a written protest with the chair of the LMSC or the chair's representative having jurisdiction over the event. If the LMSC does not satisfactorily resolve the protest within 10 days, the protester may appeal in writing to the USMS Rules Committee chair within the next five days for final adjudication, whose decision shall then be binding on all parties.

**102.14.6** Protests of eligibility to compete in a gender category shall be considered by the Rules Committee in accordance with USMS policy guidelines regarding eligibility of transgender athletes. Athletes shall be permitted to compete in the gender category that corresponds to their USMS registration pending a decision by the Rules Committee.

**102.15 Tobacco Products**

Smoking and use of other tobacco products is prohibited on the pool deck, in locker rooms, in spectator seating, and standing areas, and in all areas used by swimmers during the meet and during the warm-up periods in connection with the meet.

**102.16 Use of Cameras, Video Equipment, and Drones**

**102.16.1** The use of cameras, including cellphone cameras and/or other recording devices, is prohibited behind the starting platforms during the start of races, including relay starts.

**102.16.2** The use of audio or visual recording devices, including cellphone cameras, is prohibited in changing areas, restrooms, and locker rooms.

**102.16.3** The sanctioning LMSC or the meet host may also impose further restrictions and shall include such information in the meet announcement.

**102.16.4** The meet referee may further restrict the use of cameras and video equipment during competition.

**102.16.5** Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, and open-ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present. USMS-credentialed media personnel may be exempted from these restrictions.

**102.16.6** Any individual in violation of these restrictions may be barred from the venue by the meet referee or meet director.

## ARTICLE 103:
## Meet Procedures

### 103.1 Meet Director

The meet director shall be the chair of the meet committee and, on behalf of the host organization, is responsible for the overall operation of the meet (see article 103.5). The meet director is expected to consult with the host organization, USMS leadership (LMSC, zone, or national leadership, depending on the meet), the meet referee, facility management, and other stakeholders to ensure efficient operations.

### 103.2 Required Personnel

The minimum personnel at USMS-sanctioned Masters swimming meets or -recognized events shall include the following for each course:

**103.2.1 Officials**

**A One referee—**The referee may also serve as a stroke and turn judge but shall not serve as starter.

**B One starter—**The starter may also serve as a stroke and turn judge.

**C Two stroke and turn judges—**At least two people shall perform these duties during competition.

**Note:** USMS-sanctioned meets approved for observation of swims by USA Swimming require a minimum of four officials: one referee, one starter, and a minimum of two stroke and turn judges who are not serving in another capacity.

**103.2.2** **Timers—**Two timers per lane if semiautomatic or manual timing is used. One timer per lane if automatic timing is used.

### 103.3 Qualification of Officials

**103.3.1** All officials acting in the capacity of referee shall be certified as a referee or equivalent by a USMS-approved certifying body, as defined by the USMS Officials Committee. Except for national championship meets, exceptions may be granted by the LMSC Officials chair (or by the LMSC chair or USMS Officials chair, if necessary). Such exceptions should be granted prior to the meet sanction being issued.

**103.3.2** All officials acting in the capacity of starter, administrative official, or judge shall be certified in such position by a USMS-approved certifying body, as defined by the USMS Officials Committee. However, when necessary and with permission of the LMSC Officials chair (or LMSC chair, if necessary),

uncertified trainees may perform the duties of such positions if they are under the direct supervision of a certified official (except for national championship meets).

**103.4 Reporting of Officials and Meet Personnel**

All officials accepting an invitation to work at a swim meet should arrive promptly and report immediately to the meet director or meet referee. All other meet personnel should report directly to the meet director or volunteer coordinator.

**103.5 Meet Committee**

The meet committee is appointed by the meet host. The committee consists of the meet director and a sufficient number of members to implement the committee functions. The meet committee is responsible for all meet operations on behalf of the host organization, including, but not limited to: obtaining a sanction; publishing the meet announcement; arranging for personnel, equipment, and supplies necessary for meet operation; ordering awards; arranging appropriate publicity and media coverage; processing entries; printing programs; preparing the facility; verifying proper certification of pool length as described in article 105.1.7; completing record applications; preparing and distributing a summary of results within 14 days after the meet; filing an LMSC report; and other administrative duties necessary to comply with USMS rules and regulations for sanctioned meets.

**103.6 Referee**

**103.6.1** The referee:

- **A** Shall have full authority over all officials.
- **B** Shall assign and instruct all officials.
- **C** Shall enforce all applicable rules and shall decide all questions relating to the actual conduct of the meet, the final settlement of which is not otherwise assigned by said rules.
- **D** Can overrule any meet official on a point of rule interpretation or on a judgment decision pertaining to an action that the referee has personally observed.

**103.6.2** The referee has the authority to disqualify a swimmer(s) for any violation of the rules that the referee personally observes and, except for false starts, shall at the same time raise one hand overhead. If the referee does not make such a signal, there shall be no disqualification.

**103.6.3** The referee shall signal the starter before each race that all officials are in position, that the course is clear, and that the competition can begin.

**103.6.4** The referee shall assign marshals with specific instructions.

**103.6.5** The referee shall give a decision on any point where the opinions of the judges differ and shall have authority to intercede in a competition at any stage to ensure that the racing conditions are observed.

**103.6.6** The referee may assign two or more additional timers per lane dedicated to recording initial distances for USMS Top 10 purposes. The swimmer may request such additional timers for this purpose.

**103.6.7** The referee shall make an immediate investigation when an apparent malfunction of the automatic or semiautomatic timing equipment has occurred to determine whether the swimmer finished in accordance with the rules and/or if there was an actual equipment malfunction.

**103.6.8** The referee may prohibit the use of any device, such as a laser pointing device or artificial noisemaker, that disrupts or interferes with the meet.

**103.6.9** The referee may modify any rule for a swimmer who has a disability. Any such modification shall be in accordance with article 107, shall affect only the current meet, and shall not set precedent. It shall be the responsibility of the swimmer or a representative to notify the referee of the disability prior to competition.

**103.6.10** The referee shall establish the necessary administrative and officiating procedures to conform to articles 102.10.3 and .4 when conducting events from alternate ends of a 50-meter course or conducting freestyle events longer than 200 meters two-to-a-lane.

**103.6.11** Refer to article 102.14 concerning protests.

### 103.7 Administrative Official

**103.7.1** The administrative official shall be responsible to the referee for the supervision of the following:

- **A** The entry and registration process.
- **B** Clerk of course.
- **C** Timing equipment operator.
- **D** Other administrative personnel.

**103.7.2** The administrative official shall be responsible to the referee for:

- **A** The accurate processing of entries and scratches.
- **B** Accurate seeding of heats.
- **C** Determination and recording of official time:
  - **(1)** Receiving and reviewing the automatic and/or semiautomatic timing results from the timing equipment operator and comparing primary timing results with the backup timing results to determine their validity.
  - **(2)** Receiving the times recorded by the head lane timers from the chief timer and using that data to the extent needed to determine the official time for each swimmer.
  - **(3)** Unless otherwise directed, notifying the referee whenever a time obtained by the primary timing system cannot be used as the official time.
  - **(4)** Recording disqualifications approved by the referee.
- **D** Determination of the official results.
- **E** Publication and posting of results of each event by gender and age group and scores (scores optional).

**103.7.3** The administrative official shall perform other duties assigned by the referee.

### 103.8 Starter

**103.8.1** **Equipment—**The preferred starting device shall be a loudspeaker start system conforming to article 106.15, with or without an underwater recall device, and an electronic strobe signal visible to all manual timers and for forward and backstroke starts.

**103.8.2** **Preparation—**The starter shall stand on the side of the pool within approximately 5 meters of the starting end of the pool and, upon signal from the referee, shall assume control of the swimmers until a fair start has been achieved.

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

**A** Announce the event.

**B** Advise the heat that a swimmer will be attempting to achieve a time at an initial distance.

**C** For backstroke event starts, give the command, "Place your feet."

**D** Use a "stand" command in accordance with articles 103.8.5 and 103.8.6.

**103.8.4** **Starts (see article 101.1)**

**103.8.5** **Start Commands**

**A** At the commencement of each heat, the referee shall signal to the swimmers by a short series of whistles to remove all clothing except for swimwear, followed by a long whistle indicating that they may take and maintain their positions with at least one foot at the front of the starting platform or the deck, or in the water, and remain there (article 101.1.1). Each swimmer starting in the water must take the position on the wall with at least one hand in contact with the wall or starting platform and one foot in contact with the wall. In backstroke and medley relay events, at the referee's first long whistle, the swimmers shall immediately enter the water and at the second long whistle shall take their positions on the wall without undue delay (article 101.1.2).

**B** When the swimmers and officials are ready, the referee shall signal with an outstretched arm to the starter that the swimmers are under the starter's control.

**C** On the starter's command, "Take your marks," each swimmer shall immediately assume the starting position that maintains at least one foot at the front of the starting platform or the deck. Each swimmer starting in the water must have at least one hand in contact with the wall or starting platform and at least one foot on the wall. When all swimmers are stationary, the starter shall give the starting signal.

**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 a "stand" 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(s) who have false started shall be disqualified upon completion of the race in accordance with article 102.13.1.

**C** If the recall signal is activated, no swimmer shall be charged with a false start and the starter shall restart the race upon signal by the referee.

**D** A swimmer shall be disqualified for an illegal starting position at the start if the swimmer moves from a legal starting position to an illegal starting position immediately prior to or after the "take your marks" command provided that the illegal starting position exists when the signal to start the race is given. Enforcement of the correct starting position is the responsibility of the starter or the stroke and turn judges.

**E** A swimmer shall not be disqualified for an illegal starting position at the start if the race is permitted to proceed. Enforcement of the correct starting position is the responsibility of the starter.

**103.8.7 Warning Signal—**With the exception of relays, in freestyle events 400 meters/500 yards or longer the starter or a designee shall sound a warning signal over the water at the finish end of the lane of the leading swimmer when that swimmer has two lengths plus 5 yards or 5 meters to swim. As an alternative, a bell warning signal may be given over each lane by a lane judge or timer in that lane.

**103.8.8 Deliberate Delay or Misconduct**

**A** The starter shall report a swimmer to the referee for delaying the start, for willfully disobeying an order, or for any other misconduct taking place at the start, but only the referee may disqualify a swimmer for such delay, willful disobedience, or misconduct.

**B** The referee shall disqualify a swimmer who fails to appear at the starting platform ready to swim in time for the initial start of the heat.

**103.9 Recall Rope Operator**

The duty of the recall rope operator shall be to immediately, upon sounding of the false start signal, activate the quick-release mechanism of the recall rope so that the recall rope drops across the course.

**103.10 Judges**

Shall have jurisdiction over the swimmers immediately after the race has begun.

**103.10.1 Chief Judge**

**A** An overall "chief judge" may assign and supervise the activities of all stroke, turn, and takeoff judges and may report their decisions.

**B** If desired, any judging category may have a designated "chief."

**C** Any "chief" may act as liaison for the judges and may serve simultaneously in one of the judging positions, and shall assign those judges within the category.

**103.10.2 Stroke Judges**

**A** Shall operate on both sides of the pool, preferably walking slightly behind the swimmers during all strokes except freestyle, during which events they may leave poolside, at the referee's discretion.

**B** Shall ensure that the rules relating to the style of swimming designated for the event are being observed.

**C** Shall report any violations to the referee on signed slips detailing the event, the heat number, the lane number, and the infraction observed.

**103.10.3 Turn Judges**

**A** Shall operate on both ends of the pool.

**B** Shall ensure that after the start and when turning or finishing, the swimmer complies with the rules applicable to the stroke used.

**C** Shall report any violations to the referee on signed slips detailing the event, the heat number, the lane number, and the infraction observed.

**103.10.4 Jurisdiction of Stroke and Turn Judges—**Before the competition begins, the referee shall determine the respective areas of stroke and turn responsibility and jurisdiction, which may include joint, concurrent, and coordinated responsibility and jurisdiction. The referee shall ensure that all swimmers shall have fair, equitable, and uniform conditions of judging.

**103.10.5 Relay Takeoff Judges**

**A** Relay takeoff judges shall be assigned by the referee and shall:

**(1)** Stand so that they can clearly see both the feet of the departing swimmer(s) as they leave the starting platform and the touch of the incoming swimmer(s).

**(2)** Judge whether the swimmer is in contact with the platform when the incoming swimmer touches the end of the pool.

**B** If dual relay takeoff judging is used, the lane and side takeoff judges shall independently report infractions in writing without the use of the infraction hand signal. A relay shall be disqualified only if the lane takeoff judge has reported an infraction and the assigned side takeoff judge has confirmed the same infraction.

**C** When automatic relay exchange judging equipment is in use:

**(1)** The system printout will provide the information to judge relay exchanges.

**(2)** Integrated backup timing cameras may be reviewed by the referee to confirm the automatic system's results.

**(3)** When backup timing cameras are not available, automatic relay exchange equipment may only be used to confirm or overrule an infraction noted by the relay takeoff judges.

**103.10.6 Place Judge(s)**

**A** One or two place judges may be positioned on the side of the course near the finish to judge the order of finish of all swimmers.

**B** If two place judges are used, they shall independently record the order of finish of all swimmers.

**C** A place judge shall record a tie if a place distinction cannot be made. The referee, starter, or another official may also serve as a place judge.

**D** Judging results may only be used to corroborate the places determined by the ranking of official times or to determine places in the event of a malfunction. Judging may not be used to change the results produced by ranking the official times.

**103.11 Timers**

**103.11.1 Chief Timer—**The chief timer shall:

**A** Ensure the assignment of lane timers to lanes and the designation of one timer on each lane to be the head lane timer.

**B** On the starting signal, start a watch(es) on every race. The time of this watch shall be used if a lane timer's watch fails.

**C** Be responsible for delivering all stopwatch times, including those of disqualified swimmers, to the administrative official.

**103.11.2 Head Lane Timer—**The head lane timer shall:

**A** Determine whether the swimmer or relay team is present and in the correct lane, heat, and event, and that relay swimmers are swimming in the order listed. When overhead video cameras replace timers, this responsibility shall be assigned to other meet personnel.

**B** Determine and record stopwatch times or the absence of a swimmer or the relay team seeded in that lane.

**C** Assign one timer to take relay splits and initial distance times if requested by the chief timer.

**D** Report and indicate on the timing recording form if the swimmer has delayed in touching or has missed the touchpad at the finish, or there is reason to believe the semiautomatic or manual times may be inaccurate. When overhead video cameras replace timers, this responsibility shall be assigned to other meet personnel.

**103.11.3 Lane Timers—**Officials assigned as lane timers may simultaneously operate two dissimilar devices (one watch and one button) but not two similar devices (two watches or two buttons). It is not within a lane timer's jurisdiction to judge if the swimmer's touch conforms to the applicable finish rules or if a relay takeoff infraction has occurred unless assigned concurrent responsibility as a lane timer and turn judge or relay takeoff judge. Each timer shall:

**A** Be in position at the start to have an unobstructed view and shall start the watch at the instant of observing the visual starting signal. If the visual starting signal is not observed, the watch shall be started upon hearing the sound of the starting signal.

**B** Stand directly over the assigned lane at the finish to observe a touch above, at, or below the surface of the water and stop the watch and/or push the semiautomatic system button when any part of the swimmer's body touches the wall. When overhead video cameras replace timers, this responsibility shall be assigned to other meet personnel.

**C** Report:

**(1)** The watch time to the head lane timer or the designated recorder.

**(2)** If a late or missed pad touch is observed.

**(3)** If requested, present the watch for inspection.

Lane timers shall not clear their watches until the command, "Clear watches," is given or the referee signals that the next heat is ready to start.

**103.11.4 Timing Equipment Operator—**The timing equipment operator shall be responsible for the automatic or semiautomatic timing equipment, including

the electronic starting system and scoreboard (if used). The timing equipment operator shall also advise the referee of any system problems that might affect the accuracy of times or whenever the touchpad is observed to have failed to record the finish when the swimmer completed the race. The timing equipment should be placed so that the operator is able to observe the finish of each race.

**103.12 Clerk of Course**

The clerk of course shall be provided with a list of the names of all swimmers in all events, including relay swimmers in the order in which they will swim. If manual seeding is used, the clerk of course may assign heats and lanes.

**103.13 Marshals**

Marshals shall wear identifying attire and enforce warm-up procedures and maintain order in the swimming venue. The marshal shall have full authority to warn or order to cease and desist and, with the concurrence of the referee, to remove or have removed from the swimming venue anyone behaving in an unsafe manner or using profane or abusive language, or those whose actions are disrupting the orderly conduct of the meet.

**103.14 Announcer**

The announcer shall make any announcements requested by the referee, the clerk of course, or the meet management. Announcements may include:

**103.14.1** Event.

**103.14.2** Number of heats.

**103.14.3** Lane, name, and club affiliation of competitors.

**103.14.4** Results.

**103.15 Recorder of Records**

The recorder of records shall obtain from the administrative official all times made in each event, shall have proper application forms, and shall duly process all record claims as set forth in article 105.

**103.16 Press Steward**

The press steward shall obtain from the clerk of course and the recorders the names of all swimmers in each event and the results of each finish with times or record performances, and shall keep the press and TV personnel thoroughly informed on all details of the competition during the meet.

**103.17 Timing Equipment**

**103.17.1** **Timing System Definitions—**Every race in a swimming competition shall be timed with one or more of the following systems, listed in their preferred order of use.

**A** **Automatic—**A timing system whose start is activated by a starting device and stopped at the finish by the swimmer touching the touchpad.

**B** **Semiautomatic—**A timing system whose start is activated by a starting device and stopped by buttons pushed by timers at the finish touch of the swimmer.

**C** **Manual—**A timing system operated by individual lane timers, each of whom operates a stopwatch that is both started and stopped by the timer as described in article 103.11.3. Only digital-readout-type, hand-held, battery-powered watches designed for timing purposes shall be used.

**103.17.2 Timing System Designation**—Timing systems shall be designated in the order in which results are used as follows:

**A Primary system**—The primary system shall determine the official time of each swimmer unless a comparison of the primary with secondary and/or tertiary system times indicates a malfunction of the primary system. A primary system shall always be in place and shall consist of one of the following, listed in their preferred order of use:

**(1)** Automatic timing.

**(2)** Semiautomatic, with three or two buttons per lane, each operated by a separate timer.

**(3)** Manual, with three or two watches per lane, each operated by a separate timer.

**B Secondary system**—If manually operated watches are not the primary system, a secondary system of precedence equal to or lower than the primary system shall be used. The secondary system may be one of the following, listed in their preferred order of use:

**(1)** Stationary overhead video cameras recording 100 images per second. The cameras must be fully integrated with the primary timing system.

**(2)** Semiautomatic with three, two, or one button(s), each operated by a separate timer.

**(3)** Manual with three, two, or one watch(es) per lane, each operated by a separate timer.

**C Tertiary system**—Unless the primary system consists of stopwatches or the secondary system is a fully integrated video system or includes at least one stopwatch per lane, a tertiary system of at least one stopwatch per lane shall be provided.

**103.17.3 Determination of Official Time**

**A Automatic timing**—When recorded by properly operating automatic timing equipment, the pad time shall be the official time.

**B Semiautomatic or manual timing**—Whenever semiautomatic or manual timing is used, only valid times shall be used in calculating the official time. The times shall be determined as follows:

**(1)** If two of the three valid button times or two of the three valid watch times agree, the time of the two buttons or two watches in agreement shall be the time for that timing system.

**(2)** If three valid button times or three valid watch times disagree, the time of the intermediate button or intermediate watch shall be the time for that timing system.

**(3)** If only two valid button times or two valid watch times are available, the average of the two button times or the average of the two watch times shall be the time for that timing system. The digits representing thousandths of a second shall be dropped with no rounding.

**(4)** If only one button or one watch time is available, the time of that button or watch shall be the time for that timing system unless that time conflicts with other information. If such a conflict exists, the

administrative official shall gather as much data as possible and determine the time.

**C Primary timing system malfunction—**A primary timing system malfunction may have occurred if:

**(1)** The difference between the time obtained by the primary system and the backup system(s) is approximately 0.30 second or greater, or

**(2)** It is reported the swimmer missed the touchpad or had a soft touch.

**(3)** The timing system operator confirms a mechanical, electronic, or operational error that results in failure of the timing system to report a time.

**D Fully integrated, overhead video system backup—**If the backup system is a fully integrated, stationary overhead video system, the video camera time shall be the official time without adjustment in the event of a primary timing system malfunction.

**E Official time for a malfunction on a lane—**When a malfunction is confirmed on a lane, the official time for that lane shall be calculated using valid times reported by the secondary timing system (or the tertiary system in the event of a failure of the primary and secondary backup systems) in accordance with article 103.17.3B and integrated with the accurate primary times in determining the results. (See article 103.10.6 for the use of place judge rankings in the determination of official time.)

**F Adjustment for malfunction equally affecting an entire heat—**When, because of an early or late start, or other equipment or operator malfunction, the time of the automatic or semiautomatic primary timing system is equally incorrect for all lanes in a heat, but the order of finish and thus the absolute difference of time between the swimmers is accurate, the times of the primary system shall be adjusted by calculating the average difference between the primary times and the valid backup times and adding or subtracting, when appropriate, that difference to the primary times of every lane in that heat.

**Table 1—Example of Heat Malfunction**

**(1)** Systems used:

**(a)** Primary—Automatic (late manual start confirmed)

**(b)** Secondary—Semiautomatic, three buttons (button times not valid)

**(c)** Tertiary—Manual, one watch (valid)

| Lane | Primary Pad Time | Watch Time | Watch Time Less Pad Time | Heat Adjustment | Official Time |
|---|---|---|---|---|---|
| 1 | 52.12 | 55.14 | 3.02 | +3.06 | 55.18 |
| 2 | 51.56 | 54.61 | 3.05 | +3.06 | 54.62 |
| 3 | 51.09 | 54.18 | 3.09 | +3.06 | 54.15 |
| 4 | 50.12 | 53.18 | 3.06 | +3.06 | 53.18 |
| 5 | 49.78 | 52.90 | 3.12 | +3.06 | 52.84 |
| 6 | 49.06 | 52.06 | 3.00 | +3.06 | 52.12 |
| 7 | 52.21 | 55.30 | 3.09 | +3.06 | 55.27 |
| 8 | 52.92 | 55.99 | 3.07 | +3.06 | 55.98 |

**(2)** Adjustment calculation:

**(a)** Add the differences between the pad and watch times (total = 24.50).

**(b)** Divide the total by the number of lanes to determine an average (24.50 ÷ 8 = 3.0625).

**(c)** Drop the digits after the hundredths place (leaving a heat adjustment of 3.06).

**(d)** Add the adjustment factor for the late start of the primary system to each pad time to obtain the official time for that lane (e.g., lane one, 52.12 + 3.06 = 55.18).

## 103.18 Official Time

**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 relay leadoff distance or the individual 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 leadoff swimmer's time shall not be nullified by a subsequent disqualification of the remaining relay team members.

**D** A time trial conducted in a USMS-sanctioned meet or USMS-recognized meet under the rules of the sanctioning organization.

**103.18.2** **Automatic Recording of Split Times—**Upon a recommendation from the meet host, the meet referee may approve the automatic recording of individual initial splits and relay leadoff splits for official times without the requirement for a written request subject to the following conditions:

**A** The meet announcement shall state the events approved for automatic split recording.

**B** Initial splits from one or more specified individual events, with the exception of backstroke events, may be approved.

**C** Relay leadoff splits from specific relay events or from all relay events, with the exception of initial splits within a backstroke leadoff distance, may be approved provided that:

**(1)** Officials are assigned to judge the exchanges,

**(2)** Officials confirm that the second swimmer does not start in the water when automatic timing is used, and

**(3)** Officials confirm that the second swimmer does not invalidate the pad touch at the exchange by standing on an active pad.

**D** The specified splits for all swimmers in the approved event(s) shall be included separately in the meet results for all meets other than national championship meets. The meet announcement shall specify the process for identifying valid splits at national championship meets for official times.

**E** For national championship meets, automatic splits shall be automatically recorded in accordance with article 103.18.2C.

**103.18.3** **Official Time for Event or Stroke—**An official time for an event or stroke can be achieved only in that event or stroke, or in an initial distance of such event or stroke (e.g., backstroke time must be achieved in a backstroke event or a butterfly time can be achieved in an individual medley event). Regardless of the stroke(s) used, times achieved in freestyle events can be recorded only as freestyle times.

**103.18.4** **Timing Resolution (Timing Accuracy)—**All timing systems, including stopwatches, shall have a resolution of 0.01 second. Times from all systems shall be recorded to hundredths of a second. The digits representing thousandths shall be dropped with no rounding.

**103.18.5** **Records and Top 10 Times Using an Automatic Primary Timing System—**Secondary and tertiary times may be used to determine the official time as follows when the automatic primary timing system fails, provided the procedures in article 103.17.3B are followed. See article 103.17.3D for overhead video backup.

**A** World records, USMS records, and USMS Top 10 times may be established when the times are reported by an automatic primary timing system.

**B** World records, USMS records, and USMS Top 10 times may be established when the automatic primary timing system fails if the times are reported by a semiautomatic secondary timing system using three, two, or one valid button(s).

**C** USMS records may be established when both the automatic primary and semiautomatic secondary systems fail (no valid button times) if the times are reported by a manual tertiary system with a minimum of two valid watch times.

**D** USMS Top 10 times may be established when both the automatic primary and semiautomatic secondary systems fail (no valid button times) if the times are reported by a manual tertiary system using a minimum of one valid watch time.

**E** An initial distance or a relay leadoff leg may be used to establish world records, USMS records, or USMS Top 10 times when reported by an automatic primary timing system.

**F** An initial distance or a relay leadoff leg may be used to establish world records when the automatic primary timing system fails and the times are reported by a semiautomatic secondary timing system with three, two, or one valid buttons(s).

**G** An initial distance or relay leadoff leg may be used to establish USMS Top 10 times when the primary timing system fails and the times are reported by a manual backup timing system with a minimum of two valid watch times.

**103.18.6** **Records and Top 10 Times Using a Semiautomatic Primary Timing System—**Semiautomatic times are used to determine the official time as follows (or backup times when the semiautomatic primary timing system fails), provided the procedures in article 103.17.3B are followed.

**A** USMS Top 10 times may be established when timed by a minimum two-button semiautomatic primary timing system and the times are reported by three, two, or one valid button times.

**B** USMS Top 10 times may be established when the minimum two-button semiautomatic primary system fails (no valid button times) if the times are reported by a manual backup system with three, two, or one valid watch times.

**C** USMS records shall not be established using a semiautomatic primary system or a manual backup system when the primary system fails.

**D** An initial distance or relay leadoff leg may be used to establish USMS Top 10 times when the times are reported by a manual backup timing system with a minimum of two valid watch times.

**103.18.7** **Records and Top 10 Times Using a Manual Primary Timing System—**Manual times are used to determine the official time as follows, provided the procedures in article 103.17.3B are followed.

**A** USMS Top 10 times may be established when the times are reported by a manual primary timing system with a minimum of two valid watch times.

**B** USMS records shall not be established using a manual primary timing system.

**C** An initial distance or a relay leadoff leg may be used to establish USMS Top 10 times when the times are reported by a manual primary system with a minimum of two valid watch times.

**103.18.8** **Certified Pool Length—**Only those results from events conducted in pools officially certified for length in conformance with article 106.2.1 shall be acceptable for record applications or Top 10 submissions.

**103.18.9** **Timing System Eligibility—**Except when the primary system consists of watches, backup timing shall be provided for all competitors. No swimmer shall be required to reswim a race due to equipment failure that results in unrecorded or inaccurate time or place. It is the meet director's responsibility to provide the proper timing systems so that swimmers can expect to achieve official times that will satisfy the requirements of articles 103.18.5–103.18.7. The meet announcement shall include a description of the timing systems

intended to be used at the meet and one of the following statements for each course:

**A** Times from this competition will be eligible for world record, USMS record, and Top 10 consideration.

**B** Times from this competition will be eligible for USMS records and Top 10 consideration, but not for world records.

**C** Times from this competition will be eligible for USMS Top 10 consideration, but not for world or USMS records.

**D** Times from this competition will not be eligible for world record, USMS record, or Top 10 consideration,

If a change in primary timing system is necessary before or during the meet, the meet director shall ensure that all swimmers are notified of the change.

| | Automatic Primary Timing System | Semiautomatic Primary Timing System | Manual Primary Timing System |
|---|---|---|---|
| **World Records** | Touchpad time | | |
| | Semiautomatic backup time with three, two, or one valid button(s) if the touchpad fails. | | |
| | Leadoff or initial split recorded by a touchpad. | | |
| | Leadoff or initial split recorded by three, two, or one semiautomatic button(s) if the touchpad fails. | | |
| **USMS Records** | Touchpad time | | |
| | Semiautomatic backup time with three, two, or one valid button(s) if the touchpad fails. | | |
| | Manual backup time with a minimum of two valid watches when both the automatic primary and semiautomatic systems fail. | | |
| | Leadoff or initial split recorded by touchpad. | | |
| **USMS Top 10 Times** | Touchpad time | | |
| | Semiautomatic backup time with three, two, or one valid button(s) if the touchpad fails. | Two-button system with a time calculated using the procedure in article 103.17.3B. | |
| | Manual backup time with one valid watch if the semiautomatic system fails (no valid buttons). | One watch if the two-button semiautomatic system fails (no buttons). | Two valid watches |
| | Leadoff or initial split recorded by two valid watches if the touchpad fails. | Leadoff or initial split recorded by two valid watches. | Leadoff or initial split recorded by two valid watches. |

**103.18.10 Recording Backup Times**—Secondary and tertiary times shall be recorded but shall not be used except to corroborate or correct missing or inaccurate primary/secondary results.

### 103.19 Scoring

The following is recommended for all Masters Swimming competition.

**103.19.1 Dual Meets**
Individual events: 5-3-1-0
Relay events: 7-0

**103.19.2 Triangular Meets**
Individual events: 6-4-3-2-1-0
Relay events: 8-4-0

**103.19.3 Other Meets**

**A Individual events:**
four-lane pools: 5-3-2-1
five-lane pools: 6-4-3-2-1
six-lane pools: 7-5-4-3-2-1
seven-lane pools: 8-6-5-4-3-2-1
eight-lane pools: 9-7-6-5-4-3-2-1
nine-lane pools: 10-8-7-6-5-4-3-2-1
ten-lane pools: 11-9-8-7-6-5-4-3-2-1
Individual point values shall be doubled for relays.

**B LMSC options—**For nonstandard meets, the LMSC and/or meet host may establish the scoring point values to suit the format of the meet. These point values shall be stated in the meet announcement.

**103.19.4 Ties—**Where two or more swimmers tie for any place in any event, the points credited to such place or places, if any, next in order shall be equally divided among the swimmers; i.e., if two tie for first place, the points to be credited to first and second place shall be added and divided by two. Each tying swimmer will receive half of the total points for first and second places. If three tie for first place, the points credited to first, second, and third places shall be added and divided by three, and so on for four or more tying for first place. The same is true for those tying for second place, third place, and whatever places there may be.

**103.19.5 Disqualifications—**When a relay team or individual swimmer is disqualified, the subsequent places will move up accordingly and points will be awarded to conform to the new places.

**103.20 Awards**
When two or more swimmers tie for any place, duplicate awards shall be given to each swimmer. In such cases, no awards shall be given for the place or places immediately following the tied positions. If two tie for first place, no award for second place; if three tie for first place, no awards for second and third, and so on.

## ARTICLE 104:
## National Championship Meets

(Recommended for all other championship meets when possible)

**104.1 Meet Categories and Dates**
USMS national championship meets shall be awarded in the following categories and held during the following dates:

**104.1.1 Short Course (25) Yards or (25) Meters—**Between April 15 and May 31.

**104.1.2 Long Course (50) Meters—**Between August 1 and September 15.

**104.1.3 Other Dates—**With the approval of the Championship Committee, other dates may be considered.

**104.1.4 Dates of LMSC and Zone Championship Meets—**When planning dates for LMSC championship meets and zone championship meets, see articles 502.10 and 503.5, respectively.

### 104.2 Meet Name

The official name shall include the following words: "U.S. Masters Swimming" and "National Championship." The name shall also include the year of the event and may include a title sponsor and any other wording approved by the Championship Committee.

### 104.3 Awarding of National Championship Meets

The USMS Championship Committee shall be responsible for soliciting eligible bidders to host national championship meets, providing bid information to eligible bidders, establishing appropriate bid deadlines, certifying eligible bidders, and awarding the national championships to host organizations one to three years in advance of the national championship meet. The facilities to be used must comply with the facility standards for competition (article 106). The Championship Committee shall establish a policy for awarding of the championships with the approval of the Board of Directors.

### 104.4 USMS Assistance and Agreements

The USMS Championship Committee, National Office, and legal counsel shall be responsible for establishing written contract requirements between USMS and the host organization of national championship meets. The Championship Committee shall establish policies, with the approval of the Board of Directors, for financial payments and for providing assistance to the meet host. The Championship Committee shall also establish policies for evaluating meet operations and receiving post-meet reports to document financial operations, lessons learned, and any other information that may be helpful to future meet hosts. The Officials Committee shall establish requirements for and receive a post-meet report from the meet referee.

### 104.5 Conduct of National Championship Meets

Conduct of national championship meets shall be governed by the swimming rules of USMS Inc.

**104.5.1 Information for Participants**

**A Warm-up schedule—**A separate warm-up area must be made available to swimmers during the competition. A list of times when the competition pool and other facilities will be available for warm-up shall be provided in the official meet announcement.

**B Heat sheets—**For preseeded events, heat sheets listing the name, age, club, seed time, and heat and lane assignments shall be made available to all swimmers at the time of check-in. For deck-seeded events, entry lists with the name, age, club, and time, by time or age group, except relays, shall be made available to all swimmers at the time of check-in. If instead the host chooses to make heat sheets available for deck-seeded events, then the heat sheets for each day, except relays, shall be made available in the morning before those events are swum.

**104.5.2 Format—**A four-day or five-day national championship meet shall be conducted. The Championship Committee shall set the order of events for each national championship meet.

**A** A national championship order of events shall not be repeated for at least two years.

**B** The Championship Committee shall publish the order of events no less than six months before the national championship meet begins.

**C** In odd-numbered years, men's events shall be odd-numbered. In even-numbered years, men's events shall be even-numbered.

**104.5.3 Event Limit**

**A** **Individual events—**Competitors may enter and swim in a maximum of six individual events (or five individual events, if deemed necessary by the Championship Committee), with a maximum of three individual events per day.

**B** **Relays—**Each competitor shall be allowed to swim in only one freestyle relay, one medley relay, one mixed freestyle relay, and one mixed medley relay of each distance, to a maximum number of relays for each competitor as determined by the Championship Committee.

**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—**Times achieved at an altitude of 3,000 feet or higher may be adjusted, for national qualifying times purposes only, by subtracting the adjustment times (in seconds) from the actual time achieved. The specific adjustments for each age group and gender are found in Appendix A. The adjustments shall be determined every four years starting in 1998 (see Appendix A for the next scheduled revision of the altitude adjustment charts). The adjustment times for men and women competitors shall be calculated by multiplying the time adjustment in the following table by the ratio of the 200-yard freestyle USMS record for the age group to that of the 25–29 200-yard freestyle for men and women, respectively. The values in the following table shall be those determined and used for the same purpose by USA Swimming.

**Note:** Records and Top 10, etc., are to be actual times swum, not adjusted for altitude.

| | 3,000–4,249 ft | 4,250–6,499 ft | 6,500+ ft |
|---|---|---|---|
| 200 meters/yards | 0.5 | 1.2 | 1.6 |
| 400 meters/500 yards | 2.5 | 5.0 | 7.0 |
| 800 meters/1000 yards | 5.0 | 10.0 | 15.0 |
| 1500 meters/1650 yards | 11.0 | 23.0 | 32.5 |

**(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.

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

**104.5.4 Entry Procedures**

**A Eligibility**

**(1) USMS membership—**USMS individual membership numbers and club names and abbreviations must be submitted on all entry forms together with entry times. "Pending" as a membership number shall not be permitted except for 18-year-olds as follows: A swimmer who will turn 18 by the day prior to the beginning of competition must enter the meet by the entry deadline as a 17-year-old, provided the swimmer registers with USMS no later than the day prior to competition. An 18-year-old may register for USMS membership at the championship venue on the day prior to the beginning of competition and must be 18 by that date.

**(2) Foreign swimmers—**Masters swimmers who are members of other federations shall be permitted to participate in national championship meets. Swimmers who enter and participate as members of other federations may not qualify for USMS Top 10 and All-American awards nor set USMS records.

**B Entries**

**(1) Approval of entry form—**Entry forms (both individual and relay) and meet announcement shall be prepared following the direction and approval of the Championship Committee.

**(2) Distribution of entry form—**The individual and relay entry forms and any Championship Committee–approved additional information the host desires shall be posted on the USMS website.

**(3) Meet information—**The national championship meet announcement and additional information shall be published according to the Championship Committee policy.

**(4) Completion of entry form—**All competitors, including members of relay teams, must fill out and sign the appropriate entry forms.

**(5) Entry time—**Swimmers must submit a time for each event. "No time" will not be permitted.

**(6) Information on entry—**All information regarding seeding must be stated in the meet announcement.

**(7) Relay cards—**At the time of relay entry submission, relay teams must list the name of the club and each swimmer's full name (as it appears on the USMS membership card), age, and for mixed relays,

gender. Following relay submissions, no changes in the age group or seed time are permitted. Changes in the order of swimming after submission of the relay entry must comply with article 102.9.6 or the relay entry will be removed from the event.

**C Entry deadline**

**(1) Individual entry deadline—**The deadline for receipt of entries for national championship meets shall be not more than 35 days prior to the first day of competition.

**(2) Relay entry deadline—**A relay may be entered until the day before it is scheduled to be swum per the meet announcement. Participants therein must have entered the meet by the individual entry deadline.

**(3) Entry receipt deadline—**The Championship Committee may establish an entry receipt deadline. All entries must be received by USMS by that deadline to be considered on time.

**D Entry fees**

**(1)** The Championship Committee shall determine the individual and relay entry fees.

**104.5.5 Seeding**

**A General procedures for seeding (also see article 102.10)**

**(1)** At the request of the meet director and with the approval of the Championship Committee, any or all events may be deck-seeded. The Championship Committee may mandate deck seeding for any or all events.

**(2)** All preseeded events and all deck-seeded events 100 yards/meters or less shall be seeded with oldest age groups first, slowest heats swum first in each age group. In the event that swimmers of the same gender are simultaneously swimming in two courses, the Championship Committee may authorize some alteration of this rule to allow for smooth progress of the meet.

**(3)** Events 200 yards/meters and longer shall be seeded by one of the following methods:

**(a)** By entry time only, slowest heats swum first,

**(b)** By age group, the oldest age group first, slowest to fastest within each age group, or,

**(c)** By a combination of (a) and (b).

The Championship Committee shall make all seeding decisions.

**(Note exception provided in article 104.5.5A[7].)**

**(4)** In any age group, if there are not enough swimmers for one complete heat, all swimmers in that age group shall be seeded in adjacent lanes for preseeded events.

**(5)** After all full heats are seeded within each age group, the remaining swimmers may be seeded with any available age group of remaining swimmers.

**(6)** In situations where all seeding rules cannot be simultaneously met, the seeding of these heats may diverge slightly from the general seeding procedures, with the concurrence of the Championship Committee.

**(7)** A swimmer may be seeded in an incomplete heat of another age group if the swimmer's entry time would have a significant impact on the timely running of the meet, as determined by the Championship Committee.

**(8)** There will be no splitting of age groups into a.m. and p.m. sessions.

**(9)** At the discretion of the Championship Committee, a swimmer whose entry time will inordinately delay the progress of the meet may be seeded individually in an outside lane with manual timing, thus allowing the continued sequence of the regularly scheduled heats, unless the meet referee concurs that the swimmer has the potential to break a USMS or world record(s).

**(10)** If a swimmer enters an event with a time significantly slower or faster than that swimmer's recorded time in the past two years, the Championship Committee may, after a discussion with the swimmer, change the seeded time to a realistic time.

**B Distance events**

**(1)** The 1000/1650 or 800/1500 freestyle shall be deck-seeded as in article 104.5.5A(3).

**(2)** For any freestyle event 400 meters or longer, men and women may be seeded together at the discretion of the Championship Committee.

**(3)** In the 800/1000 and 1500/1650 freestyle, all men and women swimming slower than a standard established by the Championship Committee may be seeded together by time only.

**C Multiple courses—**When courses are unequal in any way (depth of the course, visibility of timing display, bulkhead turns, type of gutter, or starting blocks, etc.), male and female swimmers shall alternate courses by days. Days for each course shall be determined by the Championship Committee. If the timeline of the meet is significantly affected by this rotation, the Championship Committee may override this requirement.

**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.

**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, 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.

**(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) Publication—**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.

**104.5.7 Awards**

**A Awards—**All top finishers in each race will be given awards regardless of the nationality of the swimmer. Duplicate awards will NOT be given except in the case of ties. Appropriate awards as determined by the Championship Committee will be awarded for places one through 10.

**B USMS championship award—**(i.e., patch or some similar award to be determined by the Championship Committee). Each individual who wins a short course or long course individual or relay event shall be awarded a USMS championship award. Swimmers winning more than one event may purchase one additional award for each additional event won.

**C Club awards—**The organization conducting the national championship meet shall provide awards as approved by the Championship Committee in accordance with the scoring method. Points scored for a club will be the sum of all points scored by members competing for that club in events for men, women, and relays.

**104.5.8 Results**

**A Posting of meet results—**Event results shall be posted and splits for each swimmer shall be made available in accordance with article 103.7.2E.

**B Publication of meet results—**Meet results in the appropriate format (see Appendix A, "Preparation of Meet Results") and club scores shall be published within 30 days of the last day of the meet and posted on the USMS website. Electronic files shall be sent to the Championship Committee chair and the USMS Records and Tabulation Committee chair.

**104.5.9 Protest Procedure**

**A** Protests against judgment decisions of starters, stroke and turn judges, and relay takeoff judges may only be considered by the referee of the meet.

**B** Protests affecting the eligibility of an individual, a relay team, or a club to compete, or protests arising from the competition itself, shall be handled by a panel of five persons. The panel shall be composed of one representative each from the Championship Committee and Rules Committee, if present, plus three other participants selected from other than the host club by the protest panel chair or Championship Committee liaison. This panel shall be chaired by the representative from the Championship Committee. Protests shall be submitted in writing and heard by the panel. Both the party lodging the protest and the party charged shall be afforded a chance to be heard. Decisions shall be rendered no

later than the last day of competition. The decision of the panel shall be final.

**C** Any protests made following the close of competition shall be directed to the chair of the Championship Committee for resolution.

**104.5.10 Personnel (also see article 103)**

**A Meet director—**The meet director shall follow the swimming rules of USMS Inc. and the policies and procedures established by the Championship Committee with regard to the planning and execution of the requirements for a national championship meet.

**B Officials**

**(1) Meet referee**

**(a)** The meet referee shall be selected by the chairs of the Officials and Championship Committees, with feedback from the meet host and USMS staff. Minimum qualifications for the meet referee shall be defined by Officials and Championship Committee policies.

**(b)** The meet referee shall develop a leadership team (lead administrative official, head starter, and lead chief judge) and submit the names to the chairs of the Championship and Officials Committees for approval.

**(2) Additional officials—**A sufficient number of officials shall be assigned to comply with USMS policies on staffing levels for national championship meets.

**(3) Certification—**All officials shall be certified by a USMS-approved certifying body in the capacity to which they are assigned.

**C Other personnel**

**(1) Minimum other personnel—**The minimum other personnel at each session of a USMS national championship meet shall include the following:

**(a)** Two timers per lane for each course, each using a backup button, and at least one timer using a stopwatch.

**(b)** One recall rope operator for each course if a recall rope is used.

**(c)** One safety marshal for each end of each pool in use for warm-ups.

**(2) Sufficient number—**A sufficient number of administrative officials (including timing equipment operators) shall be assigned to ensure that rules and procedures regarding seeding, official time determination, results, and certification of records are followed.

**(3) Overhead video cameras—**Where overhead video cameras are used, the referee shall make further modifications as appropriate and shall ensure that timers' duties in articles 103.11.2A and D and 103.11.3B are assigned to other meet personnel.

**D Availability of officials—**In the event of insufficient personnel, the meet referee may modify or combine assignments, except that the deck referee and starter may not be the same person and lane timers may not operate two similar timing devices simultaneously.

**104.5.11 Facilities and Equipment (Also See Article 106)**

**A** If more than one course is to be used in a national championship meet, then each course must have its own automatic timing system.

**B** All courses shall have automatic timing equipment and an electronic readout board(s) with the capability of displaying times for all lanes simultaneously.

**C** The event number and heat number for each heat in the water shall be displayed at all times during the competition in a location easily visible to all participants for each course being used.

## ARTICLE 105: Records, Top 10 Times, and All-American Recognition

**105.1 Requirements for Records, Top 10 Times, and All-American**

**105.1.1 Sanction/Recognition—**All times to be considered for records, Top 10, and All-American recognition must be achieved in USMS-sanctioned meets or USMS-recognized events.

**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* | June 30** | June 1– May 31 |
| Long Course Meters | September 30* | October 20** | October 1– September 30 |
| Short Course Meters | December 31 | January 20 | 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/World Aquatics meets up to and including Nationals after the season-ending date (May 31 or September 30) 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 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 15th of the following month, if the meet was held in the last two weeks of the month.

**105.1.3** **LMSC Responsibility—**Each LMSC is responsible for reporting the Top 10 times, USMS records, and world records achieved in its LMSC in the appropriate format (see Appendix A), including all times achieved by swimmers from other LMSCs.

**105.1.4** **Required Information—**To be considered for USMS Top 10 times or for USMS records, eligibility for all individual times and relay leadoff times is based on current USMS membership. The results must contain the full name (as it appears on the USMS membership card) and age of each swimmer. All relay times must include the name of the club and the full name (as it appears on the USMS membership card), the age, and for mixed relays, the gender of each swimmer.

**105.1.5** **Acceptable Times—**Only those results from events conducted in pools in conformance with article 106.2.1 shall be acceptable for record applications or Top 10 submissions.

**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 World Aquatics.

**B** Pool certification shall be reported on the USMS pool length certification form (see Appendix A). USA Swimming verification of pool length certification will be accepted if it meets the USMS requirements for pool measurement (article 105.1.7B).

**C** Certification data need only be filed once unless structural changes, including resurfacing, have occurred since the original certification.

**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 length certification form (Appendix A).

**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.

**D** If a movable bulkhead is used and the initial pool length certification for all lanes is on file, the measurement rules and policies of World Aquatics shall be the standard for events sanctioned by a World Aquatics Masters Member Federation other than USMS.

**E** If a movable bulkhead is used and the initial pool length certification for all lanes is on file, the measurement rules and policies of USA Swimming shall be the standard for Top 10 eligibility for events sanctioned or approved by USA-S. A bulkhead placement confirmation measurement

is required for a USMS record set at events sanctioned or approved by USA-S. The measurement rules and policies of USMS shall apply for dual-sanctioned events.

**105.2 Top 10 Times**

**105.2.1** The USMS Top 10 times list shall be published annually for each age division and for each gender for the events listed under article 102.5.

**105.2.2** Split times shall be considered for Top 10 times if:

**A** The time meets the requirements for an official time.

**B** In an individual event other than backstroke, the request to have a split time recorded is brought to the attention of the meet referee in writing prior to the conclusion of the meet. A written request is not required for individual events (other than backstroke) in national championship meets or other meets, in accordance with article 103.18.2, when the meet referee has approved automatic splits.

**C** In a relay event or in an individual backstroke event, the request to have a split time recorded is brought to the attention of the meet referee in writing prior to the swim. A written request is not required for relay leadoff splits (other than initial splits within a backstroke leadoff distance) in national championship meets or other meets, in accordance with article 103.18.2, when the meet referee has approved automatic splits.

**D** In an individual event the swimmer completes the full distance of the scheduled event without being disqualified and performs a legal finish at the initial distance.

**E** For a relay leadoff split time when automatic timing is used, the second swimmer does not start in the water or invalidate the pad touch by standing on an active touchpad at the exchange if starting from the deck. The leadoff swimmer's time shall not be nullified by a subsequent disqualification of the remaining relay team members if the relay is swum by four eligible relay members.

**F** In nonconforming individual or relay events, the initial distance corresponds to an event listed in article 102.5. The relay event itself and the individual event itself need not conform to article 102.5 as long as the distance and stroke are clearly defined.

Such split times shall be included separately in the summary of results prepared by the meet director, and submitted to the LMSC Top 10 recorder.

**105.2.3** In order for a time to be valid for Top 10 times consideration, a minimum primary timing quality of two manual times, averaged per USMS rules (see article 103.17.3), shall be used.

**105.2.4** A Top 10 time can only be made in fresh water. No Top 10 times will be recognized in any kind of sea or ocean water.

**105.3 USMS Records**

**105.3.1** The fastest official time by a USMS member in each event in a USMS-sanctioned or USMS-recognized competition, as verified in accordance with article 105.3.9, shall be designated as a USMS record. For open water and long distance records, see article 308.

**105.3.2** Records shall be achieved only in distances and strokes as listed in article 102.5.

**105.3.3** Records must be made in accordance with all pertinent rules of USMS.

**105.3.4** A record can only be made in still water.

**105.3.5** A record can only be made in fresh water. No records will be recognized in any kind of sea or ocean water.

**105.3.6** The official time for establishing records shall be achieved and determined in accordance with articles 103.11, 103.17, and 103.18.

**105.3.7** Split times shall be considered for USMS records if:

**A** They are recorded by automatic timing equipment.

**B** They meet the requirements of articles 105.2.2B–F.

Such split times shall be included separately in the summary of results prepared by the meet director and submitted to the LMSC Top 10 recorder.

**105.3.8** Record times shall be submitted in hundredths of a second (two decimal places). If times are tied to the hundredth of a second, the results shall be declared a tie and records shared by all swimmers thus tied.

**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:

**(1)** An official USMS record application form (Appendix A) shall be:

**(a)** Completed and signed by the designated officials.

**(b)** Transmitted immediately following the performance with all supporting data to the records and tabulation chair for the LMSC in which the event was sanctioned or recognized.

**(2)** Supporting data shall include:

**(a)** The timing system printout or a picture of the timing console showing event, heat, lanes, and times with backups.

**(b)** 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.

**(3)** The LMSC may assign this responsibility to the LMSC records chair or to the meet director.

**B** The LMSC records chair shall send the supporting data to the chair of the USMS Records and Tabulation Committee or designee within 90 days of the end of the season (see article 105.1.2). Note that if the USMS record is also a World Aquatics Masters record, the record application must be received within 30 days of the swim and not 90 days after the close of the season.

**C** Upon verification, the chair of the USMS Records and Tabulation Committee or designee shall promptly publish the new record on the USMS website.

**D** A record application shall not be accepted unless a copy of a birth certificate or passport accompanies it or is on file with USMS or has been

sent to the chair of the USMS Records and Tabulation Committee or designee by the individual or relay applicants.

**E** Record applications are not required for times reported in the official electronic meet database from USMS national championship meets. If necessary, the chair of the USMS Records and Tabulation Committee or designee may request additional information (including timing system printouts) to resolve discrepancies in reported times.

**F** With the exception of World Aquatics World Masters Championships, record applications for times achieved in meets held outside of the United States shall be submitted on official USMS record application forms (Appendix A) and are subject to all pertinent requirements. Record applications are not required for times reported in the official results from World Aquatics World Masters Championships.

**105.4 All-American and All-Star**

**105.4.1 Individual All-American—**The USMS member with the fastest listed time for an individual event for that season shall be declared the All-American in that event for the year.

**105.4.2 Relay All-American—**The USMS members from each relay team with the fastest listed time for that season shall be declared the relay All-Americans in that event for the year.

**105.4.3 All-Star—**The USMS member with the most individual All-American finishes for all three seasons in each age group and gender shall be declared the All-Star in that age group and gender for the year. If two or more swimmers have the same number of All-American finishes, then points will be assigned to all the Top 10 rankings of the tied swimmers for the year, and the swimmer with the highest sum will be declared the All-Star.

**105.5 World Records**

Applications and documentation for world records (25-meter and 50-meter courses only) shall be submitted to the USMS Records and Tabulation Committee chair or designee as detailed in Appendix A (see also articles 103.18.5–103.18.9).

## ARTICLE 106:
## Facilities Standards

**IMPORTANT:** Swimmers are advised that United States Masters Swimming Inc. accepts no responsibility or liability for injuries resulting from accidents occurring in facilities not owned by United States Masters Swimming Inc., and strongly urges that all safety precautions be observed during sanctioned events.

**106.1 Definitions**

**106.1.1** [M]—Mandatory requirement for all competition.

**106.1.2** [M*]—Predicated upon facility availability, LMSCs may waive strict compliance with these requirements when sanctioning local competition.

**106.1.3** [M‡]—Mandatory requirement; sanctioned events may be conducted in facilities not meeting these requirements but the results of those events shall not count for USMS records and Top 10. It must be noted in the meet announcement that events conducted in these facilities are noncompliant.

**106.1.4** [NC]—Mandatory requirement for national championship meets and international competition.

**106.1.5** Where dimensions are given, the dimension listed first shall govern and dimensions given in parentheses are for reference only.

**106.2 Racing Course Dimensions**

**106.2.1 Length**

**A Long course meters—**50.00 meters (164 feet, ½ inch). [M]

**B Short course meters—**25.00 meters (82 feet, ¼ inch). [M]

**C Short course yards—**25.00 yards. [M]

**D Dimensional tolerance—**Against the required length, a tolerance of minus 0.00 meter in each lane used for competition on both end walls at all points from 0.3 meter above (if the wall or timing pad extends to this height; otherwise to the top of the wall or pad) to 0.8 meter below the surface of the water is allowed. [M‡]

**E Touchpads—**When automatic officiating touchpads are used at one or both ends of the course, the length of the course with the touchpads in place shall not be less than the required minimum. [M‡]

**F Movable bulkheads—**When the racing course is fixed by the use of movable bulkheads, such bulkheads shall be capable of resisting lateral deflection due to tension exerted by the attachment of the lane dividers to ensure the required course distance in all lanes. [M]

**106.2.2 Width—**Minimum lane width for competitive swimming shall be 7 feet (2.13 meters). [M*, NC]

**106.2.3 Water Depth**

**A Starting end—**Minimum water depth for racing starts, as measured for a distance of 3 feet, 3½ inches (1.0 meter) to 16 feet, 5 inches (5.0 meters) from the end wall, during either competition or practice shall be as follows:

**(1)** In pools with water depth less than 3 feet, 6 inches (1.07 meters) at the starting end:

**(a)** The swimmer must start in the water. [M]

**(b)** Backstroke starting ledges are not permitted. [M]

**(2)** In pools with water depth 3 feet, 6 inches (1.07 meters) to less than 4 feet (1.22 meters) at the starting end, the swimmer must start from the deck or from in the water. Backstroke starting ledges are not permitted. [M]

**(3)** In pools with water depth 4 feet (1.22 meters) or more at the starting end, platforms shall meet the height requirements of article 106.11.1. [M]

**B Racing course—**Minimum water depth shall be 2 meters (6 feet, 7 inches) throughout the course. Based on facility availability, the Championship Committee may waive this requirement for national championship meets. [NC]

**106.3 Racing Course Walls**

**106.3.1 Permanent Course—**Walls enclosing the racing course shall be parallel and vertical. The end walls shall be at a right angle to the water surface and shall be constructed of solid material with a nonslip surface that extends no less than 0.8 meter (2 feet, 7½ inches) below the water surface. [M]

**106.3.2 Movable Bulkhead Course Walls—**If a continuous recessed hand grip is provided at or near the water surface in a movable bulkhead, the horizontal dimension of the recess perpendicular to the bulkhead should not be less than 6 inches (0.15 meter) and designed in a manner to prevent the swimmer's fingers from contacting the back surface of the recess. [M]

**106.4 Pool and Bulkhead Markings**

**106.4.1 Pool Bottom Lane Markers—**Minimum 10-inch-wide (25-centimeter) lines of a dark contrasting color (preferably black) shall be provided in the middle of each racing lane on the bottom of the pool. The lines should be uninterrupted the length of the course and shall end with a distinctive cross line 3 feet, 4 inches (1.0 meter) long and the same width as the bottom center marker. The line, including the cross line, shall terminate 6 feet, 7 inches (2.0 meters) from each end wall. [M*, NC]

**106.4.2 End Wall Targets—**Flush, nonslip targets in the shape of a "T" or across and the same width as the lane bottom markers shall be provided in the center of each lane on each end wall of the course and shall extend at least 3 feet, 4 inches (1.0 meter) below the level of the water surface. It is recommended that the top edge of the deck be of a contrasting color to provide a visual target above the water at the end of the course. [M*, NC]

**106.4.3 Lane Numbers—**The lanes shall be numbered from right to left as the swimmers stand facing the course from the starting end of the pool. If the event is started at the turning end of the course, no change in the lane numbering shall be made; i.e., the lanes shall be numbered the same on both ends of the course. Lane numbers shall clearly identify the lanes to officials stationed on each side of the course. [M*]

**106.4.4 15-Meter Marks—**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. [M]

**106.5 Overflow Recirculation System**

The pool water recirculation and overflow system shall maintain the water level in line with the overflow rim of the pool gutters without creating appreciable current or water turbulence and shall maintain a smooth and calm water surface during competition. [M]

**106.6 Water Temperature**

Water temperature from 25 to 28 degrees Celsius (77 to 82 degrees Fahrenheit) shall be maintained for competition. [M*, NC]

**106.7 Ladders**

All ladders, steps, or stairs within the racing course should be recessed in the pool side walls or removed during competition. [M*, NC]

**106.8 Other Deck Equipment**

**106.8.1 Unobstructed Deck—**Use of portable lifeguard chair stands and other deck fixtures is recommended. They should be removed from the competition area to allow free passage and unobstructed view for competitors and officials along all sides of the course. [M*, NC]

**106.8.2 Diving Boards—**One-meter diving boards that overhang the racing course shall be hinged out of the way or removed during competition. [M*, NC]

**106.9 Lighting**

**106.9.1 Illumination—**For indoor pools, 100 foot-candle illumination level is required at the water surface over the entire course. Overhead light fixtures shall be located to avoid the casting of shadows by the pool walls over the racing course. [M*, NC]

**106.9.2 National Championship Meets—**At national championship meets the same type and level of illumination must be provided and maintained during the warm-up period and competition. [NC]

**106.10 No Smoking Signs**

No smoking indoors or outdoors shall be permitted in any area designated for swimmers, including spectator seating, standing, and eating areas, and "No Smoking" signs shall be so posted. [M]

**106.11 Starting Platforms**

**106.11.1 Height (Subject to the Provisions of Article 106.2.3)**

**A Long course and short course meters—**The front edge of the starting platform shall be no less than 0.50 meter (1 foot, 8 inches) nor more than 0.75 meter (2 feet, 5½ inches) above the surface of the water. [M]

**B Short course yards—**The front edge of the starting platform shall be not higher than 2 feet, 6 inches (0.762 meter) above the surface of the water. [M]

**106.11.2 Front Edge of Platform—**The front edge of the starting platform shall be flush with the face of the end walls. [M]

**106.11.3 Size and Slope of Platform—**The top surface of the starting platform shall be not less than 0.50 by 0.50 meters (20 inches by 20 inches) and shall slope not more than 10 degrees from the horizontal. It may have an adjustable-setting back plate. The entire surface of the platform shall be faced with permanent nonslip material. [M]

**106.11.4 Forward Start Handgrips—**Handgrips for the forward start may be installed on the sides of the starting platform. [M*]

**106.11.5 Backstroke Starting Grips—**Starting platforms shall be equipped with firm starting grips located between 0.3 meter (12 inches) and 0.6 meter (24 inches) above the water surface. The front edge of the grips shall be parallel to and flush with the face of the end wall. [M]

**106.11.6 Lane Numbers—**Starting platforms shall be clearly marked with lane numbers visible to competitors and officials. [M]

**106.11.7** **Stability of Platforms—**Starting platforms shall be anchored to the deck or bulkhead to remain stable at all times. [M]

**106.12 Backstroke Ledge**

The backstroke ledge shall conform to World Aquatics specifications when used in competition as follows:

**106.12.1** The ledge shall be adjustable to 4 centimeters above or 4 centimeters below the water level and may not be used outside of this range. [M]

**106.12.2** The ledge shall be a minimum of 60 centimeters in length. [M]

**106.12.3** The ledge must be 8 centimeters in height, 2 centimeters at the width, with 10 degrees of slope. [M]

**106.12.4** The ledge shall not be used in water depth less than 4 feet (1.22 meters). [M]

**106.12.5** Should backstroke ledges be used, identical ledges shall be provided for all lanes. [M]

**106.13 Floating Lane Dividers and Markings**

**106.13.1** **Installation—**Floating lines dividing each lane 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 lane lines shall be on the surface of the water, with the bottom half of the floats uniformly submerged for its entire length. They shall:

**A** Separate the racing lanes. [M]

**B** Be outside the outermost lanes being used. [M*]

**106.13.2** **Size, Color, and Safety—**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 (16 feet, 6 inches) 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, 2½ inches) from each end wall in both short course and long course pools. Damaged or broken floats shall be removed and/or replaced to the extent possible. [M]

**106.13.3** **Number of Lane Lines—**A single lane line between racing lanes shall be used in long course and short course meters competition. Multiple lane lines may be installed for short course yards competition, provided the width of water between dividers is not reduced to less than 7 feet. [M*, NC]

**106.13.4** **National Championship Meets—**Minimum 11-centimeter-diameter floats shall be required for national championship meets. [NC]

**106.14 Backstroke Flags and Lines**

**106.14.1** **Design—**At least three triangular pennants 6 to 12 inches in width at the base and 12 to 18 inches in vertical length, of two or more alternating and contrasting colors, shall be suspended on a firmly stretched line over each lane for all backstroke, individual medley, and medley relay events. [M]

**106.14.2** **Location**

**A Long course and short course meters—**5 meters (16 feet, 5 inches) from each end of the course, a minimum of 1.8 meters (5 feet, 11 inches)

to a maximum of 2.5 meters (8 feet, 3 inches) above the water surface. [M]

**B Short course yards—**15 feet (4.57 meters) from each end of the course, 7 feet (2.13 meters) above the water surface. [M]

**C Measurement—**Height shall be measured to the horizontal line from which the pennants are suspended. [M]

**106.14.3 Marking at Midpoint of Course—**For long course backstroke, individual medley, and medley relay events, a firmly stretched ¼-inch (7-millimeter) line without flags or pennants may be suspended at the midpoint of the course.

**106.15 Loudspeaker Starting 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 or hard of hearing (also see article 107.3). The starting system may include an underwater recall speaker and final-lap signal option. [NC]

**106.16 Recall Device**

A device to recall swimmers shall be provided. If a recall rope is used, it shall be placed at the midpoint of the course in long course facilities and at the turn end backstroke flags in short course facilities. The rope shall be attached to vertical stanchions with a quick-release mechanism and shall be suspended at least 4 feet (1.22 meters) above the water surface at the lowest point. [M*]

**106.17 Pace Clocks**

There shall be at least two large, accurate timing devices or clocks for each warm-up course, preferably located on opposite sides of the course, clearly visible to all swimmers. [M*, NC]

**106.18 Automatic Timing Equipment**

**106.18.1 Installation and Safety—**Equipment shall be installed so that it will not interfere with swimmers' starts, turns, or finishes or the normal overflow functions of the pool water recirculation system. All deck-level wiring shall be no more than 12 volts. [M]

**106.18.2 Power Source—**See article 103.17 for automatic and semiautomatic timing equipment types and performance requirements. Equipment powered directly from the utility line electrical service shall have the capability to automatically switch to standby battery power source in case of line power failure without affecting the continuity and accuracy of the timing system. [NC]

**106.18.3 Touchpads**

**A Size and thickness—**Recommended pad size shall be 6 feet, 6 inches (2 meters) wide and not less than 2 feet (0.6 meter) deep. Minimum width of pads shall be 5 feet (1.52 meters). Thickness shall not exceed 3/8-inch (1 centimeter). [NC]

**B Markings—**Panel face markings shall conform to and superimpose on pool end wall markings as closely as possible. Perimeter edges of the panel shall have a 1-inch-wide (0.025-meter) black border. [NC]

**C Sensitivity—**Panels shall stop the timing system instantaneously by a light hand touch anywhere on the flat surface facing the race course and the upper edge, but shall not be activated by water turbulence. [NC]

**D Installation and safety—**Panels shall be installed and firmly anchored in the center of each lane and shall have no sharp edges, corners, or other protrusions on any exposed surfaces. [NC]

**106.18.4 Optional Accessories—**Automatic timing equipment may provide relay judging capability, automatic lap counting, split time readouts for all lanes, correction of erroneous touch, and television equipment tie-in. Any corrections or impulses generated by the equipment operators shall be clearly identified on the results printout.

**106.18.5 Time Display Board (Optional, Except for National Championships)—**An automatic display board visible to all swimmers shall give a digital-time readout to two decimal places, displaying split times, final times, and places for all lanes. In the event of a tie, the place shall be displayed as a tie. A separate line of display for each lane meeting the above requirements shall be provided for national championship meets on all courses. [NC]

**106.19 Electrical Safety**

All permanent or temporary electrical connections to the electronic loudspeaker start system, automatic timing equipment, and other electrical or electronic devices operating on line voltages in the vicinity of the racing course shall be made only from ground-fault circuit interrupter (GFCI) protected convenience receptacles or circuits. In the event such receptacles or circuits are not available in the facility used for competition, portable UL-approved self-contained GFCI outlet fittings shall be provided (furnished and installed) at the nonprotected convenience receptacles by the meet management, meet director, or equipment operator(s), whenever such equipment is connected and in use. [M]

## ARTICLE 107:
## Guidelines for Officiating Swimmers With a Disability in USMS Meets

**107.1 General**

**107.1.1 Authority—**The USMS rules and regulations grant the referee the authority to modify the rules for the swimmer with a disability (see article 103.6.9). This section contains guidelines and suggestions for making such modifications.

**107.1.2 Responsibilities**

**A Swimmer/coach—**The swimmer (or the swimmer's coach) is responsible for notifying the referee, prior to the competition, of any swimmer with a disability and of the requested accommodations and/or modifications. The swimmer/coach shall provide personal assistant(s) or any equipment (tappers, deck mats, etc.) if required.

**B Meet referee**—The meet referee's responsibilities include:

**(1)** Determining if the requested accommodations/modifications are appropriate and can be met.

**(2)** Instructing the deck referee and starter as to how the accommodations and/or modifications will be made for the swimmer with a disability.

**(3)** In communication with the remaining officials a meet referee may:

**(a)** Instruct them to observe and report ANY violation of the rules and apply article 107 to confirm or overturn the call against the approved modification(s) or

**(b)** Share the specific modification(s) and instruct them to observe and report any violation except the approved modification(s).

**107.1.3 Accommodations/Modifications**

**A** Accommodations are considerations which allow a swimmer with a disability to access the facility (locker rooms, restrooms, pool deck, warm-up/warm-down pool) and afford the athlete the time, assistance, and deck space required to obtain a starting position for each event. Accommodations which the meet referee may approve for the swimmer with a disability include but are not limited to:

**(1)** Reassignment of lanes within a heat, e.g., exchanging lanes 2 and 7.

**(2)** Allowing a swimmer to have a personal assistant(s) for any reason approved by the meet referee.

**(3)** Assuring proximity for wheelchair access from the deck to the block.

**B** Modifications are any exception to the technical rules approved by the meet referee (see article 103.6.9) allowing a parallel performance for a swimmer with a disability. Aids to buoyancy or speed are not allowed (see articles 102.12.1E and 102.13.10). Modifications which the referee may approve for the swimmer with a disability include but are not limited to:

**(1)** Personal assistant to act as a tapper at the turn and finish walls for a swimmer who is blind or has low vision.

**(2)** Use of visual starting signal(s) (strobe and hand signals) for a swimmer that is deaf or hard of hearing.

**(3)** Inability of the swimmer to turn a foot out in breaststroke during the propulsive part of the kick.

**(4)** Examples of other allowable modifications are further described in this section under the type of disability. Allowable modifications in accordance with article 107 shall affect the current meet and shall not set a precedent (see article 103.6.9).

**107.2 Blind and Visually Impaired**

**107.2.1** **Start**—With an audible starting system, no modification is usually required for a swimmer who is blind or has vision loss. A swimmer may, however, require assistance getting to the chosen starting position.

**107.2.2** **Turns and Finishes**—A swimmer who is blind or has vision loss is permitted to have personal assistants (tappers) who use poles with soft-tipped ends to tap the swimmer as notification of turns and the finish. Sound devices shall

not be used. It is the swimmer's responsibility to provide the tapper(s), who shall be positioned within the confines of the swimmer's lane at the ends of the pool.

**107.2.3** **Relay Takeoffs**—A physical touch may be required to signal when the relay swimmer's teammate has touched the wall. The specific method may be tailored to the swimmer's preference, so long as it does not aid the swimmer's takeoff or interfere with the timing.

### 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.

**107.3.2** **Strobe Light Location**—The starter shall advise the swimmers about the location of the strobe light, and the light shall be located where the swimmers can clearly see it for the start. For backstroke starts, the light should be positioned so that the swimmers do not have to turn their heads to look backwards.

### 107.4 Cognitively Disabled

The swimmer may be permitted to have a personal assistant on the deck when necessary. No other specific rule modifications are required other than patience and clarity in communicating instructions.

### 107.5 Physical Disabilities

**107.5.1** **Start**—Swimmers with physical disabilities:

**A** May take longer to assume their starting positions.

**B** May have difficulty holding the starting platform or pool end for a start.

**C** May need assistance from someone on the deck to maintain a starting position.

**D** May use a modified starting position on the blocks, deck, or in the water. Examples of modified starting positions are shown in Figures 3 and 4.

**E** Shall use a forward start for breaststroke and butterfly. The referee, however, may allow modifications, such as the following:

**(1)** The swimmer may start from a sitting position on the block or on the deck.

**(2)** The swimmer may assume a starting position in the water, with or without assistance.

**(3)** If the swimmer cannot use a hand and/or foot to maintain contact with the wall, some other part of the body may be used.

**(4)** For breaststroke and butterfly, after the start and after each turn, a swimmer who is unable to push off with the leg(s) may perform one asymmetrical stroke to attain the breast position.




**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 marks"

**D** Arm moves to side of body—starting signal

**E** Arm raised overhead with palm up (at any time after C. ["Take your marks"] and prior to D. [starting signal])—swimmer released from "Take your marks" command




**Figure 2. BACKSTROKE START.**

A. Twist hand at chin level—short whistles

B. Arm overhead—"long whistle"—swimmer 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 marks"

E. Arm moves to side of body—starting signal

F. Arm raised overhead with palm up (at any time after D. ["Take your marks"] and prior to E. [starting signal])—swimmer released from "Take your marks" command.

**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; if it is used during the stroke or kick, it should 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.

**107.5.3 Turns/Finishes**

**A** Touches shall be judged in the same manner as strokes and kicks (i.e., on the basis of the arm[s] and/or hand[s] that the swimmer can use). In breaststroke and butterfly events, the competitor must reach forward as if attempting a simultaneous two-handed touch. When a swimmer has different arm lengths, only the longer arm must touch the wall, but both arms must be stretched forward simultaneously. Swimmers with no arms or with upper limbs too short to stretch above the head may touch the wall with any part of the upper body.

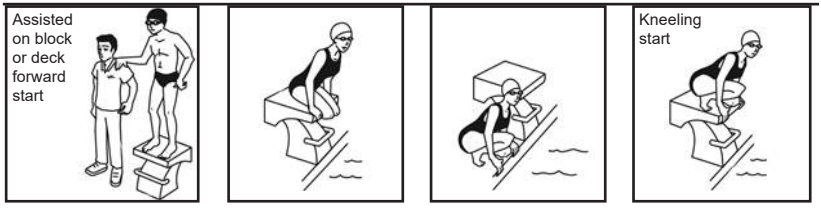



**Figure 3. MODIFIED STARTING POSITIONS FROM BLOCK OR DECK.**

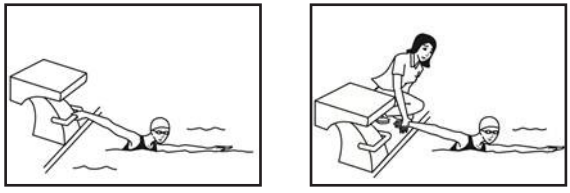


**Figure 4. MODIFIED STARTING POSITIONS FROM THE POOL.**

**B** At the turn and finish of the butterfly, an athlete with no leg function is permitted to perform a partial stroke with the arm(s) recovering forward under the surface of the water in order to touch the wall.

## ARTICLE 108:
## Sanction and Recognition of Pool Events

### 108.1 Sanctions

Times achieved at sanctioned events are considered for USMS records, USMS Top 10 times, World Aquatics Masters world records, and World Aquatics Masters Top 10 times. All swimmers entered in sanctioned events shall be USMS members or shall be members of a World Aquatics Member Federation.

**108.1.1** **Sanction Requirements**—Sanctions shall be issued, withheld, or withdrawn in accordance with article 202.1 and the following requirements:

**A** Sanction applications shall be accompanied by the meet announcement.

**(1)** The meet announcement shall include the statement "Sanctioned by (LMSC name) for USMS Inc." and may include the statement "Sanction number__ ." Entry forms and programs may include these statements.

**(2)** The meet announcement shall include ONE of the following statements for each course used for competition during the meet:

**(a)** The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1.

**(b)** The length of the competition course has been measured and is NOT in compliance with USMS articles 105.1.7 and 106.2.1: Times achieved in the meet will NOT be eligible for USMS Top 10 and records.

**(c)** The length of the competition course is not on file with USMS. Eligibility of times achieved in this meet will be contingent upon pool length measurement and approval with USMS; if bulkheads are present, their placement must also be confirmed by measurements at the meet (USMS articles 105.1.7 and 106.2.1).

**(d)** The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and records will be contingent on verification of bulkhead placement.

**(3)** The meet announcement shall include a description of the timing systems intended to be used at the meet (see articles 103.18.5–103.18.9) and one of the following statements for each course:

**(a)** Times from this competition will be eligible for world record, USMS record, and Top 10 consideration.

**(b)** Times from this competition will be eligible for USMS records and Top 10 consideration, but not for world records.

**(c)** Times from this competition will be eligible for USMS Top 10 consideration, but not for world or USMS records.

**(d)** Times from this competition will not be eligible for world record, USMS record, or Top 10 consideration.

If a change in primary timing system is necessary before or during the meet, the meet director shall ensure that all swimmers are notified of the change.

**B** Entries shall not be accepted before the sanction has been issued. Paper forms shall not be distributed, online entry systems shall not be activated, and the event shall not be listed as sanctioned on the USMS Calendar of Events until the sanction has been issued.

**C** If an individual or organization has failed to conduct a sanctioned event in accordance with applicable USMS rules and administrative regulations, or as stated in the meet announcement, a sanction may be withheld or withdrawn in accordance with articles 202.1.1F and G.

**108.2 Recognized Events**

Times achieved by USMS members at recognized events other than USA Swimming or World Aquatics meets shall be considered for USMS records and Top 10 times if a designated USMS observer is present and verifies in writing that the conduct of the competition conforms to the relevant USMS swimming rules and administrative regulations. (See Appendix A for the required *Observer's Report for Recognized Meets.)* USA Swimming– and World Aquatics–sanctioned meets do not require observers (see article 202.3). USMS membership is not required for swimmers entered in recognized events.

**108.2.1 Recognition—**Recognition shall be issued, withheld, or withdrawn in accordance with article 202.2 and the following requirements:

**A** The conduct of a recognized event shall conform to relevant USMS swimming rules and administrative regulations, including but not limited to the following:

**A** Starts, Strokes, and Relays (article 101) or Guidelines for Officiating Swimmers With a Disability (article 107)

**B** Swimwear Design (article 102.12.1)

**C** Determination of Official Time (articles 103.17.3, 103.18.1, 103.18.2, 103.18.3, and 103.18.4)

**D** Timing System Requirements for Records and Top 10 (articles 103.18.5–103.18.8 and 103.18.10)

**(5)** Records and Top 10 Times (articles 105.1, 105.2.1, 105.2.2, 105.3.2, 105.3.3, 105.3.4, 105.3.5, 105.3.6, 105.3.7, and 105.3.9)

**(6)** Minimum Standards for Facilities (articles 106.2.1, 106.2.3A, 106.3, 106.11.1, 106.11.2, 106.12, 106.13.2, 106.14, and 106.16)

**(7)** Relay leadoff split times that conform to articles 103.18.1 and 105.2.2A will be considered for events listed in article 102.5. USMS membership is not required for the other members of the relay team and the relay event itself need not conform to article 102.5.

**E** World records can be set only in World Aquatics– or USMS-sanctioned competitions, not recognized events.

**F** If an individual or organization has failed to conduct a recognized event in accordance with applicable USMS rules and administrative regulations, or as stated in the meet announcement, a recognition may be withheld or withdrawn in accordance with articles 202.2.1E and G.

# PART 2: ADMINISTRATIVE REGULATIONS



## ARTICLE 201: Membership and Representation

**201.1 Membership of Individuals**

Individual members are adults currently registered with USMS.

**201.1.1 Eligibility—**Swimmers age 18 and over are eligible and may apply for membership in USMS.

**201.1.2 Annual Membership**

**A** Standard membership is for the period January 1 through December 31 of each year. Standard membership is effective from the date of registration through December 31 of the same year, except that registrations on or after November 1 shall provide membership from the registration date through December 31 of the following year. Swimmers may register unattached or may affiliate with a club that is already registered for the same year for which the swimmer is registering.

**B** College Club Swimming membership is for the period from the registration date through December 31 following the conclusion of the CCS membership year.

**201.1.3 One-Event Registration**

**A** **Open water one-event registration—**An LMSC may offer a single-event registration that allows an athlete to participate in a USMS-sanctioned open water event. Membership cards shall not be issued for one-event registration. One-event registrants must be considered unattached and agree to be governed by applicable USMS open water swimming rules and administrative regulations, except that their swims shall not be eligible for USMS open water awards and recognition. One-event registrants shall be identified as such in the event results.

**B** **Pool one-event registration**—An LMSC may offer a single-event registration that allows an athlete to participate in one event sanctioned by that LMSC. Membership cards shall not be issued for one-event registration. One-event registrants must be considered unattached and agree to be governed by the rules and regulations of USMS, except that their times shall not be considered for Top 10 tabulation and USMS or world records, All-American status, or any other USMS special awards; one-event registration forms must include the statement "Times swum under one-event registration are not eligible for USMS Top 10 or records consideration." One-event registrants shall be identified as such in the meet results.

**201.1.4 Membership Application**

**A** Individuals may apply for membership through the USMS website or by submitting an application form to the LMSC membership coordinator or the USMS National Office. The LMSC shall provide a link to an electronic membership card or, upon request of the member, issue a membership card.

**B** All membership applications shall contain the language of the liability release as stated in USMS policy (see *USMS Guide to Local Operations*, Sanctions section).

**201.1.5 Fees—**The fees for membership and one-event registration shall each be a single fee, with a portion allocated to USMS national operations and a portion allocated to the LMSC in which an individual registers, unless that individual is registering as a member of College Club Swimming, in which case the entire fee is allocated to USMS national operations. The allocation between national operations and LMSCs shall be established by the House of Delegates.

**201.2 Membership of Clubs**

Member clubs are organizations or groups of permanent character currently registered with an LMSC of USMS and that actively promote and participate in Masters Swimming. In addition, clubs are members of LMSCs, except for CCS clubs, which are only members of the national organization.

**201.2.1 Annual Club Membership**

**A Standard USMS clubs—**Annual membership for standard USMS clubs is from the date of registration through December 31 of that year; however, a club applying for membership on or after October 1 will receive membership valid through December 31 of the following year.

**B CCS clubs—**Annual membership for CCS clubs is for the period from the registration date through December 31 following the conclusion of the CCS club membership year.

**201.2.2 Club Membership Application—**Clubs may apply for membership through the USMS website or by submitting an application form to the LMSC membership coordinator or the USMS National Office.

**201.2.3 Fees—**The fee for membership shall be a single fee, with a portion allocated to USMS national operations and a portion allocated to the LMSC in which a club registers. The allocation between national operations and LMSCs shall be established by the House of Delegates.

**201.2.4 Changing LMSC Affiliation—**A club wishing to change its LMSC affiliation must approve such change by a majority vote of its general membership at a regular club meeting or at a special meeting called for that purpose, with the vote duly certified by the club's president and secretary. The transfer also must be approved by a majority vote of the officers of the club's current and proposed LMSCs. If approved, the transfer shall be effective 60 days after receipt of written notice by the National Office.

**201.3 Representation/Club Affiliation**

**201.3.1** There shall be only one USMS membership per individual permitted at any time.

**201.3.2** In order for a swimmer to compete as a representative of a club, that club must be a member in good standing of USMS for the year a swimmer is registering.

**201.3.3** A swimmer with an annual membership shall register in the LMSC in which the club being represented is registered. The swimmer need not reside within the LMSC territory.

**201.3.4** An unattached swimmer is an individual member who is registered with an LMSC's UC. Swimmers registered with the UC shall not compete in relays or score team points in competition. Competing while registered with UC shall not be considered as representing a club for the purposes of article 201.3.5.

**201.3.5** A swimmer may change club affiliation at the time of annual membership registration and up to three additional times during the membership year. A swimmer may compete for only one club during a meet. A transfer submitted during a meet, including at the time of annual registration, may take immediate effect only if the swimmer has not yet competed in the meet. Swimmers may declare unattached status at any time except during a meet in which they have already competed. Swimmers who intend to compete as unattached should contact their LMSC membership coordinator or the USMS National Office prior to the meet to request that their registration status be changed. Changing a swimmer's status to unattached does not count against the allowable club changes per year. See article 201.3.4 for more information. The LMSC membership coordinator or the USMS National Office shall change the club affiliation of the swimmer to the UC and note the effective date.

## ARTICLE 202:
## Sanction/Recognition of Pool Events

### 202.1 Sanctions

**202.1.1** **Sanction Requirements—**Sanctions shall be issued, withheld, or withdrawn in accordance with the following:

**A** Applications for sanction shall be made to the LMSC within which the event is to be held. The LMSC may establish a reasonable deadline to receive applications for sanction prior to the competition that will be in compliance with article 102.5.7. Sanction applications shall be accompanied by the meet announcement. After receiving a sanction application, the LMSC may transfer its sanctioning authority to another LMSC, provided both LMSCs and the applicant agree to the transfer in writing. Upon approval, all fees and sanction obligations shall be transferred to the accepting LMSC.

**(1)** The entry forms, except those for virtual events, shall contain the language of the liability release as stated in USMS policy (see *USMS Guide to Local Operations,* Sanctions section). All swimmers shall have signed the liability release before participating.

**(2)** The sanction fee shall consist of a national fee established by the House of Delegates. Each LMSC may also establish a local fee.

**B** Approval of sanctions shall be made by the LMSC's authorized representative, and a record thereof shall be retained for two years.

**C** Sanctions issued to one organization cannot be transferred to another.

**D** No sanction of any event shall be granted with the word "Olympic" or the word "Paralympic" or any derivative thereof used in any manner in connection with said event unless consent is obtained from the USOPC.

**E** All sanctioned events are subject to the following conditions:

**(1)** The conduct of a sanctioned event shall be in strict compliance with applicable USMS swimming rules and administrative regulations, or when the sanctioned event is held simultaneously in conjunction with a USA Swimming–sanctioned meet, with applicable USA Swimming rules and administrative regulations.

**(2)** USMS-sanctioned meets held in conjunction with USA Swimming–sanctioned meets shall conform to guidelines for the conduct of dual-sanctioned meets approved by USMS and USA Swimming.

**(3)** In order to be in compliance with World Aquatics Constitution II 7 e, an LMSC may grant exceptions to specific USMS swimming rules and administrative regulations when sanctioning a World Aquatics Masters championship held within the United States of America.

**(4)** Sanctioned events may include nonconforming swimming events so long as they are conducted in a safe manner. Nonconforming swimming events are events not defined in article 102.5, article 307.2.2G and 307.2.3A–C, or that would typically result in the disqualification of participants as defined in article 102.13. USMS records and Top 10 times shall not be maintained in nonconforming events except for initial distances and relay leadoff split times for distances that are also events defined in article 102.5.

**(5)** Sanctioned events may be conducted in facilities not meeting the dimensional tolerance for required pool length, but the results of those events shall not count for USMS records and Top 10. It must be noted in the meet announcement that events conducted in these facilities are noncompliant.

**(6)** All swimmers shall provide proof of current Masters membership acceptable to the LMSC. At the discretion of the meet director and exclusive of national championship meets, a swimmer may enter indicating "number pending," as long as proof of membership is presented prior to the swimmer's participation in the event.

**(7)** A swimmer's valid affiliation and age shall be displayed after the name in the meet program.

**F** A sanction may be withheld from any individual or organization:

**(1)** That has failed to conduct a prior sanctioned event in accordance with applicable USMS swimming rules and administrative regulations, or as stated on the meet announcement.

**(2)** When the mission, vision, and/or goals of the host organization conflict with USMS *Guiding Principles* (mission, vision, and values).

**(3)** When the sanctioning LMSC determines that conduct of the event would violate participation (article 401), unsporting conduct (article 402.4), or equal opportunity (article 501.3).

**G** Sanction may be withdrawn following issuance up until the conclusion of the event:

**(1)** For failing to conduct the event in accordance with applicable USMS rules and administrative regulations and other stated requirements on the meet announcement.

**(2)** When the sanctioning LMSC determines that the sanction should have been denied under the provisions of article 202.1.1F.



### 202.2 Recognized Events

**202.2.1 Recognition—**Recognition shall be issued, withheld, or withdrawn in accordance with the following:

**A** Application for recognition of events within the jurisdiction of USMS shall be made to the LMSC within which the event is to be held, and applications shall be accompanied by the recognition fee. The recognition fee shall consist of a national fee established by the House of Delegates. Each LMSC may also establish a local fee. The LMSC may establish a reasonable deadline to receive applications for recognition prior to the competition.

**B** Approval of recognitions shall be made by the LMSC's authorized representative, and a record thereof shall be retained for two years.

**C** Recognition issued to one organization cannot be transferred to another.

**D** No recognition of any event shall be granted with the word "Olympic" or the word "Paralympic" or any derivative thereof used in any manner in connection with said event unless consent is obtained from the USOPC.

**E** A recognition may be withheld from any individual or organization

**(1)** That has failed to conduct said competition in accordance with applicable USMS swimming rules and regulations, or as stated on the meet announcement.

**(2)** When the mission, vision, and/or goals of the host organization conflict with USMS Guiding Principles (mission, vision, and values).

**(3)** When the sanctioning LMSC determines that the conduct of the event would violate participation (article 401), unsporting conduct (article 402.4), or equal opportunity (article 501.3).

**F** Recognition for any meet held outside the jurisdiction of USMS, and not sanctioned by a World Aquatics Member Federation, shall be obtained from the Executive Committee.

**G** Recognition may be withdrawn following issuance up until the conclusion of the event:

**(1)** For failing to conduct the event in accordance with applicable USMS rules and administrative regulations and other stated requirements on the meet announcement.

**(2)** When the sanctioning LMSC determines that the recognition should have been denied under the provisions of article 202.2.1E.

**202.3 Recognized Swims**
Times achieved by USMS members at events sanctioned or approved by USA Swimming shall be considered for USMS records and Top 10 times without formal application for recognition. Times achieved by USMS members at events sanctioned by a World Aquatics Member Federation shall be considered for USMS records and Top 10 times without formal application for recognition if the USMS members register for the meet as USMS members. Times achieved by USMS members at the World Aquatics World Masters Championships shall automatically be considered for USMS records and Top 10 without formal application for recognition and without further documentation. It is the responsibility of the swimmer to submit times obtained in recognized events with complete documentation to the appropriate LMSC Top 10 recorder and the Records and Tabulation Committee chair.

**202.4 Fitness Events**
Fitness events are USMS events approved by the LMSCs or clubs. Participants shall be USMS members or obtain one-event registrations to participate in these events. A fitness event shall be a sanctioned event or performed in an organized/supervised practice.

## ARTICLE 203:
## Sanction of Open Water Events

**203.1 Sanctions**
Swims achieved by USMS members at sanctioned events are considered for USMS open water awards and recognition, provided a designated USMS observer is present and verifies in writing that the conduct of the competition conforms to the applicable USMS swimming rules and administrative regulations.

**203.1.1** **Sanction Options—**USMS shall offer sanction options as defined below.

**A** **Standard USMS sanction**—Open water events restricted to USMS members, one-event registrants, and Masters swimming members of a World Aquatics Member Federation. All swimmers entered shall be considered part of the same event and shall swim under applicable USMS open water swimming rules and administrative regulations.

**B** **Events including both USMS and USA Swimming members—** USMS-sanctioned open water event held in conjunction with a USA Swimming–sanctioned open water event. USMS members shall swim under applicable USMS open water swimming rules and administrative regulations and USA Swimming members shall swim under applicable USA Swimming rules and administrative regulations. USMS athletes and USA Swimming athletes may swim at the same time on the same course. Athletes holding both USMS and USA Swimming memberships must declare their affiliation, in writing, prior to the start of the event.

**C** **Other sanctions—**The Board of Directors shall consider and may approve other sanction options recommended by the Long Distance Committee that allow sanctioning of events that include USMS and non-USMS members.

**203.2 Swimmer Verification**

**203.2.1** All swimmers entered in USMS-sanctioned events as USMS members or Masters swimming members of a World Aquatics Member Federation shall

provide proof of current membership acceptable to the LMSC. All other swimmers entered shall provide proof of one-event open water registration.

**203.2.2** All swimmers entered in USMS-sanctioned events as members of non–World Aquatics governing bodies shall have membership verification acceptable to their governing body.

**203.2.3** At the discretion of the event director and exclusive of national championship events, a swimmer may enter indicating "number pending," as long as acceptable proof of membership is presented prior to the swimmer's participation in the event.



### 203.3 Sanction Requirements

#### 203.3.1 Jurisdiction

**A** The LMSC in which the event originates shall have jurisdiction in issuing the sanction. If any events are to be swum in more than one LMSC, the other LMSC(s) may also issue a sanction for the event.

**B** If an organization wishes to hold an event outside the boundaries of the LMSC in which it is registered, the sanctioning LMSC (the LMSC within whose boundaries the event originates) may transfer its sanctioning administration to the hosting LMSC, provided both LMSCs agree to the transfer in writing. All fees and sanction obligations shall be transferred to the accepting LMSC.

**203.3.2 Requirements—**The following requirements shall be followed by the sanctioning LMSC and sanction applicant:

**A** LMSCs shall use the prescribed sanction application form or online sanctioning system without additional requirements.

**B** Applications for sanction shall be made to the LMSC with jurisdiction.

**C** Approval of sanctions shall be made by the LMSC's authorized representative, and a record thereof shall be retained for two years.

**D** The LMSC's authorized representative shall ensure that the sanction application is forwarded to the USMS National Office for approval of the safety plan.

**E** Sanctions issued to one organization cannot be transferred to another.

**F** No sanction of any event shall be granted with the word "Olympic" or the word "Paralympic" or any derivative thereof used in any manner in connection with said event unless consent is obtained from the USOPC.

**G** When sanctioning a World Aquatics Masters World Championship open water event, an LMSC may grant exceptions to specific USMS open water swimming rules and administrative regulations in order to be in compliance with World Aquatics rules.

**H** Sanctioned events may include nonconforming swims so long as they are conducted in a safe manner.

**I** The sanction fee shall consist of a national fee established by the House of Delegates. Each LMSC may also establish a local fee.

**J** USMS-sanctioned open water events held in conjunction with USA Swimming–sanctioned events shall conform to the guidelines for the conduct of dual-sanctioned meets approved by USMS and USA Swimming.

**203.3.3 Entry Forms and Programs**

**A** The entry forms shall contain the language of the liability release as stated in USMS policy (see *USMS Guide to Local Operations*, Sanctions section). All swimmers shall have signed the liability release before participating.

**B** Entry forms, programs, and results shall include the statement "Sanctioned by (LMSC name) for USMS Inc."

**C** An event securing sanctions from more than one governing body shall identify all sanctioning bodies on entry forms, programs, and results.

**D** Entries shall not be accepted before the sanction has been issued. Paper forms shall not be distributed, online entry systems shall not be activated, and the event shall not be listed as sanctioned on the USMS Calendar of Events until the sanction has been issued.

**E** For competitive open water events that calculate individual scoring for place and/or club scoring, a swimmer's valid club affiliation and age shall be displayed after the name in any published program.

**203.3.4 Results—**Event directors shall submit official electronic results of the event to the LMSC's authorized representative.

**203.4 Withdrawal or Denial of Sanctions**

**203.4.1** Sanction may be denied to any individual or organization that has failed to conduct previously sanctioned events in accordance with applicable USMS open water swimming rules and administrative regulations, or as stated on the entry form.

**203.4.2** Sanction may be denied to any individual or organization that has failed to demonstrate the ability or willingness to conduct the sanctioned events in accordance with applicable USMS open water swimming rules and administrative regulations.

**203.4.3** Sanction may be withdrawn from any individual or organization failing to conduct the sanctioned events in accordance with agreed upon USMS open water swimming rules and administrative regulations and other stated requirements on the entry form.

**203.4.4** A sanction may be denied when the mission, vision, and/or goals of the host organization conflict with USMS Guiding Principles (mission, vision, and values).

**203.4.5** A sanction may be denied if the sanctioning LMSC determines that conduct of the event would violate participation (article 401), unsporting conduct (article 402.4), and equal opportunity (article 501.3).

**203.4.6** A sanction may be withdrawn following issuance up until the conclusion of the event when the sanctioning LMSC determines that the sanction should have been denied under the provisions of article 203.4.

## ARTICLE 204:
## Liability Release

**204.1 Release**

All individual membership application forms and sanctioned entry forms, except those for virtual events, shall include a liability release. The liability release shall be signed by the person registering or entering. The liability release shall conform to the language and format specified by USMS policy (see *USMS Guide to Local Operations*, Sanctions section).

# PART 3: OPEN WATER AND LONG DISTANCE SWIMMING RULES

## ARTICLE 301: Administration



**301.1 Organization**

**301.1.1** The conduct and organization of open water and long distance swimming for Masters shall be governed by USMS through its Long Distance Committee and LMSCs. The chair and committee members shall be appointed as provided in articles 507.1 and 507.1.7.

**301.1.2** **Event Host—**In open water or pool events, the organization that is granted a sanction and is responsible for the administration of the event.

**301.2 Membership, Representation, and Sanctions**

Membership, representation, and sanctions for open water and long distance events shall be governed by all applicable rules under articles 201, 202 and 108, and 203.

**301.3 Age Determining Date**

In open water and 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.

## ARTICLE 302: Open Water Events

**302.1 Events**

An open water event is composed of one or more swims of any distance conducted in an open body of water, either natural or manmade. The distances shall be the same for both men and women.

**302.1.1** Open water events shall be composed of individual and/or relay swims.

**302.1.2** At the discretion of the event host, open water events may include clinics or other swimming activities.

**302.1.3** At the discretion of the event host, open water swims may be competitive (article 303) and/or noncompetitive (article 304).

**302.2 Open Water Courses**

**302.2.1 The Course**

**A** The event host shall determine the course and type of start and finish.

**B** The event host shall measure and mark the course as accurately as feasible.

**C** The event host shall eliminate known hazards on the course wherever feasible. Known hazards that cannot be eliminated shall be marked and reported to all participants.

**302.2.2 Water Conditions**

**A Water temperature**

**(1)** A swim shall not begin if the water temperature is less than 16 degrees Celsius (60.8 degrees Fahrenheit), unless heat-retaining swimwear is required of all swimmers or a USMS-approved thermal plan is in place.

**(2)** A swim in which heat-retaining swimwear is required of all swimmers shall not begin if the water temperature is less than 13.9 degrees Celsius (57 degrees Fahrenheit) unless a USMS-approved thermal plan is in place.

**(3)** A swim of 5 kilometers or greater shall not begin if the water temperature exceeds 29.45 degrees Celsius (85 degrees Fahrenheit). A swim of less than 5 kilometers shall not begin if the water temperature exceeds 31 degrees Celsius (87.8 degrees Fahrenheit).

**B Water quality—**If water quality meets the standards of the local testing authority, the water quality will be deemed acceptable.

**302.2.3 Starting Line**

**A** The starting line shall be specifically designated and clearly defined.

**B** Water depth for swims starting from a platform (dock, pier, or ship):

**(1)** For platforms 0.75 meter or less above the water surface, the water depth shall be no less than 2 meters for the first 5 meters of the course.

**(2)** For platforms more than 0.75 meter above the water surface, the water depth shall be a safe depth for the first 5 meters of the course as determined by the referee. Swimmers must enter the water feet first.

**(3)** The referee shall inform all swimmers before the start of each swim/wave of the water depth at the start. Water depth markings on the starting platform or dock are recommended. Before the swim, the referee shall have this start area inspected for underwater hazards and ensure that the starting protocol is safe. The swim shall use an alternative method of starting if hazards cannot be eliminated or the start cannot be safe.

**302.2.4 Turns**

**A** All turns shall be clearly indicated.

**B** Turn buoys shall be passed on the right or left as stated in the pre-swim instructions.

**C** Guide buoys may be used between turns to help swimmers navigate. Swimmers may pass these buoys on either side, except for floats on a straightaway swim course or when otherwise directed by the referee.

**302.2.5 Finish Line**

**A** The finish line shall be specifically designated, clearly defined, and easily visible from the water to swimmers approaching the finish.

**302.2.6 Feeding Stations**

**A** Feeding stations shall be fixed in position and shall safely accommodate the number of swimmers and feeders.

**B** Feeding stations shall be located on the inner or outer boundaries of the course.

**C** Number of feeding stations for swims without individual escorts:

**(1)** For swims 5 kilometers or shorter, feeding stations are optional.

**(2)** For swims longer than 5 kilometers but shorter than 10 kilometers, at least one feeding station is required.

**(3)** For swims 10 kilometers or longer, there shall be at least one feeding station every 2.5 kilometers.

**D** For swims requiring individual escorts, feeding stations are optional.

**302.3 Straightaway Swim Courses**

**302.3.1** The course shall be a straight, measured distance within plus or minus 6 inches, in stationary open water, and defined by a cable with floats or a continuous marking system visible to the swimmer. Floats on the course shall be a maximum of 10 meters apart.

**302.3.2** The course shall be certified by a licensed surveyor before initial use and every year if the turning points are not permanent. For permanent courses, certification data need only be filed once unless structural changes have occurred since the original certification.

**302.4 Cumulative Relays**

**302.4.1** Cumulative relays shall consist of groups of swimmers from the same USMS-registered club entered in the individual swim. Cumulative relay swims may be contested on a total time/distance or point system basis.

**302.4.2** **Time/Distance Basis—**A specified number of swimmers on each relay shall be considered in the computations for club scoring. The relay whose specified number of swimmers has the lowest cumulative time or the greatest cumulative distance shall be declared the winner. A similar method shall be used to determine second, third, and subsequent places. Ties shall be allowed.

**302.4.3** **Point Basis—**Points are awarded on the basis of overall finishing position, with one point for first place, two points for second place, etc. The points of specified relay members are added, and the lowest cumulative score determines the winning relay; the second lowest score, the second place, etc. Ties shall be allowed.

**302.4.4** With the exception of national championship swims, the event host may allow special swims in which members of an open water relay need not be from the same club.

**302.5 Sequential Relays**

**302.5.1** Sequential relays shall consist of two or more swimmers from the same USMS-registered club as specified in the entry information. The relay members shall rotate in the same order throughout the swim. The time or distance each swimmer is required to spend in the water shall be specified in the entry information. The changeover to the new swimmer shall be made within one minute after the completion of the previous swimmer's leg. In

the exchange in open water relays, physical contact must be made between the two swimmers.

**302.5.2** Mixed-gender sequential relays shall consist of at least one swimmer of each gender, as follows:

| Total Number of Relay Members | Women | Men |
|---|---|---|
| 2 | 1 | 1 |
| 3 | minimum 1 | minimum 1 |
| 4 | 2 | 2 |
| 5 | minimum 2 | minimum 2 |
| 6 | 3 | 3 |

**302.5.3** With the exception of national championship swims, the event host may allow special swims in which members of an open water relay need not be from the same club.

## ARTICLE 303:
## Conduct of Competitive Open Water Events

**303.1 Safety**

**303.1.1** Event hosts shall develop and maintain a written safety plan that must be reviewed by the LMSC authorized representative. Safety plans shall then be included in the sanction application and must be approved by the USMS open water coordinator before issue of the sanction.

**303.1.2** Swims must conform to the written and approved safety plan, except where conditions warrant modification.

**303.2 Scoring Divisions**

With the exception of national championship swims, scoring divisions are at the discretion of the event host and may be separated by gender, age group, swimwear, specialty categories, or any other method suitable to the swimmers served.

**303.2.1** Scoring divisions shall be subject to the following:

**A** Scoring divisions shall be the same for men and women.

**B** Separate scoring divisions may be contested at the same time, with results tabulated separately.

**C** If awards are given, they shall be of equal value for men and women and for all age groups.

**D** With the exception of national championship swims, requirements defined in articles 307.7.5 and 307.7.6 may be waived by the Long Distance Committee chair to facilitate the development of new or revised awards systems.

**303.2.2** Standard USMS gender scoring divisions consist of:

**A** **Individual—**Open, women, and men.

**B** **Relay—**Women, men, and mixed.

**303.2.3** Standard USMS age group scoring divisions consist of:

**A Individual—**Open and 18–24, 25–29, 30–34 … (five-year age groups as high as necessary).

**B Relay—**Open and 18+, 25+, 35+… (10-year age groups as high as necessary), with the age of the youngest relay member determining the age group.

**303.2.4** Standard USMS swimwear scoring divisions consist of Category I and Category II swimwear as defined in article 303.4.

### 303.3 Officials and Staff

**303.3.1** There shall be an event director, safety director, and referee.

**A Event director—**The event director is responsible for the overall operation of the event. The event director shall be responsible for:

**(1)** Securing the sanction and permit(s) for the event.

**(2)** Determining the course.

**(3)** Recruiting and approving personnel assignments for all event staff.

**(4)** Ensuring that the necessary staff for the conduct of the event are at their respective posts.

**(5)** Advising the referee to modify the manner in which the swim is conducted, change the course and/or distance, delay the start, and/or stop a swim in progress if circumstances warrant.

**(6)** Cancelling the swim if circumstances warrant.

**B Safety director—**The safety director is responsible for overseeing all aspects of event safety. The position of safety director shall not be combined with the duties of any other staff member or official. The safety director shall be responsible for:

**(1)** Completing and complying with the approved safety plan.

**(2)** Checking that the entire course, especially the start and finish areas, is safe and free of obstructions.

**(3)** Arranging that sufficient suitable water craft, equipment, and safety staff are available during the swim.

**(4)** Briefing and assigning safety staff.

**(5)** Advising the referee to modify the manner in which the swim is conducted or change the course and/or distance.

**(6)** Delaying the start and/or stopping a swim in progress if circumstances warrant.

**C Referee—**The referee is responsible for the fair conduct of the swim. The referee shall be responsible for:

**(1)** All officials, including instructing and assigning officials, enforcing all applicable rules, deciding all questions related to the conduct of the swim, and adjudicating protests.

**(2)** Ensuring that all swimmers are briefed about safety procedures, the course, site-specific rules, and other necessary information about the conduct of the swim.

**(3)** Barring, removing, or taking other appropriate action with any swimmer who acts in an unsporting or unsafe manner within the swimming venue.

**(4)** Disqualifying any swimmer violating event or USMS rules or safety procedures.

**(5)** Modifying the manner in which the swim is conducted, changing the course or distance, delaying the start, or stopping a swim in progress if circumstances warrant.

**(6)** Modifying any rule for a swimmer who has a disability. Any such modification shall be in accordance with article 303.10, shall affect only the current swim, and not set precedent.

**303.3.2** There shall be additional officials and staff in numbers sufficient to operate the event in accordance with USMS open water rules and administrative regulations.

**303.3.3** Safety directors and referees shall be certified in these capacities by a USMS-approved certifying body. If a certified official becomes indisposed, other officials or staff may perform the duties of such positions if they receive training in the specified duties of their positions and are under the direct supervision of the event director.

### 303.4 Swimwear for Open Water Events

Swimwear allowed for open water events is defined below. It is the swimmer's responsibility to understand the appropriate swimwear allowed at a particular event. Swimwear requirements for an event shall be included in the event information.

**303.4.1 Rules for All Swimwear for Open Water Events**

**A** **Design—**Swimsuits shall be nontransparent and conform to the current concept of the appropriate. The referee shall have the authority to bar offenders from competition until they comply with this rule.

**B** **Advertising—**Products involving tobacco, alcohol, or pharmaceuticals containing substances banned under IOC or World Aquatics rules may not be advertised, but the advertiser's name only may be used. Offenders may be barred from competition until they comply with this rule.

**303.4.2 Rules for Category I Swimwear for Open Water Events**

**A** Swimwear shall include only a swimsuit, cap or caps (including 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.

**B** The swimmer shall wear only one swimsuit in one or two pieces. All swimsuits shall be made from textile materials and not contain clasps or zippers but may have ties that fasten at the swimmer's waist and on the swimmer's back. For both men and women, the swimsuit shall not cover the neck and shall not extend past the shoulder nor below the ankles.

**C** Exemptions to the restrictions in articles 303.4.2A–B may be granted to a swimmer, on a case by case basis, by the chair of the Long Distance Committee or designee. Exemptions will be granted only for conflicts due to the swimmer's verified religious beliefs or verified medical conditions.

**(1)** Procedures for applying for an exemption will be published by the Long Distance Committee and posted on the USMS website.

**(2)** No exemptions to these restrictions will be granted for swimwear that would give a swimmer a competitive advantage.

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

**D** Swimmers are not permitted to wear or use any device or substance to help their speed, pace, navigation, buoyancy, or endurance during a swim (such as wetsuits, webbed gloves, fins, snorkels, buoyant armbands, audio players, etc.). Medical identification items may be worn. Any kind of tape on the body or flat armband is not permitted unless approved by the referee. Any devices used to maintain body heat are not permitted, except for those listed in article 303.4.2A.

**E** At the discretion of the event host, except for national championship swims, swimmers may be required to wear a personal buoy for identification and safety. Requirements for buoys as well as rules for the use of these devices will be included in the event information. The prohibition of personal buoys in national championship swims may be waived by the Long Distance Committee for swims in which individual escorts are required and drafting is not permitted.



**303.4.3 Rules for Category II Swimwear for Open Water Events**

**A** Swimwear that does not meet the requirements for category I swimwear shall be considered category II swimwear. Swimwear may include a swimsuit or wetsuit, cap or caps, goggles, armbands, and rash guards. Nose clips, ear plugs, wristwatches, and grease are also allowed.

**B** Wetsuits, neoprene caps, or any other heat-retaining swimwear may be allowed at the discretion of the event host, but only when the water temperature is not greater than 25.5 degrees Celsius (78 degrees Fahrenheit).

**C** Swimmers are not permitted to wear or use any additional device or substance to help their speed, pace, navigation, buoyancy, or endurance during a swim (such as webbed gloves, fins, snorkels, audio players, etc.), except in designated events where all swimmers may use similar devices or substances. Medical identification items may be worn. Any kind of tape on the body is not permitted unless approved by the referee.

**D** At the discretion of the event host, except for national championship swims, swimmers may be permitted or required to wear a personal buoy for identification and safety. Requirements for buoys as well as rules for the use of these devices will be included in the event information. Permitted personal buoys, if not required under article 303.4.2E, will be considered category II swimwear for purposes of placement and scoring.

**303.5 Seeding**

**303.5.1** The manner of seeding swimmers shall be at the discretion of the event host and stated in the event information.

**303.5.2** When wave starts are used in straightaway swims, the swimmers shall be seeded in order of time, with the fastest swimmers receiving the preferred positions in seeded order. If subsequent rows are needed, they shall be seeded similarly.

**303.5.3** Events for different age groups and genders may be combined to allow the swimmers to compete at the same time.

**303.6 Starts**

**303.6.1 Types**

**A Stationary—**Swimmers start from a platform or in the water behind the starting line.

**B Running—**Swimmers line up a short distance from the water behind a marked line. At the starting signal, the swimmers run into the water and swim the prescribed course.

**C Wave—**At the discretion of the event host, swims may be started in waves in which each wave is separated at the start from other waves by a time interval. Swimmers' times shall be adjusted by the starting time interval and their order of finish shall be determined on the basis of the adjusted time.

**303.6.2 Starting Signal—**The starting signal shall be both audible and visible.

**303.6.3 Straightaway Swims—**A stationary water start shall be used in straightaway swims.

**303.7 Finishes**

**303.7.1 Types**

**A In-water—**The swimmer shall have finished the swim when any part of the swimmer touches a vertical surface or crosses the finish line after completion of the prescribed distance. If visual judging is used, order of finish shall be determined as the swimmer touches the vertical surface or crosses the finish line. If electronic chip timing is used, order of finish shall be determined when the timing chip is registered by the electronic timing system or when the independent backup timing system is activated.

**B Out-of-water—**Swimmers shall leave the water, as defined by the course, and proceed to the finish line. If visual judging is used, order of finish shall be determined as the swimmer's chest crosses the finish line. If electronic chip timing is used, order of finish shall be determined when the timing chip is registered by the electronic timing system or when the independent backup timing system is activated.

**303.7.2 Straightaway Swims—**An in-water finish shall be used in straightaway swims.

**303.7.3 Final Time—**For cable swims, when a final time has been submitted to the nearest second, 0.99 second shall be added to the time submitted. When a final time has been submitted to the nearest tenth of a second, 0.09 shall be added to the time submitted. For other open water swims, this timing adjustment is not required.

**303.7.4 Backup Timing and Judging—**In open water swims in which electronic timing is used, an independently operating backup timing and judging system is required.

**303.8 Disqualifications**

A disqualification can be made only by the referee, the starter, or a judge within whose jurisdiction the infraction has been committed. Swimmers shall be disqualified if they:

**303.8.1** Or their personal escort intentionally delay the progress of another swimmer. Accidental contact, especially at the start, shall not be considered a disqualification. However, flagrant disregard of another swimmer's rights shall result in disqualification.

**303.8.2** Fail to complete the prescribed course.

**303.8.3** Fail to complete the prescribed course within the preannounced time.

**303.8.4** Fail to follow the rules of the swim.

**303.8.5** Make forward progress by pulling on or pushing off the venue bottom, other than near the start and finish and at specified locations.

**303.8.6** Make forward progress by pulling, pushing, or maintaining contact on physical features and/or craft on or near the course. Event hosts may choose to prohibit deliberate contact between swimmers and craft and physical features if it has been announced in the event information.

**303.8.7** Draft in swims in which drafting is prohibited.

**303.8.8** Violate rules on escorted swims as described in article 303.9.3 or receive similar assistance from any craft on the course.

**303.8.9** Receive unauthorized assistance at the start or finish.

**303.8.10** Violate swimwear rules.

**303.8.11** Swim in a manner in which personal safety is jeopardized.

**303.8.12** Act in an unsporting or unsafe manner within the swimming venue.

**303.9 Escorted Swims**

**303.9.1** In any swim for which it has been arranged that an escort craft will accompany each swimmer throughout the swim, all swimmers shall be accompanied by such an escort craft. If the escort craft becomes disabled or cannot continue to accompany the swimmer, the swimmer may:

**A** Stay in the water near the disabled escort craft until a replacement arrives

**B** Join another escort craft that is accompanying only one other swimmer until another escort craft arrives or

**C** Exit the water.

**303.9.2** If a swimmer's escort craft becomes disabled as per article 303.9.1, an escort craft for another swimmer may assume responsibility for the swimmer with the disabled escort craft, subject to the following conditions:

**A** Any one escort craft may escort no more than two swimmers.

**B** The two swimmers must stay within 3 meters of each other. Failure to stay within 3 meters shall result in immediate disqualification of the second swimmer assigned to the escort craft and the immediate exit of that person from the water.

**303.9.3** Swimmers may receive the following assistance from any escort craft:

**A** The escort craft may pass to and receive from the swimmer food, drink, and/or legal swim equipment.

**B** The escort craft may assist the swimmer with navigation, including verbal and written communication.

**C** The escort craft may verify the swimmer's compliance with the rules.

**D** At the discretion of the event host, the escort craft may support the swimmer without forward progress being made.

**E** The escort craft may perform emergency rescue.

**303.9.4** Swimmers shall not receive the following assistance from any escort craft:

**A** Swimmers shall not receive forward progress from any escort craft.

**B** Swimming directly behind nonmotorized escort craft shall not be permitted when other open water is readily available. Swimming directly behind motorized escort craft shall not be permitted at any time.

**C** Escort craft shall not obstruct other swimmers in the swim.

**303.9.5** In any swim in which individual escorts are required and motorized escorts are allowed, drafting from any craft or other swimmers is prohibited. Swimmers must attempt to remain 3 meters or more from other swimmers, except when rounding buoys, when overtaking other swimmers when space is not readily available, when unescorted at the start and finish of the swim, and when the swimmer's escort craft becomes disabled as per articles 301.9.1 and 303.9.2. Incidental or accidental incursion into the 3-meter zone of another swimmer shall not be the basis for disqualification.

**303.9.6** In any swim in which individual escorts are required and nonmotorized escorts are used, the event host may choose to allow drafting or prohibit drafting in accordance with article 303.9.5.

**303.10 Swimmers With Disabilities**

**303.10.1 Authority—**The USMS rules and regulations grant the referee the authority 0to modify the rules for the swimmer with a disability (see article 103.6.9). Disability is defined as a permanent physical or cognitive disability that substantially limits one or more major life activities.

**303.10.2 Responsibilities**

**A Swimmer/coach—**The swimmer (or the swimmer's coach) is responsible for notifying the event director, prior to the competition, of any swimmer with a disability and of the requested accommodations and/or modifications. The swimmer/coach shall provide any assistant(s) or equipment if required.

**B Meet referee—**The meet referee's responsibilities include:

**(1)** Determining if the requested accommodations/modifications are appropriate, can be met, and conform to safety standards.

**(2)** In communication with the remaining officials, a meet referee may:

**(a)** Instruct them to observe and report ANY violation of the rules and apply article 303.10 to confirm or overturn the call against the approved modification(s) or

**(b)** Share the specific modification(s) and instruct them to observe and report any violation except the approved modifications.

**303.10.3 Accommodations/Modifications**

**A** Accommodations are considerations that allow a swimmer with a disability to access the venue and afford the athlete the time, assistance, and space required to obtain a starting position for each swim.

**B** Modifications are any exception to the technical rules approved by the meet referee (see article 303.3.1C(6)) allowing a parallel performance for a swimmer with a disability. Aids to speed, pace, navigation, buoyancy, or endurance are not allowed with category I swimwear (see article 303.4.2). Aids to speed, pace, navigation, and endurance are not allowed with category II swimwear.

**303.10.4** Recommendations for allowable modifications are described in the *Open Water Guide to Operations*.

**303.11 Incomplete Swim**

**303.11.1 Authorities**

**A** The event director, safety director, or referee shall have the authority to determine if the start of a swim is to be postponed.

**B** The referee and/or safety director shall have the authority to stop a swim in progress.

**C** Only the event director shall have the authority to cancel a swim or event.



**303.11.2** If a swim is stopped and swimmers are removed from the water for their safety, the referee, with the agreement of the safety director, shall determine if the swim is to be restarted or considered official. If the referee determines the swim to be official, article 303.8.2 may be waived and the referee shall determine the order of finish of the swimmers who had not finished when the swim was stopped.

**303.11.3** In swims with cutoff times, the entry information shall state whether swimmers who have not finished or reached a specified point on the course by the cutoff time will be advanced to the finish line, considered to be officially finished, or disqualified.

**303.12 Protests**

**303.12 .1** Any protest arising from an open water swim (other than national championship swims—refer to article 307.7.8) shall be made to the event referee within 30 minutes after the release of results at the venue. If results are not released in a timely manner, a protest may be made to the event director in writing within three days after all swimmers are notified of the release of results. If the protest is not resolved, the protester may appeal in writing promptly to the LMSC. If the LMSC does not satisfactorily resolve the protest, the protester may appeal in writing promptly to the USMS Long Distance Committee chair.

## ARTICLE 304:
## Conduct of Noncompetitive Open Water Swims

**304.1 Noncompetitive Swims**

Noncompetitive swims are those in which swimmer placement is not included in results.

**304.1.1** Conduct of noncompetitive swims shall be at the discretion of the event host, as long as they conform to articles 301, 303.1, and 303.3.

**304.1.2** At the discretion of the event director, noncompetitive swims may provide timing as a courtesy to swimmers.

# ARTICLE 305:
# Conduct of Long Distance Pool Events

**305.1 Events**

Long distance pool events shall consist of individual and/or relay competitions. The distances shall be the same for both men and women.

**305.2 Definitions**

**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 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.

**305.2.2 Distance-Based Swims—**The object of a distance-based swim is to determine who can swim a specific distance in the shortest amount of time.

**305.2.3 Time-Based Swims—**The object of a time-based swim is to determine who can swim the greatest distance in a specific amount of time.

**305.2.4 Virtual—**A 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 USMS National Office in coordination with the Long Distance Committee shall have jurisdiction over virtual events that meet the requirements given in article 305.2.1, except for national championship events described in article 307.2.3.

**305.3 Cumulative Relays**

Cumulative relays are composed of groups of swimmers from the same USMS-registered club entered in the individual swim. Cumulative relay swims may be contested on a total time/distance or point system basis.

**305.4 Sequential Relays**

Sequential relays shall consist of two or more swimmers from the same USMS-registered club as specified in the entry information. The relay members shall rotate in the same order throughout the event. The time or distance each swimmer is required to spend in the water shall be specified in the entry information. The composition of mixed-gender sequential relays is governed by article 302.5.2. Relay exchanges are governed by articles 101.7.3C and 101.7.3F.

**305.5 Age Groups**

Age groups in individual and relay events for men and women shall be the same as the standard USMS age group scoring divisions (listed in article 303.2.3).

**305.6 Awards**

If awards are given, they shall be of equal value for men and women and for all age groups.

**305.7 Protests**

Any protest arising from a long distance pool swim (other than national championship swims—refer to article 307.7.8) shall be made to the referee within 30 minutes after the release of results at the venue. If results are not released in a timely manner, a protest may be made to the event director in writing within three days after all swimmers are notified of the release of results. If the protest is not resolved, the protester may appeal in writing promptly to the LMSC. If the LMSC does not satisfactorily resolve

the protest, the protestor may appeal in writing promptly to the USMS Long Distance Committee chair.

## ARTICLE 306:
## Conduct of Virtual Events

**306.1 Rules**

Long distance events conducted in pools must comply with all applicable pool event rules in Part 1 of the rule book and in article 305, except as noted in article 306.

**306.2 Pool Size**

**306.2.1** Events shall be swum in a pool at least 25 yards in length.

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

**306.3 Officials**

**306.3.1** **Referee—**An adult acting as referee shall be present at all times to ensure that the swim(s) is safe and conducted according to the rules.

**306.3.2** **Starter—**An adult acting as starter shall ensure the swim(s) begins with a legal start.

**306.3.3** **Timer—**Each swimmer shall have a timer who shall time, count lengths, and record times and length counts. One person may serve as timer for no more than two swimmers simultaneously.

**306.3.4** One adult may serve as referee, starter, and timer simultaneously.

**306.4 Eligibility**

All swimmers in national championship virtual events must be currently registered members of USMS or a World Aquatics–member national governing body on or before the day of their swims.

**306.5 Multiple Swimmers per Lane**

**306.5.1** No more than two swimmers shall share a lane.

**306.5.2** Drafting shall not be permitted.

**306.5.3** When two swimmers are sharing the same lane, they shall conform to articles 102.10.4A(6)(a)–(b).

**306.6 Timing**

**306.6.1** A stopwatch or electronic timing system shall be used to time the event.

**306.6.2** Cumulative split times must be recorded to the nearest second.

**306.6.3** When a final time has been submitted to the nearest second, 0.99 second shall be added to the time submitted and becomes the official time. When a final time has been submitted to the nearest tenth of a second, 0.09 second shall be added to the time submitted and becomes the official time.

**306.7 Determining Distances in Time-Based Events**

**306.7.1** Distances shall be determined by multiplying the total lengths swum by the length of the pool and adding the last completed 5-yard/5-meter increment.

**306.7.2** If the size of the pool is not designated, all distances shall be reported in yards.

**306.7.3** If distances are to be reported in yards and the event is swum in a metric pool, the distances shall be determined to the last completed meter converted to yards by multiplying 1.0936 times the number of meters completed and rounding off the distance to the last completed 5-yard increment.

**306.8 Determining Times in Short-Course Distance-Based Events**

**306.8.1** Swimmers may choose to swim events in 25-meter pools, swimming the same nominal number of meters as yards.

**306.8.2** Times done in 25-meter pools shall be reported as if swum in a 25-yard pool, by dividing times by 1.0936 and integrating them with 25-yard times.

**306.9 Split Times**

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

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

**306.10 Integrity of Results**

**306.10.1** Each entrant shall be responsible for the validity of the split times and/or the final time/distance submitted.

**306.10.2** For nonchampionship events, event hosts may request additional verification of completion from any entrant and may request that the Long Distance Committee chair refuse to accept, or disqualify, any entry that appears to contain erroneous information. For USMS national championships, the USMS National Office in conjunction with the Long Distance Committee shall investigate and rule on issues regarding any entry.

**306.11 Determination of Place**

**306.11.1** In distance-based events, the person or relay swimming the fastest time shall be declared the winner. Ties shall be allowed.

**306.11.2** In time-based events, the person or relay swimming the farthest shall be declared the winner. Ties shall be allowed.

## ARTICLE 307:
## Open Water and
## Long Distance National Championships

**307.1 Rules**

Open water and long distance championships shall be governed by articles 301, 302, 303, 305, and 306. In addition, the following rules apply specifically to championships.

**307.2 Open Water and Long Distance Championship Events**

**307.2.1** The Long Distance Committee shall award open water national championships as:

**A** Individual championships

**B** Multi-championship swim festivals

**C** A combination of A and B or

**D** Any other configuration that enhances the value of USMS open water championships.

**307.2.2** Open water national championships shall be awarded at the discretion of the Long Distance Committee. A minimum of three different championships shall be awarded each year. Championships with the names below shall conform to the distances given below:

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

**B** USMS 2-Mile Cable Championship (quarter-mile straightaway).

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

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

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

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

**G** Other national championship events and distances may be awarded at the discretion of the Long Distance Committee chair.

**307.2.3** The USMS National Office in coordination with the Long Distance Committee shall conduct the following virtual national championships:

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

**B** Virtual 5- and 10-Kilometer Championship (each event swum separately on a 50-meter course in a pool).

**C** Virtual 3000- and 6000-Yard Championship (each event swum separately on a 25-yard or 25-meter course in a pool).

**307.2.4 Cumulative Relays**

**A** Cumulative relay competitions shall be contested in 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.

**B** Age groups for relay swims shall be the same as those listed in article 303.2.3B.

**C** All relay members shall also be entered in the individual swim. Exceptions for open water events only are at the discretion of the event host with prior approval of the Long Distance Committee chair.

**D** All team members shall be from the same USMS-registered club.

**E** Competitors shall be allowed to swim in only one same-gender and one mixed-gender relay per championship swim.

**307.3 Contract**

Representatives of the host organization that is the successful bidder for an open water and long distance championship event shall sign a written contract with USMS, which specifies the responsibilities of the event host and of USMS.

**307.4 Financial**

**307.4.1** The host organization shall agree to underwrite the full event expenses, including but not limited to the following:

**A** Costs associated with the event (setting up the course, supplies, equipment, etc.).

**B** Cost of all national championship event awards (medals and patches) and/or other appropriate awards.

**C** A fee per individual entrant in the championship swim (or a fee per individual entrant in each championship swim in an event with multiple championship swims).

**D** Any other costs that may be reflected in national championship event contracts.

**307.5 Entry Fee**

The event host shall determine the individual and relay entry fees for open water national championships. The USMS National Office shall determine individual and relay entry fees for virtual national championships.

**307.6 Rules of Conduct**

**307.6.1** **Event Host—**The event host shall follow the applicable USMS open water and long distance swimming rules and administrative regulations.

**307.6.2** **Entry Forms—**A Long Distance Committee representative and an LMSC representative shall review entry forms, including paper forms and forms used in the online entry system, for content and sanctioning before distribution.

**307.6.3** **Officials—**In addition to the officials required by article 303.3, the following officials are required for national championship events:

**A** The Long Distance Committee shall appoint an event liaison to assist the event host in planning, to ensure that the event is conducted in accordance with the contract, to ensure that all rules are observed, and to evaluate the event.

**B** For open water events, a turn judge shall be located at each change of direction in the course. The turn judge shall:

**(1)** Be positioned in clear view of the turn to ensure that all swimmers complete the turn as indicated in the event information and as directed at the pre-swim briefing.

**(2)** Record any violation of the turn procedures.

**(3)** Report such violation to the referee.

**307.6.4 Eligibility**

**A** Swimmers with one-event registrations shall not be eligible to compete in open water and 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.

**B** On the day of the championship swim, swimmers shall present their photo IDs at check-in to verify their identity.

**307.6.5** **Age Groups—**Age groups in open water swims shall be the standard USMS age groups as defined in article 303.2.3.

**307.6.6 Swimwear**

**A Open water**

**(1)** Only swimmers wearing category I swimwear as defined in articles 303.4.1 and 303.4.2 may compete in national championship swims.

**(2)** At the discretion of the event host, swimmers wearing category II swimwear as defined in articles 303.4.1 and 303.4.3 may participate in events containing national championship swims but shall be excluded for the purposes of articles 307.8–308.1. In addition, category II competitors shall have a separate start time, unless drafting is prohibited under article 303.9.6.

**B Virtual—**Only swimmers wearing swimwear as defined in article 102.12.1 may complete in national championship virtual swims.

**307.6.7 Assistance During the Swim**

**A** Feeding is permissible but use of alcohol or illegal drug7 is forbidden.

**B** Escort craft may be permitted by the event director under the conditions in article 303.3.

**307.6.8 Protests**

**A** Protests against judgment decisions regarding the start, missing a course turn, failure to achieve a cutoff time, or the finish of a race can only be considered by the referee, and the referee's decision shall be final and may not be appealed.

**B** Any protest arising from an open water championship swim shall be made to the referee within 30 minutes after the release of results at the venue. If results are not released in a timely manner, a protest may be made to the event director in writing within three days after all swimmers are notified of the release of results. After receipt of a protest, the referee or event director shall have 10 days to reply. If the protest is denied by the referee or event director, the swimmer will have five days to appeal in writing to the Long Distance Committee chair. The Long Distance Committee chair will have 10 days to reply, unless the USMS Long Distance chair notifies the parties that the issue must come before the entire committee.

**C** Any protest arising from a virtual championship swim shall be made to the Long Distance Committee chair in writing within five days after all swimmers are notified of the release of preliminary results or amendments to the preliminary results. The final decision for any protest will be determined by the Long Distance Committee chair. After receipt of a protest, the Long Distance Committee chair shall have 10 days to reply, unless the USMS Long Distance chair notifies the parties that the issue must come before the entire committee.

**307.7 Results**

Individual and relay results and records (when appropriate) shall be tabulated and distributed to the Long Distance Committee chair and all participants in the event. Date of birth shall not be included in published results or results distributed to participants.

**307.7.1** Individual results shall be tabulated electronically by gender and age group in order of finish. As a minimum, the following information shall be reported for each swimmer:

**A** Age group.

**B** Age group place.

**C** Swimmer's name.

**D** Age.

**E** Club (official USMS club abbreviation).

**F** USMS number.

**G** Official time/distance or disqualified.

**H** Whether the time or distance is a USMS record.

**307.7.2** Relay results shall be tabulated electronically by gender and age group in order of finish. As a minimum, the following information shall be reported for each relay team:

**A** Age group.

**B** Age group place.

**C** Team's full name (USMS club followed by blank, A, B, etc.).

**D** Official time/distance or disqualified.

**E** Names, ages, and official time/distance for each member of the team.

**F** Whether the total time or distance for the relay team is a USMS record.

### 307.8 Club Scoring

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

**307.8.1 Scoring**

**A** Club scoring for the Virtual 1-Hour Championship shall be calculated based on total club yardage for individual swims.

**B** Club point scoring for the 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.

**C** Club scoring for other national championships shall be calculated based on point value for placing in individual swims. Points shall be scored to 10 places (11-9-8-7-6-5-4-3-2-1).

**307.8.2** **Categories—**Club scoring shall be tabulated for women's, men's, and combined categories.

### 307.9 Awards

**307.9.1** National championship medals or other appropriate awards approved by the Long Distance Committee chair shall be awarded to at least the first six place winners of individual championships in each age group. In national championship events with 1,000 or more entrants, individual awards shall be awarded to at least the first 10 place winners of individual championships in each age group.

**307.9.2** National championship medals or other appropriate awards approved by the Long Distance Committee chair shall be awarded to the members of at least the first three place winners of relay championships in each age group. In national championship events with 1,000 or more entrants, awards shall

be awarded to the members of at least the first six place winners of relay championships in each age group.

**307.9.3** A USMS championship patch shall be awarded to each individual champion and each member of a championship relay. A swimmer shall receive only one patch per championship.

**307.10 All-American**

**307.10.1** The highest placing USMS member in each age group of each individual open water and long distance pool national championship event shall qualify as a USMS Long Distance All-American for the calendar year in which the event was conducted. Ties shall be allowed.

**307.10.2** The members of the highest placing USMS relay in each age group of each open water and long distance pool national championship event shall qualify as USMS Long Distance Relay All-Americans for the calendar year in which the event was concluded.

**307.11 All-Star Team**

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

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

**307.11.3** A swimmer shall earn points for a top 10 finish in each open water and 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 point.

**307.11.4** The swimmer with the highest point total in each age group shall be named to the All-Star Team. Ties shall be allowed.

## ARTICLE 308:
## USMS Records

**308.1 Records**

**308.1.1** The fastest official time or farthest distance achieved, as applicable, by a USMS member in a USMS-sanctioned competition, as verified by a fully completed USMS Long Distance Record Application, shall be designated as a USMS record. For records for pool meets, see article 105.3.

**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, 3000-yard, 6000-yard, and 5- and 10-kilometer virtual).

**308.1.3** To be considered for a USMS record, individual participants and relays must enter and complete the swim in a sanctioned event conducted in compliance with USMS rules.

**308.1.4 Timing for Records**

**A** Record times shall be listed in hundredths of a second (two decimal places). If times are tied to the hundredth of a second, the results shall be declared a tie and records should be shared by all swimmers thus tied.

**B** When a record attempt has been timed to the nearest second, 0.99 second shall be added to the time submitted and becomes the official time. When a record attempt has been timed to the nearest tenth of a second, 0.09 second shall be added to the time submitted and becomes the official time.

**C** When times are adjusted, the adjusted times are the official times and must be less than the current record to establish a new record.

**308.1.5 Cable Swims**

**A** Cable swim records may be made only in stationary, fresh water. No cable swim records will be recognized in any kind of sea or ocean water.

**B** The official time for establishing records shall be achieved and determined in accordance with articles 303.7.1A and 303.7.4.

**C** Swimmers must wear category I swimwear as defined in article 303.4.2 to be eligible for USMS records.

**D** USMS records for cable swims may not be established by using a swimmer's split time in an individual event.

**E** Swimmers applying for a cable swim record must submit a copy of the Application for Long Distance Cable Event Record to the Long Distance Committee chair.

**308.1.6 Long Distance Pool Swims**

**A** Long distance pool records can be made only in fresh water. No records will be recognized in any kind of sea or ocean water.

**B** The official time for establishing records shall be achieved and determined in accordance with article 306.6.

**C** Swimmers applying for a USMS long distance pool record in an individual or relay event must submit a copy of their split sheets in addition to their event entries.

**D** An individual may use the split time in one long distance pool event to establish a USMS record in a different long distance pool event if:

**(1)** The split is swum as an initial distance within an event.

**(2)** The swimmer completes the full distance or time of the sanctioned event.

**(3)** For events other than virtual national championships, the intent to record a split time is brought to the attention, in writing, of the event director at the time of entry in the longer event, and

**(4)** A stopwatch or electronic timing system is used to record the record split in accordance with article 306.6.

**E** A relay team may use their split times in one long distance pool event to establish a USMS record in a different long distance pool event if:

**(1)** Each split is swum as an initial distance within an event.

**(2)** Each swimmer completes the full distance or time of the sanctioned event.

**(3)** For events other than virtual championships, the intent to record a split time is brought to the attention, in writing, of the event director at the time of entry in the longer event, and

**(4)** A stopwatch or electronic timing system is used to record the record split in accordance with article 306.6.

# PART 4: PARTICIPATION, CONDUCT, HEARINGS, AND APPEALS

## ARTICLE 401: Participation

**401.1 Protection**
USMS and its LMSCs shall respect and protect the opportunity of every eligible individual to participate in USMS administrative activities and sanctioned or recognized events.

**401.2 Participation**
No member of USMS or any organization associated with USMS may deny or threaten to deny any eligible individual the opportunity to participate in USMS administrative activities or deny any member the opportunity to host or participate in USMS activities without just cause. It is not a violation of this article to restrict an individual's eligibility based on one or more of the following:

**401.2.1** The individual's age.

**401.2.2** Membership in the organization that is conducting the event.

**401.2.3** **Qualifying Times—**Any member or eligible individual who alleges that the opportunity to participate has been denied or is about to be denied by an individual or organization associated with USMS shall follow the procedures set forth in article 102.14.2 or article 403, as applicable, to seek redress for the alleged violation of opportunity.



## ARTICLE 402: Conduct

**402.1 Standards of Conduct**
The opportunity to participate in Masters swimming is made possible by USMS. Members and one-event registrants accept that this opportunity to participate is a privilege and as such shall conduct themselves with integrity and in a sporting manner. In matters relating to Masters swimming, members and one-event registrants shall respect and protect the privileges of others who share this mission; therefore, the privileges of membership and participation may be withdrawn or denied if the conduct of a member, prospective member, or one-event registrant is inconsistent with the mission of the organization or the best interest of the sport and those who participate in it.

**402.2 Compliance With Rules and Regulations**
It shall be the responsibility of all members and one-event registrants to comply with the rules and regulations of USMS and the applicable rules, constitution, and bureau decisions of World Aquatics.

**402.3 Enforcement**
Any prospective member may be denied membership; any member may be denied membership, censured, placed on probation, suspended, fined, or expelled from USMS;

and any person may be prohibited from one-event registration if such person engages or has engaged in any unsporting conduct listed in article 402.4.

**402.4 Unsporting Conduct**

Unsporting conduct includes:

**402.4.1** Violation of the opportunity to participate, as set forth in article 401.

**402.4.2** Discrimination in violation of article 501.3.

**402.4.3** Any act of fraud, deception, or dishonesty in connection with any USMS-related activity.

**402.4.4** Knowingly providing false information including name, date of birth, age, or gender on USMS membership applications, one-event registrations, or event entries.

**402.4.5** Any intentional nonconsensual physical contact, obscene language or gesture, or other threatening language or conduct directed toward members, volunteers, staff, or bystanders in connection with USMS administrative activities, events, or workouts.

**402.4.6** Any discrimination or harassment based on an individual's age, sex, race, ethnicity, national origin, religion, sexual orientation, gender identity, gender expression, genetic information, mental or physical disability, protected health and medical information, or any other status protected by federal, state, or local law, where applicable, directed toward members, volunteers, staff, or bystanders in connection with USMS administrative activities, events, or workouts. Application of *Part 1: Swimming Rules* regarding age groups, sex or gender categories, swimwear, and guidelines for officiating swimmers with disabilities shall not be considered as violations of this article.

**402.4.7** Any nonconsensual sexual conduct, pattern of unwelcome sexual advances, or other inappropriate sexually oriented behavior or action by a USMS member toward a member or any other person participating in any capacity whatsoever in the affairs or activities of USMS.

**402.4.8** Any act, conduct, or omission that is detrimental to the image or reputation of USMS, an LMSC, or the sport of swimming.

**402.4.9** Causing a credible and material risk to the safety of USMS members or others who may be present during USMS activities. A lifetime ban, declaration of permanent ineligibility, or permanent resignation of membership from a member organization of United States Aquatic Sports may be considered as evidence of a violation of this article 402.4.9.

**402.4.10** Aiding or abetting another person to engage in any of the foregoing conduct.

## ARTICLE 403:
## Hearings and Appeals

**403.1 National Board of Review**

The National Board of Review shall be composed of a chair and a pool of potential hearing panel members, all of whom shall be USMS members. The National Board of Review chair shall be appointed by the USMS president. The pool of potential hearing panel members shall be appointed by the chair. The Board of Directors shall approve

the appointment of the chair and the pool of potential hearing panel members. The term of the chair shall be two years, with no limit to the number of terms of service.

### 403.2 Grievances

A USMS member, an individual eligible for membership in USMS, or the chief executive officer may initiate a grievance upon allegation that any USMS member or any individual participating in the affairs of USMS has engaged in any of the unsporting conduct listed in article 402.4.

#### 403.2.1 Original and Exclusive National Board of Review Jurisdiction

Because certain disputes are most appropriate heard at the national level, the National Board of Review has original and exclusive jurisdiction to hear:

- **A** Any grievance between or among LMSCs or involving members of more than one LMSC.
- **B** Any grievance alleging violation of article 402.4.4 (providing false information) or article 402.4.9 (causing a credible and material risk to safety).
- **C** Any grievance initiated by the chief executive officer or designee on behalf of USMS or any USMS employee.
- **D** Any grievance alleging violation of article 402.4 and seeking redress affecting the alleged violator's eligibility for membership in USMS or for participation in event(s) as a one-event registrant.
- **E** Any dispute for which LMSC bylaws, rules, policies, or procedures preclude filing of a grievance.
- **F** Upon a majority vote of the Executive Committee, the National Board of Review may be assigned exclusive and immediate jurisdiction at any stage of any matter within the purview of this article 403 to serve the best interests of USMS or Masters Swimming.



#### 403.2.2 Original and Exclusive LMSC Jurisdiction

Grievances arising within a single LMSC and involving only allegations that a person has violated LMSC rules or policies shall be filed directly with such LMSC and handled according to LMSC rules and procedures.

#### 403.2.3 Original and Overlapping National Board of Review and LMSC Jurisdiction

- **A** Grievances other than those grievances described in article 403.2.1 may be filed directly with the relevant LMSC and handled according to LMSC rules and procedures. Alternatively, such grievances may be filed with the National Board of Review.
- **B** Grievances other than those grievances described in article 403.2.2 may be filed with the National Board of Review. Alternatively, such grievances may be filed directly with the relevant LMSC and handled according to LMSC rules and procedures.

#### 403.2.4 Appellate Jurisdiction

The National Board of Review has appellate jurisdiction to hear appeals of LMSC decisions.

**403.3 Authority of the National Board of Review**

The National Board of Review, through its chair and hearing panels, in hearing grievances and appeals of LMSC decisions, has the authority to:

**403.3.1** Impose penalties for any violation of the rules and regulations, administrative or technical, of USMS.

**403.3.2** Determine the eligibility and right to participate of any member or individual.

**403.3.3** Vacate, modify, sustain, reverse, or stay any decision or order properly submitted for review, or remand the matter for further action.

**403.3.4** Investigate any alleged election impropriety.

**403.3.5** Interpret any provision of the rules and regulations of USMS, with the exception of the rules of competition, which the National Board of Review shall defer to the USMS Rules (Part 1) or Long Distance (Part 3) Committees.

**403.3.6** Review any revocation, suspension, reinstatement of USMS membership, or challenge to the granting or denial of USMS membership.

**403.3.7** Issue such interim orders as may be necessary pending a final decision of the National Board of Review.

**403.3.8** Require the production of any available evidence bearing on an alleged violation.

**403.3.9** Take testimony from witnesses.

**403.3.10** Transcribe National Board of Review hearings.

**403.3.11** Assess costs and fees against one or more parties, and refund filing fees.

**403.3.12** Take such further action and make such further directives as deemed necessary under the circumstances.

**403.4 Authority of an LMSC**

An LMSC's bylaws or policies with respect to grievances may authorize the LMSC to:

**403.4.1** Impose penalties for any violation of the rules and regulations, administrative or technical, of USMS or of the LMSC. An LMSC's authority to penalize an individual extends only to violations occurring within that LMSC.

**403.4.2** Determine the eligibility and right to participate of any member or individual. An LMSC's authority to prohibit or limit particiation extends only to activities conducted within that LMSC.

**403.4.3** Investigate any alleged election impropriety within the LMSC.

**403.4.4** Interpret any provision of the LMSC's rules and regulations of USMS, with the exception of the rules of competition, which the LMSC shall defer to the USMS Rules (Part 1) or Long Distance (Part 3) Committees.

**403.4.5** Issue such interim orders as may be necessary pending a final decision by the LMSC.

**403.4.6** Require the production of any available evidence bearing on an alleged violation.

**403.4.7** Take testimony from witnesses.

**403.4.8** Transcribe LMSC hearings.

**403.4.9** Assess costs and fees against one or more parties, and refund filing fees.

**403.4.10** Take such further action and make such further directives as deemed necessary under the circumstances.

### 403.5 Duties of the National Board of Review Chair

With regard to grievances within the original or appellate jurisdiction of the National Board of Review, the National Board of Review chair must take one or more of the following actions:

**403.5.1** Initiate an investigation into misconduct alleged in any written grievance or appeal.

**403.5.2** Dismiss a grievance or appeal determined to be without merit, with the concurrence of the USMS president.

**403.5.3** Refer or remand a grievance or an appeal of an LMSC decision to the relevant LMSC.

**403.5.4** Mediate or delegate the mediation of a grievance or appeal.

**403.5.5** Appoint a hearing panel, drawn from the hearing panel pool, consisting of not less than three members to conduct a formal hearing to decide a grievance or appeal.

### 403.6 National Board of Review Procedures

The Board of Directors shall adopt and maintain National Board of Review procedures, which shall set forth the process that will be used for matters filed with the National Board of Review, including how disputes and appeals shall be filed, timing for each aspect of the National Board of Review hearing and appeal process, fees, structure of hearing panels, conduct of panel hearings, and notifications to the parties. The National Board of Review procedures shall be made publicly available and shall be updated on a periodic basis.

**403.6.1** An original grievance to the National Board of Review shall be initiated by a written filing made in accordance with the National Board of Review procedures.

**403.6.2** An appeal to the National Board of Review for review of an LMSC decision shall be initiated by a written filing made in accordance with the National Board of Review procedures.

### 403.7 Appeal of LMSC Decision to the National Board of Review

**403.7.1** In appeals from LMSC decisions, the National Board of Review chair shall exercise the authority detailed in article 403.5.

**403.7.2** Any review of an LMSC decision by a National Board of Review hearing panel shall be made on the basis of the evidence and materials submitted to the LMSC, the written decision of the LMSC, concise statements from involved parties as to why the LMSC's decision is incorrect or correct, and such further information as the hearing panel may, in its sole discretion, request.

### 403.8 Hearing Panel Procedure

If, pursuant to the authority in article 403.5, the National Board of Review chair chooses to appoint a hearing panel to decide a dispute, the National Board of Review procedures shall govern the process for submissions and scheduling, and the conduct of any hearing. A written decision shall be rendered by the hearing panel. The written decision shall set forth the right of appeal.

**403.8.1** Upon the request of either party for good cause shown, or upon determination by the hearing panel, the hearing may be held in private.

**403.8.2** The hearing panel shall have the authority to stay the enforcement of its decision during the time allowed for appeal of the decision, with the decision going into effect automatically if no timely appeal is filed.

**403.8.3** All mailings and other correspondence from the grievant(s), respondent(s), and any witnesses shall be made as prescribed by the chair.

**403.8.4** A written decision shall be rendered by the hearing panel and shall be mailed to the parties within 14 days after the hearing.

**403.8.5** Communications among the parties, the National Board of Review, and the hearing panel shall be made as prescribed by the National Board of Review chair.

**403.9 Appeal to the Board of Directors**

Any person directly affected by the National Board of Review's decision may appeal to the Board of Directors for review of any decision of the National Board of Review within 30 days of the receipt of the National Board of Review's written decision.

**403.9.1** The petition shall set forth the grounds for appeal, citing specific facts. The petition shall not include new evidence that was not part of the record from the National Board of Review.

**403.9.2** The Board of Directors panel may assess costs and fees against any or all named parties.

**403.9.3** The review by the Board of Directors panel shall be on the basis of the record from the National Board of Review and written briefs and shall not include new evidence. However, by majority vote, the Board of Directors panel may decide to take new evidence and hear testimony.

**403.9.4** The Board of Directors panel shall render a final and binding decision and a written decision shall be sent to all parties.

**403.10 Documentation**

The National Office shall maintain a permanent file of all evidence and written decisions pertaining to any matter that was reviewed by the National Board of Review or the Board of Directors pursuant to Part 4.

**403.11 Filing Fee**

The Board of Directors may establish fees for filing grievances with the National Board of Review and for filing appeals with the National Board of Review and the Board of Directors.

**403.12 Recognition and Enforcement**

Final decisions rendered by the National Board of Review or the Board of Directors pursuant to Part 4 shall, when applicable, be recognized and fully enforced.

# PART 5: UNITED STATES MASTERS SWIMMING INC.: ORGANIZATION AND BYLAWS

## ARTICLE 501: Membership

**501.1 Membership Categories**
The membership of United States Masters Swimming Inc., hereinafter sometimes referred to as USMS, shall consist of the following categories:

**501.1.1** **Club—**Clubs that register with USMS (article 201.2).

**501.1.2** **Individual—**Individuals who register with USMS (article 201.1).

**501.1.3** **Affiliate—**Organizations that have an interest in Masters swimming. Organizations shall apply to the National Office for affiliate membership. Membership shall be granted or denied by the Board of Directors and shall be coincident with the individual membership year. Dues for affiliate members shall be established by the Board and entitle each affiliate member to one nonvoting delegate to the House of Delegates. Additional nonvoting delegates may be granted by a majority vote of the Board.

**501.1.4** **Allied—**Organizations that have an interest in Masters swimming and also have a national swimming program, national competition that provides for athlete development, due process, a rule book, and an officials training program. Organizations shall apply to the National Office for allied membership. Membership shall be granted or denied by the Board of Directors and shall be coincident with the individual membership year. Dues for allied members shall be established by the Board and entitle each allied member to one nonvoting seat on the Board of Directors and one nonvoting delegate to the House of Delegates. Additional nonvoting delegates may be granted by a majority vote of the Board.

**501.1.5** **Other—**Any organization that is interested in swimming on either the national or local level. The House of Delegates may establish classes for such membership.

**501.2 Mandatory Memberships**
All of the following shall hold individual memberships in USMS:

**501.2.1** Members of the House of Delegates and Board of Directors.

**501.2.2** Members of standing committees and ad hoc committees of USMS.

**501.2.3** Members of the National Board of Review.

**501.2.4** Appointees.

**501.2.5** Officers and members of the board of directors of each LMSC.

**501.3 Equal Opportunity**
Membership in USMS shall not be denied by virtue of race, creed, gender, gender identity (including gender expression), religion, political affiliation, disability, sexual orientation, or national origin.

## ARTICLE 502:
## Local Masters Swimming Committee (LMSC)

A Local Masters Swimming Committee is a subordinate organization of the corporation with supervisory responsibilities within a specified geographical territory.

**502.1 LMSC Membership**
Each LMSC shall consist of individual members and club members registered through that LMSC. An LMSC shall not place any restrictions on the formation of clubs.

**502.2 Bylaws**
Each LMSC shall be governed by bylaws that are consistent with USMS objectives and goals.

**502.3 Annual Meeting**
Each LMSC shall hold an annual meeting open to all individual members of the LMSC.

**502.4 Fiscal Year**
Each LMSC shall have a one-year fiscal period for tax and accounting purposes commencing on the first day of January.

**502.5 Election of Officers**
Each LMSC shall provide for periodic election of officers in its bylaws. All LMSC members must be notified of the procedure, time, date, and if appropriate, location of the election a minimum of 15 days prior to the election.

**502.6 Filing of Bylaws**
Each LMSC shall file a copy of its current bylaws with the USMS National Office.

**502.7 Official Names and Boundary Descriptions**
The official name and geographic boundary of each LMSC shall be as follows:

**Adirondack—**The state of New York east and north of Oswego, Onondaga, Cortland, Broome, Sullivan, Orange, and Dutchess Counties.
**Alaska—**The state of Alaska.
**Allegheny Mountain—**The commonwealth of Pennsylvania west of but not including the counties of Potter, Clinton, Centre, Huntingdon, and Bedford. In the state of West Virginia, the counties of Marshall, Brooke, Ohio, and Hancock. In the state of Ohio, the counties of Columbiana, Belmont, and Jefferson.
**Arizona—**The state of Arizona.
**Arkansas—**The state of Arkansas. In the state of Texas, Bowie County, and in the state of Missouri, Jasper, McDonald, and Newton Counties.
**Colorado—**The states of Colorado and Wyoming.
**Connecticut—**The state of Connecticut.
**Delaware Valley—**The state of New Jersey south of Mercer, Monmouth, and Ocean Counties. The state of Delaware. In the state of Maryland, Cecil County. The commonwealth of Pennsylvania east of and including Potter, Clinton, Centre, Huntingdon, and Bedford Counties.
**Florida—**The state of Florida except the counties of Palm Beach, Broward, Miami-Dade, Monroe, and that part of Hendry County east of Route 833; and also ex-

cluding the counties of Escambia, Santa Rosa, Okaloosa, Walton, Holmes, Washington, Bay, and that part of Calhoun and Jackson Counties west of the Apalachicola River.
**Florida Gold Coast—**In the state of Florida, the counties of Palm Beach, Broward, Miami-Dade, Monroe, and that part of Hendry County east of Route 833.
**Georgia—**The state of Georgia.
**Gulf—**That part of the state of Texas bounded on the north by and including the counties of Shelby, Nacogdoches, Angelina, Houston, Leon, and Robertson; and on the west by and including the counties of Brazos, Grimes, Waller, Fort Bend, Wharton, Colorado, and Matagorda.
**Hawaii—**The state of Hawaii.
**Illinois—**The state of Illinois except the counties of Calhoun, Greene, Jersey, Madison, St. Clair, Monroe, and Jackson.
**Indiana—**The state of Indiana except the counties of Floyd and Clark.
**Inland Northwest—**The eastern portion of the state of Washington east of and including the counties of Okanogan, Chelan, Kittitas, Yakima, and the portion of Klickitat County east of Highway 97 and including the city of Goldendale. The northern portion of the state of Idaho north of and including Idaho County.
**Iowa—**The state of Iowa.
**Kentucky—**The commonwealth of Kentucky. In the state of Indiana, the counties of Floyd and Clark.
**Lake Erie—**In the state of Ohio, the counties of Seneca, Crawford, Erie, Huron, Richland, Lorain, Ashland, Cuyahoga, Medina, Wayne, Summit, Lake, Geauga, Portage, Stark, Tuscarawas, Ashtabula, Trumbull, and Mahoning.
**Maryland—**The state of Maryland except the counties of Cecil, Montgomery, and Prince George's.
**Metropolitan—**The state of New York south of and including Sullivan, Orange, and Dutchess Counties.
**Michigan—**The state of Michigan.
**Minnesota—**The state of Minnesota. In the state of Wisconsin, the counties of St. Croix, Dunn, and Pierce.
**Missouri Valley—**The state of Kansas. The state of Missouri west of and including the counties of Schuyler, Adair, Macon, Randolph, Audrain, Callaway, Cole, Moniteau, Morgan, Benton, Hickory, Polk, Greene, Christian, and Taney, excluding the counties of Jasper, McDonald, and Newton.
**Montana—**The state of Montana except the counties of Dawson and Wibaux.
**Nebraska—**The state of Nebraska.
**New England—**The states of New Hampshire, Vermont, Rhode Island, and Maine, and the commonwealth of Massachusetts.
**New Jersey—**The state of New Jersey north of and including the counties of Mercer, Monmouth, and Ocean.
**New Mexico—**The state of New Mexico and part of the state of Texas west of but not including the counties of Val Verde, Sutton, Schleicher, Concho, Runnels, Taylor, Jones, Haskell, Knox, Foard, and Hardeman.
**Niagara—**The state of New York west of and including the counties of Oswego, Onondaga, Cortland, and Broome.
**North Carolina—**The state of North Carolina.
**North Dakota—**The state of North Dakota. In the state of Montana, the counties of Dawson and Wibaux.
**North Texas—**The northern part of the state of Texas bounded on the west by and including the counties of Hardeman, Foard, Knox, Haskell, Jones, and Taylor; on the

south by but not including the counties of Coleman, Brown, Mills, Lampasas, Bell, Milam,Robertson, Leon, Houston, Angelina, Nacogdoches, and Shelby; and excluding Bowie County.

**Ohio—**The state of Ohio except the counties of Seneca, Crawford, Erie, Huron, Richland, Lorain, Ashland, Cuyahoga, Medina, Wayne, Summit, Lake, Geauga, Portage, Stark, Tuscarawas, Ashtabula, Trumbull, Mahoning, Columbiana, Jefferson, and Belmont.

**Oklahoma—**The state of Oklahoma.

**Oregon—**The state of Oregon except Malheur County. In the state of Washington, the counties of Cowlitz, Clark, Skamania, and that portion of Klickitat County west of Highway 97.

**Ozark—**The state of Missouri east of and including the counties of Scotland, Knox, Shelby, Monroe, Pike, Montgomery, Osage, Miller, Camden, Dallas, Webster, Douglas, and Ozark. In the state of Illinois, the counties of Calhoun, Greene, Jersey, Madison, St. Clair, Monroe, and Jackson.

**Pacific—**The state of California north of but not including the counties of San Luis Obispo, Kern, and San Bernardino. In the state of Nevada, the counties of Washoe, Humboldt, Pershing, Lander, Churchill, Storey, Carson City, Douglas, Lyon, and Mineral.

**Pacific Northwest—**The state of Washington west of but not including the counties of Okanogan, Chelan, Kittitas, and Yakima; and north of but not including the counties of Cowlitz and Skamania.

**Potomac Valley—**The District of Columbia. In the state of Maryland, the counties of Montgomery and Prince George's. In the commonwealth of Virginia, the counties of Arlington and Fairfax and the cities of Alexandria, Fairfax, and Falls Church.

**San Diego–Imperial—**In the state of California, the counties of San Diego and Imperial.

**Snake River—**The state of Idaho south of and excluding Idaho County. In the state of Nevada, the counties of Elko, Eureka, and White Pine. In the state of Oregon, Malheur County.

**South Carolina—**The state of South Carolina.

**South Dakota—**The state of South Dakota.

**South Texas—**The southern part of the state of Texas bounded on the east by and not including the counties of Matagorda, Wharton, Colorado, Fort Bend, Waller, Grimes, Brazos, and Robertson; on the north by and including the counties of Milam, Bell, Lampasas, Mills, Brown, Coleman, and Runnells; and on the west by and including the counties of Concho, Schleicher, Sutton, and Val Verde.

**Southeastern—**The states of Alabama and Tennessee. In the state of Florida, the counties of Escambia, Santa Rosa, Okaloosa, Walton, Holmes, Washington, and Bay, and that part of Jackson and Calhoun Counties west of the Apalachicola River.

**Southern—**The states of Louisiana and Mississippi.

**Southern Pacific—**In the state of California, the counties of San Luis Obispo, Kern, San Bernardino, Santa Barbara, Ventura, Los Angeles, Orange, and Riverside. In the state of Nevada, the counties of Clark, Lincoln, Nye, and Esmeralda.

**Utah—**The state of Utah.

**Virginia—**The commonwealth of Virginia except the counties of Arlington and Fairfax and the cities of Alexandria, Fairfax, and Falls Church. The state of West Virginia except the counties of Hancock, Brooke, Ohio, and Marshall.

**Wisconsin—**The state of Wisconsin except the counties of St. Croix, Dunn, and Pierce.

**502.8 Records and Record Keeping**
Each LMSC shall comply with the financial record-keeping and reporting requirements of USMS. The LMSC shall forward to the USMS National Office the minutes of the annual meeting and annual financial reports by April 30.

**502.9 Financial Controls**
LMSC funds shall not be commingled with funds of USMS clubs, individual members, or any other person or entity.

**502.10 LMSC Championship Meets**
Each LMSC may conduct championship meets, but pool meets identified as such should not be scheduled beginning the weekend before, through, and including the weekend following the USMS short course and long course national championship meets.

**502.11 LMSC Standards**
Each LMSC shall comply with the LMSC standards policy approved by the USMS Board of Directors and posted on the USMS website.

## ARTICLE 503:
## Zones

**503.1 Zone Names and Boundaries**
The official names and constituent LMSCs for each of the zones shall be as follows:

**Breadbasket—**Colorado, Iowa, Minnesota, Missouri Valley, Nebraska, North Dakota, Ozark, South Dakota.
**Colonies—**Adirondack, Connecticut, Delaware Valley, Maryland, Metropolitan, New England, New Jersey, Niagara, Potomac Valley, Virginia.
**Great Lakes—**Allegheny Mountain, Illinois, Indiana, Kentucky, Lake Erie, Michigan, Ohio, Wisconsin.
**Northwest—**Alaska, Inland Northwest, Montana, Oregon, Pacific Northwest, Snake River, Utah.
**Oceana—**Hawaii, Pacific.
**South Central—**Arkansas, Gulf, Oklahoma, North Texas, South Texas.
**Southeast—**Florida, Florida Gold Coast, Georgia, North Carolina, South Carolina, Southeastern, Southern.
**Southwest—**Arizona, New Mexico, San Diego–Imperial, Southern Pacific.

**503.2 Zone Meetings**
Each zone shall conduct a meeting in conjunction with the annual meeting of the House of Delegates. Meetings between the annual meetings of the House of Delegates may be called at the discretion of the zone chair or as indicated in zone policies. The zone chairs or designees shall preside at all meetings of their respective zones. Minutes of each meeting should be maintained and forwarded to the vice president of local operations.

**503.3 Zone Chairs**

**503.3.1** Zone chairs shall be elected in odd-numbered years at the zone meeting held in conjunction with the annual meeting of the House of Delegates. The term of office shall be two years.

**503.3.2** Zone chairs shall be residents and members of an LMSC in their respective zones.

**503.3.3** If a vacancy in the position of zone chair occurs, the vice president of local operations shall consult with the chair of each LMSC in that zone and ap-

point a new or replacement zone chair, with the concurrence of the USMS president.

**503.3.4** Each zone chair is eligible for election to the same office for two consecutive terms. No person so elected for two successive terms is eligible for reelection to the same position until after the lapse of two years following the term of office to which that person was last elected.

**503.4 Zone Policies**

Each zone may adopt and maintain policies that provide direction on such items as voting rights at meetings, budgets, and financial records, zone championship meet conduct, zone records, and zone Top 10.

**503.5 Zone Championship Meets**

Each zone may conduct zone championship meets that should not be scheduled from the weekend before through the weekend following the USMS short course and long course national championship meets.

**503.6 Communications**

Zone chairs shall enhance communications among the LMSCs to promote Masters Swimming within the zones.

## ARTICLE 504: House of Delegates

**504.1 Membership**

All members of the House of Delegates shall maintain membership until their successors are selected, except that membership may be terminated by resignation filed with the secretary. The House of Delegates of USMS shall consist of the following:

**504.1.1** One member from each LMSC. If the LMSC has more than 300 individual members, it is entitled to one additional member. For each additional 500 individual members, the LMSC is entitled to one more member in the House of Delegates. Figures shall be determined by the records of the National Office for the previous year or June 15 of the current year, whichever is the greater.

**504.1.2** All voting members of the Board of Directors.

**504.1.3** All past presidents.

**504.1.4** All zone chairs.

**504.1.5** All voting members of the Finance, Legislation, Long Distance, and Rules Committees; the chairs of all standing committees; the chairs of permanent committees of the Board; the legal counsel; and the National Board of Review chair.

**504.1.6** At-large members representing up to 10 percent of the total membership of the House of Delegates. These members shall be appointed by the president of USMS.

**504.1.7** Nonvoting delegates from affiliate and allied members.

**504.2 Powers**

The powers of the House of Delegates shall be as follows:

**504.2.1** To determine the *Guiding Principles* that govern USMS in all of its activities.

**504.2.2** To elect officers and directors.

**504.2.3** To admit to group membership or individual membership any organization or person eligible under this code and who applies for membership.

**504.2.4** To create, modify, or disband standing committees.

**504.2.5** To prescribe and amend the *USMS Code of Regulations and Rules of Competition* (Parts 1–6 and *Guiding Principles)*. Explanation, interpretation, and housekeeping shall be delegated to the chair and/or committee of jurisdiction.

**504.2.6** To receive and approve all annual reports.

**504.2.7** To delegate any power in article 504.2 to other USMS entities with the exception of elections and adoption of amendments to the *USMS Code of Regulations and Rules of Competition.*

### 504.3 Meetings of the House of Delegates

**504.3.1** Meetings of the House of Delegates may be conducted by assembling delegates in one or more physical locations, telephone conferencing, video or web conferencing, or any combination of these methods.

**504.3.2** An annual meeting of the House of Delegates shall be held each calendar year no later than November 1 unless the Board of Directors deems that emergency circumstances warrant a later date. The annual meeting shall, at a minimum, cover the business necessary to exercise the powers described in article 504.2.

**504.3.3** Other meetings of the House of Delegates may be held as necessary to conduct business in accordance with the powers described in article 504.2.

**504.3.4** A written notice of each meeting of the House of Delegates, stating the date, time, place, method, and preliminary agenda, shall be delivered to each member of the House of Delegates by postal or electronic mail to each member's last known address at least three weeks prior to the meeting date.

**504.3.5** Each member of the House of Delegates, except for the representatives of allied and affiliate members, shall have one vote on each matter submitted to the House of Delegates for vote, consent, waiver, release, or other action. There shall be no voting by proxy.

**504.3.6** A quorum for the annual meeting shall consist of those members of the House of Delegates present and voting. A quorum for other meetings shall consist of at least 50 percent of members.



## ARTICLE 505: Officers

### 505.1 Positions

The elected officers of USMS shall be president, vice president of administration, vice president of community services, vice president of local operations, vice president of programs, secretary, and treasurer. No person may concurrently hold more than one such office.

### 505.2 Elections and Term of Office

**505.2.1** All officers of USMS shall be elected by the members of the House of Delegates at annual meetings held in odd-numbered years. Their terms of office shall commence at the close of the annual meeting of the House of Delegates at which they are elected.

**505.2.2** Elected officers shall hold office for two years or until their successors are elected and qualified.

**505.2.3** The current election operating guidelines shall govern the nomination and election proceedings.

**505.2.4** Each officer is eligible for election to the same office for two terms. No person so elected for two successive terms is eligible for reelection to the same office until after the lapse of two years following the term of office to which that person was last elected.

**505.3 Duties of Officers**

The duties of the officers shall be as follows:

**505.3.1** The president shall:

**A** Order meetings of USMS as provided in the code and preside at all meetings of USMS.

**B** Exercise all the duties pertaining to this office in accordance with the code.

**C** Serve as an ex officio member of all committees.

**D** Make appointments as required in Part 5 and as necessary to carry out the business of the corporation.

**E** Serve as chair of the Board of Directors and the Executive Committee, and as the presiding officer of the House of Delegates.

**505.3.2** The vice presidents shall:

**A** Chair their respective divisions as designated on the USMS website at www.usms.org/volunteer-central/board-and-committees/organizational-structure.

**B** Coordinate their respective committees' activities and funding as set forth in article 507.

In the event the president is unable to perform assigned duties, the vice president of administration shall perform these duties or, if the vice president of administration is unable to perform such duties, they pass to the vice president of local operations.

**505.3.3** The secretary shall make proper arrangements to:

**A** Keep the records of USMS and the House of Delegates.

**B** Conduct all official correspondence of USMS.

**C** Issue all official notices of all meetings of the House of Delegates and Board of Directors.

**D** Serve as secretary of the House of Delegates and Board of Directors.

**505.3.4** The treasurer shall:

**A** Be the custodian of all corporate funds.

**B** Oversee the receipt of all USMS funds and all deposits to the accounts of USMS.

**C** Oversee the disbursement of USMS funds as authorized in accordance with the budget.

**D** Invest USMS funds in a prudent manner for the benefit of USMS, in accordance with the investment policies established by the Board of Directors.

**E** Oversee the maintenance of accurate and reliable financial records that document the receipt and disbursement of USMS funds.

**F** Ensure that internal accounting controls are in place to protect USMS assets.

## ARTICLE 506:
## Board of Directors

### 506.1 Membership

**506.1.1** The voting members of the Board of Directors of this corporation shall consist of:

**A** Each voting member of the Executive Committee.

**B** An at-large director from each zone.

**506.1.2** The nonvoting members of the Board of Directors shall consist of the chief executive officer, legal counsel, and a representative of each allied organization (as approved by the Board of Directors).

### 506.2 Election and Term of Office of At-Large Directors

**506.2.1** An at-large director from each zone, nominated by a member in good standing of an LMSC in that zone, shall be elected by the House of Delegates at annual meetings held in even-numbered years. Their terms of office shall commence at the close of the annual meeting of the House of Delegates at which they are elected.

**506.2.2** At-large directors shall hold office for two years or until their successors are elected.

**506.2.3** The current election operating guidelines shall govern the nomination and election proceedings.

**506.2.4** Each at-large director is eligible for election for no more than two consecutive terms, regardless of the nominating zone. No person elected for two consecutive terms is eligible for reelection until two years have elapsed following the term of office to which that person was last elected.

### 506.3 Powers

The powers of the Board of Directors shall be:

**506.3.1** To act for USMS and the House of Delegates between meetings of the House of Delegates, except that it shall not have the authority to assume the non-delegable powers of the House of Delegates set forth in article 504.2.2.

**506.3.2** To alter, amend, or repeal the articles of incorporation.

**506.3.3** To adopt and amend policies of USMS.

**506.3.4** To create, modify, or disband committees of the Board.

**506.3.5** To provide for efficient and effective use of financial and other resources.

**506.3.6** To prepare or cause to be prepared and approve the USMS budget for the next fiscal year.

**506.3.7** To consider and make determinations regarding budget variance requests.

**506.3.8** To employ, evaluate, and terminate a chief executive officer, who shall report to the Board of Directors.

**506.3.9** To oversee elections of officers and Board members, in accordance with election operating guidelines. Conduct of officer and Board member elections shall be delegated to the Elections Committee.

**506.3.10** To exercise the emergency power to approve the adoption, amendment, or suspension of any swimming rule (Part 1 or Part 3) or administrative regulations of competition (Part 2) in accordance with article 601.5.

**506.3.11** To call all meetings of the House of Delegates and of USMS and to fix the time, place, and method for holding all such meetings.

**506.4 Meetings**

**506.4.1** A minimum of two meetings of the Board of Directors shall be held each year.

**506.4.2** Meetings of the Board of Directors shall be held at any time or place, within or without the state of Florida, pursuant to (i) a resolution of the Board of Directors or (ii) a call signed by the president or any three directors. Two days' written notice of such meeting shall be given to each director. Notice of any meeting may be waived in writing before or after such meeting.

**506.4.3** The Board of Directors may participate in any regular or special meeting by, or conduct the meeting through the use of, any means of communication, including telephone, by which all directors participating may simultaneously hear each other during the meeting. A director participating in a meeting by this means is deemed to be present in person at the meeting.

**506.5 Quorum**

The presence of a majority of the directors with voting privileges shall constitute a quorum at any meeting of the Board of Directors.

**506.6 Voting Privileges**

Each voting member of the Board of Directors shall have one vote. The president may vote by ballot or when the vote could change the outcome. There shall be no voting by proxy.

**506.7 Permanent Committees of the Board**

There shall be permanent committees of the Board as set forth in this article. Unless otherwise stated in this article, the president, with the concurrence of the Board, shall appoint the committee chair and the members of each permanent committee. The presence of a majority of the committee members with voting privileges shall constitute a quorum at any meeting of a permanent committee of the Board, except for scheduled meetings in conjunction with the annual meeting of the House of Delegates, where a quorum shall consist of those members of the committee present and voting.

**506.7.1** **Audit Committee—**The Audit Committee shall assist the Board of Directors with its financial oversight responsibilities. The committee shall review and monitor the reliability and integrity of the financial statements of Masters Swimming; monitor compliance with tax, legal, and regulatory requirements; monitor and evaluate effectiveness of the organization's operating systems; and monitor the independence and performance of USMS's external auditors. In performing its duties, the committee shall confer directly with USMS management and external auditors and shall report its findings and recommendations in writing to the Board.

**506.7.2** **Compensation and Benefits Committee—**The Compensation and Benefits Committee shall assist the Board of Directors in setting the compensation and performance goals of the chief executive officer and shall make recom-

mendations to the Board of Directors regarding compensation and benefit plans, policies, and programs for USMS.

**506.7.3 Elections Committee—**The Elections Committee shall:

**A** Propose policies pertaining to the conduct of elections for officers and at-large directors for approval by the Board of Directors.

**B** Be responsible for conducting elections of officers and at-large directors, in accordance with election operating guidelines.

The members of the Elections Committee shall not have conflicts of interest with such elections. Candidates for election are not eligible to serve on the committee.

**506.7.4 Finance Committee—**The Finance Committee shall:

**A** Propose policies pertaining to the financial affairs of USMS for approval by the Board of Directors.

**B** Review the reports of the treasurer and National Office.

**C** Review a summary of the above reports prepared by the National Office to be presented to the Board of Directors.

**D** Annually review budget requests for the next fiscal year.

**E** Assist in the preparation of the USMS annual budget for the next fiscal year and submit to the Board of Directors for approval.

**506.7.5 Governance Committee—**The Governance Committee shall be responsible for ongoing review and recommendations to enhance the quality and future viability of the Board and the USMS governance structure, including committees and local and regional divisions of USMS. The committee shall be composed of Board and non-Board members with relevant involvement or expertise in governance and organizational development. The president shall appoint all committee members and a chair of the committee.

**506.7.6 Investment Committee—**The Investment Committee shall be responsible for developing and submitting written recommendations for Board of Directors' approval of investment objectives, asset allocation targets, and performance measurement standards that are consistent with the overall fund investment goals. The committee shall review and evaluate investment results at least quarterly and take whatever action is deemed prudent when the advisor or any selected investment fails to meet performance expectations. The committee shall be responsible for ensuring compliance with all relevant federal and state regulation.

**506.8 Executive Committee**

**506.8.1** The Executive Committee shall be a committee of the Board of Directors.

**506.8.2** The voting members of the Executive Committee shall consist of:

**A** The officers of USMS.

**B** The immediate past president.

**506.8.3** The nonvoting members of the Executive Committee shall consist of:

**A** The legal counsel.

**B** The chief executive officer.

**506.8.4** The Executive Committee shall have the authority to:

**A** Carry out policies established by the Board of Directors.

**B** In an emergency, assume the policy-making responsibilities of the Board of Directors. An action taken under this emergency provision shall be effective until the next meeting of the Board of Directors. The president shall make a detailed report of the actions taken to the entire membership of the Board of Directors within 30 days of the action taken.

**506.9 Removal of Board Members**

A voting director, including an officer, may be removed by the Board for failing to attend more than half of the Board meetings during any 12-month period, unless there are demonstrable extenuating circumstances to excuse the absences. Lacking such circumstances, the director shall be removed by a two-thirds vote of the Board. The director in question shall have no vote on such removal.

**506.10 Vacancies**

A vacancy in the position of a voting director, including an officer, may be filled for the remainder of the unexpired term by the Board of Directors. An appointed director/officer shall have full rights and responsibilities of the position/office.

## ARTICLE 507:
## Committees and Appointments

**507.1 Standing Committees**

Standing committees shall be as listed in this article. Unless otherwise specified in this article, the president, with the concurrence of the Executive Committee, shall appoint the chair of each committee, and the president, with the concurrence of the committee chair, shall choose committee members from the individual membership of USMS. When practical, each committee shall have representation from each zone. Committee chairs and committee members shall serve at the pleasure of the president. Each standing committee shall report to an officer of the corporation, who shall be an ex officio member of that committee. Standing committees shall conduct business as necessary throughout the year, as stated in USMS policy. Each committee member shall have one vote. The president may appoint associate members to committees that have reached their full membership. Associate members have participatory rights but no vote or automatic delegate status. The chief executive officer or designee shall be an ex officio member of each standing committee. Associate and ex officio members shall have voice but no vote. The presence of a majority of the committee members with voting privileges shall constitute a quorum at any meeting of a standing committee, except for scheduled meetings held in conjunction with the annual meeting of the House of Delegates, where a quorum shall consist of those members of the committee present and voting.

**507.1.1** **Championship Committee—**The Championship Committee shall serve in an advisory capacity to national championship hosts and make recommendations and decisions that enhance the quality of championship meets. The committee, with the assistance of the USMS National Office staff, shall solicit and receive bid proposals. The committee shall review bid proposals and select sites for national championship meets. The committee shall consist of the committee chair and sufficient members to execute the committee function, including at least three members who have had

experience in overseeing a national championship meet and two members without such experience.

**507.1.2** **Coaches Committee—**The Coaches Committee shall recruit, educate, and support coaches for USMS members. The committee shall consist of the committee chair and sufficient members to execute the committee function.

**507.1.3** **Diversity and Inclusion Committee—**The Diversity and Inclusion Committee shall help create a culture of inclusion and opportunity in USMS for people of diverse backgrounds by developing resources and engaging coaches, LMSCs, and local volunteers. The committee shall consist of the committee chair and sufficient members to execute the committee function.

**507.1.4** **History and Archives Committee—**The History and Archives Committee shall record, collect, and preserve documents, stories, photos, exhibits, oral histories, and other memorabilia in an appropriate repository and in durable formats to ensure that the achievements of USMS and Masters swimmers will be maintained for posterity. The archived information shall be made available. The committee shall consist of the committee chair and sufficient members to execute the committee function.

**507.1.5** **Legislation Committee—**The Legislation Committee may initiate and shall receive, consider, and report proposed amendments within its jurisdiction, with the committee's recommendations, in accordance with the provisions of Part 6. The Legislation Committee has jurisdiction over proposed amendments to: *Guiding Principles, Part 2: Administrative Regulations of Competition, Part 4: Participation, Conduct, Hearings, and Appeals, Part 5: United States Masters Swimming Inc.: Organization and Bylaws,* LMSC and zone names and boundary descriptions, and *Part 6: Amendment Procedures.* The Legislation Committee is also responsible for changes to the Glossary and other informational material required to clarify or explain provisions within its jurisdiction. When necessary, the committee shall interpret and render opinions regarding any provision within the committee's jurisdiction. The committee shall consist of the committee chair and sufficient members to execute the committee function, with at least one member from each zone, not to exceed 16 additional members. The Rules Committee chair shall be an ex officio member of the committee.

**507.1.6** **LMSC Development Committee—**The LMSC Development Committee shall work to strengthen LMSC governance and operations by providing educational opportunities and mentoring for LMSC boards and officers. The committee shall provide support for LMSCs. The committee shall review and identify LMSCs that are not meeting LMSC standards as defined by the Board of Directors and assist them in achieving compliance. The committee may consult with other committees and special appointments as necessary for this purpose. The committee may provide recommendations to the Legislation Committee regarding proposed amendments to LMSC and zone names and boundary descriptions. The committee shall consist of the committee chair and sufficient members to execute the committee function.

**507.1.7** **Long Distance Committee—**The Long Distance Committee shall oversee the rules and administration of open water and long distance events. The committee shall solicit and review bid proposals and select the sites for the long distance championship events. The committee shall work

in a coordinating and advisory capacity with event hosts and make recommendations to enhance the quality of long distance championship events. The Long Distance Committee shall promote the development of and participation in open water swimming. The committee shall develop educational resources for open water participants and event directors. The committee shall increase awareness about open water swimming and identify opportunities to promote USMS. The committee shall maintain records and select the Long Distance All-American and Long Distance All-Star Teams. The committee shall ensure that the competitive rules in Part 3 of the USMS rules and regulations provide for fair and equitable competition in the best interests of all USMS members and that members are informed of current rules, interpretations, and changes. The committee may initiate and shall receive, consider, and report proposed amendments within its jurisdiction, with the committee's recommendations, in accordance with the provisions of Part 6. When necessary, the committee shall interpret and render opinions regarding any provision within the committee's jurisdiction. The Long Distance Committee has jurisdiction over proposed amendments to *Part 3: Open Water and Long Distance Swimming Rules.* The committee is also responsible for changes to the *Glossary* and other informational material to clarify or explain provisions within its jurisdiction. The committee shall consist of the committee chair and no more than 16 additional members.

**507.1.8** **Officials Committee—**The Officials Committee shall be responsible for conducting training, education, and certification programs to ensure that the competitive program offered to USMS members is conducted with the highest standard of professional officiating and in full conformance with USMS rules and regulations. The committee shall consist of the committee chair and sufficient members to execute the committee function.

**507.1.9** **Recognition and Awards Committee—**The Recognition and Awards Committee shall promote recognition of service to USMS. The committee shall review and approve proposals for all official USMS service awards and ensure that a history of all service awards is maintained. The committee shall be involved in determining method of recognition and recipient selection when appropriate. The committee shall consist of the committee chair, at least two Ransom J. Arthur Award recipients, and sufficient members to execute the committee function. The committee should include representatives from other committees that present service awards.

**507.1.10** **Records and Tabulation Committee—**The Records and Tabulation Committee shall establish and maintain standardized procedures to verify and record results of pool meets. This shall include maintaining the list of certified pool measurements and coordinating sanction, pool measurement, and event results databases. The committee shall maintain USMS records, All-American and All-Star rosters, and USMS Top 10 times for each course, and shall publish all of the above at least annually. The committee shall consist of the committee chair and sufficient members to execute the committee function.

**507.1.11** **Rules Committee—**The Rules Committee shall ensure that the competitive rules in Part 1 of the USMS rules and regulations provide for fair and equitable competition in the best interests of all USMS members. The committee shall ensure that the USMS members are informed of current

rules, interpretation, and changes. The committee may initiate and shall receive, consider, and report proposed amendments, with the committee's recommendations, in accordance with the provisions of Part 6. The Rules Committee has jurisdiction over proposed amendments to *Part 1: Swimming Rules*. The Rules Committee is also responsible for changes to the *Glossary* and other informational material required to clarify or explain provisions within its jurisdiction. When necessary, the committee shall interpret and render opinions regarding any provision within the committee's jurisdiction. The committee shall consist of the committee chair and sufficient members to execute the committee function, with at least one member from each zone, not to exceed 16 additional members. The Legislation Committee chair, the Officials Committee chair, and the USA Swimming Rules and Regulations Committee chair shall be ex officio members of the committee.

**507.2 Ad Hoc Committees**

The president may establish other committees on an ad hoc basis that are deemed necessary to carry out the duties of the president. The president shall provide the Board of Directors a written description of the ad hoc committee's purpose.

**507.3 Appointments**

**507.3.1 Legal Counsel—**The president shall appoint the legal counsel. The legal counsel shall be an ex officio member of the Board of Directors, Executive Committee, and Legislation Committee.

**507.3.2 Special Assignments—**The president may make special assignments that are deemed necessary to carry out the duties of the president and shall provide a written description of duties to the Board of Directors.

**507.3.3 Liaisons—**The president may appoint liaisons to other organizations to further the interests of USMS. The president shall provide a written description of duties to the Board of Directors.



## ARTICLE 508: Financial Policy

**508.1 Fiscal Year**

USMS shall have a one-year fiscal period for tax and accounting purposes commencing on the first day of January.

**508.2 Fees**

Membership registration, national sanction, and national recognition fees shall be established by the House of Delegates.

## ARTICLE 509: Parliamentary Authority

**509.1 Parliamentary Authority**

Unless otherwise specified, and subject to all standing rules, the current *Robert's Rules of Order* shall govern all USMS meetings and proceedings.

## ARTICLE 510:
## Indemnification

**510.1 Coverage**
Each person who is or was a director, officer, or employee of USMS (including the heirs, executors, administrators, or estate of such person) shall be indemnified by USMS to the full extent permitted by the Nonprofit Corporation Law of the state of Florida against any liability, cost, or expense incurred in the capacity as director, officer, or employee, or arising out of the status as a director, officer, or employee (including serving at the request of USMS as a director, trustee, officer, employee, or agent of another not-for-profit organization).

**510.2 Insurance**
USMS may maintain insurance, at its expense, to protect itself and any such person against any such liability, cost, or expense. For the purpose of article 510, references to "USMS" include all constituents absorbed in a consolidation or merger as well as the resulting or surviving corporation.

## ARTICLE 511:
## Dissolution

If deemed advisable by the members, USMS may be dissolved pursuant to the applicable provision of the corporation laws of the state of Florida.

**511.1 Dissolution**
Upon the dissolution of USMS, the Board of Directors shall, after paying or making provision for the payment of all the liabilities of USMS, dispose of all the assets of USMS exclusively for the purposes of USMS or to such organization or organizations organized and operated exclusively for charitable, educational, religious, literary, or scientific purposes as shall qualify as exempt organizations under section 501(c)(3) of the Internal Revenue Code of 1986, as it may be amended.

# PART 6: AMENDMENT PROCEDURES

## ARTICLE 601: Amendments

**601.1 Scope of Amendments and Changes**

**601.1.1 Code—**Amendments to the *USMS Code of Regulations and Rules of Competition* (Parts 1–6 and *Guiding Principles)*, LMSC names and boundaries, and zone names and boundaries shall be considered only at the annual meeting of the House of Delegates.

**601.1.2 Housekeeping—**Changes to Parts 1–6 for housekeeping purposes may be approved by the committee(s) of jurisdiction at any time, with the concurrence of the jurisdictional vice president(s) and reported to the House of Delegates.

**601.1.3 Glossary—**Changes to the *Glossary* that accompanies the *USMS Code of Regulations and Rules of Competition* may be approved by any committee of jurisdiction at any time with the concurrence of the jurisdictional vice president(s) to clarify or explain provisions of the code. Each committee shall report such changes to the House of Delegates.

**601.1.4 Appendices—**Changes to the organization of appendices or other informational material that accompanies the *USMS Code of Regulations and Rules of Competition* must be approved by the Executive Committee.

Changes to the content of appendices may be approved at any time by the Executive Committee or a standing committee to conform to amendments adopted by the House of Delegates, policies adopted by the Board of Directors, or to clarify and update information relevant to USMS members within the scope of committee jurisdictions. Such changes shall be reported to the House of Delegates.

Guidelines for the conduct of dual-sanctioned meets with USA Swimming may not be modified without the consent of the Executive Committee and the concurrence of USA Swimming. The chairs of the Rules and Legislation Committees are authorized to use the guidelines to interpret provisions of Parts 1 and 2 for USMS-sanctioned meets held in conjunction with USA Swimming–sanctioned meets.

**601.2 Submission of Proposed Amendments**

**601.2.1 Authorized Bodies—**Amendments to the *USMS Code of Regulations and Rules of Competition* (Parts 1–6 and *Guiding Principles)* may be proposed only by an LMSC, a standing committee of the House of Delegates, the Board of Directors, or the Executive Committee.

**601.2.2 Format—**Proposed amendments shall be submitted to the committee(s) of jurisdiction in such form as to show the section as it will read if adopted, with any changes in language underlined if new and lined out if deleted.

**601.2.3 Amendments With Multiple Committees of Jurisdiction—**Proposed amendments that fall within more than one committee of jurisdiction may be submitted as an indivisible package. Committees of jurisdiction may also combine related proposed amendments and report the proposed amendment to the House of Delegates as an indivisible package. Each committee of jurisdiction must vote by a two-thirds majority to accept the proposed amendments as a package to be considered in the whole. Otherwise, the proposed amendments shall be considered separately by each committee of jurisdiction.

**601.2.4 Submission Deadline—**June 10 is the submission deadline for proposed amendments to the *USMS Code of Regulations and Rules of Competition,* proposed changes to LMSC names or boundaries, and proposed changes to zone names or boundaries to the committee(s) with jurisdiction. Proposed amendments submitted in the correct format by an authorized body before the submission deadline shall be considered timely amendments.

**601.2.5 Submissions After the Deadline—**The Board of Directors, Executive Committee, or standing committees may propose changes to Parts 1–6 after the submission deadline. Submissions after the deadline may be considered timely amendments by a two-thirds vote of the committee of jurisdiction, provided the proposed amendment is submitted to the committee of jurisdiction no later than August 1. Submissions after August 1 and submissions not considered timely by the committee of jurisdiction may still be considered as emergency amendments.

**601.2.6 Publication of Proposed Amendments—**Timely amendments shall be reported to each LMSC and to each member of the House of Delegates no later than 30 days before the start of the annual meeting of the House of Delegates. Emergency amendments shall be reported to each member of the House of Delegates as soon as practical after being reviewed and considered by the committee of jurisdiction.

### 601.3 Modification of Proposed Amendments

Proposed amendments may be modified by the committee with jurisdiction or by the House of Delegates. Such modification must be germane to the subject matter and intent of the proposed change and requires a majority vote of committee members present and voting. Such modification by the House of Delegates requires a two-thirds vote.

### 601.4 Adoption of Proposed Amendments

**601.4.1 Timely Amendments—**Timely amendments shall be considered by the House of Delegates at the annual meeting and may be adopted as follows:

**A** All proposed amendments submitted to the committees of jurisdiction by an authorized body must be reported to the House of Delegates with a recommendation to adopt or reject the proposed amendments. Proposed amendments that are considered as an indivisible package must receive a recommendation to adopt from each committee of jurisdiction in order to be reported to the House of Delegates with a recommendation to adopt the indivisible package.

**B** Proposed amendments presented to the House of Delegates by the committee(s) of jurisdiction with a recommendation to adopt may be adopted by a majority of members of the House of Delegates who are present and voting.

**C** Proposed amendments presented to the House of Delegates by the committee(s) of jurisdiction with a recommendation to reject may be adopted by a two-thirds majority of members of the House of Delegates present and voting, notwithstanding the committee recommendation.

**601.4.2 Emergency Amendments—**Emergency amendments (amendments not considered timely) may be adopted by a nine-tenths vote of the House of Delegates members present and voting if they are properly submitted to, deemed an emergency by, and recommended by the committee with jurisdiction.

**601.4.3 USA Swimming Amendments That Affect USMS Rules**

**A** Amendments to USA Swimming articles 101, "Individual Strokes and Relays," 102, "Conduct and Officiating of All Swimming Competition," and 105, "Guidelines for Officiating Swimmers With a Disability in USA Swimming Meets," 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 between USMS and USA Swimming rules, or is not in conformance with World Aquatics Masters Technical Rules. USA Swimming amendments may be altered by the Rules Committee for clarity, consistency of language, or stylistic conformity with USMS rules of competition.

**B** Amendments to USA Swimming article 103, "Facility Standards," may be submitted by the Rules Committee with a recommendation for adoption by the House of Delegates in accordance with article 601.4. The Rules Committee may temporarily adopt such amendments until the next annual meeting with a two-thirds majority vote of Rules Committee members present and voting.

**C** Amendments to USMS Rules of Competition under this provision shall be reported to the entire membership of the House of Delegates within 30 days of the action.

**601.4.4 World Aquatics Masters Swimming Amendments That Affect USMS Rules—**When amendments to the World Aquatics Masters Technical Rules are adopted, the corresponding portions of Part 1 shall be automatically adopted by USMS except that such amendments may be altered by the Rules Committee for clarity, consistency of language, or stylistic conformity with USMS rules. Amendments to World Aquatics Masters Technical Rules may be rejected by a nine-tenths vote of the Rules Committee and a majority vote of the Executive Committee. Amendments to USMS rules under this provision shall be reported to the entire membership of the House of Delegates within 30 days of the action.

**601.5 Emergency Actions**

**601.5.1 Emergency Amendments at the Annual Meeting—**Emergency amendments (amendments not considered timely) may be adopted at the annual meeting by a nine-tenths vote of the House of Delegates members present and voting if they are submitted to the committee of jurisdiction, deemed an emergency by that committee, and recommended by the committee with jurisdiction.

**601.5.2 Emergency Amendments Between Annual Meetings—**Emergency actions to temporarily suspend, adopt, or amend any rule of competition (Part 1 or

Part 3) or administrative regulation of competition (Part 2) may be enacted between annual meetings of the House of Delegates provided that the proposed suspensions or amendments are:

**A** Initiated by a standing committee, the Board of Directors, or the Executive Committee, and

**B** Submitted to the committee with jurisdiction, deemed an emergency that requires immediate action to serve the interests of USMS, and approved by a majority of members present and voting of the committee with jurisdiction, and

**C** Submitted to the Board of Directors by the committee with jurisdiction and, with the advice and consent of the legal counsel, the Board of Directors deems the action an emergency that requires immediate action to serve the interests of USMS, and approves the action by a majority of members of the Board of Directors present and voting.

**601.5.3 Expiration of Emergency Action—**Emergency actions taken between annual meetings expire at the commencement of the next annual meeting. The president shall make a report to the House of Delegates within 30 days of any emergency action.

**601.6 Effective Date**

Unless otherwise specified, all changes approved as prescribed shall become effective on January 1 of the year following their adoption.

# APPENDIX A: INFORMATION FOR MEET DIRECTORS AND OFFICIALS

**Summary of Rules Differences Between USMS and Other Organizations**

The following summary is presented for information only for the benefit of officials, meet directors, swimmers, and coaches. The USMS rule citation shall be used for official rulings.

The *USMS Rules of Competition and Code of Regulations* should be consulted for a complete list of administrative requirements for sanctioned and recognized meets.

| USMS Rule | USA Swimming/ YMCA | NCAA | NFHS |
|---|---|---|---|
| **Forward Start**<br>101.1.1<br>101.5.1<br>103.8.5 | The forward start may be taken from the starting block, the pool deck, or a push from the wall. The forward start or the backstroke start shall be used for freestyle events. The referee's long whistle indicates that the swimmer may take and maintain a position with at least one foot at the front of the platform or the deck (prior to "Take your marks"). On the command, "Take your marks," the swimmer shall immediately assume the starting position that maintains at least one foot at the front of the platform or the deck. | | |
| **In-the-Water Starts**<br>101.1.1<br>103.8.5<br>101.5.1 | A swimmer starting in the water must have one hand on the wall or starting platform and one foot on the wall and may face any direction. The backstroke start may be used as the in-the-water start during freestyle events and for freestyle relays, but not for the freestyle leg of medley relay events. A backstroke starting ledge may be used in freestyle events. | | |
| **Backstroke Starts**<br>101.1.2<br>103.8.5A | *No Difference* | *No Difference* | USMS does not specify that swimmers must step into the water feet first. |
| **Racing Starts**<br>None | USMS has no requirement for certification of racing starts in order to use starting platforms or backstroke starting ledges. | | |
| **Backstroke Turns**<br>101.4.3 | *No Difference* | *No Difference* | Once the body has left the position on the back, any kick or arm pull must be part of the continuous turning action. |
| **Breaststroke**<br>101.2.2 | *No Difference* | *No Difference* | The hands may extend beyond the hipline during the first stroke after the start and after each turn, but there is no requirement that the first stroke must be underwater. |

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| USMS Rule | USA Swimming/ YMCA | NCAA | NFHS |
|---|---|---|---|
| **Butterfly**<br>101.3.3 | The breaststroke kick may be used exclusively or interchangeably with the dolphin kick while doing the butterfly stroke at any time during the race. Only one breaststroke kick is permitted per arm pull, except that a single breaststroke kick is permitted prior to the turn and the finish without an arm pull. After the start and after each turn, a single breaststroke kick is permitted prior to the first arm pull. | | |
| **Breaststroke and Butterfly Turns and Finishes**<br>101.2.4<br>101.3.4<br>101.3.5 | *No Difference* | *No Difference* | The touch shall be made with both hands separated and simultaneously at, above, or below the water surface. |
| **Relays**<br>101.7.3<br>102.9 | • Mixed relays shall consist of two male and two female swimmers, who may swim in any order.<br>• Relay swimmers who cannot exit the water quickly enough to prevent interference with automatic officiating equipment may hold on to the lane line until all relays have finished, allowing them to exit the pool more slowly or via the ladders at the conclusion of the race.<br>• In relay races involving in-the-water starts, a relay will be disqualified *if the feet of the outgoing swimmer* lose touch with the end of the course before the preceding teammate touches the wall. Inadvertent loss of contact is not grounds for disqualification if the outgoing swimmer corrects the foot position prior to the incoming swimmer touching the end of the course.<br>• The relay team shall be disqualified even if the swimmer in default returns to the original starting point at the wall after the preceding teammate has touched the wall. | | |
| **Age Determining Date**<br>102.2 | For short course meters and long course meters meets, the swimmer's age is determined as of December 31 of the year of competition. For short course yards meets, the swimmer's age is determined as of the last day of the meet (regardless of postponement). | | |
| **Lane Assignments**<br>102.13.4 | *No Difference* | *No Difference* | Swimmers must remain and finish in their assigned lanes. |
| **Finish**<br>101.5.4 | *No Difference* | *No Difference* | The finish occurs when any part of the swimmer's body touches the wall. Swimmers are not required to touch the touchpad, except when automatic relay takeoff judging equipment is in use. |

| USMS Rule | USA Swimming/ YMCA | NCAA | NFHS |
|---|---|---|---|
| **Warm-up and Warm-down**<br>102.4.1<br>102.13.7<br>102.4.2 | • In pools of five lanes or more, a separate warm-up area must be made available to swimmers during the competition.<br>• If there is no other warm-up/warm-down area available in pools of five lanes or more, one lane shall be set aside for warm-up/warm-down during the conduct of the meet.<br>• In pools of four or fewer lanes, swimmers shall be allowed to swim to the other end of the pool at the end of each heat and a warm-up/warm-down period must be offered at least once during each half-hour of competition.<br>• A swimmer who completes a race may warm down in the assigned lane while the rest of the swimmers complete the heat and shall not be disqualified if such action does not delay the start of the next event.<br>• If the meet is a dual-sanctioned meet with USA Swimming, the requirements for continuous warm-up may be adjusted depending on availability of warm-up space at the venue by agreement between the LMSC and LSC host clubs.<br>• Once the meet announcement is published, changes which further restrict the availability of continuous warm-up/warm-down space are not permitted. | | |
| **Gender**<br>102.5.2<br>102.5.3<br>102.14.6 | USMS policy guidelines govern eligibility of athletes to compete in the male and female gender categories. Protests of eligibility shall be referred to the USMS Rules Committee chair. Athletes shall be permitted to compete in the gender that corresponds to their USMS registration pending resolution of any protest. | | |
| **Scratch Procedures**<br>102.8 | There is no penalty for failure to report for or compete in an event, except that a swimmer may not be permitted to swim if the swimmer does not comply with check-in procedures listed in the meet announcement. There are no "declared false starts" in USMS-sanctioned or -recognized meets. | | |
| **Dual-Sanctioned Meets**<br>102.6.8 | If a USMS-sanctioned meet is held in conjunction with a USA Swimming–sanctioned meet (swimmers competing together in the same sessions), swimmers with dual membership must select only one organization with which to compete for the entire meet. | | |
| **Event Limit**<br>102.6.1<br>102.6.4 | *No Difference* | A swimmer may compete in not more than six individual events per day. If the meet is conducted with a format other than timed finals, a swimmer may compete in not more than three individual events per day. | |
| **Relay Names**<br>102.9.6 | First and last names of eligible swimmers, their ages, and order of swimming shall be submitted to the clerk of course or to the head lane timer. | | |

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| USMS Rule | USA Swimming/ YMCA | NCAA | NFHS |
|---|---|---|---|
| **Counters**<br>102.10.6B<br>102.10.6C<br>102.10.6D | *No Difference* | *No Difference* | Verbal counters may use watches and signal intermediate times to the swimmer. If visual counters are used, they may be stationed at the end or either side of the pool beyond the halfway point toward the end of the course opposite the starting end. The count may be ascending or descending order. Violations of these provisions are not grounds for disqualification. |
| **Seeding**<br>102.10.1D<br>102.10.4A(1) | Seeding at meets other than national championships may be either fast-to-slow or slow-to-fast. Seeding may differ for sprint and distance events (400 yards or longer) within a meet. Two-to-a-lane seeding may be used for individual freestyle events longer than 200 meters. Seeding must be specified in the meet announcement. | | |
| **Change in Program or Postponement**<br>102.11.2<br>102.11.4B | At the meet referee's discretion, events may be combined by distance and/or stroke. Should a meet or event have commenced, and in the judgment of the referee cannot safely and effectively continue because of weather conditions or some other compelling reason, the meet or event may be suspended at the referee's sole discretion. | | |
| **Swimwear**<br>102.12.1E<br>102.12.1C(1)<br>102.12.1A | Medical identification items may be worn. Modesty wear is prohibited unless a medical or religious exemption has been granted by USMS. Only swimwear exemptions granted by the USMS Rules Committee chair shall be eligible for consideration at USMS competitions. | | |
| **Swimwear**<br>102.12.1C<br>102.12.1E<br>102.13.10 | *No Difference* | Swimwear may be in one or two pieces. Therapeutic elastic tape is prohibited. Any other kind of tape on the body is not permitted unless approved by the referee. | |
| **Swimwear**<br>102.12.2 | USMS does not prohibit wearing the insignia or name of another club, does not regulate the number of logos on swimsuits/caps/goggles, does not prohibit body advertising such as temporary tattoos, and does not prohibit the advertising of political statements. Products involving tobacco, psychoactive cannabinoids, alcohol, or pharmaceuticals containing substances banned under IOC or World Aquatics rules may not be advertised, but the advertiser's name only may be used. Offenders may be barred from competition until they comply with this rule. | | |
| **Video Replay Footage**<br>102.13.16 | Video replay footage may only be used when approved in writing by the chair of the USMS Officials Committee prior to the meet. | | |

| USMS Rule | USA Swimming/ YMCA | NCAA | NFHS |
|---|---|---|---|
| **Personnel**<br>103.1<br>103.5 | USMS does not use a meet jury. A protest committee is used at national championships. At LMSC-sanctioned meets, the meet director and meet referee are responsible for ensuring that the provisions of article 102.14 for protests are followed. | | |
| **Disability Accommodations**<br>103.6.9 | *No Difference* | The referee may modify any rule for a swimmer who has a disability in accordance with USMS article 107. | |
| **Place Judges**<br>103.10.6 | One or two place judges may be positioned at the side of the course near the finish to judge the order of finish of all swimmers. However, judging may not be used to change the results produced by ranking the official times. | | |
| **Official Time for a Malfunction on a Lane**<br>103.17.3E | *No Difference* | *No Difference* | When a malfunction is confirmed on a lane, the official time shall be calculated using valid times from the secondary timing system and integrated with accurate primary times to determine the results. |
| **Split Requests**<br>103.18.1B<br>103.18.1C<br>103.18.2<br>105.2.2 | • If swimmers want their initial splits as part of a longer individual event to be submitted for records or Top 10 consideration, they must notify the referee in writing.<br>• Split requests for backstroke individual events must be submitted prior to the event.<br>• Split requests for all other individual events must be submitted prior to the conclusion of the meet, unless the meet referee has approved the automatic recording of splits, in which case no written request is required.<br>• Requests for relay leadoff splits must be submitted prior to the event.<br>• Relay leadoff splits may not be recorded for official purposes if the second swimmer starts in the water and automatic timing is used, if the second swimmer stands on an active pad while starting from the deck. | | |

| USMS Rule | USA Swimming/ YMCA | NCAA | NFHS |
|---|---|---|---|
| **Records and Top 10**<br>103.18.5<br>103.18.6<br>103.18.7<br>103.18.8<br>103.18.9 table<br>105.1.5<br>105.1.6 | • World and USMS records may only be established when timed with automatic timing.<br>• In the event of an individual lane malfunction, world and USMS records may be established using a semiautomatic (automatic start and manual finish) secondary system with three, two, or one button(s).<br>• USMS records may be established using a tertiary backup system with a minimum of two valid watches if both the automatic and semiautomatic systems fail.<br>• Winning the heat or event is not required to establish a record.<br>• USMS Top 10 times may be established using an automatic primary timing system, a semiautomatic primary system with a minimum of two buttons, or a manual primary system with a minimum of two watches.<br>• USMS Top 10 times may be established if the automatic primary system fails and the secondary semiautomatic system fails, using a manual tertiary system with a minimum of one watch.<br>• USMS Top 10 times may be established if the semiautomatic primary system fails, using a manual secondary system consisting of a minimum of one watch.<br>• Only results from events conducted in pools officially certified for length in conformance with article 106.2.1 will be accepted for records and Top 10 (see article 105.1.7). | | |
| **Records and Top 10 From Leadoff and Initial Splits**<br>103.18.5<br>103.18.9 table | Relay leadoff splits or initial splits may be considered for world records, USMS records, or USMS Top 10 times when timed with automatic timing. Relay leadoff splits or initial splits may be considered for world records or USMS Top 10 times if the touchpad fails and the times are recorded with a semiautomatic secondary system using three, two, or one button(s), but not for USMS records. | | |
| **Record Documentation**<br>105.3.9 | Required documentation for USMS records includes the referee's signature on the record application; the printout from the automatic timing system or a picture of the timing console showing event, heat, lanes, and times with backups; and a copy of the heat sheet showing the swimmer's name, heat number, and the lane number in which the record was achieved. | | |
| **Fresh Water**<br>105.2.4<br>105.3.5 | USMS records and Top 10 times may only be established in fresh water. No records or Top 10 times will be recognized in any kind of sea or ocean water. | | |
| **Score**<br>103.14<br>103.19 | *No Difference* | *No Difference* | There is no requirement in USMS to announce the final score or for the meet referee to approve the final score. |
| **Water Depth**<br>106.2.3A(2) | In pools with water depth of 3 feet, 6 inches to less than 4 feet at the starting end, swimmers must start from the deck or within the water. USMS does not have a rule for teaching racing starts or certifying racing start proficiency. | | |

| USMS Rule | USA Swimming/ YMCA | NCAA | NFHS |
|---|---|---|---|
| **Water Temperature** 106.6 | Water temperature from 25 to 28 degrees Celsius (77 to 82 degrees Fahrenheit) shall be maintained for competition. USMS does not address air temperature. | | |
| **Athlete Protection and Other Policies** | USMS does not address deck changing. USMS does not address shaving in the venue. | | |
| **Use of Cameras** 102.16 | USMS does not allow cameras or other recording devices behind the starting platform during the start of the race and during intermediate relay exchanges. The sanctioning LMSC, meet host, and the referee may further impose restrictions. Operation of a drone is not permitted over open areas of the venue unless credentialed by USMS media policies. | | |
| **Protests of Eligibility** 102.14.2 104.5.9B | Protests affecting the eligibility of any swimmer to compete or to represent an organization in any race shall be made in writing to the meet director or referee before the race is held, and if the meet director deems it advisable, the swimmer may compete under protest and it shall be so announced before the race. The meet director shall immediately refer such protest to the LMSC officers (local meets) or championship meet protest committee (national championship meets) having jurisdiction for adjudication at the earliest possible time. | | |
| **Protests Arising From the Competition** 102.14.5 | Protests arising from the competition itself shall be made within 30 minutes after the race in which the alleged infraction took place. If the protest is not resolved immediately, the protester shall at that time file a written protest with the chair of the Local Masters Swimming Committee (LMSC) or the chair's representative having jurisdiction over the event. If the LMSC does not satisfactorily resolve the protest within 10 days, the protester may appeal in writing to the USMS Rules Committee chair within the next five days for final adjudication, whose decision shall then be binding on all parties. | | |
| **Protests of Interpretations** 102.14.4 | Protests concerning interpretation of Part 1 rules shall be submitted in writing to the chair of the USMS Rules Committee within 10 days. | | |

## Dual-Sanctioned Events (Combined, Parallel, and Interwoven Meets)

The number of inquiries as to what mechanisms are available for combining USA Swimming and USMS swimming meets has been increasing. The reasons for combining these meets are many, ranging from the limited availability of pool time and officials to the desire to promote the sport as a lifelong activity. There are several ways of accomplishing this goal within the rules and insurance policies of each organization. This document outlines these options.

It is assumed that all competitors are a member of USA Swimming, USMS, or both. Those who are members of both must select one organization with which to compete for the entire meet. Dual membership cannot be used to exceed the daily event limits imposed by either organization. Automatic recognition of times achieved by a USMS swimmer competing in the USA-S portion is still available.

Any of the joint meets described below must have sanctions from both USA Swimming and USMS. Both sanctions must be held by the host organization. The host organization cannot be required to accept a participant from either USMS or USA Swimming who would otherwise be barred from participation by their respective organizations.

USMS record and Top 10 submissions must comply with all USMS documentation requirements.

**Combined Meets—**With the consent of all (co-)hosting teams and the LSC and LMSC, a combined meet may be sanctioned by both USA Swimming and USMS and all swimmers competing according to USA Swimming technical rules for individual strokes, relays, and the conduct and officiating of the competition with the exception that USMS regulations governing events, eligibility, protests of applicable rules, and meet results shall apply to USMS members. Otherwise, each organization's rules and administrative regulations apply to their members. This mechanism allows the meet host(s) to seed the event as they normally would, based upon times, with USA Swimming and USMS members combined in heats without specific lanes allocated to one organization or the other. Relay teams must consist of members of the same USMS or USA Swimming club. Note that all USMS events held in 25-meter and 50-meter pools must be conducted as timed finals, but USMS members may compete in preliminary heats if they are not competing for slots in the finals session(s). USMS does not permit time trials in 25-meter and 50-meter pools.

**Parallel Meets—**The two meets may be swum in parallel by assigning some number of lanes to USMS competitors and a different set to USA Swimming competitors. If possible, separate stroke and turn officials for each set is preferred. It is permissible to adjust, for example, the makeup of the USMS heats so that competitors in a given heat have approximately the same seed times. Each organization's rules would apply to their members.

**Interwoven Meets—**The two meets may be swum with complete heats of swimmers from both organizations alternating. There would be no need for separate stroke and turn officials. Each organization's rules would apply to their members.

Meet announcements for dual-sanctioned meets or open water events must contain information for USMS and USA Swimming athletes in accordance with each organization's rules and administrative regulations. The safety plans for open water events must be approved by both organizations.

| Information for USMS Participants at World Aquatics Events | |
|---|---|
| **Age Groups** | The youngest age group recognized by World Aquatics is 25–29. The youngest relay age group recognized by World Aquatics is 100–119 and may not include competitors younger than 25. |
| **Deadline to Submit Names of Relay Swimmers** | The composition of a relay can be changed up to the deadline announced by the organizing committee on the day prior to the relay event. |
| **Warm-up Guidelines** | USMS prohibits hand paddles in warm-ups. World Aquatics does not have this restriction. |
| **Event Limits** | A swimmer may enter not more than five individual events at a World Aquatics World Masters Championships. |
| **Two-to-a-Lane Seeding by Gender** | World Aquatics allows two swimmers of the same gender to swim in a single lane for freestyle events 400 meters or longer, whereas USMS allows two swimmers of either gender to swim in a single lane for freestyle events over 200 meters. |
| **Backstroke Start** | When World Aquatics–required touchpads extending 0.3 meter above the water surface are in place and there are no exposed gutters on which to place the toes, the toes may be placed above the water surface for the start. |
| **Assigned Lane** | The swimmer must start, swim, and finish in the assigned lane. |
| **Counters** | World Aquatics officials lap count for swimmers, will count only for 800- and 1500-meter events, and will show the remaining number of laps to be completed (descending count). World Aquatics may use semi-electronic equipment, including underwater display. |
| **Warning Signal** | World Aquatics requires a warning signal for each swimmer in each lane in the 800 and 1500 freestyle events. USMS requires a warning signal for the lead swimmer or may give a warning signal for each swimmer in each lane. |
| **Timing Systems and Splits** | World Aquatics and USMS both require automatic timing equipment for records. In the event of an automatic equipment failure, World Aquatics permits a semiautomatic backup time to be recorded for records and Top 10 but not watch times. USMS only allows splits to be recorded with automatic equipment for records. |
| **Records** | Applications for World Aquatics Masters world records must be submitted within 30 days from the end of the event. Applications may be submitted only for performances at USMS-sanctioned meets (not recognized meets). Applications for USMS records must be submitted within 90 days of the end of the season. A one-time pool measurement is required unless there are changes to the pool causing the measurements to change. Measurement procedures are determined by each federation. |
| **Qualifying Standards** | Any swim that does not meet the qualifying standard at World Aquatics Masters World Championships will receive "NT" in the results, with no official time or place. |
| **Report and Notification of Disqualification** | World Aquatics stroke and turn judges are required to report violations on signed cards and are not required to raise a hand. World Aquatics requires notification of disqualification via posted code in the meet results. USMS rules state that the official will make every effort to contact the swimmer. |

| | |
|---|---|
| **Announcing Results of Protested Events or Competing Under Protest** | World Aquatics has no explicit rule regarding this subject. |
| **Protests of Swimming Rules** | World Aquatics gives authority for the final decision to the referee. USMS gives authority to the referee for protests against judgment decisions of starters and stroke, turn, and relay take-off judges. For protests of eligibility, USMS gives authority to a protest committee (national championships) or the meet committee with an appeal process. For protests of interpretations of Part 1 rules, USMS gives authority to the USMS Rules Committee chair, with an explicit timeline and communication structure. |
| **Fees for Protests** | World Aquatics requires a fee to be submitted with the protest (the fee is refunded if the protest is upheld). USMS does not require a fee for filing protests. |
| **Rejection and Appeal of Protests** | World Aquatics allows the referee to reject protests. The team leader may appeal the rejections to a Jury of Appeal for a final decision. USMS uses a meet committee, a protest committee, the LMSC, or the USMS Rules Committee, depending on the nature of the protest. |
| **Smoking and Tobacco** | World Aquatics bans smoking in any area designated for competitors. USMS bans the use of all tobacco products on the pool deck, in locker rooms, in the spectator seating and standing areas, and in all areas used by swimmers. |

## Preparation of Meet Results

Meet results (pool and open water) must include the name of the meet, the location of the meet (name of pool or open water venue, city, and state), the date of the meet, the name, address, or email address of the meet director, the name and certification status of the officials (referee, starter, and stroke and turn judges), and the sanction or approval number.

The results of each event shall be published in the following order:

**Individual Events:**

1. Print women's results first, then men's results.
2. For each gender, print results by age group from youngest to oldest.
3. For each age group, print results in the following stroke order: freestyle, backstroke, breaststroke, butterfly, and individual medley.
4. For each stroke, print events in order from shortest to longest.

**Relay Events:**

1. Print women's relay results first, then men's relay results, then mixed relay results. Results must include the names and ages of all swimmers.
2. For each gender, print the relay results in the order of age groups, youngest to oldest.
3. For each age group, print results in the following order: 200 freestyle relay, 200 medley relay, 400 freestyle relay, 400 medley relay, and 800 freestyle relay.

**Split Results:**

All splits from split notification forms that have been certified by the meet referee shall be listed separately with swimmer's name, event, and split time.

**Storage Requirements for Meet Documents:**

Results, tapes, timing printouts, time cards, heat sheets, timers' heat sheets or swimmer lists, electronic meet files, and other information used to compile results and records shall be kept for a minimum of two years after the conclusion of the meet.

## Adjustments for Women's National Qualifying Times for Swims at Altitude

| | 3,000–4,249 ft | | | | 4,250–6,499 ft | | | | 6,500+ ft | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Age Group | 200 | 400–500 | 800–1000 | 1500-1650 | 200 | 400–500 | 800–1000 | 1500–1650 | 200 | 400–500 | 800–1000 | 1500–1650 |
| 18-24 | 0.48 | 2.39 | 4.79 | 10.53 | 1.15 | 4.79 | 9.57 | 22.02 | 1.53 | 6.70 | 14.36 | 31. |
| 25-29 | 0.50 | 2.50 | 5.00 | 11.00 | 1.20 | 5.00 | 10.00 | 23.00 | 1.60 | 7.00 | 15.00 | 32.50 |
| 30-34 | 0.48 | 2.40 | 4.80 | 10.55 | 1.15 | 4.80 | 9.59 | 22.06 | 1.53 | 6.71 | 14.39 | 31.17 |
| 35-39 | 0.52 | 2.59 | 5.17 | 11.37 | 1.24 | 5.17 | 10.34 | 23.78 | 1.65 | 7.24 | 15.51 | 33.61 |
| 40-44 | 0.51 | 2.57 | 5.15 | 11.32 | 1.24 | 5.15 | 10.29 | 23.68 | 1.65 | 7.21 | 15.44 | 33.46 |
| 45-49 | 0.52 | 2.62 | 5.24 | 11.52 | 1.26 | 5.24 | 10.47 | 24.09 | 1.68 | 7.33 | 15.71 | 34.03 |
| 50-54 | 0.55 | 2.73 | 5.47 | 12.03 | 1.31 | 5.47 | 10.93 | 25.15 | 1.75 | 7.65 | 16.40 | 35.54 |
| 55-59 | 0.55 | 2.73 | 5.46 | 12.02 | 1.31 | 5.46 | 10.93 | 25.14 | 1.75 | 7.65 | 16.39 | 35.52 |
| 60-64 | 0.55 | 2.74 | 5.48 | 12.05 | 1.31 | 5.48 | 10.95 | 25.19 | 1.75 | 7.67 | 16.43 | 35.59 |
| 65-69 | 0.59 | 2.95 | 5.90 | 12.97 | 1.42 | 5.90 | 11.79 | 27.13 | 1.89 | 8.26 | 17.69 | 38.33 |
| 70-74 | 0.61 | 3.06 | 6.13 | 13.49 | 1.47 | 6.13 | 12.26 | 28.20 | 1.96 | 8.58 | 18.39 | 39.84 |
| 75-79 | 0.69 | 3.43 | 6.87 | 15.11 | 1.65 | 6.87 | 13.74 | 31.59 | 2.20 | 9.61 | 20.60 | 44.64 |
| 80-84 | 0.87 | 4.37 | 8.73 | 19.21 | 2.10 | 8.73 | 17.46 | 40.17 | 2.79 | 12.23 | 26.20 | 56.76 |
| 85-89 | 0.96 | 4.79 | 9.59 | 21.10 | 2.30 | 9.59 | 19.18 | 44.11 | 3.07 | 13.42 | 28.77 | 62.33 |
| 90-94 | 1.11 | 5.54 | 11.09 | 24.39 | 2.66 | 11.09 | 22.17 | 51.00 | 3.55 | 15.52 | 33.26 | 72.07 |
| 95-99 | 1.25 | 6.23 | 12.45 | 27.40 | 2.99 | 12.45 | 24.91 | 57.29 | 3.99 | 17.44 | 37.36 | 80.95 |
| 100+ | 2.21 | 11.04 | 22.08 | 48.58 | 5.30 | 22.08 | 44.17 | 101.58 | 7.07 | 30.92 | 66.25 | 143.54 |

## Adjustments for Men's National Qualifying Times for Swims at Altitude

| | 3,000–4,249 ft | | | | 4,250–6,499 ft | | | | 6,500+ ft | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Age Group | 200 | 400–500 | 800–1000 | 1500–1650 | 200 | 400–500 | 800-1000 | 1500-1650 | 200 | 400–500 | 800–1000 | 1500–1650 |
| 18-24 | 0.52 | 2.58 | 5.17 | 11.37 | 1.24 | 5.17 | 10.34 | 23.77 | 1.65 | 7.24 | 15.50 | 33.59 |
| 25-29 | 0.50 | 2.50 | 5.00 | 11.00 | 1.20 | 5.00 | 10.00 | 23.00 | 1.60 | 7.00 | 15.00 | 32.50 |
| 30-34 | 0.51 | 2.56 | 5.11 | 11.25 | 1.23 | 5.11 | 10.23 | 23.52 | 1.64 | 7.16 | 15.34 | 33.23 |
| 35-39 | 0.53 | 2.63 | 5.25 | 11.55 | 1.26 | 5.25 | 10.50 | 24.16 | 1.68 | 7.35 | 15.76 | 34.14 |
| 40-44 | 0.53 | 2.67 | 5.34 | 11.75 | 1.28 | 5.34 | 10.69 | 24.58 | 1.71 | 7.48 | 16.03 | 34.73 |
| 45-49 | 0.55 | 2.77 | 5.53 | 12.17 | 1.33 | 5.53 | 11.06 | 25.44 | 1.77 | 7.74 | 16.59 | 35.95 |
| 50-54 | 0.56 | 2.82 | 5.64 | 12.42 | 1.35 | 5.64 | 11.29 | 25.96 | 1.81 | 7.90 | 16.93 | 36.68 |
| 55-59 | 0.59 | 2.96 | 5.92 | 13.02 | 1.42 | 5.92 | 11.83 | 27.22 | 1.89 | 8.28 | 17.75 | 38.46 |
| 60-64 | 0.60 | 3.02 | 6.04 | 13.29 | 1.45 | 6.04 | 12.08 | 27.79 | 1.93 | 8.46 | 18.12 | 39.27 |
| 65-69 | 0.61 | 3.06 | 6.12 | 13.47 | 1.47 | 6.12 | 12.25 | 28.16 | 1.96 | 8.57 | 18.37 | 39.80 |
| 70-74 | 0.63 | 3.17 | 6.34 | 13.94 | 1.52 | 6.34 | 12.67 | 29.15 | 2.03 | 8.87 | 19.01 | 41.19 |
| 75-79 | 0.70 | 3.50 | 7.00 | 15.41 | 1.68 | 7.00 | 14.01 | 32.22 | 2.24 | 9.81 | 21.01 | 45.52 |
| 80-84 | 0.78 | 3.91 | 7.81 | 17.18 | 1.87 | 7.81 | 15.62 | 35.93 | 2.50 | 10.93 | 23.43 | 50.77 |
| 85-89 | 0.89 | 4.43 | 8.85 | 19.48 | 2.12 | 8.85 | 17.71 | 40.73 | 2.83 | 12.39 | 26.56 | 57.55 |
| 90-94 | 1.08 | 5.41 | 10.81 | 23.79 | 2.60 | 10.81 | 21.63 | 49.74 | 3.46 | 15.14 | 32.44 | 70.29 |
| 95-99 | 1.19 | 5.93 | 11.86 | 26.09 | 2.85 | 11.86 | 23.72 | 54.55 | 3.79 | 16.60 | 35.57 | 77.08 |
| 100+ | 1.48 | 7.41 | 14.81 | 32.59 | 3.56 | 14.81 | 29.63 | 68.15 | 4.74 | 20.74 | 44.44 | 96.29 |

Altitude adjustment charts last revised 2026; next revision due for 2030 printing.

# USMS POOL LENGTH REPORTING FORMS

For initial pool length certification as well as pool length confirmation for bulkhead pools

Maintaining pool length certification forms is an LMSC responsibility. Completed forms shall be sent to the LMSC Top 10 recorder. If a pool being considered for a sanctioned or recognized competition is **NOT** on file with the USMS National Swims Coordinator, the **Pool Length Certification Form** should be submitted prior to competition (ideally, before it is sanctioned or recognized). To add the pool to the USMS List of Measured Pools, email the **Pool Length Certification Form** to the National Swims Coordinator, TopTen@usmastersswimming.org. There are two constructions of **Racing Courses** (defined under USMS rules 106.3.1 and 106.3.2):

- **Permanent Course Walls** (article 106.3.1)—means the start/turn walls are **FIXED** and cannot be moved. These pools require a one-time measurement for **Certification** that the pool is in compliance with USMS Facility Standards, article 106.2.1, for times to be considered for USMS and World Aquatics Top 10 and records. The **Pool Length Certification Form** should be submitted for certification with every lane being measured.
- **Non-Permanent Course Walls** (articles 106.2.1F and 106.3.2) with one or more movable walls (aka "movable bulkheads")—means that one or more of the course walls (start and/or turn) is **NOT** permanent. In this situation:
    - The **Pool Length Certification Form** must be used when submitting a pool of this type for **Initial Certification,** containing the measurements for every lane in the course, to establish the initial measurements in the USMS database,
    - **AND** in addition, the **Bulkhead Placement Confirmation** form must then be submitted for **each** competition in that course (including the initial competition in that course) if the times are to be considered for USMS records and Top 10.

**Pool Length Measurement Information:**

- It is permissible to use existing certification documents on file with the pool or the LMSC if all the lanes have been measured and are in compliance with USMS Facility Standards.
- Measurement devices must meet the following standards:
    - Have a minimum measuring quality of a steel tape for the entire course length.
    - Laser devices meeting this standard are permissible.
    - The accuracy of the measuring device must be at least ±0.005 meters, ±0.20 inch, or ±0.016 foot. This tolerance refers to the tolerance of the measuring device only.
    - Two or more measuring tapes shall **NOT** be combined to perform the measurement.
- Frequency of measurement for **permanent courses:**
    - For initial certification, use the **Pool Length Certification Form.** One measurement must be conducted on each competition lane.
    - After initial certification, remeasurement is **NOT** required unless structural changes affecting course length, including resurfacing, take place.
- Frequency of measurement for **non-permanent courses** (aka "movable bulkhead" pools):
    - For initial certification, use the **Pool Length Certification Form.** One measurement must be completed on each competition lane.
    - Thereafter, for events sanctioned or recognized by USMS, use the **Bulkhead Placement Confirmation Form.** A course length equal to or greater than the minimum required length must be confirmed before competition begins **AND** at the conclusion of each session. Confirmation measurement includes measuring each **outside competition lane** and one of the center lanes. A session is any portion of a meet distinctly separated from other portions of the meet by locale, time, day, or type of competition, i.e., first day and second day, morning and evening, etc.,

exclusive of a short break between events such as before the start of distance events or relays.

- World Aquatics measurement rules and policies shall be the standard for events sanctioned by World Aquatics Masters member federations other than USMS. Currently, World Aquatics does not require course length confirmation for either World Aquatics Top 10 or records.
- The measurement rules and policies of USA Swimming shall be the standard for Top 10 eligibility for events sanctioned or approved by USA-S. Currently, USA-S only requires course length confirmation for national records. Therefore, times achieved by USMS members at USA-S–sanctioned meets are eligible for Top 10 consideration without length verification. A bulkhead placement course confirmation measurement **is required for a USMS record** set at events sanctioned or approved by USA-S. For dual-sanctioned events, USMS measurement rules and policies shall apply, so course length confirmation must be performed in accordance with USMS standards for times to be considered for USMS Top 10 and records.

For times from USMS-sanctioned or -recognized competition to be considered for USMS and World Aquatics (formerly known as FINA) Top 10 and records, the course length must comply with USMS facility standards as defined in article 106 (USMS Rule Book).

**Minimum Measurement Lengths:**

- Measurements (certifying or confirming) may be conducted with or without touchpads in place.
- If touchpads are NOT in place, the measurement must be taken in the center of the lane at water level. If a protrusion exists where the touchpad would be placed, the protrusion must be used as a measuring point.
- If touchpads are in place, measure from the face of the touchpad in the center of the lane at water level to the other end of the course.
- The minimum measured course length during competition shall be as follows:
  SCY—25 yards, 75.00 feet, or 75 feet, 0 inches, or 75'0"
  SCM—25 meters, 82.02 feet,or 82 feet, 0.25 inches, or 82 feet, ¼ inches, or 82'¼"
  LCM—50 meters, 164.04 feet, or 164 feet, 0.5 inches, or 164 feet, ½ inches, or 162'½"
- Courses measured with no touchpads in place AND that will have one touchpad in place for competition must be at least the following measured lengths:
  SCY—25.01 yards, 75.03 feet, or 75 feet, ⅜ inches, or 75'⅜"
  SCM—25.01 meters, 82.05 feet, or 82 feet, 0.6 inches, or 82 feet, ⅝ inches, or 82'⅝"
  LCM—50.01 meters, 164.08 feet, or 164 feet, 1 inches, or 164'1"
- Courses measured with no touchpads in place AND that will have two touchpads in place during competition must be at least the following measured lengths:
  SCY—25.02 yards, 75.06 feet, or 75 feet, ¾ inches, or 75'¾"
  SCM—25.02 meters, 82.10 feet, or 82 feet, 1.2 inches, or 82 feet, 1⅛ inches, or 82'1⅛"
  LCM—50.02 meters, 164.11 feet, or 164 feet, 1.3 inches, or 164 feet, 1⅜ inches, or 164'1⅜"

**Special Comments:**

- When using a laser, ensure that the device is set properly to compensate for the length of the measuring device (typically about 4.5–6 inches). Measurement lengths that exceed the minimum lengths above by more than 2 inches should be reconfirmed before submitting any forms.
- Additional information can be found on the Records and Tabulation section or the Event Management section of the *USMS Guide to Local Operations* (When_to_Measure_Pools).

# Pool Length Certification Form

Submit this form for either of the following conditions: (a) the pool is not on the list of USMS Measured Pools or (b) the pool has undergone renovation to any portion of the pool where starts and/or turns will take place.

Only this page needs to be submitted for your pool certification.

**1. Facility (*See Note)**

**Pool Name** _____

**Address** _____

**City** _____ **State** ___ **ZIP** ___

**LMSC** _____

**Note: For facilities with multiple pools, please identify the specific pool being measured either by unique pool name within the facility or the pool location in relation to other pools within the entire facility.*

**Course measured (check one)**

_____ 25 Yards

_____ 25 Meters

_____ 50 Meters

**Bulkhead (check one)**

_____ Yes _____ No

**2. Measurement Parameters (check one)**

(a) Measuring device (see instructions) Steel tape __ Laser ___Other ___

(b) Distances measured in (check one):

- ☐ feet with feet displayed as a decimal to 1/100, like 75.01 feet
- ☐ feet and inches with inches displayed as a fraction to 1/8, like 75 feet, ⅜ inch or 75'⅜"
- ☐ meters with meters displayed as a decimal to 1/100, like 50.01 meters
- ☐ meters and centimeters with centimeters displayed separately, like 50 meters, 1 centimeter

**3. Measurements** ***Complete measurement of each lane for ALL lanes***

Date of measurement _____ How measured: ____ wall-to-wall ____ pad-to-pad ____ wall-to-pad

*Be sure to include fractions or decimal places*

Lane 1 _____ Lane 2 _____ Lane 3 _____ Lane 4 _____

Lane 5 _____ Lane 6 _____ Lane 7 _____ Lane 8 _____

Lane 9 _____ Lane 10 _____ Lane 11 _____ Lane 12 _____

Lane 13 _____ Lane 14 _____ Lane 15 _____ Lane 16 _____

Lane 17 _____ Lane 18 _____ Lane 19 _____ Lane 20 _____

Lane 21 _____ Lane 22 _____

**4. Measured by:**

Name _____

Title _____

Phone Number _____

Email Address _____

**Submitted by:**

Name _____

Title _____

Phone Number _____

Email Address _____

Completed forms should be sent to the Top 10 recorder of the LMSC. Attach a copy of this form to record applications if the form is not already on file with the USMS National Swims Coordinator. To add the pool to the USMS List of Measured Pools, email a copy of this form to the National Swims Coordinator, TopTen@usmastersswimming.org. Measure before applying for a sanction.

A

# Bulkhead Placement Confirmation Form

This form assumes that the Pool Length Certification Form is already on file with USMS. Submit this form to confirm a course that has non-permanent wall(s). Only this page needs to be submitted for your bulkhead placement confirmation.

**1. Facility (*See Note)**

**Pool Name** _____

**Address** _____

**City**_____ **State** _____ **ZIP**_____

**LMSC** _____

**Note: For facilities with multiple pools, please identify the specific pool being measured either by unique pool name within the facility or the pool location in relation to other pools within the entire facility.*

**Course Measured (check one)**

___ 25 Yards

___ 25 Meters

___ 50 Meters

**2. Measurement Parameters (check one)**

(a) Measuring device (see instructions) Steel tape __ Laser ___Other ___

(b) Distances measured in (check one):

- ☐ feet with feet displayed as a decimal to 1/100, like 75.01 feet
- ☐ feet and inches with inches displayed as a fraction to 1/8 like 75feet, ⅜ in or 75'⅜"
- ☐ meters with meters displayed as a decimal to 1/100, like 50.01meters
- ☐ meters and centimeters with centimeters displayed separately as 50m 1cm

**3. Bulkhead Placement Confirmation Measurements** (per Article 105.1.7)

Measure the outermost **competition** lanes and a center lane **BEFORE** the meet AND after each Session. Include **how** it was measured: wall-to-wall, or wall-to-pad (same as pad-to-wall), or pad-to-pad.

| When Measured: | Full Date of Measurement | Left Outer Competition Lane | | Center Lane | | Right Outer Competition Lane | | 0) wall to wall 1) wall to pad 2) pad to pad |
|---|---|---|---|---|---|---|---|---|
| | | Lane# | Length | Lane# | Length | Lane# | Length | |
| Pre-meet | | | | | | | | |
| Post Session 1 | | | | | | | | |
| Post Session 2 | | | | | | | | |
| Post Session 3 | | | | | | | | |
| Post Session 4 | | | | | | | | |

| | Name | Title | Email | Phone |
|---|---|---|---|---|
| Measured by: | | | | |
| Submitted by: | | | | |

**A copy of this form from the beginning of the meet and after each session must be included with meet results sent to the LMSC Top Ten Recorder in order to confirm bulkhead placement. For a record application, this form should be attached to and submitted with the Record Application form.**

Last revised 6/13/2025

# Application for USMS and/or World Record

**1. Course** _____ **SCY** ____ **SCM** _____ **LCM** **2. Distance** _____ **3. Stroke** _____
50-100-200-400-500-800-1000-1500-1650 free-back-breast-fly-IM-FR-MR

**4. Official time** _____ (mins:) : ___ (secs.) . ____ (hundredths) **5. Date of swim** (mm/dd/yyyy): _____

| **6. Timing System** | **Circle Timing Level Used for Record** | **Circle Number per Lane** |
|---|---|---|
| Automatic Timing System | Primary | Pads 2 or 1 |
| Semiautomatic Timing System | Secondary | Buttons 3 or 2 or 1 |
| Manual Timing System: Watches | Tertiary | Watches 3 or 2 |

**7. Age Group** _____ **Club Name** _____ **Federation**_____
Enter individual swimmer information on Line 1 or, if relay, use all four lines to name each swimmer in swim order and provide personal information.

| # | Last Name | First Name | Sex (M/F) | Birthdate (mm/dd/yyyy) | Age | USMS Number |
|---|---|---|---|---|---|---|
| 1 | | | | | | |
| 2 | | | | | | |
| 3 | | | | | | |
| 4 | | | | | | |

**8. Pool Name:**_____ **City** _____ **State** _____

**Last day of meet:**_____**Sanction or Recognition #** _____ **LMSC**_____

**9. Select one:** ___USMS sanctioned ___USMS recognized ___USA-S meet ___USMS/USA dual sanctioned

**10.** Is copy of swimmer's birth certificate (or passport) attached or on file with USMS National Swims Coordinator?_Y_N

**11.** Is the pool length certification attached or on file with the USMS National Swims Coordinator? _Y_N

**12.** Have structural changes, including resurfacing, been made to the pool since the last pool length certification? _Y_N

**13.** Is the racing course fixed by a movable bulkhead? _Y_N
(If yes, course measurement must be confirmed at the conclusion of the session during which the record time was achieved.)

**14. Referee:** I certify that the required number of personnel officiated during the above performance and were properly qualified officials, and the described performance complied with the rules of United States Masters Swimming including the use of legal swimsuits.
Name _____ Signature _____ Date_____

**15. Record Application Submitted By:**
Name _____ Title _____ Date _____
Address _____ Phone ( _____ ) _____
City _____ State _____ ZIP_____ Email _____

**Instructions:** Complete the above form, items 1–15, in its entirety. World records are due within 30 days of the swim. USMS records are due within 90 days of the end of the season of the swim. Records can only be set in freshwater pools.

**Email all information to: The USMS National Swims Coordinator, TopTen@usmastersswimming.org.**

**OFFICE USE ONLY:**
**USMS national swims coordinator:** If this is a world record, then I certify that this Masters meet has fulfilled the World Aquatics Competition Regulations, Part 8: Masters Rules, 3.5.3, requirements.
Name_____Signature_____ Date_____

**World Aquatics Masters Recorder**
Name_____Signature_____ Date_____

A

## USMS and World Record Applications

**Instructions:** Complete the above form, items 1–15, in its entirety. World records are due within 30 days of the swim. National records are due within 90 days of the end of the season of the swim. Records can only be set in freshwater pools.

- Attach the printout showing event number, heat number, splits, and backup from the electronic timing system. Meet results are not a substitute for the timing system printout.
- Attach a copy of the heat sheet showing swimmer's name, event number, heat number, and lane number assignment.
- If a movable bulkhead, attach a copy of the Bulkhead Placement Confirmation Form showing the measurements from the session of the record swim.
- For recognized meets, include the Observer's Report.
- Swims done at recognized or USA-S meets do not qualify for world records.
- World records can only be established in a Masters meet as per World Aquatics Rule MSW 3.5.3, which states the meet must be:
  a. Formally sanctioned by a World Aquatics Member Federation; and
  b. Organized for or on behalf of a club or an organization which is a member of this World Aquatics Member Federation or recognized by World Aquatics; and
  c. Conducted under the rules of World Aquatics (and especially those relevant to Masters Swimming); and
  d. In which only swimmers registered in a club member of a World Aquatics Member Federation participated.
- Swimmer's age is as of December 31 of the year of competition for LCM and SCM courses, and as of the last day of the meet for SCY courses.

**Email all information to: The USMS National Swims Coordinator, TopTen@usmastersswimming.org.**

### Documentation Requirements for USMS Long Distance Records

- Completed Application for USMS Long Distance Record. Refer to the *USMS Guide to Local Operations* for that application form.
- Proof of achieved time or distance swum.
- For virtual events, a lap-count checkoff sheet listing all split times and bearing the signature, name, address, and phone number of the lap counter/timer.
- For cable swims, a copy of the course certification, if it is not already on file according to article 302.3.1A.

| | | |
|---|---|---|
| | ***U.S. Masters Swimming***<br>**Split Notification Form** | |
| Event | | |
| Event # | Heat # | Lane # |
| Split Event | | Time |
| Swimmer's Name | | |
| Gender | Age | |
| Meet | | Date |
| Approved by: | | |

Initial split times from an individual or relay event will be accepted as an individual performance and will be considered for Top 10 if it is deemed an official time in accordance with articles 103.17.3 and 103.18.5–103.18.7. Split times will be considered for a USMS record only if recorded by automatic timing (for a world record: automatic timing, or semiautomatic if automatic fails). The meet director should give a copy of the completed split forms to the Top 10 recorder.

The swimmer must notify the meet referee of the intent to record an initial split time prior to the conclusion of the meet. The request for relay leadoff split times and initial backstroke distance times in individual backstroke events must be made prior to the swim.

## United States Masters Swimming Inc.
## REPORT OF OCCURRENCE

It is important to have written incident reports on file regarding injuries (to participants, spectators, coaches, or other volunteers), property damage, or other incidents that occur during U.S. Masters Swimming–sanctioned or –recognized activities or events.

Examples of incidents which need to be reported include, but are not limited to, the following:

- Bodily injury or illness
- Fatality
- Property damage
- Missing person(s)

The Incident Report Form should be completed at the time of an accident, injury, or other incident. The report is to be completed by a coach, meet director, or meet official.

The Incident Report Form is posted online in the *USMS Guide to Local Operations.*

Completed Incident Report Forms should be submitted as soon as possible to:

USMS National Office
ATTN: Membership Department
8388 South Tamiami Trail, Suite 221
Sarasota, FL 34238
Telephone: (941) 256-8767
Email: membership@usmastersswimming.org

## OBSERVER'S REPORT FOR RECOGNIZED MEETS OTHER THAN USA-S OR WORLD AQUATICS MEETS

Meet Name:_____ Date(s):_____

☐ Short Course Yards ☐ Short Course Meters ☐ Long Course Meters

Observer Name:_____

Date Recognition Approved by LMSC or USMS Executive Committee:_____

Facility Name: _____

Facility Location: _____

| ✓ IF OK | DESCRIPTION | COM-MENTS |
|---|---|---|
| | Pool dimensions, water depth, and platform, backstroke flags set properly (articles 106.2.1, 106.2.3A, 106.3, 106.11.1, 106.11.2, 106.12, 106.13.2, 106.14, and 106.16) | |
| | Pool is certified for course length by USMS (article 105.1.6) | |
| | For bulkheads, pool length is measured at the start of meet and after each session (laser or steel tape at surface) (articles 105.1.7A–C) | |
| | Swimwear complied with article 102.12.1 | |
| | Official times are determined in accordance with articles 103.17.3 and 103.18.1–103.18.4 | |
| | Timing system meets record requirements (primary is automatic with three, two, or one button(s) backup) (articles 103.18.5–103.18.8, 103.18.10) | |
| | Timing system meets Top 10 requirements (primary is automatic or two-button semiautomatic, all with backup, or primary of two valid watches) (articles 103.18.5–103.18.8, 103.18.10) | |
| | Initial requested splits have official time (no DQ for full distance, legal finish on split) (article 103.18.1) | |
| | Requested relay leadoff times may come from relays in which other members are not registered with USMS, and relay event does not conform (article 108.2.1A[7]). However, the leadoff distance must conform to an event listed in article 102.5.2 and must meet the requirements of article 103.18 in order to be considered for official purposes. | |
| | All times are recorded to hundredths of a second (article 103.18.4) | |
| | Strokes match event name, strokes during freestyle events count as freestyle (article 103.18.3) | |
| | Strokes, starts, and relays comply with article 101 (or article 107 for officiating swimmers with disabilities) | |
| | Minimum of two qualified officials (one referee, one starter, and two stroke and turn judges where referee and starter may serve as stroke and turn judges). Referee and starter may not be the same person. | |

I verify that I attended this meet and the conduct of the competition conformed to the relevant USMS swimming rules and administrative regulations.

Observer's Signature:_____ Date: _____

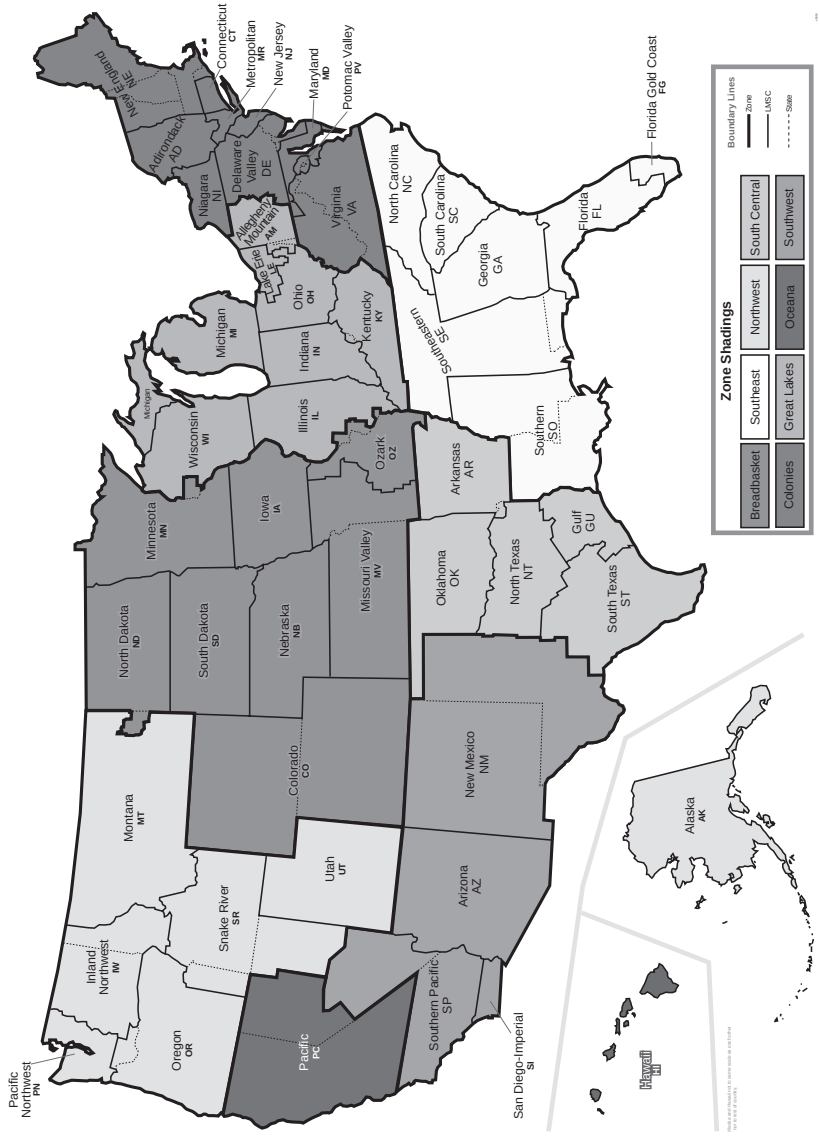
**A designated observer shall submit this form to verify in writing that the conduct of the competition conforms to the relevant USMS swimming rules and regulations as required by articles 108.2 and 202.2 of the USMS rule book. Completed forms should be sent to the Top 10 recorder of the LMSC. Attach a copy of this form to record applications.**

# APPENDIX B: LMSC NUMERIC CODES AND ABBREVIATIONS AND LMSC AND ZONE BOUNDARY MAP

## LMSC Numeric Codes and Abbreviations

| | | | | | |
|---|---|---|---|---|---|
| 3 | AD | Adirondack | 2 | NE | New England |
| 56 | AK | Alaska | 7 | NJ | New Jersey |
| 11 | AM | Allegheny Mountain | 42 | NM | New Mexico |
| 48 | AZ | Arizona | 4 | NI | Niagara |
| 23 | AR | Arkansas | 13 | NC | North Carolina |
| 32 | CO | Colorado | 52 | ND | North Dakota |
| 5 | CT | Connecticut | 26 | NT | North Texas |
| 8 | DV | Delaware Valley | 17 | OH | Ohio |
| 14 | FL | Florida | 27 | OK | Oklahoma |
| 50 | FG | Florida Gold Coast | 37 | OR | Oregon |
| 45 | GA | Georgia | 22 | OZ | Ozark |
| 25 | GU | Gulf | 38 | PC | Pacific |
| 39 | HI | Hawaii | 36 | PN | Pacific Northwest |
| 21 | IL | Illinois | 10 | PV | Potomac Valley |
| 16 | IN | Indiana | 44 | SI | San Diego–Imperial |
| 35 | IW | Inland Northwest | 59 | SR | Snake River |
| 40 | IA | Iowa | 55 | SC | South Carolina |
| 41 | KY | Kentucky | 54 | SD | South Dakota |
| 18 | LE | Lake Erie | 43 | ST | South Texas |
| 9 | MD | Maryland | 15 | SE | Southeastern |
| 6 | MR | Metropolitan | 24 | SO | Southern |
| 19 | MI | Michigan | 33 | SP | Southern Pacific |
| 30 | MN | Minnesota | 34 | UT | Utah |
| 28 | MV | Missouri Valley | 12 | VA | Virginia |
| 31 | MT | Montana | 20 | WI | Wisconsin |
| 29 | NB | Nebraska | | | |

# Zone and LMSC Boundaries



# APPENDIX C: USMS DIRECTORY

## USMS Board of Directors

President.....Ed Coates
Vice President of Administration..... Julie Dussliere
Vice President of Local Operations .....Crystie McGrail
Vice President of Programs..... Carrie Stolar
Vice President of Community Services ..... Kenny Brisbin
Secretary .....Erika Braun
Treasurer ..... Denise Dombay
Immediate Past President..... Peter Guadagni
Legal Counsel .....Katie Kenyon
At-Large Director, Breadbasket Zone.....Samantha Kraft
At-Large Director, Colonies Zone .....Guy Davis
At-Large Director, Great Lakes Zone .....C.J. Rushman
At-Large Director, Northwest Zone.....Rob Heath
At-Large Director, Oceana Zone.....Phyllis Quinn
At-Large Director, South Central Zone ..... Nicole Christensen
At-Large Director, Southeast Zone..... Trey Taylor
At-Large Director, Southwest Zone.....Jeff Commings
CEO.....Dawson Hughes

## USMS Standing Committees

See USMS website for committee members, chairs, and Board liaisons

Championship Committee

Coaches Committee

Diversity and Inclusion Committee

History and Archives Committee

Legislation Committee

LMSC Development Committee

Long Distance Committee

Officials Committee

Recognition and Awards Committee

Records and Tabulation Committee

Rules Committee

C

## Permanent Committees of the Board of Directors

Audit Committee

Compensation and Benefits Committee

Elections Committee

Finance Committee

Governance Committee

Investment Committee

## National Office

**Executive Leadership**

Chief Executive Officer.....Dawson Hughes
Chief Marketing Officer..... Kyle Deery

**Events, Programs, and Membership Services**

Senior Director, Business Operations .....Jessica Reilly
Manager, Member and Club Services.....Bethany Burchill
Coordinator, Membership and Club Services .....Melanie Jaudon
Coordinator, Volunteer Services..... Meredith Buchanan
Senior Director, Membership and Business Development ..... Jay Eckert
Manager, Events and Business Development ..... Onshalee Promchitmart
Manager, Business Development..... Meghan Varner
Coordinator, Events and Business Development..... Colton Martin

**Marketing, Communications, and Publication**

Director, Publications and Communications .....Daniel Paulling
Marketing and Communications Specialist .....Rendy Opdycke
Manager, Marketing..... Erica Totten
Web Developer.....Jay Place

**Finance Department**

Controller ..... Gary Keehner
Staff Accountant..... Adrienne McKee







# SWIMMER'S GROOMING ESSENTIALS

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other locations
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SwimOutlet.com






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Set up a team store and earn commission back on all your team's purchases. Choose from training gear and spirit wear!

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Look like a team in and out of water. Create spirit wear and custom suits for your swimmers and fans.

### Team Discounts + Bulk Orders

Contact our team specialists to get the best prices and expert advice on your team purchases.

**Visit us at** www.swimoutlet.com/teams

**email** teams@swimoutlet.com **call** (800) 469-7132

## Special offer for USMS teams!*

Publish a Custom Team Store by October 31, 2026 and receive $50

Store must be published on a registered swim team website for a minimum of 30 days with at least one custom item. Must be a new team store account to earn credit. One credit per team. Credit will be given to team's registered account admin. Credit expires March 31, 2027. Credit cannot be redeemed for cash.