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1981 Technical Rules Code of Regulations

**UNITED
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Some impressions never fade.

You start out wet behind the ears. Swallow some water. Do a few bellyflops. You keep trying. Again and again. And again. But there are so many people behind you. Coaches. Parents. And volunteers. As well as United States Swimming and Diving. Helping you learn discipline. Gain confidence. And make new friends. Each step of the way. Because swimming and diving are more than just time and form alone. That's why Phillips Petroleum is a long-time sponsor of US Swimming and US Diving. It's a contest where everyone wins. Even though only a few earn medals. Because what you learn sticks with you for the rest of your life.



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**1981
UNITED STATES
SWIMMING CODE**

**TECHNICAL RULES
AND
CODE OF REGULATIONS**

Published by

UNITED STATES SWIMMING, INC.
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Technical Rules edited by William A. Lippman, Jr. and Ann Colwell
Code of Regulations edited by Bernard J. Favaro and Sandra Baldwin

This is the first official publication of United States Swimming, the
newly
formed National Governing Body for swimming in this country.

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MAJOR RULE CHANGES FOR 1981

The Technical Swimming Rules are now Part One, followed by Parts Two through Five, etc. Long Distance and Masters regulations are now in the Appendix.

TECHNICAL RULES

BREASTSTROKE--Arm recovery must be made on or under water surface.
(102.1(2))

Kick rule clarified. (102.1(3))

Hands may touch unevenly at Long Course turns.

(102.2(4)(b))

INDIVIDUAL MEDLEY--Clearly identified as a single event with three turns and one finish. (102.5)

MEDLEY RELAY--Clearly identified as a combined event, using the finish rules for each stroke. (102.6(2))

FINISH RULES--Clarified. (102.7)

NO-SHOW ON START--Penalty defined. (103.16(6)(g))

TIMING RULES--Completely rewritten for clarity, with no substantive change. (103.19)

STARTING RULES--Referee given authority to modify to adapt for handi-capped swimmers. (103.16(1)(f))

NATIONAL CHAMPIONSHIP RULES

NEW 4-DAY PROGRAM--All days revised. (104.5(4))

800/1000 Y/M EVENTS--New entry and seeding. (104.4(10)(b)(c); 104.4(12)(b); 104.5(4)(b); 104.8(8)(e)).

QUALIFYING TIMES--55 Yard times no longer acceptable. (104.8(c)(2))

AWARD OF MEETS--Procedures revised. (105.7)

AGE GROUP

NEW AGE GROUPS--15-16, 17-18 or 15-18 now replace 15-18 category.
(106.6(2); 106.13(4); 106.14(3))

NEW AGE GROUP EVENTS--See 106.7(2)

BEST TIMES SUBMISSION--'Recognized' competitions identified.
(106.9(2))

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OFFICIAL GLOSSARY

Swimming Words and Terms

Across-the-Board Place Judges--two place judges, one on each side of the finish line, who will record the order of finish by lane. The independent decisions of these two judges may be used for balloting.

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

Appreciable--sufficient in extent to be recognized.

Approved or Sanctioned Meets--meets sanctioned under Article 41 and approved meets having 'officials' as required by Article 3 and having in attendance a qualified official who may approve and certify that the swimmers desiring to use their times as United States Swimming qualifying times have competed under United States Swimming Technical Rules in achieving them.

Body--the torso, including shoulders and hips.

Calm State or Surface--normal level surface without turbulence.

Closed Competition--competition open only to the members of an organization or group, whether or not the organization or group is itself a member of the Corporation.

Composite Time--a time achieved in a relay event by four members of an organization.

Consolation--(finals) competition for the fastest of those who failed to qualify for the finals.

Corporation--United States Swimming, Inc.

Course--designated distance over which the competition is conducted:

Long Course--50 or 55 yards, 50 meters.

Short Course--20 or 25 yards, 25 meters.

Draw--random selection by chance.

Event--any race or series of races in a given stroke or distance.

Final--any single race which determines final places and times in an event.

Finals--the concluding session of the meet in which the final race of each event is swum.

Finalist--one who swims in a final race.

Heats--a division of an event in which there are too many swimmers to compete at one time.

1. **Qualifying Heats**--Competition in which a number of heats are swum to qualify the fastest swimmers for the finals where final placing for the event will be determined.
2. **Timed Final Heats**--Competition in which only heats are swum and final placings are determined by the times performed in the heats.

Horizontal--parallel to the surface level of the water.

International Competition--competition in which all competitors and/or teams represent their countries, not clubs or other organizations.

Junior Olympic--a type of Age Group competition conducted by the Age Group Section.

Lane--the specific area in which the swimmer is assigned to swim (i.e.), lane one, lane two, etc.

Lane Markings--the guide lines on the bottom of the pool and in the center of the lanes running from the starting end to the turning end.

Lane Line--continuous floating markers attached to a line stretched from the starting end to the turning end for the purpose of separating each lane.

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

Length--extent of the course from end to end.

LSC--local swimming committee: a division of the Corporation with supervisory responsibilities within the geographic territory of an Association.

Malfunction--a mechanical or electronic failure--not a human failure by the swimmer.

Manual Start--the start of any timing device by an individual if this start is initiated by this person in response to the same starting sound given to the swimmer.

Marks--(take your) starting position.

May--permissive, not mandatory.

Meet--a series of events held in one program and in the following categories:

Closed--for members of one organization or one LSC.

Age Group--for any or all age groups.

Junior--18 and under.

Masters--for masters swimmers (age 25 and over).

Invitational--for those swimmers and clubs invited by the meet manager.

Dual--between two teams conducting no less than five (5) complete events between members of both teams.

Or any combination of the above.

Official Verification Card (OVC)--is a three-copy form for certifying a national qualifying time made by a swimmer and issued by a verification official of the area in which the meet was held. OVC's shall be issued for any time that equals or betters a national time standard or international trials time standard.

Open Competition--competition in which events are open to members of more than one club or organization. 'Open' includes 'Invitational' if more than one club or organization is entered in the competition.

Pool--the physical facility in which the competition is actually conducted.

Preliminary--session of the meet in which the heats are held.

Propulsive--having power to propel.

Race--any single swimming competition, (i.e.) preliminary, final, timed final.

Registered--enrolled as an amateur member of the Corporation and an LSC.

Reinstatement--return of all or limited rights of membership in the Corporation.

Scissor--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--(from an event) withdraw an entry from competition.

Seed--distribute the swimmers among the required number of heats and/or lanes, according to their submitted or preliminary times.

Seeding--Pre-Seeded Heats--swimmers are arranged in heats in events according to submitted times and heat sheets are prepared prior to the day of competition. Events Seeded on the Deck--swimmers are called to report to the clerk of course for their event on the day of the meet. After scratches are determined they are then seeded in the proper heats.

Shall--mandatory.

- Simultaneously**--at the same time.
- Solid Wall**--the end of the pool including the vertical end of the pool and the front of the starting block or platform.
- Split Time**--time recorded from official start to completion of an intermediate distance within a longer event.
- Still Water**--water contained within four walls or landlocked which has no perceptible current or movement other than that caused by wind or by other swimmers. (Circulatory systems should be off during competition.)
- Submitted Times**--those filed with an entry, as having been previously achieved.
- Suspension**--deprivation of all rights of membership in the Corporation.
- Timed Finals**--competition in which only heats are swum and final placings are determined by the times performed in the heats.
- Time Standard**--the time standard for any event in a meet is the cut-off time for that event.
- Time Trial**--swimming against the clock, unpaced by another swimmer.
- Unattached**--an athlete member who competes but does not represent a club/organization member of the Corporation.
- Vertical**--at a right angle to the normal water level.

PART ONE

TECHNICAL RULES

All competitive swimming events held under Corporate sanction shall be conducted in accordance with the following rules which are designed to protect the swimmer, provide fair and equitable conditions of competition, and promote uniformity in the sport so that no swimmer shall obtain unfair advantage over another.

It is recommended that the LSC and Regional short course and long course championships be held annually and that they be conducted under the rules governing National Championships (Article 4) subject to available facilities and personnel. Events other than such championships may use Article 4 as a guide subject to local conditions and preference, but when national Championship rules are to govern such events, and they differ in any way from Article 4, such differences must be clearly stated on the entry blank.

ARTICLE 1 CLASSES OF COMPETITION

101.1. COMPETITIVE CLASSIFICATIONS--Swimming shall be conducted under the following classifications and participation is open to athletes from any country subject to further pertinent regulations in these rules and elsewhere.

- (1) **Senior**--All registered swimmers except Masters are eligible for the Senior Class.
- (2) **Junior**--All registered swimmers 18 years of age and younger are eligible for the Junior Class subject to the restrictions elsewhere in these rules.
- (3) **Age Group**--Age Group swimming is for swimmers 18 years of age and under and shall be conducted under the provisions of **Article 6**.
- (4) **Masters**--Masters swimming is for swimmers 25 years of age and older.
- (5) **Long Distance**--All registered swimmers are eligible for Long Distance swimming.

ARTICLE 2 RULES FOR SWIMMING THE STROKES

102.1. BREASTSTROKE

- (1) **Start**--The forward start shall be used.

- (2) **Stroke**--The body shall be kept on the breast. From the beginning of the first armstroke after the start and after each turn, the body shall be kept perfectly on the breast and both shoulders shall be in line with the water surface. All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement. The hands shall be pushed forward together from the breast on or under the surface of the water, and shall be brought back on or under the surface of the water. A part of the head shall always be above the general water level (the surface in a calm state), except that after the start and after each turn, the swimmer may take one arm stroke and one leg kick while wholly submerged. When the hands begin their sideward or downward press, a new stroke shall have been started. Drifting apart of the hands does not constitute an infraction. A wave passing over the head does not constitute a violation.
- (3) **Kick**--All vertical and lateral movements of the legs shall be simultaneous. The feet must be turned outwards in the backward movement. A flutter kick or downward butterfly kick is not permitted. Breaking the surface with the feet shall not merit disqualification unless followed by a downward butterfly kick.
- (4) **Turns**
- (a) **Short Course** --When touching at each turn, the touch shall be made with both hands simultaneously. It is permissible for a shoulder to be dropped and/or the head to be lowered below the water level of the pool after the final arm pull and prior to the touch. A legal touch may be made at, above or below the surface of the water. Once a legal touch has been made the swimmer may turn in any manner desired. The prescribed form must be attained from the beginning of the first arm stroke. This would apply also to the breaststroke leg of the individual medley and the breaststroke leg in the medley relay.
- (b) **Long Course** --When touching at each turn, the touch shall be made with both hands simultaneously while the body is on the breast. The shoulders shall be in line with the water surface. A legal touch may be made at, above or below the surface of the water. Once a legal touch has been made, the swimmer may turn in any manner desired. The prescribed form must be attained from the beginning of the first arm stroke.
- (5) **Finish**
- (a) **Short Course** --On the finish the touch must be made with both hands simultaneously at the same level while the body is on the breast. The shoulders shall be in line with the water surface. It is permissible for the head to be lowered below the water level of the pool after the final arm pull and prior to the touch. A legal touch may be made at, above or below the surface of the water.
- (b) **Long Course** --On the finish the touch must be made with both hands simultaneously at the same level while the body is on the breast. The shoulders shall be in line with the water surface. A legal touch may be made at, above or below the surface of the water.

Note: Either complete or incomplete movements of the arms or legs from the starting position shall be considered as one complete stroke or kick.

102.2. BUTTERFLY

- (1) **Start**--The forward start shall be used.
- (2) **Stroke**--After the start and turns, a swimmer is permitted one or more leg kicks, but only one arm pull under water, which must bring him to the surface. Both arms must be brought forward together over the water and brought backward simultaneously. The body must be kept perfectly on the breast, and both shoulders in the horizontal plane, from the beginning of the first arm stroke after the start and after each turn.
- (3) **Kick**--All up and down movements of the legs and feet must be simultaneous. The position of the legs and feet shall not alternate in relation to each other. The use of the scissor or breaststroke kicking movement is not permitted.
- (4) **Turns**
 - (a) **Short Course** --When touching at each turn the touch shall be made with both hands simultaneously. It is permissible to drop a shoulder after the final arm pull and prior to the touch. A legal touch may be made at, above or below the surface of the water. Once a legal touch has been made the swimmer may turn in any manner desired. The prescribed form must be attained from the beginning of the first arm stroke. This would apply also to the butterfly leg of the individual medley and the butterfly leg of the medley relay.
 - (b) **Long Course** --When touching at each turn the touch shall be made with both hands simultaneously at the same level while the body is on the breast. The shoulders shall be in line with the water surface. A legal touch may be made at, above or below the surface of the water. Once a legal touch has been made the swimmer may turn in any manner desired. The prescribed form must be attained from the beginning of the first arm stroke.
- (5) **Finish**
 - (a) **Short Course** --On the finish the touch shall be made with both hands simultaneously at the same level while the body is on the breast. The shoulders shall be in line with the water surface. A legal touch may be made at, above or below the surface of the water.
 - (b) **Long Course** --On the finish the touch shall be made with both hands simultaneously at the same level while the body is on the breast. The shoulders shall be in line with the water surface. A legal touch may be made at, above or below the surface of the water.

102.3. BACKSTROKE

- (1) **Start**--The swimmers shall line up in the water, facing the starting end, with both hands resting either on the end or rail of the pool or on any part of the starting platform or block, or on the starting grips.

- (a) **Short Course** --The feet may be placed in any position on the end of the pool, and the swimmer may assume any desired starting position which does not remove his feet completely from the water, nor his feet from contact with the end of the pool, nor his hands from the starting grips, pool edge, or starting block. Subject to the approval of the host facility, a backstroke starting block against which to place the feet may be used, if available to all contestants.
- (b) **Long Course** --It shall be the starter's duty to see that the swimmer's feet, including the toes, shall be under the surface of the water, and that no swimmer is standing in or on the gutter, or curling his toes over the lip of the gutter. A backstroke starting block may not be used.
- (2) **Stroke**--The swimmer shall push off on his back and continue swimming on his back throughout the race.
- (3) **Turns**--The swimmer's head, shoulder, foremost hand or arm must touch the end of the course, but the shoulders must not turn over beyond the vertical before the touch is made. It is permissible to turn the shoulders beyond the vertical after the touch, but the swimmer must have returned to a position where the shoulders are at or past the vertical toward the back before the feet have left the wall.
- (4) **Finish**--The swimmer shall have finished the race when any part of his person touches the solid wall at the end of the pool.

102.4. FREESTYLE

- (1) **Start**--The forward start shall be used.
- (2) **Stroke**--Freestyle means that in an event so designated 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.
- (3) **Turns**--In freestyle competition the hand touch is not required at the turn; it is sufficient if any part of the swimmer touches the solid wall at the end of the pool or course.

102.5. 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.

- (1) The stroke and turns for each stroke shall follow the prescribed rules for each stroke.
- (2) The turns from one stroke to another shall be considered turns, not finishes, and are as follows:
 - (a) **Butterfly to backstroke** --once a legal touch has been made the swimmer may turn in any manner desired. The prescribed stroke form must be attained prior to the time the feet leave the wall.
 - (b) **Backstroke to breaststroke** --once a legal touch has been made the swimmer may turn in any manner desired. The shoulders must be past the vertical toward the breast when the feet leave the wall. The prescribed stroke form must be attained prior to the first arm stroke.

- (c) **Breaststroke to freestyle** --once a legal touch has been made the swimmer may turn in any manner desired.

102.6. RELAYS

- (1) **Freestyle Relay**--Four swimmers on each team, each to swim one-fourth of the prescribed distance using any desired stroke(s).
- (2) **Medley Relay**--Four swimmers on each team, each to swim one-fourth of the prescribed distance continuously in the following order: first, backstroke; second, breaststroke; third, butterfly; and fourth, freestyle. Rules pertaining to each stroke used shall govern where applicable. At the end of each leg, the finish rule for each stroke applies in each case. Refer to 102.4(2).
- (3) **Rules Pertaining to Relay Races**
 - (a) No swimmer shall swim more than one leg in any relay event.
 - (b) Relay teams may not compete unattached and must in all cases be composed of registered members of the same club, school or organization.
 - (c) When automatic relay take-off judging is used, each swimmer must touch the touchplate or pad in his lane at the end of the course to have finished his leg of the relay race.
 - (d) In relay races a swimmer other than the first swimmer shall not start until his teammate has concluded his leg.
 - (e) Any relay team member and his relay team shall be disqualified from a race if a team member other than the swimmer designated to swim that leg shall jump into or enter the pool in the area where the race is being conducted before all swimmers of all teams have finished the race.
 - (f) In relay races the team of a swimmer whose feet have lost touch with the starting platform (ground or deck) before his preceding teammate touches the wall shall be disqualified.
 - (g) When the first swimmer on a relay completes his leg in accordance with the rules of the stroke and unless his team is disqualified for some action on his part, his split time, if recorded in accordance with 108.2(4)(a), may be considered for an official time. If recorded in accordance with 108.2(4)(a) or 103.15(4) this time may also be considered for LSC and local records, and if recorded in accordance with 108.2(3), (4) and (5) it may considered for any other record purpose.

102.7. FINISH RULES FOR ALL STROKES

- (1) In all swimming races each swimmer shall have finished his race when he has covered the prescribed distance and any part of his body touches:
 - (a) The solid wall at the end of the pool or course when completely automatic officiating equipment is not in use, or
 - (b) The touchplate or pad in his lane at the end of the pool or course when using completely automatic officiating equipment as described in 107.23.
- (2) In the backstroke, breaststroke and butterfly, each swimmer must also comply with the finish touch requirements for those strokes as defined under the rules for each stroke.

ARTICLE 3 RULES APPLYING TO THE CONDUCT OF ALL SWIMMING COMPETITION

Note: The events and programs for national, regional and LSC Championships are set forth in Article 4.

103.1. EVENTS

- (1) **Senior Classification**--See Article 4.
- (2) **Junior Classification**--See Article 4.
- (3) **Age Group Classification**--See Article 6.

103.2. PROGRAMS--In planning any meet, careful consideration must be given the demands to be made upon swimmers, officials and spectators, in that order. Long, tiresome meets, with too many events and/or entries, often result in keeping small children up late at night. Meets should be planned to terminate within a maximum period of eight (8) hours of competitive events in any one day. Provide adequate meal and rest breaks and sheltered rest areas, properly supervised.

- (1) Programs for Senior, Age Group and/or those of mixed classification, can be tailored to local requirements and conditions.
- (2) **Dual Meets**--Dual meets are encouraged between clubs, LSCs and regions. They may consist of programs of mixed classifications. For Age Group suggested dual meet programs refer to Article 6.

(a) Suggested Events in Senior Dual Meets:

400 Medley Relay	100 Freestyle
200 Freestyle	100/200 Backstroke
50 Freestyle	400/500 Freestyle
200/400 I.M.	100/200 Breaststroke
100/200 Fly	400 Free Relay

(b) Suggested Events in All-Star Dual Meet Competition:

This program is designed for two days or two-session competition. Each competitor is allowed two races per session. Each team may enter two competitors and one relay in each event. Events are alternated; first women, then men.

Note: By mutual consent of teams entered competitors may enter more events or teams may enter more contestants and relays per event than recommended.

First Session

400 Medley Relay	Women/Men
1500/1650 Freestyle	Women/Men
100 Backstroke	Women/Men
200 Freestyle	Women/Men
100 Breaststroke	Women/Men
100 Butterfly	Women/Men
400 I.M.	Women/Men
800 Freestyle Relay	Women/Men

*800/1000 free may replace the 1500/1650 free by mutual team consent.

Second Session

200 Butterfly	Women/Men
100 Freestyle	Women/Men
200 Backstroke	Women/Men
200 Breaststroke	Women/Men
400/500 Freestyle	Women/Men
200 I.M.	Women/Men
400 Freestyle Relay	Women/Men

(3) Conduct of Dual Meets

- (a) In six-lane pools each team may enter three official swimmers of which only two may score. Upon arrival at the pool the visiting team shall have the choice of lanes or a side of the pool.
- (b) Each swimmer may swim in three events of which at least one must be a relay.
- (c) It is recommended that each team be furnished with entry cards, which shall also serve as time cards. They may be turned in to the Referee, or his representative, several events ahead, but must be submitted immediately upon request, and must include the name of the swimmer and the lane he/she will swim in. No change may be made except through injury or illness.
- (d) Protests which cannot be resolved at the meet must be sent to the proper committee.
- (e) Scoring: Individuals 5-3-1. Relays 7-0.

(4) Minimum Number of Officials Required

- (a) Starter-Referee, who may also act as a stroke and turn judge.
- (b) One other stroke and turn judge.
- (c) Two scorers-one from each team.
- (d) Announcer.
- (e) Three timers for each lane.
- (f) Relay take-off judges.
- (g) Two across-the-board judges, one on each side of the pool at the finish line whose independent decisions as to the order of finish may be used for balloting.
- (h) The visiting team may furnish officials as a courtesy, not a requirement.

103.3. ENTRIES

- (1) In any combination of aquatic events conducted on a single day at the same site and where preliminaries and finals are held, no swimmer shall be permitted to compete in more than 3 events (1 event equals 1 preliminary plus 1 final) per day, exclusive of relays.
- (2) The above restrictions are effective regardless of the classification mixture and/or that separate meets are being conducted and such limitations shall be clearly stated on the entry blanks.
- (3) When timed finals are held, without preliminary heats, no swimmer shall be permitted to compete in more than 5 events per day exclusive of relays.
- (4) In meets where a combination of preliminaries and finals events and timed finals are held, a swimmer may participate in only 3 individual events per day, unless entered exclusively in timed final events.

- (5) If qualifying time standards are used they may be made in:
- (a) A 25 yard or 25 meter course for Short Course events.
 - (b) A 50 meter course for Long Course events.

103.4. INDIVIDUAL SCRATCH RULE--Each swimmer shall inform himself of the meet starting time and shall report to the proper meet authorities promptly upon call.

- (1) **Pre-Seeded Meets**--Each swimmer shall report promptly to the clerk of course prior to the start of each race in which he is entered.
- (a) Any swimmer not reporting for or competing in an individual timed final event shall not be penalized.
 - (b) Any swimmer not reporting for or competing in a preliminary heat when finals are scheduled shall not be penalized.
- (2) **Events Seeded at the Meet**--Any swimmer entered in an individual event that is seeded at the meet, in whole or in part, who has checked in for that event, must swim the event unless he notifies the clerk of course before the seeding for that event has begun that he wishes to scratch. Failure to do so will result in his being barred from the next individual event in which he is entered on that day or the next meet day, whichever is first.
- (3) **Scratching from Consolation Finals and Finals**--Any swimmer qualifying for a consolation final or final race in an individual event who fails to compete in said consolation final or final race shall be barred from further competition for the remainder of the meet, except as noted in (4), below. In the event of withdrawal or barring of a swimmer from competition, the Referee shall fill the consolation final or final when possible with the next qualified swimmer(s). Where consolation finals have not yet been swum and a barring or withdrawal is known to the referee, the Referee shall reseed the consolation final and the final, if necessary, to insert the alternate(s) in the appropriate lane(s), filling all lanes in the final. If a consolation final has already been contested, the companion final shall be swum without reseeding for the empty lane(s).
- (4) **Exceptions for Failure to Compete**--No penalty shall apply for failure to withdraw or compete in an individual event if:
- (a) The Referee is notified in the event of illness or injury and accepts the proof thereof.
 - (b) A swimmer qualifying for a consolation final or final race following preliminaries notifies the Referee within thirty (30) minutes after announcement of the qualifiers for that final race that he does not intend to compete.
 - (c) It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

103.5. RELAY SCRATCH RULE

- (1) **Pre-Seeded Meets**--Any relay team entered in a pre-seeded relay event that fails to compete in or report for that event shall not be penalized.
- (2) **Relays Seeded at the Meet**
- (a) Any relay team entered in a relay event that is seeded at the meet in whole or in part, that has been checked in for that event, must

swim the event unless the clerk of course is notified before the seeding for that event is begun that the relay team wishes to scratch. Failure to do so will result in each individual member of that relay team being barred from the next relay event in which those members may otherwise be eligible to compete, either that day or the next meet day, whichever is first.

- (b) A relay team member failing to appear ready to swim for said relay event shall be barred from the next individual event in which he is entered, either that day or the next meet day. The relay team members who do appear ready to swim shall not be penalized for failure of other relay team members to appear.
- (c) **Exceptions** --Relay teams or team members who give acceptable notification to the Referee of illness, injury, or that failure to compete is caused by circumstances beyond the control of the swimmer(s) shall not be penalized.

103.6. RELAYS

- (1) Relays may be conducted on a timed final basis or with preliminaries and finals.
- (2) Timed final relays shall be swum in seeded heats, with not more than two heats (which shall be the fastest heats) conducted during the final session of meets holding preliminaries and finals, and the balance of relay heats will be conducted during the preliminaries.
- (3) Relays conducted as preliminaries and finals shall be seeded and conducted in the same manner as individual events.
- (4) Organizations entering two or more relay teams in an event shall designate them on the entry blank as Team A, Team B, etc.
- (5) The best time of each relay team shall be entered on the entry blank for seeding purposes and no change in time will be permitted.
- (6) First and last names of swimmers eligible to compete in relay events shall be entered on the entry blank according to the event in which they will be eligible to swim.
- (7) First and last names of competing relay swimmers, their ages, and their order of swimming shall be declared to the clerk of course immediately prior to the start of the relay heat in which such team is entered, and no changes will be permitted thereafter.
- (8) The competing teams, first and last names of members and their ages, must be listed in the meet results.

103.7. LANE ASSIGNMENTS -- SEEDING -- COUNTERS

- (1) **Preliminary Heats When Finals are Scheduled**--In order to assure seeded positions, the best competitive times of all entries must be submitted. These times shall be assembled (listed) by the meet committee with the fastest man first and the slowest man last. Swimmers whose submitted times are identical should be assigned places in the list by draw. Swimmers with no submitted times shall be considered the slowest and shall be placed at the end of the list by draw. Swimmers shall be placed in lanes under procedure outlined for finals seeding in 103.7(3). Swimmers shall be placed in heats according to submitted times in the following manner:

- (a) **Fewer than three heats**

- (i) If one heat, it may be seeded as a final heat and swum only during the final session, at the Referee's discretion.
 - (ii) If two heats, the fastest swimmer shall be seeded in the second heat, next fastest in the first heat, next fastest in the second heat, next in the first heat, next in the second heat, next in the first heat, etc.
- (b) **Three heats** --The fastest swimmer shall be placed in the third heat, next fastest in the second, next in the first. The fourth fastest swimmer shall be placed in the third heat, the fifth in the second heat, and the sixth fastest in the first heat, the seventh fastest in the third heat, etc.
- (c) **Four heats or more** --The last three heats of an event shall be seeded in accordance with (b) above. The heat preceding the last three heats shall consist of the next fastest swimmers; the heat preceding the last four heats shall consist of the next fastest swimmers, etc. Lanes shall be assigned in descending order of submitted times within each heat, in accordance with the pattern outlined in 103.7(3).
- (d) **Exception** --There shall be a minimum of three swimmers seeded into any one preliminary heat, but subsequent scratches may reduce the number of swimmers in such heat to less than three.
- (2) **Swim-Offs**--In preliminary heats, in no case may a swimmer with a faster time displace another who placed ahead of him within a heat according to the ballot system. If this situation results in disputed qualifications, all swimmers having times tied or within the disputed times shall swim an elimination (swim-off) to qualify for the disputed place or places in the final. The swim-off will be swum with three watches and two judges on each of the swimmers' lanes and the ballot system or modified ballot system shall be used to determine the order of finish except when automatic officiating equipment is used and is properly functioning. The official time for the swimmers involved shall be the time set in the original preliminary heat. This elimination may be held at any time set by the Referee, but not more than 45 minutes after the last heat of any event in which any one of these swimmers is competing in that session. Should all swimmers in a swim-off be disqualified for rules infractions as outlined in 103.12, the lane or lanes must be left open during the finals.

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

- (3) **Finals**--In finals, the times to be considered are those times made in preliminary heats. If any qualifying swimmers have the same time their respective lanes shall be determined by draw. Lane assignments shall be made in descending order of qualifying times according to lanes as follows:

10	9	8	7	6	5	4	3	2	1	LANE NUMBER
					5	3	1	2	4	5 LANES
				6	4	2	1	3	5	6 LANES
			7	5	3	1	2	4	6	7 LANES
		8	6	4	2	1	3	5	7	8 LANES
	9	7	5	3	1	2	4	6	8	9 LANES
10	8	6	4	2	1	3	5	7	9	10 LANES

Lane 1 shall be on the swimmer's right when he faces the pool.

Note: If a swimmer scratches from a final after it has been seeded and consolation finals have not yet been swum, the final must be reseeded so that the qualified alternate is placed in the proper lane according to his preliminary time.

(4) **Timed Finals**

(a) **Heats** --In order to assure seeded positions, the best competitive times of all entries must be submitted. The last heat shall be composed of the swimmers with the fastest submitted times, the next to last heat composed of the next fastest swimmers, etc. Lanes shall be assigned in descending order of submitted times within each heat, in accordance with the pattern outlined in (3) above. When there are two or more heats there shall be a minimum of three swimmers or relay teams seeded into the first heat. The last heat should be a full heat, but the requirement of seeding three swimmers or relay teams into the first heat may result in failure to fill the last heat.

(b) **Places** --In timed finals, places shall be determined on a time basis, subject to the order of finish within each heat and based upon the ranking system used at the meet. Any ties resulting from the procedure used shall be declared officially tied for awards and points, with no further attempt at resolution.

(5) **Counters**--A swimmer in any individual swimming event of 400 yards or meters or more, excepting the individual medley, may appoint one counter to call lengths or indicate lengths by visual sign. Verbal counters shall be limited to one per swimmer, shall be stationed at the end of the course opposite the starting end, and may not coach or aid the swimmer in any way except that they may use watches and signal intermediate times to the swimmer. The count may be in ascending or descending order. 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 or interfere with another competitor or present any safety hazard.

103.8. SCORING

(1) **National Championships**--With consolation finals score as outlined in 104.4 (13).

(2) **Dual Meets**--Relays 7-0, all other events 5-3-1-0.

- (3) **Traingular Meets**--Relays 8-4-0, all other events 6-4-3-2-1-0.
- (4) **All Other Meets**--
- (a) In 4 lanes: Relays 10-6-4-2, all other events 5-3-2-1.
 - (b) In 5 lanes: Relays 12-8-6-4-2, all other events 6-4-3-2-1.
 - (c) In 6 lanes: Relays 14-10-8-6-4-2, all other events 7-5-4-3-2-1.
 - (d) In 7 lanes: Relays 16-12-10-8-6-4-2, all other events 8-6-5-4-3-2-1.
 - (e) In 8 lanes: Relays 18-14-12-10-8-6-4-2, all other events 9-7-6-5-4-3-2-1.
- (5) **Mixed Meets**--When events of mixed classification, as Senior and Age Group, are included in the same meet, or if events do not meet standard distances, the LSC in charge shall establish the desired combination of values and publish it in the entry blank.
- (6) **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 between such swimmers; i.e., if two tie for first place, the points to be credited to first place and the points to be credited to second place shall be added and divided one-half and one-half. If three tie for first place, the points credited to first, second and third places shall be added and divided one-third, one-third and one-third, 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.
- (7) **Disqualifications**--When a relay team or individual swimmer is disqualified, the following places will move up accordingly and points awarded to conform to the new places. Consolation finalists may not receive championship final placing. Alternates may not receive consolation final placing.

103.9. AWARDS

- (1) Awards shall be as provided in Part Three, Article 44, with exceptions as noted.
- (2) Where two or more swimmers tie for any place duplicate awards shall be given to each of such tied swimmers. In such cases no awards shall be given for the place or places immediately following the tied positions. If two tie for 1st place, no award for 2nd place; if three tie for 1st place, no awards for 2nd or 3rd, and so on.

103.10. CHANGE OF PROGRAM AND POSTPONEMENT

- (1) The order of events, as laid down in the official program, 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, then only to the extent of consolidating the heats.
- (2) The entry provisions and starting time of any event, meet or portion thereof shall stand as stated on entry blank (except as permitted under (3) below) and may not be changed to an earlier time or date unless written notice of such change is delivered to each affected swimmer or his coach. If mailed, such notice must be postmarked no later than the entry deadline date stated on entry blank, and if lack of time prohibits mail notification, each affected swimmer must voluntarily agree in writing that he or she has been notified and is in accord with such

change. Any affected swimmer or his coach may and should file a written protest with the Referee prior to running of event or meet if they do not agree to such change in time or date.

(3) Postponement

- (a) The Referee shall have the power to call off or postpone to a future date any event or meet, even though the same has been actually commenced, if in his judgment the competition cannot be conducted or completed in a satisfactory manner and in fairness to the swimmers.
- (b) Should any postponed event or meet have been actually commenced, the Referee and the meet committee shall determine and publicize the manner and conditions under which the event or meet shall be recommenced.

103.11. COSTUME

- (1) Swimmer's costume must be one-piece, non-transparent, and conform to the current concept of the appropriate.
- (2) The Referee shall have the power to bar offenders under this rule from competition, until they appear properly costumed.
- (3) **Advertising**--No swimmer shall be allowed to wear the emblem of any club or organization which he is not eligible to represent in open competition under the rules of the Corporation, nor is he allowed to appear in athletic attire, clothing or accessories of any kind bearing an advertisement or brand name in conspicuous place different than uniform, athletic attire, or dress available to the general public. He shall be permitted to wear the insignia of the organization he represents. Except that:
 - (a) In all National Championships, international competitions or other events conducted by and under the control of the appropriate national swimming committee, members of representative teams and officials, while in the official competition venues, shall not be permitted to wear, exhibit or carry any visible item in the form of advertising other than the trademark on technical equipment or clothing, exceeding 16 sq. cm. (2.48 sq. in.) in area. The trademark may be repeated provided a name may be used only once. Design or trademarks of National Federations or Organizing Committees for Olympic, World, Continental and Regional Championships are excluded from this rule. The management committee of the meet shall have the authority to disqualify any person violating this rule.

103.12. DISQUALIFICATIONS

- (1) A disqualification can be made only by the official within whose jurisdiction the infraction has been committed.
- (2) The Referee or designated official making a disqualification shall make every reasonable effort to seek out the swimmer or his coach and inform him as to the reason for the disqualification.
- (3) Any swimmer who acts in an unsportsmanlike manner may be considered for disciplinary action, at the discretion of the Referee.
- (4) A swimmer must start and finish the race in his assigned lane.

- (5) Standing on the bottom during a race shall not disqualify a swimmer, but he must not leave the pool, walk or spring from the bottom.
- (6) Obstructing another swimmer by swimming across or otherwise interfering shall disqualify the offender, subject to the discretion of the Referee.
- (7) Any swimmer not entered in a race who enters the pool or course in the area in which said race is being conducted before all swimmers therein have completed the race shall be disqualified from his next scheduled competition in that day's session.
- (8) Dipping goggles in the water or splashing water on the competitor's face or body prior to his next event shall not be considered as entering the pool unless the Referee finds that such action is interfering with the competition.
- (9) Should a foul endanger the chance of success of a swimmer, the Referee may allow him to swim in the next round, or should the foul occur in the final he may order it re-swum. In case of collusion to foul another swimmer, the Referee may, at his discretion, disqualify the swimmer for whose aid the foul was committed, as well as the swimmer doing the fouling.
- (10) Coaches having entrants in any event on the program shall not be allowed upon the starting platform of swimming pools, which must be clearly marked, during the progress of any competition. Upon being apprised of a violation of this rule, it shall be the duty of the Referee to remove, or have such offender removed, immediately. Coaching of swimmers during the progress of an event shall not be permitted. It shall be permissible for coaches or others to signal intermediate times to a swimmer during competition, and this shall not be considered as 'coaching'.
- (11) The amateur status of a swimmer shall not be endangered if he/she is teaching elementary swimming and is paid by an educational authority, government or community organization or is engaged in approved life saving activities. (FINA GR-1,7.)
- (12) No swimmer is permitted to wear or use any device or substance to help his speed or buoyancy during a race. Goggles can be worn, and rubdown oil applied if not considered excessive by the Referee.
- (13) For relay disqualifications, refer to 102.6 (3).
- (14) The time and/or place 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 made prior to the decision to disqualify they shall be returned and made to the proper recipient(s) and if points have been scored by those disqualified the event shall be rescored.

103.13. PROTESTS

- (1) Until final action is determined, results of any race conducted under protest, or of any protested race, shall not be announced, and no prizes for that race shall be awarded or scoring points allowed unless the protest is officially withdrawn.
- (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

chairman (or referee) before the race is held, and if the meet committee deems it advisable, the swimmer may compete under protest and it shall be so announced before the race. The meet committee shall immediately refer such protest to the registration committee having jurisdiction for adjudication at the earliest possible time.

- (3) Protests against judgment decisions of stroke, turn, place and relay takeoff judges can only be considered by the Referee of the meet, who has the authority to disqualify swimmers for any violation of the rules that he personally observes.
- (4) 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 protestant shall at that time file a written protest with the chairman of the LSC, or his representative, having jurisdiction over the event. If the LSC does not satisfactorily resolve the protest within ten (10) days, the protestant may appeal in writing to the National Rules Chairman, within the next five (5) days, for final adjudication which shall then be binding on all parties.

103.14. OFFICIALS

- (1) All officials accepting an invitation to officiate at a swimming meet should arrive promptly and report immediately to the meet manager, or director.
- (2) For all swimming meets there should be not less than the following officiating positions filled or approved by the LSC in authority. An individual may act in more than one capacity where necessary.

1 Referee

1 Starter

3 Timers per lane

1 Clerk of Course

2 Lane Place Judges per lane or 2 Across-the-Board Place Judges

2 Stroke Judges and 2 Turn Judges or 2 Stroke & Turn Judges

2 Recorders

2 Scorers

1 Recorder of Records

1 Announcer

Automatic Equipment Operators (as needed)

- (3) When automatic officiating equipment is used in any competition, the placings and times so determined shall have precedence over the decisions of human judges and timers as outlined in 103.23(4). In case of malfunction, secondary information from a manual-electronic timing and judging device with one or more officials per lane or the prescribed ballot system of humans shall be used and integrated with primary information as outlined in 103.23.

103.15. REFEREE

- (1) He shall have full authority over all officials and shall assign and instruct them. He 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. He can overrule any meet official on a point of rule interpretation, or on a judgment

decision pertaining to an action which he has personally observed. He shall also disqualify a swimmer(s) for any violations of the rules that he personally observes and he shall at the same time raise one hand overhead with open palm. If he does not make such a signal there shall be no penalty.

- (2) He shall signal the starter that all officials are in position, that the course is clear, and that the competition can begin, before each race. He shall assign marshals with specific instructions.
- (3) He shall give a decision on any point where the opinions of the judges differ. He shall have authority to intercede in a competition at any stage, to ensure that the racing conditions are observed.
- (4) For LSC and local records only, he may assign three (3) additional official timers on request to record a record attempt at intermediate distances in accordance with 108.2(5)(d).
- (5) When automatic or manual-electronic officiating equipment is used and an apparent malfunction occurs it shall be his responsibility to make an immediate investigation to determine whether the swimmer finished in accordance with the rules and/or if there was an actual equipment malfunction.
- (6) No swimmer must ever be required to reswim a race due to equipment failure that results in unrecorded or inaccurate time or place results. Automatic and manual electronic equipment shall be backed up by any available equipment and/or human officials. See 103.23(6).
- (7) He may at his discretion prohibit the use of any bell, siren, horn or other artificial noisemaker during the meet.
- (8) Refer to 103.13 concerning protests.

103.16. STARTER

(1) Preparation

- (a) Shall be equipped with starting gun (preferably .32 caliber or larger for outdoor pools and .22 caliber for indoor pools), cartridges, and whistle.
- (b) Shall station himself within ten feet of starting end of pool at a point where gun flash is clearly visible to timers and gun report easily heard by starting swimmers.
- (c) Upon signal from Referee, assumes full control of swimmers until a fair start has been achieved.
- (d) Notifies swimmers of the distance, the event and the point at which a warning shot will be given, if applicable.
- (e) **Optional instructions:**
 - Stroke(s) to be used and the order of swimming them.
 - Number of pool lengths to be swum.
 - Relay swimmers must leave pool immediately after finishing leg.
- (f) Starting rules may be modified by the Referee to adapt them for handicapped swimmers.

Note: If an electronic horn start and underwater sound recall device are available, they may replace the gun start and recall device herein.

(2) The Short Course Start

- (a) On receiving clearance from Referee, (for all events except backstroke and medley relay) directs swimmers to step onto starting block or platform and to assume upright position at the front of the block before the command 'take your mark'. Refer to 102.3(1)(a) for backstroke start.
- (b) Directs swimmers to 'take your mark', to which they must respond at once by assuming a starting position. The feet, hands and body can be placed in any desired position on the starting platform. Sufficient time should follow direction, to enable swimmers to assume starting position but no swimmer shall be in motion immediately before the starting signal is given.
- (c) In short course after the command 'take your mark' is given, the feet may be moved from the front of the block to any desired starting position. The swimmer must have come to a point of no movement before the starting signal is given.
- (d) When all swimmers are motionless in starting position, fires starting gun.
- (e) If, in his opinion, a false start has been committed, he shall fire a second pistol shot to recall the swimmers, or use a whistle, or recall sound device, or recall rope for this purpose. The false start shall be called on the individual and not on the field. Any swimmer charged with two false starts must be disqualified and shall not swim the event.

(3) The Long Course Start

- (a) On receiving clearance signal from Referee, (for all events except backstroke and medley relay) directs swimmers to step onto the back surface of the starting block or platform and remain there, assuming an upright position. Refer to 102.3(1)(b) for the backstroke start.
 - (b) Directs swimmers to 'take your mark', to which they must immediately respond by taking up a starting position at the front of the starting block. Sufficient time should follow 'take your mark' to enable swimmers to assume starting position, but no swimmer shall be in motion immediately before the starting signal is given.
 - (c) When all swimmers are motionless in starting position, fires starting gun.
 - (d) If, in his opinion, a false start has been committed, he shall fire a second pistol shot to recall the swimmers, or use a whistle or recall rope for this purpose. The first two false starts in an event shall be charged to the entire field, not to the individual swimmer. Any swimmer committing a false start after these two false starts have been called on the heat shall be disqualified and shall not swim the event.
- (4) Relay Starts**--In short course relay events, the first swimmer shall conform to all provisions of 103.16(2). Succeeding swimmers may place their feet in any desired position on the starting platform provided that they do not lose contact with the platform before the preceding teammate touches the end of the pool.

- (5) **Deliberate Delay or Misconduct**--Any swimmer, after stepping on the block or upon taking a starting position, who delays the start by entering the water or who willfully disobeys an order at the start, or for any other misconduct taking place at the start, can be disqualified from the event by the starter with the concurrence of the Referee. Such disqualification shall not be a false start.
- (6) **False Starts**
- (a) A swimmer who unnecessarily delays in assuming and holding a completely motionless starting position after the command 'take your mark' shall be charged with a false start.
 - (b) All swimmers leaving their marks before the starting signal is given shall be charged with a false start, except that the starter may, at his discretion, relieve a swimmer who has false started because of the action or movement of another competitor, of the responsibility for the false start and charge it only to the offender. (Note exception for 'Deliberate Delay or Misconduct.')
 - (c) When a swimmer false starts before the starting signal is given, the starter shall immediately release all other swimmers with the command 'Stand Up'. Any swimmer so released may stand up or step off the block. Any swimmer who enters the water (or backstroker who leaves the starting area) shall be charged with a false start, except that the starter may relieve a swimmer who would otherwise be charged with a false start if the starter believes that it was caused by the swimmer's reaction to the command.
Note: No swimmer in long course competition can be relieved from a first or second false start charged against the field.
 - (d) When the starting signal is given and one or more swimmers have obtained an unfair advantage, all swimmers shall be recalled at once by a second signal. The starter shall then indicate the swimmer(s), if any, to be charged with a false start.
 - (e) In backstroke or medley relay the starter may charge a false start to any swimmer who fails to maintain his feet and/or hands in a legal position after the first warning.
 - (f) A swimmer shall not be disqualified for an illegal starting position at the start if the starter has permitted the race to proceed without recall. Enforcement of the correct starting position is the responsibility of the starter, who may impose the appropriate penalty for violation before the race.
 - (g) A swimmer who fails to appear at the starting platform in time for the initial start shall not be permitted to enter the race should a false start be declared on the first, second or later start and shall be disqualified in accordance with the pertinent rules.
- (7) **Warning Signal**--In all events 400 yards or meters or longer except the individual medley and relays, he shall fire a warning gun signal when the leading swimmer has two lengths plus five yards (or meters) to swim to finish.

103.17. RECALL STARTER--When using automatic officiating equipment which is started by the starter's gun, either the starter or an assigned recall

starter shall immediately discharge a gun or other loud sound device if the automatic equipment is not properly functioning on the starting report or if a false start has been called. The position of the recall starter shall be made known to the swimmers. He may also be assigned to assist the starter in any desired manner. A recall starter is mandatory in United States Swimming Championships.

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

- (1) **Chief**-- Assignment as chief of any judging category is subject to the discretion of the committee charged with officiating assignments. An overall 'Chief Judge' may assign and supervise the activities of all stroke, turn, place and take-off judges and may report their decisions, or if desired any judging category may have a designated 'Chief'. Any 'Chief' may act as liaison for his judges and may himself serve simultaneously in one of the judging positions and he shall assign those judges within his category.
- (2) **Lane Place Judge**--It is not the responsibility of the lane place judge to determine if the finish touch meets the requirements of appropriate stroke rule.
 - (a) **Visual** --Two lane place judges shall be assigned to each lane. The judges for each lane shall be placed on opposite sides of the pool at the finish line. Each judge determines independently where the swimmer in his lane finishes the race and records it on the card provided for that purpose. The judges must not record a tie. Each judge must record the highest place he judges the swimmer in his lane may have attained. For example: if the lane place judge determines that the swimmer in his lane has finished in a tie with another swimmer for first place, he shall record a first place for his lane, and the same procedure applies to similar situations involving other place positions.

Note: When automatic or manual-electronic equipment is not being used, the same individual cannot simultaneously determine time and place under any circumstance.
 - (b) **Electronic** --Two lane place judges shall be stationed at the finish of each lane. Each shall activate a separate switch recording the finish of their lane swimmer, and each recorded impulse shall constitute their placement ballot. If only one such recorded placement decision per lane is possible with the available equipment, either a visual judge shall be assigned to each lane or an across-the-board place judge shall be assigned to provide the second ballot decision.
- (3) **Across-the-Board Place Judge**--When limited personnel prevents assignment of lane place judges, two across-the-board judges, one on each side of the course, can be stationed near the finish and each shall judge the order of finish of all swimmers. Should both agree on all lanes, that shall be the official placement. If they disagree, the Modified Ballot System 103.22(2) shall prevail. An across-the-board judge may record a tie if a place distinction cannot be made. He shall award each swimmer the highest place that may have been attained.

- (4) **Stroke Judge**--Shall operate on both sides of the pool, preferably walking abreast of the swimmers during all strokes except freestyle, during which events they may leave poolside, at the Referee's discretion; shall ensure that the rules relating to the style of swimming designated for the event are being observed; and shall report any violations to the Referee on signed slips detailing the event, the heat number, the lane number, the swimmer's name and the infraction.
- (5) **Turn Judge**--Shall operate on both ends of the pool; shall ensure that when turning or finishing the swimmer complies with the turning and finishing rules applicable to the stroke used; and shall report any violations to the Referee on signed slips detailing the event, the heat number, lane number, the swimmer's name and infraction observed.
- (6) **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 insure that all swimmers shall have fair, equitable, and uniform conditions of judging.
- (7) **Relay Take-Off Judge**--Shall station himself (after the first swimmer) alongside the starting swimmer so that he can clearly see both the touch of the incoming swimmer and the feet of the departing swimmer as they leave the starting platform, and he shall judge whether the swimmer is in contact with the platform when the incoming swimmer touches the end of the pool.
When automatic relay take-off judging equipment is available and in use, take-off judges will be assigned to each lane and stationed as described above. A team will only be disqualified when there is dual confirmation of an illegal take-off (i.e. visual and automatic equipment).
- (8) **Infraction Signal**--Upon observing an infraction within their jurisdictions, the Referee, stroke, turn, and relay take-off judges shall immediately raise one hand overhead with open palm. If the official does not do so, there shall be no penalty.

103.19. TIMERS--In any race not timed with automatic or semi-automatic equipment (as provided in 103.23) the time for each competitor shall be taken by three timers stationed at or close to the finish. Each timer operates a manual watch (i.e., any hand-held mechanical or electronic timing device) that is both started and stopped by the timer as described below. These three timers are the official lane timers and their times must be individually recorded to determine the official time on the lane. Alternate or chief timers may substitute for an official lane timer only in the event of failure of a watch or its operator. No official lane timer may simultaneously determine time and place under any circumstances.

(1) **Chief Timer**

- (a) Assignment of official lane timers to their lanes shall be subject to the direction of the chief timer.
- (b) The chief timer shall be responsible for delivery to the recorders of all official times as recorded by the head lane timers, including the times of disqualified swimmers.

(2) **Head Lane Timer**--The chief timer designates one timer on each lane as the head lane timer. The head lane timer shall be responsible for the following:

- (a) Determination that the proper swimmer is in his lane.
- (b) Determination of and recording of all manual watch times.
- (c) Assignment of one timer to take relay splits, and intermediate times.
- (d) Determination of and reporting if the swimmer has delayed in touching or has missed the finish touch pad of an automatic timing device.

(3) **Official Lane Timers**--The three timers shall be placed directly over their assigned lane at the finish.

- (a) Each timer shall look at the starter's gun and start his watch at the instant of the flash or smoke. If an electronic sounding device is used, the watch shall be started by the flash of a strobe light, when available, or by sound.
- (b) All watches shall be stopped immediately when in the opinion of the timer any part of the swimmer's body touches the solid end of the pool or course.
- (c) Unless explicitly authorized by the chief judge under 103.18(5), it is not the responsibility of the lane timer to judge if the finish touch meets the requirements of the appropriate stroke finish rule.
- (d) All lane timers shall promptly report their times to the head lane timer or the designated recorder; present their watches for inspection, if requested, and shall not clear them until given the 'clear watches' by the Referee.
- (e) The time of each watch is recorded on the lane timer's card, and the official time established as described below.
- (f) Split times may be taken during a race by one of the lane timers upon request of the chief timer. The split hand (or function button) shall be stopped when any part of the swimmer's body touches the solid end of the pool or course. Split times shall be recorded on the lane timer's card.
- (g) For LSC and local records only, unless prohibited by the LSC, the Referee, if requested for the purposes of recording a record attempt at an intermediate distance for an individual event or for the lead-off leg of a relay, may for any lane:
 - (i) Permit the use of the split function button of digital manual watches where all three official lane timers on the lane are using digital watches with split function, or
 - (ii) Assign three (3) additional official timers to the lane to time the record attempt.

Performances in this category require the swimmer(s) to complete the full distance of the scheduled event. No time recorded by a mechanical split hand can be used for records.

(4) **Alternate Timer**--There shall be at least one alternate timer who shall start his watch on every race with the gun, and whose time shall be

used only to substitute in the event of failure of an official lane timer's watch or its operator.

- (5) **Watch Reading**--When reading a dial watch it is to be held so that the hand of the watch is in a 12 o'clock position. When the hand is not exactly centered on a mark, it should be considered to be in the space between the marks and the reading should be that of the following mark.
- (a) If all manual watches on all lanes provide digital displays to a resolution of 0.01 seconds the times shall be recorded as displayed to the hundredths of a second.
 - (b) If the manual timing in any lane is by a mixture of dial and digital watches, the dial watches shall be read as described above and the time on the digital watches in all lanes shall be rounded up to the next full tenth whenever there is one-hundredth or more. (Example: 51.11 is recorded as 51.20.)
- (6) **Official Time Determination**--Following proper watch reading and recording as described above for each lane:
- (a) If the times of two of the three watches agree, that time shall be the official time.
 - (b) If all three watches disagree, the time of the intermediate watch shall be the official time.
 - (c) If, because of the failure of a watch or its operator, times from only two watches are available, the official time shall be the average of those two watches. When the watches are read to the 10th of a second, as described in (5) (a) (b) (c) & (e), any averages resulting in hundredths of a second shall be recorded up to the next slowest tenth of a second. When the watches are read to the hundredth of a second, as described in (5) (d), any average resulting in a thousandths of a second shall be rounded up to the next slowest hundredth of a second.
 - (d) If the official time is registered in tenths of a second, a zero shall be added and the official time recorded in hundredths of a second (two decimal places) for all purposes. (Example: 56.4 is recorded 56.40.)

103.20. CLERK OF COURSE

- (1) The clerk of course shall be provided with an area clearly marked 'Clerk of Course' where all swimmers must report as soon as their event is called.
- (2) He 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.
- (3) All scratches which have occurred after the printing of the heat sheet shall be reported to the clerk of course and he shall notify the Referee and scoring desk in writing of the failure of any swimmer to report.
- (4) He may be provided with two assistants and shall assign to them such duties as will assist in the prompt dispatch of the events.
- (5) He shall notify each swimmer to wait behind or adjacent to the starting position until the starter takes over control of the race and if they leave the area it will be their responsibility to return in time for their heat or event.

103.21. MARSHALS-- Shall have full police charge of the starting platform, the sides of the course and the finish. They shall take positions as instructed by the Referee and maintain stillness in the rear of the starting platform, and at each start prevent spectators or swimmers from crowding in on the course. They shall maintain order among competitors, spectators, officials, and coaches and shall have authority to remove from the vicinity of the competition anyone using profane or abusive language, or whose actions are disrupting the orderly conduct of the meet.

103.22. SCORERS--Shall receive from the recorders the order of finish in timed finals, or consolation finals and championship finals for each event. They shall compile team and high-point scores as applicable.

(1) **Ballot System**

- (a) In any race not timed with automatic officiating equipment (as provided in 103.23(4)), the combined duties of the lane place judges and the lane timers shall be to determine placement and Official Times of the swimmers. Two lane-place judges and three timers shall be assigned to each lane.
- (b) The chief judge shall be responsible for delivery of the lane place judge's cards to the scoring table where the scorers record the appropriate ballot value, including the ballots of disqualified swimmers, on the basis of one for first place selection, two for second, three for third, four for fourth, five for fifth, six for sixth, seven for seventh, eight for eighth. There are two sets of lane place judges and thus two ballots per lane for place.
- (c) The chief timer shall be responsible for delivery of all the official times (including the time of disqualified swimmers) to the scorers who shall list them in numerical order beginning with the fastest official time per lane. This is for the purpose of assigning ballot values to each lane time. The fastest lane receives a ballot value of 1, the next fastest a value of 2, etc. For identical times, equal ballot values are recorded, with the same progressive numerical assignment; i.e., swimmers A,B,C, record identical time of 58.47 while swimmer D records time 59.05. Swimmers A,B,C, receive ballot values of 1 and swimmer D a value of 2. Should swimmers E and F (same race) have identical times of 60.00 they would each be assigned ballot values of 3, and continuing in this manner.
- (d) The scorers shall then eliminate disqualified swimmers and determine the order of finish of all swimmers in any heat or final event by adding the numerical value of three ballots for each lane. The lane (swimmer) having the lowest numerical total shall be declared the winner, the second lowest shall be second, etc. If these totals result in a tie for any place in a final race, no further attempt shall be made to resolve the tie.
- (e) In preliminary heats, in no case may a swimmer with a faster time displace another who placed ahead of him within a heat according to the ballot system. If this situation results in disputed qualifications, the swimmers tied with or within the disputed times shall swim off the event within 45 minutes after the last heat or any event in which any one of the swimmers is competing in that ses-

sion. The ballot system must be used to determine the qualifier(s) for the finals except when completely automatic officiating equipment is used and is properly functioning. The official time for the qualifier shall be the time set in the original preliminary heat.

- (2) **Modified Ballot System**--When two across-the-board place judges are used instead of lane place judges:
 - (a) Value will be assigned to each time and place decision as prescribed under the ballot system.
 - (b) If any two of the three ballots for a contestant agree, that shall be the official place for that contestant.
 - (c) If all three ballots disagree, the Referee or his designate will evaluate all information and then determine the order of finish.
- (3) **Place Judging**--The unanimous decision of the two (2) lane place judges as to placement takes precedence over official time in determining the order of finish in a race except where automatic equipment is used as outlined below.

103.23. AUTOMATIC OFFICIATING EQUIPMENT--In any meet in which electronic equipment is used the following practices and procedures shall apply.

- (1) **Automatic**--Time and place results are acceptable for all purposes. Split times recorded to hundredths of a second (two decimal places) by completely automatic equipment shall be official for all purposes, including records and qualifying times, provided the swimmer completes the full scheduled distance of the event.

(2) **Manual-Electronic**

- (a) The results provided by any device started or stopped by one individual shall be considered as a single watch/time and/or as a single placement decision and such results shall be so evaluated in the determination of a finish.
- (b) If a device has a common start for all lanes and is stopped manually by three officials per lane, and provides a single time judging result that is either the intermediate of three different impulses or two identical impulses, the single time/judging result shall be accepted as the official lane time/judge result as outlined in 103.19. If a device has a common start, is stopped manually by three officials per lane and provides three time/judging results, if the time of two impulses agree that shall be the official time/judge result, or if all three time/judging results disagree, the time of the intermediate time/judging result shall be the official time/judge result.
- (c) Regardless of the type of equipment used, consistency of start/stop operation of the equipment must be maintained throughout the entire meet so that all results compare equitably.

Note: When automatic equipment is used times and places shall be reported to two decimal places only (hundredths of a second). Digits representing thousandths will be dropped with no rounding off. Identical hundredth times shall be ties, with swim-offs if required.

- (3) **Equipment Positioning**--All electronic equipment should be located in such places in the pool area as will provide the electronic equip-

ment operator and chief electronic judge unobstructed viewing of the start/finish end of the pool or course.

- (4) **Primary and Secondary Requirements and Recommendations--** When completely automatic officiating equipment, or three-button manual-electronic automatic officiating equipment is used as the primary timing system in any competition (see Article 7 for equipment specifications), the placing of the swimmers shall be by integration of official times. The decision of human judges shall not be used for placement.

When the primary system is completely automatic equipment, it is required that a secondary system using either manual-electronic or manual watch timing be used. It is required that the secondary system have a minimum of one timer per lane and two additional timers for first place. It is recommended that three timers per lane be used. If this secondary system is manual-electronic equipment, it is required that a backup (a third system) of one manual watch timer per lane and two additional manual watch timers on first place be used.

When the primary timing system is manual-electronic equipment it is required that a secondary system of one manual watch timer per lane and two additional manual watch timers on first place be used.

Note: An individual timer shall not simultaneously operate two devices, i.e., two buttons or one button and one manual watch.

- (5) **Comparison and Ranking Procedure -- Primary--** When the automatic or manual-electronic equipment provides the complete information in a given race (preliminary heat or finals), the results are classified primary and official. The official time for all swimmers having a primary time will be that time. Only the official time may be used for an OVC. The official ranking of the heat and event is obtained by comparison and ranking of all official times. If the times are identical to 1/100th second, the result shall be declared a tie, with swim-offs when needed to determine qualifiers for consolation final and/or final events.
- (6) **Comparison and Ranking Using Secondary Information**
- (a) Secondary results should be recorded and compared with primary results on every race. If there are less than 0.3 seconds difference (faster or slower) between primary and secondary times, it should be accepted that the primary times and places are correct. If there is a difference of 0.3 seconds or more, a potential malfunction exists.
 - (b) When there is a potential malfunction, other information should be checked and evaluated:
 - (i) The times of all 3 watches when 3 watches per lane are used as backup.
 - (ii) The manual watch backup time when there is a manual-electronic secondary.
 - (iii) A visual check by automatic equipment operators.
 - (iv) The placement of across-the-board judges.
 - (c) If the above data confirms that an actual malfunction exists in a specific lane, the secondary time is used unless there is a 'system

der to reduce the travel distance for athletes competing in regional competition and to equalize the competition. The 15 regions are:

- Region 1:** Maine, New England, Adirondack, Niagara, Connecticut, Metropolitan and New Jersey
- Region 2:** Middle Atlantic, South Atlantic, Potomac Valley, Virginia, Allegheny Mountain
- Region 3:** North Carolina, South Carolina, Georgia, Southeastern
- Region 4:** Florida, Florida Gold Coast
- Region 5:** Hawaii
- Region 6:** Indiana, Kentucky, Ohio, Lake Erie, Michigan, Central, West Virginia
- Region 7:** Wisconsin, Minnesota, Iowa, Midwestern
- Region 8:** Missouri Valley, Ozark, Oklahoma, Arkansas
- Region 9:** Gulf, Southwestern, South Texas, West Texas, Southern
- Region 10:** New Mexico, Arizona, Border, Rocky Mountain, Utah
- Region 11:** Montana, North Dakota, South Dakota, Wyoming
- Region 12:** Inland Empire, Pacific Northwest, Oregon, Snake River
- Region 13:** Southern Pacific, Central California, Pacific Southwest, Southern Nevada, Pacific
- Region 14:** Alaska
- Region 15:** Far East, Japan

- (1) **Regional Committees**--A regional Age Group championship meet committee may be established.
- (2) Each region may conduct two Age Group championships, one in a short course, 25 yard or 25 meter pool, and the other in a long course, 50 meter or 55 yard pool. It is recommended that the short course championship meet be held during the January-May period each year, and the long course championship meet during the May-August period each year.
- (3) **Age Groups**--The regional Age Group meet may be conducted using 10 & under, 11/12, 13/14, 15/16, 17/18, or 15/18 or any combination of the preceding.
- (4) **Events**--Refer to 106.6(5) for entry limit procedures.
Note: Refer to 106.6 for a list of events that may be offered in the regional championship meet. Refer to 104.5 for a list of events that will be offered in the junior national championship meet.
- (5) Time standards may be set for regional championship meets if it is felt such standards will improve the competition and provide a benefit to the swimmers at the regional level.
- (6) **Eligibility**--Participation in the Age Group regional championship meet shall be restricted to registered swimmers from that region.
- (7) **Awards**--Specially designed regional championship medals will be provided through the executive director's office for first, second and third place winners in each event. Only the officially designed medal may be used for other places (contact the national office for supplier).

106.15. ZONE CHAMPIONSHIP MEETS--Zone Age Group championship meet committees may be established in the four zones:

ZONE ALIGNMENT

EASTERN ZONE--Maine, New England, Adirondack, Niagara, Connecticut, Metropolitan, New Jersey, Middle Atlantic, South Atlantic, Potomac Valley, Allegheny Mountain, Virginia, Lake Erie

SOUTHERN ZONE--North Carolina, Florida, Southeastern, Southern, Gulf, Southwestern, Kentucky, South Texas, Georgia, West Texas, Florida Gold Coast, West Virginia, Border, South Carolina

CENTRAL ZONE--Michigan, Wisconsin, Central, Ozark, Arkansas, Oklahoma, Missouri Valley, Midwestern, Montana, Iowa, North Dakota, South Dakota, Wyoming, Minnesota, Indiana, Ohio

WESTERN ZONE--Hawaii, New Mexico, Arizona, Rocky Mountain, Utah, Inland Empire, Pacific Northwest, Oregon, Alaska, Far East, Southern Pacific, Central California, Pacific Southwest, Southern Nevada, Pacific, Japan, Snake River

- (1) Each LSC shall appoint or elect three members to the respective zone committee prior to the annual meeting of the Corporation.
- (2) The zone committees shall meet at the annual meeting of United States Swimming.
- (3) The chairmen of the zone committees shall be elected by the members of the respective zone committees at the annual meeting of United States Swimming.
- (4) Each zone may conduct a long course zone championship meet in a 50 meter or 55 yard pool. It is recommended that the zone championship meets be held on the same weekend during the months May to August.
- (5) **Age Groups:** The Age Groups shall be 10 & under, 11/12, 13/14, 15/16, 17/18 or 15/18.
- (6) Events shall be in accordance with 106.6.
- (7) Time standards or entry requirements shall be set for each zone meet in accordance with the needs of the swimmers of that zone by the zone committee.
- (8) **Eligibility:** Participation in the zone championship meets shall be restricted to registered swimmers from that zone.
- (9) **Awards:** Especially designed zone championship medals will be provided through the Executive Director's office for first, second, and third place winners in each event. If medals are given for fourth through eighth place, only the officially designed medal may be used.

ARTICLE 7 FACILITIES STANDARDS

NOTE: All items marked with (*) are required for national championships and international competitions.

APPENDIX A

MASTERS SWIMMING

Note: This appendix is the responsibility of the Masters Swimming Committee of the AAU, Inc., and is inserted in these rules by agreement between United States Swimming and the Masters Swimming Committee of the AAU, Inc.

I. OBJECTIVES OF MASTERS SWIMMING PROGRAMS

- (A) To offer the opportunity to continue conditioning or reinstitute conditioning in those 25 years of age and over who were formerly athletes or swimming enthusiasts.
- (B) To encourage and promote physical fitness and improvements in health in those older individuals not previously involved in competitive or recreational programs.
- (C) To offer encouragement to individuals, clubs, organizations, and communities in the organizing and conducting of life-long physical, recreational, and competitive masters programs.
- (D) To enhance fellowship amongst participants in masters programs.
- (E) To stimulate interest in masters programs at all levels of involvement--physical educators, clubs, organizations, recreation directors, communities medical societies, and higher educational institutions.
- (F) To stimulate research in the physiology and psychology of masters participation at basic and clinical research levels, and further to investigate the benefits of continued exercise programs on aging processes, cardiopulmonary involvement, orthopedic problems, and other preventable debilitating processes.

II. GOALS OF MASTERS SWIMMING PROGRAMS

- (A) To outline safe masters programs in swimming for individuals 25 years of age or over, taking cognizance of previous swimming prowess or participation, non-participation, gradual programming, physical condition, and 'medical wellness' of proposed participants.
- (B) To propose proper swim training for older age groups.
- (C) To consider programs which will provide goals towards which older participants can work, and motivation for continuing exercise regimens in spite of the inconveniences and the stresses of adult life.
- (D) To set up proper age and ability groupings in the establishment of masters swimming programs, with well-planned balancing of events, and limitation of duration and stresses of competitive programs with relation to these factors.
- (E) To promote adequate medical examination, and certification of participants for masters programs, and suggest minimal requirements (standardized otherwise).
- (F) To seek assistance for research programs in the medical aspects of masters programs, and coordinate, if possible, present programs in these areas.

III. CODE OF REGULATIONS OF THE MASTERS SWIMMING COMMITTEE OF THE AAU, INC.

(A) Membership

- (1) The membership of the Masters Swimming Committee of the AAU, Inc. hereinafter sometimes referred to as the Corporation, shall consist of two classes: group members and individual members.
- (2) Group members are swimming clubs with masters swimmers, and any other organizations interested in masters swimming. Every swimming club which competes in masters swimming competition sponsored by the Corporation shall be members of the the respective Local Sports Committee and/or the Corporation.
- (3) Individual members are those individuals who register with the Corporation and are deemed eligible for competition in masters swimming.
- (4) All members of the Board of Governors and Board of Directors, and all members of any committee of the Corporation must hold an individual membership in the Corporation.

(B) Board of Governors

- (1) The Board of Governors of the Corporation shall consist of the following:
 - (a) Each LSC is entitled to one member; and if the LSC has a registration of over 300 athletes in masters swimming it is entitled to one additional member, and if over 1,000, a third member.
 - (b) All members of the Rules Committee and the chairman of any other committee appointed by the President shall be be at-large members if not already members.
 - (c) Each allied body of the AAU may appoint one member, provided it is actively engaged in masters swimming activity.
 - (d) The President of the Corporation shall be empowered to appoint up to ten percent of the total membership as at-large members of the Board of Governors.
 - (e) All members of the Board of Governors shall remain until their successors are selected, except that membership may be terminated by resignation filed with the Secretary.
- (2) The powers of the Board of Governors shall be as follows:
 - (a) To admit to group membership or individual membership any organization or person eligible under this code and who applies.
 - (b) To prescribe and amend the code for the government of the Corporation.
 - (c) To impose and enforce penalties for any violation of the code of the Corporation.
 - (d) To call regular and special meetings of the Corporation and to fix the time and place for holding all meetings not fixed by this code.
 - (e) To collect the dues and/or funds of the Corporation and to expend the same.

- (f) To institute, locate, conduct and manage all national championships.
- (g) To explain, define, and interpret any provisions of this code or other rules of the Corporation, including the rules of competition.

(C) Meetings of the Board of Governors

- (1) The annual meeting of the Board of Governors shall be held at such time and place, within or without the State of Ohio, as may be fixed in the notice of such meeting.
- (2) Special meetings of the Board of Governors may be held at any time, pursuant to a resolution of either the Board of Directors or the Board of Governors.
- (3) A written notice of all annual and special meetings of the Board of Governors, stating the time, place and preliminary agenda, shall be given to each member of the Board of Governors by mailing the same to each member's last known address at least three (3) weeks prior to the meeting date.
- (4) Each member of the Board of Governors shall have one vote on each matter submitted to the Board of Governors of the Corporation for his vote, consent, waiver, release or other action. There shall be no voting by proxy.
- (5) A quorum shall consist of those members of the Board of Governors present and voting.

(D) Officers

- (1) The elected officers of the Corporation shall be a President, a Vice-President, a Secretary and a Treasurer. No person may concurrently hold more than one of such offices.
- (2) All officers of the Corporation shall be elected by the members of the Board of Governors at annual meetings held in odd numbered years. Elected officers shall hold office for two years, or until their successors are elected and qualified.
- (3) Vacancies in any office of the Corporation may be filled for the expired term by the Board of Directors at any meeting of the Board of Directors.
- (4) The duties of the officers shall be as follows:
 - (a) The President orders meetings of the Corporation as provided in the Code and presides at all meetings of the Corporation. He has the right to exercise all the duties pertaining to his office in accordance with the Code. He is an ex-officio member of all committees.
 - (b) The Vice-President has duties as assigned to him by the President and has all the powers and performs the duties of the President if he is unable or incapable of performing such duties.
 - (c) The Secretary shall make proper arrangements for:
 - (i) Keeping the records of the Corporation and the Board of Governors.
 - (ii) Conducting all official correspondence of the Corporation.

- (iii) Issuing all official notices of all meetings of the Board of Governors and Board of Directors.
- (iv) Shall serve as Secretary of the Board of Governors and the Board of Directors.
- (d) The Treasurer shall:
 - (i) Receive all moneys of the Corporation and deposit same to accounts in the name of the Corporation.
 - (ii) Pay all bills approved by a duly authorized officer or by the Board of Governors, provided same is within the authorized current budget of the Corporation.
 - (iii) Turn over to the Finance Committee or Board of Governors when requested all money, accounts, books, papers, vouchers and records pertaining to his office for audit or other purposes.
 - (iv) Prepare an annual financial report to be presented to the Board of Governors at the annual meeting.
 - (v) Receive monthly moneys and statements from the National AAU for memberships received.

(E) Board of Directors

- (1) The Board of Directors of this Corporation shall consist of:
 - (a) The President, the Vice-President, the Secretary and the Treasurer.
 - (b) One representative from each Zone.
 - (c) Past Presidents not already on the Board.
 - (d) The Chairman of the following committees: Historian, Membership/Registration, Medicine, Rules, Records, Tabulation Men, Tabulation Women and Championship.
 - (e) The Legal advisor.
- (2) Directors shall be elected or appointed for a two year term.
- (3) The Board of Directors of the Corporation shall at all times be composed of individuals at least 80% of whom are at the time of their election active masters swimmers in the United States.
- (4) Any vacancies that may occur on the Board of Directors caused by death, resignation or otherwise, shall be filled by a majority vote of the remaining members thereof, from among the members of the Board of Governors for the unexpired term.
- (5) The Board of Directors shall have the authority to act for the Corporation between meetings of the Board of Governors.
- (6) Meetings of the Board of Directors shall be held at any time or place, within or without the State of Ohio, pursuant to resolution of the Board of Directors or to a call signed by the President or any three Directors. Two (2) weeks written notice of such meeting shall be given to each Director. Notice of any meeting may be waived in writing either before or after such meeting. Special matters may be voted upon by the Board of Directors by mail, but no action can thus be taken without the endorsement of a majority of all Directors.
- (7) The presence of a majority of the Directors shall constitute a quorum at any meeting of the Board of Directors.

- (8) Each member of the Board of Directors shall have one vote with the exception of the Past Presidents and the Committee Chairmen. The Past Presidents shall have, collectively, one vote. The Committee Chairmen shall have, collectively, one vote.
- (9) The election of Zone members to the Board of Directors shall be based upon the zones in which the proposed Directors maintain his or her legal residency.
- (10) Members of the Board of Governors of each LSC (with one vote per LSC) in each zone shall meet at the annual meeting for the purpose of electing one member of the Board of Directors from each zone.

(F) Committees

- (1) The Finance Committee shall consist of the Treasurer, who shall serve as chairman, and three (3) members appointed by the President for two-year terms. With the approval of the Board of Governors and under the supervision of the Board of Directors, the Finance Committee shall prepare the annual budget, invest assets of the Corporation and seek sources of revenue.
- (2) The Sports Medicine Committee shall consist of the chairman appointed by the President for a two-year term, and others who can stimulate research in the physiology and psychology of masters participation at basic and clinical research levels, and further to investigate the benefits of continued exercise programs on aging processes, cardiopulmonary involvement, orthopedic problems, and other preventable debilitating processes.
- (3) The Rules Committee chairman shall be appointed by the President for a two-year term. The chairman shall choose from the Board of Governors 10 members with at least 2 members from each Zone. The Rules Committee considers and recommends for adoption, adoption as amended, or rejection to the Board of Governors all rule proposals submitted by members of the national masters swimming committee and association masters swimming committees. A proposed amendment to a sports rule may not be adopted unless it is first submitted to the Rules Committee in writing and in the proper form by the deadline established by the chairman of the Rules Committee. Any rule proposals not submitted in this way must be passed by a two-thirds vote of the Board of Governors at the annual meeting.
- (4) The Records Committee shall consist of the chairman, appointed by the President for a two-year term, and as many members as necessary to carry out the duties of the committee appointed by the Chairman. The duties of this committee are to establish a standardized process of recording and verifying times. Records shall be kept in the following categories.
 - (a) American Masters Records
 - (b) U.S. Open Masters Records
 - (c) National Championship Records
- (5) The Tabulation committees shall consist of the chairman for Women and the chairman for Men, appointed by the President for

a two year-term, and as many members as to carry out the duties of the committees appointed by the chairmen. The ten best times in each event shall be published annually.

- (6) The Championship Committee shall consist of the chairman, appointed by the President for a two-year term, and one member from each of the four zones, a representative of the Sports Medicine Committee, and any other members the chairman shall deem necessary to carry out the work of the committee. Duties of the committee include receiving bid proposals for national championships, coordinating the date and site with other national swimming championships, and reviewing the bids and making recommendations for the award to the Board of Directors. In addition the Championship Committee shall serve in an advisory capacity to the winners of the bids for each championship and shall endeavor to maintain a consistent approach to the running of all national championships, including the production of pre-meet and post-meet literature and results.
- (7) The Nominating Committee shall consist of the four elected zone representatives with the chairman being selected from among the members for two year terms on a rotating basis. They will, a) canvas qualified and interested persons, b) present a slate at least one month before the Annual Meeting. Additional nominees will be accepted at the Annual Meeting upon nomination of a person by two (2) delegates to the Board of Governors and with the written consent of the nominee(s).
- (8) The Membership/Registration committee shall consist of the chairman appointed by the President for a two year term and one member from each of the four zones. Duties of the committee include preparing regulations and fees for Membership and Registration to present to the Board of Governors.
- (9) The President may establish any other committees which are deemed necessary to carry out the duties of the President.

(G) Financial

- (1) The Corporation shall have a fiscal period for tax and accounting purposes commencing on the first day of January in each year.
- (2) The Treasurer shall prepare annual financial reports showing the income and disbursements of the Corporation which shall be similar to those reports required of nonprofit organizations by section 6056 of the Internal Revenue Code of 1954 (or corresponding provision of any subsequent tax laws). Such annual financial reports shall be made available for inspection by members of the general public at the Corporation's principal office on request made within 180 days after notice of its availability.
- (3) Fees shall be as established by the Board of Governors.

(H) Indemnification

- (1) Each person who is or was a director, officer, or employee of the Corporation (including the heirs, executors, administrators, or estate of such person) shall be indemnified by the Corporation to the full extent permitted by the Nonprofit Corporation Law of the

State of Ohio against any liability cost or expense incurred by him in his capacity as director, officer, or employee, or arising out of his status as a director, officer or employee (including serving at the request of the Corporation as a director, trustee, officer, employee or agent of another corporation).

- (2) The Corporation may maintain insurance, at its expense, to protect itself and any such person against any such liability, cost or expense. For the purpose of the Article X, references to 'the Corporation' include all constituents absorbed in a consolidation or merger as well as the resulting or surviving corporation.

(I) Dissolution

- (1) If deemed advisable by the members, the Corporation may be dissolved pursuant to the applicable provision of the Corporation laws of the State of Ohio.
- (2) Upon the dissolution of the Corporation, the Board of Directors shall, after paying or making provision for the payment of all the liabilities of the Corporation, dispose of all the assets of the Corporation exclusively for the purposes of the Corporation or to such organization or organizations organized and operated exclusively for charitable, educational, religious, literary or scientific purposes as shall at Section 501(c)(3) of the Internal Revenue Code of 1954 (or the corresponding provision of any future United States Internal Revenue Law).

(J) Amateur Athletic Union

- (1) The Corporation shall be the Standing Sport Supervising Committee of the Amateur Athletic Union of the United States, Inc., for the sport of Masters Swimming.
- (2) The Corporation shall be governed by the rules and regulations of the Amateur Athletic Union of the United States, Inc., except where those rules and regulations are in conflict with these Regulations, in which case these Regulations control.

(K) Amendments

- (1) These regulations may be altered, amended, or repealed and new regulations may be adopted only at the Annual Meeting of the Board of Governors, provided such notice of any proposed change is given at least fifteen (15) days prior to such meeting, by the affirmative vote of a majority of the Board members present and voting. A two-thirds vote shall be necessary if the regulation was not submitted in this way.
- (2) A majority of the members of the Board of Governors present at a legal meeting can alter, amend, or repeal the technical rules that follow.

IV. RULES FOR MASTERS SWIMMING

(A) Eligibility

- (1) Masters competition is open to all AAU registered athletes 25 years of age and older no longer engaged in amateur competition. Once an athlete registers as a Masters swimmer and competes in a Masters swimming event, he is thereafter restricted to

competing in Masters events only and is no longer eligible for senior competition.

- (2) Those swimmers registered for Masters meets may participate in non-AAU aquatic activities, meetings, exhibitions, demonstrations, etc., without jeopardy to their eligibility to swim in AAU Masters competition. However, any times achieved in non-sanctioned activities will not be recorded for official purposes and cannot be used for district rankings, district or national top ten, All-American status, or qualification times for Masters AAU National meets if qualification times become necessary in the future.
- (B) **Age Groups**--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, and 90 and older for individual events; Relays, 25 and over, 35 and over, 55 and over, 65 and over, 75 and over. Note: A 20-24 age group will be added at such time as this category is accepted by FINA.
- (C) **Age Determining Date**--The eligibility of a participant for a particular age group will be determined by his age as of the first day of the meet.
- (D) **Entry Fees**--Entry fees for Masters events shall not be more than \$2.00 per individual event and \$5.00 per relay event. A surcharge of up to \$2.00 per swimmer may be charged to help defray costs when automatic timing is being used.
- (E) **Swimming Rules**--Articles 1, 2, and 3 of the U.S. Swimming Technical Rules to govern all Masters competitions with the following exceptions:
- (1) Times shall not be subject to the provisions of Article 8, as it concerns placement in such race.
 - (2) Times may be submitted for Masters records only.
 - (3) The breaststroke kick or whip kick may be used exclusively or interchangeably with the dolphin kick while doing the butterfly stroke at any time during the race.
 - (4) Age groups and sexes may be combined so that no swimmer has to swim alone and lanes may be filled.
 - (5) The forward start may be taken from the starting block, the pool deck or a push from the wall.
 - (6) Competitors shall be allowed to swim in only one freestyle relay, one medley relay, one mixed freestyle relay, and one mixed medley relay per meet.
 - (7) All masters events shall be conducted on a timed final basis.
 - (8) Any swimmer or relay team not reporting for or competing in an event shall not be penalized.
 - (9) Willing competitors may be swum two (2) in a lane in the 1650 yard and the 1500 meter freestyle. Such heats will be seeded by time, fastest first and these heats completed before the heats with a single competitor per lane. Separate timing will be required for each swimmer.
- (F) **Times**--The ten best times nationally in each division shall be published annually for the events listed under Section G below:
- (1) All times must be made in actual sanctioned AAU Masters competitive meets or events.

- (2) Times to be considered for records and Top Ten listing must be made on or before the last day of the National Championship for that course and forwarded to the Masters Records Chairman within 35 days from the date of the last day of the National Championship for that course.
 - (3) Each Association is responsible for reporting the top ten times in each event made in its association area only, even though the times were made by swimmers from other Associations.
 - (4) To be considered for Top Ten (National) or for Records (National); all relays must include the name of the registered swim club and the full name and age of each swimmer. For all individual events the results must contain the full name and age of each swimmer.
- (G) **Events**--The following events may be conducted for each age group:
- Short Course (25 yards)
- 50-100-200-500-1650 yard Freestyle
 - 50-100-200 yards Backstroke
 - 50-100-200 yards Breaststroke
 - 50-100-200 yards Butterfly
 - 100-200-400 yards Individual Medley
 - 200 yards Medley Relay
 - 200 yards Freestyle Relay
 - 200 yards Mixed Freestyle Relay (2 female and 2 male)
 - 200 yards Mixed Medley Relay (2 female and 2 male)

Long Course (50 meters)

- 50-100-200-400-1500 meters Freestyle
- 50-100-200 meters Backstroke
- 50-100-200 meters Breaststroke
- 50-100-200 meters Butterfly
- 200-400 meters Individual Medley
- 200 meters Medley Relay
- 200 meters Freestyle Relay
- 200 meters Mixed Freestyle Relay (2 female and 2 male)
- 200 meters Mixed Medley Relay (2 female and 2 male)

Note: It is not necessary to conduct all of the above events in meets. However, each age division should include the shorter distances (freestyle, backstroke, breaststroke and butterfly event plus the individual medley and relays).

(H) **National Championship Meets**

- (1) National AAU Masters Swimming Championships shall be awarded in the following categories:
 - (a) Men's and Women's Short Course Swimming Championships.
 - (b) Men's and Women's Long Course Swimming Championships.
- (2) The Short Course meet shall be held between April 1 and May 30.
- (3) The Long Course meet shall be held between July 15 and September 15.

Note: Check national senior dates and national junior dates for conflict.

- (4) The following rotation system shall be used when awarding the National Championships:

Year	Zone A (NORTH- EAST)	Zone B (SOUTH- ERN)	Zone C (CENTRAL)	Zone D (WEST- ERN)
1981	Long Course		Short Course	
1982		Short Course		Long Course
1983	Short Course		Long Course	
1984		Long Course		Short Course
1985	Long Course		Short Course	

- (5) Competitors may enter and swim in a maximum of 6 individual events in a four-day National meet with a maximum of 3 individual events per day. Competitors shall be allowed to swim in only one freestyle relay, one medley relay, one mixed freestyle relay, and one mixed medley relay per meet. Each team shall be limited to no more than three relays in each event in each age group.
- (6) All events 200 yards/meters or less shall be pre-seeded, with the fastest heats swum first within each age group. All events over 200 yards/meters may be deck-seeded on time only, with the fastest times in the first heat, the second fastest times in the second heat, etc. Competitors shall be swum two (2) in a lane in the 1650 yard and the 1500 meter freestyle, when only one course (7, 8, 9, or 10 lanes) is available for the event. Such heats will be seeded by time, fastest first. Separate timing will be required for each swimmer.
- (a) The 1650 yd/1500 mtr freestyle shall be deck-seeded.
- (b) On those occasions when only one pool is used for both men's and women's events, the 1650 yd/1500 mtr freestyle shall be deck-seeded with heats apportioned and alternated by sex.
- (7) Entry fees for National Championship meets shall be \$3.00 for individual events and \$8.00 for relays. A \$10.00 per person surtax per swimmer may be charged (for national championship meets only) to be used by the meet sponsor to help pay meet expenses. A banquet or appropriate social event may be conducted for an additional fee. Participation in this event is optional.
- (8) Four-Day program for championship meets -- (Women's events shall precede Men's).

Short Course

200 yd back
 100 yd breast
 50 yd free
 200 yd fly
 100 yd I.M.
 500yd free
 200 yd medley relay

200 yd breast
 100 yd fly
 50 yd back
 100 yd free
 200 yd I.M.
 200 yd free relay
 200 yd mixed medley
 relay

200 yd free
 50 yd breast
 100 yd back
 50 yd fly
 400 yd I.M.
 200 yd mixed free relay

1650 yd free

Long Course**1st day**

200 m back
 100 m breast
 50 m free
 200 m fly
 400 m free
 200 m medley relay

2nd day

200 m breast
 100 m fly
 50 m back
 100 m free
 200 m I.M.
 200 m free relay
 200 m mixed medley relay

3rd day

200 m free
 50 m breast
 100 m back
 50 m fly
 400 m I.M.
 200 m mixed free relay

4th day

1500 m free

- (9) 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, as provided in 223.9(2) of the Competitive Swimming Rules. The number of event awards given will be determined by the number of lanes used in the pool. Medal awards will be awarded one through six and appropriate awards will be awarded 7 and beyond. No team trophies shall be awarded at Masters National Championship meets. Team scoring will be compiled for recognition for the National AAU Award. Meet results and team scores shall be published by the meet sponsor within 30 days and distributed to members of the Masters Executive Committee and representatives of participating teams.
- (10) Each individual who wins a short course or long course Championship shall be awarded an AAU Masters Championship patch. Swimmers winning more than one Championship may purchase additional patches for each additional championship event won.
- (11) A General Open Meeting will be held on the night before the first day of the meet.
- (12) There will be no splitting of age groups into A.M. and P.M. sessions; i.e., 25-29 through 40-44 in A.M. and 45-49 through 90 plus in P.M. However, at the meet director's discretion, swimmers

whose seed times will inordinately delay the progress of the meet, may be seeded individually in an outside lane with mechanical timing thus allowing the continued sequence of the regularly seeded heats.

(13) When the depth of the swimming course varies, the male and female contestants shall share equal time in the deep end of the pool.

(14) Entry times must be submitted for all individual events and relays.

- (I) **Records**--The fastest time by an American swimmer in each event in Masters competition is to be recognized as an American Masters Record. Should a foreign swimmer be credited with the fastest time attained in Masters competition, the foreign swimmer shall not be credited with an American Masters Record, but shall be recognized by being credited with a U.S. Open Masters Record.
- (J) **National Recognition of Achievement**--The registered AAU Masters Swimmer with the fastest listed time for an individual event for that season that is listed in the National Top Ten Times shall be declared the All-American in that event for the year. All top ten times, as well as national record times should be in the hands of the National Masters Records Chairman within 35 days from the date of the last day of the championship for that course.
- (K) **Medical Examination**--Each competitor is strongly encouraged to have a complete medical evaluation before beginning Masters training. In addition, it is also recommended that each competitor have a physical check-up immediately prior to Masters competition in order to insure his physical readiness for participation. Medical evaluation forms are available upon request by writing to the National AAU Aquatics Office.

APPENDIX B

LONG DISTANCE SWIMMING

I. DEFINITION

Long distance swimming shall be defined as any freestyle swimming event over one mile, normally conducted in a natural body of water; i.e., a lake, river, or ocean, although man-made pools, quarries and reservoirs may be used.

II. EVENTS

The long distance swimming events shall consist of individual or team competition as follows:

- (A) **Quarter-mile Straightaway**--The course shall be set in open water and shall be a quarter of a mile (440 yards) straightaway using a cable with floats stretched between two pylons or platforms fixed stationary in the water. The distance between the anchoring points of the cable shall be maintained within plus or minus six inches, measured to the outer edge of the turning pylons. The course shall be swum clockwise, unless it is deemed unfeasible to do so by the meet director. No more than twenty swimmers shall be placed in the first or subsequent rows. If more than one heat is required, every effort should be made to swim a counter clockwise heat. A stationary start shall be used. The starting position will be determined by seed time, Records will be maintained in this event.
- (B) **Open water distance events (includes rough water)**--As surf, beach tide and temperature and other physical factors vary, the meet director shall determine the course for open water events. The course should be measured as accurately as possible, with the aid of navigational charts if possible. The meet director shall determine the type of start to be used. As course distances and conditions are different, no records will be maintained; however, meet managers are encouraged to keep meet results. The distances shall be the same for both men and women and may be contested at the same time with separate results tabulated. Age group and other classifications may also be swum at the same time, again tabulated separately.
- (C) **Marathon-Type Events**--The same considerations as stated in the above applies, except the event will be a greater distance in this type of event. The meet managers are encouraged to establish entry requirements that ensure contestants will have a reasonable chance of completing the events. Time limits for completion may be set. When the time limit expires, all swimmers in the water will be required to retire from the race.
- (D) **Time/Distance Event (One hour swim for distance)**--The object of the event is to determine who can swim the greatest distance in a given time period. The person swimming the farthest shall be declared the winner. The person swimming the second greatest distance shall be awarded second place, etc. In the event that two or more swimmers

swim the same distance, a tie will be declared. The events shall be swum in a pool at least 25 yards in length. The distance shall be computed by multiplying the total lengths swum by the length of the pool and adding the last completed five yard increment; if the event is swum in a metric pool, the distance shall be determined in meters and converted to yards by multiplying 1.0936 times the number of meters completed and rounding off the distance to the last completed five yard increment. All distances shall be reported in yards. When the event is contested as a postal meet, the results are sent to a central location for tabulation. Each entrant will be responsible for the validity of the figures and the distance submitted. He must provide his own counter and verify the computations for the distance he swam.

- (E) **Individual Long Distance Swims**--Swims must be sanctioned and conducted by the AAU Association's Long Distance Swimming Chairman or his designee in accordance with all pertinent rules and regulations. All information relative to the swim shall be made public and available to any interested person at least three days before the event. If the event is to be swum in more than one association, the association where the attempt will start will have jurisdiction in issuing the sanction. This does not prohibit the other association from issuing a sanction for the event. If more than one swimmer is attempting a swim, only one sanction need be issued. All times achieved in long distance individual attempts shall be duly certified and made a matter of record by the Association Long Distance Chairman and/or record chairman or their representatives. Further, a copy of the above should be sent to the National Long Distance Chairman who will be responsible for maintaining records of all attempts. The certification should include:

- (1) Swimmer(s) name, age, sex and AAU registration number.
- (2) AAU Association sanctioning the event.
- (3) Course: to include name of body of water, starting and finishing points and measured distance.
- (4) Verifications and documentation that all rules were observed and the swimmer(s) either completed or failed to complete or attain the distance.

All safety requirements must be observed and qualified medical assistance should be readily available during the attempt.

(F) **Team Events**

- (1) Three contestants on each team shall be considered in the computations for team scoring. The team whose top three swimmers have the lowest cumulative time or the greatest cumulative total yards shall be declared the winner. A similar method will be used to determine second, third and subsequent places. In the event of ties, the team whose individual member finished nearest to first place shall be declared the winner or awarded the place.
- (2) No individual entries can be accepted in the team events. All entries must be made by clubs and signed by an authorized official of the club making the entry.

III. SAFETY PRECAUTIONS

- (A) Each competitor is strongly encouraged to have a complete medical evaluation before competing in any long distance swimming event.
- (B) As courses and conditions vary from location to location, the meet director will be responsible for establishing and enforcing safety standards necessary to ensure the safety of all competitors. Some considerations are:
 - Number, assignment, briefing and location of rescue/aid personnel and craft.
 - Requirement and rules for accompanying craft (boats, surfboards, etc.).
 - Requirement for Day Glow or Coast Guard Orange swim caps.
 - Use of medical forms with entries.
 - Use of two-way radio communications.
 - Briefing swimmers on signals to be used.
 - Qualifying swims and times, especially in longer events.
 - Controlling other craft and swimmers on courses.

IV. CONDUCT OF THE COMPETITION

(A) Starts

(1) Types

- (a) Stationary--Swimmers will start from a platform, or if none is available, swimmers will start in the water from a dead still with no forward motion.
 - (b) Running--Contestants will line up on the beach a short distance from the water line behind a marked line. At the starting signal, the swimmers will run into the water and swim perpendicular to the beach, or follow the prescribed course, when the water is of sufficient depth.
- (2) Starting Signal--The starting signal will be by gun, horn, whistle, or if necessary by voice.

(B) Seeding

- (1) When practical, swimmers shall be seeded by their 1500m/1650y times. No times will be seeded at the discretion of the meet director as stated in the meet invitation.
- (2) The fastest twenty swimmers shall be seeded in descending order of time with the fastest swimmer receiving the preferred position. If subsequent rows are needed, they will be seeded in a similar method behind the first two of swimmers.
- (3) Entrants are to be visibly marked with their seed numbers on both upper arms and their back.
- (4) Events for different age groups and sexes may be combined to allow the swimmers to compete at the same time; however, separate starts are preferable.

(C) Finishes

- (1) In the water--Swimmers shall touch a vertical surface, or if none is available, they shall swim across an imaginary finish line. Place judges and timers shall position themselves accordingly.
- (2) Out of the water--Swimmers shall leave the water, as defined by the course, and run up the beach to a marked finish.

(D) Officials

- (1) There shall be a meet director, referee, scorer, announcer, clerk of course, starter, and a sufficient number of judges, inspectors and timers.
- (2) The clerk of course shall ensure all entrants are visibly marked with seed numbers on both their upper arms and on their back.
- (3) Official craft shall be placed in a position to best observe and still not hinder the race.
- (4) Timers shall record the number of laps on the reverse side of the time card.

(E) Disqualifications--Swimmers shall be disqualified if they:

- (1) Willfully or intentionally delay the progress of another swimmer (accidental contact, especially at the start, shall not be considered a disqualification. However, the flagrant disregard of another swimmer's rights could result in disqualification).
- (2) Fail to compete the prescribed distance.
- (3) Fail to swim the prescribed course.
- (4) Receive assistance by pulling on the cable or buoys at the turn or on the course.
- (5) Receive propulsive aid from anyone in boats, surfboards, etc.

V. NATIONAL CHAMPIONSHIPS--Senior and junior national championship meets shall be awarded by the Long Distance Swimming Committee, with an interval of two weeks between the meets, except when awarded to the same association, in which case they may be held concurrently.

(A) Eligibility

- (1) Senior championship meets will be open to any senior classification swimmer (See Article 1).
- (2) Junior championship meets will be open to any senior classification swimmer who has not previously won either a National AAU Long Distance senior or junior individual championship. Members of championship teams will be eligible for both individual and team competition unless they have won an individual Long Distance Swimming Championship.

(B) Events--The National AAU Long Distance Swimming Committee shall award National AAU Long Distance Swimming Championships for senior and junior men and women, individual and team in the following events:

- (1) Quarter-mile Straightaway Long Distance Championships--four miles
- (2) Open Water Long Distance Swimming Championships
- (3) Marathon-Type Long Distance Swimming Championships
- (4) One Hour Swim for Distance--postal-championships

(C) Financial--The sponsoring organization must agree to underwrite the full meet expenses including but not limited to the following:

- (1) Costs associated with the meet; i.e., setting up course, shipping special equipment, insurance, etc.
- (2) Cost of National AAU Championship awards (medals and patches) and other supplemental awards.

- (D) **Entry Fees**--The entry fees for national championship Long Distance Swimming meets shall be \$5.00 for individual events, of which twenty-five cents (25¢) will be sent to the Secretary/Treasurer of Long Distance Swimming of the AAU, Inc., and \$10.00 for team events, of which twenty-five cents (25¢) will be sent to the Secretary/Treasurer of Long Distance Swimming of the AAU, Inc.
- (E) Meet invitation and entry blanks shall be sent to the national Long Distance Swimming chairman, Association Long Distance chairman, as listed in the AAU Directory, and the administrator at the National AAU Office.
- (F) Qualifying times and/or qualifying criteria shall be established by the meet manager.
- (G) Individual and team results and records shall be kept and submitted to the national Long Distance Swimming chairman. Records will not be submitted for open water swims. Results shall also be mailed to the coaches who had entries at the championship meet and shall include the following information: swimmers' names, ages, times, places, team points and scores.
- (H) **Team Scoring**--Three swimmers on each team shall be considered in the computations for team scoring. The team whose top three swimmers have the lowest cumulative time or the greatest cumulative total yards shall be determined the winner. A similar method will be used to determine second, third and subsequent places. In the event of ties, the team whose individual member finished nearest to first place shall be declared the winner.
- (I) **Awards**
 - (1) AAU championship medals shall be awarded to the first through tenth place winners of individual junior and senior championships as follows: 1st place, gold; 2nd place, silver; 3rd place, bronze regulation individual championship medals and 4th through 10th, inclusive, small bronze medals.
 - (2) The appropriate national championship patch shall be awarded to senior and junior individual and team champions.
 - (3) All contestants on the winning team shall receive a regulation national AAU team championship medal, and all contestants on the team awarded second and third place shall receive regulation silver and bronze team championship medals, respectively.
 - (4) Trophies may be awarded to individuals and teams at the discretion of the meet director.

VI. ALL-AMERICAN--The National AAU Long Distance Swimming Committee shall select candidates for All-American honors. These names shall be sent to the Men's and Women's All-American selections subcommittee.

VII. Regional and Association championships may have Long Distance individual and team events for men and women in the senior classification.

VIII. AGE GROUP

- (A) **Eligibility**--Age group competition is open to all registered AAU athletes 18 years of age and under.

- (B) **Age Groups**--The age groups shall usually be those listed in Article 6. Age groups and sexes may be combined in one race with separate tabulations.
- (C) **Entry Fees**--Shall be set by the meet sponsor but shall not be in excess of \$5 for individual events and \$10 for teams as they are defined in paragraph II F.
- (D) **Events**
 - (1) Quarter-mile straightaway--individual/team events, 1, 2, 3 or 4 miles.
 - (2) Open water--individual/team events, usually one mile or more.
 - (3) Time/distance events--individual team events, thirty-minute or one hour swim for distance.
- (E) **Team Events**--May be conducted as in paragraph II F. with up to (3) three swimmers of the same age and sex composing the team. The meet director may also devise a point system as used in regular swimming to determine overall club winners.
- (F) **Awards**--The meet director will determine the awards to be presented. In addition to individual awards, team awards, and high point trophies, an outstanding swimmer may be awarded.

IX. MASTERS

- (A) The objectives, goals and rules in Appendix A, Master's Swimming, will apply. The age classification for team competition will correspond to that of the relays found in Appendix A except there shall be no mixed teams. The age of the youngest swimmer shall determine the age group of the team.
- (B) All information previously mentioned in Appendix A will apply to Masters Long Distance Swimming, except the quarter-mile straightaway event shall be two (2) miles in length.
- (C) Masters age group and sexes may be combined into one race with separate tabulations.
- (D) National Championships--National AAU Master's Long Distance Championships for men and women; individual and team shall be awarded by the National Long Distance Swimming Committee in the following events:
 - (1) Quarter-mile Straightaway Long Distance Swimming
 - (2) Open Water Long Distance Swimming
 - (3) Marathon Long Distance Swimming
 - (4) One Hour Swim for Distance (Postal)
- (E) **Awards**
 - (1) Master's individual medals will be awarded to the first three finishers in each age group in national AAU Master's Long Distance Championship events. Additional medals may be awarded at the discretion of the meet manager.
 - (2) A national Master's team medal will be awarded to each member of the first three teams in each age group in national AAU Masters Distance Swimming Championships.
 - (3) A national AAU Master's championship patch will be awarded to the individual champions and each member of the championship team. An individual will receive only one patch per meet.

(F) An All-American team shall be selected each year based on the result of the national AAU Master's Championship meets.

APPENDIX D

LSC TERRITORIES AND REGISTRATION NUMBERS

1 Maine	21 Central	41 Kentucky
2 New England	22 Ozark	42 New Mexico
3 Adirondack	23 Arkansas	43 South Texas
4 Niagara	24 Southern	44 Pacific Southwest
5 Connecticut	25 Gulf	45 Georgia
6 Metropolitan	26 Southwestern	46 Central California
7 New Jersey	27 Oklahoma	47 West Texas
8 Middle Atlantic	28 Missouri Valley	48 Arizona
9 South Atlantic	29 Midwestern	49 Southern Nevada
10 Potomac Valley	30 Minnesota	50 Florida Gold Coast
11 Allegheny Mt.	31 Montana	51 West Virginia
12 Virginia	32 Rocky Mountain	52 North Dakota
13 North Carolina	33 Southern Pacific	53 Border (Texas)
14 Florida	34 Utah	54 South Dakota
15 Southeastern	35 Inland Empire	55 South Carolina
16 Indiana	36 Pacific Northwest	56 Alaska
17 Ohio	37 Oregon	57 Far East
18 Lake Erie	38 Pacific	58 Wyoming
19 Michigan	39 Hawaiian	59 Snake River
20 Wisconsin	40 Iowa	60 Japan

DESCRIPTION OF LSC TERRITORIES

Adirondack--That portion of New York State east and north of Oswego, Onondaga, Cortland, Broome, Sullivan, Orange and Dutchess counties.

Alaska--State of Alaska.

Allegheny Mountain--All counties in Pennsylvania west of Potter, Clinton, Center, Huntingdon and Bedford Counties; Counties of Marshall Brook, Ohio and Hancock in West Virginia and Counties of Columbiana, Belmont and Jefferson in Ohio.

Arizona--State of Arizona.

Arkansas--State of Arkansas, and Bowie County, Texas

Border--The Counties of El Paso, Hudspeth, Culberson, Jeff Davis, Presidio, Brewster, Terrell and Crockett in the State of Texas.

Central--Illinois, except St. Clair, Calhoun, Greene, Jersey, Monroe and Madison Counties.

Central California--Counties of Mariposa, Madera, Fresno, Kings, Tulare, Inyo, Mono, Kern and Merced in the State of California.

Connecticut--State of Connecticut.

Far East--Guam, Okinawa, and Phillipine Islands.

Florida--Florida, except Palm Beach, Broward, Dade and Monroe Counties and that part of Hendry County West of Route 833, Escambia, Santa Rosa, Okaloosa, Walton, Holmes, Washington and Bay Counties and that part of Calhoun and Jackson Counties west of the Apalachicola River.

Florida Gold Coast--Counties of Palm Beach, Broward, Dade and Monroe and that part of Hendry County East of Route 833 in the State of Florida.

Georgia--State of Georgia and the Counties of Chambers and Russell, Alabama.

Gulf--That part of the State of Texas bounded on the North and including the counties of Robertson, Leon, Houston, Angelina, Nacogdoches and Shelby; on the East by the state of Louisiana; on the South by the Gulf of Mexico and on the West by including the counties of Fort Bend, Wharton, Colorado, Waller, Grimes, Robertson, Brazos and Matagorda.

Hawaiian--State of Hawaii, the five islands, Oahu, Hawaii, Maui, Kauai, and Molokai.

Indiana--All of State of Indiana excepting Floyd, Clark and Dearborn Counties.

Inland Empire--State of Washington, counties of Okanogan, Chelan, Douglas, Ferry, Stevens, Spokane, Lincoln, Grant, Kittitas, Asotin, Columbia, Yakima, Franklin, Adams, Whitman, Walla Walla, Garfield, Benton, and the portion of Klickitat County east of Highway 97 and including the city of Goldendale, State of Idaho, counties of Pend Oreille, Bonner, Kootenai, Shoshone, Benewah, Latah, Lewis, Nez Perce, Idaho, Clearwater, Boundary.

Iowa--State of Iowa excepting the following counties: Lyon, Osceola, Sioux, O'Brien, Plymouth, Cherokee, Woodbury, Ida, Monona, Crawford, Harrison, Shelby, Pottawattamie, Mills, Montgomery, Freemont, and Page.

Japan--Japan and Korea.

Kentucky--The State of Kentucky (except Campbell, Kenton, Boon and Boyd Counties) and Floyd and Clark County, Indiana.

Lake Erie--The Counties of Tuscarawus, Seneca, Crawford, Erie, Huron, Richland, Lorian, Ashland, Cuyahoga, Medina, Lake, Geauga, Portage, Stark, Ashtabula, Trumbull, Mahoning, Summit and Wayne.

Maine--State of Maine.

Metropolitan--New York, south of and including Sullivan, Orange and Dutchess Counties; and Hudson County of New Jersey (except that part of latter lying west of the Hackensack River in New Jersey).

Michigan--State of Michigan.

Middle Atlantic--New Jersey, south of Trenton and Mercer County; all of the State of Delaware and Pennsylvania, east of and including Potter, Clinton, Center and Bedford Counties.

Midwestern--State of Nebraska and Lyon, Osceola, Sioux, O'Brien, Plymouth, Cherokee, Woodbury, Ida, Monona, Crawford, Harrison, Shelby, Pottawattamie, Mills, Montgomery, Freemong, and Page Counties of Iowa.

Minnesota--State of Minnesota and Counties of St. Croix, Dunn and Pierce in Wisconsin.

Missouri Valley--All of Kansas, and that portion of the western part of the state of Missouri including and bounded by Schuyler, Adair, Macon, Ran-

dolph, Audrain, Callaway, Cole, Montineau, Morgan, Benton, Hickory, Polk, Green, Christian, and Taney.

Montana--State of Montana.

New England--New Hampshire, Vermont, Massachusetts, and Rhode Island.

New Jersey--New Jersey, north of and including Mercer and Monmouth Counties, and that part of Hudson County in the State of New Jersey west of the Hackensack River.

New Mexico--State of New Mexico.

Niagara--That portion of New York State west of and including Oswego, Onondaga, Cortland and Broome Counties.

North Carolina--State of North Carolina.

North Dakota--State of North Dakota.

Ohio--State of Ohio (except the counties of Seneca, Crawford, Erie, Huron, Richland, Lorain, Ashland, Cuyahoga, Medina, Lake, Geauga, portage, Stark, Ashtabula, Trumbull, Mahoning, Summit, Wayne, Belmont, Lawrence, Washington, Jefferson and Tuscarawus); Campbell, Kenton and Boone Counties of Kentucky, and Dearborn County of Indiana.

Oklahoma--State of Oklahoma

Oregon--State of Oregon and the following counties of Washington: Cowlitz, Clark, Skamania and the Porton of Klickitat County west of Highway 97.

Ozark--Missouri east of and including the following counties: Scotland, Knox, Shelby, Monroe, Pike, Montgomery, Osage, Miller, Camden, Dallas, Webster, Douglas and Ozark, Counties of Calhoun, Greene, Jersey, Madison, St. Clair and Monroe in Illinois.

Pacific--The State of California, north of but not including the counties of San Luis Obispo, Mariposa, Madera, Fresno, Mono and Merced and the Counties of Humboldt, Washoe, Lyon, Storey, Mineral, Douglas, Churchill, Pershing, Ormsby and Lander in the State of Nevada.

Pacific Northwest--Washington, west of but not including Okanogan, Chelan, Kittitas and Yakima Counties and north of but not including Cowlitz, Skamania and Klickitat Counties.

Pacific Southwest--San Diego and Imperial Counties, California.

Potomac Valley--All territory within the District of Columbia, counties of Montgomery and Prince Georges in the State of Maryland, and counties of Arlington and Fairfax and cities of Alexandria and Falls Church in the Commonwealth of Virginia.

Rocky Mountain--State of Colorado.

Snake River--All of Idaho, except the counties of Boundary, Banner, Kootenai, Shoshone, Benewah, Latah, Clearwater, Nez Perce, Lewis & Idaho, and in the State of Nevada the counties of Elko, White Pine and Eureka.

South Atlantic--State of Maryland (except the counties of Montgomery and Prince Georges.)

South Carolina--State of South Carolina.

South Dakota--State of South Dakota.

South Texas--That part of the State of Texas bounded on the East by and including the counties of Milam, Burleson, Washington, Austin, Fayette, Lavaca and Jackson; on the South by the Gulf of Mexico and the Republic

of Mexico; on the West by and including the counties of Val Verde, Sutton, and Schleicher and on the North by and including the counties of Menard, Mason, Llano, Burnett, Lampasas and Bell.

Southeastern--All of the State of Alabama, except the counties of Chambers and Russell; the State of Tennessee; the Florida counties of Escambia, Santa Rosa, Okaloosa, Walton, Holmes, Washington, Bay and that portion of Jackson and Calhoun counties west of the Apalachicola River.

Southern--All of the States of Louisiana and Mississippi

Southern Nevada--Counties of Nyle, Lincoln, Clark and Esmeralda, all within the State of Nevada.**Southern Pacific**--Including the counties of San Luis Obispo, Ventura, Los Angeles, San Bernadino, Orange, Riverside and Santa Barbara, all within the State of California.

Southwestern--That part of the State of Texas bounded on the South but not including the counties of Callahan, Brown, Mills, Lampasas, Bell, Milan, Robertson, Lean, Houston, Angelina, Nacogdoches and Shelby; on the East by the State of Louisiana, State of Arkansas and the County of Bowie, Texas; on the North by the State of Oklahoma and the county of Bowie, Texas and on the West by the counties of, but not including Hardeman, Foard, Knox, Haskill and Jones in the State of Texas.

Utah--State of Utah.

Virginia--State of Virginia (except the Counties of Arlington and Fairfax and cities of Alexandria and Falls Church).

West Texas--All that part of the State of Texas bounded on the South side and including the counties of Reeves, Pecos, Upton, Regan, Irion, Tom Green, Concho, McCulloch and San Seba; on the west by the State of New Mexico; on the north by the State of Oklahoma; on the east by the State of Oklahoma and by and including the counties of Hardeman, Foard, Knox, Haskell, Jones, Callahan, Brown, Mills and San Sabo in the State of Texas.

West Virginia--All of the State of West Virginia except the Counties of Hancock, Brook, Ohio and Marshall; also Lawrence and Washington Counties in Ohio; and Boyd County in Kentucky.

Wisconsin--State of Wisconsin, except Counties of St. Croix, Dunn and Pierce.

Wyoming--State of Wyoming.

APPENDIX E

PROTECTION OF ATHLETES' RIGHTS; HEARINGS AND APPEALS

Following are two documents. The first is a guide explaining simply the procedures for expeditious handling of complaints and/or disciplinary hearings.

The second document is a proposed form for Notice of Hearing designed to ensure minimal due process.