Index

A
Acceptable times  records 42
Advertising 15, 72
Affiliate membership 95
Age
determining date 6, 67
groups 6
Age groups 78
Aggregate time xi
All-American
individual 45
long distance 85
open water 85
recognition 45
relay 45
All-Star 45
Amendments 111
authorized bodies 111
effective date 114
emergency 113
format 111
proposed
 adoption of 112
 modification of 112
 submission of 111–112
 publication of proposed 112
 submission deadline 112
 submissions after the deadline 112
timely 112
 USA Swimming rules 113
Anchored xi
Announcer 25
Annual meeting 158–160
Annual membership
 College Club Swimming 57
 standard 57
Appeals 90–93
Appendices
 Amendment 111
Appointees 95
Appointments
 legal counsel 109
 liaisons 109
 special assignments 109
Articles of incorporation 103

Assistance and agreements 34
At-large director
Breadbasket Zone 143
Colonies Zone 143
election and term of office 103
Great Lakes Zone 143
Northwest Zone 143
Oceana Zone 143
South Central Zone 143
Southeast Zone 143
Southwest Zone 143
Audit Committee 148
Awards 33, 78, 85
Capt. Ransom J. Arthur, M.D. 149
National championships 38
Speedo/USMS Coach of the Year 150
Ted Haartz USMS Staff Appreciation 153
USMS Club of the Year 151
USMS Fitness 152
USMS June Krauser Communications 151
USMS National Championship Meets 152–153

B
Backstroke 3–4
 flags and lines 49
 start 1
Bidding areas
 Long Distance National championship 143–144
Board of Directors 95, 103–105, 143
 appeal to 93
 at-large directors
 re-election 103
 term 103
 meetings 104
 frequency 104
 methods 104
 membership 103
 at-large directors 103
 Executive Committee 103
 nonvoting members 103
 permanent committees 104, 148
 powers 103–104
 act between meetings of House of Delegates 103
INDEX

articles of incorporation 103
budget 103
chief executive officer 103
elections 104
emergency powers 104
financial resources 103
meetings of the House of Delegates 104
permanent committees of the Board 103
policies 103
quorum 104
removal of members 106
vacancies 106
voting privileges 104
Body xi
Breadbasket Zone 145
Breaststroke 2
Bulkhead xi, 46
Butterfly 3

C

Cable swim xi Championship Committee 148
Clerk of course 25
Club xi
  membership 95
  form 58
National championship scoring 38
Coaches Committee 148
Code xi
  definition 111
College Club Swimming xi, 57
Colonies Zone 146
Color 49
Commands
  starts 21
Committees 106–109
  ad hoc 95, 109
  appointments 109
  Audit 104, 148
  Championship 106, 148
  Coaches 107, 148
  Compensation and Benefits 105, 148
  Diversity and Inclusion 148
  Elections 105, 148
  Executive 105–106
  Finance 105, 148
  Governance 105, 148
  History and Archives 107, 148
Investment 105, 148
jurisdiction 111
Legislation 107, 148
LMSC Development 107, 148
Long Distance 107, 148
Officials 108, 148
Recognition and Awards 108, 148
Records and Tabulation 108, 148
Rules 108, 148
standing 95, 106–109
Compensation and Benefits Committee 148
Conduct 82
  compliance with rules and regulations 89
  enforcement 89
  standards of 89
  unsporting 90
Contract
  national championship 82
Corporation xi, 110
Course xi

D

Deaf 52
Deck entered xi
Deck equipment
  other 47
Deck-seeding xi
Deliberate delay 22
Disabilities 53–55, 76
  general 51
  physical 53–55
Disabled 53
  cognitively 53
Discrimination 90
Disqualifications 15–16, 33, 75
Dissolution 110
Diversity and Inclusion Committee 148
Diving boards 47
Drafting xi, 79
Dual 15, 23
Dual meet xi
Dual-sanctioned meet
  USA Swimming 60

E

Election operating guidelines 102, 103
Elections Committee 104, 148
Electronic timing chip xi
Eligibility 6
Emergency actions 113
   amendments at annual meeting 113
   amendments between annual meetings 113
   expiration of 114
End of the course xi
End wall targets 47
Entry fees 9, 82
Entry form 82
Equal opportunity 96
Escort craft xii
Escorted swim 75–76
Etiquette
   lane 12
Event xii
Event director xii, 82
Event limit 8
Events 7–8
   open water 67–68
   straightaway 74
Executive Committee 105–106
   members
      immediate past president 105
      nonvoting
         chief executive officer 106
         officers 105
      nonvoting members
         legal counsel 105
         policies 106
   Ex officio xii
First day of meet xii
Fiscal year 109
Fitness year xii, 62
Flags and lines
   design 49
   location 49
Foreign
   national championship 36
Foreign swimmer xii
Forward start xii, 1
Foul xii
Freestyle 4
Front edge 48

G
Gender xii
Gender identity xii
Glossary
   amendment 111
   Governance Committee 148
   Grease xii
   Great Lakes Zone 146
   Guiding principles ix, x, 100

H
Hard of hearing 52
Hearings 90–93
   documentation 93
   filing fee 93
   recognition and enforcement 93
Heats xii
   assignments 10
   minimum 11
   pairing of 12
   preliminary xiv
Heat sheet xii
Height 48
History and Archives Committee 148
Horizontal xii
Housekeeping xii, 111
House of Delegates 95, 100
   annual meeting 101
   meetings
      methods 101
      notice 101
   meetings of 101
   membership 100
      at-large members 100
      Board of Directors 100
      Finance Committee 100

F
Facilities 45
False starts 22
Fees 109
Finance Committee 148
Financial policy 109
   fees 109
   fiscal year 109
Finish xii
   backstroke 3
   blind and visually impaired 52
   breaststroke 2
   butterfly 4
   disabilities 54
   freestyle 4
   individual medley 5
   open water 74–75
Finish point xii
INDEX

legal counsel 100
Legislation Committee 100
LMSC delegates 100
Long Distance Committee 100
National Board of Review
  chair 100
nonvoting delegates
  affiliate members 100
  allied members 100
past presidents 100
permanent committees of the Board
  of Directors
  chairs 100
Rules Committee 100
standing committees
  chairs 100
  zone chairs 100
other meetings 101
powers 100–101
  admit to group membership 101
  admit to individual membership 101
  amendments 101
  annual reports 101
  delegation 101
  election of officers and directors
    100
  standing committees 101

I

Illumination 47
Immediate past president 143
Individual events 6
Individual medley 4
Indivisible package 112
Information for meet directors and
  officials 117
Initial distance xiii
Installation 50
Insurance 110
  coverage 110
  indemnification 110–111
International Swimming Hall of Fame
  honor coaches 155
  honor contributors 155
  honor swimmers 155
  USMS members 155
Investment Committee 148
IOC xiii

J

Judges 22–23
  chief 22
  jurisdiction of 23
  stroke 23
  turn 23
Jurisdiction 90

K

Kick
  breaststroke 2
  butterfly 3
  disability 54

L

Ladders 47
Lane xiii
  assignments 10–13
  markers xiii
  numbers 47, 48
  swimmers of similar speed in same
    13
  line xiii
Last day of the meet xiii
Leadoff xiii
Leg xiii
Legal counsel 143
Legislation Committee 148
Length xiii
Liability release 65
Lighting 47
LMSC xiii, 96
  abbreviations 141
  annual meeting 96
  board of directors 95
  boundaries
    map 142
    boundaries 142–144
    descriptions 96
  bylaws 96
  filing of 96
  chairs 143
  election of officers 96
  financial controls 99
  jurisdiction of 90
  membership 96
  numeric codes 141
  officers 95
  official names 96
  records and record keeping 99
Local Masters Swimming Committee
  96
LMSC Development Committee 148
LMSC options 33
Long course (50) meters xi, 7, 33
Long distance
championships
bidding areas 141
Long distance
age 67
All-Star Team 85–86
distance-based 78, 79
membership 67
multiple per lane 79
officials 79
place 80
pool size 79
relay
cumulative 78
sequential 78
representation 67
results 80
sanctions 67
time-based 78, 79
timing 79
Long Distance Committee 148
Long distance pool 77

M
Major changes for 2024 x
Manual start xiii
Mark xiii
Marshals 25
Masters International Swimming Hall of Fame
honor contributors 155
honor Masters swimmers 154
honor open water swimmers 155
USMS members 154
Masters Swimming xiii
May xiii
Medical identification item xiii
Meet xiii
announcement xiii, 36
cancellation
cancellation 14
categories 33
championship
LMSC 99
change of program and postponement 13–14
committee 19
director 18
documents
storage requirements for 127
dual 32
dual-sanctioned xi
information 36
name 33
postponement 14
program xiii
affiliation 60
age 60
results
preparation of 127
triangular 32
Member xiii
in good standing x
Member in good standing xiv, 59
conduct of 89–90
Membership 57–58
affiliate 95
allied 95
annual 57, 58
application forms 58
categories 95
category
College Club Swimming 58
standard 58
fee 58
individual 95
transfer 59
LMSC 96
changing affiliation 58
long distance 67
mandatory 95
national championship 35
open water 67
other 95
Minimum standards
LMSC 99
Misconduct 22
Mission statement ix
Must xiv

N
National Board of Review 91–92, 95
authority of 91–92
chair
authority of 92
hearing panel procedure 92–93
jurisdiction of 91
INDEX

LMSC decision
appeal of 92
National championship 47, 80–86
assistance 83
bid
awarding of 33–34
club scoring 38, 84–85
conduct of 34–41
distance events 37
entry
deadline 36
form 36
procedures 35
equipment 40
event limit 34
facilities 40
financial 82
heat sheets 34
local clubs 38
long course 157
long distance
bidding areas 143–144
long distance events 80–81
multiple courses 38
open water 80–81
participant information 34
personnel 39
program 34, 35
protests 39, 83
regional clubs 38
results 84
short course 156, 157
site selection 81–82
warm-up schedule 34
National office 147
National qualifying times
adjustments for altitude 128
Noncompliant facilities 60
Nonconforming events 60
Nonconsensual physical contact 90
Nonconsensual sexual conduct 90
Northwest Zone 146

O

Obscene language 90
Observer’s report form 137
Oceana Zone 146
Officials 18, 71, 79, 83
administrative 20
qualification of 19
Officials Committee 148
Official time x, xiv, 28–29
determination of 26
Olympics 60
One-event registration 57
open water 57
pool 57
On the breast xiv
Open water 68
All-Star Team 85–86
disqualifications 75
escorted 75
events 67–68
noncompetitive 77
finishes 74
incomplete race 77
officials 71
organization 67
relay
cumulative 69
distance basis 69
point basis 69
sequential 70
time basis 69
safety 70–71
scoring 70–71
age group 71
seeding 74
starts 74
swims 68
straightaway 68
swimwear
category I 72–73
category II 73

elections and term of office 101–102
positions 101
president
duties 102
reelection 102
secretary
duties 102
term of office 102
treasurer
duties 102
vice presidents
duties 102
Officers 101–103. See also Annual
meeting
duties of 102–103
Operations guide
  open water  67
Opportunity to participate  90
Optional accessories  50
Other meets  32
Overflow recirculation system  47

P

Pace clocks  50
Paddler xiv
Paralympics  60
Parliamentary authority  109
Participation  89
Past presidents  148
Penalties  9
Permanent course  46
Places  13
Pool xiv
  bottom lane markers  46
  certification
    records  42
  deck  47
  markings  46–47
  platform  48
  racing course
    dimensions  45–46
    walls  46
  water
    depth  46
    temperature  47
    width  46
Power source  50
Preseeding xiv
President  143
Press steward  25
Proof of membership  60
Propulsive xiv
Protection  89
Protests  17, 83

Q

Qualifying times  89
Quorum  101

R

Recall device  50
Recall rope operator  22
Recognition  56
  Executive Committee  61
  Olympics  61
  Paralympics  61
  records  41
  withholding  61
Recognition and Awards Committee  148
Recognized events xiv, 61–62
Recorder of records  25
Records  41, 86, 115, 115–116
  application  134
  application for USMS/world records  133
  deadlines x, 41
  long distance
    documentation requirements  134
    national  43
    requirements for  41–42
    pool measurement  42
    Top 10  42–43
    world  45
Records and Tabulation Committee  148
Referee  19–20
  optional instructions  21
  preparation  21
Register xiv
Relay  5, 9–10
  cumulative  69, 78
  events  6
  freestyle  5
  medley  5
  results
    preparation of  127
    rules  5, 6
    sequential  70, 78
    takeoffs
      blind and visually impaired  52
Release  65
Reporting
  officials and meet personnel  19
Report of occurrence  136
Representation  58–59
  long distance  67
  open water  67
Required personnel  18
Responsibilities  51
Results  80, 84
  individual events
    preparation of  127
    meet  39
<table>
<thead>
<tr>
<th><strong>INDEX</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>national championships 39</td>
</tr>
<tr>
<td>preparation of 10</td>
</tr>
<tr>
<td>Rule book dedication ii</td>
</tr>
<tr>
<td>Rules 78, 80</td>
</tr>
<tr>
<td>differences between USMS and other organizations 117</td>
</tr>
<tr>
<td>Rules Committee 148</td>
</tr>
</tbody>
</table>

**S**

| Safety 49, 50 |
| electrical 51 |
| open water 70–71 |
| Safety plan xiv |
| Sanction xiv, 55 |
| open water 62–64, 67 |
| pool 59–62 |
| records 41 |
| requirements 59, 63 |
| withdrawal or denial of 61, 64 |
| withholding 61 |
| Sanctioned meets |
| nonconforming events 60 |
| Schedule |
| national and international event schedule 139 |
| Scissors xiv |
| Scissors kick xiv |
| Scoring 32–33, 84–85 |
| divisions 70–71 |
| Scratch xiv |
| Scratch procedures 9 |
| Secretary 143 |
| Seeding xiv, 10, 10–13 |
| events in a 50-meter course 11 |
| fast-to-slow 11 |
| national championships 37 |
| open water 74 |
| slow-to-fast 11 |
| two-to-a-lane 11 |
| Session xiv |
| Shall xv |
| Short course xi |
| Short course (25) meters 33 |
| Short course (25) yards 7, 33 |
| Should xv |
| Size 49 |
| Slope 48 |
| Soft touch xv |
| Solo swim 68 |
| South Central Zone 146 |
| Southeast Zone 147 |
| Southwest Zone 147 |
| Split notification form 135 |
| Splits |
| preparation of results 127 |
| Split time xv |
| Start 1 |
| backstroke 3 |
| blind and visually impaired 52 |
| breaststroke 2 |
| butterfly 3 |
| freestyle 4 |
| individual medley 4 |
| open water 74 |
| physical disability 53 |
| running 74 |
| stationary 74 |
| Starter 21–22 |
| Starting |
| command 1 |
| from alternate ends of course 11 |
| grips 48 |
| platforms 48 |
| signal 74 |
| visual signal 52 |
| Starting system |
| equipment 21 |
| loudspeaker 49 |
| strobe light location 52 |
| Still water xv, 43 |
| Straightaway swim xv, 68 |
| Strokes |
| backstroke 3 |
| breaststroke 2 |
| butterfly 3 |
| disability 54 |
| freestyle 4 |
| individual medley 4 |
| Submitted times xv |
| Swimmer |
| foreign 59 |
| Swimwear 14–15, 72–73, 83 |
| design 14, 72 |

**T**

| Table of contents iv |
| Threatening language 90 |
| Ties 33 |
| Time |
| aggregate xi |
Timed finals xv
Timers 18, 24–25
  chief 24
  head lane 24
  lane 24
Time trial xv
Timing
  accuracy 29
  adjustment for difference 27
  adjustment for lane malfunction 27
  altitude adjustment 35
  automatic 26
  equipment 25–27
    automatic 25, 50
    manual 26
    operator 25
    semiautomatic 26
    time display board 50
  malfunction
    primary 27
    manual 26
    primary 26
    resolution 29
    secondary 26
    semiautomatic 26, 27
    tertiary 26
Tobacco
  no smoking signs 48
  products 17, 17–18
Touch xv
Touchpads 46, 50
Travel permits 59
Treasurer 143
Turn xv
  backstroke 4
  blind and visually impaired 52
  breaststroke 2
  butterfly 3
  disability 54
  freestyle 4
  individual medley 4
USMS xv
  directory 143
  history 149
  standing committees 148
USMS Dorothy Donnelly Service Awards 150
USMS Kerry O’Brien Coaching Awards 151, 154

V
Values ix
Venue xv, 127
Verification
  swimmer 63
Vice president of administration 143
Vice president of community services 143
Vice president of local operations 143
Vice president of programs 143
Virtual event x, xv
Virtual Guide to Operations 67
Vision statement ix
Visually impaired. See Blind

W
Wall xv, 46, 47, 48, 52, 54
Warm-down 6–7
  availability 6, 9
  procedure 7, 8
Warm-up. See Warm-down
Warning signal xv, 22
Water
  still 43
Wave xv, 74
Will xv
Workout group xvi
World Aquatics xvi, 61, 60, 62, 15, 42
  information for USMS participants at World Aquatics events 125
World championship 161

Z
Zone xvi, 99
  boundaries 99, 142
  map 142
  chairs 99, 143
  championship meet 100
  communication 100
  meeting 99
  policy 100
Zone chairs  
  reelection 100  
  residency requirement 99  
  vacancy 99  

Zones  
  boundaries  
    Breadbasket 99  
    Colonies 99  
    Great Lakes 99  
    Northwest 99  
    Oceana 99  
    South Central 99  
    Southeast 99  
    Southwest 99