

USMS Rules Committee
Changes to the Rules of Competition Approved by the House of Delegates
September 18, 2004

The following proposals have been submitted, in accordance with section 601.2, to the Rules Committee for consideration by and were **accepted by the House of Delegates**.

R2

101.3.3 – Kick

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

R4

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

102.3. AGE GROUPS

102.3.1—Individual Events

18–24, 25–29, 30–34, 35–39, 40–44, 45–49, 50–54, 55–59, 60–64, 65–69, 70–74, 75–79, 80–84, 85–89, 90–94, 95–99, 100–104 ... (5-year age groups as high as is necessary).

102.3.2—Relay Events

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

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

R20 –

102.10.6—Counters

A A swimmer in any individual event of 16 lengths or more, except the individual medley, may appoint one counter to call lengths or indicate lengths by visual sign.

R13

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

R5

102.17. TOBACCO

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

R12

102.4.2 – Procedure

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

R17

104.4.5—Meet Report

The meet director of each national championship meet shall submit a written report to the chair of the Championship Committee within 60 days of the end of competition. This report shall include a complete financial report, copies of meet information, entry forms, final results (an electronic file plus hard copy), and any other information that may be helpful to future meet directors.

R6

104.5.2B Rotation of Meet Schedules

(4) The three basic schedules shall be chosen every 4 years, starting in 1990, by a vote of the House of Delegates, from at least four alternatives presented by the Championship Committee. The selected schedules shall apply to the period starting two years after approved by the House of Delegates.

Other Articles that Require Changing: 104.5.2A Page 42:

A Meet schedules (~~2004-2006~~ 2005-2007)

104.5.2—Program

A 4-day program for national championship meets will be used. With the approval of the Championship Committee, a 5-day program may be used.

A Meet schedules (2004–2006)

Schedule 1
2004 Long Course
2006 Short Course
2007 Long Course

Schedule 2
2005 Short Course
2006 Long Course

Schedule 3
2005 Long Course
2007 Short Course

R7

104.5.3 – Event Limit

C National qualifying times

(2) **Event Limit**—When qualifying times are in effect, competitors may enter and swim in a maximum of three individual events without meeting the established qualifying standards. The Championship Committee may limit either the 800-meter or the 1500-meter freestyle to only those who meet the National Qualifying Time for that event. Competitors may ...

R14

104.5.5—Seeding A (4) Events 400 yards/meters and longer shall be deck seeded by one of the following methods: (a) by entry time only, (b) by age group, the oldest age group first slowest heats seeded first within each age group, then by time, or (c) by a combination of (a) and (b). The USMS Championship Committee shall make all seeding decisions.

R15 and R18

104.5.5 B Distance events (3) For any freestyle event -400 meters or longer, men and women may be seeded together at the discretion of the Championship Committee. Competitors of the same gender may be required to swim two-to-a-lane in the meet day is projected to last longer than 12 hours...

R16

104.5.6 C Divisions Eliminate entire section.

104.5.7 Awards C Team awards—The organization conducting the national championship meet shall provide awards to the first through tenth place winners in the women's, men's, and combined categories.

R10**105.1.5 – Publication of Records**

Results from events conducted in pools that do not meet the minimum pool length requirement (minus 0.00 meter) in all lanes used in competition shall not be acceptable for record applications or Top Ten submissions.

Also: 107.2.1 – Length

D **Dimensional tolerance** – Against the required length, a tolerance of minus 0.00 meter in each lane used for competition on both end walls at all points from 0.3 meter above ...

R11**105.1.7 – Pool Measurement**

C Where a moveable bulkhead is used, course measurement of the two outside lanes and a middle lane must be confirmed at the conclusion of the session during which the time was achieved. **NOTE:** it is recommended that the bulkhead placement be confirmed prior to the start of the meet.

Other sections affected: Appendix B.

R19**105.2. TOP TEN TIMES**

105.2.2—Split times shall be considered for Top Ten times if:

- A Recorded by fully automatic timing equipment,
- B In an individual event other than backstroke, the request to have a split time recorded is brought in writing to the attention of the meet referee prior to the conclusion of the meet.
- C In a relay event or an individual backstroke event, the request to have a split time recorded is brought in writing to the attention of the meet referee prior to the swim, and ...

105.3. USMS NATIONAL RECORDS

105.3.7—Split times shall be considered for USMS national records if:

- A Recorded by fully automatic timing equipment,
- B In an individual event other than backstroke, the request to have a split time recorded is brought in writing to the attention of the meet referee prior to the conclusion of the meet.
- C In a relay event or an individual backstroke event, the request to have a split time recorded is brought in writing to the attention of the meet referee prior to the swim, and ...