

Proposed Changes to the USMS Rules of Competition

USA Swimming Amendments that affect USMS rules

The following procedures apply to amendments to USA Swimming articles 101, 102, and 105 for purposes of also amending USMS articles 101, 102, 103, and 108.

601.4.7-USA Swimming Amendments That Affect USMS Rules

Amendments to USA Swimming articles 101, “Individual Strokes and Relays,” 102, “Conduct and Officiating of All Swimming Competition” and 105, “Guidelines for Officiating Swimmers with a Disability in USA Swimming Meets,” shall automatically be adopted by USMS unless the USMS House of Delegates votes to reject those amendments. Votes to reject shall not be considered emergency amendments. Amendments to USA Swimming article 103, “Facility Standards,” may be recommended by the Rules Committee for adoption by the House of Delegates. Votes to accept shall not be considered emergency amendments.

The following amendment, U 1 (housekeeping), was included in the 2013 USA Swimming Rule Book through their editing process post-convention but was not likewise incorporated into the 2013 USMS Rule Book.

U 1 (Housekeeping) The Rules Committee recommends acceptance

USA-S Purpose: To reference the addition of Figure 2 illustrations to 108.3.1.

USMS 108.3.1, p. 48 (USA-S 105.3.1, p. 54)

108.3 Deaf And Hard Of Hearing

108.3.1 Visual Starting Signal—Deaf and hard of hearing swimmers require a visual starting signal (i.e., a strobe light and/or starter’s arm signals). The referee may reassign lanes within the swimmer’s heat (i.e., exchanging one lane for another) so that the strobe light or starter’s arm signal can more readily be seen by the deaf or hard of hearing swimmer. Standard starter’s arm signals are shown in Figures 1 and 2. A recall rope is required in the event of a recall, provided the meet host is notified by the entry deadline that a deaf or hard of hearing swimmer will be participating.

Rationale: USA-S change that was missed last year.

U 2 The Rules Committee recommends acceptance

USA-S Purpose: Seek to minimize confusion about what constitutes an administrative official.

(USA-S R-5) USA-S previously changed administrative referee to administrative official because of confusion with referee certification. There are 5 changes shown in the USMS text below.

USMS 103.7, p. 17 (USA-S 102.14, pp. 32-33); USMS 103.15, p. 22; 104.5.10, p. 36; also would require changes to MS 2.2, p. 140; the Table of Contents, p. iv; and the index, p. 194

103.7 Administrative Referee Official

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

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

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

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

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

103.15 Recorder Of Records

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

104.5.10 Personnel (also see article 103)

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

B Officials—The meet host shall appoint a meet referee and an administrative ~~referee~~ official subject to qualification standards established by the USMS Officials Committee. A head starter shall also be assigned.

(No further changes in the rest of 104.5.10)

U 3 The Rules Committee recommends acceptance

USA-S Purpose: To bring the rule into conformity with state laws.

(USA-S HK-2) This proposed USA-S change would not be automatically adopted by USMS, but the USMS Rules Committee can recommend USA-S changes to “Facility Standards” (USMS article 107) to the USMS House of Delegates without following emergency status rules. A majority vote would be required to adopt the USA-S change if recommended by the USMS

Rules Committee.

USMS 107.5, p. 43 (USA-S 103.6, p. 46)

107.5 Overflow Recirculation System

The pool water recirculation and overflow system shall maintain the water level in line with the overflow rim of the pool gutters without creating appreciable current or water turbulence and shall maintain a smooth and calm water surface during competition. ~~The pool recirculation system shall be turned off if, in the opinion of the referee, the water movement interferes with the conduct of competition.~~ [M]

FINA Swimming Amendments that affect USMS rules

The following procedures apply to amendments to FINA Masters Swimming rules. Since the FINA swimming amendments have been automatically adopted by USA Swimming into USA-S article 101 which impacts USMS article 101, the procedures in 601.4.7 as detailed in the beginning of this document also apply.

601.4.8-FINA Masters Swimming Amendments That Affect USMS Rules

If amendments to the FINA Masters Technical Rules are adopted between the annual meetings of the House of Delegates, the corresponding portions of Part 1 shall be automatically adopted by USMS, except that such amendments may be altered, amended, repealed or changed by a nine-tenths vote of the Rules Committee and a majority vote of the Executive Committee.

U 4 The Rules Committee recommends acceptance

USA-S Purpose: To conform to FINA technical rules.

USMS 101.4, p. 3 (USA-S 101.4, p. 20)

101.4 Backstroke

101.4.1 Start—The backstroke start shall be used.

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

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

continuous turning action. The swimmer must have returned to a position on the back upon leaving the wall.

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

NOTE that the effective date of these rule changes will be September 25, 2013, in conformance with the FINA effective date.

U 5 The Rules Committee recommends acceptance

USA-S Purpose: To conform to FINA technical rules.

USMS 101.2, p. 2 (USA-S 101.2, p. 18)

101.2 Breaststroke

101.2.1 Start—The forward start shall be used.

101.2.2 Stroke—After the start and after each turn when the swimmer leaves the wall, the shoulders must be at or past the vertical toward the breast. The swimmer is not permitted to roll onto the back at any time except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order.

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

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

101.2.3 Kick—After the start and after each turn, a single butterfly (dolphin) kick, which must be followed by a breaststroke kick, is permitted during or at the completion of the first arm pull, following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement.

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

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

FINA Interpretation of “...the touch shall be made with both hands separated and simultaneously at, above or below the water level...”: The hands may touch but cannot overlap or be on top of each other.

NOTE that the effective date of these rule changes will be September 25, 2013, in conformance with the FINA effective date.

U 6 The Rules Committee recommends acceptance

USA-S Purpose: To conform to FINA technical rules.

USMS 101.3, pp. 2-3 (USA-S 101.3, pp. 18-19)

101.3 Butterfly

101.3.1 Start—The forward start shall be used.

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

101.3.3 Kick—All up and down movements of the legs and feet must be simultaneous. The position of the legs or the feet need not be on the same level, but they shall not alternate in relation to each other. The breaststroke 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.

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

101.3.5 Finish—At the finish, the body shall be on the breast and the touch shall be made with both hands separated and simultaneously at, above or below the water surface.

FINA Interpretation of “...the touch shall be made with both hands separated and simultaneously at, above or below the water level...”: The hands may touch but cannot overlap or be on top of each other.

NOTE that the effective date of these rule changes will be September 25, 2013, in conformance with the FINA effective date.

U 7 The Rules Committee recommends acceptance

USA-S Purpose: To conform to FINA technical rules.

USMS 102.12.1E, p. 13 (USA-S 102.8.1E, p. 28)

102.12 Swimwear for Pool Competition

102.12.1 Design

E No swimmer is permitted to wear or use any device or substance to enhance speed, pace, buoyancy or endurance during a race (such as webbed gloves, fins, power bands, adhesive substances, snorkels, neoprene caps, etc.). Goggles may be worn, and rubdown oil applied if not considered excessive by the referee. Medical identification items may be worn. Any kind of tape on the body is not permitted unless approved by the referee.

USMS 102.13.9, p. 14 (USA-S N/A)

102.13 Disqualifications

102.13.9 No swimmers are permitted to wear or use any device or substance to enhance speed, pace, buoyancy or endurance during a race (such as webbed gloves, fins, power bands, adhesive substances, snorkels, neoprene caps, etc.). Goggles may be worn, and rubdown oil applied if not considered excessive by the referee. Medical identification items may be worn. Any kind of tape on the body is not permitted unless approved by the referee.

NOTE that the effective date of these rule changes will be September 25, 2013, in conformance with the FINA effective date.