



**RULES & REGULATIONS COMMITTEE  
PROPOSED AMENDMENTS TO  
RULES & REGULATIONS  
2024**

**Meeting Packet**

1. Legislative items will be considered in block order.
2. Section A, B, C, and D will be considered as omnibus motions, except for those items pulled for discussion. Within the block, delegates will be given the opportunity to pull items.
3. To pull an item, type "PULL-R-#" in the "Ask a Question" box with your name and LSC or committee in the LUMI Global platform. Anonymous requests will not be recognized.
4. Items pulled will be considered in numerical order after the respective omnibus motion.
5. Omnibus motions are in the affirmative as motions to approve the block of items.
6. Other motions should generally be stated in the affirmative.
7. Any amendment requires simple majority for approval. The subsequently amended main motion will require the original percentage (e.g., majority, 2/3 or 90%). An entirely new item will require 90% for adoption.
8. If you wish to speak to an item, please reference the attached LUMI Global instructions. Anonymous requests will not be recognized. Please use the following action items for commonly used Robert's Rules actions:
  - PULL (and the item number) = pull an item
  - PRO = speak for a motion
  - CON = speak against a motion
  - AMEND = make an amendment
  - CALL = move the previous question
  - POINT = point of order
  - INFORMATION = point of information
  - INQUIRY = point of parliamentary inquiry

- SECOND = second a motion
- POSTPONE INDEFINITELY = motion to postpone indefinitely
- COMMIT = motion to commit (back to the Board or the individual Committee or task force)
- TABLE = motion to table (until a point later in the meeting)
- SPLIT = motion to split question
- RECONSIDER = motion to reconsider
- APPEAL = motion to appeal the ruling of the Chair
- REMOVE = be removed from speaking

9. A main motion may only have two amendments pending at any one time.

10. The LUMI Global platform will be used for all voting matters.

Considered as a block EXCEPT for any items pulled.

A	Description	Location	R&R Rec	Required
R-1	To make the current composition of the House of Delegates permanent.	Article 6 Corporate Bylaws	Approval	2/3
R-12	To clearly define the roles and duties of the Coach Advisory Council.	501.1 501.1.2 501.1.3 501.1.4 501.1.5 501.1.6	Approval	2/3
R-13	To reflect current practice with the distribution of Rulebooks.	503.2	Approval	2/3
HK-11	To correct the title of the Committee Chair.	501.1.3	Approval	2/3

Considered as a block EXCEPT for any items pulled.

B	Description	Location	R&R Rec	Required
R-2	To define officiating terminology.	OFFICIAL GLOSSARY	Approval	50%
R-3	To reflect current practice and allow the Starter judgement in the use of the command, dependent on the level or experience of the field. To reflect current practice of using a 'stand' command as procedural and remove implied reference to it as a rule.	101.1.2 101.1.3 102.12	Approval	50%
R-4	To allow for mixed relays at novice and developmental level meets to be of any gender composition as determined by the host club, and to encourage maximum participation in relays at novice and developmental meets.	101.7.3	Approval	50%
R-5	To provide additional competition opportunities for still-developing 13-14 year old athletes by adding the 50s of strokes as eligible competition events.	102.1.2	Approval	50%
R-6	To provide a minimally invasive method to support regularly occurring finger and toe injuries, and adopt a rule that has been an interpretive decision by USA Swimming, as well as a current rule for World Aquatics.	102.8.1	Approval	50%
R-7	To clarify the required height of the backstroke flags for National Championship events.	103.17	Approval	50%

R-9	To clarify that each Zone may govern their Senior Zone Championship meet as they wish, including setting the qualifying and eligibility standards and participation requirements.	205.7	Approval	50%
R-10	To update the Rulebook to reflect the current process and to remove language for items that no longer apply.	205.9	Approval	50%
R-11	To conform with requirements of the U.S. Olympic & Paralympic Committee.	304.3.2	Approval	50%
R-14	To provide greater flexibility for local meet directors with regards to the use and application of wetsuits at non-championship level events. To add consistency to the Zone Open Water Championships as it applies to the Junior National Championships. To update Open Water National and Junior National Championship awards to reflect current event format.	OFFICIAL GLOSSARY 701.1 701.4 704 705	Approval	50%
HK-1	To be consistent with World Aquatics terminology.	OFFICIAL GLOSSARY 101.3	Approval	50%
HK-2	To be consistent with World Aquatics terminology.	101.6	Approval	50%
HK-3	To change all references from mixed gender to mixed competition category for consistency.	101.7 102.1 104.2.2 705.6 705.7	Approval	50%
HK-4	To add clarity to the use of alternates in Finals heats.	102.5	Approval	50%
HK-5	To remove unnecessary wording.	102.8.1 F	Approval	50%
HK-6	To correct the title of the Committee Chair.	102.10.5 A	Approval	50%
HK-7	To remove the reference to the horizontal plane requirement for breaststroke starts and turns.	105.5.1 E (4)	Approval	50%
HK-8	To correct the title of the Program & Events Coordinator and the President/CEO.	202.4.11	Approval	50%
HK-9	To update the current committee structure to reflect that the times and recognition functions are a part of the Registration/Membership Committee.	202.6.4	Approval	50%
HK-10	To correct the title of the President/CEO.	206.3.1	Approval	50%
HK-12	To correct the title of the Committee.	607.1	Approval	50%
HK-13	To correct reference to the President/CEO.	705.3	Approval	50%
HK-14	To remove unnecessary wording describing the President/CEO.	705.4	Approval	50%
HK-15	To use consistent language in referencing the Rules & Regulations Committee Chair.	Multiple Occurrences	Approval	50%
HK-16	To change FINA to World Aquatics and to use gender-neutral references.	Multiple Occurrences Required LSC Bylaws	Approval	50%

Considered as a block EXCEPT for any items pulled.

C	Description	Location	R&R Rec	Required
R-8	To allow athletes who leave a club for a period (e.g., High School) before the end of the registration year to register upon returning to the club in the current registration year and have times achieved at observed meets during the period their registration lapsed eligible for entry into the SWIMS database.	202.8	Rejection	50%

Considered as a block EXCEPT for any items pulled.

D	Description	Required
RES-1	To increase the annual club fee.	2/3

According to *Robert*, “an amendment must be germane to be in order. To be germane, an amendment must in some way involve the same question that is raised by the motion to which it is applied. A secondary amendment must relate to the primary amendment in the same way. An amendment cannot introduce an independent question; but an amendment can be hostile to, or even defeat, the spirit of the original motion and still be germane.”



**RULES & REGULATIONS COMMITTEE  
PROPOSED  
AMENDMENTS TO 2024 RULES & REGULATIONS**

<b>No.</b>	<b>Description</b>	<b>Location</b>	<b>Recommendation</b>
R-1	To make the current composition of the House of Delegates permanent.	Article 6 Corporate Bylaws *	Approval
R-2	To define officiating terminology.	OFFICIAL GLOSSARY	Approval
R-3	To reflect current practice and allow the Starter judgement in the use of the command, dependent on the level or experience of the field. To reflect current practice of using a 'stand' command as procedural and remove implied reference to it as a rule.	101.1.2 101.1.3 102.12	Approval
R-4	To allow for mixed relays at novice and developmental level meets to be of any gender composition as determined by the host club, and to encourage maximum participation in relays at novice and developmental meets.	101.7.3	Approval
R-5	To provide additional competition opportunities for still-developing 13-14 year old athletes by adding the 50s of strokes as eligible competition events.	102.1.2	Approval
R-6	To provide a minimally invasive method to support regularly occurring finger and toe injuries, and adopt a rule that has been an interpretive decision by USA Swimming, as well as a current rule for World Aquatics.	102.8.1	Approval
R-7	To clarify the required height of the backstroke flags for National Championship events.	103.17	Approval
R-8	To allow athletes who leave a club for a period (e.g., High School) before the end of the registration year to register upon returning to the club in the current registration year and have times achieved at observed meets during the period their registration lapsed eligible for entry into the SWIMS database.	202.8	Rejection
R-9	To clarify that each Zone may govern their Senior Zone Championship to the benefit and needs of their zone, including meet dates, qualifying and eligibility standards, and participant requirements.	205.7	Approval
R-10	To update the Rulebook to reflect the current process and to remove language for items that no longer apply.	205.9	Approval
R-11	To conform with requirements of the U.S. Olympic & Paralympic Committee.	304.3.2	Approval

\* Section Updated 08-29-24 to reflect current language due to a change to the language of USA Swimming's Bylaws Article 6 Section 1.14 on 08-01-24.

R-12	To clearly define the roles and duties of the Coach Advisory Council.	501.1 501.1.2 501.1.3 501.1.4 501.1.5 501.1.6	Approval
R-13	To reflect current practice with the distribution of Rulebooks.	503.2	Approval
R-14	To provide greater flexibility for local meet directors with regards to the use and application of wetsuits at non-championship level events. To add consistency to the Zone Open Water Championships as it applies to the Junior National Championships. To update Open Water National and Junior National Championship awards to reflect current event format.	OFFICIAL GLOSSARY 701.1 701.4 704 705	Approval

No.	Description	Location	Recommendation
HK-1	To be consistent with World Aquatics terminology.	OFFICIAL GLOSSARY 101.3	Approval
HK-2	To be consistent with World Aquatics terminology.	101.6	Approval
HK-3	To change all references from mixed gender to mixed competition category for consistency.	101.7 102.1 104.2.2 705.6 705.7	Approval
HK-4	To add clarity to the use of alternates in Finals heats.	102.5	Approval
HK-5	To remove unnecessary wording.	102.8.1 F	Approval
HK-6	To correct the title of the Committee Chair.	102.10.5 A	Approval
HK-7	To remove the reference to the horizontal plane requirement for breaststroke starts and turns.	105.5.1 E (4)	Approval
HK-8	To correct the title of the Program & Events Coordinator and the President/CEO.	202.4.11	Approval
HK-9	To update the current committee structure to reflect that the times and recognition functions are a part of the Registration/Membership Committee.	202.6.4	Approval
HK-10	To correct the title of the President/CEO.	206.3.1	Approval
HK-11	To correct the title of the Committee Chair.	501.1.3	Approval
HK-12	To correct the title of the Committee.	607.1	Approval
HK-13	To correct reference to the President/CEO.	705.3	Approval
HK-14	To remove unnecessary wording describing the President/CEO.	705.4	Approval
HK-15	To use consistent language in referencing the Rules & Regulations Committee Chair.	Multiple Occurrences	Approval
HK-16	To change FINA to World Aquatics and to use gender-neutral references.	Multiple Occurrences Required LSC Bylaws	Approval

RES 1	To increase the annual club fee.
-------	----------------------------------



**RULES & REGULATIONS COMMITTEE  
PACKET OF PROPOSED AMENDMENTS TO  
THE USA SWIMMING RULES & REGULATIONS  
2024**

R-1	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
-----	--------	---------	----------	-----------------	--------	-----------	--------

**Location:** Article 6 Corporate Bylaws  
**Proposed by:** House of Delegates Working Group  
**Purpose:** To make the current composition of the House of Delegates permanent.  
**Recommendation:** *The Rules & Regulations Committee recommends approval.*  
**Effective Date:** September 28, 2024

**ARTICLE 6  
HOUSE OF DELEGATES**

[Effective until September 30, 2023 unless the House of Delegates agrees by a majority vote to extend for an additional one-year period prior to the aforementioned date, or adopt as permanent legislation by a two-thirds (2/3) vote. The Board of Directors shall appoint an ad hoc working group by October 1, 2022, which will be comprised of an equal number of coaches, Actively Engaged Athletes, 10-Year Athletes, and non-coach, non-athlete members. Prior to any action to extend or make permanent by the House of Delegates, the ad hoc working group shall review the impact of this legislation and present recommendations or actions to the House of Delegates. On September 23, 2023, the House of Delegates voted to extend the composition until September 30, 2024, so that the ad hoc working group could continue to evaluate the impact of the legislation. The ad hoc working group will propose, for a vote by the House of Delegates on September 28, 2024, that the current composition be made permanent.]

6.1 MEMBERS – the following shall be the voting members of the House of Delegates:

.1 All voting members of the Board of Directors, other than the 10-Year Athlete Representatives to the Board, who receive votes pursuant to Bylaw 6.1.13;

.2 All Coach Directors, Non-Coach Directors, Athlete Directors, and the Junior Athlete Representatives from the Zone Directors' Council;

.3 Four (4) LSC Athlete Representatives (as defined in the then current Required LSC Bylaws) from each Zone selected by the Athlete Director and the Junior Athlete Representative from each Zone;

.4 Three (3) non-coach, non-athlete members from each Zone selected by each respective Zone's Coach and Non-Coach Directors;

.5 Seven (7) members of the Rules & Regulations Committee to include the Committee Chair, one (1) 2-Year Athlete member, and five (5) non-athlete members selected by the voting members of the Committee;

.6 All coach members of the National Team Steering Committee, other than the Chair of the National Team Steering Committee (who is a voting member pursuant to 6.1.1, if a coach member, or pursuant to 6.1.13, if a 10-Year Athlete Representative);

- .7 Ten (10) members of the Age Group Development Committee to include at least five (5) coach members, three (3) non-athlete members, and two (2) 2-Year Athlete members selected by the voting members of the Committee;
- .8 Ten (10) members of the Senior Development Committee to include at least five (5) coach members, three (3) non-athlete members, and two (2) 2-Year Athlete members selected by the voting members of the Committee;
- .9 Seven (7) non-athlete coach members of the Coach Advisory Council selected by the voting members of the Council;
- .10 The eleven (11) 2-Year Athlete members of the Athletes' Executive Committee, as well as two (2) additional 2-Year Athletes designated by the AEC by majority vote.
- .11 One (1) non-coach, non-athlete member from each LSC as selected by each respective LSC's Board of Directors;
- .12 Three (3) non-athlete coach members from each LSC as selected by each respective LSC's Board of Directors, except that the five (5) LSCs with the smallest number of registered athletes shall select two (2) non-athlete coach members and the five (5) LSCs with the largest number of registered athletes shall select four (4) non-athlete coach members. The size of the LSCs shall be determined by the number of registered athletes as of August 31 of the prior calendar year;
- .13 A sufficient number of 10-Year Athletes and 10-Year+ Athletes whose voting power shall constitute one-third (33.3%) of the total House of Delegates and shall include the voting members of the AAC, the 10-Year Athlete members of the AEC, and the 10-Year Athlete members of the Board of Directors. This may be achieved by actual votes or by weighted voting. A minimum of twenty percent (20%) must be 10-Year Athlete representatives and the remainder may be 10-Year+ Athlete representatives; any weighted voting must preserve these proportions. At least half (50%) of these athlete members of the House of Delegates must have obtained 10-Year Athlete or 10-Year+ Athlete representative eligibility through competing at an event that, at the time of election/selection, is on a USOPC Delegation Event program.
- .14 10-Year Athlete representatives and 10-Year+ Athlete representatives shall be directly elected by athletes who meet the same eligibility standards as 10-Year Athletes. However, by majority vote, the AAC may replace the following delegates under Bylaw 6.1.13 with designees if a delegate informs the AAC that they are unavailable for the Annual Meeting of the House of Delegates: voting members of the AAC, the 10-Year Athlete members of the AEC, and the 10-Year Athlete members of the Board of Directors. Any designee appointed by the AAC pursuant to this provision must be a 10-Year Athlete.
- .15 To the extent that any of the individuals selected by the voting members of the Committees under Bylaws 6.1.5 through 6.1.9, are afforded votes under other provisions of Article 6, the respective committee (by majority vote) shall select a designee from the same membership governance category as the individual (e.g., a 2-Year Athlete committee member's vote will be designated to another 2-Year Athlete), to assume that individual's committee vote. For purposes of this Bylaw 6.1.15, the membership governance categories are coach, 10-Year Athlete, 10-Year+ Athlete, 2-Year Athlete, non-athlete, and non-coach non-athlete.
- .16 All members of the House of Delegates shall serve until their successors are selected, except that membership may be terminated by resignation filed with the Secretary & General Counsel or their designee. All members under 6.1 must be elected on or before July 1 of each year and written certification thereof must be sent to the Secretary & General Counsel or their designee on or before July 15. No substitution of a member may be made unless written certification thereof is given to the Secretary & General Counsel or their designee at least 72 hours before the House of Delegates is called to order.
- .17 Membership on any committee notwithstanding, USA Swimming employees shall not be members of the House of Delegates.

R-2	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
-----	--------	---------	----------	-----------------	--------	-----------	--------



**Location:** Page 15-20 – **OFFICIAL GLOSSARY**  
**Proposed by:** Kathleen Scandary - Program & Events Coordinator  
**Purpose:** To define officiating terminology.  
**Recommendation:** *The Rules & Regulations Committee recommends approval.*  
**Effective Date:** Immediately

**Administrative Referee** – a Referee who performs the duties of an Administrative Official under 102.14 at a prelims-finals meet. The Administrative Referee should have the experience and knowledge to be able to assume the role of the Meet Referee any time during the meet, if necessary.

**Alternating Kick** – the alternating movement of the legs, commonly known as the flutter kick, is the up-and-down propulsive motion of the legs where one limb moves in the opposite direction of the other at the same time.

**Deck Referee** – the deck level referee who may be assigned by the Meet Referee to perform specific duties as enumerated under 102.11 during a session.

**Meet Referee (Open Water (OW) Competition)** – an experienced OW referee who oversees the operations of the entire OW swim meet and ensures that all safety plans, rules, and regulations are followed, and who makes final decisions on any procedure, modification, dispute, or protest to ensure a safe, fair, and equitable competition.

**Meet Referee (Pool Competition)** – an experienced referee who oversees the entire swim meet and ensures that all rules and regulations are followed by making final decisions on any procedure, modification, dispute, or protest for a fair and equitable competition.

R-3	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
-----	--------	---------	----------	-----------------	--------	-----------	--------

**Location:** Page 21-22 – **101.1.2 – The Start**  
Page 22 – **101.1.3 – False Starts**  
Page 37 – **102.12 – STARTER**

**Proposed by:** National Officials Committee

**Purpose:** To reflect current practice and allow the Starter judgement in the use of the command, dependent on the level or experience of the field. To reflect current practice of using a 'stand' command as procedural and remove implied reference to it as a rule.

**Recommendation:** *The Rules & Regulations Committee recommends approval.*

**Effective Date:** Immediately

#### 101.1.2 The Start

A-C [no changes]

D When a swimmer does not respond promptly to the command "take your marks," the Starter shall immediately release all swimmers with ~~the command "stand up"~~ a "stand" command upon which the swimmers may stand up or step off the blocks.

E [no changes]

#### 101.1.3 False Starts

A Any swimmer initiating a start before the signal may be disqualified if the Referee independently observes and confirms the Starter's observation that a violation occurred. Swimmers remaining on the starting blocks shall be relieved from their starting positions with ~~the "stand up" command~~ a "stand" command and may step off the blocks.

B-C [no changes]

D A swimmer who would otherwise be charged with a false start may be relieved of the charge if the false start was caused by the swimmer's reaction to ~~the "stand up"~~ a "stand" command.

E [no changes]

#### 102.12 STARTER

.1 [no changes]

.2 **Optional Instructions** – The Starter may:

147 A-C [no changes]  
 148 D Use a "stand" command in accordance with 101.1.2 D, 101.1.3 A, and 101.1.3 D.  
 149

R-4	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
-----	--------	---------	----------	-----------------	--------	-----------	--------

150 **Location:** Page 25 – **101.7.3 – Mixed Gender Relay**  
 151 **Proposed by:** Minnesota Swimming Board of Directors  
 152 **Purpose:** To allow for mixed relays at novice and developmental level meets to be of any gender composition as  
 153 determined by the host club, and to encourage maximum participation in relays at novice and developmental  
 154 meets.  
 155 **Recommendation:** *The Rules & Regulations Committee recommends approval.*  
 156 **Effective Date:** Immediately  
 157

158 **101.7 RELAYS**

159  
 160 .1-.2 [no changes]  
 161 .3 **Mixed Gender Relay** – must consist of two (2) males and two (2) females.  
 162

163 Exception: at meets below the LSC championship level, mixed relays consisting of compositions other than two (2) male  
 164 swimmers and two (2) female swimmers may be permitted if stated in the meet announcement. Times for the mixed  
 165 relays with compositions other than two (2) males and two (2) females shall not be loaded into the SWIMS database, but  
 166 eligible lead-off times shall be loaded.  
 167 .4 [no changes]  
 168

R-5	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
-----	--------	---------	----------	-----------------	--------	-----------	--------

169 **Location:** Page 26 – **102.1.2 – AGE GROUP EVENTS**  
 170 **Proposed by:** Athletes' Executive Committee  
 171 **Purpose:** To provide additional competition opportunities for still-developing 13-14 year old athletes by adding the 50s  
 172 of strokes as eligible competition events.  
 173 **Recommendation:** *The Rules & Regulations Committee recommends approval.*  
 174 **Effective Date:** Immediately  
 175

176 **102.1 EVENTS – [no changes]**

177  
 178 .1 [no changes]  
 179

180 .2 **AGE GROUP EVENTS** — Competitions may be composed of events selected from the following recognized list of events  
 181 or other such events/meet types as may be sanctioned by the LSC.  
 182

183 10 Years and Younger	11, 12 Years
184 50, 100, 200, 400m/500y freestyle	50, 100, 200, 400m/500y, 800m/1000y, 1500m/1650y freestyle
185 50, 100 backstroke	50, 100, 200 backstroke
186 50, 100 breaststroke	50, 100, 200 breaststroke
187 50, 100 butterfly	50, 100, 200 butterfly
188 100, 200 individual medley	100, 200, 400 individual medley
189 200 freestyle relay	200, 400 freestyle relay
190 200 medley relay	200, 400 medley relay
191 200 mixed gender freestyle relay	200, 400 mixed gender freestyle relay
192 200 mixed gender medley relay	200, 400 mixed gender medley relay

193  
 194 13, 14 Years  
 195 50, 100, 200, 400m/500y, 800m/1000y, 1500m/1650y freestyle  
 196 50, 100, 200 backstroke  
 197 50, 100, 200 breaststroke  
 198 50, 100, 200 butterfly

199 200, 400 individual medley  
 200 200, 400, 800 freestyle relay  
 201 200, 400 medley relay  
 202 200, 400, 800 mixed gender freestyle relay  
 203 200, 400 mixed gender medley relay  
 204  
 205 13, 14, 15, 16, 17, 18 Years  
 206 50, 100, 200, 400m/500y, 800m/1000y, 1500m/1650y freestyle  
 207 100, 200 backstroke  
 208 100, 200 breaststroke  
 209 100, 200 butterfly  
 210 200, 400 individual medley  
 211 200, 400, 800 freestyle relay  
 212 200, 400 medley relay  
 213 200, 400, 800 mixed gender freestyle relay  
 214 200, 400 mixed gender medley relay  
 215  
 216 .3-.7 [no changes]  
 217

R-6	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
-----	--------	---------	----------	-----------------	--------	-----------	--------

218 **Location:** Page 33 – **102.8.1 – SWIMWEAR**  
 219 **Proposed by:** Rules & Regulations Committee  
 220 **Purpose:** To provide a minimally invasive method to support regularly occurring finger and toe injuries, and adopt a rule  
 221 that has been an interpretive decision by USA Swimming, as well as a current rule for World Aquatics.  
 222 **Recommendation:** *The Rules & Regulations Committee recommends approval.*  
 223 **Effective Date:** Immediately  
 224  
 225 **102.8 SWIMWEAR**  
 226 **.1 Design**  
 227 A-D [no changes]  
 228 E No swimmer is permitted to wear or use any device, substance or swimsuit to help his/her speed, pace,  
 229 buoyancy or endurance during a race (such as webbed gloves, flippers, fins, power bands, adhesive  
 230 substances, etc.). The use of technology and automated data collection devices is permissible for the sole  
 231 purpose of collecting data. Automated devices shall not be utilized to transmit data, sounds, or signals to the  
 232 swimmer and may not be used to aid their speed. Goggles may be worn, and rubdown oil applied if not  
 233 considered excessive by the Referee. Therapeutic elastic tape is prohibited. As a consequence of injury, it is  
 234 permissible to tape not more than one or two fingers or toes. Any other kind of tape on the body is not permitted  
 235 unless approved by the Referee.  
 236 F [no changes]  
 237 .2-.3 [no changes]  
 238

R-7	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
-----	--------	---------	----------	-----------------	--------	-----------	--------

239 **Location:** Page 51 – **103.17 – /M/ BACKSTROKE FLAGS AND LINES**  
 240 **Proposed by:** Rules & Regulations Committee  
 241 **Purpose:** To clarify the required height of the backstroke flags for National Championship events.  
 242 **Recommendation:** *The Rules & Regulations Committee recommends approval.*  
 243 **Effective Date:** Immediately  
 244  
 245 **103.17 /M/ BACKSTROKE FLAGS AND LINES**  
 246 **.1 Design:** At least three triangular pennants six (6) to twelve (12) inches in width at the base and twelve (12) to eighteen  
 247 (18) inches in vertical length, of two or more alternating and contrasting colors shall be suspended on a firmly stretched  
 248 line over each lane during all warm-up periods and during competition for all backstroke, individual medley and medley  
 249 relay events.  
 250 **.2 Location:**

- 251 A **Long course and short course meters:** 5 meters (16 feet 5 inches) from each end of the course, and  
 252 (1) ~~a~~A minimum of 1.8 meters (5 feet 11 inches) to a maximum of 2.5 meters (8 feet 3 inches) above  
 253 the water surface.  
 254 (2) /NC/ 1.8 meters (5 feet 11 inches) above the water surface.  
 255 B **Short course yards:** 15 feet (4.57 meters) from each end of the course, 7 feet (2.13 meters) above the water  
 256 surface.  
 257 C Height shall be measured to the horizontal line from which the pennants are suspended.  
 258

R-8	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
-----	--------	---------	----------	-----------------	--------	-----------	--------

- 259 **Location:** Page 67 – **202.8 REQUIREMENTS FOR OBSERVED SWIMS**  
 260 **Proposed by:** Illinois Swimming  
 261 **Purpose:** To allow athletes who leave a club for a period (e.g., High School) before the end of the registration year to  
 262 register upon returning to the club in the current registration year and have times achieved at observed  
 263 meets during the period their registration lapsed eligible for entry into the SWIMS database.  
 264 **Recommendation:** *The Rules & Regulations Committee recommends rejection since this conflicts with Article 202.8.4 and this*  
 265 *exception could allow swimmers to not be properly identified as USA Swimming members and observed by*  
 266 *officials at the time of the swims.*  
 267 **Effective Date:** Immediately  
 268  
 269 **202.8 REQUIREMENTS FOR OBSERVED SWIMS** — Swims may be observed by assigned USA Swimming or YMCA officials  
 270 for conformance with USA Swimming technical rules in a meet conducted under other than USA Swimming rules (NFHS, USMS,  
 271 USOPC). Official times achieved as observed swims may be submitted for entry into the SWIMS database for a USA Swimming  
 272 member in either the current or immediately preceding registration year if all of the following conditions are met:  
 273  
 274 .1-.4 [no changes]  
 275

R-9	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
-----	--------	---------	----------	-----------------	--------	-----------	--------

- 276 **Location:** Page 74 – **205.7 ZONE SENIOR PROGRAM**  
 277 **Proposed by:** Melissa Hellervik-Bing and Bruno Darzi, Southern Zone Directors  
 278 **Purpose:** To clarify that each Zone may govern their Senior Zone Championship to the benefit and needs of their zone,  
 279 including meet dates, qualifying and eligibility standards, and participant requirements.  
 280 **Recommendation:** *The Rules & Regulations Committee recommends approval.*  
 281 **Effective Date:** January 1, 2025  
 282  
 283 **205.7 ZONE SENIOR PROGRAM** – Each Zone may offer at least one Zone Senior Championship meet, recommended to be  
 284 long course if only one is conducted. The competition will be governed by the Zone.  
 285 ~~.1 The competition will be governed by the Zone.~~  
 286 ~~.2 The competition is for swimmers who meet the qualifying and eligibility standards set by the Zone.~~  
 287 ~~.3 Swimmers at this meet will represent their clubs, swim unattached, or represent their LSC in an all-star format.~~  
 288 ~~.4 Eligibility: Participation in the Zone Senior Championship meet shall be restricted to registered swimmers of that Zone.~~  
 289

R-10	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
------	--------	---------	----------	-----------------	--------	-----------	--------

- 290 **Location:** Page 75 – **205.9 NATIONAL AGE GROUP RECOGNITION PROGRAM**  
 291 **Proposed by:** Registration/Membership Committee  
 292 **Purpose:** To update the Rulebook to reflect the current process and to remove language for items that no longer apply.  
 293 **Recommendation:** *The Rules & Regulations Committee recommends approval.*  
 294 **Effective Date:** Immediately  
 295  
 296 **205.9 NATIONAL AGE GROUP RECOGNITION PROGRAM**  
 297 .1 Times submitted for recognition shall be achieved in the recognized events in 102.1.2 and in accordance with 102.23.1C.  
 298 ~~in USA Swimming recognized times from any USA Swimming Sanctioned or Approved competition, USA Swimming~~  
 299 ~~Observed Swims, or meets sanctioned by World Aquatics or World Aquatics members and accepted for national times~~  
 300 ~~reporting by USA Swimming. These Times loaded into SWIMS that are not recognized for USA Swimming cannot be~~  
 301 used.

302 ~~.2~~ Meets must be conducted between September 1 of one calendar year and August 31 of the next calendar year.  
 303 ~~.2~~ A swimmer must be a USA Swimming athlete member at the time of the swim.  
 304 ~~.3~~ The Times & Recognition Committee Chair (or his/her designee) shall establish and distribute the specifications of the  
 305 Recognition Program to the LSCs before the start of the subsequent reporting period. These procedures will include the  
 306 reporting period, deadlines, awards to be given, and the expected publication date.  
 307 .43 If the times are achieved in a meet conducted in a continuous session overlapping the start of a reporting period, the last  
 308 day of the meet shall be the last day of the reporting period for that meet.  
 309 ~~.5~~ Each LSC shall be responsible for submitting all official times achieved within its boundaries for consideration.  
 310 ~~.6~~ An Awards list shall be published for both short and long course competition.  
 311 ~~.4~~ LSCs may award Top-Ten certificates for both short course yard and long course meter events. The age for individual  
 312 events is 11, 12, 13, 14, 15, 16, 17, and 18. Relays are 11-12, 13-14, and 15-18. Top-Ten certificates for LSCs will be  
 313 made available on the USA Swimming website.  
 314 .75 No club's relay team may be listed more than once, unless that club has an additional relay or relays comprised of four  
 315 different swimmers. If the club has an additional relay entitled to listing with a change of one, two or three individual  
 316 swimmers from a higher listed relay, those additional swimmers will be listed after the club's higher ranked team  
 317 members.  
 318 ~~.8~~ Each swimmer achieving the fastest reported time in each individual event and each member of the relay team achieving  
 319 the fastest time in a relay event shall be awarded an appropriate certificate and an emblem, pin or similar memento by  
 320 USA Swimming.  
 321

R-11	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
------	--------	---------	----------	-----------------	--------	-----------	--------

322 **Location:** Page 90 – **304.3.2 CODE OF CONDUCT**  
 323 **Proposed by:** Rules & Regulations Committee  
 324 **Purpose:** To conform with requirements of the U.S. Olympic & Paralympic Committee.  
 325 **Recommendation:** *The Rules & Regulations Committee recommends approval.*  
 326 **Effective Date:** Immediately  
 327

328 **304.3.2** Discrimination in violation of the Amateur Sports Act which requires that USA Swimming must provide an equal  
 329 opportunity to athletes, coaches, trainers, managers, administrators, and officials to participate in the sport of swimming.  
 330 Athletes must be allowed to participate and compete to the fullest extent allowed by the Rules and Regulations.  
 331 Discrimination against any member or participant on the basis of age, gender, race, ethnicity, culture, religion, national  
 332 origin, sexual orientation, gender expression, gender identity, genetics, mental or physical disability, or any other status  
 333 protected by federal, state or local law, where applicable, is prohibited.  
 334

R-12	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
------	--------	---------	----------	-----------------	--------	-----------	--------

335 **Location:** Page 95 – **501.1 – OPERATING COMMITTEES**  
 336 Page 95-96 – **501.1.2 – COACH ADVISORY COUNCIL**  
 337 Page 96 – **501.1.3 – RULES & REGULATIONS COMMITTEE**  
 338 Page 97 – **501.1.4 – NATIONAL TEAM STEERING COMMITTEE**  
 339 Page 97-98 – **501.1.5 – SENIOR DEVELOPMENT COMMITTEE**  
 340 Page 98 – **501.1.6 – AGE GROUP DEVELOPMENT COMMITTEE**  
 341 **Proposed by:** Coach Advisory Council  
 342 **Purpose:** To clearly define the roles and duties of the Coach Advisory Council.  
 343 **Recommendation:** *The Rules & Regulations Committee recommends approval.*  
 344 **Effective Date:** Immediately  
 345

346 **501.1 OPERATING COMMITTEES AND COUNCILS** – The following committees and councils shall report to the  
 347 President/CEO (or his/her designee), except as otherwise noted:  
 348

349 **501.1.1 ATHLETES' ADVISORY COUNCIL** *[no changes]*  
 350

351 **501.1.2 COACH ADVISORY COUNCIL**

352 A-B *[no changes]*

353 C The Chair, Vice-Chair, and Secretary shall be elected from among the voting members of the CAC by its voting  
 354 members.

- D *[no changes]*
- E The CAC shall lead, direct, and represent the voice, opinions, and viewpoints of all non-athlete coach members within USA Swimming-by:
- (1) Selecting coach representatives to serve on committees and defining qualifications for purposes of coach representative eligibility;
  - (2) Evaluating, developing, and supporting committee projects and legislation; and
  - (3) Conducting long term planning in all areas concerning non-athlete coach members to ensure long-term coach viability and success.
- F The CAC shall report directly to the Board of Directors.

#### 501.1.3 RULES & REGULATIONS COMMITTEE

- A The Rules & Regulations Committee shall consist of the following:
- (1)-(3) *[no changes]*
  - (4) ~~Eight (8) non-athlete members appointed by the President/CEO (or his/her designee), at least three (3) of whom shall be coaches;~~
  - (4) Five (5) non-athlete members appointed by the President/CEO (or his/her designee);
  - (5) Three (3) coach members appointed by the CAC;
- [re-number remaining]*
- B-D *[no changes]*

#### 501.1.4 NATIONAL TEAM STEERING COMMITTEE

- A **Membership:** The National Team Steering Committee shall consist of:
- (1) Nine (9) coaches selected as follows;
    - Preceding Head Men's Olympic Coach
    - Preceding Head Women's Olympic Coach
    - Preceding Head Open Water Olympic Coach
    - The Head Women's Coach for the two (2) Long Course World Championships preceding the Olympic Games
    - The Head Men's Coach for the two (2) Long Course World Championships preceding the Olympic Games
    - Two coaches appointed by the ~~President/CEO (or his/her designee)~~ CAC in consultation with the National Team Managing Director
    - Any vacancies on the committee shall be filled by appointment by the President/CEO (or his/her designee) in consultation with the National Team Managing Director.
  - (2)-(5) *[no changes]*
- B-D *[no changes]*

#### 501.1.5 SENIOR DEVELOPMENT COMMITTEE

- A The Senior Development Committee shall consist of twelve (12) members. The President/CEO (or his/her designee) shall appoint ~~eight (8)~~ three (3) members, ~~at least five (5) of whom shall be coaches, the CAC shall appoint five (5) coach members, and the AAC shall appoint four (4) athlete members (in consultation with the AEC).~~ The Age Group Development Committee Chair (or his/her designee) shall be an ex-officio member with voice but no vote.
- B-C *[no changes]*

#### 501.1.6 AGE GROUP DEVELOPMENT COMMITTEE

- A The Age Group Development Committee shall consist of twelve (12) members. The President/CEO (or his/her designee) shall appoint ~~(8) members, with at least one (1) representative from each Zone and at least five (5) each members, three (3) members.~~ The CAC shall appoint five (5) coach members, with at least one (1) coach from each Zone. The AAC shall appoint four (4) athlete members (in consultation with the AEC). The

Senior Development Committee Chair (or his/her designee) shall be an ex-officio member with voice but no vote.  
B-C [no changes]

#### 501.1.7 SELECTION PROCEDURE APPROVAL COMMITTEE [no changes]

R-13	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
------	--------	---------	----------	-----------------	--------	-----------	--------

**Location:** Page 100 – **503.2 – RULEBOOK**  
**Proposed by:** Rules & Regulations Committee  
**Purpose:** To reflect current practice with the distribution of Rulebooks.  
**Recommendation:** *The Rules & Regulations Committee recommends approval.*  
**Effective Date:** January 1, 2025

**503.2** Each non-athlete member of USA Swimming ~~shall~~ may annually ~~receive request~~ a printed copy of the Rulebook as a benefit of membership. Such Rulebooks shall be mailed out as close to January 1 as possible or immediately upon a non-athlete's membership registration received prior to September 1.

R-14	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
------	--------	---------	----------	-----------------	--------	-----------	--------

**Location:** Page 20 – **OFFICIAL GLOSSARY**  
Page 111 – **701.1 – EVENTS**  
Page 112 – **701.4 – SWIMWEAR**  
Page 121-122 – **705 – ARTICLE 705 – USA SWIMMING OPEN WATER NATIONAL CHAMPIONSHIPS**  
**Proposed by:** Open Water Committee  
**Purpose:** To provide greater flexibility for local meet directors with regards to the use and application of wetsuits at non-championship level events. To add consistency to the Zone Open Water Championships as it applies to the Junior National Championships. To update Open Water National and Junior National Championship awards to reflect current event format.  
**Recommendation:** *The Rules & Regulations Committee recommends approval.*  
**Effective Date:** Immediately

#### OFFICIAL GLOSSARY

**Wetsuit** – a swimsuit made of material providing thermal insulation.

#### 701.1 EVENTS

.1 [no changes]

##### .2 **Wetsuit Events**

- A At Junior National and National Championships and any sanctioned open water competition with a race distance of 5k and greater, World Aquatics rules regarding use of wetsuits shall apply.
- B For all ~~other~~ open water competitions with water temperature below 18.0°C (64.4°F), participants ~~may use either swimsuits or must use wetsuits~~ (refer to 701.4.5).
- C Meet Directors may also designate a wetsuit competition category at any event other than Junior National Championships, National Championships, and Zone Open Water Championships.

.3 [no changes]

#### 701.4 SWIMWEAR

.1-.4 [no changes]

.5 **Wetsuits at Championships Events (701.1 A)** — Wetsuits (for both men and women) shall completely cover torso, back, shoulders and knees. They shall not extend beyond the neck, wrists and ankles.

.56 **Wetsuits at non-Championships Events (701.1 C)** — ~~Wetsuits are swimsuits made of material providing thermal insulation. Wetsuits (for both men and women) shall completely cover torso, back, shoulders and knees. They shall not extend beyond the neck, wrists and ankles. The thickness of material(s) used shall be maximum 5 mm. In addition, the outer surface of the wetsuit shall not include outstanding shapes, such as ridges, fins, etc.~~

#### ARTICLE 705 - USA SWIMMING OPEN WATER NATIONAL AND JUNIOR NATIONAL CHAMPIONSHIPS

705.1-705.2 [no changes]

**705.3 EVENTS** – In conjunction with the Managing Director, National Team, or designee, the Open Water Committee may designate additional events as qualifying competitions for the Open Water Junior National and National Championships, including the 5k at Zone Open Water Championships.

**705.34 ENTRY FEES** – [no changes]

**705.45 ENTRY PROCESS AND MEET ANNOUNCEMENT** — The entry procedure shall be stated in the meet announcement. The meet announcement shall be prepared under joint direction of and approved by the ~~National Team Steering Open~~ Water Committee, the Meet Director, Program & Events Coordinator, and the President/CEO of USA Swimming (or his/her designee).

**705.56 RESULTS** — Results shall be submitted to the ~~National Team Steering Open Water~~ Committee, USA Swimming, and posted on the USA Swimming website.

**705.67 TEAM EVENT ENTRIES** [no changes]

**705.78 SCORING** – [no changes]

**705.89 AWARDS**

.1 Individual champions shall be determined and awarded in women's and men's competitions. Medals shall be awarded to all first through eighth place finishers in each individual event.

.2 The male and female swimmers eighteen (18) years of age and younger attaining the highest finish position shall be designated as the USA Swimming 18 and under Open Water Swimming Champion in ~~each contested event~~ the 10K and 5K National Championships and shall receive the appropriate USA Swimming Championship medals.

~~.3 The American male and female swimmers ages sixteen (16) years and younger and the American male and female swimmers ages seventeen through eighteen (17-18) years placing highest in the 5k and 10k events shall be designated the USA Swimming Age Group National Champion in their respective age group and shall receive the appropriate USA Swimming Championship medals.~~

~~[re-number remaining]~~

**705.910 ELIGIBILITY** — Qualifying times and/or qualifying criteria may be established by the Meet Director with the concurrence of the ~~National Team Steering Open Water~~ Committee.

**705.4011 PROOF OF TIME** – [no changes]

HK-1	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
------	--------	---------	----------	-----------------	--------	-----------	--------

**Location:** Page 18 – **OFFICIAL GLOSSARY**  
Page 23 – **101.3 – BUTTERFLY**

**Proposed by:** Rules & Regulations Committee

**Purpose:** To be consistent with World Aquatics terminology.

**Recommendation:** *The Rules & Regulations Committee recommends approval.*

**Effective Date:** Immediately

## OFFICIAL GLOSSARY

**ON THE BACK** — position of the body when the shoulders are ~~at or~~ past vertical towards the back.

### 101.3 BUTTERFLY

.1 [no changes]

.2 **Stroke** — After the start and after each turn, the swimmer's ~~shoulders~~ body must be ~~at or past the vertical toward~~ on the breast. The swimmer is permitted one or more leg kicks, but only one arm pull under water, which must bring the swimmer to the surface. 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.

.3 [no changes]

.4 **Turns** — At each turn the body shall be on the breast. The touch shall be made with both hands separated and simultaneously at, above, or below the water surface. Once a touch has been made, the swimmer may turn in any



manner desired as long as the body is on the breast when leaving the wall. ~~The shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall.~~  
[no changes]

HK-2	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
------	--------	---------	----------	-----------------	--------	-----------	--------

**Location:** Page 24-25 – **101.6 – INDIVIDUAL MEDLEY**

**Proposed by:** Rules & Regulations Committee

**Purpose:** To be consistent with World Aquatics terminology.

**Recommendation:** *The Rules & Regulations Committee recommends approval.*

**Effective Date:** Immediately

**101.6 INDIVIDUAL MEDLEY** – The swimmer shall swim the prescribed distance in the following order: the first one-fourth, butterfly; the second one-fourth, backstroke; the third one-fourth, breaststroke; and the last one-fourth, freestyle.

.1-.2 [no changes]

.3 **Turns**

A Intermediate turns within each stroke shall conform to the turn rules for that stroke, except that in the freestyle turn, the swimmer must return to the breast before any kick or stroke.

B The turns when changing from one stroke to another shall conform to the finish rules for the stroke just completed, ~~and shall be as follows:~~

(1) ~~**Butterfly to Backstroke** — The swimmer must touch as described in 101.3.5. Once a legal touch has been made, the swimmer may turn in any manner, but the shoulders must be at or past the vertical toward the back when the swimmer leaves the wall.~~

(2) ~~**Backstroke to Breaststroke** — The swimmer must touch the wall while on the back. Once a legal touch has been made, the swimmer may turn in any manner but the shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall and the prescribed breaststroke form must be attained prior to the first arm stroke.~~

(3) ~~**Breaststroke to Freestyle** — The swimmer must touch as described in 101.2.4. Once a legal touch has been made, the swimmer may turn in any manner and must return to the breast before any kick or stroke.~~

.4 [no changes]

HK-3	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
------	--------	---------	----------	-----------------	--------	-----------	--------

**Location:** Page 25 – **101.7 – RELAYS**

Page 26-27 – **102.1 – EVENTS**

Page 54 – **104.2.2 – American and United States Open Records**

Page 122 – **705.6 – TEAM EVENT ENTRIES**

Page 122 – **705.7 – SCORING**

**Proposed by:** Rules & Regulations Committee

**Purpose:** To change all references from mixed gender to mixed competition category for consistency.

**Recommendation:** *The Rules & Regulations Committee recommends approval.*

**Effective Date:** Immediately

**101.7 RELAYS**

.1-.2 [no changes]

.3 ~~Mixed Gender~~ Competition Category Relays – must consist of two (2) males and two (2) females.

.4 [no changes]

**102.1 EVENTS** - Meets should be planned to terminate within a maximum period of eight (8) hours of competitive events for any group of swimmers in any one day and to provide adequate meal and rest breaks and properly supervised sheltered rest areas. Refer to 205.3.1F for additional provisions.

.1 **SENIOR EVENTS** — The following events for National Championships are recommended for LSC and other championship meets. Eligibility for these championships shall be determined by the LSCs involved.

50, 100, 200, 400m/500y, 800m/1000y, 1500m/1650y freestyle

570	100, 200 backstroke	
571	100, 200 butterfly	
572	100, 200 breaststroke	
573	200, 400 individual medley	
574	200, 400, 800 freestyle relay	
575	200, 400 medley relay	
576	200, 400, 800 mixed <del>gender-competition category</del> freestyle relay	
577	200, 400 mixed <del>gender-competition category</del> medley relay	
578		
579	<b>.2 AGE GROUP EVENTS</b> — Competitions may be composed of events selected from the following recognized list of events	
580	or other such events/meet types as may be sanctioned by the LSC.	
581		
582	10 Years and Younger	11, 12 Years
583	50, 100, 200, 400m/500y freestyle	50, 100, 200, 400m/500y, 800m/1000y, 1500m/1650y freestyle
584	50, 100 backstroke	50, 100, 200 backstroke
585	50, 100 breaststroke	50, 100, 200 breaststroke
586	50, 100 butterfly	50, 100, 200 butterfly
587	100, 200 individual medley	100, 200, 400 individual medley
588	200 freestyle relay	200, 400 freestyle relay
589	200 medley relay	200, 400 medley relay
590	200 mixed <del>gender-competition category</del> freestyle relay	200, 400 mixed <del>gender-competition category</del> freestyle relay
591	200 mixed <del>gender-competition category</del> medley relay	200, 400 mixed <del>gender-competition category</del> medley relay
592		
593	13, 14, 15, 16, 17, 18 Years	
594	50, 100, 200, 400m/500y, 800m/1000y, 1500m/1650y freestyle	
595	100, 200 backstroke	
596	100, 200 breaststroke	
597	100, 200 butterfly	
598	200, 400 individual medley	
599	200, 400, 800 freestyle relay	
600	200, 400 medley relay	
601	200, 400, 800 mixed <del>gender-competition category</del> freestyle relay	
602	200, 400 mixed <del>gender-competition category</del> medley relay	
603		
604	<b>.3-.7</b> [no changes]	
605		
606	<b>104.2.2 American and United States Open Records</b>	
607	A [no changes]	
608	B <b>Recognized Distances and Strokes (Men and Women)</b>	
609	(1) <b>Short Course Yards</b> — Made only over courses 25 yards long	
610	Freestyle	50, 100, 200, 500, 1000, 1650 yards
611	Backstroke	100, 200 yards
612	Breaststroke	100, 200 yards
613	Butterfly	100, 200 yards
614	Individual Medley	200, 400 yards
615	Freestyle Relay	200, 400, 800 yards
616	Mixed <del>Gender-competition category</del> Freestyle Relay	200, 400, 800 yards
617	Medley Relay	200, 400 yards
618	Mixed <del>Gender-competition category</del> Medley Relay	200, 400 yards
619	(2) <b>Short Course Meters</b> — Made only over courses 25 meters long	
620	Freestyle	50, 100, 200, 400, 800, 1500 meters
621	Backstroke	50, 100, 200 meters
622	Breaststroke	50, 100, 200 meters
623	Butterfly	50, 100, 200 meters
624	Individual Medley	100, 200, 400 meters
625	Freestyle Relay	200, 400, 800 meters

626		Mixed <del>Gender-competition category</del> Freestyle Relay	200, 400, 800 meters
627		Medley Relay	200, 400 meters
628		Mixed <del>Gender-competition category</del> Medley Relay	200, 400 meters
629	(3)	<b>Long Course</b> — Made only over courses 55 yards or 50 meters long	
630		Freestyle	50, 100, 200, 400, 800, 1500 meters
631		Backstroke	50, 100, 200 meters
632		Breaststroke	50, 100, 200 meters
633		Butterfly	50, 100, 200 meters
634		Individual Medley	200, 400 meters
635		Freestyle Relay	200, 400, 800 meters
636		Mixed <del>Gender-competition category</del> Freestyle Relay	200, 400, 800 meters
637		Medley Relay	200, 400 meters
638		Mixed <del>Gender-competition category</del> Medley Relay	200, 400 meters
639	C	<b>Special Requirements and Conditions</b>	
640	(1)	Lead-off legs/initial distances of mixed <del>gender-competition category</del> relays shall not count for American or U.S.	
641		Open records.	
642	(2)-(7)	[no changes]	
643			
644	705.6	<b>TEAM EVENT ENTRIES</b>	
645	.1	[no changes]	
646	.2	When participating concurrently in individual and team events, no participant shall compete in more than two team	
647		events, one of which may be as a member of his/her gender-specific team and the other as a member of a mixed- <del>gender</del>	
648		<u>competition category</u> team.	
649			
650	705.7	<b>SCORING</b> — Scoring of individual events will be on a sixteen (16)-place basis: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5,	
651		4, 3, 2, 1.	
652	.1	<b>Team Events</b> — team events shall be scored in men's, women's and mixed- <del>gender-competition</del> categories.	
653	.2	[no changes]	
654			

HK-4	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
------	--------	---------	----------	-----------------	--------	-----------	--------

655 **Location:** Page 31 – **102.5 – SEEDING, LANE ASSIGNMENTS, SWIM-OFFS, AND ORDER OF HEATS**

656 **Proposed by:** Rules & Regulations Committee

657 **Purpose:** To add clarity to the use of alternates in Finals heats.

658 **Recommendation:** *The Rules & Regulations Committee recommends approval.*

659 **Effective Date:** Immediately

660

## 661 102.5 SEEDING, LANE ASSIGNMENTS, SWIM-OFFS, AND ORDER OF HEATS

662

663 .1-.5 [no changes]

664

### 665 .6 Order of Heats

666 A [no changes]

667 B **Finals** — The order of heats during the finals of a preliminaries and finals meet may be reversed, with the B  
668 and C (consolation and bonus) heats, if any, swum following the A (final) heat. ~~In the event of scratches, the~~  
669 ~~empty lanes may be filled by moving the swimmers up in order from the slower heats and by using the available~~  
670 ~~alternates in the slowest heat without reseeding the heats. For heats other than team selection finals where~~  
671 ~~athletes are not provided any recognition other than the opportunity to swim (e.g., scoring points, earning prize~~  
672 ~~money, etc.) alternates may be inserted into empty lanes in any heat regardless of order swum.~~

673 C [no changes]

674

675 .7 **Alternates** – In the event of scratches, the empty lanes may be filled by moving the swimmers up in order from the  
676 slower heats and by using the available alternates in the slowest heat without reseeding the heats. For heats other than  
677 team selection finals where athletes are not provided any recognition other than the opportunity to swim (e.g., scoring  
678 points, earning prize money, etc.) alternates may be inserted into empty lanes in any heat regardless of order swum.

679

HK-5	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
------	--------	---------	----------	-----------------	--------	-----------	--------

**Location:** Page 33 – **102.8.1 F – SWIMWEAR**  
**Proposed by:** Rules & Regulations Committee  
**Purpose:** To remove unnecessary wording.  
**Recommendation:** *The Rules & Regulations Committee recommends approval.*  
**Effective Date:** Immediately

## 102.8 SWIMWEAR

### .1 Design

A-E [no changes]

F No Technical Suits shall be worn by any 12 & Under USA Swimming athlete member in competition at any sanctioned, approved or observed meet.

(1)-(2) [no changes]

.2-.3 [no changes]

HK-6	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
------	--------	---------	----------	-----------------	--------	-----------	--------

**Location:** Page 35 – **102.10.5 A – OFFICIALS**  
**Proposed by:** Rules & Regulations Committee  
**Purpose:** To correct the title of the Committee Chair.  
**Recommendation:** *The Rules & Regulations Committee recommends approval.*  
**Effective Date:** Immediately

## 102.10 OFFICIALS

.1-.4 [no changes]

### .5 Officials for USA Swimming Championships

A Officials for USA Swimming championship meets shall be assigned by the National Officials Committee Chair with the approval of the Program & Events Coordinator (or his/her designee).

B-D [no changes]

HK-7	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
------	--------	---------	----------	-----------------	--------	-----------	--------

**Location:** Page 59 – **105.5 – PHYSICAL DISABILITIES**  
**Proposed by:** Rules & Regulations Committee  
**Purpose:** To remove the reference to the horizontal plane requirement for breaststroke starts and turns.  
**Recommendation:** *The Rules & Regulations Committee recommends approval.*  
**Effective Date:** Immediately

## 105.5 PHYSICAL DISABILITIES

### .1 Start — Swimmers with physical disabilities:

A-D [no changes]

E [no changes]

(1)-(3) [no changes]

(4) For breaststroke and butterfly, after the start and after each turn, a swimmer who is unable to push off with the leg(s) may perform one arm stroke that need not be simultaneous ~~or on the horizontal plane~~ to attain the breast position.

Examples of modified starting positions are shown in Figures 3 through 7.

.2-.4 [no changes]

HK-8	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
------	--------	---------	----------	-----------------	--------	-----------	--------

**Location:** Page 63 – **202.4.11 – REQUIREMENTS FOR SANCTION**  
**Proposed by:** Rules & Regulations Committee  
**Purpose:** To correct the title of the Program & Events Coordinator and the President/CEO.

**Recommendation:** *The Rules & Regulations Committee recommends approval.*

**Effective Date:** Immediately

**202.4 REQUIREMENTS FOR SANCTION** — Sanctions are issued, withheld or withdrawn in accordance with the following regulations:

.1-.10 *[no changes]*

.11 Application for sanction must be accompanied by a copy of the complete meet announcement which must include the following:

A-I *[no changes]*

J The following statement: "Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open-ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present."

Exceptions may be granted with prior written approval by the Program & Events ~~Committee~~ Coordinator (or his/her designee).

K-O *[no changes]*

.12 *[no changes]*

.13 Sanction fees shall be established by the LSC, except those for national and international meets which shall be established by the ~~USA Swimming~~ President/CEO.

.14-.16 *[no changes]*

HK-9	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
------	--------	---------	----------	-----------------	--------	-----------	--------

**Location:** Page 65 – **202.6.4 REQUIREMENTS FOR APPROVAL**

**Proposed by:** Registration/Membership Committee

**Purpose:** To update the current committee structure to reflect that the times and recognition functions are a part of the Registration/Membership Committee.

**Recommendation:** *The Rules & Regulations Committee recommends approval.*

**Effective Date:** Immediately

**202.6 REQUIREMENTS FOR APPROVAL** – Approval of competition may be issued, withheld or withdrawn by an LSC in accordance with the following regulations:

.1-.3 *[no changes]*

.4 Approvals may be issued to member clubs or to LSCs for open competition conducted in accordance with USA Swimming technical rules if that competition has been specifically approved by the ~~Times & Recognition~~ Registration/Membership Committee staff leader (or his/her designee).

.5-.18 *[no changes]*

HK-10	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
-------	--------	---------	----------	-----------------	--------	-----------	--------

**Location:** Page 76 – **206.3.1 – AWARD OF EVENTS**

**Proposed by:** Rules & Regulations Committee

**Purpose:** To correct the title of the President/CEO.

**Recommendation:** *The Rules & Regulations Committee recommends approval.*

**Effective Date:** Immediately

**206.3 AWARD OF EVENTS**

.1 USA Swimming National Championships, Trials Class, U.S. Open, Open Water Championships and Disability Championships shall be contracted for by the ~~USA Swimming~~ President/CEO (or his/her designee) in accordance with Article 206 and Article 207, after approval by the Board of Directors.

.2 *[no changes]*

HK-11	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
-------	--------	---------	----------	-----------------	--------	-----------	--------

**Location:** Page 96 – **501.1.3 – RULES & REGULATIONS COMMITTEE**

**Proposed by:** Rules & Regulations Committee

**Purpose:** To correct the title of the Committee Chair.

**Recommendation:** *The Rules & Regulations Committee recommends approval.*

**Effective Date:** Immediately

#### 501.1.3 RULES & REGULATIONS COMMITTEE

- A The Rules & Regulations Committee shall consist of the following:  
(1) The National Officials Committee Chair (or his/her designee) and the Program & Events Coordinator;  
(2)-(6) [no changes]
- B-E [no changes]

HK-12	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
-------	--------	---------	----------	-----------------	--------	-----------	--------

**Location:** Page 109 – **607.1 – APPEALS AND REVIEW**

**Proposed by:** Rules & Regulations Committee

**Purpose:** To correct the title of the Committee.

**Recommendation:** *The Rules & Regulations Committee recommends approval.*

**Effective Date:** Immediately

#### 607.1 PETITION TO THE USA SWIMMING RULES AND REGULATIONS COMMITTEE —

Any House of Delegates of any LSC or any member of USA Swimming may petition the USA Swimming Rules & Regulations Committee with respect to any proposed changes referenced in Articles 604 and 605 above. Such appeal must be submitted at least one hundred (100) days prior to the next regular or special meeting of the USA Swimming House of Delegates.

HK-13	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
-------	--------	---------	----------	-----------------	--------	-----------	--------

**Location:** Page 121 – **705.3 – ENTRY FEES**

**Proposed by:** Rules & Regulations Committee

**Purpose:** To correct reference to the President/CEO.

**Recommendation:** *The Rules & Regulations Committee recommends approval.*

**Effective Date:** Immediately

**705.3 ENTRY FEES —** The entry fees shall be determined by the Meet Director with the concurrence of the President/CEO (or his/her designee).

HK-14	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
-------	--------	---------	----------	-----------------	--------	-----------	--------

**Location:** Page 121 – **705.4 – ENTRY PROCESS AND MEET ANNOUNCEMENT**

**Proposed by:** Rules & Regulations Committee

**Purpose:** To remove unnecessary wording describing the President/CEO.

**Recommendation:** *The Rules & Regulations Committee recommends approval.*

**Effective Date:** Immediately

**705.4 ENTRY PROCESS AND MEET ANNOUNCEMENT —** The entry procedure shall be stated in the meet announcement. The meet announcement shall be prepared under joint direction of and approved by the National Team Steering Committee, the Meet Director, Program & Events Coordinator, and the President/CEO of USA Swimming (or his/her designee).

HK-15	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
-------	--------	---------	----------	-----------------	--------	-----------	--------

**Location:** Multiple Occurrences

**Proposed by:** Rules & Regulations Committee

**Purpose:** To use consistent language in referencing the Rules & Regulations Committee Chair.

**Recommendation:** *The Rules & Regulations Committee recommends approval.*

**Effective Date:** Immediately

Change all references from:

Chair of the Rules & Regulations Committee

Chair of the USA Swimming Rules & Regulations Committee

Rules Chair

829 To the:  
830 Rules & Regulations Committee Chair  
831

HK-16	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
-------	--------	---------	----------	-----------------	--------	-----------	--------

832 **Location:** Various Sections – Required LSC Bylaws Template

833 **Proposed by:** Rules & Regulations Committee

834 **Purpose:** To change FINA to World Aquatics and to use gender-neutral references.

835 **Recommendation:** *The Rules & Regulations Committee recommends approval.*

836 **Effective Date:** Immediately

837  
838 1.2 OBJECTIVES - The objectives and primary purpose of XXSI shall be the education, instruction and training of individuals to  
839 develop and improve their capabilities in the sport of swimming. XXSI shall promote swimming for the benefit of swimmers  
840 of all ages and abilities, in accordance with the standards, rules, regulations, policies and procedures of ~~FINA~~ World Aquatics,  
841 USA Swimming, and XXSI and its *Articles/Certificate* [select one] of Incorporation.

842  
843 6.2 OTHER DIRECTORS

844 .1 ATHLETE BOARD REPRESENTATIVES -

845 *Provision A:* Two (2) Athlete Board Representatives shall be elected, one each year for a two-year term, or until  
846 their respective successors are elected. At the time of election, the Athlete Board Representative must (a) be an  
847 athlete member in good standing; (b) be at least a sophomore in high school or at least 16 years of age, (c) be  
848 currently competing, or have competed within the two (2) immediately preceding years, in a USA Swimming  
849 sanctioned event conducted by XXSI or another LSC; and (d) have ~~his or her~~ their place of permanent residence  
850 in the Territory and expect to reside therein throughout at least the first half of the term (other than periods of  
851 enrollment in an institution of higher education). The balloting shall take place via electronic vote and/or at a  
852 meeting called for that purpose by the Senior Athlete Board Representative *or the Athletes Committee*, or failing  
853 that, at a time and in a manner designated by the Board of Directors. At least *twenty (20)* days' written notice of  
854 the election shall be given to all clubs. The Athlete Board Representatives elected shall be determined by a  
855 majority of the [define the athlete voting members who elect the Athlete Board Representatives].

856  
857 *Provision B:* Two (2) Athlete Board Representatives shall be elected by the House of Delegates, one each year,  
858 for a two-year term or until their respective successors are elected. At the time of election, the Athlete Board  
859 Representative must (a) be an athlete member in good standing; (b) be at least a sophomore in high school or at  
860 least 16 years of age, (c) be currently competing, or have competed within the two (2) immediately preceding  
861 years, in a USA Swimming sanctioned event conducted by XXSI or another LSC; and (d) have ~~his or her~~ their  
862 place of permanent residence in the Territory and expect to reside therein throughout at least the first half of the  
863 term (other than periods of enrollment in an institution of higher education).

864  
865 7.4 STANDING COMMITTEES & COORDINATORS

866 .1 ATHLETES COMMITTEE -

867 A CHAIR - The Senior Athlete Board Representative or ~~his or her~~ their designee shall be the  
868 chair of the committee.

869 B-C [no changes]

870 .2-.4 [no changes]

871  
872 7.5 DUTIES OF CHAIRS AND COORDINATORS GENERALLY - The duties of the General Chair, the division chairs, committee  
873 chairs, and coordinators (in addition to those provided elsewhere in these Bylaws) shall be as follows:

874 .1 [no changes]

875 .2 See that all duties and responsibilities of the *coordinator* or the respective division, committee or  
876 sub-committee in ~~his or her~~ their charge are properly and promptly carried out;

877 .3-.6 [no changes]

878  
879 10.4 EXTENT OF INDEMNITY - To the full extent permitted by law, the indemnification provided in this Article shall include  
880 expenses (including attorneys' fees, disbursements and expenses), judgments, fines, penalties and amounts paid in  
881 settlement, and, except as limited by applicable laws, these expenses shall be paid by XXSI in advance of the final disposition  
882 of such action, suit or proceeding. If doubt exists as to the applicability of an exclusion to XXSI's obligation to indemnify,

- XXSI may require an undertaking from the Indemnified Person obliging ~~him~~them to repay such sums if it is subsequently determined that an exclusion is applicable. In the case of any person engaged in the sport of swimming for compensation or other gain, if XXSI determines that there is reasonable doubt as to such person's ability to make any repayment, XXSI shall not be obligated to make any payments in advance of the final determination. This indemnification shall not be deemed to limit the right of XXSI to indemnify any other person for any such expenses to the full extent permitted by law, nor shall it be deemed exclusive of any other rights to which any Indemnified Person may be entitled under any agreement, vote of members or disinterested directors or otherwise, both as to action in an official capacity and as to action in another capacity while holding such office.
- 13.2 ADMINISTRATIVE REVIEW BOARD ORGANIZATION -
- .1-.9 *[no changes]*
- .10 Substitutions for Member - In the event that a regular member of the Administrative Review Board is unable or unwilling to promptly act for any reason, recuses ~~himself or himself themselves~~ or is disqualified in any particular circumstance, the Chair (or, if the person so unable or unwilling to act or recused or disqualified is the Chair, the Vice-Chair; or failing that, the General Chair) shall appoint an alternate *member* to act in the regular member's place in respect of that circumstance.
- 14.2 DEFINITIONS - When used in these Bylaws, the following terms shall have the meanings indicated in this Section, and the definitions of such terms are equally applicable both to the singular and plural forms.
- .1-.3 *[no changes]*
- .4 ATHLETE REPRESENTATIVE - shall be (a) an athlete member in good standing; (b) currently competing, or have competed within the two (2) immediately preceding years, in a USA Swimming sanctioned event conducted by XXSI or another LSC, and (c) have ~~his or her~~their place of permanent residence in the Territory and expect to reside therein throughout at least the first half of the term (other than periods of enrollment in an institution of higher education).
- .5-.8 *[no changes]*
- ~~.9 FINA - the Federation Internationale de Natation, the international governing body for the sport of swimming.~~  
*[re-number remaining]*
- .20 WORLD AQUATICS - the international governing body for the sport of swimming.
- .21 [no changes]*

<b>RESOLUTION OF THE HOUSE OF DELEGATES TO INCREASE THE ANNUAL CLUB FEE</b>
---

**Proposed by:** Ira Klein and Kenneth Chung, Members of the House of Delegates

**Purpose:** To increase the annual club fee to increase the Sport Development budget in order to maintain and increase the services provided to all clubs at all levels.

**Effective Date:** September 1, 2025 (Dues increase for the 2026 registration cycle.)

Resolution to Increase the Annual Club Fee

Whereas, the annual fee for existing club teams will increase to \$225 per year.

Whereas, the additional \$155 increase over the existing annual fee will be utilized in the Sport Development budget.

Whereas, the club fee for new club teams to USA Swimming will be \$750 for their first three years. USA Swimming Staff may determine reduced fees for new clubs based on outreach membership and, or geographical isolation.

Now, therefore, be it resolved that the USA Swimming House of Delegates approves the annual club fee for year-round clubs to be \$225 and the annual fee for the first three years for all new clubs to be \$750.