



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

No.	Description	Location	Recommendation
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
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	TBD

		501.1.6	
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)	TBD
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
-----	--------	---------	----------	-----------------	--------	-----------	--------

1 **Location:** **Article 6 Corporate Bylaws**
2 **Proposed by:** House of Delegates Working Group
3 **Purpose:** To make the current composition of the House of Delegates permanent.
4 **Recommendation:** *The Rules & Regulations Committee recommends approval.*
5 **Effective Date:** September 28, 2024
6
7

8 **ARTICLE 6**
9 **HOUSE OF DELEGATES**

10 [Effective until September 30, 2023 unless the House of Delegates agrees by a majority vote to extend for an additional one-year
11 period prior to the aforementioned date, or adopt as permanent legislation by a two-thirds (2/3) vote. The Board of Directors shall
12 appoint an ad hoc working group by October 1, 2022, which will be comprised of an equal number of coaches, Actively Engaged
13 Athletes, 10-Year Athletes, and non-coach, non-athlete members. Prior to any action to extend or make permanent by the House
14 of Delegates, the ad hoc working group shall review the impact of this legislation and present recommendations or actions to the
15 House of Delegates. On September 23, 2023, the House of Delegates voted to extend the composition until September 30,
16 2024, so that the ad hoc working group could continue to evaluate the impact of the legislation. The ad hoc working group will
17 propose, for a vote by the House of Delegates on September 28, 2024, that the current composition be made permanent.]
18

19 6.1 MEMBERS – the following shall be the voting members of the House of Delegates:

20
21 .1 All voting members of the Board of Directors, other than the 10-Year Athlete Representatives to the Board,
22 who receive votes pursuant to Bylaw 6.1.13;

23
24 .2 All Coach Directors, Non-Coach Directors, Athlete Directors, and the Junior Athlete Representatives from the
25 Zone Directors' Council;

26
27 .3 Four (4) LSC Athlete Representatives (as defined in the then current Required LSC Bylaws) from each Zone
28 selected by the Athlete Director and the Junior Athlete Representative from each Zone;

29
30 .4 Three (3) non-coach, non-athlete members from each Zone selected by each respective Zone's Coach and
31 Non-Coach Directors;

32
33 .5 Seven (7) members of the Rules & Regulations Committee to include the Committee Chair, one (1) 2-Year
34 Athlete member, and five (5) non-athlete members selected by the voting members of the Committee;

35
36 .6 All coach members of the National Team Steering Committee, other than the Chair of the National Team
37 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
38 Athlete Representative);
39

- 40 .7 Ten (10) members of the Age Group Development Committee to include at least five (5) coach members, three
 41 (3) non-athlete members, and two (2) 2-Year Athlete members selected by the voting members of the Committee;
 42
- 43 .8 Ten (10) members of the Senior Development Committee to include at least five (5) coach members, three (3)
 44 non-athlete members, and two (2) 2-Year Athlete members selected by the voting members of the Committee;
 45
- 46 .9 Seven (7) non-athlete coach members of the Coach Advisory Council selected by the voting members of the
 47 Council;
 48
- 49 .10 The eleven (11) 2-Year Athlete members of the Athletes' Executive Committee, as well as two (2) additional
 50 2-Year Athletes designated by the AEC by majority vote.
 51
- 52 .11 One (1) non-coach, non-athlete member from each LSC as selected by each respective LSC's Board of
 53 Directors;
 54
- 55 .12 Three (3) non-athlete coach members from each LSC as selected by each respective LSC's Board of Directors,
 56 except that the five (5) LSCs with the smallest number of registered athletes shall select two (2) non-athlete coach
 57 members and the five (5) LSCs with the largest number of registered athletes shall select four (4) non-athlete coach
 58 members. The size of the LSCs shall be determined by the number of registered athletes as of August 31 of the prior
 59 calendar year;
 60
- 61 .13 A sufficient number of 10-Year Athletes and 10-Year+ Athletes whose voting power shall constitute one-third
 62 (33.3%) of the total House of Delegates and shall include the voting members of the AAC, the 10-Year Athlete members
 63 of the AEC, and the 10-Year Athlete members of the Board of Directors. This may be achieved by actual votes or by
 64 weighted voting. A minimum of twenty percent (20%) must be 10-Year Athlete representatives and the remainder may
 65 be 10-Year+ Athlete representatives; any weighted voting must preserve these proportions. At least half (50%) of these
 66 athlete members of the House of Delegates must have obtained 10-Year Athlete or 10-Year+ Athlete representative
 67 eligibility through competing at an event that, at the time of election/selection, is on a USOPC Delegation Event program.
 68
- 69 .14 10-Year Athlete representatives and 10-Year+ Athlete representatives shall be directly elected by athletes who
 70 meet the same eligibility standards as 10-Year Athletes.
 71
- 72 .15 To the extent that any of the individuals selected by the voting members of the Committees under Bylaws 6.1.5
 73 through 6.1.9, are afforded votes under other provisions of Article 6, the respective committee (by majority vote) shall
 74 select a designee from the same membership governance category as the individual (e.g., a 2-Year Athlete committee
 75 member's vote will be designated to another 2-Year Athlete), to assume that individual's committee vote. For purposes
 76 of this Bylaw 6.1.15, the membership governance categories are coach, 10-Year Athlete, 10-Year+ Athlete, 2-Year
 77 Athlete, non-athlete, and non-coach non-athlete.
 78
- 79 .16 All members of the House of Delegates shall serve until their successors are selected, except that membership
 80 may be terminated by resignation filed with the Secretary & General Counsel or their designee. All members under 6.1
 81 must be elected on or before July 1 of each year and written certification thereof must be sent to the Secretary & General
 82 Counsel or their designee on or before July 15. No substitution of a member may be made unless written certification
 83 thereof is given to the Secretary & General Counsel or their designee at least 72 hours before the House of Delegates
 84 is called to order.
 85
- 86 .17 Membership on any committee notwithstanding, USA Swimming employees shall not be members of the
 87 House of Delegates.
 88

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

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

94
 95 **Administrative Referee** – a Referee who performs the duties of an Administrative Official under 102.14 at a prelims-finals meet.
 96 The Administrative Referee should have the experience and knowledge to be able to assume the role of the Meet Referee any
 97 time during the meet, if necessary.

98
 99 **Alternating Kick** – the alternating movement of the legs, commonly known as the flutter kick, is the up-and-down propulsive motion
 100 of the legs where one limb moves in the opposite direction of the other at the same time.

101
 102 **Deck Referee** – the deck level referee who may be assigned by the Meet Referee to perform specific duties as enumerated under
 103 102.11 during a session.

104
 105 **Meet Referee (Open Water (OW) Competition)** – an experienced OW referee who oversees the operations of the entire OW
 106 swim meet and ensures that all safety plans, rules, and regulations are followed, and who makes final decisions on any procedure,
 107 modification, dispute, or protest to ensure a safe, fair, and equitable competition.

108
 109 **Meet Referee (Pool Competition)** – an experienced referee who oversees the entire swim meet and ensures that all rules and
 110 regulations are followed by making final decisions on any procedure, modification, dispute, or protest for a fair and equitable
 111 competition.

112

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

113 **Location:** Page 21-22 – **101.1.2 – The Start**
 114 Page 22 – **101.1.3 – False Starts**
 115 Page 37 – **102.12 – STARTER**
 116 **Proposed by:** National Officials Committee
 117 **Purpose:** To reflect current practice and allow the Starter judgement in the use of the command, dependent on the level
 118 or experience of the field. To reflect current practice of using a 'stand' command as procedural and remove
 119 implied reference to it as a rule.
 120 **Recommendation:** *The Rules & Regulations Committee recommends approval.*
 121 **Effective Date:** Immediately

122
 123 101.1.2 **The Start**
 124 A-C [no changes]
 125 D When a swimmer does not respond promptly to the command "take your marks," the Starter shall immediately
 126 release all swimmers with ~~the command "stand up"~~ a "stand" command upon which the swimmers may stand
 127 up or step off the blocks.
 128 E [no changes]

129
 130 101.1.3 **False Starts**
 131 A Any swimmer initiating a start before the signal may be disqualified if the Referee independently observes and
 132 confirms the Starter's observation that a violation occurred. Swimmers remaining on the starting blocks shall
 133 be relieved from their starting positions with ~~the "stand up" command~~ a "stand" command and may step off the
 134 blocks.
 135 B-C [no changes]
 136 D A swimmer who would otherwise be charged with a false start may be relieved of the charge if the false start
 137 was caused by the swimmer's reaction to ~~the "stand up" command~~ a "stand" command.
 138 E [no changes]

139
 140 102.12 **STARTER**
 141 .1 [no changes]
 142 .2 **Optional Instructions** – The Starter may:

143 A-C [no changes]
 144 D Use a "stand" command in accordance with 101.1.2 D, 101.1.3 A, and 101.1.3 D.
 145

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

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

154 **101.7 RELAYS**

155
 156 .1-2 [no changes]
 157 .3 **Mixed Gender Relay** – must consist of two (2) males and two (2) females.
 158

Exception: at meets below the LSC championship level, mixed relays consisting of compositions other than two (2) male swimmers and two (2) female swimmers may be permitted if stated in the meet announcement. Times for the mixed relays with compositions other than two (2) males and two (2) females shall not be loaded into the SWIMS database, but eligible lead-off times shall be loaded.

161
 162
 163 .4 [no changes]
 164

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

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

172 **102.1 EVENTS** – [no changes]

173
 174 .1 [no changes]
 175
 176 .2 **AGE GROUP EVENTS** — Competitions may be composed of events selected from the following recognized list of events
 177 or other such events/meet types as may be sanctioned by the LSC.
 178

179	10 Years and Younger	11, 12 Years
180	50, 100, 200, 400m/500y freestyle	50, 100, 200, 400m/500y, 800m/1000y, 1500m/1650y freestyle
181	50, 100 backstroke	50, 100, 200 backstroke
182	50, 100 breaststroke	50, 100, 200 breaststroke
183	50, 100 butterfly	50, 100, 200 butterfly
184	100, 200 individual medley	100, 200, 400 individual medley
185	200 freestyle relay	200, 400 freestyle relay
186	200 medley relay	200, 400 medley relay
187	200 mixed gender freestyle relay	200, 400 mixed gender freestyle relay
188	200 mixed gender medley relay	200, 400 mixed gender medley relay

189
 190 13, 14 Years
 191 50, 100, 200, 400m/500y, 800m/1000y, 1500m/1650y freestyle
 192 50, 100, 200 backstroke
 193 50, 100, 200 breaststroke
 194 50, 100, 200 butterfly

195 200, 400 individual medley
 196 200, 400, 800 freestyle relay
 197 200, 400 medley relay
 198 200, 400, 800 mixed gender freestyle relay
 199 200, 400 mixed gender medley relay
 200
 201 13, ~~14~~, 15, 16, 17, 18 Years
 202 50, 100, 200, 400m/500y, 800m/1000y, 1500m/1650y freestyle
 203 100, 200 backstroke
 204 100, 200 breaststroke
 205 100, 200 butterfly
 206 200, 400 individual medley
 207 200, 400, 800 freestyle relay
 208 200, 400 medley relay
 209 200, 400, 800 mixed gender freestyle relay
 210 200, 400 mixed gender medley relay
 211
 212 .3-.7 [no changes]
 213

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

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

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

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

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

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

255 **Location:** Page 67 – **202.8 REQUIREMENTS FOR OBSERVED SWIMS**
 256 **Proposed by:** Illinois Swimming
 257 **Purpose:** To allow athletes who leave a club for a period (e.g., High School) before the end of the registration year to
 258 register upon returning to the club in the current registration year and have times achieved at observed
 259 meets during the period their registration lapsed eligible for entry into the SWIMS database.
 260 **Recommendation:** *The Rules & Regulations Committee recommends rejection since this conflicts with Article 202.8.4 and this*
 261 *exception could allow swimmers to not be properly identified as USA Swimming members and observed by*
 262 *officials at the time of the swims.*
 263 **Effective Date:** Immediately
 264

265 **202.8 REQUIREMENTS FOR OBSERVED SWIMS** — Swims may be observed by assigned USA Swimming or YMCA officials
 266 for conformance with USA Swimming technical rules in a meet conducted under other than USA Swimming rules (NFHS, USMS,
 267 USOPC). Official times achieved as observed swims may be submitted for entry into the SWIMS database for a USA Swimming
 268 member in either the current or immediately preceding registration year if all of the following conditions are met:
 269

270 .1-4 [no changes]
 271

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

272 **Location:** Page 74 – **205.7 ZONE SENIOR PROGRAM**
 273 **Proposed by:** Melissa Hellervik-Bing and Bruno Darzi, Southern Zone Directors
 274 **Purpose:** To clarify that each Zone may govern their Senior Zone Championship to the benefit and needs of their zone,
 275 including meet dates, qualifying and eligibility standards, and participant requirements.
 276 **Recommendation:** *The Rules & Regulations Committee recommends approval.*
 277 **Effective Date:** January 1, 2025
 278

279 **205.7 ZONE SENIOR PROGRAM** – Each Zone may offer at least one Zone Senior Championship meet, recommended to be
 280 long course if only one is conducted. The competition will be governed by the Zone.

- 281 ~~.1 The competition will be governed by the Zone.~~
 282 ~~.2 The competition is for swimmers who meet the qualifying and eligibility standards set by the Zone.~~
 283 ~~.3 Swimmers at this meet will represent their clubs, swim unattached, or represent their LSC in an all-star format.~~
 284 ~~.4 Eligibility: Participation in the Zone Senior Championship meet shall be restricted to registered swimmers of that Zone.~~
 285

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

286 **Location:** Page 75 – **205.9 NATIONAL AGE GROUP RECOGNITION PROGRAM**
 287 **Proposed by:** Registration/Membership Committee
 288 **Purpose:** To update the Rulebook to reflect the current process and to remove language for items that no longer apply.
 289 **Recommendation:** *The Rules & Regulations Committee recommends approval.*
 290 **Effective Date:** Immediately
 291

292 **205.9 NATIONAL AGE GROUP RECOGNITION PROGRAM**

- 293 .1 Times submitted for recognition shall be achieved in the recognized events in 102.1.2 and in accordance with 102.23.1C,
 294 ~~in USA Swimming recognized times from any USA Swimming Sanctioned or Approved competition, USA Swimming~~
 295 ~~Observed Swims, or meets sanctioned by World Aquatics or World Aquatics members and accepted for national times~~
 296 ~~reporting by USA Swimming. These Times loaded into SWIMS that are not recognized for USA Swimming cannot be~~
 297 ~~used.~~

- 298 .2 ~~meets~~ must be conducted between September 1 of one calendar year and August 31 of the next calendar year.
- 299 .2 A swimmer must be a USA Swimming athlete member at the time of the swim.
- 300 .3 ~~The Times & Recognition Committee Chair (or his/her designee) shall establish and distribute the specifications of the~~
- 301 ~~Recognition Program to the LSCs before the start of the subsequent reporting period. These procedures will include the~~
- 302 ~~reporting period, deadlines, awards to be given, and the expected publication date.~~
- 303 .43 If the times are achieved in a meet conducted in a continuous session overlapping the start of a reporting period, the last
- 304 day of the meet shall be the last day of the reporting period for that meet.
- 305 .5 ~~Each LSC shall be responsible for submitting all official times achieved within its boundaries for consideration.~~
- 306 .6 ~~An Awards list shall be published for both short and long course competition.~~
- 307 .4 LSCs may award Top-Ten certificates for both short course yard and long course meter events. The age for individual
- 308 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
- 309 made available on the USA Swimming website.
- 310 .75 No club's relay team may be listed more than once, unless that club has an additional relay or relays comprised of four
- 311 different swimmers. If the club has an additional relay entitled to listing with a change of one, two or three individual
- 312 swimmers from a higher listed relay, those additional swimmers will be listed after the club's higher ranked team
- 313 members.
- 314 .8 ~~Each swimmer achieving the fastest reported time in each individual event and each member of the relay team achieving~~
- 315 ~~the fastest time in a relay event shall be awarded an appropriate certificate and an emblem, pin or similar memento by~~
- 316 ~~USA Swimming.~~
- 317

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

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

- 324 **304.3.2** Discrimination in violation of the Amateur Sports Act which requires that USA Swimming must provide an equal
- 325 opportunity to athletes, coaches, trainers, managers, administrators, and officials to participate in the sport of swimming.
- 326 Athletes must be allowed to participate and compete to the fullest extent allowed by the Rules and Regulations.
- 327 Discrimination against any member or participant on the basis of age, gender, race, ethnicity, culture, religion, national
- 328 origin, sexual orientation, gender expression, gender identity, genetics, mental or physical disability, or any other status
- 329 protected by federal, state or local law, where applicable, is prohibited.
- 330

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

- 331 **Location:** Page 95 – **501.1 – OPERATING COMMITTEES**
- 332 Page 95-96 – **501.1.2 – COACH ADVISORY COUNCIL**
- 333 Page 96 – **501.1.3 – RULES & REGULATIONS COMMITTEE**
- 334 Page 97 – **501.1.4 – NATIONAL TEAM STEERING COMMITTEE**
- 335 Page 97-98 – **501.1.5 – SENIOR DEVELOPMENT COMMITTEE**
- 336 Page 98 – **501.1.6 – AGE GROUP DEVELOPMENT COMMITTEE**
- 337 **Proposed by:** Coach Advisory Council
- 338 **Purpose:** To clearly define the roles and duties of the Coach Advisory Council.
- 339 **Recommendation:** *TBD*
- 340 **Effective Date:** TBD
- 341
- 342 **501.1 OPERATING COMMITTEES AND COUNCILS** – The following committees and councils shall report to the
- 343 President/CEO (or his/her designee), except as otherwise noted:
- 344
- 345 **501.1.1 ATHLETES' ADVISORY COUNCIL** *[no changes]*
- 346
- 347 **501.1.2 COACH ADVISORY COUNCIL**
- 348 A-B *[no changes]*
- 349 C The Chair, Vice-Chair, and Secretary shall be elected from among the voting members of the CAC by its voting
- 350 members.

- 351 D *[no changes]*
352 E The CAC shall lead, direct, and represent the voice, opinions, and viewpoints of all non-athlete coach members
353 within USA Swimming-by:
354 (1) Selecting coach representatives to serve on committees and defining qualifications for purposes of
355 coach representative eligibility;
356 (2) Evaluating, developing, and supporting committee projects and legislation; and
357 (3) Conducting long term planning in all areas concerning non-athlete coach members to ensure long-
358 term coach viability and success.
359 F. The CAC shall report directly to the Board of Directors.
360

361 501.1.3 RULES & REGULATIONS COMMITTEE

362

- 363 A The Rules & Regulations Committee shall consist of the following:
364 (1)-(3) *[no changes]*
365 (4) ~~Eight (8) non-athlete members appointed by the President/CEO (or his/her designee), at least three~~
366 ~~(3) of whom shall be coaches;~~
367 (4) Five (5) non-athlete members appointed by the President/CEO (or his/her designee);
368 (5) Three (3) coach members appointed by the CAC;
369 *[re-number remaining]*
370 B-D *[no changes]*
371

372 501.1.4 NATIONAL TEAM STEERING COMMITTEE

373

- 374 A **Membership:** The National Team Steering Committee shall consist of:
375
376 (1) Nine (9) coaches selected as follows;
377 Preceding Head Men's Olympic Coach
378 Preceding Head Women's Olympic Coach
379 Preceding Head Open Water Olympic Coach
380 The Head Women's Coach for the two (2) Long Course World Championships preceding the Olympic
381 Games
382 The Head Men's Coach for the two (2) Long Course World Championships preceding the Olympic
383 Games
384 Two coaches appointed by the ~~President/CEO (or his/her designee)~~ CAC in consultation with the
385 National Team Managing Director
386 Any vacancies on the committee shall be filled by appointment by the President/CEO (or his/her
387 designee) in consultation with the National Team Managing Director.
388 (2)-(5) *[no changes]*
389 B-D *[no changes]*
390

391 501.1.5 SENIOR DEVELOPMENT COMMITTEE

392

- 393 A The Senior Development Committee shall consist of twelve (12) members. The President/CEO (or his/her
394 designee) shall appoint ~~eight (8)~~ three (3) members, at least five (5) of whom shall be coaches, the CAC shall
395 appoint five (5) coach members, and the AAC shall appoint four (4) athlete members (in consultation with the
396 AEC). The Age Group Development Committee Chair (or his/her designee) shall be an ex-officio member with
397 voice but no vote.
398 B-C *[no changes]*
399

400 501.1.6 AGE GROUP DEVELOPMENT COMMITTEE

401

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

406 Senior Development Committee Chair (or his/her designee) shall be an ex-officio member with voice but no
 407 vote.
 408 B-C [no changes]
 409
 410 **501.1.7 SELECTION PROCEDURE APPROVAL COMMITTEE** [no changes]
 411

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

412 **Location:** Page 100 – **503.2 – RULEBOOK**
 413 **Proposed by:** Rules & Regulations Committee
 414 **Purpose:** To reflect current practice with the distribution of Rulebooks.
 415 **Recommendation:** *The Rules & Regulations Committee recommends approval.*
 416 **Effective Date:** January 1, 2025
 417

418 **503.2** Each non-athlete member of USA Swimming ~~shall~~ may annually ~~receive request~~ a printed copy of the Rulebook as a
 419 benefit of membership. Such Rulebooks shall be mailed out as close to January 1 as possible or immediately upon a non-athlete's
 420 membership registration received prior to September 1.
 421

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

422 **Location:** Page 20 – **OFFICIAL GLOSSARY**
 423 Page 111 – **701.1 – EVENTS**
 424 Page 112 – **701.4 – SWIMWEAR**
 425 Page 121-122 – **705 – ARTICLE 705 – USA SWIMMING OPEN WATER NATIONAL CHAMPIONSHIPS**
 426 **Proposed by:** Open Water Committee
 427 **Purpose:** To provide greater flexibility for local meet directors with regards to the use and application of wetsuits at
 428 non-championship level events. To add consistency to the Zone Open Water Championships as it applies to
 429 the Junior National Championships. To update Open Water National and Junior National Championship
 430 awards to reflect current event format.
 431 **Recommendation:** *The Rules & Regulations Committee recommends approval.*
 432 **Effective Date:** Immediately
 433

434 **OFFICIAL GLOSSARY**

435 **Wetsuit** – a swimsuit made of material providing thermal insulation.
 436
 437

438 **701.1 EVENTS**

439 .1 [no changes]
 440 .2 **Wetsuit Events**
 441 A At Junior National and National Championships and any sanctioned open water competition with a race
 442 distance of 5k and greater, World Aquatics rules regarding use of wetsuits shall apply.
 443 B For all ~~other~~ open water competitions with water temperature below 18.0°C (64.4°F), participants ~~may use~~
 444 ~~either swimsuits or~~ must use wetsuits (refer to 701.4.5).
 445 C Meet Directors may also designate a wetsuit competition category at any event other than Junior National
 446 Championships, National Championships, and Zone Open Water Championships.
 447 .3 [no changes]
 448

449 **701.4 SWIMWEAR**

450 .1-.4 [no changes]
 451 .5 Wetsuits at Championships Events (701.1 A) — Wetsuits (for both men and women) shall completely cover torso,
 452 back, shoulders and knees. They shall not extend beyond the neck, wrists and ankles.
 453 .56 Wetsuits at non-Championships Events (701.1 C) — Wetsuits are swimsuits made of material providing thermal
 454 insulation. Wetsuits (for both men and women) shall completely cover torso, back, shoulders and knees. They shall not
 455 extend beyond the neck, wrists and ankles. The thickness of material(s) used shall be maximum 5 mm. In addition, the
 456 outer surface of the wetsuit shall not include outstanding shapes, such as ridges, fins, etc.
 457

458 **ARTICLE 705 - USA SWIMMING OPEN WATER NATIONAL AND JUNIOR NATIONAL CHAMPIONSHIPS**

- 459
460 705.1-705.2 [no changes]
461 **705.3 EVENTS** – In conjunction with the Managing Director, National Team, or designee, the Open Water Committee may
462 designate additional events as qualifying competitions for the Open Water Junior National and National Championships,
463 including the 5k at Zone Open Water Championships.
464 **705.34 ENTRY FEES** – [no changes]
465 **705.45 ENTRY PROCESS AND MEET ANNOUNCEMENT** — The entry procedure shall be stated in the meet announcement.
466 The meet announcement shall be prepared under joint direction of and approved by the ~~National Team Steering Open~~
467 Water Committee, the Meet Director, Program & Events Coordinator, and the President/CEO of USA Swimming (or
468 his/her designee).
469 **705.56 RESULTS** — Results shall be submitted to the ~~National Team Steering Open Water~~ Committee, USA Swimming, and
470 posted on the USA Swimming website.
471 **705.67 TEAM EVENT ENTRIES** [no changes]
472 **705.78 SCORING** – [no changes]
473 **705.89 AWARDS**
474 .1 Individual champions shall be determined and awarded in women’s and men’s competitions. Medals shall be awarded
475 to all first through eighth place finishers in each individual event.
476 .2 The male and female swimmers eighteen (18) years of age and younger attaining the highest finish position shall be
477 designated as the USA Swimming 18 and under Open Water Swimming Champion in each contested event the 10K
478 and 5K National Championships and shall receive the appropriate USA Swimming Championship medals.
479 ~~.3 The American male and female swimmers ages sixteen (16) years and younger and the American male and female~~
480 ~~swimmers ages seventeen through eighteen (17-18) years placing highest in the 5k and 10k events shall be designated~~
481 ~~the USA Swimming Age Group National Champion in their respective age group and shall receive the appropriate USA~~
482 ~~Swimming Championship medals.~~
483 [re-number remaining]
484 **705.910 ELIGIBILITY** — Qualifying times and/or qualifying criteria may be established by the Meet Director with the
485 concurrence of the ~~National Team Steering Open Water~~ Committee.
486 ~~705.4011~~ **PROOF OF TIME** – [no changes]
487

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

- 488 **Location:** Page 18 – **OFFICIAL GLOSSARY**
489 Page 23 – **101.3 – BUTTERFLY**
490 **Proposed by:** Rules & Regulations Committee
491 **Purpose:** To be consistent with World Aquatics terminology.
492 **Recommendation:** *The Rules & Regulations Committee recommends approval.*
493 **Effective Date:** Immediately
494

OFFICIAL GLOSSARY

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

101.3 BUTTERFLY

- 500
501 .1 [no changes]
502 .2 **Stroke** — After the start and after each turn, the swimmer’s ~~shoulders~~ body must be ~~at or past the vertical toward~~ on the
503 breast. The swimmer is permitted one or more leg kicks, but only one arm pull under water, which must bring the swimmer
504 to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15
505 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface. The swimmer
506 must remain on the surface until the next turn or finish. From the beginning of the first arm pull, the body shall be kept
507 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
508 body is on the breast when leaving the wall. Both arms must be brought forward simultaneously over the water and
509 pulled back simultaneously under the water throughout the race.
510 .3 [no changes]
511 .4 **Turns** — At each turn the body shall be on the breast. The touch shall be made with both hands separated and
512 simultaneously at, above, or below the water surface. Once a touch has been made, the swimmer may turn in any

513 manner desired as long as the body is on the breast when leaving the wall. ~~The shoulders must be at or past the vertical~~
 514 ~~toward the breast when the swimmer leaves the wall.~~
 515 .5 [no changes]
 516

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

517 **Location:** Page 24-25 – **101.6 – INDIVIDUAL MEDLEY**
 518 **Proposed by:** Rules & Regulations Committee
 519 **Purpose:** To be consistent with World Aquatics terminology.
 520 **Recommendation:** *The Rules & Regulations Committee recommends approval.*
 521 **Effective Date:** Immediately
 522
 523 **101.6 INDIVIDUAL MEDLEY** – The swimmer shall swim the prescribed distance in the following order: the first one-fourth,
 524 butterfly; the second one-fourth, backstroke; the third one-fourth, breaststroke; and the last one-fourth, freestyle.
 525 .1-.2 [no changes]
 526 .3 **Turns**
 527 A Intermediate turns within each stroke shall conform to the turn rules for that stroke, except that in the freestyle
 528 turn, the swimmer must return to the breast before any kick or stroke.
 529 B The turns when changing from one stroke to another shall conform to the finish rules for the stroke just
 530 completed, and shall be as follows:
 531 (1) ~~**Butterfly to Backstroke**~~ — The swimmer must touch as described in 101.3.5. Once a legal touch
 532 has been made, the swimmer may turn in any manner, but the shoulders must be at or past the
 533 vertical toward the back when the swimmer leaves the wall.
 534 (2) ~~**Backstroke to Breaststroke**~~ — The swimmer must touch the wall while on the back. Once a legal
 535 touch has been made, the swimmer may turn in any manner but the shoulders must be at or past
 536 the vertical toward the breast when the swimmer leaves the wall and the prescribed breaststroke
 537 form must be attained prior to the first arm stroke.
 538 (3) ~~**Breaststroke to Freestyle**~~ — The swimmer must touch as described in 101.2.4. Once a legal touch
 539 has been made, the swimmer may turn in any manner and must return to the breast before any kick
 540 or stroke.
 541 .4 [no changes]
 542

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

543 **Location:** Page 25 – **101.7 – RELAYS**
 544 Page 26-27 – **102.1 – EVENTS**
 545 Page 54 – **104.2.2 – American and United States Open Records**
 546 Page 122 – **705.6 – TEAM EVENT ENTRIES**
 547 Page 122 – **705.7 – SCORING**
 548 **Proposed by:** Rules & Regulations Committee
 549 **Purpose:** To change all references from mixed gender to mixed competition category for consistency.
 550 **Recommendation:** *The Rules & Regulations Committee recommends approval.*
 551 **Effective Date:** Immediately
 552
 553 **101.7 RELAYS**
 554 .1-.2 [no changes]
 555 .3 ~~Mixed Gender~~ Competition Category Relays – must consist of two (2) males and two (2) females.
 556 .4 [no changes]
 557
 558 **102.1 EVENTS** - Meets should be planned to terminate within a maximum period of eight (8) hours of competitive events for
 559 any group of swimmers in any one day and to provide adequate meal and rest breaks and properly supervised sheltered rest
 560 areas. Refer to 205.3.1F for additional provisions.
 561
 562 .1 **SENIOR EVENTS** — The following events for National Championships are recommended for LSC and other
 563 championship meets. Eligibility for these championships shall be determined by the LSCs involved.
 564
 565 50, 100, 200, 400m/500y, 800m/1000y, 1500m/1650y freestyle

566 100, 200 backstroke
 567 100, 200 butterfly
 568 100, 200 breaststroke
 569 200, 400 individual medley
 570 200, 400, 800 freestyle relay
 571 200, 400 medley relay
 572 200, 400, 800 mixed ~~gender-competition category~~ freestyle relay
 573 200, 400 mixed ~~gender-competition category~~ medley relay

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

578	10 Years and Younger	11, 12 Years
579	50, 100, 200, 400m/500y freestyle	50, 100, 200, 400m/500y, 800m/1000y, 1500m/1650y freestyle
580	50, 100 backstroke	50, 100, 200 backstroke
581	50, 100 breaststroke	50, 100, 200 breaststroke
582	50, 100 butterfly	50, 100, 200 butterfly
583	100, 200 individual medley	100, 200, 400 individual medley
584	200 freestyle relay	200, 400 freestyle relay
585	200 medley relay	200, 400 medley relay
586	200 mixed gender-competition category freestyle relay	200, 400 mixed gender-competition category freestyle relay
587	200 mixed gender-competition category medley relay	200, 400 mixed gender-competition category medley relay

588
 589 13, 14, 15, 16, 17, 18 Years
 590 50, 100, 200, 400m/500y, 800m/1000y, 1500m/1650y freestyle
 591 100, 200 backstroke
 592 100, 200 breaststroke
 593 100, 200 butterfly
 594 200, 400 individual medley
 595 200, 400, 800 freestyle relay
 596 200, 400 medley relay
 597 200, 400, 800 mixed ~~gender-competition category~~ freestyle relay
 598 200, 400 mixed ~~gender-competition category~~ medley relay

600 .3-.7 [no changes]

104.2.2 American and United States Open Records

A [no changes]

B Recognized Distances and Strokes (Men and Women)

605	(1) Short Course Yards — Made only over courses 25 yards long	
606	Freestyle	50, 100, 200, 500, 1000, 1650 yards
607	Backstroke	100, 200 yards
608	Breaststroke	100, 200 yards
609	Butterfly	100, 200 yards
610	Individual Medley	200, 400 yards
611	Freestyle Relay	200, 400, 800 yards
612	Mixed Gender-competition category Freestyle Relay	200, 400, 800 yards
613	Medley Relay	200, 400 yards
614	Mixed Gender-competition category Medley Relay	200, 400 yards
615	(2) Short Course Meters — Made only over courses 25 meters long	
616	Freestyle	50, 100, 200, 400, 800, 1500 meters
617	Backstroke	50, 100, 200 meters
618	Breaststroke	50, 100, 200 meters
619	Butterfly	50, 100, 200 meters
620	Individual Medley	100, 200, 400 meters
621	Freestyle Relay	200, 400, 800 meters

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

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

651 **Location:** Page 31 – **102.5 – SEEDING, LANE ASSIGNMENTS, SWIM-OFFS, AND ORDER OF HEATS**
 652 **Proposed by:** Rules & Regulations Committee
 653 **Purpose:** To add clarity to the use of alternates in Finals heats.
 654 **Recommendation:** *The Rules & Regulations Committee recommends approval.*
 655 **Effective Date:** Immediately
 656

657 **102.5 SEEDING, LANE ASSIGNMENTS, SWIM-OFFS, AND ORDER OF HEATS**

- 658
 659 .1-.5 *[no changes]*
 660
 661 .6 **Order of Heats**
 662 A *[no changes]*
 663 B **Finals** — The order of heats during the finals of a preliminaries and finals meet may be reversed, with the B
 664 and C (consolation and bonus) heats, if any, swum following the A (final) heat. ~~In the event of scratches, the~~
 665 ~~empty lanes may be filled by moving the swimmers up in order from the slower heats and by using the available~~
 666 ~~alternates in the slowest heat without reseeding the heats. For heats other than team selection finals where~~
 667 ~~athletes are not provided any recognition other than the opportunity to swim (e.g., scoring points, earning prize~~
 668 ~~money, etc.) alternates may be inserted into empty lanes in any heat regardless of order swum.~~
 669 C *[no changes]*
 670
 671 .7 **Alternates** – In the event of scratches, the empty lanes may be filled by moving the swimmers up in order from the
 672 slower heats and by using the available alternates in the slowest heat without reseeding the heats. For heats other than
 673 team selection finals where athletes are not provided any recognition other than the opportunity to swim (e.g., scoring
 674 points, earning prize money, etc.) alternates may be inserted into empty lanes in any heat regardless of order swum.
 675

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

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

681
682 **102.8 SWIMWEAR**
683 **.1 Design**
684 A-E [no changes]
685 F No Technical Suits shall be worn by any 12 & Under USA Swimming athlete member in competition at any
686 sanctioned, approved or observed meet.
687 (1)-(2) [no changes]
688 **.2-3** [no changes]
689

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

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

695
696 **102.10 OFFICIALS**
697 **.1-4** [no changes]
698 **.5 Officials for USA Swimming Championships**
699 A Officials for USA Swimming championship meets shall be assigned by the National Officials Committee Chair
700 with the approval of the Program & Events Coordinator (or his/her designee).
701 B-D [no changes]
702

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

703 **Location:** Page 59 – **105.5 – PHYSICAL DISABILITIES**
704 **Proposed by:** Rules & Regulations Committee
705 **Purpose:** To remove the reference to the horizontal plane requirement for breaststroke starts and turns.
706 **Recommendation:** *TBD*
707 **Effective Date:** Immediately

708
709 **105.5 PHYSICAL DISABILITIES**
710 **.1 Start** — Swimmers with physical disabilities:
711 A-D [no changes]
712 E [no changes]
713 (1)-(3) [no changes]
714 (4) For breaststroke and butterfly, after the start and after each turn, a swimmer who is unable to push
715 off with the leg(s) may perform one arm stroke that need not be simultaneous ~~or on the horizontal~~
716 ~~plane~~ to attain the breast position.
717
718 Examples of modified starting positions are shown in Figures 3 through 7.
719
720 **.2-4** [no changes]
721

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

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

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

726 **Effective Date:** Immediately

727
728 **202.4 REQUIREMENTS FOR SANCTION** — Sanctions are issued, withheld or withdrawn in accordance with the following
729 regulations:

730 .1-.10 *[no changes]*

731 .11 Application for sanction must be accompanied by a copy of the complete meet announcement which must include the
732 following:

733 A-I *[no changes]*

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

737
738 Exceptions may be granted with prior written approval by the Program & Events ~~Committee~~-Coordinator (or
739 his/her designee).

740 K-O *[no changes]*

741 .12 *[no changes]*

742 .13 Sanction fees shall be established by the LSC, except those for national and international meets which shall be
743 established by the ~~USA Swimming~~-President/CEO.

744 .14-.16 *[no changes]*

745

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

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

747 **Proposed by:** Registration/Membership Committee

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

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

751 **Effective Date:** Immediately

752
753 **202.6 REQUIREMENTS FOR APPROVAL** – Approval of competition may be issued, withheld or withdrawn by an LSC in
754 accordance with the following regulations:

755 .1-.3 *[no changes]*

756 .4 Approvals may be issued to member clubs or to LSCs for open competition conducted in accordance with USA Swimming
757 technical rules if that competition has been specifically approved by the ~~Times & Recognition~~ Registration/Membership
758 Committee staff leader (or his/her designee).

759 .5-.18 *[no changes]*

760

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

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

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

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

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

765 **Effective Date:** Immediately

766
767 **206.3 AWARD OF EVENTS**

768 .1 USA Swimming National Championships, Trials Class, U.S. Open, Open Water Championships and Disability
769 Championships shall be contracted for by the ~~USA Swimming~~-President/CEO (or his/her designee) in accordance with
770 Article 206 and Article 207, after approval by the Board of Directors.

771 .2 *[no changes]*

772

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

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

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

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

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

777 **Effective Date:** Immediately

778

779 **501.1.3 RULES & REGULATIONS COMMITTEE**

780 A The Rules & Regulations Committee shall consist of the following:

781 (1) The National Officials Committee Chair (or his/her designee) and the Program & Events Coordinator;

782 (2)-(6) *[no changes]*

783 B-E *[no changes]*

784

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

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

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

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

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

789 **Effective Date:** Immediately

790

791 **607.1 PETITION TO THE USA SWIMMING RULES AND REGULATIONS COMMITTEE —**

792 Any House of Delegates of any LSC or any member of USA Swimming may petition the USA Swimming Rules & Regulations

793 Committee with respect to any proposed changes referenced in Articles 604 and 605 above. Such appeal must be submitted at

794 least one hundred (100) days prior to the next regular or special meeting of the USA Swimming House of Delegates.

795

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

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

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

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

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

800 **Effective Date:** Immediately

801

802 **705.3 ENTRY FEES —** The entry fees shall be determined by the Meet Director with the concurrence of the President/CEO (or

803 his/her designee).

804

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

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

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

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

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

809 **Effective Date:** Immediately

810

811 **705.4 ENTRY PROCESS AND MEET ANNOUNCEMENT —** The entry procedure shall be stated in the meet announcement. The

812 meet announcement shall be prepared under joint direction of and approved by the National Team Steering Committee, the Meet

813 Director, Program & Events Coordinator, and the President/CEO of USA Swimming (or his/her designee).

814

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

815 **Location:** Multiple Occurrences

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

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

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

819 **Effective Date:** Immediately

820

821 Change all references from:

822 Chair of the Rules & Regulations Committee

823 Chair of the USA Swimming Rules & Regulations Committee

824 Rules Chair

825 To the:
 826 Rules & Regulations Committee Chair
 827

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

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

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

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

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

832 **Effective Date:** Immediately

833
 834 1.2 OBJECTIVES - The objectives and primary purpose of XXSI shall be the education, instruction and training of individuals to
 835 develop and improve their capabilities in the sport of swimming. XXSI shall promote swimming for the benefit of swimmers
 836 of all ages and abilities, in accordance with the standards, rules, regulations, policies and procedures of ~~FINA~~ World Aquatics,
 837 USA Swimming, and XXSI and its *Articles/Certificate* [select one] of Incorporation.

838
 839 6.2 OTHER DIRECTORS

840 .1 ATHLETE BOARD REPRESENTATIVES -

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

852
 853 *Provision B:* Two (2) Athlete Board Representatives shall be elected by the House of Delegates, one each year,
 854 for a two-year term or until their respective successors are elected. At the time of election, the Athlete Board
 855 Representative must (a) be an athlete member in good standing; (b) be at least a sophomore in high school or at
 856 least 16 years of age, (c) be currently competing, or have competed within the two (2) immediately preceding
 857 years, in a USA Swimming sanctioned event conducted by XXSI or another LSC; and (d) have ~~his or her~~ their
 858 place of permanent residence in the Territory and expect to reside therein throughout at least the first half of the
 859 term (other than periods of enrollment in an institution of higher education).

860
 861 7.4 STANDING COMMITTEES & COORDINATORS

862 .1 ATHLETES COMMITTEE -

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

865 B-C [no changes]

866 .2-.4 [no changes]

867
 868 7.5 DUTIES OF CHAIRS AND COORDINATORS GENERALLY - The duties of the General Chair, the division chairs, committee
 869 chairs, and coordinators (in addition to those provided elsewhere in these Bylaws) shall be as follows:

870 .1 [no changes]

871 .2 See that all duties and responsibilities of the *coordinator* or the respective division, committee or
 872 sub-committee in ~~his or her~~ their charge are properly and promptly carried out;

873 .3-.6 [no changes]

874
 875 10.4 EXTENT OF INDEMNITY - To the full extent permitted by law, the indemnification provided in this Article shall include
 876 expenses (including attorneys' fees, disbursements and expenses), judgments, fines, penalties and amounts paid in
 877 settlement, and, except as limited by applicable laws, these expenses shall be paid by XXSI in advance of the final disposition
 878 of such action, suit or proceeding. If doubt exists as to the applicability of an exclusion to XXSI's obligation to indemnify,

879 XXSI may require an undertaking from the Indemnified Person obliging ~~him~~~~them~~ to repay such sums if it is subsequently
880 determined that an exclusion is applicable. In the case of any person engaged in the sport of swimming for compensation
881 or other gain, if XXSI determines that there is reasonable doubt as to such person's ability to make any repayment, XXSI
882 shall not be obligated to make any payments in advance of the final determination. This indemnification shall not be deemed
883 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
884 be deemed exclusive of any other rights to which any Indemnified Person may be entitled under any agreement, vote of
885 members or disinterested directors or otherwise, both as to action in an official capacity and as to action in another capacity
886 while holding such office.

887
888 13.2 ADMINISTRATIVE REVIEW BOARD ORGANIZATION -

889 .1-.9 [no changes]

890 .10 Substitutions for Member - In the event that a regular member of the Administrative Review Board is unable or
891 unwilling to promptly act for any reason, recuses ~~herself or himself~~~~themselves~~ or is disqualified in any particular
892 circumstance, the Chair (or, if the person so unable or unwilling to act or recused or disqualified is the Chair, the
893 Vice-Chair; or failing that, the General Chair) shall appoint an alternate *member* to act in the regular member's
894 place in respect of that circumstance.

895
896 14.2 DEFINITIONS - When used in these Bylaws, the following terms shall have the meanings indicated in this Section, and the
897 definitions of such terms are equally applicable both to the singular and plural forms.

898 .1-.3 [no changes]

899 .4 ATHLETE REPRESENTATIVE - shall be (a) an athlete member in good standing; (b) currently competing, or
900 have competed within the two (2) immediately preceding years, in a USA Swimming sanctioned event conducted
901 by XXSI or another LSC, and (c) have ~~his or her~~~~their~~ place of permanent residence in the Territory and expect to
902 reside therein throughout at least the first half of the term (other than periods of enrollment in an institution of
903 higher education).

904 .5-.8 [no changes]

905 .9 ~~FINA - the Federation Internationale de Natation, the international governing body for the sport of swimming.~~

906 [re-number remaining]

907 .20 WORLD AQUATICS - the international governing body for the sport of swimming.

908 .21 [no changes]

909

RESOLUTION OF THE HOUSE OF DELEGATES TO INCREASE THE ANNUAL CLUB FEE

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

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

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

914
915 Resolution to Increase the Annual Club Fee

916
917 Whereas, the annual fee for existing club teams will increase to \$225 per year.

918
919 Whereas, the additional \$155 increase over the existing annual fee will be utilized in the Sport Development budget.

920
921 Whereas, the club fee for new club teams to USA Swimming will be \$750 for their first three years. USA Swimming Staff may
922 determine reduced fees for new clubs based on outreach membership and, or geographical isolation.

923
924 Now, therefore, be it resolved that the USA Swimming House of Delegates approves the annual club fee for year-round clubs
925 to be \$225 and the annual fee for the first three years for all new clubs to be \$750.