



**OKS MISSION STATEMENT:** To develop excellence, integrity, and growth in swimming in a safe environment for all.

**OKS VISION STATEMENT:** Develop inclusive competitive opportunities and relationships that promote leadership, excellence, and growth.

### **OKS BOARD OF DIRECTORS MEETING AGENDA**

Monday, July 1st 2024 - 6:00 PM

Location: Via Google Meets

Google Meet joining info

Video call link:

<https://meet.google.com/jeq-qhjp-mpv>

Join by phone:

(US) +1 661-772-9411

PIN: 998 336 952#

- **Call to order (GC)**
- **Read Mission/Vision (GC)**
- **Roll (S)**
- **Declaration of Conflict of Interest (S):** Is any member aware of any conflict of interest (that is, of a personal interest or direct or indirect pecuniary interest) in any matter being considered by this meeting which should now be reported or disclosed or addresses under the USA-Swimming Conflict of Interest Policy”. If a board member determines there to be a conflict of interest at any point during the course of the meeting when a specific subject is being discussed and or action is being taken, a declaration of a conflict of interest should be made at that time.
- **Additions to the Agenda (GC)**
- **Approval of Agenda (GC)**
- **Approval of Minutes (GC)**

- **Finance Vice-Chair (Jennifer Salcher)**

- Financials Update
- Website Update
- Multi-Cultural Meet Financials Update
- Zone Registration Updates

- **General Manager (Bob Staab)**

- [USA Swimming Workshop and ABM](#) - September 26-28. Beth arrive on 25th, others on 26th. Depart after 12:00pm on the 28th for those not voting in ABM or after 3:00pm for those voting in ABM.
  - Delegates for workshop
    - LSC General Chairs - Denis or Scott
    - LSC Registrars - Carole
    - LSC DEI Chair/Coordinator - Beth
    - LSC Coach Representative/Technical Planning Chair - Lynne or
    - LSC Officials Chair - Craig
    - LSC Athlete Representatives (2) - Marissa and Alexis
  - Delegates for ABM (Due July 15)
    - Non-athlete/non-coach - Denis or Scott
    - Non-athlete/coach members - Chad, Lynne, Pam
- State Meet updates
- Registration numbers
  - Athletes -1854, 96.7% of 23. Highest is 2052 in 2022
  - Non-athletes - 304, 99.6%. Highest is 305 in 2023
- USA Swimming HOD Legislative proposals

- **Adjourn**

- Next Board Meeting: Monday, August 19th - Jenks, OK and Google Meets.



**OKS MISSION STATEMENT:** To develop excellence, integrity, and growth in swimming in a safe environment for all.

**OKS VISION STATEMENT:** Develop inclusive competitive opportunities and relationships that promote leadership, excellence, and growth.

## **OKS BOARD OF DIRECTORS MEETING MINUTES**

Monday, May 20th 2024

A regular meeting of the OKS Board of Directors was held on Monday, May 20th, 2024 in Jenks OK and via Google Meets.

### **1. Call to Order**

The meeting was called to order by General Chair, Denis Mink at 6:06 PM with the reading of the OKS Mission and Vision statements. No conflicts were noted.

### **2. Attendance**

**Present:** Denis, Scott, Jennifer, Chad, Lynne, Ella, Bob, Craig

**Absent:** Alli, Pam, Beth, Carole, Marissa, Alexis, Kaida, Annie, Josie

**Guests:** None

### **3. Additions to the Agenda / Approval of Agenda**

No additions were presented and the Published Agenda was approved by Unanimous Consent.

### **4. Approval of Minutes**

The May meeting minutes were approved by Unanimous Consent.

## **5. Finance Vice- Chair (Jennifer Salcher)**

- April Financials were reviewed
- Summer meet books are in process and will be sanctioned soon
- Updated board on zone registrations for all three meets.

## **7. DEI Chair (Beth Harkins)**

- Bob updated on Beth's behalf and there will be three summer clinics

## **8. General Manager (Bob Staab)**

- Scott made a motion and Chad seconded to approve the fee structure (individual \$15/Club \$30) for 2025 and to empower Bob to update the P&P accordingly.
  - After discussion Chad Motioned and Jennifer Seconded to amend the motion to set fees to \$15/individual and \$100/club to go into effect for the 2025 registration year. The amendment passed with no nay votes.
  - Scott called the question and the approved amendment passed with no nay votes.
- Discussed Voting Delegates for ABM – recommended votes are General Chair and the three coach board members.
- Discussed ABM attendees, will send names to Bob offline per roles identified.
- Noted that LEAP renewal is underway

## **9. Adjournment**

With no additional business, Denis requested a motion to Adjourn to July 1st. The motion was made by Lynne and seconded by Jennifer. The motion passed with no nay votes.

The meeting adjourned at 7:30 PM. The next regularly scheduled meeting of the OKS Board of Directors will be Monday, July 1st in Jenks, OK and via Google Meets.

## OKSI Financial Summary

As of May 31 , 2024

	Total
<b>Bank Accounts</b>	
Arvest - Aquatic	125,688.53
Arvest - Registration	26,018.47
Arvest - Savings	206.79
Arvest - Travel	0.00
<b>Total Bank Accounts</b>	<b>151,913.79</b>
<b>Investment Account</b>	
First Western Investement Account	328,866.28
<b>Total Investment Accounts</b>	<b>328,866.28</b>
<b>Pending Online Payments</b>	<b>0.00</b>
<b>Credit Card</b>	
Arvest Credit Card Balance	4,880.59
<b>Total Credit Card Balance</b>	<b>4,880.59</b>
<b>Uncleared Transactions</b>	
Arvest - Aquatic	531.50
Arvest Registration	0.00
Arvest - Travel	0.00
<b>Total Uncleared Transactions</b>	<b>531.50</b>
<b>TOTAL CASH BALANCE</b> (Bank Accounts - CC - Uncleared Transactions)	<b>475,367.98</b>
<b>OKSI 2024 Transaction Summary</b>	
<b>Total Income to date</b>	<b>87,597.73</b>
<b>Total Expenses to date</b>	<b>77,554.71</b>
<b>Net Income</b>	<b>10,043.02</b>
<b>Start up cash</b>	<b>465,324.96</b>
<b>Cash Balance</b>	<b>475,367.98</b>

Oklahoma Swimming Inc.			
Budget vs. Actuals: 2024 Budget - FY24 P&L			
Jan-May2024			
Previous Year Balance Roll Over	Start Up Cash	Budgeted	Remaining
Arvest - Aquatic	110,521.55	57,160.00	53,361.55
Arvest - Registration	26,018.47		26,018.47
Arvest - Savings	206.66		206.66
Arvest - Travel	0.00		0.00
First Western Investment	328,866.28		328,866.28
CC Credit	-288.00		-288.00
<b>Total Previous Year Balance Roll Over</b>	<b>465,324.96</b>	<b>\$57,160.00</b>	<b>408,164.96</b>
	Actual	Total Budget	Remaining
<b>Revenue</b>			
500 Miscellaneous Income		10,000.00	10,000.00
510 Interest Income			0.00
513 Interest - Investment Income		1,000.00	1,000.00
514 Inter - Arvest Bank Savings	0.13	150.00	149.87
<b>Total 510 Interest Income</b>	<b>\$ 0.13</b>	<b>\$ 1,150.00</b>	<b>\$ 1,149.87</b>
520 OKS Registration Income	15,825.60	32,000.00	16,174.40
530 Meet Sanction Income	1,950.00	3,000.00	1,050.00
540 Meet Entry Income	34,022.00	95,000.00	60,978.00
555 CS REG VIII Travel Fund		1,000.00	1,000.00
560 Zone Income			0.00
560.1 Central Zones Income		3,500.00	3,500.00
560.2 Open Water Zones Income	200.00	500.00	300.00
560.3 Multi Cultural Zones Income	3,700.00	2,500.00	-1,200.00
<b>Total 560 Zone Income</b>	<b>\$ 3,900.00</b>	<b>\$ 6,500.00</b>	<b>\$ 2,600.00</b>
590 Expedited and Fee Income	700.00	500.00	-200.00
598 State Income			0.00
598.2 OKS 14-Under State Income	31,200.00	35,000.00	3,800.00
<b>Total 598 State Income</b>	<b>\$ 31,200.00</b>	<b>\$ 35,000.00</b>	<b>\$ 3,800.00</b>
Sales	0.00		0.00
<b>Total Revenue</b>	<b>\$ 87,597.73</b>	<b>\$ 184,150.00</b>	<b>\$ 96,552.27</b>
<b>Gross Profit</b>	<b>\$ 87,597.73</b>	<b>\$ 184,150.00</b>	<b>\$ 96,552.27</b>
<b>Expenditures</b>			
600 Dues & Fees			0.00
602 Bank Service Fee		250.00	250.00
604 Central Zone		510.00	510.00
605 Miscellaneous Dues & Fees		500.00	500.00
<b>Total 600 Dues &amp; Fees</b>	<b>\$ 0.00</b>	<b>\$ 1,260.00</b>	<b>\$ 1,260.00</b>
610 Computer Software	85.88	1,000.00	914.12
620 Office Supplies		200.00	200.00

625 Equipment Expense		1,000.00	1,000.00
630 Postage, Mail and Phone Exp		150.00	150.00
640 Professional Services	155.00	5,500.00	5,345.00
650 LSC Services			0.00
652 PO Box		100.00	100.00
654 Registration Services	1,125.00	4,500.00	3,375.00
655 Treasurer Services	1,125.00	4,500.00	3,375.00
656 Miscellaneous LSC Services	13,786.73	21,550.00	7,763.27
<b>Total 650 LSC Services</b>	<b>\$ 16,036.73</b>	<b>\$ 30,650.00</b>	<b>\$ 14,613.27</b>
670 HOD/BOD Meetings	1,201.48	6,000.00	4,798.52
680 Convention Seminar Expense		10,000.00	10,000.00
710 Age Group Meets			0.00
714 Central Zones	2,635.00		-2,635.00
714.1 Central Zones Meet		16,000.00	16,000.00
714.2 Central Zones Open Water Meet	522.00	5,000.00	4,478.00
714.3 Multi Cultural Zones Meet	866.00	13,000.00	12,134.00
<b>Total 714 Central Zones</b>	<b>\$ 4,023.00</b>	<b>\$ 34,000.00</b>	<b>\$ 29,977.00</b>
719 State Meet Expenses	5,057.95	6,000.00	942.05
719.1 OKS Senior State Expenses		300.00	300.00
719.2 OKS 14-Under State Expenses	31,200.01	35,000.00	3,799.99
719.3 OKS LCM State Expenses		400.00	400.00
<b>Total 719 State Meet Expenses</b>	<b>\$ 36,257.96</b>	<b>\$ 41,700.00</b>	<b>\$ 5,442.04</b>
<b>Total 710 Age Group Meets</b>	<b>\$ 40,280.96</b>	<b>\$ 75,700.00</b>	<b>\$ 35,419.04</b>
720 Swimmers Expenses			0.00
721 Summer Sectional		8,000.00	8,000.00
722 Jr Nationals		4,000.00	4,000.00
723 Olympic Trials		3,600.00	3,600.00
724 Spring Sectional	7,950.00	6,000.00	-1,950.00
725 Nationals		2,000.00	2,000.00
726 US Open		0.00	0.00
727 Winter Juniors	470.00	4,500.00	4,030.00
728 TYR	150.00	4,500.00	4,350.00
729 Futures		9,000.00	9,000.00
732 Zones			0.00
732.1 Central Zones		12,000.00	12,000.00
732.2 Open Water Zones		2,000.00	2,000.00
<b>Total 732 Zones</b>	<b>\$ 0.00</b>	<b>\$ 14,000.00</b>	<b>\$ 14,000.00</b>
<b>Total 720 Swimmers Expenses</b>	<b>\$ 8,570.00</b>	<b>\$ 55,600.00</b>	<b>\$ 47,030.00</b>
736 LSC Apparel		500.00	500.00
740 Coaches Expenses			0.00
741 Coaches Education		7,000.00	7,000.00
742 Coaches Travel	2,500.00	12,000.00	9,500.00
<b>Total 740 Coaches Expenses</b>	<b>\$ 2,500.00</b>	<b>\$ 19,000.00</b>	<b>\$ 16,500.00</b>
750 DEI Clinics	1,037.59	6,000.00	4,962.41

<b>755 Workshops</b>			0.00
<b>756 LSC Practice Day</b>		6,000.00	6,000.00
<b>757 Leadership Summit</b>	1,839.50		-1,839.50
<b>759 LSC Travel Workshops</b>	3,638.48	6,000.00	2,361.52
<b>Total 755 Workshops</b>	<b>\$ 5,477.98</b>	<b>\$ 12,000.00</b>	<b>\$ 6,522.02</b>
<b>770 Officials Expense</b>	1,892.49	10,000.00	8,107.51
<b>780 Safe Sport Expense</b>		1,500.00	1,500.00
<b>800 Miscellaneous Expense</b>		500.00	500.00
<b>810 Foundation -Champions Club</b>		2,500.00	2,500.00
<b>840 Volunterism Recognition</b>		1,000.00	1,000.00
<b>845 Merchant Service Fees</b>		500.00	500.00
<b>846 Melio Credit card fee</b>	49.50	250.00	200.50
<b>847 QuickBooks Payments Fees</b>	265.60	500.00	234.40
<b>Uncategorized Expenditure</b>	1.50		-1.50
<b>Total Expenditures</b>	<b>\$ 77,554.71</b>	<b>\$ 241,310.00</b>	<b>\$ 163,755.29</b>
<b>Net Operating Revenue</b>	<b>\$ 10,043.02</b>	<b>-\$ 57,160.00</b>	<b>-\$ 67,203.02</b>
<b>Net Revenue</b>	<b>\$ 10,043.02</b>	<b>-\$ 57,160.00</b>	<b>-\$ 67,203.02</b>
<b>TOTAL CASH BALANCE</b>	<b>475,367.98</b>	<b>\$ 0.00</b>	
Friday, Jun 07, 2024 02:13:46 PM GMT-7 - Cash Basis			



Oklahoma Swimming Inc.	
Statement of Financial Position	
As of May 31, 2024	
	Total
<b>ASSETS</b>	
<b>Current Assets</b>	
<b>Bank Accounts</b>	
Arvest Bank - Aquatic	125,157.03
Arvest Bank - Registration	26,018.47
Arvest Bank - Savings	206.79
Arvest Bank - Travel	0.00
Savings (Reserve Account)	0.00
Transfer to Aquatic Fund	0.00
<b>Total Bank Accounts</b>	<b>\$ 151,382.29</b>
<b>Other Current Assets</b>	
First Western Investment Account	328,866.28
Undeposited Funds	0.00
<b>Total Other Current Assets</b>	<b>\$ 328,866.28</b>
<b>Total Current Assets</b>	<b>\$ 480,248.57</b>
<b>TOTAL ASSETS</b>	<b>\$ 480,248.57</b>
<b>LIABILITIES AND EQUITY</b>	
<b>Liabilities</b>	
<b>Current Liabilities</b>	
<b>Credit Cards</b>	
Arvest Credit Card	4,880.59
<b>Total Credit Cards</b>	<b>\$ 4,880.59</b>
<b>Total Current Liabilities</b>	<b>\$ 4,880.59</b>
<b>Total Liabilities</b>	<b>\$ 4,880.59</b>
<b>Equity</b>	
Opening Balance Equity	193,110.32
Unrealized Gains or Losses	25,210.79
Unrestricted Net Assets	247,003.85
Net Revenue	10,043.02
<b>Total Equity</b>	<b>\$ 475,367.98</b>
<b>TOTAL LIABILITIES AND EQUITY</b>	<b>\$ 480,248.57</b>
Friday, Jun 07, 2024 02:26:30 PM GMT-7 - Cash Basis	



**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	
R-2	To define officiating terminology.	OFFICIAL GLOSSARY	
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	
R-4	To be consistent with World Aquatics Terminology.	101.3	
R-5	To be consistent with World Aquatics Terminology.	101.6	
R-6	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	
R-7	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	
R-8	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	
R-9	To clarify the required height of the backstroke flags for National Championship events.	103.17	
R-10	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	
R-11	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	
R-12	To update the Rulebook to reflect the current process and to remove language for items that no longer apply.	205.9	
R-13	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	

R-14	To reduce the size of the committee to a manageable, effective size. As always, ex-officio members may be added as needed. The current size of the committee would be reduced through attrition.	501.1.3	
R-15	To reflect current practice with the distribution of Rulebooks.	503.2	
R-16	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	

No.	Description	Location	Recommendation
HK-1	To correct terminology of alternating kick and scissor kick.	101.2 101.3	
HK-2	To change all references from mixed gender to mixed competition category for consistency.	101.7 102.1 104.2.2 705.6 705.7	
HK-3	To add clarity to the use of alternates in Finals heats.	102.5	
HK-4	To remove unnecessary wording.	102.8.1 F	
HK-5	To correct the title of the Committee Chair.	102.10.5 A	
HK-6	To correct the title of the Program & Events Coordinator and the President/CEO.	202.4.11	
HK-7	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	
HK-8	To correct the title of the President/CEO.	206.3.1	
HK-9	To correct the title of the Committee Chair.	501.1.3	
HK-10	To correct the title of the Committee.	607.1	
HK-11	To correct reference to the President/CEO.	705.3	
HK-12	To remove unnecessary wording describing the President/CEO.	705.4	
HK-13	To use consistent language in referencing the Rules & Regulations Committee Chair.	Multiple Occurrences	
HK-14	To change FINA to World Aquatics and to use gender-neutral references.	Multiple Occurrences Required LSC Bylaws	

RES 1	To increase the annual club fee.
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**RULES & REGULATIONS COMMITTEE  
PACKET OF PROPOSED AMENDMENTS TO  
THE USA SWIMMING RULES & REGULATIONS  
2024**

R-1	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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**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 \_\_\_\_\_.*  
**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.
- .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
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**Location:** Page 15-20 – **OFFICIAL GLOSSARY**  
**Proposed by:** Program & Events Coordinator  
**Purpose:** To define officiating terminology.  
**Recommendation:** *The Rules & Regulations Committee recommends \_\_\_\_\_.*  
**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 during a session to perform duties as enumerated under 102.11.

**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 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
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**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 \_\_\_\_\_.*

**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:

A-C [no changes]

D Use a "stand" command in accordance with 101.1.2 D, 101.1.3 A, and 101.1.3 D.

R-4	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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**Location:** Page 23 – **101.3 – BUTTERFLY**

**Proposed by:**

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

**Recommendation:** *The Rules & Regulations Committee recommends* \_\_\_\_\_.

**Effective Date:** Immediately

### 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 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.~~

.5 [no changes]

R-5	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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**Location:** Page 24-25 – **101.6 – INDIVIDUAL MEDLEY**

**Proposed by:**

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

**Recommendation:** *The Rules & Regulations Committee recommends* \_\_\_\_\_.

**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]

R-6	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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**Location:** Page 25 – **101.7.3 – Mixed Gender Relay**

**Proposed by:** Minnesota Swimming Board of Directors

**Purpose:** 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.

**Recommendation:** *The Rules & Regulations Committee recommends \_\_\_\_\_.*

**Effective Date:** Immediately

## 101.7 RELAYS

.1-.2 *[no changes]*

.3 **Mixed Gender Relay** – must consist of two (2) males and two (2) females. 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.

.4 *[no changes]*

R-7	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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**Location:** Page 26 – **102.1.2 – AGE GROUP EVENTS**

**Proposed by:** Athletes' Executive Committee

**Purpose:** To provide additional competition opportunities for still-developing 13-14 year old athletes by adding the 50s of strokes as eligible competition events.

**Recommendation:** *The Rules & Regulations Committee recommends \_\_\_\_\_.*

**Effective Date:** Immediately

## 102.1 EVENTS – *[no changes]*

.1 *[no changes]*

.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.

10 Years and Younger

50, 100, 200, 400m/500y freestyle

50, 100 backstroke

50, 100 breaststroke

50, 100 butterfly

100, 200 individual medley

200 freestyle relay

200 medley relay

200 mixed gender freestyle relay

200 mixed gender medley relay

11, 12 Years

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

50, 100, 200 backstroke

50, 100, 200 breaststroke

50, 100, 200 butterfly

100, 200, 400 individual medley

200, 400 freestyle relay

200, 400 medley relay

200, 400 mixed gender freestyle relay

200, 400 mixed gender medley relay

13, 14 Years

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

50, 100, 200 backstroke

50, 100, 200 breaststroke

50, 100, 200 butterfly

200, 400 individual medley

200, 400, 800 freestyle relay

200, 400 medley relay

200, 400, 800 mixed gender freestyle relay



247            200, 400 mixed gender medley relay  
 248  
 249            13, 14, 15, 16, 17, 18 Years  
 250            50, 100, 200, 400m/500y, 800m/1000y, 1500m/1650y freestyle  
 251            100, 200 backstroke  
 252            100, 200 breaststroke  
 253            100, 200 butterfly  
 254            200, 400 individual medley  
 255            200, 400, 800 freestyle relay  
 256            200, 400 medley relay  
 257            200, 400, 800 mixed gender freestyle relay  
 258            200, 400 mixed gender medley relay  
 259  
 260            .3-.7    *[no changes]*  
 261

R-8	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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262 **Location:** Page 33 – **102.8.1 – SWIMWEAR**  
 263 **Proposed by:** Rules & Regulations Committee  
 264 **Purpose:** To provide a minimally invasive method to support regularly occurring finger and toe injuries, and adopt a rule  
 265 that has been an interpretive decision by USA Swimming, as well as a current rule for World Aquatics.  
 266 **Recommendation:** *The Rules & Regulations Committee recommends \_\_\_\_\_.*  
 267 **Effective Date:**  
 268  
 269 **102.8 SWIMWEAR**  
 270 **.1 Design**  
 271 A-D *[no changes]*  
 272 E No swimmer is permitted to wear or use any device, substance or swimsuit to help his/her speed, pace,  
 273 buoyancy or endurance during a race (such as webbed gloves, flippers, fins, power bands, adhesive  
 274 substances, etc.). The use of technology and automated data collection devices is permissible for the sole  
 275 purpose of collecting data. Automated devices shall not be utilized to transmit data, sounds, or signals to the  
 276 swimmer and may not be used to aid their speed. Goggles may be worn, and rubdown oil applied if not  
 277 considered excessive by the Referee. Therapeutic elastic tape is prohibited. As a consequence of injury, it is  
 278 permissible to tape not more than one or two fingers or toes. Any other kind of tape on the body is not permitted  
 279 unless approved by the Referee.  
 280 F *[no changes]*  
 281 **.2-.3** *[no changes]*  
 282

R-9	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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283 **Location:** Page 51 – **103.17 – /M/ BACKSTROKE FLAGS AND LINES**  
 284 **Proposed by:** Rules & Regulations Committee  
 285 **Purpose:** To clarify the required height of the backstroke flags for National Championship events.  
 286 **Recommendation:** *The Rules & Regulations Committee recommends \_\_\_\_\_.*  
 287 **Effective Date:**  
 288  
 289 **103.17 /M/ BACKSTROKE FLAGS AND LINES**  
 290 **.1 Design:** At least three triangular pennants six (6) to twelve (12) inches in width at the base and twelve (12) to eighteen  
 291 (18) inches in vertical length, of two or more alternating and contrasting colors shall be suspended on a firmly stretched  
 292 line over each lane during all warm-up periods and during competition for all backstroke, individual medley and medley  
 293 relay events.  
 294 **.2 Location:**  
 295 A **Long course and short course meters:** 5 meters (16 feet 5 inches) from each end of the course, and,  
 296 (1) a-A minimum of 1.8 meters (5 feet 11 inches) to a maximum of 2.5 meters (8 feet 3 inches) above  
 297 the water surface.

- 298 (2) /NC/ 1.8 meters (5 feet 11 inches) above the water surface shall be required for National  
 299 Championships.  
 300 B **Short course yards:** 15 feet (4.57 meters) from each end of the course, 7 feet (2.13 meters) above the water  
 301 surface.  
 302 C Height shall be measured to the horizontal line from which the pennants are suspended.  
 303

R-10	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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304 **Location:** Page 67 – **202.8 REQUIREMENTS FOR OBSERVED SWIMS**  
 305 **Proposed by:** Pam Lowenthal, Illinois Swimming  
 306 **Purpose:** To allow athletes who leave a club for a period (e.g., High School) before the end of the registration year to  
 307 register upon returning to the club in the current registration year and have times achieved at observed  
 308 meets during the period their registration lapsed eligible for entry into the SWIMS database.

309 **Recommendation:** *The Rules & Regulations Committee recommends \_\_\_\_\_.*

310 **Effective Date:**

311  
 312 **202.8 REQUIREMENTS FOR OBSERVED SWIMS** — Swims may be observed by assigned USA Swimming or YMCA officials  
 313 for conformance with USA Swimming technical rules in a meet conducted under other than USA Swimming rules (NFHS, USMS,  
 314 USOPC). Official times achieved as observed swims may be submitted for entry into the SWIMS database for a USA Swimming  
 315 member in either the current or immediately preceding registration year if all of the following conditions are met:

316  
 317 .1-.4 [no changes]  
 318

R-11	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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319 **Location:** Page 74 – **205.7 ZONE SENIOR PROGRAM**  
 320 **Proposed by:** Melissa Hellervik-Bing and Bruno Darzi, Southern Zone Directors  
 321 **Purpose:** To clarify that each Zone may govern their Senior Zone Championship meet as they wish, including setting  
 322 the qualifying and eligibility standards and participation requirements.

323 **Recommendation:** *The Rules & Regulations Committee recommends \_\_\_\_\_.*

324 **Effective Date:** January 1, 2025

325  
 326 **205.7 ZONE SENIOR PROGRAM** – Each Zone may offer at least one Zone Senior Championship meet, recommended to be  
 327 long course if only one is conducted. The competition will be governed by the Zone.

- 328 ~~.1 The competition will be governed by the Zone.~~  
 329 ~~.2 The competition is for swimmers who meet the qualifying and eligibility standards set by the Zone.~~  
 330 ~~.3 Swimmers at this meet will represent their clubs, swim unattached, or represent their LSC in an all-star format.~~  
 331 ~~.4 Eligibility: Participation in the Zone Senior Championship meet shall be restricted to registered swimmers of that Zone.~~  
 332

R-12	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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333 **Location:** Page 75 – **205.9 NATIONAL AGE GROUP RECOGNITION PROGRAM**

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

335 **Purpose:** To update the Rulebook to reflect the current process and to remove language for items that no longer apply.

336 **Recommendation:** *The Rules & Regulations Committee recommends \_\_\_\_\_.*

337 **Effective Date:** Immediately

338  
 339 **205.9 NATIONAL AGE GROUP RECOGNITION PROGRAM**

340 .1 Times submitted for recognition shall be achieved in the recognized events in 102.1.2 and in accordance with 102.23.1C,  
 341 ~~in USA Swimming recognized times from any USA Swimming Sanctioned or Approved competition, USA Swimming~~  
 342 ~~Observed Swims, or meets sanctioned by World Aquatics or World Aquatics members and accepted for national times~~  
 343 ~~reporting by USA Swimming may be used. These Times loaded into SWIMS that are not recognized for USA Swimming~~  
 344 ~~cannot be used.~~

345 ~~.2 Meets must be conducted between September 1 of one calendar year and August 31 of the next calendar year.~~

346 ~~.2 A swimmer must be a USA Swimming athlete member at the time of the swim.~~

- ~~.3 The Times & Recognition Committee Chair (or his/her designee) shall establish and distribute the specifications of the Recognition Program to the LSCs before the start of the subsequent reporting period. These procedures will include the reporting period, deadlines, awards to be given, and the expected publication date.~~
- ~~.43 If the times are achieved in a meet conducted in a continuous session overlapping the start of a reporting period, the last day of the meet shall be the last day of the reporting period for that meet.~~
- ~~.5 Each LSC shall be responsible for submitting all official times achieved within its boundaries for consideration.~~
- ~~.64 An Awards list shall be published for both short and long course competition. Top-Ten certificates for LSCs will be made available on the USA Swimming website.~~
- ~~.5 LSCs may award Top-Ten certificates for both short course yard and long course meter events. The age for individual events is 11, 12, 13, 14, 15, 16, 17, and 18. Relays are 11-12, 13-14, and 15-18.~~
- ~~.76 No club's relay team may be listed more than once, unless that club has an additional relay or relays comprised of four different swimmers. If the club has an additional relay entitled to listing with a change of one, two or three individual swimmers from a higher listed relay, those additional swimmers will be listed after the club's higher ranked team members.~~
- ~~.8 Each swimmer achieving the fastest reported time in each individual event and each member of the relay team achieving the fastest time in a relay event shall be awarded an appropriate certificate and an emblem, pin or similar memento by USA Swimming.~~

R-13	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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**Location:** Page 95 – **501.1 – OPERATING COMMITTEES**  
Page 95-96 – **501.1.2 – COACH ADVISORY COUNCIL**  
Page 96 – **501.1.3 – RULES & REGULATIONS COMMITTEE**  
Page 97 – **501.1.4 – NATIONAL TEAM STEERING COMMITTEE**  
Page 97-98 – **501.1.5 – SENIOR DEVELOPMENT COMMITTEE**  
Page 98 – **501.1.6 – AGE GROUP DEVELOPMENT COMMITTEE**

**Proposed by:** Coach Advisory Council

**Purpose:** To clearly define the roles and duties of the Coach Advisory Council.

**Recommendation:** *The Rules & Regulations Committee recommends \_\_\_\_\_.*

**Effective Date:**

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

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

**501.1.2 COACH ADVISORY COUNCIL**

- A** The Coach Advisory Council (CAC) shall consist of eighteen (18) voting members comprised of the following:
- (1) Twelve (12) coaches, with no less than three (3) from each gender, who are USA Swimming non-athlete coach members in good standing directly elected by USA Swimming non-athlete coach members in good standing. A minimum of one (1) individual from each zone's geographic area shall be maintained among the members who are elected under this provision; and
  - (2) Six (6) 10-Year Athlete representatives and/or 10-Year+ Athlete representatives appointed by the AAC. At least 50% of the athletes must meet the requirements of 10-Year Athlete representatives.
- B** The CAC shall report directly to the Board of Directors.
- BC** The CAC non-athlete coach members shall be elected in accordance with the CAC Policy Manual.
- CD** The Chair, Vice-Chair, and Secretary shall be elected by its voting the CAC members.
- DE** Each CAC non-athlete coach member shall serve a three (3) year term, staggered so that one-third (33.3%) of such members are elected each year.
- EF** The CAC shall lead, direct, and represent the voice, opinions, and viewpoints of all nonathlete 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.

401  
402 **501.1.3 RULES & REGULATIONS COMMITTEE**  
403

- 404 **A** The Rules & Regulations Committee shall consist of the following:  
405 (1)-(3) *[no changes]*  
406 ~~(4) Eight (8) non-athlete members appointed by the President/CEO (or his/her designee), at least three~~  
407 ~~(3) of whom shall be coaches;~~  
408 (4) Five (5) non-athlete members appointed by the President/CEO (or his/her designee);  
409 (5) Three (3) coach members appointed by the CAC;  
410 *[re-number remaining]*  
411 **B-D** *[no changes]*  
412

413 **501.1.4 NATIONAL TEAM STEERING COMMITTEE**  
414

- 415 **A** **Membership:** The National Team Steering Committee shall consist of:  
416  
417 (1) Nine (9) coaches selected as follows;  
418 Preceding Head Men's Olympic Coach  
419 Preceding Head Women's Olympic Coach  
420 Preceding Head Open Water Olympic Coach  
421 The Head Women's Coach for the two (2) Long Course World Championships preceding the Olympic  
422 Games  
423 The Head Men's Coach for the two (2) Long Course World Championships preceding the Olympic  
424 Games  
425 Two coaches appointed by the ~~President/CEO (or his/her designee)~~ CAC in consultation with the  
426 National Team Managing Director  
427 Any vacancies on the committee shall be filled by appointment by the President/CEO (or his/her  
428 designee) in consultation with the National Team Managing Director.  
429 (2)-(5) *[no changes]*  
430 **B-D** *[no changes]*  
431

432 **501.1.5 SENIOR DEVELOPMENT COMMITTEE**  
433

- 434 **A** The Senior Development Committee shall consist of twelve (12) members. The President/CEO (or his/her  
435 designee) shall appoint ~~eight (8) three (3) members, at least five (5) of whom shall be coaches,~~ the CAC shall  
436 ~~appoint five (5) coach members,~~ and the AAC shall appoint four (4) athlete members (in consultation with the  
437 AEC). The Age Group Development Committee Chair (or his/her designee) shall be an ex-officio member with  
438 voice but no vote.  
439 **B-C** *[no changes]*  
440

441 **501.1.6 AGE GROUP DEVELOPMENT COMMITTEE**  
442

- 443 **A** The Age Group Development Committee shall consist of twelve (12) members. The President/CEO (or his/her  
444 designee) shall appoint ~~(8) members, with at least one (1) representative from each Zone and at least five (5)~~  
445 ~~coach members, three (3) members.~~ The CAC shall appoint five (5) coach members, with at least one (1)  
446 coach from each Zone. The AAC shall appoint four (4) athlete members (in consultation with the AEC). The  
447 Senior Development Committee Chair (or his/her designee) shall be an ex-officio member with voice but no  
448 vote.  
449 **B-C** *[no changes]*  
450

451 **501.1.7 SELECTION PROCEDURE APPROVAL COMMITTEE** *[no changes]*  
452

R-14	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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**Location:** Page 96 – **501.1.3 – RULES & REGULATIONS COMMITTEE**  
**Proposed by:** Rules & Regulations Committee  
**Purpose:** To reduce the size of the committee to a manageable, effective size. As always, ex-officio members may be added as needed. The current size of the committee would be reduced through attrition.  
**Recommendation:** *The Rules & Regulations Committee recommends \_\_\_\_\_.*  
**Effective Date:** January 1, 2025

#### 501.1.3 RULES & REGULATIONS COMMITTEE

- A The Rules & Regulations Committee shall consist of the following:
- (1) The Rules & Regulations Committee Chair, appointed pursuant to 501.1.3(C);
  - (42) The Officials Committee Chair (or his/her designee) and the Program & Events Coordinator;
  - (23) ~~Three (3)~~ Two (2) Actively Engaged Athlete Representatives appointed by the AEC;
  - (34) ~~Seven (7)~~ Five (5) 10-Year Athlete representatives appointed by the AAC;
  - (45) ~~Eight (8)~~ Five (5) non-athlete members appointed by the President/CEO (or his/her designee), at least three (3) of whom shall be coaches;
  - (56) The immediate past chair of the Rules & Regulations Committee, the USA Swimming representative to the World Aquatics Technical Open Water Swimming Committee, the USA Swimming representative to the World Aquatics Technical Swimming Committee, and one (1) representative (or designee) from each of the following: the USMS, the NCAA, the YMCA, and the National Federation of State High School Associations (NFHS), as ex-officio members with voice but no vote; and
  - (67) The President/CEO and the Secretary & General Counsel, or their respective designees, and others appointed by the Rules & Regulations Committee Chair, as ex-officio members with voice but no vote.
- B-E [no changes]

R-15	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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**Location:** Page 100 – **503.2 – RULEBOOK**  
**Proposed by:**  
**Purpose:** To reflect current practice with the distribution of Rulebooks.  
**Recommendation:** *The Rules & Regulations Committee recommends \_\_\_\_\_.*  
**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-16	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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**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 \_\_\_\_\_.*  
**Effective Date:** Immediately

#### OFFICIAL GLOSSARY

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

#### 701.1 EVENTS

506 .1 *[no changes]*  
507 .2 **Wetsuit Events**  
508 A At Junior National and National Championships and any sanctioned open water competition with a race  
509 distance of 5k and greater, World Aquatics rules regarding use of wetsuits shall apply.  
510 B For all ~~other~~ open water competitions with water temperature below 18.0°C (64.4°F), participants ~~may use~~  
511 ~~either swimsuits or must use~~ wetsuits (refer to 701.4.5).  
512 C Meet Directors may also designate a wetsuit competition category at any event other than Junior National  
513 Championships, National Championships, and Zone Open Water Championships.  
514 .3 *[no changes]*  
515  
516 **701.4 SWIMWEAR**  
517 .1-.4 *[no changes]*  
518 .5 **Wetsuits at Championships Events (701.1 A)** — Wetsuits (for both men and women) shall completely cover torso,  
519 back, shoulders and knees. They shall not extend beyond the neck, wrists and ankles.  
520 .56 **Wetsuits at non-Championships Events (701.1 C)** — ~~Wetsuits are swimsuits made of material providing thermal~~  
521 ~~insulation. Wetsuits (for both men and women) shall completely cover torso, back, shoulders and knees. They shall not~~  
522 ~~extend beyond the neck, wrists and ankles. The thickness of material(s) used shall be maximum 5 mm. In addition, the~~  
523 ~~outer surface of the wetsuit shall not include outstanding shapes, such as ridges, fins, etc.~~  
524  
525 **ARTICLE 705 - USA SWIMMING OPEN WATER NATIONAL AND JUNIOR NATIONAL CHAMPIONSHIPS**  
526  
527 **705.1-705.2** *[no changes]*  
528 **705.3 EVENTS** – In conjunction with the Managing Director, National Team, or designee, the Open Water Committee may  
529 designate additional events as qualifying competitions for the Open Water Junior National and National Championships,  
530 including the 5k at Zone Open Water Championships.  
531 **705.34 ENTRY FEES** – *[no changes]*  
532 **705.45 ENTRY PROCESS AND MEET ANNOUNCEMENT** — The entry procedure shall be stated in the meet announcement.  
533 The meet announcement shall be prepared under joint direction of and approved by the ~~National Team Steering Open~~  
534 Water Committee, the Meet Director, Program & Events Coordinator, and the President/CEO of USA Swimming (or  
535 his/her designee).  
536 **705.56 RESULTS** — Results shall be submitted to the ~~National Team Steering Open Water Committee~~, USA Swimming, and  
537 posted on the USA Swimming website.  
538 **705.67 TEAM EVENT ENTRIES** *[no changes]*  
539 **705.78 SCORING** – *[no changes]*  
540 **705.89 AWARDS**  
541 .1 Individual champions shall be determined and awarded in women's and men's competitions. Medals shall be awarded  
542 to all first through eighth place finishers in each individual event.  
543 .2 The male and female swimmers eighteen (18) years of age and younger attaining the highest finish position shall be  
544 designated as the USA Swimming 18 and under Open Water Swimming Champion in ~~each contested event~~ the 10K  
545 and 5K National Championships and shall receive the appropriate USA Swimming Championship medals.  
546 .3 ~~The American male and female swimmers ages sixteen (16) years and younger and the American male and female~~  
547 ~~swimmers ages seventeen through eighteen (17-18) years placing highest in the 5k and 10k events shall be designated~~  
548 ~~the USA Swimming Age Group National Champion in their respective age group and shall receive the appropriate USA~~  
549 ~~Swimming Championship medals.~~  
550 *[re-number remaining]*  
551 **705.910 ELIGIBILITY** — Qualifying times and/or qualifying criteria may be established by the Meet Director with the  
552 concurrence of the ~~National Team Steering Open Water Committee~~.  
553 **705.4011 PROOF OF TIME** – *[no changes]*  
554

HK-1	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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**Location:** Page 22 – **101.2 – BREASTSTROKE**  
Page 23 – **101.3 – BUTTERFLY**  
**Proposed by:** Rules & Regulations Committee  
**Purpose:** To correct terminology of alternating kick and scissor kick.  
**Recommendation:** *The Rules & Regulations Committee recommends \_\_\_\_\_.*  
**Effective Date:**

## **101.2 BREASTSTROKE**

.1 *[no changes]*

.2 **Stroke** – After the start and after each turn when the swimmer leaves the wall, the body shall be kept on the breast. It is not permitted to roll onto the back at any time except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order.

All movements of the arms shall be simultaneous without alternating ~~movement~~ kick.

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

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

.3 **Kick** – After the start and each turn, at any time prior to the first breaststroke kick, a single butterfly kick is permitted. Following which, all movements of the legs shall be simultaneous without alternating ~~movement~~ kick.

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

.4 *[no changes]*

## **101.3 BUTTERFLY**

.1-.2 *[no changes]*

.3 **Kick** – All up and down movements of the legs and feet must be simultaneous. The position of the legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A scissors kick or breaststroke kicking movement is not permitted.

.4-.5 *[no changes]*

HK-2	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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**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 \_\_\_\_\_.*

**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

100, 200 backstroke

100, 200 butterfly

100, 200 breaststroke

200, 400 individual medley

200, 400, 800 freestyle relay

200, 400 medley relay

200, 400, 800 mixed ~~gender~~ competition category freestyle relay

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.

10 Years and Younger

50, 100, 200, 400m/500y freestyle

50, 100 backstroke

50, 100 breaststroke

50, 100 butterfly

100, 200 individual medley

200 freestyle relay

200 medley relay

200 mixed ~~gender~~ competition category freestyle relay

200 mixed ~~gender~~ competition category medley relay

11, 12 Years

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

50, 100, 200 backstroke

50, 100, 200 breaststroke

50, 100, 200 butterfly

100, 200, 400 individual medley

200, 400 freestyle relay

200, 400 medley relay

200, 400 mixed ~~gender~~ competition category freestyle relay

200, 400 mixed ~~gender~~ competition category medley relay

13, 14, 15, 16, 17, 18 Years

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

100, 200 backstroke

100, 200 breaststroke

100, 200 butterfly

200, 400 individual medley

200, 400, 800 freestyle relay

200, 400 medley relay

200, 400, 800 mixed ~~gender~~ competition category freestyle relay

200, 400 mixed ~~gender~~ competition category medley relay

.3-.7 [no changes]

## **104.2.2 American and United States Open Records**

A [no changes]

B **Recognized Distances and Strokes (Men and Women)**

(1) **Short Course Yards** — Made only over courses 25 yards long



664	Freestyle	50, 100, 200, 500, 1000, 1650 yards
665	Backstroke	100, 200 yards
666	Breaststroke	100, 200 yards
667	Butterfly	100, 200 yards
668	Individual Medley	200, 400 yards
669	Freestyle Relay	200, 400, 800 yards
670	Mixed <del>Gender</del> <u>competition category</u> Freestyle Relay	200, 400, 800 yards
671	Medley Relay	200, 400 yards
672	Mixed <del>Gender</del> <u>competition category</u> Medley Relay	200, 400 yards
673	(2) <b>Short Course Meters</b> — Made only over courses 25 meters long	
674	Freestyle	50, 100, 200, 400, 800, 1500 meters
675	Backstroke	50, 100, 200 meters
676	Breaststroke	50, 100, 200 meters
677	Butterfly	50, 100, 200 meters
678	Individual Medley	100, 200, 400 meters
679	Freestyle Relay	200, 400, 800 meters
680	Mixed <del>Gender</del> <u>competition category</u> Freestyle Relay	200, 400, 800 meters
681	Medley Relay	200, 400 meters
682	Mixed <del>Gender</del> <u>competition category</u> Medley Relay	200, 400 meters
683	(3) <b>Long Course</b> — Made only over courses 55 yards or 50 meters long	
684	Freestyle	50, 100, 200, 400, 800, 1500 meters
685	Backstroke	50, 100, 200 meters
686	Breaststroke	50, 100, 200 meters
687	Butterfly	50, 100, 200 meters
688	Individual Medley	200, 400 meters
689	Freestyle Relay	200, 400, 800 meters
690	Mixed <del>Gender</del> <u>competition category</u> Freestyle Relay	200, 400, 800 meters
691	Medley Relay	200, 400 meters
692	Mixed <del>Gender</del> <u>competition category</u> Medley Relay	200, 400 meters
693	C <b>Special Requirements and Conditions</b>	
694	(1) Lead-off legs/initial distances of mixed <del>gender</del> <u>competition category</u> relays shall not count for American or U.S.	
695	Open records.	
696	(2)-(7) <i>[no changes]</i>	
697		
698	705.6 <b>TEAM EVENT ENTRIES</b>	
699	.1 <i>[no changes]</i>	
700	.2 When participating concurrently in individual and team events, no participant shall compete in more than two team	
701	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>	
702	<u>competition category</u> team.	
703		
704	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,	
705	4, 3, 2, 1.	
706	.1 <b>Team Events</b> — team events shall be scored in men's, women's and mixed- <del>gender</del> <u>competition category</u> categories.	
707	.2 <i>[no changes]</i>	
708		

HK-3	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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709 **Location:** Page 31 – **102.5 – SEEDING, LANE ASSIGNMENTS, SWIM-OFFS, AND ORDER OF HEATS**  
710 **Proposed by:** Rules & Regulations Committee  
711 **Purpose:** To add clarity to the use of alternates in Finals heats.  
712 **Recommendation:** *The Rules & Regulations Committee recommends \_\_\_\_\_.*  
713 **Effective Date:** Immediately  
714

715 **102.5 SEEDING, LANE ASSIGNMENTS, SWIM-OFFS, AND ORDER OF HEATS**

716  
717 .1-.5 *[no changes]*

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

HK-4	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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**Location:** Page 33 – **102.8.1 F – SWIMWEAR**

**Proposed by:** Rules & Regulations Committee

**Purpose:** To remove unnecessary wording.

**Recommendation:** *The Rules & Regulations Committee recommends \_\_\_\_\_.*

**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-5	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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**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 \_\_\_\_\_.*

**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-6	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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**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 \_\_\_\_\_.*

**Effective Date:** Immediately

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

- 769 .1-.10 [no changes]  
 770 .11 Application for sanction must be accompanied by a copy of the complete meet announcement which must include the  
 771 following:  
 772 A-I [no changes]  
 773 J The following statement: "Operation of a drone, or any other flying apparatus, is prohibited over the venue  
 774 (pools, athlete/coach areas, spectator areas and open-ceiling locker rooms) any time athletes, coaches,  
 775 officials and/or spectators are present."  
 776  
 777 Exceptions may be granted with prior written approval by the Program & Events ~~Committee~~ Coordinator (or  
 778 his/her designee).  
 779 K-O [no changes]  
 780 .12 [no changes]  
 781 .13 Sanction fees shall be established by the LSC, except those for national and international meets which shall be  
 782 established by the USA Swimming President/CEO.  
 783 .14-.16 [no changes]  
 784

HK-7	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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- 785 **Location:** Page 65 – **202.6.4 REQUIREMENTS FOR APPROVAL**  
 786 **Proposed by:** Rules & Regulations Committee  
 787 **Purpose:** To update the current committee structure to reflect that the times and recognition functions are a part of the  
 788 Registration/Membership Committee.  
 789 **Recommendation:** *The Rules & Regulations Committee recommends \_\_\_\_\_.*  
 790 **Effective Date:** Immediately  
 791  
 792 **202.6 REQUIREMENTS FOR APPROVAL** – Approval of competition may be issued, withheld or withdrawn by an LSC in  
 793 accordance with the following regulations:  
 794 .1-.3 [no changes]  
 795 .4 Approvals may be issued to member clubs or to LSCs for open competition conducted in accordance with USA Swimming  
 796 technical rules if that competition has been specifically approved by the ~~Times & Recognition~~ Registration/Membership  
 797 Committee staff leader (or his/her designee).  
 798 .5-.18 [no changes]  
 799

HK-8	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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- 800 **Location:** Page 76 – **206.3.1 – AWARD OF EVENTS**  
 801 **Proposed by:** Rules & Regulations Committee  
 802 **Purpose:** To correct the title of the President/CEO.  
 803 **Recommendation:** *The Rules & Regulations Committee recommends \_\_\_\_\_.*  
 804 **Effective Date:** Immediately  
 805  
 806 **206.3 AWARD OF EVENTS**  
 807 .1 USA Swimming National Championships, Trials Class, U.S. Open, Open Water Championships and Disability  
 808 Championships shall be contracted for by the USA Swimming President/CEO (or his/her designee) in accordance with  
 809 Article 206 and Article 207, after approval by the Board of Directors.  
 810 .2 [no changes]  
 811

HK-9	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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- 812 **Location:** Page 96 – **501.1.3 – RULES & REGULATIONS COMMITTEE**  
 813 **Proposed by:** Rules & Regulations Committee  
 814 **Purpose:** To correct the title of the Committee Chair.  
 815 **Recommendation:** *The Rules & Regulations Committee recommends \_\_\_\_\_.*  
 816 **Effective Date:** Immediately  
 817  
 818 **501.1.3 RULES & REGULATIONS COMMITTEE**  
 819 A The Rules & Regulations Committee shall consist of the following:

820 (1) The National Officials Committee Chair (or his/her designee) and the Program & Events Coordinator;  
821 (2)-(6) [no changes]  
822 B-E [no changes]  
823

HK-10	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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824 **Location:** Page 109 – **607.1 – APPEALS AND REVIEW**  
825 **Proposed by:** Rules & Regulations Committee  
826 **Purpose:** To correct the title of the Committee.  
827 **Recommendation:** *The Rules & Regulations Committee recommends* \_\_\_\_\_.  
828 **Effective Date:** Immediately  
829

830 **607.1 PETITION TO THE USA SWIMMING RULES AND REGULATIONS COMMITTEE —**

831 Any House of Delegates of any LSC or any member of USA Swimming may petition the USA Swimming Rules & Regulations  
832 Committee with respect to any proposed changes referenced in Articles 604 and 605 above. Such appeal must be submitted at  
833 least one hundred (100) days prior to the next regular or special meeting of the USA Swimming House of Delegates.  
834

HK-11	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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835 **Location:** Page 121 – **705.3 – ENTRY FEES**  
836 **Proposed by:** Rules & Regulations Committee  
837 **Purpose:** To correct reference to the President/CEO.  
838 **Recommendation:** *The Rules & Regulations Committee recommends* \_\_\_\_\_.  
839 **Effective Date:** Immediately  
840

841 **705.3 ENTRY FEES —** The entry fees shall be determined by the Meet Director with the concurrence of the President/CEO (or  
842 his/her designee).  
843

HK-12	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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844 **Location:** Page 121 – **705.4 – ENTRY PROCESS AND MEET ANNOUNCEMENT**  
845 **Proposed by:** Rules & Regulations Committee  
846 **Purpose:** To remove unnecessary wording describing the President/CEO.  
847 **Recommendation:** *The Rules & Regulations Committee recommends* \_\_\_\_\_.  
848 **Effective Date:** Immediately  
849

850 **705.4 ENTRY PROCESS AND MEET ANNOUNCEMENT —** The entry procedure shall be stated in the meet announcement. The  
851 meet announcement shall be prepared under joint direction of and approved by the National Team Steering Committee, the Meet  
852 Director, Program & Events Coordinator, and the President/CEO of USA Swimming (or his/her designee).  
853

HK-13	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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854 **Location:** Multiple Occurrences  
855 **Proposed by:** Rules & Regulations Committee  
856 **Purpose:** To use consistent language in referencing the Rules & Regulations Committee Chair.  
857 **Recommendation:** *The Rules & Regulations Committee recommends* \_\_\_\_\_.  
858 **Effective Date:** Immediately  
859

860 Change all references from:  
861 Chair of the Rules & Regulations Committee  
862 Chair of the USA Swimming Rules & Regulations Committee  
863 Rules Chair

864 To the:  
865 Rules & Regulations Committee Chair  
866

HK-14	ACTION	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Pulled
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**Location:** Various Sections – Required LSC Bylaws Template

**Proposed by:** Rules & Regulations Committee

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

**Recommendation:** *The Rules & Regulations Committee recommends \_\_\_\_\_.*

**Effective Date:** Immediately

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

6.2 OTHER DIRECTORS

.1 ATHLETE BOARD REPRESENTATIVES -

*Provision A:* Two (2) Athlete Board Representatives shall be elected, one each year for a two-year term, or until their respective successors are elected. At the time of election, the Athlete Board Representative must (a) be an athlete member in good standing; (b) be at least a sophomore in high school or at least 16 years of age, (c) be 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 (d) 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). The balloting shall take place via electronic vote and/or at a meeting called for that purpose by the Senior Athlete Board Representative *or the Athletes Committee*, or failing that, at a time and in a manner designated by the Board of Directors. At least *twenty (20)* days' written notice of the election shall be given to all clubs. The Athlete Board Representatives elected shall be determined by a majority of the [define the athlete voting members who elect the Athlete Board Representatives].

*Provision B:* Two (2) Athlete Board Representatives shall be elected by the House of Delegates, one each year, for a two-year term or until their respective successors are elected. At the time of election, the Athlete Board Representative must (a) be an athlete member in good standing; (b) be at least a sophomore in high school or at least 16 years of age, (c) be 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 (d) 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).

7.4 STANDING COMMITTEES & COORDINATORS

.1 ATHLETES COMMITTEE -

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

B-C [no changes]

.2-.4 [no changes]

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

.1 [no changes]

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

.3-.6 [no changes]

10.4 EXTENT OF INDEMNITY - To the full extent permitted by law, the indemnification provided in this Article shall include expenses (including attorneys' fees, disbursements and expenses), judgments, fines, penalties and amounts paid in settlement, and, except as limited by applicable laws, these expenses shall be paid by XXSI in advance of the final disposition 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 ~~herself 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.
- [no changes]*

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

**Proposed by:** Ira Klein and Kenneth Chung, Members of the Board of Directors

**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

#### Resolution to Increase the Annual Club Fee

Whereas, the annual fee for existing club teams will increase to \$275.00 per year.

Whereas, \$50 from this annual fee will be distributed back to the LSC.

Whereas, the additional \$155 increase over the existing annual fee will be utilized in the Sport Development budget through the 2028 registration year.

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 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 \$275 and the annual fee for the first three years for all new clubs to be \$750.