



## Proposed Changes to the USMS Rulebook Part 3: Open Water and Long Distance Swimming Rules

The following proposals are submitted, in accordance with section 601.2, by the Long Distance Committee for consideration by the House of Delegates at the 2010 Convention.

Note that the huge majority of the proposed changes are from review work done by the Long Distance Committee and are a matter of reorganizing, clarifying, maintaining consistency, and updating rules.

The proposals concerning reorganization of Part 3 are LD 4, 9, 10, 14, 19, 35, 47, 48, 50, 54, 55, 56, and 97.

The proposals of major substance are LD 6, 20, 36, 42, 46, 59, 62, 63, 68, 72, 78, and 102.

Other proposals of some substance are LD1, 2, 3, 7, 8, 12, 15, 17, 22, 23, 24, 26, 27, 29, 33, 34, 38, 40, 53, 69, 70, 71, 74, 75, 77, 81, 82, 84, 85, 86, 90, 92, 94, 98, 103.

Housekeeping proposals are LD 5, 11, 13, 16, 18, 21, 25, 28, 30, 31, 32, 37, 39, 41, 43, 44, 45, 49, 51, 52, 57, 58, 60, 61, 64, 65, 66, 67, 73, 76, 79, 80, 83, 87, 88, 89, 91, 93, 95, 96, 99, 100, and 101.

<b>LD 1</b>	Glossary	page xi	<b>Long Distance Committee</b>	Modify
<b>Action:</b> Adopted    Defeated    Adopted/Amended    Tabled    Postponed    Withdrawn    Pulled				

**Cable Swim**—a type of straightaway swim ~~alongside~~ a defined by quarter-mile cable, measured within plus or minus six inches, in open water and defined by a cable with floats or a continuous marking system visible to the swimmer.

*Rationale: This change brings the glossary into conformance with the rules.*

<b>LD 2</b>	Glossary	page xiv	<b>Long Distance Committee</b>	Modify
<b>Action:</b> Adopted    Defeated    Adopted/Amended    Tabled    Postponed    Withdrawn    Pulled				

**Straightaway Swim**—any swim of any length ~~that is set on a straight~~ where the course shall be a straight, measured distance within plus or minus 6 inches, in stationary open water and defined by a cable with floats or a continuous marking system visible to the swimmer.

*Rationale: This change brings the glossary into conformance with the rules.*

<b>LD 3</b>	301.2	page 55	<b>Long Distance Committee</b>	Add & Renumber
<b>Action:</b> Adopted    Defeated    Adopted/Amended    Tabled    Postponed    Withdrawn    Pulled				

### **301.2    POLICY MANUAL**

**301.2.1 Policy Manual**—The Long Distance Committee, with input from the Open Water Committee, shall develop and maintain a USMS Open Water Policy Manual. The manner of implementation, governing policies and management of the rules in part 3 shall be contained in this manual.



*Rationale: Defines an open water policy manual that will contain policies and process that do not need to be in the rule book and may require updating at intervals other than the current two-year cycle. By setting it up this year, we can begin migrating information to the manual as it is developed.*

<b>LD 4 301.2</b>	page 55	<b>Long Distance Committee</b>	Amend & Renumber				
<b>Action:</b>	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled

**301.23 MEMBERSHIP, REPRESENTATION AND SANCTIONS**

Membership, representation and sanctions for open water and long distance events shall be governed by all applicable rules under articles 201, ~~202~~ 204 and ~~203~~ 205. In addition, the following administrative rules apply:

*Rationale: Open water sanction information is listed in part 2 and part 3. In addition, the legislation about sanctions/recognition in part 2 is largely about pool competitions. This is a confusing situation. The above articles contain sanctioning legislation. The code has been moved to proposed sanction articles for open water in part 2. See the document “part 2 proposed.” If this new legislation cannot be approved in 2010, it should be resubmitted in 2011 and the above articles will not be deleted.*

<b>LD 5 301.2.1&amp;2</b>	page 55	<b>Long Distance Committee</b>	Amend & Renumber				
<b>Action:</b>	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled

**301.23.1** LMSCs are responsible for issuing open water and long distance sanctions for ~~meets~~ events involving USMS athletes. If any ~~meets~~ events are to be swum in more than one LMSC, the LMSC where the ~~meet~~ event will originate will have jurisdiction in issuing the sanction. This does not prohibit the other LMSC from also issuing a sanction for the ~~meet~~ event.

**301.23.2** Open water and long distance ~~meets~~ events ...

*Rationale: Housekeeping. Open water “meets” are called “events”, consistent with rules changes begun in 2008.*

<b>LD 6 301.2.3</b>	page 55	<b>Long Distance Committee</b>	Amend & Renumber				
<b>Action:</b>	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled

**301.23.3** One-event registrants shall not be eligible for records, ~~All American status or any other USMS special awards~~ to compete in national championship open water swims.

*Rationale: Competitors in USMS championships, and the champions themselves, should be full members of the corporation. To do otherwise debases the value of the full membership.*

<b>LD 7 301.3</b>	page 55	<b>Long Distance Committee</b>	Amend & Renumber				
<b>Action:</b>	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled

**301.34 LIABILITY RELEASE**

Entry forms shall contain the exact language of the liability release according to article 203.1 The following statement shall be added to the end of the release for all open water meets: “*Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming, including*



permanent disability or death, and agree to assume those risks.” The language may only be modified by naming the sanctioning LMSC, sponsoring USMS club(s) and/or additional insured(s) following “UNITED STATES MASTERS SWIMMING INC.” The liability release must be signed by each person prior to participation.

*Rationale: Even though “permanent disability and death” are mentioned early in the general liability release statement, it should be included again in the open water addendum for emphasis and so that swimmers are more likely to understand what their signature means. The proposed emphasis on growth in open water swimming will bring at least a proportional liability exposure to the corporation that we must consider.*

**LD 8 301.4** page 56 **Long Distance Committee** Amend & Renumber

<b>Action:</b> Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled
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**301.45 AGE DETERMINING DATE**

The eligibility age of a participant ~~for a particular age group will~~ shall be determined by the age as of the last day of the swim event, except for 18-year olds who must be 18 on the day that they swim.

*Rationale: The current age determining date does not address the needs of multi-day events.*

**LD 9 301.5&6** page 56 **Long Distance Committee** Move

<b>Action:</b> Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled
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**301.5 AGE GROUPS**

~~Age groups in individual events for men and women shall be the same as those listed in article 102.3.1.~~

**301.6 AWARDS**

~~If awards are given, they shall be of equal value for all age groups.~~

*Rationale: These two sections have been moved to article 303.1*

**LD 10 Heading & 302.1&2** page 56 **Long Distance Committee** Amend & Renumber

<b>Action:</b> Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled
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**ARTICLE 302:  
OPEN WATER EVENTS**

**302.1 Events**

~~An Open water and long distance events shall consist of individual and/or relay competition as described in articles 302.2 through 302.6~~ is a swimming event comprised of one or more swims of any distance conducted in an open body of water, either natural or man made. The distances shall be the same for both men and women.

**302.1.1** Open water events shall be comprised of individual and/or relay swims.

**302.1.2** At the discretion of the event director, clinics or other swimming activities may be included as part of open water events.

**302.1.3** At the discretion of the event director, open water events may be competitive and/or



non-competitive

**302.2 Definitions**

~~302.2.1 A long distance pool event is any swimming event that is a distance based event over 1650 yards (1508.8 meters) in length or a time based event equal to or longer than 60 minutes in time.~~

~~302.2.2 A long distance open water event is a swimming event of any distance conducted in an open body of water, either natural or manmade.~~

*Rationale: This proposal moves long distance pool definitions from article 302 to article 305, provides an expanded definition of open water events, and allows for non-competitive events in our definitions. In addition, it clarifies the difference between events and their component swims.*

**LD 11 302.3& 3.1** page 56 **Long Distance Committee** Amend & Renumber

<b>Action:</b> Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled
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**302.32 OPEN WATER SWIMS**

**302.32.1 Straightaway Events Swims**—The course shall be a straight, measured distance within plus or minus 6 inches, in stationary open water and defined by a cable with floats or a continuous marking system visible to the swimmer. Floats on the course shall be a maximum of 10 meters apart.

*Rationale: Housekeeping.*

**LD 12 302.3.1** page 56 **Long Distance Committee** Delete

<b>Action:</b> Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled
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~~A Course measurement—If permanent fixed and stationary markers are used, a course only needs to be certified once every five years. If course has no permanent stationary markers, it must be certified by a licensed surveyor annually.~~

*Rationale: Course measurement pertains more to process than rules, and thus should be moved from the rule book to the proposed USMS Open Water Policy Manual.*

**LD 13 302.3.2** page 56 **Long Distance Committee** Amend & Renumber

<b>Action:</b> Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled
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**302.32.2 Other Open Water Swims**—The ~~meet event~~ director shall determine...

*Rationale: Housekeeping.*

**LD 14 302.4** page 56 **Long Distance Committee** Move

<b>Action:</b> Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled
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**302.4 POOL**

~~A long distance pool event may be based on the time to swim a fixed distance or the distance swum over a fixed time. These events may be conducted in a designated pool or as a postal event.~~



~~302.4.1 Event Director~~—The event director shall have the discretion to decide the time/distance of the event and, in the case of postal events, the size(s) of the pools in which the event is to be swum.

~~302.4.2 Distance-Based Events~~—The object of a distance based event is to determine who can swim a specific distance in the shortest amount of time.

~~302.4.3 Time-Based Events~~—The object of a time based event is to determine who can swim the greatest distance in a given time period.

~~302.4.4 Postal~~—A postal event is a competition in which swimmers swim the event at a place of their choosing and send the time or distance achieved to a central location for tabulation.

*Rationale: Moves long distance pool events to article 305.*

**LD 15 302.4** page 57 **Long Distance Committee** Amend & Renumber

<b>Action:</b> Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled
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**302.54 CUMULATIVE RELAYS EVENTS**

**302.54.1** Cumulative Relays are comprised of groups of swimmers entered in the individual event swim, except at the discretion of the ~~E~~vent ~~D~~irector. A cumulative relay event swims may be contested on a total time/distance or point system basis.

*Rationale: Adding the word cumulative reduces the confusion between the two types of open water relays, cumulative and sequential.*

**LD 16 302.4** page 57 **Long Distance Committee** Amend & Renumber

<b>Action:</b> Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled
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**302.54 RELAYS EVENTS**

**302.54.1** Relays are comprised of groups of swimmers entered in the individual ~~event~~ swim, except at the discretion of the ~~E~~vent ~~D~~irector. A relay ~~event~~ may be contested on a total time/distance or point system basis.

*Rationale: Housekeeping.*

**LD 17 302.4** page 57 **Long Distance Committee** Amend & Renumber

<b>Action:</b> Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled
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**302.65 SEQUENTIAL RELAYS EVENTS**

Relays shall consist of two or more swimmers as specified on the entry form. The relay members shall rotate in the same order throughout the event. The time or distance each swimmer is required to spend in the water shall be specified on the entry form. The changeover to the new swimmer shall be made ~~as soon as practical~~ within one minute after the completion of the previous swimmer’s leg. In the exchange in open water ~~events~~ relays, physical contact must be made between the two swimmers. ~~In pool events, the exchange is governed by articles 101.7.3C and 101.7.3H.~~ The event director, with the concurrence of the chair of the Long Distance Committee, may allow special events in which members



of an open water relay need not be from the same club.

*Rationale: This closes a loophole through which an unscrupulous relay team might take advantage by letting faster swimmers spend more time in the water. The information about sequential relays in pool swims will be moved to 305.6.*

**LD 18 302.4** page 57 **Long Distance Committee** Amend & Renumber

<b>Action:</b> Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled
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**302.65 SEQUENTIAL RELAYS EVENTS**

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*Rationale: Housekeeping.*

**LD 19 303 Heading** page 57 **Long Distance Committee** Amend & Renumber

<b>Action:</b> Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled
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**ARTICLE 303:  
CONDUCT OF COMPETITIVE OPEN WATER EVENTS**

*Rationale: Since most of the rules in article 303 are related to competition, adding “competitive” to the title makes this evident. A new article 304 has been added describing conduct of non-competitive events.*

**LD 20 303 Heading** page 57 **Long Distance Committee** Add & Renumber

<b>Action:</b> Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled
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**Scoring Divisions**—With the exception of national championship events, scoring divisions are at the discretion of the event director and may be separated by gender, age group, swimwear, speciality categories or any other method suitable to the swimmers served.

**303.1.1** Scoring divisions shall be subject to the following:

**A** Scoring divisions shall be the same for men and women.

**B** For competitive swims, different scoring divisions may be contested at the same time with different results tabulated.

**C** If awards are given for competitive swims, they shall be of equal value for all scoring divisions.

**303.1.2** Standard USMS gender scoring divisions consist of:

**A Individual**—open, female, and male.





**B Relay**—open, female, male and mixed.

**303.1.3** Standard USMS age group scoring divisions consist of:

**A Individual**—open and 18-24, 25-29, 30-34,... (five-year age groups as high as necessary).

**B Relay**—open and 18+, 25+... (ten-year age groups as high as necessary), the age of the youngest relay member determining the age group.

**303.1.4** Standard USMS swimwear scoring divisions consist of Category I and Category II swimwear as defined in article 303.6.

**303.2 Gender**—Scoring divisions may be separated by gender at the discretion of the event director and may include open, male, female and/or mixed divisions for relay swims.

**303.3 Age Groups**

**303.3.1 Individual Age Groups**—Age groups in individual open water swims for men and women shall be at the discretion of the event director and may include the following. \_\_\_\_\_

**A Standard USMS Age Groups**—18-24, 25-29... (five-year age groups as high as necessary).

**B Open or no age groups.**

**C Any other configuration of age groups suitable to the swimmers served.**

**303.3.2 Relay Age Groups**—Age groups in open water swims for men, women, and mixed relays shall be at the discretion of the event director and may include the following.

**A Standard USMS Age Groups**—18+, 25+... (ten-year age groups as high as necessary), the age of the youngest relay member determining the age group.

**B Open or no age groups.**

**C Any other configuration of age groups suitable to the swimmers served.**

*Rationale: This defines scoring divisions as liberally as possible while still giving guidance, and requires event directors to treat swimmers in all scoring divisions equally. Articles 301.4, 301.5, and 301.6 have been moved so that the information appears with the rest of the rules for conduct of competitive open water swims. Renumber subsequent articles.*

**LD 21 303.1** page 57 **Long Distance Committee** Amend & Renumber

<b>Action:</b> Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled
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**303.14 SAFETY STANDARDS**

As conditions and courses vary, it is the responsibility of each swimmer to know and follow the safety standards necessary for protection from foreseeable dangers. The ~~meet~~ event director can assist this endeavor by:

*Rationale: Housekeeping.*

**LD 22 303.1** page 57 **Long Distance Committee** Amend

<b>Action:</b> Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled
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**303.1 SAFETY STANDARDS**

As conditions and courses vary, it is the responsibility of each swimmer to know and follow the safety standards necessary for protection from foreseeable dangers. The event director and safety staff shall develop a written safety plan for the event in accordance with the safety requirements contained in the



Open Water Policy Manual. ~~The meet director can assist this endeavor by:~~

~~303.1.1 Obtaining necessary permits/approvals from the U.S. Coast Guard, park authorities, lifeguard associations, etc.~~

~~303.1.2 Providing accurate maps with course descriptions, course markings, and other pertinent information, including but not limited to anticipated water temperature and general water conditions, with entry forms and meet information packets.~~

~~303.1.3 Planning for possible medical evacuations.~~

~~303.1.4 Assigning rescue/aid personnel and craft.~~

~~303.1.5 Planning for escort paddlers or craft. Personal escorts should be considered for open water swims.~~

~~303.1.6 Making provisions for controlling escort craft and access of non-race craft into the race area.~~

~~303.1.7 Briefing all contestants, coaches, managers, trainers and meet officials.~~

~~303.1.8 Planning for possible cancellation, postponement and/or modification of the meet.~~

~~303.1.9 Considering use of fluorescent or brightly colored caps to assist in identification and visibility of swimmers in open water events.~~

~~303.1.10 Informing swimmers of the anticipated water temperature, specific weather and water conditions, and known hazards.~~

~~**Note: LMSCs are encouraged to use USMS safety guidelines and precautions for the conduct of open water and long distance events, as well as develop their own, provided they are not in conflict with USMS rules, policies or procedures. Visit <http://www.usms.org/longdist/safety.pdf>.**~~

*Rationale: For open water events, the Open Water Committee is developing a comprehensive safety guide which will be included in the Open Water Policy Manual. This rule change will require a written safety plan. Current articles 303.1.1 through the note following 303.1.10 are not rules language and should be moved to the safety guide within the Open Water Policy Manual.*

**LD 23 303.2.1** page 58 **Long Distance Committee** Amend

<b>Action:</b> Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled
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**303.2.1** In any event for which it has been arranged that an escort craft or paddler will accompany each swimmer throughout the event, all swimmers shall be accompanied by such an escort paddler or craft. If the escort paddler or craft becomes disabled or cannot continue to accompany the swimmer, the swimmer ~~must either~~ may stay in the water ~~next to~~ near the disabled escort craft until a replacement arrives, join another escort craft that is accompanying only one other swimmer until another escort craft arrives, or exit the water.

*Rationale: These changes expand the possibilities for a swimmer in the event of escort disability, a circumstance that is out of the swimmer's control.*

**LD 24 303.2.2B** page 58 **Long Distance Committee** Amend

<b>Action:</b> Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled
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**B** The two swimmers must stay within 5 3 meters of each other. Failure to stay within 5 3 meters shall result in immediate disqualification of the second swimmer assigned to the escort and the immediate removal of that person from the water.

*Rationale: The 3-meter distance is a safety precaution, and may be particularly important in a crowded swim.*

**LD 25 303.2.3** page 58 **Long Distance Committee** Amend

<b>Action:</b> Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled
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**303.2.3** Swimmers may receive the following assistance from the escort ~~craft~~:

*Rationale: Housekeeping—in reality, the escort (paddler) provides the assistance, not the craft.*

**LD 26 303.2.3A** page 58 **Long Distance Committee** Amend

<b>Action:</b> Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled
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**A** Food or drink may be passed from escort to swimmer as long as deliberate contact is not made between the two.

*Rationale: This allows officials some leeway in cases of accidental contact, particularly in crowded or choppy conditions.*

**LD 27 303.3.4** page 58 **Long Distance Committee** Add

<b>Action:</b> Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled
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**303.3.4 Wave Starts**—At the discretion of the event director, races may be started in waves in which each wave is separated at the start from other waves by a set time interval. Swimmers’ times shall be adjusted by the starting time interval and their order of finish shall be determined on the basis of the adjusted time.

*Rationale: Although this is a common practice at open water events, it has not been described or authorized previously in our rules. Wave starts may apply to any open water swim, but they have particular bearing on starts in straightaway events (see 303.4.2). Text parallels USA-Swimming rule 701.9.6.*

**LD 28 303.4.1** page 59 **Long Distance Committee** Amend

<b>Action:</b> Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled
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**303.4.1** When practical, swimmers shall be seeded by their 1500 meters/1650 yards times. The manner of seeding swimmers without times shall be at the discretion of the ~~meet~~ event director, as stated in the ~~meet~~ event entry sheet.

*Rationale: Housekeeping.*

**LD 29 303.4.1** page 59 **Long Distance Committee** Amend



<b>Action:</b> Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled
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**303.4.2** ~~Separate~~ Wave starts are preferable in straightaway events. The swimmers shall be seeded in order of time, with the fastest swimmers receiving the preferred positions in seeded order. ....

*Rationale: This proposal, coupled with proposed 303.3.4, clarifies the starting method for straightaway swims.*

**LD 30 303.4.1** page 59 **Long Distance Committee** Amend

<b>Action:</b> Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled
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**303.4.2** .... If subsequent rows are needed, they ~~will~~ shall be seeded in a similar method.

*Rationale: Housekeeping.*

**LD 31 303.5.1&2** page 59 **Long Distance Committee** Amend

<b>Action:</b> Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled
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**303.5.1 In-the-Water**—The swimmer shall have finished the race when any part of the swimmer touches a vertical surface or crosses a specifically designated finish line after completion of the prescribed distance. ~~Place judges and timers shall position themselves accordingly.~~ Order of finish shall be determined as the swimmer touches the vertical surface or crosses the finish line. Place judges and timers shall position themselves accordingly.

**303.5.2 Out-of-the-Water**—Swimmers shall leave the water, as defined by the course, and run up the beach to a specifically designated finish line. ~~Place judges and timers shall position themselves accordingly.~~ Order of finish shall be determined as the swimmer’s chest crosses the finish line. Place judges and timers shall position themselves accordingly.

*Rationale: Housekeeping—one sentence has been moved within each section for clarity.*

**LD 32 303.5.2** page 59 **Long Distance Committee** Amend

<b>Action:</b> Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled
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**303.5.2 Out-of-the-Water**—Swimmers shall leave the water, as defined by the course, and run ~~up the beach~~ to a specifically designated finish line. (...)

*Rationale: Housekeeping—“Up the beach’ is unnecessary rules wording.*

**LD 33 303.5.4** page 59 **Long Distance Committee** Amend

<b>Action:</b> Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled
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**303.5.4 Electronic Timing/Incorporating Chip Timing**

**A Backup Timing**—In open water races in which the event director provides electronic timing/chip timing, a manual operating backup timing system is required.



*Rationale: Race performances should not be lost due to electronic system failure or loss of chip. Manual back-up greatly reduces this possibility.*

**LD 34 303.5.4**      page 59      **Long Distance Committee**      Add

<b>Action:</b> Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled
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**B Order of Finish**—For both in-water and out-of-water finishes, the order of finish shall be determined when the timing chip is registered by the electronic timing system.

*Rationale: This defines finishing when electronic chip timing is used.*

**LD 35 303.6**      page 59      **Long Distance Committee**      Amend

<b>Action:</b> Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled
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### **303.6 SWIMWEAR FOR OPEN WATER EVENTS**

*Rationale: This clarifies that this rule pertains to open water events only, not long distance pool events.*

**LD 36 303.6**      page 59      **Long Distance Committee**      Amend

<b>Action:</b> Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled
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~~**303.6.1**—Swimwear shall be the same as defined in article 102.14. Goggles, ear plugs, watches, and grease shall be allowed. The suit shall be made of a porous material.~~

~~**303.6.2**—Swim cap(s), including those made of neoprene, may be permitted. Swim caps shall be defined as head gear conforming to a traditional swim cap design and shall not extend to protect the neck or shoulders.~~

~~**303.6.3**—Wetsuits may be allowed at the discretion of the event director when the water temperature does not exceed 78°F. If awards are given to wetsuit competitors, they shall be awarded separately from those for non-wetsuit competitors. Any published results or records must clearly indicate which swimmers wore wetsuits.~~

~~**303.6.4**—Devices used to maintain body heat are illegal, except for those listed in articles 303.6.1, 303.6.2 and 303.6.3.~~

~~**303.6.5**—Flotation or propulsive devices are not permitted, apart from those listed in articles 303.6.2 and 303.6.3, except in designated events where all swimmers are using similar devices.~~

~~**303.6.6**—A wrist watch may be worn in open water competition.~~

*Rationale: This section has been completely rewritten below.*

#### **303.6.1 Rules for all swimwear for open water events**

**A Design**—Swimsuits shall be nontransparent and conform to the current concept of the appropriate. The referee shall have the authority to bar offenders from competition until they comply with this rule.



**B Advertising**—Products involving tobacco, alcohol or pharmaceuticals containing drugs banned under IOC or FINA rules may not be advertised, but the advertiser’s name only may be used. Offenders may be barred from competition until they comply with this rule.

*Rationale: These rules already apply, having been taken exactly from 102.14.1 and 102.14.7.*

### **303.6.2 Rules for Category One swimwear for open water events**

**A** Swimwear shall include only a swimsuit, cap or caps (which may include those made of neoprene), and goggles. Swim caps shall be defined as head gear conforming to a traditional swim cap design and shall not extend to protect the neck and shoulders. A nose clip, ear plugs, wristwatches and grease are also allowed. Arm bands shall not be regarded as part of the swimsuit and are not allowed.

*Rationale: This section combines previous sections 303.6.1 and 303.6.2, adding a section on arm bands which is a recent development in aquatic wear.*

**B** The competitor must wear only one swimsuit in one or two pieces. All swimsuits must be made from textile materials. For men, the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knees.

*Rationale: This language is taken exactly from 102.14.3, but making it applicable to open water.*

**C** Exemptions to the restrictions in 303.6.2A & B may be granted to a swimmer, on a case by case basis, by the Chair of the Long Distance Committee or designee. Exemptions will be granted only for conflicts due to the swimmer’s verified religious beliefs or verified medical conditions.

**1** Procedures for applying for an exemption will be published by the Long Distance Committee and posted on the U.S. Masters website.

**2** No exemptions to these restrictions will be granted for swimwear that would give a swimmer a competitive advantage.

**3** The decision of the Long Distance Chair may be appealed only to the entire Long Distance Committee, whose decision shall be final and binding on all parties.

*Rationale: This language is taken exactly from 102.14.5, except for referring to the Long Distance Committee rather than the Rules Committee.*

**D** Swimmers are not permitted to wear or use any device or substance to help their speed, pace, buoyancy or endurance during a race (such as wetsuits, webbed gloves, fins, snorkels, etc.). Any kind of tape on the body is not permitted unless approved by the referee. Any devices used to maintain body heat are not permitted, except for those listed in 303.6.2A.

*Rationale: This language is taken from 102.14, adding wetsuits specifically to the list of devices not permitted in Category One swimwear. References to goggles or oil have been removed, having been covered above in proposed 303.6.2A. References to devices that maintain body heat is taken from 303.6.4.*

### **303.6.3 Rules for Category Two swimwear for open water events**



**A** Swimwear that does not meet the requirements for Category One swimwear shall be considered Category Two swimwear. Swimwear may include a swimsuit or wetsuit, cap or caps, goggles, arm bands, and rash guards. A nose clip, ear plugs, wristwatches and grease are also allowed.

*Rationale: This redefines the traditional “wetsuit/non-wetsuit” dichotomy in a simple to understand and simple for meet personnel to enforce.*

**B** Wetsuits may be allowed at the discretion of the event director when the water temperature does not exceed 78 degrees F. Any published results or records must clearly indicate which swimmers wore wetsuits.

*Rationale: This retains the current wording of 303.6.3, omitting mention of separate awards which is covered in proposed 303.1.1C and 303.1.4.*

**C** Swimmers are not permitted to wear or use any additional device or substance to help their speed, pace, buoyancy or endurance during a race (such as webbed gloves, fins, snorkels, etc.), except in designated events where all swimmers may use similar devices or substances. Any kind of tape on the body is not permitted unless approved by the referee.

*Rationale: This language is taken from 102.14.6, except for the word “additional” that refers specifically to items such as wetsuits, arm bands, and rash guards listed in proposed 303.6.3A. However, it also retains the essence of 303.6.5 which allows event directors the flexibility to hold contests in which swimmers may use such gear (for example, races that allow fins).*

**LD 37 303.7.1** page 60 **Long Distance Committee** Amend

<b>Action:</b> Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled
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**303.7.1** There shall be an ~~meet~~ event director, referee, safety coordinator, scorer, announcer, clerk of course, starter and a sufficient number of judges, inspectors, timers and medical personnel to ensure a properly run open water event.

*Rationale: Housekeeping.*

**LD 38 303.8.2** page 60 **Long Distance Committee** Add & Renumber

<b>Action:</b> Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled
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**303.8.2** Fail to complete the prescribed course.

*Rationale: Surprisingly, this obvious point has been a glaring omission in our rules. Text parallels USA-Swimming rule 701.5B.*

**LD 39 303.8.2** page 60 **Long Distance Committee** Amend & Renumber

<b>Action:</b> Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled
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**303.8.2** Fail to complete the prescribed ~~distance or~~ course within the preannounced time.

*Rationale: Housekeeping—redundant wording.*



**LD 40 303.8.4** page 60 **Long Distance Committee** Amend & Renumber

<b>Action:</b> Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled
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**303.8.4** Receive assistance by pulling on the cables, line markers, or buoys, or buoy lines at the turn or on the course. Incidental contact shall not be a basis for disqualification.

*Rationale: This clarifies and expands possible violations. Text parallels USA-Swimming rule 701C.*

**LD 41 303.8.8** page 60 **Long Distance Committee** Delete & Renumber

<b>Action:</b> Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled
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~~**303.8.8** Draft off another swimmer in long distance pool events.~~

*Rationale: This does not belong in the article 303 (open water), and is already covered in article 304.4.2. The following sections require renumbering.*

**LD 42 303.9** page 60 **Long Distance Committee** Add & Renumber

<b>Action:</b> Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled
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**303.9 SWIMMERS WITH DISABILITIES**

**303.9.1** The event director may modify any rule or race management procedure for a swimmer who has a disability. Any such modification shall affect only the current event and does not set precedent.

**303.9.2 Definition**—Disability is defined as a permanent physical or cognitive disability that substantially limits one or more major life activities.

**303.9.3 Responsibilities**

**A Athlete**—The athlete (or the athlete’s coach) is responsible for notifying the event director, prior to the competition, of any disability of the athlete and of the requested modification. The swimmer/coach shall provide any assistant(s) or equipment if required.

**B Event Director**—The event director shall devise such modifications that allow the swimmer to participate as long as they conform to safety requirements and provide fairness to all participants.

**303.9.4** Recommendations for allowable modifications are further described in the Open Water Policy Manual.

*Rationale: This provides guidelines for event directors to include swimmers with disabilities in open water events.*

**LD 43 303.9.2** page 61 **Long Distance Committee** Amend

<b>Action:</b> Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled
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**303.9.2** Governing body sanctioning the meet event.

*Rationale: Housekeeping.*

**LD 44 303.9.3** page 61 **Long Distance Committee** Amend





<b>Action:</b> Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled
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**303.9.3** Course, ~~to include~~ including the name of the body of water, the starting and finishing points, and the measured distance.

*Rationale: Housekeeping—improved language.*

**LD 45 303.9.3** page 61 **Long Distance Committee** Amend

<b>Action:</b> Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled
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**303.9.4** Verification and documentation that all rules were observed and the swimmer(s) either completed or failed to complete ~~or attain~~ the distance.

*Rationale: Housekeeping—redundant.*

**LD 46 304** page 61 **Long Distance Committee** Add & Renumber

<b>Action:</b> Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled
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**ARTICLE 304:**  
**CONDUCT OF NON-COMPETITIVE OPEN WATER EVENTS**

**304.1 Non-Competitive Events**

Non-competitive events are those that contain swims that are not scored for placement. At the discretion of the event director, the event may also include competitive swims.

**304.1.1** Conduct of non-competitive swims shall be at the discretion of the event director, as long as they are conducted in a safe manner.

**304.1.2** Competitive swims included in a non-competitive event shall be conducted according to the rules in article 303.

**304.1.3** At the discretion of the event director, non-competitive events may provide timing as a courtesy to swimmers who desire to know their finish time.

*Rationale: We would like to have the option of including events that are non-competitive. Since most of the rules in article 303 are for competition, we will need to exclude the competitive rules for non-competitive events. We have created a new and separate article to emphasize that we welcome non-competitive events and swims.*

**LD 47 305 Heading** page 61 **Long Distance Committee** Add & Renumber

<b>Action:</b> Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled
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**ARTICLE 305:**  
**LONG DISTANCE EVENTS**

*Rationale: Long distance pool event definitions are to be removed from articles 301 and 302, and moved to new article 305 to appear adjacent to the postal event information. This and subsequent articles require renumbering. The only changes in the information remove references to open water and perform housekeeping.*



<b>LD 48 302.1</b>	page 56	<b>Long Distance Committee</b>	Move, Amend & Renumber				
<b>Action:</b>	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled

**3025.1 Events**

~~Open water and~~ Long distance events shall consist of individual and/or relay competitions as described in articles 302.2 through 302.6. The distances shall be the same for both men and women.

*Rationale: References to open water are eliminated.*

<b>LD 49 302.1</b>	page 56	<b>Long Distance Committee</b>	Move, Amend & Renumber				
<b>Action:</b>	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled

**3025.2 Definitions**

**3025.2.1** A long distance pool event is any swimming event that ~~is a~~ contains distance-based ~~event swim(s) over more than~~ 1650 yards (1508.8 meters) in length or a time-based ~~event swim(s)~~ equal to or longer than 60 minutes in time.

*Rationale: Housekeeping—improved language.*

<b>LD 50 302.2.2-302.3.3</b>	page 56	<b>Long Distance Committee</b>	Delete & Renumber				
<b>Action:</b>	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled

~~302.2.2 A long distance open water event is a swimming event of any distance conducted in an open body of water, either natural or manmade.~~

**302.3 Open Water**

~~302.3.1 Straightaway Events~~ The course shall be a straight, measured distance within plus or minus 6 inches, in stationary open water and defined by a cable with floats or a continuous marking system visible to the swimmer. Floats on the course shall be a maximum of 10 meters apart.

~~A Course measurement~~ If permanent fixed and stationary markers are used, a course only needs to be certified once every five years. If course has no permanent stationary markers, it must be certified by a licensed surveyor annually.

~~302.3.2 Other Open Water~~ The meet director shall determine the course and type of start for open water events, keeping in mind the safety of the swimmer(s). The course shall be measured as accurately as possible. The distances shall be the same for both men and women and may be contested at the same time with separate results tabulated. Age groups and other classifications may also be swum at the same time, but again tabulated separately.

~~302.3.3 Solo Swims~~ Solo open water swims, consisting of one or a select number of swimmers, may be sanctioned and should conform to the rules stated under article 303.9.

*Rationale: References to open water are eliminated in this section*

<b>LD 51 302.4</b>	page 56	<b>Long Distance Committee</b>	Move, Amend & Renumber				
<b>Action:</b>	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled



**3025.43 Pool**

A long-distance pool ~~event~~ swim may be based on the time to swim a fixed distance or the distance swum over a fixed time. These ~~events~~ swims may be conducted in a designated pool or as a postal event.

**3025.43.1 Event Director**—The event director shall have the discretion to decide the time/distance of the ~~event~~ swim(s) and, in the case of postal ~~events~~ swim(s), the size(s) of the pools in which the event is to be swum.

**3025.43.2 Distance-Based Events Swims**—The object of a distance-based ~~event~~ swim is to determine who can swim a specific distance in the shortest amount of time.

**3025.43.3 Time-Based Events Swims**—The object of a time-based ~~event~~ swim is to determine who can swim the greatest distance in a given time period.

*Rationale: Housekeeping.*

<b>LD 52 302.4.4</b>	page 56	<b>Long Distance Committee</b>	Move, Amend & Renumber				
<b>Action:</b>	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled

**3025.43.4 Postal**—A postal event is a competition in which swimmers ~~swim the event~~ participate at a place of their choosing and send the time or distance achieved to a central location for tabulation.

*Rationale: Housekeeping—clearer grammar.*

<b>LD 53 302.5.1</b>	page 57	<b>Long Distance Committee</b>	Move, Amend & Renumber				
<b>Action:</b>	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled

**3025.54 Cumulative Relays Events**

Cumulative ~~R~~relays are comprised of groups of swimmers entered in the individual ~~event~~ swim, except at the discretion of the Event Director. A Cumulative relay ~~event~~ swims may be contested on a total time/distance or point system basis.

*Rationale: Adding the word cumulative reduces the confusion between the two types of open water relays, cumulative and sequential. Removing “event” is housekeeping.*

<b>LD 54 302.6</b>	page 57	<b>Long Distance Committee</b>	Move, Amend & Renumber				
<b>Action:</b>	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled

**3025.65 Sequential Relays events**

Relays shall consist of two or more swimmers as specified on the entry form. The relay members shall rotate in the same order throughout the event. The time or distance each swimmer is required to spend in the water shall be specified on the entry form. The changeover to the new swimmer shall be made as soon as practical after the completion of the previous swimmer’s leg. ~~In the exchange in open water events, physical contact must be made between the two swimmers. In pool events, t~~The exchange is governed by articles 101.7.3C and 101.7.3H. The event director, with the concurrence of the chair of the Long Distance Committee, may allow special events in which members of an open water relay



need not be from the same club.

*Rationale: The information about sequential relays in open water events remains in 302.5.*

<b>LD 55 301.5 &amp; 6</b>	page 56	<b>Long Distance Committee</b>	Move, Amend & Renumber				
<b>Action:</b>	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled

**3015.57 Age Groups**

Age groups in individual events for men and women shall be the same as those listed in article ~~102.3.1~~ 303.3.1A.

**3015.68 Awards**

If awards are given, they shall be of equal value for all age groups.

*Rationale: These two sections have been moved from article 301, except for corrected reference to other rules.*

<b>LD 56 304</b>	page 61	<b>Long Distance Committee</b>	Amend & Renumber				
<b>Action:</b>	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled

**ARTICLE 304 306:  
CONDUCT OF POSTAL EVENTS**

**3046.1 Rules**

Long distance events conducted in pools must comply with all applicable pool event rules in Part 1 of the rule book, except as noted in article ~~304~~ 306.

*Rationale: Renumbering and corrected reference to other rules.*

<b>LD 57 304.5.2</b>	page 62	<b>Long Distance Committee</b>	Move, Amend & Renumber				
<b>Action:</b>	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled

**3046.5.2** Cumulative splits times must be recorded to the nearest second.

*Rationale: Housekeeping--clearer language.*

<b>LD 58 304.6 &amp; 6.1</b>	page 62	<b>Long Distance Committee</b>	Move, Amend & Renumber				
<b>Action:</b>	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled

**3046.6 Computing Determining Distances In Time-based Events**

**3046.6.1** Distances shall be ~~computed~~ determined by multiplying the total lengths swum by the length of the pool and adding the last completed 5-yard/meter increment.

*Rationale: Housekeeping—more accurate language.*

<b>LD 59 304.7</b>	page 62	<b>Long Distance Committee</b>	Add, Move & Renumber				
<b>Action:</b>	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled



**306.7 DETERMINING TIMES IN SHORT-COURSE DISTANCE-BASED EVENTS**

**306.7.1** Swimmers may choose to swim events in 25-meter pools, swimming the same nominal number of meters as yards.

**306.7.2** Times done in 25-meter pools shall be reported as if swum in a 25-yard pool, by dividing times by 1.0936 and integrating them with 25-yard times.

*Rationale: This authorizes changing events such as the 3000 & 6000-yard postal events into events in which swims in 25-meter pools are allowed in nominal 25-yard events. Also effects 305.2H.*

<b>LD 60 304.7</b>	page 62	<b>Long Distance Committee</b>	Add, Move & Renumber				
<b>Action:</b>	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled

**3046.7.2** ~~The meet~~ Event directors shall have the discretion to request additional verification of completion from any entrant and may refuse to accept any entry that appears to contain erroneous information.

*Rationale: Housekeeping.*

<b>LD 61 305</b>	page 62	<b>Long Distance Committee</b>	Move & Renumber				
<b>Action:</b>	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled

**ARTICLE ~~305~~ 307:**  
**NATIONAL OPEN WATER AND**  
**LONG DISTANCE CHAMPIONSHIPS**

**3057.1 Rules**

Open water and long distance championship events shall be governed by articles 301, 302, 303, 304 and 306. In addition, the following rules apply specifically to championships.

*NOTE: REFERENCED ARTICLES WILL REQUIRE CHANGE WHEN OTHER CHANGES HAVE BEEN DETERMINED. ALL NUMBERS IN THIS SECTION WILL REQUIRE RENUMBERING.*

*Rationale: Housekeeping and renumbering.*

<b>LD 62 305.2</b>	page 62	<b>Long Distance Committee</b>	Add, Move & Renumber				
<b>Action:</b>	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled

**3057.2 OPEN WATER CHAMPIONSHIP EVENTS**

**3057.2.1** At the discretion of the long distance committee, national open water championships may be awarded in a form determined in the best interest of usms open water swimming including:



- A Individual championships distributed across the country.
- B Multi-championship swim festivals.
- C A combination of A and B as deemed appropriate.
- D Any other configuration that enhances the value of USMS open water championships

*Rationale: Our current national championships are being operated along principles developed in the early 1990's. With the exception of the One Hour Postal, most of the championships are relatively small. It is necessary and timely to examine our championships and determine if another structure will serve us better. The above options will give the Long Distance Committee freedom to change the current formula.*

<b>LD 63 305.2</b>	page 62	<b>Long Distance Committee</b>	Amend, Move & Renumber				
<b>Action:</b>	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled

**3057.2.12** At the discretion of the Long Distance Committee, national championship events may be awarded in the following categories:

- A One mile (quarter-mile straightaway or open water course)
- B Quarter-mile straightaway (2 miles)
- C Open water (greater than 1 and less than or equal to 3 miles)
- D Open water (greater than 3 and less than 6 miles)
- E Open water (greater than or equal to 6 miles and less than 9 miles)
- F Open Water (greater than or equal to 9 miles)

*Rationale: With the advent of a 25k open water championship, the 6+ mile category covers two championship swims and too wide a range of distances. The addition of the 9+ mile category will allow a variety of distances from 9 miles & 15k (9.3 miles) and greater, and will also increase opportunities for a national swimmer ranking system (proposed article 309).*

<b>LD 64 305.2H</b>	page 63	<b>Long Distance Committee</b>	Amend, Move & Renumber				
<b>Action:</b>	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled

**3057.2.12**

**HJ** Postal 3000 and 6000 yard (each event swum separately in a 25-yard or 25-meter pool)

*Rationale: Supports proposed change 306.7 to 3000 & 6000-yard postal.*

<b>LD 65 305.2.2</b>	page 63	<b>Long Distance Committee</b>	Amend, Move & Renumber				
<b>Action:</b>	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled

**3057.2.23 Rules Pertaining To Cumulative Relays Events**

- A Cumulative Relay competitions shall be contested in postal championships and may be contested in other championships. Recognized relays shall be three-person men and women relays and four-person mixed-gender relays.
- B Age groups for relay events swims shall be the same as those listed in article ~~402.3.2A~~ 303.3.2A.

*Rationale: Housekeeping and corrected reference to other rules.*





**LD 66 305.2.2** page 63 **Long Distance Committee** Delete

<b>Action:</b> Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled
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**3057.2.23**

~~E—Relays shall be men, women and mixed gender.~~

*Rationale: Housekeeping—redundant with 305.2.2A.*

**LD 67 305.2.3** page 63 **Long Distance Committee** Delete

<b>Action:</b> Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled
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~~**305.2.3 Relay events** (as defined in article 302.5).~~

~~A—Relay competitions shall be contested in postal championships and may be contested in other championships. Recognized relays shall be three person men and women relays and four person mixed gender relays.~~

~~B—Age groups for relay events shall be the same as those listed in article 102.3.2A.~~

*Rationale: Housekeeping—redundant with renumbered 305.2A & B.*

**LD 68 305.3** page 63 **Long Distance Committee** Add, Move & Renumber

<b>Action:</b> Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled
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**3057.3 Site Selection**

The manner of site selection for national championships shall be at the discretion of the Long Distance Committee and shall depend upon the championship structure chosen under article 305.2. Should a bidding system be selected, it shall be accomplished in the following manner. ....

*Rationale: This allows the Long Distance Committee the flexibility to select event hosts as deemed appropriate.*

**LD 69 305.3.1** page 63 **Long Distance Committee** Amend, Move & Renumber

<b>Action:</b> Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled
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**3057.3.1** Bids shall be due, in writing, to the Long Distance Committee chair no later than ~~30~~ 45 days prior to the annual meeting.

*Rationale: The Long Distance Committee needs more than 30 days to process and evaluate submitted bids, and recruit additional bidders if necessary.*

**LD 70 305.3.1** page 64 **Long Distance Committee** Amend, Move & Renumber

<b>Action:</b> Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled
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**3057.3.2** Championships shall be awarded by the Long Distance Committee ~~at the annual meeting held approximately two~~ one to three years prior to the championship being awarded, typically at the annual meeting.



*Rationale: This follows renumbered 305.2 in allowing the Long Distance Committee additional flexibility in bidding options. It is also consistent with the bidding options afforded the Championship Committee for pool championship meets.*

<b>LD 71 305.3.5</b>	page 64	<b>Long Distance Committee</b>	Amend, Move & Renumber				
<b>Action:</b>	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled

**3057.3.5** A three-area award system ~~shall~~ may be followed for the bidding of ~~non-postal~~ Open Water and Long Distance Championships. (See Figure 4 for map and description of areas.)

In this system, suitable bids from a qualifying area shall receive preference over bids from other areas. Postal national championships may be awarded to an organization for two consecutive years and will be awarded without regard to area. (See Appendix D for description of areas and map.)

*Rationale: This follows 305.2 in allowing the Long Distance Committee the flexibility to select hosts by an alternate method. The first sentence also contains redundancies.*

<b>LD 72 305.3.5</b>	page 64	<b>Long Distance Committee</b>	Amend, Move & Renumber				
<b>Action:</b>	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled

<b>NATIONAL USMS OPEN WATER CHAMPIONSHIP BID ROTATION</b>			
Year	Area 1 West	Area 2 Central	Area 3 East
2010	<del>Open water &gt;1/1≤3 mile</del>	<del>2 mile cable</del> Open water ≥6 mile	<del>1 mile</del> Open water >3/<6 mile
2011	1 mile Open water >3/<6 mile	Open water >1/<3 mile Open water >9 mile	2 mile cable Open water ≥6/<9 mile
2012	2 mile cable Open water ≥6/<9 mile	1 mile Open water >3/<6 mile	Open water >1/<3 mile Open water >9 mile
2013	Open water >1/<3 mile Open water >9 mile	2 mile cable Open water ≥6/<9 mile	1 mile Open water >3/<6 mile
2014	1 mile Open water >3/<6 mile	Open water >1/<3 mile Open water >9 mile	2 mile cable Open water ≥6/<9 mile

*Rationale 1: This brings the bidding process with the proposed changes in 305.2.1E & F.  
Rationale 2: This clarifies the title and updates the bid chart. Although bidding will have been completed through 2012 when the next rule book is printed, years 2011 and 2012 remain in the rotational chart for reference.*

<b>LD 73 305.5.1</b>	page 64	<b>Long Distance Committee</b>	Amend, Move & Renumber				
<b>Action:</b>	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled

**3057.5.1** The sponsoring organization shall agree to underwrite the full ~~meet~~ event expenses,



including but not limited to the following:

- A** Costs associated with the ~~meet event~~ (setting up the course, supplies, equipment, etc.).
- B** Cost of all national championship ~~meet event~~ awards (medals and patches) and/or other appropriate awards.
- C** A fee of \$1 per individual entrant in the ~~meet event~~ and a performance bond of \$200 shall be paid to USMS. All or a portion of the \$200 performance bond shall be returned to the sponsoring organization, based upon compliance with the conditions set forth in the ~~meet event~~ contract.
- D** Any other costs that may be reflected in national championship ~~meet event~~ contracts.

*Rationale: Housekeeping.*

<b>LD 74 305.5.6</b>	page 65	<b>Long Distance Committee</b>	Amend, Move & Renumber				
<b>Action:</b>	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled

**3057.6 Entry Fees**

The entry fees for Open Water and Long Distance national championships shall ~~not exceed \$30 for individual events and \$5 per team member in team events. Exceptions may be made to the fee limit at the discretion of~~ be determined by the Long Distance Committee.

*Rationale: Entry fees are specific to each situation, and in any case a moving target. As such, they should not be listed in the rules but rather as long distance process and policies.*

<b>LD 75 305.7.2</b>	page 65	<b>Long Distance Committee</b>	Amend, Move & Renumber				
<b>Action:</b>	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled

**3057.7.2 Entry Forms**—Entry forms, including paper forms and online entry system, shall be reviewed by ~~the a~~ Long Distance Committee ~~chair~~ representative and the LMSC for content and sanctioning prior to distribution in accordance with the USMS contract.

*Rationale: This broadens the required review of championship entry materials, and allows a member of the Long Distance Committee other than the chair to perform this review.*

<b>LD 76 305.7.3</b>	page 65	<b>Long Distance Committee</b>	Amend, Move & Renumber				
<b>Action:</b>	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled

**3057.7.3 Officials**—In addition to the officials required by article 303.7, the following officials are required for national championship events:

- A** The Long Distance Committee shall appoint an ~~meet event~~ evaluator to aid the ~~meet event~~ director, to ensure that the event is conducted in accordance with the contract and to ensure that all rules are observed.

*Rationale: Housekeeping.*

<b>LD 77 305.7.3</b>	page 65	<b>Long Distance Committee</b>	Add, Move & Renumber				
<b>Action:</b>	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled



**3057.7.4 Individual Age Groups**—Age groups in individual open water swims for men and women shall be 18-24, 25-29, 30-34,... (five-year age groups as high as necessary).

**3057.7.5 Relay Age Groups**—Age groups in relay open water swims for men, women, and mixed relays shall be 18+, 25+... (ten-year age groups as high as necessary), the age of the youngest relay member determining the age group.

*Rationale: With the proposed flexibility in the age group definitions for open water swims in general in 303.3.1 and 303.3.2, age groups for national championship swims must be defined.*

<b>LD 78</b>	<b>305.7.4</b>	page 65	<b>Long Distance Committee</b>	Amend, Move & Renumber			
<b>Action:</b>	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled

~~**305.7.46 Swimwear**—Swimwear regulations for national championships shall be the same as those for non national championships, as stated in article 303.6.~~

~~**A.** Only swimmers wearing Category One swimwear as defined in 303.6.1 and 303.6.2 may compete in national championship events.~~

~~**B.** At the discretion of the event director, swimmers wearing Category Two swimwear as defined in 303.6.1 and 303.6.3 may participate in national championships events, but~~

~~**305.7.57 Wetsuits**—Wetsuit competitors shall be excluded for the purposes of articles 305.8 through 306.1. In addition, wetsuit Category Two competitors shall have a separate start time.~~

<b>LD 79</b>	<b>305.7.6</b>	page 65	<b>Long Distance Committee</b>	Amend, Move & Renumber			
<b>Action:</b>	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled

**3057.7.67**

**B** Paddlers and escort boats may be permitted by the ~~meet~~ event director.

*Rationale: Housekeeping.*

<b>LD 80</b>	<b>305.7.6</b>	page 65	<b>Long Distance Committee</b>	Amend, Move & Renumber			
<b>Action:</b>	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled

~~**3057.7.78** **Protests**—Any protest arising from a competition shall be made to the ~~meet~~ event director....~~

*Rationale: Housekeeping.*

<b>LD 81</b>	<b>305.7.6</b>	page 65	<b>Long Distance Committee</b>	Amend, Move & Renumber			
<b>Action:</b>	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled

~~**3057.7.78** **Protests**—Any protest arising from a competition shall be made to the meet director within 30 minutes after the release of results for an open water event or 14 days after the release of results for a postal event. If the protest is not resolved, the protester may appeal in writing within 10 days for final adjudication to the Long Distance chair, whose decision shall then be final and binding on all parties.~~



*Rationale: This puts closure on the ‘endless’ protest.*

<b>LD 82 305.8</b>	page 65	<b>Long Distance Committee</b>	Amend, Move & Renumber				
<b>Action:</b>	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled

**3057.8 RESULTS**

Individual and relay results and records (when appropriate) shall be tabulated and distributed to the Long Distance Committee chair and all participants in the meet. ~~USMS registration numbers and~~ Date of birth shall not be included in published results or results distributed to participants.

*Rationale: The USMS number is important information for archival purposes and should be included in championship results.*

<b>LD 83 305.8.1</b>	page 66	<b>Long Distance Committee</b>	Amend, Move & Renumber				
<b>Action:</b>	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled

**3057.8.1** Individual results shall be tabulated electronically by gender and age group in order of finish. Women’s results shall be shown first, followed by Men’s results. For each swimmer, the following information must be reported in this order:

- A** Age group place
- B** Swimmer’s name (last name first, as it appears on the USMS membership card)
- C** Age
- D** Club (official USMS team abbreviation)
- E** USMS number
- ~~**EF**~~ Official time/distance
- ~~**FG**~~ Special information (national records, overall place, place among men, etc.)

*Rationale: Housekeeping—this was omitted from the 2009 and 2010 rule books.*

<b>LD 84 305.9</b>	page 66	<b>Long Distance Committee</b>	Amend, Move & Renumber				
<b>Action:</b>	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled

**3057.9 Club Scoring**

Club scores shall be officially tallied for national ~~Open Water and Long Distance~~ championship postal events. At the discretion of the event director, club scoring may be officially tallied for national championship open water events.

*Rationale: This clarifies that club scoring in open water championships is optional.*

<b>LD 85 305.9.1B</b>	page 66	<b>Long Distance Committee</b>	Amend, Move & Renumber				
<b>Action:</b>	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled

**3057.9.1B**

**B** Club point scoring for the 3000/6000 yard and 5K/10K postal national championships ~~may~~ shall be calculated based on a predetermined formula, ...



*Rationale: The use of “shall” describes our current method of club scoring.*

<b>LD 86 305.9.1B</b>	page 66	<b>Long Distance Committee</b>	Amend, Move & Renumber				
<b>Action:</b>	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled

**3057.9.1B**

**B** Club point scoring for the 3000/6000 yard and 5K/10K postal national championships may be calculated based on a predetermined formula, approved by the Long Distance Committee, to fit the age group national record times for each gender. ~~A preformatted spreadsheet containing this formula will be supplied to the meet directors.~~

*Rationale: The reference to spreadsheet describes process rather than rules.*

<b>LD 87 305.9.1C</b>	page 66	<b>Long Distance Committee</b>	Amend, Move & Renumber				
<b>Action:</b>	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled

**3057.9.1C**

**C** Club scoring for the other national championships shall be point value for placing in individual swims. Points shall be determined ~~as if the meet were swum in a 10-lane pool (11-9-8-7-6-5-4-3-2-1).~~

*Rationale: Housekeeping—this omits unnecessary mention of ‘pool scoring.’*

<b>LD 88 305.9.3</b>	page 66	<b>Long Distance Committee</b>	Amend, Move & Renumber				
<b>Action:</b>	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled

**3057.9.3 Divisions**—Up to four divisions may be recognized for purposes of club scoring based on the number of swimmers entered from each club in the meet event ~~from each club~~. The number of entrants from a club that shall constitute division I (very large), division II (large), division III (medium) and division IV (small) shall be determined by the Long Distance Committee chair and the meet event director after the meet event entry deadline.

*Rationale: Housekeeping—clearer language.*

<b>LD 89 305.10.2 &amp; 3</b>	page 67	<b>Long Distance Committee</b>	Amend, Move & Renumber				
<b>Action:</b>	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled

**3057.10.2** National championship medals or other appropriate awards approved by the Long Distance Committee chair shall be awarded to the members of at least the first three place winners of ~~team~~ relay championships in each age group.

**3057.10.3** A USMS championship patch shall be awarded to each individual champion and each scoring member of a championship ~~team~~ relay. An individual shall receive only one patch per ~~meet~~ event.

*Rationale: Housekeeping.*





**LD 90 305.10.4** page 67 **Long Distance Committee** Amend, Move & Renumber  
**Action:** Adopted Defeated Adopted/Amended Tabled Postponed Withdrawn Pulled

**3057.10.4** Appropriate awards approved by the Long Distance Committee chair shall be awarded to the first, second and third place club winners in each division if applicable.

*Rationale: At this point, only the One Hour Swim has separate club size divisions. The 3000/6000 and 5K/10K are scored currently in the same division regardless of club size.*

**LD 91 305.11.1 & 2** page 67 **Rules Committee** Amend, Move & Renumber  
**Action:** Adopted Defeated Adopted/Amended Tabled Postponed Withdrawn Pulled

### **305.11 All-American Recognition**

*Rationale: the official use of the term “recognized” applies to recognized events as described in 202.2 and defined in the glossary.*

**LD 92 305.11.1 & 2** page 67 **Long Distance Committee** Amend, Move & Renumber  
**Action:** Adopted Defeated Adopted/Amended Tabled Postponed Withdrawn Pulled

**3057.11.1** The highest ~~ranking~~ placing USMS member in each age group of each individual national Open Water and Long Distance Championship event shall qualify as a USMS Long Distance All-American for the calendar year in which the event was conducted.

**3057.11.2** The members of the highest ~~ranking~~ placing USMS team in each age group of each national Open Water and Long Distance Championship event shall qualify as USMS Long Distance Team All-Americans.

*Rationale: USMS Long Distance individual All-Americans are determined by placement in national championships, not by rankings.*

**LD 93 305.11.2** page 67 **Long Distance Committee** Amend, Move & Renumber  
**Action:** Adopted Defeated Adopted/Amended Tabled Postponed Withdrawn Pulled

**3057.11.2** The members of the highest ranking USMS ~~team~~ relay in each age group of each national Open Water and Long Distance Championship event shall qualify as USMS Long Distance Team All-Americans.

*Rationale: Housekeeping*

**LD 94 305.11.2** page 67 **Long Distance Committee** Amend, Move & Renumber  
**Action:** Adopted Defeated Adopted/Amended Tabled Postponed Withdrawn Pulled

**3057.11.2** The members of the highest ~~ranking~~ placing USMS team in each age group of each national Open Water and Long Distance Championship event shall qualify as USMS Long Distance Team All-Americans.



*Rationale: USMS Long Distance relay All-Americans are determined by placement in national championships, not by rankings.*

<b>LD 95 305.11.2</b>	page 67	<b>Long Distance Committee</b>	Amend, Move & Renumber				
<b>Action:</b>	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled

**3057.11.2** The members of the highest ranking USMS ~~team~~ relay in each age group of each national Open Water and Long Distance Championship event shall qualify as USMS Long Distance Team All-Americans.

*Rationale: Housekeeping.*

<b>LD 96 305.11.3</b>	page 67	<b>Long Distance Committee</b>	Amend, Move & Renumber				
<b>Action:</b>	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled

**3057.11.3** The event director shall submit the name, age, club affiliation, time or distance, and USMS membership number for each competitor achieving All-American status to the Long Distance Committee chair in accordance with the USMS ~~meet~~ event contract.

*Rationale: Housekeeping.*

<b>LD 97 308 Heading</b>	page 68	<b>Long Distance Committee</b>	Renumber				
<b>Action:</b>	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled

**ARTICLE 306 ~~306~~ 308:  
RECORDS**

*Rationale: New section and renumbering.*

<b>LD 98 306.1.1</b>	page 68	<b>Long Distance Committee</b>	Amend, Move & Renumber				
<b>Action:</b>	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled

**3068.1.1** Individual national records will be maintained in quarter-mile straightaway events (1-mile and 2-mile) and time/distance pool events (one-hour, 3000-yard, 6000-yard, and 5- and 10-kilometer postal). Relay national records shall be maintained in all of these quarter-mile straightaway and long-distance pool events. The records shall be for three-person men and women teams and four-person mixed teams.

*Rationale: This adds records for cumulative relays in the quarter-mile straightaway swims, which follows current practice.*

<b>LD 99 306.1.2</b>	page 68	<b>Long Distance Committee</b>	Amend, Move & Renumber				
<b>Action:</b>	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled

**3068.1.2** Record times shall be swum in a sanctioned ~~meet~~ event and shall be routed through the ~~meet~~ event host to the Long Distance Committee chair.



*Rationale: Housekeeping.*

**LD 100 306.1.3 & 4** page 68 **Long Distance Committee** Amend, Move & Renumber

<b>Action:</b> Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled
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**306.1.3** With the exception of the quarter-mile straightaway events specified in article ~~305.2.1~~ 307.2.1, no national records will be maintained in open water events because of differences in courses, currents and other physical factors.

**306.1.4** Open Water and Long Distance records shall only be permitted from events conducted in compliance with articles ~~305.7.3B~~ 307.7.3 and ~~305.7.5~~ 307.7.5 of the USMS rule book.

*Rationale: Corrects references to other proposed sections.*

**LD 101 306.1.6C** page 68 **Long Distance Committee** Amend, Move & Renumber

<b>Action:</b> Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled
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**306.1.6** Long distance national records may be established by using a swimmer’s split time in an individual event if...

**C** The intent to record a split time is brought to the attention, in writing, of the event ~~host~~ director at the time of entry in the longer event.

*Rationale: Housekeeping.*

**LD 102 309** page 68 **Long Distance Committee** Add

<b>Action:</b> Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled
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**ARTICLE 309**

**NATIONAL SWIMMER RANKING AND AWARDS SYSTEM**

**309.1 Swimmer Ranking System**

The Long Distance Committee shall develop and maintain a national swimmer ranking system for USMS registered swimmers. National rank shall be based on points earned for place in all sanctioned open water events. Specifications for the ranking and awards system shall be defined in the Open Water Policy Manual.

*Rationale: New section. The current national awards system includes only swimmers who participate in national championships. A national ranking system for sanctioned events will give open water swimmers the same opportunity as pool swimmers to compete for national rank. Awards for national championships will remain in place.*

**LD 103 Appendix B** page 132 **Long Distance Committee** Amend

<b>Action:</b> Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled
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**APPENDIX B**

**Documentation requirements for USMS long distance records:**

- Completed “Application for USMS Long Distance Record.”



- Proof of achieved time or distance swum.
- For postal events, a lap-count checkoff sheet listing all split times and bearing the signature, name, address and phone number of the lap counter/timer.
- For cable swims, ~~the technique used to measure the course, and the signature, name, address and phone number of the person who measured the course~~ a copy of the course certification, if it is not already on file according to 302.3.1A.

*Rationale: The course measurement information is contained in the application form (bullet point #1), and is therefore redundant. The certification form needs to be required.*