

# Index

## A

Acceptable times  
 records 41  
 Advertising 15, 72  
 Affiliate  
 membership 95  
 Age  
 determining date 6, 67  
 groups 6, 79  
 Aggregate time xi  
 All-American  
 individual 44  
 long distance 86  
 open water 86  
 recognition 44–45  
 relay 44  
 All-Star 44  
 Amendments 111  
 authorized bodies 111  
 effective date 114  
 emergency 113  
 format 111  
 proposed  
 adoption of 112  
 modification of 112  
 submission of 111–112  
 publication of proposed 112  
 submission deadline 112  
 submissions after the deadline 112  
 timely 112  
 USA Swimming rules 113  
 Anchored xi  
 Announcer 25  
 Annual membership  
 College Club Swimming 57  
 standard 57  
 Appeals 90–93  
 Appendices  
 amendment 111  
 Appointees 95  
 Appointments  
 legal counsel 109  
 liaisons 109  
 special assignments 109  
 Articles of incorporation 103  
 Assistance and agreements 33

At-large directors  
 Breadbasket Zone 141  
 Colonies Zone 141  
 election and term of office 103  
 Great Lakes Zone 141  
 Northwest Zone 141  
 Oceana Zone 141  
 South Central Zone 141  
 Southeast Zone 141  
 Southwest Zone 141  
 Audit Committee 142  
 Awards 32, 79, 85–86  
 national championships 38

## B

Bidding areas  
 long distance national championship  
 139–140  
 Body xi  
 Backstroke 3–4  
 flags and lines 49  
 start 1  
 Board of Directors, 95, 103, 103–105,  
 141  
 appeal to 94  
 at-large directors  
 reelection 103  
 term 103  
 meetings 104  
 frequency 104  
 methods 104  
 membership 103  
 at-large directors 103  
 Executive Committee 103  
 nonvoting members 103  
 permanent committees 104, 142  
 act between meetings of House of  
 Delegates 103  
 articles of incorporation 103  
 budget 103  
 chief executive officer 103  
 elections 104  
 emergency powers 104  
 financial resources 103  
 meetings of the House of Delegates  
 104

# INDEX

---

permanent committees of the Board  
103  
policies 103  
quorum 104  
removal of members 106  
vacancies 106  
voting privileges 104  
Breaststroke 2  
Bulkhead xi, 45, 46  
Butterfly 3

## C

Cable swim xi  
Championship Committee 141  
Clerk of course 25  
Club xi  
membership, 95  
form 58  
national championship scoring 37  
Coaches Committee 141  
Code xi  
definition 111  
College Club Swimming xi, 57  
Color 48  
Commands  
starts 21  
Committees 106–109  
ad hoc 95, 109  
appointments 109  
Audit 104, 142  
Championship 106, 141  
Coaches 107, 141  
Compensation and Benefits 104–105,  
142  
Diversity and Inclusion 141  
Elections 105, 142  
Executive 105–106  
Finance 105, 142  
Fitness Education 107  
Governance 105, 142  
History and Archives 107, 141  
Investment 105  
Investment 142  
jurisdiction 111  
Legislation 107, 141  
LMSC Development 107, 141  
Long Distance 107  
Long Distance 141  
Officials 108  
Recognition and Awards 108, 141

Records and Tabulation 108, 141  
Rules 108, 141  
standing 95, 106–109  
Compensation and Benefits Committee  
142  
Corporation xi  
Conduct 83  
compliance with rules and regulations  
89  
enforcement 89  
standards of 89  
unsporting 90  
Contract  
national championship 82  
Course xi  
Corporation 110

## D

Deaf 52  
Deck entered xi  
Deck equipment  
other 47  
Deck-seeding xi  
Deliberate delay 22  
Disabilities 52–54, 76–77  
general 51  
physical 52–54  
Disabled 52  
cognitively 52  
Discrimination 90  
Disqualifications 15–16, 32  
Dissolution 110  
Diversity and Inclusion Committee 141  
Diving boards 47, 75  
Drafting xi, 79  
Dual 15, 23  
Dual meet xi  
USA Swimming 60

## E

Election operating guidelines 102, 103  
Elections Committee 104, 142  
Electronic timing chip xi  
Eligibility 6, 57  
Emergency actions 113  
amendments at annual meeting 113  
amendments between annual meetings  
113  
expiration of 114  
End of the course xi

End wall targets 46  
 Entry fees 9, 83  
 Entry form 83  
 Equal opportunity 96  
 Escort craft xii  
 Escorted swim 75–76  
 Etiquette

lane 12

Event xii, 7–8  
 open water 67–68  
 straightaway 74

Event director xii, 83

Event limit 8

Ex officio xii

Executive Committee 105–106  
 members  
 immediate past president 105  
 nonvoting  
 chief executive officer 105  
 officers 105  
 nonvoting members  
 legal counsel 105  
 nonvoting members of 105  
 policies 106

## F

Facilities 45

False starts 21

Fees 109

FINA *see World Aquatics*

Finance Committee 142

Financial policy 109

fees 109

fiscal year 109

Finish xii

open water 74–75

Finish point xii

backstroke 3

blind and visually impaired 52

breaststroke 2

butterfly 4

disabilities 54

freestyle 4

individual medley 5

First day of meet xii

Fiscal year 109

Fitness events xii, 62

Flags and lines

design 49

location 49

Foreign swimmer xii

Forward start xii, 1

Foul xii

Freestyle 4

Front edge 48

## G

Gender xii

Gender identity xii

Glossary

amendment 111

Governance Committee 142

Grease xii

Grievance 91

Guiding principles ix, 100

## H

Hard of hearing 52

Hearings 90–94

documentation 94

filing fee 94

recognition and enforcement 94

Heat xii

assignments 10

minimum 11

pairing of 12

preliminary xiv

Heat sheet xii

Height 47

History and Archives Committee 141

Horizontal xii

House of Delegates 95, 100

annual meeting 101

meetings

methods 101

notice 101

meetings of 101

membership 100

at-large members 100

Board of Directors 100

Finance Committee 100

legal counsel 100

Legislation Committee 100

LMSC delegates 100

Long Distance Committee 100

National Board of Review

chair 100

nonvoting delegates

- affiliate members 100
- allied members 100
- past presidents 100
- permanent committees of the Board
  - of Directors
  - chairs 100
- Rules Committee 100
- standing committees
  - chairs 100
  - zone chairs 100
- other meetings 101
- powers 100–101
  - admit to group membership 101
  - admit to individual membership 101
  - amendments 101
  - annual reports 101
  - delegation 101
  - election of officers and directors 100
  - standing committees 101
- Housekeeping xii, 111

**I**

- Illumination 47
- Immediate past president 141
- Individual events 6
- Individual medley 4
- Indivisible package 112
- Information for meet directors and officials 115
- Initial distance xiii
- Installation 49
- Insurance 110
  - coverage 110
  - indemnification 110
- Investment Committee 142
- IOC xiii

**J**

- Judges 22
  - chief 22
  - jurisdiction of 23
  - stroke 22
  - turn 22

**K**

- Kick
  - breaststroke 2
  - butterfly 3
  - disability 53

**L**

- Ladders 47
- Lane xiii
  - assignments 10–13
  - numbers 46, 47, 48
  - swimmers of similar speed in same 13
- Lane line xiii
- Lane markers xiii
- Last day of the meet xiii
- Leadoff xiii
- Leg xiii
- Legal counsel 141
- Legislation Committee 141
- Length xiii
- Liability release 65
- Lighting 47
- LMSC xiii, 96
  - abbreviations 137
  - annual meeting 96
  - board of directors 95
  - boundary 138–140
    - descriptions 96
    - map 138
  - numeric codes 137
  - bylaws 96
    - filing of 96
  - election of officers 96
  - financial controls 99
  - grievances
    - original and exclusive jurisdiction 91
  - membership 96
  - officers 95
  - official names 96
  - records and record keeping 99
- LMSC options 32
- LMSC Development Committee 141
- Local Masters Swimming Committee 96
- Long course (50) meters xi, 7, 33
- Long distance
  - age 67
  - All-Star Team 86
  - championships
    - bidding areas 137
  - distance-based 78, 80
  - membership 67
  - multiple per lane 79
  - officials 79

place 80  
 pool size 79  
 relay  
   cumulative 78  
   sequential 78  
 representation 67  
 results 80  
 sanctions 67  
 time-based 78, 80  
 timing 80  
 Long Distance Committee 141  
 Long distance pool 78

## M

Major changes for 2023 x  
 Manual start xiii  
 Mark xiii  
 Marshals 25  
 Masters Swimming xiii  
 May xiii  
 Medical Identification Item xiii  
 Meet xiii  
   affiliate 95  
   allied 95  
   announcement 35  
   cancellation 14  
   categories 32–33  
   championship  
     LMSC 99  
   change of program and postponement  
     13–14  
   committee 19  
   documents  
     storage requirements for 125  
   dual-sanctioned xi, 32  
   individual 95  
   information 35  
   LMSC 96  
   mandatory 95  
   name 33  
   other 95  
   postponement 14  
   results  
     preparation of 125  
     triangular 32  
 Meet announcement xiii  
 Meet director 18  
 Meet program xiii  
   affiliation 60  
   age 60

Member xiii  
   conduct of 89–90  
 Member in good standing xiv  
 Membership, 57–59  
   annual 57, 58  
   application forms 58  
   club  
     College Club Swimming 58  
     standard 58  
   fee 58  
   individual  
   LMSC  
     changing affiliation 58  
     long distance 67  
     open water 67  
 Minimum standards  
   LMSC 99  
 Misconduct 22  
 Mission statement ix  
 Must xiv

## N

National Board of Review 90–92, 95  
 appellate jurisdiction 91  
 authority of 92  
 chair  
   Authority of 92  
   duties 93  
 determination of eligibility 92  
 determination of right to participate  
   92  
 hearing panel procedure 93–94  
 investigation of election impropriety  
   92  
 jurisdiction 91  
 LMSC decision  
   Appeal of 93  
 penalties 92  
 procedures 93  
 National championship 47, 81–87  
   assistance 84  
   bid  
     awarding of 33  
   club scoring 37, 85  
   conduct of 33–40  
   distance events 37  
   entry  
     deadline 36  
     form 35  
     procedures 35

# INDEX

---

equipment 40  
event limit 34  
facilities 40  
financial 83  
heat sheets 33  
local clubs 37  
long distance events 81–82  
    bidding areas 139–140  
multiple courses 37  
open water 81–82  
participant information 33  
personnel 39  
program 33, 35  
protests 38, 84  
regional clubs 37  
results 84–85  
site selection 82  
    warm-up schedule 33  
National office 142  
National qualifying times  
    adjustments for altitude 126  
Noncompliant facilities 60  
Nonconforming events 60  
Nonconsensual physical contact 90  
Nonconsensual sexual conduct 90

**O**

Obscene language 90  
Observer's report form 135  
Officers 101–103  
    duties of 102–103  
    elections and term of office 101–102  
    positions 101  
    president  
        duties 102  
    reelection 102  
    secretary  
        duties 102  
    term of office 102  
    treasurer  
        duties 102  
    vice presidents  
        duties 102  
Official time xiv, 28  
    determination of 26  
Officials 18, 71, 79, 83  
    administrative 20  
    open water 67  
    qualification of 18  
Officials Committee 141

Olympic 60  
On the breast xiv  
One-event registration 57  
    open water 57  
    pool 57  
Optional accessories 50  
Open water 68  
    All-Star Team 86  
    disqualifications 75  
    escorted 75  
    events 67–68  
        noncompetitive 78  
    finishes 74  
    incomplete race 77  
    officials 71  
    organization 67  
    relay  
        cumulative 69  
        distance basis 69  
        point basis 69  
        sequential 70  
        time basis 69  
    safety 70–71  
    scoring 70–71  
        age group 71  
    seeding 74  
    starts 74  
    swims 68  
        straightaway 68  
    swimwear  
        category I 72–73  
        category II 73  
Opportunity to participate 90  
Other meets 32  
Overflow recirculation system 47

## P

Pace clocks 49  
Paddler xiv  
Paralympic 60  
Parliamentary authority 109  
Participation 89  
Penalties 9  
Permanent course 46  
Places 13  
Pool xiv  
    bottom lane markers 46  
    certification  
        records 41  
    deck 47

- markings 46–47
  - platform 48
  - racing course
    - dimensions 45–46
    - walls 46
  - water
    - depth 46
    - temperature 47
    - width 45
  - Power source 50
  - Preceding xiv
  - President 141
  - Press steward 25
  - Proof of membership 60
  - Propulsive xiv
  - Protection 89
  - Protests 17, 84
- Q**
- Qualifying times 89
  - Quorum 101
- R**
- Recall device 49
  - Recall rope operator 22
  - Recognition 56, 61
    - Executive Committee 61
    - Olympic 61
    - Paralympic 61
    - records 40
    - withholding 61
  - Recognition and Awards Committee 141
  - Recognized events xiv, 61–62
  - Recorder of records 25
  - Records 41, 86–87
    - application 132
    - application for USMS/world records 131
      - deadline xi, 40
      - national 43
    - long distance
      - documentation requirements 132
      - requirements for 40–42
        - pool measurement 42
    - Top 10 42–43
    - world 45
  - Records and Tabulation Committee 141
  - Referee 19
    - optional instructions 21
    - preparation 21
  - Register xiv
  - Relay 5, 9–10
    - cumulative 69, 78
    - events 6
    - freestyle 5
    - medley 5
    - results
      - preparation of 125
    - rules 5, 6
    - takeoffs
      - sequential 70, 78
        - blind and visually impaired 52
  - Relay takeoff judge 23
  - Release 65
  - Reporting
    - officials and meet personnel 19
  - Release 65
  - Representation 58–59
    - long distance 67
    - open water 67
  - Required personnel 18
  - Responsibilities 51
  - Results, 80, 84
    - individual events
      - preparation of 125
    - meet 38
    - national championships 38
    - preparation of 10
  - Rule book dedication ii
  - Rules 79, 81
    - differences between USMS and other organizations 115
  - Rules Committee 141
- S**
- Safety 48, 49
    - electrical 50
    - open water 70–71
  - Safety plan xiv
  - Sanction xiv, 54
    - open water 62–63, 67
    - pool 59–62
    - records 40
    - requirements 59, 63
    - withdrawal 61, 64
    - withholding 60
  - Sanctioned meets
    - nonconforming events 60
  - Scissors xiv

# INDEX

---

Scissors kick xiv  
Scoring 32, 85  
    divisions 70–71  
Scratch xiv,  
Scratch procedures 9  
Secretary 141  
Seeding xiv, 10, 10–13  
    events in a 50-meter course 11  
    fast-to-slow 11  
    national championships 36  
    open water 74  
    slow-to-fast 11  
    two-to-a-lane 11  
Session xiv  
Shall xv  
Short course xi  
Short course (25) meters 32  
Short course (25) yards 7, 32  
Should xv  
Size 48  
Slope 48  
Soft touch xv  
Solo swim 68  
Split notification form 133  
Split time xv  
Splits  
    preparation of results 125  
Start 1  
    backstroke 3  
    blind and visually impaired 52  
    breaststroke 2  
    butterfly 3  
    freestyle 4  
    individual medley 4  
    open water 74  
    physical disability 52  
    running 74  
    stationary 74  
Starter 20–22  
Starting  
    command 1  
    form alternate ends 11  
    from alternate ends of course 11  
    grips 48  
    platforms 47–48  
    signal 74  
    visual signal 52  
Starting system  
    equipment 20  
    loudspeaker 49

    strobe light location 52  
Still water xv, 43  
Straightaway swim xv  
Strokes  
    backstroke 3  
    breaststroke 2  
    butterfly 3  
    disability 53  
    freestyle 4  
    individual medley 4  
Straightaway swim 68  
Submitted times xv  
Swimwear 14–15, 72–73, 84  
    design 14, 72

## T

Table of contents iv  
Threatening language 90  
Ties 32  
Time  
    aggregate xi  
Timed finals xv  
Time trial xv  
Timers 18, 23–25  
    chief 23  
    head lane 24  
    lane 24  
Timing  
    accuracy 29  
    adjustment for difference 27  
    adjustment for lane malfunction 27  
    altitude adjustment 34  
    automatic 26  
    equipment 25–27  
        automatic 25, 49–50  
        manual 25  
    operator 24  
    semiautomatic 25  
    time display board 50  
malfunction  
    primary 27  
manual 26  
primary 25  
resolution 29  
secondary 26  
semiautomatic 26, 27  
tertiary 26  
Tobacco  
    no smoking signs 47, 48  
    products 17, 17–18



Touch xv  
 Touchpads 45, 50  
 Treasurer 141  
 Turn xv  
   backstroke 4  
   blind and visually impaired 52  
   breaststroke 2  
   butterfly 3  
   disability 54  
   freestyle 4  
   individual medley 4

**U**

Unattached 9, 59  
 U.S. Aquatic Sports xv  
 USA Swimming  
   meets  
     combined 122  
     dual sanctioned events 122  
 USAS xv  
 USMS xv  
   directory 141  
   standing committees 141

**V**

Values ix  
 Venue xv, 125  
 Verification  
   swimmer 62  
 Vice president of administration 141  
 Vice president of community services  
   141  
 Vice president of local operations 141  
 Vice president of programs 141  
 Virtual event xv  
 Virtual Guide to Operations 67  
 Vision statement ix

**W**

Wall xv, 46, 47, 48, 52, 54  
 Warm-down 6–7  
   availability 6, 9  
   procedure 7, 8  
 Warning signal xv, 22  
 Water  
   still 43  
 Wave xv, 74  
 Will xv  
 Workout group xvi

World Aquatics xvi, 15, 41, 42, 60–63,  
 113  
 information for USMS participants at  
 World Aquatics events 123

**Z**

Zone xvi, 99  
   boundaries 99  
     map 138  
   boundary 99, 138  
   chair 99  
   championship meet 100  
   communication 100  
   meeting 99  
   policy 100  
 Zone chairs  
   reelection 100  
   residency requirement 99  
   vacancy 99  
 Zones  
   boundaries  
     Breadbasket 99  
     Colonies 99  
     Great Lakes 99  
     Northwest 99  
     Oceana 99  
     South Central 99  
     Southeast 99  
     Southwest 99

