

## Proposed Changes to the USMS Long Distance Rules of Competition

In accordance with section 601.1.4, the Long Distance Committee submits and recommends the following proposals for consideration by the House of Delegates at the 2012 Convention.

All proposed changes are from the Long Distance Committee (with ongoing review by the Open Water Committee) and involve reorganizing, clarifying, maintaining consistency, & updating old rules and drafting new rules.

Proposals concerning reorganization of Part 3 are LD 13, 15, 22, 23, 30, 31, and 58.

Proposals of major substance are LD 16, 35, 37, 38, and 42.

Proposals of some substance are LD 1, 2, 3, 7, 8, 9, 11, 14, 19, 20, 24, 26, 28, 33, 40, 43, 46, 47, 48, 49, 51, 55, 57, 63, 68, and 72.

Housekeeping proposals are LD 4, 5, 6, 10, 12, 17, 18, 21, 25, 27, 29, 32, 34, 36, 39, 41, 44, 45, 50, 52, 53, 54, 56, 59, 60, 61, 62, 64, 65, 66, 67, 69, 70, 71, 73, and 74.

---

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 Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled

**Drafting/Slipstreaming**—in an open water and long distance events, an individual swimming behind or next to a single swimmer or support craft for the purpose of taking advantage of the reduced water resistance.

*Rationale: “Drafting” is also referred to in 306.4.2 pertaining to the conduct of postal events, so the definition needs to be broadened to include all open water and long distance events.*

---

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 Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled

**Escort Craft**—boats or paddle boards that accompany swimmers in open water swim used for the swimmers’ safety and logistical support, including the person or people that staff them.

*Rationale: Clearer and more inclusive rules language.*

---

<b>LD 3 301.2</b>	page 59	<b>Long Distance Committee</b>				
<b>Action:</b> Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn	Pulled

### **301.2 ~~OPEN WATER~~ GUIDE TO OPERATIONS**

**301.2.1 Open Water Guide to Operations**—The Long Distance Committee, with input from the

Open Water Committee, shall develop and maintain a USMS Open Water Guide to Operations. The manner of implementation, governing policies and management of the rules ~~in Part 3~~ applying to open water swims shall be contained in this guide.

~~301.2.2 All participants in national championship postal events (as defined in article 305.7.2.2G-I) must be currently registered members of USMS or a FINA member national governing body on or before the day of their swim. Athletes with one event registrations are not eligible for national championship postal events.~~

*Rationale: Current section 301.2.2 is misplaced, and should be in 301.3*

**301.2.2 Postal Guide to Operations**—The Long Distance Committee shall develop and maintain a USMS Postal Guide to Operations. The manner of implementation, governing policies and management of the rules applying to postal swims shall be contained in this guide.

*Rationale: The Long Distance Committee currently maintains Guides to Operations for both open water events and postal events. This proposed changes to 301.2, 301.2.1, and 301.2.2 recognizes that fact.*

**LD 4            301.3                            page 59            Long Distance Committee**

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

**301.3 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 and 203 ~~204 and 205~~. In addition, the following administrative rules apply:

*Rationale: Housekeeping (corrected references)*

**LD 5            301.3.1                            page 59            Long Distance Committee**

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

**301.3.1** Participants with ~~One-event registrants~~ registrations shall not be eligible to compete in open water and postal national championships ~~open water swims~~, nor shall they be eligible for records, All-American status or any other USMS special awards.

*Rationale: Housekeeping (this combines the last sentence of the current 301.2.2 and all of the current 303.3.1, amended with language from current 303.3.1, into one statement for succinctness and clarity)*

**LD 6            301.3.2 (new)                    page 59            Long Distance Committee**

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

**301.3.2** All participants in national championship postal events ~~(as defined in article 305.7.2.2G-I)~~ must be currently registered members of USMS or a FINA-member national governing body

on or before the day of their swim.

*Rationale: Housekeeping (this section was misplaced in 301.2.2, and should be in 301.3. The reference is unnecessary)*

**LD 7            301.4                            page 59            Long Distance Committee**

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

### **301.4 LIABILITY RELEASE**

Entry forms shall contain the exact language of the liability release according to articles ~~204.1 and 204.1.2-204.~~

*Rationale: The liability release instructions are contained in too many places and, as currently written, are not all correct. Article 204 should contain all of the information. This will require simultaneous changes in legislation to make it a proposal that can be passed by a majority vote.*

**LD 8            302.2.1A                            page 60            Long Distance Committee**

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

### **302.2.1 Straightaway Swims**

A 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 ~~yards~~ meters apart.

*Rationale: Rowing and canoe racing courses appear to be fruitful possibilities for establishing new cable swim courses, but the standard distance between buoys on these courses is 10 meters. The current 10 yard rule would be restrictive or prohibitive in establishing cable courses at these venues.*

**LD 9            302.2.1B                            page 60            Long Distance Committee**

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

**B Course measurement**—If permanent fixed and stationary markers are used, a course ~~needs to~~ shall be certified once every five years. If ~~a course has no permanent stationary~~ markers are not permanent, the course shall ~~it must~~ be certified by a licensed surveyor annually before the swim takes place.

*Rationale:*

- 1. Housekeeping (better rules language)*
- 2. “Before the swim takes place” protects athletes from swimming on an uncertified course, much the way that we must measure pool length before competition.*

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

**302.2.2 Other Open Water Swims**—The event director shall determine the course and type of start for open water swims, keeping in mind the safety of the swimmers. 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.~~

*Rationale: Housekeeping (redundant with 302.1, inconsistent with 303.1, and not parallel in structure with 302.2.1)*

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

**302.2.3 Solo Swims**—Solo open water swims, consisting of one or a select number of swimmers, may be sanctioned and ~~should~~ shall conform to the rules stated under article 303.11.

*Rationale: If the event is sanctioned, it is required—not merely suggested—that the event conform to the rules.*

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

**302.3.2 Time/ or Distance Basis**—A specified number of contestants on each relay shall be considered in the computations for team scoring. The relay whose ~~top~~ specified number of swimmers has the lowest cumulative time or the greatest cumulative distance shall be declared the winner. A similar method ~~will~~ shall be used to determine second, third and subsequent places. In the event of a tie, the relay with an individual member ~~who finished nearest to first place~~ with the fastest or farthest swim shall be declared the winner or awarded the place.

**302.3.3 Point Basis**—Points are awarded on the basis of overall finishing position, with one point for first place, two points for second place, etc. The points of specified relay members are added, and the lowest cumulative score determines the winning relay; the second lowest score, the second place, etc. In the event that two or more relays score the same number of points, the relay ~~that has the swimmer who won or finished nearest to first place~~ with the individual member with the fastest or farthest swim shall be declared the ~~winning relay or awarded the~~ place.

*Rationale: Housekeeping (less redundancy, better clarity, and more consistent & parallel rules language)*

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

**302.4 SEQUENTIAL RELAYS**

**302.4.1** 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 within one minute after the completion of the previous swimmer’s leg. In the exchange in open water relays, physical contact must be made between the two swimmers.

**302.4.2** Mixed-gender sequential relays ~~may be entered, provided~~ shall consist of at least one swimmer of each gender is represented, as follows:

Total number of relay members	Women	Men
2	1	1
3	Minimum 1	Minimum 1
4	2	2
5	Minimum 2	Minimum 2
6	3	3

*Rationale: Reorganization (the proposed 302.4.2 has been misplaced in 307.2.3 (in that placement, it actually contradicts 307.2.3A). It fits better in this section, with wording amended to fit its new home).*

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

**302.4.3** With the exception of National Championship events, ~~t~~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 1: This proposal maintains the flexibility inherent in this article for non-national championship events, but limits this flexibility to protect the integrity of national championship events.*

*Rationale 2: There is no compelling reason to involve the USMS Long Distance Committee Chair in this decision at local events. Most of our rules involving local swims give such discretion of the event director.*

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

302.4 is proposed to be reorganized.

*Rationale for reorganization of 302.4: This rule should be split into three parts because it speaks three separate issues, the definition of sequential relays, the composition of mixed relays, and an exception.*

**LD 16**      **302.5 (new)**      page 61      **Long Distance Committee**

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

### **302.5 WATER CONDITIONS**

**302.5.1 Water & Air Temperature**—For swims of 5-kilometers or above, the swim shall not begin if the following conditions are not satisfied:

**A** The water temperature shall not exceed 85° F.

**B** The air temperature and water temperature when added together shall not be less than 118° F nor greater than 177° F.

*Rationale: Safety! Using the language adopted by USA-Swimming, this proposal aims to protect swimmers from thermal issues caused by swimming in dangerously warm water.*

**LD 17**      **303 Title**      page 61      **Long Distance Committee**

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

### **ARTICLE 303: CONDUCT OF COMPETITIVE AND SOLO OPEN WATER EVENTS**

*Rationale: Housekeeping (recognizes that this article includes solo swims, which are not necessarily competitive swims)*

**LD 18**      **303.1.1B**      page 61      **Long Distance Committee**

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

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

*Rationale: Housekeeping (grammar)*

**LD 19**      **303.1.1C**      page 61      **Long Distance Committee**

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

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

*Rationale: This proposal ensures gender equity for awards, and removes a concern about excess costs for events that would like to score using all scoring divisions.*

**LD 20      301.1.1E (new)      page 61      Long Distance Committee**

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

E With the exception of National Championships, requirements defined in article 303.1.1D may be waived by the Long Distance Committee chair to facilitate the development of new or revised awards systems.

*Rationale: The current requirement is strict and may interfere with development of new concepts and member benefits without waiting for a two-year rules cycle.*

**LD 21      301.1.3B      page 61      Long Distance Committee**

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

**B Relay**—Open and 18+, 25+ ... (40 ~~ten~~-year age groups as high as necessary), the age of the youngest relay member determining the age group.

*Rationale: Housekeeping (parallel construction with 303.1.3A)*

**LD 22      303.2      page 61-2      Long Distance Committee**

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

**303.2 SAFETY STANDARDS**

**303.2.1** Event directors shall develop and maintain a written safety plan that is available for review by the LMSC authorized representative.

~~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 can assist this endeavor by:~~

~~303.2.1 Obtaining necessary permits/approvals from the U.S. Coast Guard, park authorities, lifeguard associations, etc.~~

~~303.2.2 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 event information packets.~~

~~303.2.3 Planning for possible medical evacuations.~~

~~303.2.4 Assigning rescue/aid personnel and craft.~~

~~303.2.5 Planning for escort paddlers or craft. Personal escorts should be considered for open water swims.~~

~~303.2.6 Making provisions for controlling escort craft and access of nonrace craft into the race area.~~

~~303.2.7 Briefing all contestants, coaches, managers, trainers and event officials.~~

~~303.2.8 Planning for possible cancellation, postponement and/or modification of the event.~~

~~303.2.9 Considering use of fluorescent or brightly colored caps to assist in identification and visibility of swimmers in open water events.~~

~~303.2.10 — 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**~~

*Rationale: Reorganization. The current 303.2 contains process, not rules. The proposed 303.2.1 & 2 replace most of this process language with enforceable rules language, and point event directors to the USMS Open Water Safety Objectives document.*

**LD 23      303.3.1 – 4 (new)      page 62      Long Distance Committee**

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

303.3 is proposed to be reorganized.

*Rationale for reorganization of 303.3: Housekeeping: This section will read more clearly than before under the proposed new order. 303.3.1 introduces escorted swims, 303.3.2 (formerly 303.3.3) & 303.3.3 (formerly 303.3.4) define assistance allowed and not allowed, and 303.3.4 (formerly 303.3.2) defines the disabled craft exception.*

**LD 24      303.3.1      page 62      Long Distance Committee**

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

**303.3.1** In any event for which it has been arranged that an escort craft or paddler will accompany each any swimmer throughout the event, then 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 may stay in the water 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: Having an individual escort in a swim when others do not have one is inherently unfair. Provisions for making modifications for swimmers with disabilities are already included in 303.10.*

**LD 25      303.3.2      page 62      Long Distance Committee**

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

**303.3.2** If a swimmer's escort becomes disabled as per article 303.23.1, an escort for another swimmer may assume responsibility for the swimmer with the disabled escort, subject to the following conditions:

*Rationale: Housekeeping (corrected reference)*

**LD 26**      **303.3.2B**      page 62      **Long Distance Committee**

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

**B** The two swimmers must stay within 3 meters of each other. Failure to stay within 3 meters shall result in immediate disqualification of the second swimmer assigned to the escort craft and the immediate ~~removal~~ exit of that person from the water.

*Rationale: Better rules language: "Exit" does not imply 'forceful', as "removal" might.*

**LD 27**      **303.3.1 – 4 (new)**      page 62      **Long Distance Committee**

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

**303.3.1** 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 may stay in the water 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.

**303.3.2** If a swimmer's escort craft becomes disabled as per article 303.1, an escort craft for another swimmer may assume responsibility for the swimmer with the disabled escort craft, subject to the following conditions:

**A** Any one ~~paddler~~ ~~or~~ craft may escort no more than two swimmers.

**B** The two swimmers must stay within 3 meters of each other. Failure to stay within 3 meters shall result in immediate disqualification of the second swimmer assigned to the escort craft and the immediate removal of that person from the water.

**303.3.3** Swimmers may receive the following assistance from ~~the~~ any escort craft:

**A** Food or drink may be passed from escort craft to swimmer as long as deliberate contact is not made between the two.

**B** The escort craft may also assist the swimmer with navigation, including verbal and written communication.

**303.3.4** Swimmers shall not be assisted by escort craft as follows:

**A** Swimmers shall not receive flotation or propulsion from any escort craft nor make intentional contact with any craft.

**B** Drafting (swimmer swimming directly behind the escort) shall not be permitted when other open water is readily available.

**C** Escort ~~boats~~ craft shall not obstruct other swimmers in the race.

*Rationale: Housekeeping (in 303.3.1 through 303.3.4, the word “paddler” is redundant, as “Escort Craft” is defined in the Glossary (note the proposal to addend the Glossary definition). It is also misleading, as some escort craft are motorized)*

**LD 28      303.3.4      page 62-3      Long Distance Committee**

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

**303.3.34** Swimmers shall not receive the following assistance from any ~~be assisted by~~ escort craft as follows:

*Rationale 1: Housekeeping (parallel construction with current 303.3.3)*

*Rationale 2: Adding the word “any” clarifies & tightens the definition of assistance.*

**LD 29      303.3.4B      page 63      Long Distance Committee**

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

**B** Drafting (~~swimmer swimming directly behind the escort~~) craft shall not be permitted when other open water is readily available.

*Rationale: Housekeeping (redundant: drafting is already defined in the Glossary)*

**LD 30      303.4      page 63      Long Distance Committee**

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

## **303.4 STARTS**

### **303.4.1 Types**

**A Stationary**—Swimmers start from a platform or in the water behind the starting line.

**B Running**—Swimmers line up a short distance from the water behind a marked line. At the starting signal, the swimmers run into the water and swim the prescribed course.

**C Wave Starts**—At the discretion of the event director, swims may be started in waves in which each wave is separated at the start from other waves by a 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.

**303.4.2 Starting Signal**—The starting signal shall be both audible and visible.

**303.4.3 Straightaway Events**—A stationary water start shall be used in straightaway events.

~~**303.4.4 Wave Starts**—At the discretion of the event director, swims 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: Reorganization (moving 303.4.4 to 303.4.1, with the other definitions of starts)*

**LD 31**      **303.6.1**      page 63      **Long Distance Committee**

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

**303.6.1 Types**

**A In-the-Water**—The swimmer shall have finished the swim when any part of the swimmer touches a vertical surface or crosses a specifically designated finish line after completion of the prescribed distance. 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.

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

**303.6.32 Straightaway**—An in-the-water finish shall be used in straightaway events.

*Rationale: Reorganization (parallel construction to 303.4.3) Renumber after.*

**LD 32**      **303.6.3**      page 63      **Long Distance Committee**

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

**303.6.32 Straightaway Events**—An in-the-water finish shall be used in straightaway events.

*Rationale: Housekeeping (parallel construction to 303.4.3)*

**LD 33**      **303.6.4 (new)**      page 63      **Long Distance Committee**

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

**303.6.4** When a final time has been submitted to the nearest second, .99 second shall be added to the time submitted. When a final time has been submitted to the nearest tenth of a second, .09 shall be added to the time submitted.

*Rationale: This proposal brings the recording of finish times in line with 308.1.5 and proposed 306.5.3, so that all open water and long distance events may be posted to the event results database in the same format.*

**LD 34**      **303.7.2B**      page 64      **Long Distance Committee**

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

**B** The competitor shall wear only one swimsuit in one or two pieces. All swimsuits shall be made from textile materials. For men, the swimsuit shall not extend above the navel nor below the knees.;

~~and f~~ For women, the swimsuit shall not cover the neck, extend past the shoulder nor ~~extend~~ below the knees.

*Rationale: Housekeeping (parallel construction & easier reading)*

**LD 35**      **303.7.2D & 303.7.3C**      page 64-5      **Long Distance Committee**

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

**D** Swimmers are not permitted to wear or use any device or substance to help their speed, pace, buoyancy or endurance during a swim (such as wetsuits, webbed gloves, fins, snorkels, buoyant armbands, etc.). Any kind of tape on the body or flat armband is not permitted unless approved by the referee. Any devices used to maintain body heat are not permitted, except for those listed in article 303.7.2A.

**C** Swimmers are not permitted to wear or use any additional device or substance to help their speed, pace, buoyancy or endurance during a swim (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: The word “pace” in 307.7.2D & 307.7.3C was inadvertently dropped from the restructuring and rewriting of this rule in 2010. It needs to be reinstated, as anything that helps pace potentially helps overall speed. The proposed language about banned devices & substances is deliberately parallel to the language in 102.12.1E.*

**LD 36**      **303.7.3B**      page 65      **Long Distance Committee**

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

**B** Wetsuits or any other heat-retaining swimwear may be allowed at the discretion of the event director when the water temperature ~~does not exceed~~ is not greater than 78 degrees Fahrenheit. ~~Any published results or records must clearly indicate which swimmers wore wetsuits.~~

*Rationale 1: Housekeeping (clearer language; also parallels USA-Swimming rules language on this topic)*

*Rationale 2: Housekeeping (since Category II swimwear is now officially defined as a separate scoring division, this sentence about defining wetsuit wearers is not necessary)*

**LD 37**      **303.9.5**      page 65      **Long Distance Committee**

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

**303.9.5** Receive assistance by pulling, pushing, or resting on the escort or safety craft, cables, line

markers, buoys or buoy lines, or cable pilings. Incidental contact shall not be a basis for disqualification.

*Rationale: This broadens the definition of assistance by including extra actions and sources.*

**LD 38**      **303.9.6 (new)**      page 65      **Long Distance Committee**

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

**303.9.6** Receive assistance by drafting in swims in which drafting is prohibited.

*Rationale: Receiving unwarranted assistance should always be illegal, and certainly in this case, yet it is not covered in the current rules. Renumber after.*

**LD 39**      **303.9.7**      page 65      **Long Distance Committee**

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

**303.9.7** Violate rules on escorted swims as described in articles 303.3.3 and ~~303.3.4~~ or receive similar assistance from any craft on the course.

*Rationale: Housekeeping (corrected reference)*

**LD 40**      **303.11**      page 66      **Long Distance Committee**

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

### **303.11 SOLO OPEN WATER SWIM**

This swim must be sanctioned by the LMSC in which it originates and conducted in accordance with all pertinent rules and regulations. If more than one swimmer is attempting to swim, only one sanction need be issued. All times achieved in solo open water swims ~~should~~ shall be duly certified and made a matter of record by the sanctioning LMSC. The certification ~~should~~ shall include:

*Rationale: If a solo swim is sanctioned, then the results should be certified as any other results would be.*

**LD 41**      **303.12.2**      page 66      **Long Distance Committee**

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

**303.12.2**      If a race is stopped and swimmers are removed from the water for their safety, the referee shall determine if the race is to be restarted, canceled or considered official. If the referee determines the race to be official, ~~then~~ article 303.9.2 may be waived and the order of finish of the swimmers on the course shall be determined by the referee.

*Rationale: Housekeeping (unnecessary language)*

**LD 42**      **303.13 (new)**      page 66      **Long Distance Committee**

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

### **303.13 PROTESTS**

**303.13.1**      Any protest arising from a competition (other than National Championships—refer to article 307.7) shall be made to the event director within 30 minutes after the release of results for an open water event. If the protest is not resolved, the protester may appeal in writing within 10 days of the swim for adjudication to the LMSC officers. If the LMSC does not satisfactorily resolve the protest, the protestor may appeal in writing for adjudication to the USMS Long Distance Committee chair.

*Rationale: This proposal provides a protest process, similar to the process in 307.7.8 for national championship swims, for all open water swims.*

**LD 43**      **304.1.1**      page 66-7      **Long Distance Committee**

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

**304.1.1** Conduct of noncompetitive swims shall be at the discretion of the event director, as long as they ~~are conducted according to the safety standards~~ conform to in article 303.2.

*Rationale: These changes are consistent with the changes proposed in 303.2.*

**LD 44**      **304.1.3**      page 67      **Long Distance Committee**

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

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

*Rationale: Housekeeping (consistent language)*

**LD 45**      **305.5**      page 67      **Long Distance Committee**

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

### **305.5 SEQUENTIAL RELAYS**

Sequential 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.~~ The relay 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~~





**LD 53**      **307.2.2B**      page 69      **Long Distance Committee**

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

**307.2.2** 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** Two miles (~~Quarter-mile straightaway (2 miles)~~)

*Rationale: Housekeeping (parallel structure with 307.2.2A)*

**LD 54**      **307.2.3A**      page 70      **Long Distance Committee**

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

**307.2.3 Rules Pertaining to Cumulative Relays**

**A** Cumulative relay competitions shall be contested in postal championships and may be contested in other championships. Recognized relays shall be three-person women's and men's ~~men and women relays~~, and four-person mixed-gender relays with two men and two women.

*Rationale 1: Housekeeping (consistent with results language and order)*

*Rationale 2: Housekeeping. With the proposed moving of 307.2.3H to 302.4.3, mixed gender relays need to be clearly defined here.*

**LD 55**      **307.2.3A**      page 70      **Long Distance Committee**

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

...Exceptions for open water national championships may be granted by the Long Distance Committee chair.

*Rationale: This proposal creates some different options for relays at open water national championships.*

**LD 56**      **307.2.3B**      page 70      **Long Distance Committee**

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

**B** Age groups for relay swims shall be the same as those listed in article 303.1.3AB.

*Rationale: Housekeeping (corrected reference)*

**LD 57**      **307.2.3D**      page 70      **Long Distance Committee**

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

**D** All relay members shall also be entered in the individual event; Exceptions for open water events only are except at the discretion of the event director and with the approval of the Long Distance Committee Chair.

*Rationale: This proposal gives some flexibility to event directors at open water national championships, particularly those with races longer than 3-miles, but retains approval authority with the Long Distance Committee Chair.*

**LD 58      307.2.3H      page 70      Long Distance Committee**

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

~~**H** Mixed gender relays may be entered, provided at least one swimmer of each gender is represented, as follows:~~

<b>Total number of relay members</b>	<b>Women</b>	<b>Men</b>
2	1	1
3	minimum 1	minimum 1
4	2	2
5	minimum 2	minimum 2
6	3	3

*Rationale: Reorganization (this section has been misplaced under cumulative relays and under national championships. It actually contradicts 307.2.3A. It fits better in newly-proposed 302.4.2)*

**LD 59      307.3.6      page 71      Long Distance Committee**

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

**307.3.6** Postal national championships may be awarded to an organization for consecutive years.

<b>OPEN WATER NATIONAL CHAMPIONSHIP BID</b>
---



**307.7.3 Officials**—In addition to the officials required by article 303.7~~8~~, the following officials are required for national championship events:

*Rationale: Housekeeping (corrected reference)*

**LD 63      307.7.3A      page 72      Long Distance Committee**

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

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

*Rationale: “Liaison” describes the position better than “evaluator”, as evaluation is only one of the tasks assigned to this person. This also defines the current LDC practice.*

**LD 64      307.7.7B      page 73      Long Distance Committee**

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

**B** ~~Paddlers and e~~Escort boats craft may be permitted by the event director under the conditions in article 303.3.

*Rationale: Housekeeping (consistent language & clarity—see rationale under new 303.3.4C)*

**LD 65      307.7.8      page 73      Long Distance Committee**

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

**307.7.8 Protests**—Any protest arising from a competition shall be made to the event 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 Committee chair, ~~whose decision shall then be final and binding on all parties.~~

*Rationale: Housekeeping (a decision cannot be final and binding if it can be appealed, in this case under article 4)*

**LD 66      307.8.1G      page 73      Long Distance Committee**

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

**G** Special information (national records, overall place, place among ~~men~~ gender, etc.).

*Rationale: Housekeeping (grammar & inclusive wording)*

**LD 67**      **307.9.1A & C**      page 73-4      **Long Distance Committee**

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

**307.9.1 Scoring**

A Club scoring for the one-hour swim shall be calculated based on total club yardage for individual swims.

C Club scoring for the other national championships shall be calculated based on point value for placing in individual swims. Points shall be scored to 10 places (11-9-8-7-6-5-4-3-2-1).

*Rationale: Housekeeping (grammar & parallel construction to 307.9.1B)*

**LD 68**      **307.10.4**      page 74      **Long Distance Committee**

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

**307.10.4**      Appropriate awards approved by the Long Distance Committee chair ~~shall~~ may be awarded to the first, second and third place club winners in each division if warranted by the size of the event entry. Club awards are not required.

*Rationale: Experience has shown that there is little interest in tangible club awards for long distance national championship events. This proposal would make those club awards optional.*

**LD 69**      **308.1.1**      page 75      **Long Distance Committee**

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

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

*Rationale: Housekeeping (grammar & parallel construction)*

**LD 70**      **308.1.2**      page 75      **Long Distance Committee**

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

**308.1.2** ~~Record times shall be swum~~ To be considered for a national record, individual participants and relays must enter and complete the swim in a sanctioned event, with results ~~and shall be~~ routed through the event host to the Long Distance Committee Chair.

*Rationale: Housekeeping (clarity; the current rule seems ambiguous for cumulative relays in postal and cable swim events)*

**LD 71          308.1.3                          page 75          Long Distance Committee**

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

**308.1.3** With the exception of the quarter-mile straightaway swims specified in article 307.2.2, no national records will be maintained in open water events ~~because of~~ due to differences in courses, currents and other physical factors.

*Rationale: Housekeeping (grammar)*

**LD 72          308.1.6                          page 75          Long Distance Committee**

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

**308.1.6** Long distance national records for cable swims may not be established by using a swimmer's split time in an individual event.

*Rationale: This proposal clarifies that setting national records in cable swims using split times is not permitted, as has long been the practice. Any process for obtaining split times does not fit the structure of cable swims, and any attempt to try to do so would create an extra burden for the event director & staff.*

**LD 73          308.1.7 (new)                          page 75          Long Distance Committee**

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

**308.1.7** Long distance national records for postal swims may be established by using a swimmer's split time in an individual event if...

*Rationale: This defines clearly that the conditions listed in this section are intended to apply only to postal swims, not to cable swims. This proposal pairs with proposed 308.1.6. Renumber after.*

**LD 74          308.1.7 (old)                          page 75          Long Distance Committee**

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

**308.1.8** Split times from individual postal events may not be used:

**A** ~~a~~As part of a relay entry into a separate relay postal event of a shorter distance ~~or~~

**B** ~~f~~For entry into a separate individual postal event of a shorter distance.

*Rationale: Housekeeping (this splits the current rule into A & B for clarity & ease of reading).*