

1986 USMS RULES COMMITTEE

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1986 USMS RULES COMMITTEE MEMBERS

\* ~~At Large~~ *EX-OFFICIO*

WEDNESDAY, SEPTEMBER 17 - RULES COMMITTEE MEETING - AGENDA - *a 3 hr mtg*

1. MEMBERS - above
2. PROCEEDURE
3. DISCUSSION & VOTING OF PROPOSED RULE AMENDMENTS
4. DISCUSSION OF LEGISLATION ITEMS PERTAINING TO RULES
5. OLD BUSINESS
6. NEW BUSINESS
7. ADJOURNMENT TO 3 pm on Friday, Sept. 19, 1986. - *a 2 hr mtg*

*John Bauman - only absent member*

## Technical Rule Change Proposals for Long Course Competition

Resulting from Changes Made by FINA on August 15, 1986 in Madrid.

(Effective Date: February 15, 1987) *NOV. 1, 1986*

KEY: *Italics = delete*

Underline = change or addition

**101.1.2 (Breaststroke) Stroke** -- From the beginning of the first arm stroke after the start and after each turn, the body shall be kept on the breast and both shoulders shall be in line with the water surface. All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement. The hands shall be pushed forward together from the breast. *on or under the surface of the water.* Except at the start and at the turns, the hands shall not be brought back beyond the hip line. A part of the head shall always be above the general water level (the surface in a calm state) During each complete cycle of one arm stroke and one leg kick, some part of the head of the swimmer shall break the surface of the water, except that after the start and after each turn, the swimmer may take one arm stroke completely back to the legs and one leg kick while wholly submerged. When the hands begin their sideward or downward press, a new stroke shall have been started. Drifting apart of the hands does not constitute an infraction. *A wave passing over the head does not constitute a violation.* (FINA Rules SW 7.3, SW 7.7.)

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**101.1.5 (Breaststroke) Finish - Long Course** -- On the finish the touch of the solid wall or pad shall be made with both hands simultaneously *at the same level* while the body is on the breast. . . water. **Note:** Delete short/long course distinctions, combine into one; leave in the last sentence for clarity if desired. (FINA Rule 7.6)

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**101.2.2 (Butterfly) Kick** -- All up and down movements of the legs and feet must be simultaneous. *The position of the legs and feet shall not alternate in relation to each other.* The legs or feet need not be at the same level, but no alternating movements are permitted. The breaststroke . . . permitted. (FINA Rule SW 8.3)

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**101.2.4 (Butterfly) Turns - Long Course** -- When touching at each turn the touch shall be made with both hands simultaneously *at the same level* while the body is on the breast. The shoulders shall . . . arm stroke. (FINA Rule SW 8.4)

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**101.2.5 (Butterfly) Finish - Long Course** -- When touching at each turn the touch shall be made with both hands simultaneously *at the same level* while the body is on the breast. The shoulders shall . . . arm stroke. (FINA Rules SW 8.2, 8.4)

REPORT OF RULES COMMITTEE

**THOSE PROPOSED AMENDMENTS REPORTED OUT FAVORABLY:**

- MSR 8 Housekeeping
- MSR 9 Housekeeping
- MSR 10 Housekeeping
- MSR 11 Housekeeping
- MSR 15 Timing (leadoff splits)
- MSR 18 New relay events
- MSR 19 Housekeeping
- MSR 20 Housekeeping
- MSR 24 Relay entry date
- MSR 30 Split times
- MSR 32 No leadoff splits

**THOSE PROPOSED AMENDMENTS REPORTED OUT UNFAVORABLY:**

- MSR 1 Clarifies age for National Championships
- MSR 4 Relays
- MSR 6 Relays
- MSR 7 Relays (age)
- MSR 13 Timing
- MSR 26 Duplicate awards
- MSR 27 Team scoring
- MSR 29 Duplicate awards

**THOSE PROPOSED AMENDMENTS WITHDRAWN:**

- MSR 28 National scoring
- MSR 31 Timing

**THOSE PROPOSED AMENDMENTS ADOPTED AS AMENDED:**

- MSR 2 (1) Adults 19 years of age and over may register with USMS but may not compete in national competitions until they are 25 years of age.
- MSR 3 A. Eligibility.
  - 1. Masters competition is open to all USMS registered athletes 19 years and older.B. Age groups - 19-24, . . . , for individual events;  
Relays - 76 and over, 100 and over, . . . , and over. (For National record purposes, swimmers under 25 years of age may only swim in the 76 and over relay.)
- MSR 5 . . . ; Relays, 100 years and over, . . . for long course (50 meter) and short course 25 meter competition. For short course (25 yards competition,) 25+, 35+, 45+, 55+, 65+, 75+. Age of the youngest competitor shall determine the age group.  
**Note: Recommend to adopt immediately.**
- MSR 12 The breaststroke kick . . . . However, when the breaststroke or whip kick is used the arms must be recovered over the

*When  
add relays  
76+ "(not to be  
swim at  
National champs  
76+ (" )"*

- water at least once per *pool length* breaststroke kick.
- MSR 14 (12) For all meets not using automatic timing, a minimum of 2 timers per lane shall be required. Automatic timing, manual-electronic timing, or 3 timers per lane shall be recommended for all meets.
- (13) Delete
- MSR 16 (4) In order for a time to be valid for Top Ten consideration, a minimum timing quality of two hand-held watches, averaged per U.S.S. Rules, <sup>must</sup> be used.
- MSR 17 (6) National records shall require three watches, manual-electronic timing, or automatic timing.
- MSR 21 (i) Competitors may enter . . . relay per meet. *Each club shall be limited to no more than three relays in each event in each age group.* All competitors . . . entry form.
- MSR 22 (i) All events 200 yards/meters or less shall be pre-seeded, with *fastest oldest age groups first, slowest* heats swum first in each age group.
- (iv) Events over 200 yards/meters except for the 1650/1500 meters may be pre-seeded as in (i) above or may be deck seeded on time only with the *fastest slowest* times in the first heat, and the second *fastest slowest* times in the second heat, etc.
- (v) The 1650/1500 meters . . . for the event. Such heats will be seeded by time, *fastest slowest* first and these heats completed before the heats with the single competitor per lane which will be seeded in the same manner.
- MSR 23 (iv) Events over 200 yards/meters . . . etc. Willing and able competitors in the freestyle events over 200 meters, shall be swum 2 to a lane when only one course (7, 8, 9, 10) is available for the event. Such heats will be seeded by time, fastest first, and these heats completed before the heats with a single competitor per lane.
- MSR 25 (m) Four-day . . . . At the option of the meet director, the 1000/1650 yards/800/1500 meters freestyle may be swum on the first day of the meet. Swimmers may enter only one of the two longest freestyle events at the meet.
- MSR 33 L Medical examination. . . *Medical evaluation forms are available upon request to the National AAU Aquatics office.*

## Proposal to Add a Definition to the USMS Glossary:

Masters (the word) – term to be used in that form only; not to be used as a descriptive term (master) or a possessive term (master's, masters'); to be used with a capital "M".

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Rationale: It is not uncommon for an organization or institution to specify how its name may be used. In this case, with world-wide acceptance of Masters, it is important that references to our division of aquatic sports be standardized so that there is no equivocation about who is referring to whom. 'Masters' is clearly a reference term in the manner of a title of something. In that case, it is proper to use it as proposed above and in no other way. On a world-wide basis with FINA and MSI, careful attention has been paid to this proper use of the word. It will be helpful and informative to make this distinction in terminology within USMS.

USMS House of Delegates  
Sept. 20, 1986

AMENDMENT TO MSR 27

V.H.(5) (p) Amend to read as follows:

- (p) Team scoring will be tabulated in three categories:
- 1) WOMEN'S -- women's individual and women's relay events;
  - 2) MEN'S -- men's individual and men's relay events; and
  - 3) COMBINED -- women's, men's and mixed relay events.

USMS will provide team awards to the winners of the categories scored above in two divisions, based upon the number of swimmers entered in the meet from each club.

In the women's and men's categories, those clubs with more than 15 entrants in either category will fall into Division I for that category; those clubs with 15 or fewer entrants will fall into Division II. In the combined category, those clubs with more than 30 entrants will fall into Division I; those with fewer than 30 will fall into Division II for that category. Meet results and team scores. . .

30 or fewer

Revision of V.F (P155), V.I (P161) and V.K (P162)

F) USMS Records and Top Ten Times

1) Requirements for USMS Records and Top Ten Times

(a) All times must be made in USMS sanctioned and/or USMS approved competitive meets or events.

Formerly V.F.(1)

(b) Times to be considered for Records and Top Ten listing must be made on or before May 31st for short course yard times, September 15th for long course meter times and December 31st for short course meter times. These times shall be forwarded to the Records and Tabulation Chairman by July 15th, October 20th and February 5th respectively.

Formerly V.F.(2)

(c) LMSC <sup>National</sup> and records  
Each Association is responsible for reporting the top ten times in each event made in its association area only, even though the times were made by swimmers from other Associations.

Formerly V.F.(3)

(d) To be considered for National Top Ten or for American Records, all relays must include the name of the registered swim club and the full name and age of each swimmer. For all individual events eligibility is based on current registered USMS swimmers as noted on the entry card and the results must contain the full name and age of each swimmer.

Formerly V.F.(4)

(e) American records shall be published in USS Rules and Regulations.

Formerly V.F.(5)

(2) Top Ten Times

(a) The ten best times nationally in each division shall be published annually for the events listed under Section G below:

Formerly the heading for V.F

(b) Relay leadoff splits recorded by fully automatic officiating equipment shall be considered for Top Ten Times, provided such splits are brought to the attention, in writing, of the LMSC Top Ten chairman.

Formerly Part of V.K

(3) USMS Records

(a) Classification  
i. American USMS Record—The fastest time by a USMS registered swimmer in each event in USMS sanctioned or approved competition.

Formerly V.I.(1)

ii. Open USMS Record—The fastest time by any swimmer in each event in USMS sanctioned competition.

Formerly V.I.(2)

b) Recognized distances and strokes as listed in Section V (G).

c) Records must be made in accordance with all pertinent rules of Masters Swimming.

Formerly V.I.3.9

- (d) A record can only be made in still water.
- (e) Records established by a swimmer in the first leg of a relay race shall be acceptable as individual performances provided that all applicable rules have been complied with.
- (f) Record must be achieved in the relevant stroke/event, i.e., a backstroke record must be set in a backstroke event, etc. Records set in freestyle events can be submitted only as freestyle records regardless of the stroke or strokes used.
- (g) Record times registered by automatic equipment shall be submitted in hundredths of a second (two decimal places). If times are tied to 100ths seconds, the results shall be declared a tie and records shared by each swimmer thus tied.
- (h) When a record is claimed, an official record application form shall be filled out, signed by the designated officials, and transmitted immediately following performance, with all supporting data, including official meet results, the primary printout tape and/or a copy of the entry card with the timers' signatures to the national records chairman. Responsibility for this lies with either the records chairman, the recorder of records or the official scorer of the meet.
- (i) Records set outside the United States shall be applied for on official record application forms and are subject to all pertinent requirements.

Formerly V.F.3.b

Formerly V.F.3.c

Formerly V.F.3.e

Formerly V.F.3.f

Formerly V.F.3.g

Formerly V.F.3.d

## Note:

- 1) Should MSR 16 pass, it should be numbered V.F.2.c
- 2) Should MSR 30 pass, it should be numbered V.F.3.i.  
Renumber remainder of V.F.3.
- 3) Should MSR 17 pass, it should be numbered V.F.3.k.  
(if 2 above does not pass otherwise V.F.3.j)

## 101.2 BUTTERFLY

- .1 START -- The forward start shall be used.
- .2 STROKE -- After the start and turns, a swimmer is permitted one or more leg kicks, but only one arm pull under water, which must bring him to the surface. Both arms must be brought forward together over the water and brought backward simultaneously. The body must be kept on the breast, and both shoulders in line with the water surface, from the beginning of the first arm stroke after the start and after each turn.
- .3 KICK-- All up and down movements of the legs and feet must be simultaneous. The position of the legs and feet shall not alternate in relation to each other. The use of the scissor or breaststroke kicking movement is not permitted.
- .4 TURNS
  - A. SHORT COURSE -- When touching at each turn the touch shall be made with both hands simultaneously. It is permissible to drop a shoulder after the final arm pull and prior to the touch. A legal touch may be made at, above or below the surface of the water. Once a legal touch has been made the swimmer may turn in any manner desired. The prescribed form must be attained from the beginning of the first arm stroke. This would apply also to the butterfly leg of the individual medley and the butterfly leg of the medley relay.
  - B. LONG COURSE -- When touching at each turn the touch shall be made with both hands simultaneously while the body is on the breast. The shoulders shall be in line with the water surface. A legal touch may be made at, above or below the surface of the water. Once a legal touch has been made the swimmer may turn in any manner desired. The prescribed form must be attained from the beginning of the first arm stroke.
- .5 FINISH-- On the finish the touch of the solid wall or pad shall be made with both hands simultaneously while the body is on the breast. The shoulders shall be in line with the water surface. A legal touch may be made at, above or below the surface of the water.

101.1 BREASTSTROKE

.1 Start--The forward start shall be used.

.2 Stroke-- From the beginning of the first armstroke after the start and after each turn, the body shall be kept on the breast and both shoulders shall be in line with the water surface. All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement. The hands shall be pushed forward together from the breast, and shall be brought back on or under the surface of the water. The hands shall not be brought beyond the hip line, except on the first stroke after the start and each turn. Some part of the swimmer's head shall break the surface of the water at least once during each complete cycle of one arm stroke and one leg kick, except during the first cycle after the start and each turn. During this first cycle the swimmer may take one arm stroke completely back to the legs and one leg kick while wholly submerged.

.3 Kick--All vertical and lateral movements of the legs shall be simultaneous.

The feet must be turned outwards in the backward movement. A scissors or a flutter kick or a downward butterfly kick is not permitted. Breaking the surface with the feet shall not merit disqualification unless followed by a downward butterfly kick.

.4 TURNS

A. Short Course--When touching at each turn, the touch shall be made with both hands simultaneously. It is permissible for a shoulder to be dropped and/or the head to be lowered below the water level of the pool after the final arm pull and prior to the touch. A legal touch may be made at, above or below the surface of the water. Once a legal touch has been made the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the feet leave the wall. The prescribed form must be attained from the beginning of the first arm stroke. This would apply also to the breaststroke leg of the individual medley and the breaststroke leg in the medley relay.

B. Long Course--When touching at each turn, the touch shall be made with both hands simultaneously while the body is on the breast. The shoulders shall be in line with the water surface. A legal touch may be made at, above or below the surface of the water. Once a legal touch has been made, the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the feet leave the wall. The prescribed form must be attained from the beginning of the first arm stroke.

.5 FINISH -- On the finish the touch of the solid wall or pad shall be made with both hands simultaneously while the body is on the breast. The shoulders shall be in line with the water surface. It is permissible for the head to be lowered below the water level of the pool after the final arm pull and prior to the touch. A legal touch may be made at, above, or below the surface of the water.