

# Proposed Changes to the USMS Rules of Competition

## **USA Swimming Amendments that affect USMS rules**

The following procedures apply to amendments to USA Swimming articles 101, 102, and 105 for purposes of also amending USMS articles 101, 102, 103, and 108.

### **601.4.7-USA Swimming Amendments That Affect USMS Rules**

Amendments to USA Swimming articles 101, “Individual Strokes and Relays,” 102, “Conduct and Officiating of All Swimming Competition” and 105, “Guidelines for Officiating Swimmers with a Disability in USA Swimming Meets,” shall automatically be adopted by USMS unless the USMS House of Delegates votes to reject those amendments. Votes to reject shall not be considered emergency amendments. Amendments to USA Swimming article 103, “Facility Standards,” may be recommended by the Rules Committee for adoption by the House of Delegates. Votes to accept shall not be considered emergency amendments.

## **U 1 (Housekeeping) The Rules Committee recommends acceptance**

**USA-S Purpose:** To comply with FINA’s required use of the backstroke ledge.

**USMS 101.1.2B, pp. 1-2 (USA-S 101.4.1, pp. 20)**

### **101.1.2 Backstroke Start**

**B All courses**—The swimmers shall line up in the water facing the starting end with both hands placed on the gutter or on the starting grips. Standing in or on the gutter, placing the toes above the lip of the gutter, or bending the toes over the lip of the gutter before or after the start is prohibited. When using a backstroke ledge at the start, the toes of both feet must be in contact with the end wall or face of the touchpad. Bending the toes over the top of the touchpad is prohibited.

## **Facility Standards**

The following are amendments to USA Swimming article 103, “Facility Standards,” which are not automatically adopted by USMS but may be recommended by the USMS Rules Committee for adoption by the USMS House of Delegates.

## **U 2 The Rules Committee recommends acceptance**

**USA-S Purpose:** To comply with FINA’s backstroke ledge specifications.

**USMS NEW 107.12 and renumber the rest, p. 45 (USA-S NEW 103.14, p. 47)**

### **107.12 Backstroke Ledge**

**107.12.1 /M/** The ledge may be adjustable to 4 centimeters above or 4 centimeters below the water level.

**107.12.2 /M/** The ledge is a minimum of 65 centimeters in length.

107.12.3 /M/ The ledge must be 8 centimeters in height, 2 centimeters at the width with 10 degrees of slope.

**Remember the rest of article 107.**