PROPOSED AMENDMENTS TO THE
USMS LONG DISTANCE RULES OF COMPETITION

The following proposals have been submitted, in accordance with section 601.2, to the Rules Committee for consideration by the House of Delegates at the 2006 Convention.

LD1   **Glossary**   p. 11   **LDC**   Add

Glossary – Postal Event
A swimming competition conducted in multiple pool locations with results compiled in a central location.

Rationale: USA-Swimming includes this definition in their Rule Book. This term is important to our members to explain the definition of postal events.

LD2   **Glossary**   p. 12   **LDC**   Add

Glossary – Drafting/Slipstreaming
An individual swimming behind or next to a single swimmer or support craft for more than one minute for the purpose of taking advantage of the reduced water resistance created by the leading swimmer's or craft's wake, when other open water is readily available.

Rationale: USA-Swimming includes this definition in their Rule Book. This term is important to the conduct of long distance events. By defining that this is a one on one situation, a situation of swimmers swimming in a pack (3 or more swimmers) does not apply.

LD3   **301.2.4**   p. 67   **LDC**   Add and renumber

Membership, Representation, and Sanctions
All participants in Championship Postal Events (as defined in 305.2.1 F, G, and H) must be currently registered as Annual USMS members. Athletes with One-Event Registrations are not eligible for National Championship Events.

Rationale: Championship Postal Events fall under 301.2.3 which states that for any sanctioned long distance competition, One-Event Registrants will not be eligible for records, All-American status or any other USMS special awards. It is administratively difficult to allow a One-Event Registrant to swim in a Championship Postal Event while ensuring that the One-Event Registrant does not receive recognition for records or awards. This is especially true of the One Hour Postal because of the volume of entries. It would be better to state clearly that One-Event Registrations for Championship Postal events will not be accepted. A possible consequence of this rule could be that it may cause potential One-Event Registrants to become Annual USMS members.

LD4   **303.6.1**   p. 72   **LDC**   Modify

Swimwear – Watches
Swimwear shall be the same as defined in article 102.14.1 and 102.14.2. Goggles, ear plugs, watches, and grease shall be allowed. The suit shall be made of a porous material.

Rationale: The wearing of a watch in an OW event has not yet been defined by USMS.
1. Allowing Watches in OW events can help with safety by allowing a swimmer to determine his/her time and possibly temperature. If a swimmer is usually a 30:00 miler in OW, and they realize that it is taking them much longer or shorter, they may need to rethink their swim plan and take into account the conditions that are

---

impacting their current situation. Many watches register water temperature, adding yet another safety dimension to this rationale.

2. Another instance includes the fact that watches do not add to one speed, but rather detract from it. In an OW swim, if you want to check your time, even with the biggest watch face, numbers, and the best eye sight, you're going to have to stop swimming, hold your wrist still, focus your eyes, and check your time. Then, you get to start up again, probably without pushing off the bottom, from a dead start in OW.

3. There is only a very slight possibility of successfully using a watch as a pacing device in OW swimming.

4. Currently, FINA does not allow watches due to their attempt to cover ALL electronic devices, including those yet to be invented. Watches for USMS swimmers allow our organization one more net of safety for our swimmers.

LD5   **303.8.8**   p. 72   **LDC**   Modify

Defining & Disqualifications – Drafting

303.8.8 Draft off another swimmer in long distance pool _and open water _events. A warning to move clear may be issued by event officials before disqualification.

Rationale: By clearly defining drafting, USMS clearly adds to 303.8.1, and gives the person who has been violated (a.k.a. The Draftee) a right to protest the situation. .
Wording of this Rule allows for the exclusion of accidental contact especially at the start. (USA Triathlon strictly enforces drafting on the bike portion of their races.)

Sid Cassidy (FINA OW Technical Director), quoted rules from the FINA Red Book: "Intentional drafting ("slip streaming") is not allowed. [As per OWS 6.2 the race judge should instruct swimmers to move clear and if they do not then OWS 6.3 comes in to play. In pack swimming (on a rowing course like Montreal) the referees will allow swimmers to all follow the best course line even if that means they are all "drafting". If there are only two (or even a few) swimmers and one directly follows the other, OWS 6.2 and 6.3 would apply."] FINA allows the race officials to determine how blatant the drafting appears and what do the venue/course merit. If someone moves abruptly behind another swimmer, and continues to swim behind them to gain advantage, they will be told to move aside/clear. This appears to be a warning before disqualification format. If 5 or so swimmers are swimming in a pack and rotating leaders then more discretion may be allowed –similar to large USMS OW events.

IN ORDER FOR THIS RULE TO ACHIEVE THE DESIRED EFFECT, LD2 NEEDS TO BE APPROVED AS WELL.

LD6   **304.5.1**   p. 74   **LDC**   Add and renumber

Electronic Timing/Incorporating Chip Timing into OW Events
In open water races in which the event director provides electronic timing/Chip Timing, an operating backup timing system is required.

Rationale:
The competitor is not responsible for making sure the administrative side of the event works correctly. We require backup timing systems since the primary system could fail and we do everything possible to make sure a swimmer receives an official time if they swim the event. What if someone loses their chip in a collision and it is sitting on the bottom of the lake? What if the power fails on the system when the swimmer comes in? What if the swimmer simply crosses the line but it doesn't register. If a meet host wants to use chips that is fine but it is their responsibility to make it work by, for example, making sure that people understand what they need to do and that everyone has one on. But it is also their responsibility to have a failsafe way of making sure that

everyone gets a time. From a basic safety perspective, they should be checking all competitors back in after the conclusion of an event, and while at it, it is easy to get a time.

LD7   305.2.1 F   p. 74   LDC   Modify

EVENTS - Determining Pool Length for One Hour Postal
Postal one hour _(in a pool 25 yards or longer.)_

Rationale: Doing the OHP in a pool less than 25 yards, such as 20 meters, would allow the swimmer the benefit of more turns.

LD8   305.2.1G   p. 74   LDC   Modify

EVENTS – Clarifying that each postal event is to be swum separately.

Postal 5 and 10 kilometer _(each event swum separately_ in a 50-meter pool)

Rationale: The current rule does not stipulate that both events are to be swum separately; hence the 5K split of the 10K event could be used as an entry into the individual 5K event.

LD9   305.2.1H   p. 75   LDC   Modify

EVENTS – Clarifying that each postal event is to be swum separately.

Postal 3000 and 6000 yard _(each event swum separately_ in a 25-yard pool)

Rationale: The current rule does not stipulate that both events are to be swum separately; hence the 3000 yard split of the 6000 yard event could be used as an entry into the individual 3000 yards event. The entry form for the 3000y/6000y does not state this.

LD10   305.8.1   p. 77   LDC   Modify

RESULTS - Format
Individual results shall be ~~organized~~ _tabulated_ _electronically_ by gender and age group in order of finish. Women's results shall be _shown_ ~~printing women's results~~ 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. Official time/distance
F. Special information (national records, overall place, place among men, etc.)

Rationale: With the development of the electronic national database, event results become USMS historical documents and having results in a standard format eases a USMS search.

LD11   305.8.2   p. 77   LDC   Modify

RESULTS – Team Format

RESULTS - Format

PROPOSED AMENDMENTS TO THE
USMS LONG DISTANCE RULES OF COMPETITION

Team results shall be ~~organized~~ tabulated electronically by gender and age group in order of finish. Women's results shall be shown first, followed by Men's results, then Mixed teams. ~~in the following order: Women's teams, Men's teams, Mixed teams.~~

Rationale: With the development of the electronic national database, event results become USMS historical documents and having results in a standard format eases a USMS search.

LD12 **306.1.6** p. 79 **LDC** Modify

Records - Allowing Splits for Postal Swims in Relays
Long distance national records may be established by using a swimmer's split time in an individual event if:
A The split is swum ~~during a distance pool event that is a longer version of the record attempt,~~ as an initial distance within a scheduled event,
B The swimmer completes the full distance of the scheduled event without being disqualified, and
C The intent to record a split time is brought to the attention, in writing, of the meet director at the time of entry for the longer   event.
Rationale: Postal swims are considered pool events therefore this rule is consistent with USMS Part 1 Rules 103.13 and 105.3.7.

LD13 **306.1.6** p. 79 **LDC** Add

Records - Allowing Splits for Postal Swims in Relays
Long distance national records may be established by using a swimmer's split time in an individual event if:
D   At least two dedicated handheld watches are used to record the record split.
Rationale: Due to practical reasons, Postal swims are not usually timed electronically but having sufficient handheld timing devices would allow for an accurate time.

LD14 **306.1.7** p. 79 **LDC** Add

Records - Allowing Splits for Postal Swims in Relays

E. Split times from individual postal events may not be used as part of a relay entry into a separate relay postal event of a shorter distance or for entry into a separate individual postal event of a shorter distance.
Rationale: Split times from a longer individual postal event cannot be used as an entry time for a shorter individual postal event and therefore cannot be used for a relay entry in a shorter relay postal event. Only the full individual postal event distance for each relay member, as posted in the individual event results, may be submitted for a relay postal event entry. This enables the official time for each leg of the relay to be verified through the official results.