

UNITED STATES MASTERS SWIMMING

ANNUAL MEETING

SEPTEMBER 14, 1985

REPORT OF THE RULES COMMITTEE: JUNE KRAUSER, CHAIRMAN

1. THE RULES COMMITTEE MET TWICE: WEDNESDAY AT 3 P.M., AND FRIDAY AT 4 P.M.

2. MEMBERS IN ATTENDANCE WERE: TOM BOAK, LAURA BREAUX, CHRIS GEORGES, EDIE GRUENDER, TED HAARTZ, LEO LETENDRE.

3. THE ITEMS REPORTED OUT FAVORABLY BY THE COMMITTEE WERE:
MSR-3, MSR-9, MSR-10.

4. THE ITEMS REPORTED OUT FAVORABLY AS AMENDED BY THE COMMITTEE WERE:

MSR-2 (PAGE 157, SECTION V(B)): RELAYS 119 YEARS AND UNDER, 120 YEARS AND OVER, 160 YEARS AND OVER, 200 YEARS AND OVER, 240 YEARS AND OVER, 280 YEARS AND OVER.

MSR-4 (PAGE 157, SECTION V(E)(3)): HOWEVER, WHEN THE BREASTSTROKE OR WHIP KICK IS USED THE ARMS MUST BE RECOVERED OVER THE TOP OF THE WATER AT LEAST ONCE PER POOL LENGTH.

MSR-7 (PAGE 158, SECTION V(F)(2)): TIMES TO BE CONSIDERED FOR RECORDS AND TOP-TEN LISTING MUST BE MADE ON OR BEFORE MAY 31ST FOR SHORT COURSE YARD TIMES AND SEPTEMBER 15TH FOR LONG COURSE METER TIMES AND DECEMBER 31ST FOR SHORT COURSE METER TIMES. THEY SHALL BE FORWARDED TO THE MASTERS RECORDS CHAIRMAN, TABULATIONS/TOP TEN CHAIRMAN BY JULY 15, OCTOBER 20, AND FEBRUARY 5 RESPECTIVELY.

5. THE ITEMS WITHDRAWN WERE: **MSR-19 AND MSR-20.**

6. NEW ITEMS REPORTED OUT FAVORABLY:

MSR-21 (SECTION V(E) PAGE 157 ADD #11): THE SHORT COURSE START SHALL BE USED FOR ALL EVENTS.

MSR-22 (SECTION V(H)(d) PAGE 161): ADD: WHEN AN AUTOMATIC TIMING SYSTEM IS USED, EVENT/HEAT TAPES MUST BE POSTED FOR EACH HEAT AND LANE BEFORE OR SIMULTANEOUSLY WITH THE POSTING OF THE RESULTS.

MSR-23 (SECTION V(H)(e) PAGE 161): ADD: THE EVENT NUMBER AND HEAT NUMBER FOR EACH HEAT IN THE WATER MUST BE VISUALLY DISPLAYED IN A LOCATION EASILY SEEN BY THE PARTICIPANTS, FOR EACH COURSE BEING USED.

MSR-24 (SECTION V(K) PAGE 165): ADD: 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, TO THE LMSC TOP TEN CHAIRMAN.

RULE CHANGE PROPOSAL

Page 164 - Section V (H) (5) (p) -- Submitted by the Oregon LMSC

V. Rules

(H) National Championship Meets

(5) Conduct of National Championships

- (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. Meet results and team scores shall be published within thirty days of the last day of the meet, and distributed to members of the USMS board of Directors, representatives of participating teams, and USMS top ten national recorders.*

RATIONAL

- 1) Serves no constructive purpose in fostering the spirit of Masters swimming. (Prevents "creeping elitism")
- 2) Removes the computational burden from the National Meet host.

Sept. 13, 1985

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Sept. 13, 1985

The LMSC for Central respectfully proposes the following change to the rules of United States Masters Swimming, Inc.

Proposed Rule Change

V. (G) Events-The following events may be conducted for each age group Short course (25 yards).

- 50-100-200-500-1000-1650 yards Freestyle
- 50-100-200 yards Backstroke
- 50-100-200 yards Breaststroke
- 50-100-200 yards Butterfly
- 100-200-400 yards Individual Medley
- 200-400 yards Medley Relay
- 200-~~400-800~~ yards Freestyle Relay
- 200-~~400-800~~ yards Mixed Freestyle Relay (2 female and 2 male)
- 200-~~400~~ yards Mixed Medley Relay (2 female and 2 male)

Long Course (50 meters)

- 50-100-200-400-800-1500 meters Freestyle
- 50-100-200 meters Backstroke
- 50-100-200 meters Breaststroke
- 50-100-200 meters Butterfly
- 200-400 meters Individual Medley
- 200-~~400~~ meters Medley Relay
- 200-~~400-800~~ meters Freestyle Relay
- 200-~~400-800~~ meters Mixed Freestyle Relay (2 female and 2 male)
- 200-~~400~~ meters Mixed Medley Relay (2 female and 2 male)

Note: It is not necessary to conduct all of the above events in meets. However, each age division should include **each of the strokes plus relays (freestyle, backstroke, breaststroke, butterfly, and individual medley).**

Commentary and Rationale

Please note that changes to the code are in shadow print for ease in comparison. What is proposed is merely the addition of the 400 and 800 freestyle, and 400 medley relay distances for both short course and long course. We also wish the language deleted which suggests that United States Masters Swimming endorses shorter distance swimming races, rather than longer ones.

We suggest these changes for the following reasons (not an exhaustive list):

1. These distances are more in keeping with the distances swum by senior and age group swimmers as they mature. They are the distances at which we all swam from the time we were 12 until we finished our Senior and college career.
2. There is a growing body of evidence that training for sprints is not always the best type of training for adults. The stress on joints and ligaments is often as deleterious as it is beneficial. USMS should embrace training and competition which maximizes benefit to the swimmers.
3. Competition among clubs will be heightened. Quickly recruiting some sprinters can do wonders in a 200 relay. The club with the better overall program is more likely to prevail in an 800 relay. Group conditioning will be promoted as we heighten interest in the relays, which most of us consider great fun.
4. It is not suggested that these relays either replace, supplant or lessen the interest in the 200 relays. We suggest that they are important in competition, health, promoting team goals, and in presenting a posture as a serious competitive swimming organization.
5. We realize that the problem of taking more time to do every event will be a concern. We must separate the problem of what is good for our sport and our collective health from the concern for facilities planning, time management, and logistics. We do not suggest that new events be forced on anyone, rather that new challenges be put in front of athletes who have worked for years with challenges. Many will respond to the challenge.



UNITED STATES MASTERS SWIMMING INC.

August 1, 1985

TO: House of Delegates, United States Masters Swimming, Inc.

FR: June F. Krauser, Masters Swimming Rules Chairman

RE: 1985 Proposed Amendments to Masters Swimming Rules

Enclosed are the proposed amendments received by the deadline. The rationale and who proposed the amendment is also included. Amendments may be proposed only by a local Masters Swimming Committee, a duly constituted committee or the Board of Directors and in such form as to show the entire section as it will read if adopted, with any changes in language underlined if new and lined out if deleted.

I have listed below a short sentence synopsis of each proposed amendment.

- ~~D~~ MSR 1 Adding 20-24 year old age group and relays.
- AA MSR 2 Changing the relay age groupings.
- A MSR 3 Changing local sur-charge limit from \$2 to \$5.
- AA MSR 4 Clarifying butterfly so that one arm stroke must be used with each breast kick.
- MSR 5 Change false start rule to allow two false starts.
- D MSR 6 Change false start rule to allow two false starts for SC and three for LC.
- AA MSR 7 Change date for submission of times for Top Ten and Records.
- D MSR 8 Change date for submission of times for Top Ten and Records.
- A MSR 9 Add events, Top Ten times and Records for 25 meter course.
- A MSR 10 Clarify seeding for National Championships.
- D MSR 11 Clarify seeding for National Championships.
- D MSR 12 Allowing the Meet Director of National Championships to deck seed the meet.
- D MSR 13 Change all heats at National Championships to run from slowest to fastest.
- AA MSR 14 Allow National Championship Meet Director to choose between 1650/1500 or 1000/800.
- ~~D~~ MSR 15 Provides a mechanism for adding the 1000/800 to National Championship meets.
- D MSR 16 Change National Championship schedule of events to a 4-way rotation system of event
- D MSR 17 Predetermined days for National Championship meets falling on a Monday holiday.
- D MSR 18 Clarification of records.
- with-drawn { MSR 19 Clarification of who gets what times for Top Ten and Records.
- drawn { MSR 20 Allowing for split times to be used as records.

⊙ = approved
X = withdrawn

≡ = disapproved

NOTE: Masters Swimming cannot change USS rules!

103.17 STARTER

(2) The Short Course Start

N (d) If, in his opinion, a false start has been committed, the starter shall give a signal to recall the swimmers. With the concurrence of the Deck Referee, the false start shall be called on the INDIVIDUAL(S) entire field, not on the individual swimmer. Any swimmer called for a false start after the first false start has been called on the heat, shall be disqualified. Any swimmer who commits or causes a false start shall be disqualified and not be permitted to swim the event.

(3) The Long Course Start

N (d) If, in his opinion, a false start has been committed, the starter shall give a signal to recall the swimmers. With the concurrence of the Deck Referee, the false start shall be called on the INDIVIDUAL(S) entire field, not on the individual swimmer. Any swimmer called for a false start after the first false start has been called on the heat, shall be disqualified. Any swimmer who commits or causes a false start shall be disqualified and not be permitted to swim the event.

V. (E)(11) False Starts

N (a) Short Course-If, in the starter's opinion, a false start has been committed, he shall give a signal to recall the swimmers. The false start shall be called on the individual and not on the field. Any swimmer charged with two false starts must be disqualified and shall not swim the event.

N (b) Long Course-If, in the starter's opinion, a false start has been committed, he shall give a signal to recall the swimmers. The first two false starts in a race shall be charged to the entire field, not to the individual swimmer. Any swimmer committing a false start after these two false starts have been called on the field shall be disqualified and shall not swim the event.

amended V. Rules

(F) Times

(2) Times to be considered for records and Top Ten Listing must be made on or before the last day of ~~the National~~ May 31 ~~Championship for that course~~ May for short course times and the last day of August for long course times or 11/30/2011 and shall be forwarded to the Masters Records Chairman Tabulation/Top Ten Chairman within ~~35 days~~ one month of the above cut-off dates.

(a) Exception. (deleted entirely)

(F) Times

N (2) Times to be considered for records and Top Ten Listing must be made on or before December 31st THE LAST DAY OF THE NATIONAL CHAMPIONSHIP FOR THAT COURSE and shall be forwarded to the Masters Records Tabulation/Top Ten Chairman within one month, 30 days prior THE DATE OF THE LAST DAY OF THE NATIONAL CHAMPIONSHIP FOR THAT COURSE EXCEPTION (delete entirely)

MSR 14

Page 163 - Section V(H)(5)(m) - Submitted by Pacific Masters Swimming

V(H)(5)(m) At the option of the Meet Director, the 1650 yards/1500 meters, or the 1000 yards/800 meters, may be swum on the first day of the meet.

identify meet bid *not an option*

MSR 15

Page 163 - Section V(H)(5)(m) - Submitted by Pacific Masters Swimming

N

V(H)(5)(m) ...

4th Day

<u>Odd years</u>	1650 yd Free	1500 800 mtr Free
<u>Even Years</u>	1000 yd Free	1500 mtr Free

MSR 16

Page 163 - Section V (H)(5)(m) - Submitted by Pacific Masters Swimming

N

V(H)(5)(m) Delete and Replace with the following.
There are 4 alternate four-day programs for Championship Meets.
The programs and the rotation scheme are to be determined by the meet committee, but suggestions are show below.

Day 1	Day 2	Day 3	Day 4
1650/1500 or	200 Fr	500 Fr	100 Br
1000/800 Fr	100 Bk	50 Bk	200 Bk
Men's Fr Relay	200 Br	100 IM*	100 Fly
Women's Fr	50 Fly	200 Fly	50 Fr
Relay	200 IM	50 Br	400 IM
	Men's &	100 Fr	Mixed Fr Relay
	Women's	Mixed Medley	
	Medley Relays	Relay	

Day 1	Day 2	Day 3	Day 4
200 Br	200 Fly	400 IM	1650/1500 or
100 Fr	100 IM*	50 Bk	1000/800 Fr
200 Bk	100 Bk	100 Fly	
50 Fly	50 Fr	50 Br	
200 IM	100 Br	200 Fr	
M&W Fr Relays	M&W Medley	Mixed Fr	
Mixed Medley	Relays	Relay	
Relays			

Day 1	Day 2	Day 3	Day 5
1650/1500 or	200 IM	500 Fr	400 IM
1000/800 Fr	50 Bk	100 Bk	100 Fr
Mixed Medley	200 Fr	100 IM*	200 Bk
Relay	50 Br	200 Br	100 Br
	100 Fly	50 Fr	50 Fly
	M&W Fr	200 Fly	M&W Medley
	Relays	Mixed Fr	Relay
		Relay	