



Utah Swimming Rules & Regulations

May 15, 2024 Revision

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Utah Swimming Rules and Regulations

- UT 1.1 **UTSI Championship Meets** are: Utah Short Course Age Group Championships (UTAGS), Utah Short Course Senior Championships, Utah Long Course Age Group Championships, and Utah Long Course Senior Championships. Other meets may be designated as such by the UTSI Board and use UTSI Championship procedures.
- UT 1.2 **Non-Championship Meets:** Any meet held within the LSC not designated as a Championship Meet including the B or BC Finale or equivalent.
- UT 1.3 **Entries**
All swimmers participating in a UTSI Championship meet must be able to prove current USA Swimming membership and be registered as a member of Utah Swimming.
- All UTSI Championship meet entries are due eight days prior to the first day of the meet (unless specified differently in the meet information). The Meet Director must forward a meet database backup to the UTSI Registration Chair at least 3 days prior to the meet.
- Online Meet Entry (OME) will be used for championship meets (unless otherwise specified in the meet information).
- Relay Entries**
Three (3) Swimmers in the Meet Rule: If a team has at least 3 attached team members within the applicable competition category and age swimming individual events in the meet, they may enter one relay team without a qualifying time in the relay event of the corresponding competition category and age (if applicable).
- UT 1.4 **Proof of Entry Times**
UTSI Championship Meet Swimmers will enter events with times conforming to the current edition of the USA Swimming SWIMS Time Module Policy Manual. Swimmers may enter meets with conforming and non-conforming times.
- UT 1.5 **Time Conversions** will NOT be allowed at any UTSI Championship meets.
- UT 1.6 **LSC Championship Meet Awards**
Awards are coordinated by the Utah Swimming Award Committee. Awards should be picked up at the completion of the meet and will not be mailed out.
- UT 1.7 **Utah Swimming Scratch Procedure**
- For Championship Meets and Prelims/Finals Meets:
The scratch box will be located at the Clerk of the Course. The scratch box shall close for the following day's events 30 minutes after the beginning of the final session each day, unless specified otherwise in the meet announcement. In a meet that begins with a timed final session on the first day, the scratch box for the next day's events will close 30 minutes after the start of that timed final session, unless specified otherwise in the meet announcement.

- For ALL Non-Championship Meets:
Scratches will be accepted prior to the beginning of each session or when called for by the Clerk of Course or as stated in the meet information. Unless stated otherwise in the meet announcement, there shall be no penalty for a swimmer missing an event, other than the swimmer will not be allowed to swim that event.
- Failure to compete in Preliminary and Timed Final Events:
 - A. If a swimmer fails to scratch properly from a preliminary event or timed final for which the swimmer has been positively checked in and doesn't report to the block to swim, that swimmer will be disqualified from that event and scratched from the next individual preliminary event for which they are entered. If a swimmer misses a second event, they will be barred from further individual competition for the remainder of the meet. They shall still be eligible to compete and score points for the team in relay events. Upon request and approval of the Meet Referee, any barred swimmer can be re-entered into the meet and reseeded with a NT into the slowest heat of their remaining events. Said swimmer will present themselves to the Meet Referee and declare their intent to swim, to be allowed to swim for time only and will not be eligible to advance to Championship, Consolation or Bonus final heats or score points in individual events for themselves or for the club.
 - B. Declared false starts are allowed in prelim swims.
- Failure to compete in a Bonus, Consolation, or Championship Final heat:
 - A. A swimmer qualifying for either Bonus, Consolation, or Championship Finals has 30 minutes after the time of the announcement of the qualifiers of each individual event to scratch or declare an intent to scratch. The Bonus, Consolation, and Championship heats will then be seeded by inserting alternates, thus filling all the lanes. Any swimmer qualifying for a Championship, Consolation or Bonus final heat who fails to compete in that event will be disqualified from that event and scratched from the next individual prelim event for which they are entered, except any named alternate shall not be penalized if unavailable to compete (see USA Swimming Rulebook). If a swimmer misses a second event, they will be barred from further individual competition for the remainder of the meet. They shall still be eligible to compete and score points for the team in relay events. Upon request and approval of the Meet Referee, any barred swimmer can be re-entered into the meet and re-seeded with a NT in the slowest heat of their remaining events. Said swimmer will present themselves to the Meet Referee and declare their intent to swim, to be allowed to swim for time only and will not be eligible to advance to Championship, Consolation, or Bonus heats or score points in individual events for themselves or for the club.
 - B. Any swimmer missing a Championship, Consolation or Bonus heat in the last session, or their last Finals event of the meet will be subject to a fine. The fine may be paid by the club or swimmer. (See UTSI policy #430a Table of Fees and Fines for amount and location of additional information).
 - C. Declared false starts are not allowed for Championship, Consolation, or Bonus Finals and Timed Final events for which the swimmer has been positively checked in.

- **Mandatory Scratch-down for Non-Championship meets:**
If conditions warrant (i.e., the projected timeline for the meet exceeds the limitations stated in the USA Swimming Technical Rules), the Referee, with the concurrence of the Meet Director, shall require swimmers to scratch an event or events in order to regulate and control the length of time for competition in a sanctioned meet. (This procedure is based on a minimum 20-second or greater interval between heats.)
 - A. The mandatory scratch-down procedure shall be applicable to all non-championship meets.
 - B. To the maximum extent possible, the mandatory scratch requirement shall be applied uniformly to all age groups, sexes, and classes of athletes.
 - C. The entry fee for each event scratched pursuant to the mandatory scratch-down procedure shall be refunded to the team after the completion of the meet.
 - D. If an athlete fails to select a requested scratch swim, the meet director will scratch the athlete from the last event of the affected session.

UT 1.8

Warm-Up Procedures

- Feet -first entry is required. At no time should the athlete enter the water head first, unless practice starts are being directly supervised by their coach.
- All swimming should be done in a counter-clockwise direction – keep right.
- No equipment in the general warm-up. No paddles, pull buoys, fins, assisted or resisted cords and/or similar such devices that could result in injuries to swimmers or damage to equipment. The Referee may permit equipment in specially designated areas with prior coordination.

General Warm-up Period (to be specified in meet information):

- Usually consists of the first 30-45 minutes of the warm-up session.
- No sprinting or pace work.
- All lanes are to be specified in meet information.

Controlled Warm-up Period (to be specified in meet information).

Normal Lane Assignments:

Pool Size	Push/pace	Race starts/ Sprints	General
5 lane	Lanes 1 & 5	Lanes 2	Lanes 3 & 4
6 lane	Lanes 1 & 6	Lanes 2 & 5	Lanes 3 & 4
8 lane	Lanes 1 & 8	Lanes 2 & 5	Lanes 3, 4, & 6
10 lane	Lanes 1 & 10	Lanes 2, 5, & 9	Lanes 3, 6, 7, & 8

UT 1.9 **Seeding**

- **Deck Seed Policy:** Deck entries will NOT be accepted at any UTSI meet unless specifically allowed by a statement in the meet announcement.
- If a missing entry is an administrative error on the part of the meet host, the meet director will enter the swimmer into the appropriate events as follows:

- A. Non-Championship Meets: The swimmer will be entered into the open lane most appropriate to the swimmers' seed time. If there are no open lanes, the swimmer may stand by for an open lane. If no open lane exists at the start of the final heat, the Meet Referee may add an extra heat for the swimmer.
- B. Championship Meets: The event will be re-seeded.
- C. If the entry problem is not an administrative error on the part of the meet host, the swimmer will not be allowed to swim unless deck entry is allowed at the particular meet.

- Prohibited Actions at Championship Meets: Moving swimmers that were properly entered into events between events.
- Timed Finals: in all Utah Swimming Championship meets, if the meet information states that the fastest heat of an event will be swum in the finals session, and a swimmer desires to swim the event in the preliminary session, the swimmer must enter the event at the event qualifying time. The intent of having the fastest heat in finals is to have a full heat.
- Seeding of 400 yard/meter distance and greater events – The standard order for seeding events of 400Y/M or greater will be fastest to slowest in the prelim session.
- Seeding for Championship Meets – Swimmers must enter at the fastest time achieved in an event (except as otherwise provided in USA Swimming Rules Article 207 or the USA Swimming Policy Manual). Swimmers who have not achieved a time in the conforming course must enter at the fastest achieved time in the non-conforming course.

UT 1.10 **Scoring**

All UTSI Championship meets will be scored using standard point values equal to the number of lanes used in championship finals. If more than one final is scheduled, the A and B final will be scored. Any other meet may be scored using point values as delineated in the meet announcement.

UT 1.11 **Officials and Juries**

The UTSI Officials Chair is responsible for assigning the Meet Referee and the Administrative Official for all UTSI Championship meets.

The Meet Jury shall consist of at least one coach, one swimmer, and one to three other people. Written protests involving technical rules, except disqualifications due to judgment decisions by deck officials, shall be made to the Meet Referee in writing within thirty (30) minutes of the protested act or occurrence.

UT 1.12 **Retention of Records**

The following meet material must be retained for a period of 24 months after each sanctioned meet. One heat sheet from each session, timing equipment printout sheets/tapes, lane timers' sheets, Referee order of finish, DQ log, DQ Slips, no show log, positive check in sheets, relay cards, relay takeoff slips, any other paperwork the Referee deems appropriate.

UT 1.13 **Age Group Program**

1. UTSI will enforce the USA Swimming “4-hour rule” for 12 & under swimmers as follows: Non-championship and open water meets shall be planned so all events designated for athletes ages 12 and under are completed within 4 hours from the meet start time.
2. It is the responsibility of the meet host to ensure each session of the meet is planned to comply with this rule.
3. The timelines must be computed using a minimum of 20 second intervals. Pre-meet timelines using a 20 second interval must be created from the database submitted to UTSI for the pre-meet check to ensure compliance.
4. The penalty for violating this rule is a fine. (See Utah Swimming Policy #430a Table of Fees and Fines on the [UTSI Policies and Procedures webpage](#).)

Version	Date	Description of Change/Section(s)	Author or Editor	Authority
??	Nov. 2018	Last known version	Lorinne Morris and Wane Oviatt	BOD
2	March 10, 2020	Formatting changes, Updated rule 1.8.4 to comply with USA Swimming rule and changed language to gender neutral	Cathy Vaughan and Ezra Silva	BOD
3	May 11, 2021	Updated language to match current use. Moved some rules to Policies and Procedures. (UTSI Championship Meet Committee, Beehive Finale meet information and bid process, 13 & Over/Post-Age Group Meet Fee Policy) Updated alternate penalty in 1.8.5 to comply with USA Swimming rule)	Cathy Vaughan	BOD
4	Feb. 8, 2022	Fee and Fine changes related to the change of policy #430a (Table of Fines)	Stan Crump	BOD
5	May 10, 2022	Changed reference to “Technical Planning” committee to “Senior Swimming” committee and clarified the Age Group and Senior Chairs’ responsibility to review only LSC Championship Meet awards.	Cathy Vaughan	BOD
6	Nov. 8, 2022	Moved Championship Meet Time Standards information and formula to policy #630 (Meet Operations)	Cathy Vaughan	BOD
7	Jul. 11, 2023	Significant changes to rule 1.14 regarding application of USA Swimming 4-hour rule within Utah Swimming.	Mike Wynn, Carri Oviatt, other members of board created task force, Cathy Vaughan	BOD
8	May 20, 2024	Updated to align with current USA Swim practices	Officials committee	