



Opportunities to dream and succeed.

RULES MANUAL

September 2025

Section 1 – Introduction

Last Revision Date: September XX, 2025

Missouri Valley Swimming (“MVS”) is a corporation and an affiliated member of USA Swimming. MVS’s formal structure is governed by the Bylaws of MVS. In addition to its Bylaws, MSV has adopted a separate set of operational rules specific to the conduct of its swimming operations. These swimming-related rules are outlined below.

- Section 1: Introduction
- Section 2: Missouri Valley Swimming Fee Structure
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- Section 13: Certification of Officials & Development

All rules are subject to the Bylaws and Rules of USA Swimming, Inc., which may be found on the USA Swimming website - www.usaswimming.org.

All rules may be changed or modified in accordance with the Bylaws and rules governing MVS. Any proposed changes must be submitted in writing to the General Chair thirty days in advance of either the Spring or Fall House of Delegates meetings.

Section 2 – Missouri Valley Swimming Fee Structure

Last Revision Date: September XX, 2025

A. Membership Registration Fees:

Full Year Club / Organization	\$305.00
Seasonal Club	\$80.00
Full Year Athlete	\$82.00
Flex Athlete – 12 & under only	\$30.00
Outreach Athlete	\$5.00
Individual Season Athlete (150-day registration)	\$50.00
Non-Athlete	\$82.00
Non-Athlete Administrator	\$30.00
Processing Fee for Check Payments	\$25.00

B. Fees Associated with Competitions:

Application Fee to host a meet (Sanction, Approval, Observation)	\$15.00
Sanction Fees for Approvals and Observations	\$15.00
Splash Fees for Open Sanctioned Meet	15% of entry fees
Splash Fees for Blanket Sanction Meets	15% of all fees
Late Fee for Applications Within 45 days of Competition	\$50.00
Penalty for Adding an Open Meet to the Schedule Outside the Bid Window	\$50.00
Maximum Allowable Entry Fee for Individual Events	\$ 7.00
Maximum Allowable Entry Fee for Relay Events	\$14.00
Maximum Allowable Entry Fee for Individual Events at MVS Championship Meets	\$10.00
Maximum Allowable Entry Fee for Relay Events at MVS Championship Meets	\$20.00
Outreach Assistance Fund Fees surcharge (Per Individual Event) - Suspended until further notice	\$0.50
Per Swimmer Facility Surcharge - MVS Championship Meets (Timed Finals only)	\$10.00
Per Swimmer Facility Surcharge - MVS Championship Meets (Prelims / Finals)	\$5.00/day

1. USA Swimming National, Region VIII Sectional, and Central Zone Championship meets are not subject to MVS maximum allowable fees. Fees dictated by the associated governing body will be honored.
2. Outreach Assistance Fund Fees must be incorporated into the individual entry fee in the meet information packet.
3. Per swimmer facility surcharges are allowed at the discretion of the meet host, provided those fees have been indicated during the meet bid procedure.
4. Facility surcharges at Open Sanctioned meets and Outreach Assistance Fund fees are not subject to MVS's fifteen percent (15%) splash fees.
5. Deck entry fees are limited to twice the posted entry fee listed in the official meet information.

C. Fines Associated with Competitions

1. Clubs will be fined one hundred dollars (\$100.00) for every unregistered or invalid swimmer entering and competing in a MVS competition. The deadline for registering a swimmer is the start of warm-ups on the first day of the meet.
2. Meet hosts will be fined one hundred dollars (\$100.00) for every unregistered or invalid swimmer showing up as unregistered when meet results are posted in SWIMS.
3. Meet hosts will be fined one hundred dollars (\$100.00) for not submitting a registration file to the MVS Registrar prior to the meet, according to their Sanction documentation.
4. This applies to all MVS open and blanket sanction competitions.

D. Fines Associated with MVS Championship Meets

1. Any swimmer who qualifies for an A or B Final, who fails to declare intent to scratch or to scratch per USA Swimming Championship Rules and fails to compete in said final race, which is his/her final race of the Meet, shall be fined one hundred dollars (\$100.00).
2. A swimmer who positively checks in or who does not scratch from an individual event on the last day of the meet and fails to compete is penalized fifty dollars (\$50.00) in prelims and \$100.00 in finals. Additionally, this applies to timed finals events.
3. Teams failing to check out of OME for championship meets will be assessed a fine of twenty-five percent (25%) of the total team entry fee, not to exceed one thousand dollars (\$1,000.00).

Section 3 – Reserved for Future Use

Last Revision Date: September XX, 2025

Section 4 – Reserved for Future Use

Last Revision Date: September XX, 2025

Section 5 – Missouri Valley Swimming Meet Schedule Rules

Last Revision Date: September XX, 2025

- A. **Meet Schedule** – MVS’s meet calendar, including championship meets, is approved twice a year by the House of Delegates based on applications submitted by member clubs and in accordance with the MVS Policy & Procedures Manual. Except for Championship meets, all meet requests are granted based on a free-market approach. Teams will be notified if an excessive number of meet applications have been received for a specific geographical region. Once the meet schedule is approved by the House of Delegates, meet sanctions are granted to member clubs in accordance with USA Swimming rules and the MVS Policy & Procedures Manual.
- B. **Conduct of Meet** – All meets and exhibitions must be conducted in accordance with current USA Swimming Rules, MVS Rules, and the MVS Policy & Procedures Manual.
- C. **Amateur Standing of Athletes** – MVS commits to and follows the USA Swimming Rules, Section 304.

Section 6 – Reserved for Future Use

Last Revision Date: September XX, 2025

Section 7 – Reserved for Future Use

Last Revision Date: September XX, 2025

Section 8 – Reserved for Future Use

Last Revision Date: September XX, 2025

Section 9 – Athlete and Member Safety

Last Revision Date: September XX, 2025

- A. USA Swimming, Inc., the National Governing Body for competitive swimming, considers the safety of its members to be of utmost importance. As a result, USA Swimming is committed to safety and risk management and has developed a comprehensive safety program to address safety at all levels of competition, from national to local. MVS will adhere to all USA Swimming Rules that pertain to meet safety.
- B. All swim meets sanctioned by MVS must provide a safe and respectful environment, free from abuse, harassment, and misconduct of any kind.
- C. All meet operations must adhere to USA Swimming's Safe Sport policies, including the Minor Athlete Abuse Prevention Policy (MAAPP), which governs appropriate interactions between adults and athletes.
- D. All meets and exhibition events and conduct of the meet must be conducted in accordance with the current USA Swimming Rules, be in accordance with MVS Rules, and the MVS Policy and Procedure Manual.
- E. Coaches shall ensure all safety requirements of USA Swimming, MVS, and the facility are met.
- F. Meet Host Team Responsibilities:
 - 1. Shall provide safety staff as required by USA Swimming, MVS, and the facility.
 - 2. Shall ensure all safety requirements of USA Swimming, MVS, and the facility are met.
- G. General and Specific Warm-Up Procedures for MVS Championship Meets:
 - 1. The MVS Technical Planning Committee develops and maintains appropriate warm-up procedures for use at MVS Championship meets. The procedures will be included with the meet announcement and may be adjusted for site-specific conditions or requirements.
- H. General Safety Guidelines during a Meet:
 - 1. No running on deck
 - 2. Swimmers shall not jump or dive into the pool to stop swimmers.
 - 3. When side lanes are used for warm-up and warm-down during the meet, no racing starts or springs are allowed in those lanes. Only circle swimming is permitted.
 - 4. Any warm-up area is to be used by USA Swimming registered swimmers entered in the meet only, and may not be used by parents, siblings of swimmers, or spectators.
 - 5. Any separate warm-up pool or area shall be under the supervision of a Meet Marshall at all times.
 - 6. All swimmers must enter the pool feet first in a cautious manner with one hand in contact with the pool edge or block or deck on the right side of the lane during warm-ups and warm-downs, except when a lane is specifically designated for starts (sprint or pace lanes).

Section 10 – Missouri Valley Swimming District Championships “Bonus” Swim Rule

Last Revision Date: September XX, 2025

MVS has established a rule to allow swimmers who qualify for the MVS District Championships Meet to compete in additional events at the meet as “Bonus Swims”. The following guidelines apply:

- A. Every swimmer entered in the MVS District Championship meet must have at least one (1) individual qualifying time to be eligible to enter the meet.
- A. Every swimmer eligible for the short course meet may swim up to two (2) “Bonus Events”.
 - 1. “Bonus Events” are defined as events of 200 yards or less in which the swimmer has not achieved the District Championship qualifying time in their age group. A swimmer under the age of 15 may not enter any senior events as a bonus event, including senior events more than 200 yards.

Section 11 – Missouri Valley Swimming Championship Meet Age Up Rule

Last Revision Date: September XX, 2025

- A. Swimmers aged 10, 12, or 14 who age up from the first day of the MVS District Championships to the first day of MVS Age Group or MVS Senior Championships with times too fast to qualify for the MVS District Championship meet will be allowed to compete at MVS Age Group or MVS Senior Championships in their new age group.
- B. This rule applies ONLY to events where they achieved qualifying time standards or applicable bonus standards in their previous age group. Such entries shall be communicated to the meet host through procedures outlined in the Championship meet information.

Section 12 – Missouri Valley Swimming Financial Support Programs

Last Revision Date: September XX, 2025

MVS will maintain programs to provide financial support to eligible athletes who need financial assistance to compete in the sport. The MVS board shall develop eligibility requirements, reimbursement procedures, and a funding mechanism. Annual funding will be reviewed and approved annually during the budget approval process at the Fall House of Delegates Meetings.

The following programs will be developed, maintained, and supported:

- A. Travel reimbursement for athletes and coaches attending the following meets, including any successor meets or additions to the USA Swimming Schedule:
 - 1. Open Water National and Junior
 - 2. Futures
 - 3. Junior National Championships
 - 4. National Championships:
 - 5. U.S. Open
 - 6. Winter Juniors
 - 7. U.S. Olympic Trials
 - 8. International Team Trials
- B. Missouri Valley Swimming Outreach Assistance Program
 - 1. MVS will maintain an outreach program to provide financial support to athletes who might not otherwise have the opportunity to participate in USA Swimming programs due to economic hardship. These programs support MVS's commitment to diversity, equity, and inclusion by reducing barriers to entry and foster a more inclusive swimming community.

Section 13 – Certification of Officials and Official’s Development

Last Revision Date: September XX, 2025

- A. MVS strives for excellence in our officials and well-officiated meets for our athletes. The MVS Officials Committee will develop programs and policies that advance the quality of officiating in MVS and provide opportunities to prepare officials for successful completion of USA Swimming National Certification.