



2025 CMSL OFFICIALS GUIDANCE RULE INTERPRETATIONS AND MODIFICATIONS

CMSL follows USA Swimming's rules of swimming except as noted in the CMSL handbook or as modified by the CMSL Board of Directors. The CMSL Board has decided to provide the following clarification to the USA Swimming rules for the 2025 season as follows:

- 1) **TAPE.** CMSL swimmers may use tape while competing in a CMSL event to accommodate an injury. Since this may provide an uninjured swimmer with a competitive advantage, the swimmer **MUST** provide the paid starter/referee with a copy of a doctor's note prior to competing in each meet. The doctor's note must be for the current season and relevant to the injury. The same note can be used, but must be provided at each meet. The Paid Starter/Referee will make the final decision as to whether or not the tape will be permitted.
- 2) **SHIRTS.** CMSL swimmers may wear a shirt, head scarf or pants over a bathing suit during CMSL events to accommodate medical, religious or modesty concerns. Wet-suits are not included. Since this does not provide a competitive advantage, no notification or written documentation is required.
- 3) **TIE BACK SUITS.** CMSL swimmers may wear ONE PIECE tie back suits during a CMSL event. Two piece, or bikini style suits are not permitted. Since this does not provide a competitive advantage, no notification or written documentation is required.

Assisted swims. Swimmers may have another swimmer in their lane to provide encouragement or to be prepared to provide assistance. These swims shall be marked exhibition whether or not the swimmer receives physical assistance from the other swimmer.

False starts. The CMSL rules of swimming competition (RSC) provides for two false starts before disqualification. If a swimmer false starts, the paid official shall restart the heat. If the heat is restarted and the same swimmer false starts a second time, they can be disqualified for a false start without a second restart. If the first start is not recalled, a swimmer cannot be disqualified for a false start.

Relay starts. The CMSL rules of swimming competition (RSC) requires that a swimmer's hand be in contact with the wall. A swimmer is disqualified if their hand leaves the wall prior to the previous swimmer touching the wall.

Cell Phones and Camera. The CMSL follows the USA Swimming rules regarding cell phones and cameras. Therefore, for the safety of the swimmers **NO CAMERAS OR CELL PHONES ARE PERMITTED BEHIND THE STARTING BLOCKS.** The Paid Starter/Referee shall be empowered to eject individuals from the facility who violate this rule. The Paid Starter/Referee may also suspend the meet for repeated violations of this rule until the host team is able to satisfy the requirements of this rule.

Drones. As set forth in the USA Swimming Rules, drones are not allowed over any facility. Any waivers and modifications to this rule for individual meets must be agreed upon by the paid starter/referee, all team representatives of teams competing in the meet, and the facility manager.

Team Reps/Coaches as Officials. Team Representatives and Coaches **MAY NOT** serve as an official on deck at any CMSL meet in which their team is participating.

Questions on rules and rule interpretations should be directed to the CMSL Officials Chairperson
Schedule changes for paid officials must be communicated to the Maryland Officials Club
Swimming Commissioner