

Individual Medley	200, 400 yards
Freestyle Relay	200, 400, 800 yards
Medley Relay	200, 400 yards

- (2) **Short Course Meters** — Made only over courses 25 meters long
- | | |
|-------------------|-------------------------------------|
| Freestyle | 50, 100, 200, 400, 800, 1500 meters |
| Backstroke | 50, 100, 200 meters |
| Breaststroke | 50, 100, 200 meters |
| Butterfly | 50, 100, 200 meters |
| Individual Medley | 100, 200, 400 meters |
| Freestyle Relay | 200, 400, 800 meters |
| Medley Relay | 200, 400 meters |
- (3) **Long Course** — Made only over courses 55 yards or 50 meters long
- | | |
|-------------------|-------------------------------------|
| Freestyle | 50, 100, 200, 400, 800, 1500 meters |
| Backstroke | 50, 100, 200 meters |
| Breaststroke | 50, 100, 200 meters |
| Butterfly | 50, 100, 200 meters |
| Individual Medley | 200, 400 meters |
| Freestyle Relay | 200, 400, 800 meters |
| Medley Relay | 200, 400 meters |

C Special Requirements and Conditions

- (1) Records established outside of the United States shall be applied for on official record application forms. When an American Record results from a World Record performance outside the United States, it shall be accepted as such upon formal approval by FINA without further certification.
- (2) When a record is claimed, an official record application form shall be filled out, signed by the designated officials, and transmitted to Headquarters with all supporting data, including official meet results and the primary printout tape from the automatic timing equipment, within 14 days after the performance.
- (3) Pool Certification
 - (a) Record applications will not be accepted unless certification of course length accompanies them or is on file with USA Swimming.
 - (b) Pool certification shall be reported on the standard form available from the Executive Director.
 - (c) Certification data need only be filed once unless structural changes have occurred since original certification.
- (4) Pool Measurement
 - (a) The length of the course shall be measured and certified by a qualified person in accordance with the standards established by USA Swimming. Such measurements shall be stated in feet and inches and fractions of an inch, or feet and hundredths of a foot for short course yards pools, or in meters for long or short course meters pools.
 - (b) A statement of the conditions under which the course was measured must be included.
 - (c) Where a moveable bulkhead is used, course measurement of the lane in which the record was set must be confirmed at the conclusion of the session during which the time was achieved.

- (5) Pending record claims properly documented and approved by the Vice President of Program Operations or designee may be approved and declared effective immediately.
- (6) American and United States Open Records established at the USA Swimming National Championships, the U.S. Open, any World Cup event sponsored by USA Swimming, and at events conducted by FINA, shall, upon receipt of final results, proper completion of pool certification, and approval by the Vice President of Program Operations or designee, be declared effective immediately unless a faster claim is pending.
- (7) Record claims not previously accepted and declared effective under (5) or (6) above shall be considered by the Vice President of Program Operations or designee for recommendation and acceptance. Applications ruled incomplete may be reconsidered by the Vice President of Program Operations or designee and final action recommended to the Board of Directors.
- (8) Swimmers who establish a record shall be presented with a certificate signed by the President of USA Swimming and the Vice President of Program Operations or designee.

.3 National Age Group Records

A Requirements

- (1) Only USA Swimming members, who are U.S. citizens representing a USA Swimming club or competing unattached, are eligible to establish National Age Group records.
- (2) Times submitted for Age Group records must comply with all the requirements of the National Age Group Recognition Program as listed in 205.9.

B Reporting — When a listed Age Group record is bettered, an official Age Group Record Application Form (provided by Headquarters to the LSC and posted on the USA Swimming website) shall be filled out, signed by the designated officials, and transmitted within thirty (30) days. The swimmer or the swimmer's representative shall be responsible for initiating the record validation and reporting procedures established by the Vice President of Program Operations or designee.

C Recognition — Upon receipt of the record application, a certificate of record achievement will be sent to all swimmers and members of relays whose time meets or betters the current National Age Group Record.

.4 Zone Age Group Records

A Requirements — Zone records must be achieved in Zone championship meets.

B Reporting — Each Zone shall determine the means of reporting Zone records.

C Recognition — Each Zone shall determine appropriate recognition for Zone records.

.5 LSC Records

A Requirements

- (1) LSC Records must be achieved by LSC member swimmers in USA Swimming or FINA sanctioned competition. This competition can be at any level including Senior and international competition.

- (2) LSCs may elect to recognize times achieved by member swimmers in approved competition or in USA Swimming observed swims.
- (3) An LSC may establish All-Star records which would include All-Star relay performances achieved by swimmers representing the LSC in Zone, Regional, or dual meets involving All-Star teams. Individual times including lead-off splits should be recognized by the LSC with the swimmer's LSC club of record (or unattached if appropriate) for any LSC records, National records or NAG Recognition Times.
- B **Reporting** — The LSC shall determine the method of reporting LSC records.
- C **Recognition** — The LSC shall determine appropriate recognition for LSC records.

ARTICLE 105

GUIDELINES FOR OFFICIATING SWIMMERS WITH A DISABILITY IN USA SWIMMING MEETS

105.1 GENERAL

- .1 **Authority** — The USA Swimming Rules & Regulations grant the Referee the authority to modify the rules for the swimmer with a disability. Disability is defined as a permanent physical or cognitive disability that substantially limits one or more major life activities. This section contains guidelines and suggestions for making such modifications.
- .2 **Responsibilities**
 - A **Swimmer** — The swimmer (or the swimmer's coach) is responsible for notifying the Referee, prior to the competition, of any disability of the swimmer and of the requested modification. The swimmer/coach shall provide any assistant(s) or equipment (tappers, deck mats, etc.) if required.
 - B **Referee** — The Referee's responsibilities include:
 - (1) Determining if the requested modifications are appropriate and can be met.
 - (2) Instructing the Starter and Stroke & Turn officials as to the accommodations to be made for that swimmer.
- .3 **Modifications** — Aids to buoyancy or speed are not allowed (See 102.8.1E). Some of the modifications which the Referee may make to accommodate the swimmer with a disability are:
 - A A change in starting position.
 - B Reassignment of lanes within a heat, e.g., exchanging Lanes 2 and 7.
 - C Allowing the swimmer to have a personal assistant(s). A personal assistant is not required to be a member of USA Swimming unless acting in a coaching capacity. Other allowable modifications are further described in this section under the type of disability.

105.2 BLIND AND VISION LOSS

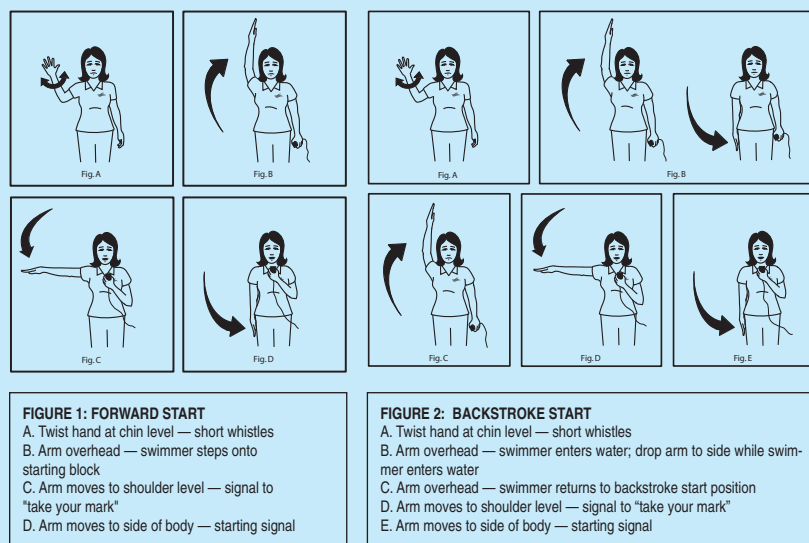
- .1 **Start** — With an audible starting system, no modification is usually required for a swimmer who is blind or has vision loss. A swimmer may, however, require assistance getting to and

on the block. Should the swimmer feel insecure starting from the block or deck, an in-the-water start is allowed.

- .2 **Turns and Finishes** — A swimmer who is blind or has vision loss is permitted to have personal assistants (“tappers” who use poles with soft-tipped ends to tap the swimmer as notification of turns and the finish). Sound devices shall not be used. It is the swimmer’s responsibility to provide the tapper(s), who shall be positioned within the confines of the swimmer’s lane at the ends of the pool.
- .3 **Relay Take-Offs** — A physical touch may be required to signal the relay swimmer when his/her teammate has touched the wall. The specific method may be tailored to the swimmer’s preference so long as it does not aid the swimmer’s take-off or interfere with the timing.

105.3 DEAF AND HARD OF HEARING

- .1 Deaf and hard of hearing swimmers require a visual starting signal, i.e., a strobe light and/or Starter’s arm signals. The Referee may reassign lanes within the swimmer’s heat, i.e., exchanging one lane for another, so that the strobe light or Starter’s arm signal can more readily be seen by the deaf or hard of hearing swimmer. Standard Starter’s arm signals are shown in Figures 1 and 2. A false start rope is required in the event of a recall, provided the meet host is notified by the entry deadline that a deaf or hard of hearing swimmer will be participating.
- .2 **Strobe light location** — The Starter shall advise the swimmers about the location of the strobe light and the light shall be located where the swimmers can clearly see it for the start. For backstroke starts, the light should be positioned so that the swimmers don’t have to turn their heads to look backwards.



105.4 COGNITIVELY DISABLED — A swimmer may be permitted to have an assistant on the deck when necessary. No other specific rule modifications are required other than patience and clarity in communicating instructions.