

NCAA SWIMMING  
MAJOR RULES CHANGES FOR  
2009-10 AND 2010-11

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New wording in the rules is indicated by **bold** text. *Italics* indicate author commentary. Changes to diving rules have been omitted.

1-4-8 New Equipment ..... 23

New Equipment

ARTICLE 8. The NCAA Men’s and Women’s Swimming and Diving Committee is responsible for formulating the official playing rules for the sport. **The committee may establish and/or use independent sources for testing/control.**

*The rest of the rule just inserts “and swimsuit” after the words equipment.*

2-2-2-b Breaststroke ..... 29

Some part of the swimmer’s head shall break the surface of the water at least once during each complete cycle of one arm stroke and one leg kick, in that order, except after the start and each turn when a single butterfly kick, which must be followed by a breaststroke kick, is permitted during or at the completion of the first arm pull. **After the start and after each turn, any lateral or downward movement of the hands or arms is considered to be the initiation of the first arm pull.**

2-5-6 Improper Conduct..... 35

Improper Conduct

ARTICLE 6. Acts of unsporting or unsafe conduct will be considered for disciplinary action by the referee or meet committee. This includes the use of obscene or vulgar language by coaches, student-athletes and institutional representatives. **The use of any equipment or swimsuit not permitted by NCAA rules is considered an act of improper conduct.**

Uniforms and Swimsuits for Swimmers

ARTICLE 1. Competitors' uniforms and swimsuits should be characterized by conformity to recognized standards of propriety.

**a. Material:**

**1. *Textile:*** By definition, the material used for the swimsuit shall be a textile (a woven material).

**2. *Permeability:*** All swimsuit materials must be 100 percent permeable to air and water.

**3. *Buoyancy:*** The material shall have a net buoyant effect of not more than .5 Newton [50.99 grams force or 1.798 ounces force].

**4. *Thickness:*** The material used shall have a maximum thickness of .8 mm. The measurement method is in accordance with ISO Standard 5084 for textiles.

**5. *Ergogenic Aids:*** The material shall not provide external stimulation or influence of any form (e.g. pain reduction, chemical/medical substance release, electro-stimulation, compression for core stabilization, or other performance-enhancing properties).

**b. Design:**

**1.** When used, the material shall follow the body shape.

**2.** The design shall not create air trapping effects.

**3.** For men, the swimsuit shall not extend above the waist nor below the top of the kneecap.

**4.** For women, the swimsuit shall not extend beyond the shoulders nor below the top of the kneecap, nor cover the neck.

**c. Construction:**

**5.** Any system providing external stimulation or influence of any form (e.g. pain reduction, chemical/medical substance release, electro-stimulation, performance-enhancing compression, or other performance-enhancing properties) is prohibited.

**6.** The swimsuit shall not have any zippers or fasteners other than a waist tie

for a brief or a jammer. The tie shall have a maximum width of ¼ inch.

**7.** The swimsuit shall comprise no more than two layers, the sum of which shall not exceed 1 mm in total thickness (excepting the casing/ribbing at the terminal ends of the material).

**8.** Elastic material may be contained within the casing/ribbing terminal ends

of the swimsuit (e.g. shoulder straps, waist opening, leg openings).

**d. CUSTOMIZATION:**

- 1. All swimsuits must be constructed in an identical fashion with no variation/modification for individual swimmers.**
- 2. Any modification or alteration (e.g. water resistant sprays, tape, etc.) is prohibited.**
- 3. One post-construction impermeable institutional marking or logo that does not exceed 9 square inches may be applied to the swimsuit.**
- 4. Swimmers with physical disabilities may request a waiver for customization from the NCAA swimming and diving secretary-rules editor at least one week before the individual's first competition.**

**e. USE:** The swimmer shall be limited to one swimsuit.

**f. CONTROL:** The NCAA may establish and/or use independent sources for testing/control.

g. In accordance with NCAA Bylaw 12.5.4, an institution's uniforms or **swimsuits** or any item of apparel (e.g., **T-shirts** and warm-ups) that is worn by a student-athlete while representing the institution in intercollegiate competition shall contain only a single manufacturer's or distributor's logo or trademark on the outside of the apparel (regardless of the visibility of the logo or trademark). The logo or trademark must be contained within a four-sided geometrical figure (i.e., rectangle, square, parallelogram) that does not exceed 2¼ square inches.

Such an item of apparel may contain more than one manufacturer's or distributor's logo or trademark on the inside of the apparel provided the logo or trademark is not visible.

h. If an institution's uniform or **swimsuit** or any item of apparel worn by a student-athlete in competition contains washing instructions on the outside of the apparel or on a patch that also includes the manufacturer's or distributor's logo or trademark, the entire patch must be contained within a four-sided geometrical figure (i.e., rectangle, square, parallelogram) that does not exceed 2¼ square inches.

**j. UNIFORM/SWIMSUIT DEFINITIONS:**

- 1. Propriety – conformity to established standards of good or proper behavior or manners. Decency, modesty.**
- 2. Coverage – the amount of body surface covered by the swimsuit. The greater the surface area covered, the greater the effect of the suit on performance.**
- 3. Compress – to press together; force into less space. Causes the reduction**

of water displacement (reduces buoyancy), and drag (i.e. form, etc.).

Creates discriminating effects based on body type.

4. Ergogenic properties – increasing capacity for bodily or mental labor especially by eliminating fatigue symptoms. Materials and designs that enhance stability, circulation and movement (torso and limb), or eliminate or reduce performance-limiting factors such as pain.

5. Design – to plan or fashion.

6. Material – a textile fabric.

3-1-2 Artificial Aids..... 38

ARTICLE 2. No swimmer is permitted to wear or use any device or foreign substances to help his or her speed, pace, buoyancy **or body compression** in competition.

3-1-3 New Equipment..... 39

New Equipment

ARTICLE 3. The NCAA Men’s and Women’s Swimming and Diving Committee is responsible for formulating the official playing rules for the sport. **The committee may establish and/or use independent sources for testing/control.**

*The rest of the rule just inserts “and swimsuit” after the words equipment.*

3-1-4-b Relay entries..... 40

Names of relay competitors must be submitted to the appropriate official at a designated time before the start of the race. **Changes in names of participants are permitted up until the start of the event (the start is considered to be when the referee calls the first heat of the event to the starting blocks).**

When the actual contestants in a relay are different from those listed on the official relay entry form, the competing relay shall be disqualified and all athletes involved (competing and listed) shall be charged with participation in an event. No further penalty will be assessed. **Order change for swimmers two, three and four are permitted at any time without penalty. Please inform the meet administration of said changes for the accuracy of results.**

3-2-1-b Entries in Nonchampionship Meets.. 42

In double-dual, triangular and quadrangular meets, each institution shall be allowed two entries per individual event (swimming or diving) and two entries per relay event. **By mutual consent of all participating head coaches and when facilities permit, more than two entries per team per event may be allowed.**

3-3-4 Athlete Scratches..... 45

Scratches

ARTICLE 4. Competitors may scratch from an event in which they are entered by following the procedures set forth in the meet information. In non-NCAA championships, invitational meets and NCAA championships, a competitor remains officially entered in all events that he or she is officially entered in unless scratched by the official scratch deadline for that event. A declared false start

may be taken during the preliminary heat, and that swimmer(s) will be charged for an event. **A swimmer or relay team that does not want to participate in a final based upon results of the preliminaries must complete a scratch card signed by a coach and submit it to the designated official within thirty (30) minutes after the announcement of qualifiers for that event. The swimmer or relay team will be allowed to withdraw without penalty, and the event shall be reseeded with the first available alternate swimmer or relay team being moved up into the appropriate finals.**

4-6-1 Bulkhead Measurements..... 50

The referee shall:

**I. When bulkheads are used at either the start or turning end, the referee shall verify that the competition course measures to the correct distance both before and after each day of competition. Such measurements shall be done by laser with a device provided by the host institution or host facility. Failure to adhere to this requirement shall render any times recorded or records achieved null and void.**

4-14-3 Side Takeoff Judges..... 55

When side takeoff judges are used in non-NCAA and NCAA championships meets, there shall be a sufficient number of such judges so that no side takeoff judge shall be assigned to observe relay exchanges in more than four lanes, with three or fewer preferred. For example, if four side takeoff judges are used with eight lanes, the side takeoff judges shall be stationed and assigned lanes as follows:

Judge A on lane one side of the pool shall observe lanes one and two; Judge B on lane one side of the pool shall observe lanes three and four; Judge C on lane eight side of the pool shall observe lanes five and six; and Judge D on lane eight side of the pool shall observe lanes seven and eight; **OR Judge A on lane one side of the pool shall observe lanes one through four; Judge B stationed between lanes four and five shall also observe lanes one through four; Judge C stationed between lanes four and five shall observe lanes five through eight; and Judge D on lane eight side of the pool shall also observe lanes five through eight.**

**While the two above scenarios are the preferred method, it is also permissible to have two takeoff judges stationed on the lane-one side of the pool observing lanes one through four and two takeoff judges on the lane-eight side of the pool observing lanes five through eight and, independent of one another, providing dual confirmation of relay takeoffs.**

4-14-6-a Takeoff Judges..... 56

ARTICLE 6. When electronic relay judging equipment is used:

a. In nonchampionships meets, at least one human takeoff judge must be assigned to observe the relay exchange in **all lanes**. In championships meets, two human takeoff judges must be assigned this responsibility.

4-14-7 Electronic Video Review..... 56

**Electronic Equipment Video Review**

**ARTICLE 7. Video replay may be used at competitions governed by a meet or games committee composed of representatives of multiple institutions to determine if the electronic judging equipment has failed. Such equipment can be used if the relay judging equipment detects an exchange from +0.09 to -0.09, both relay judges independently recorded opposite of the equipment and the referee feels it is warranted to investigate the accuracy of the electronic judging equipment. To use such equipment, the meet committee (in consultation with the meet referee) must set up a system before the event aligned with a direct side view(s) of the exchange end and maintain a speed of at least 25 frames/second. Video of this speed allows for two frames in each direction of what should have been 0.0, allowing for sufficient evidence to be indisputable and clear. Exact framing is not necessary, nor is time synching with the electronic timing system. The result of the video is merely to determine if the electronic judging equipment has failed. The video shall not be used to detect early takeoffs or any other rule infractions. If conclusive video evidence exists that the electronic equipment failed, the result of the electronic judging equipment is voided, no electronic result is recorded and the referee may overturn the disqualification for that heat. Any obstruction to the view of the exchange is sufficient to void the video from evidence. The video clip must be saved and submitted to the NCAA or conference, along with a statement from the referee detailing the reason for the overturned call, for archiving and review; and the equipment must then be tested to determine if the equipment is in fact faulty or if some other glitch occurred. Should the NCAA or conference disagree with the video evidence, the NCAA or conference retains the right to overturn the meet referee’s decision.**

5-1-4 Seeding for Invitational Meets..... 67

**Invitational Meets**

**ARTICLE 4. For NCAA qualifying times to be accepted, seeding must follow the accepted seeding procedures of seeding the finals first, then the consolation final and finally any bonus heats. A full complement of entries shall be placed in all heats starting with the fastest heat. Whenever this results in fewer than three entries in the slowest heat, the slowest seeded entries in the second heat shall be moved into the slowest heat so no heat has fewer than three entries.**

5-2-3-a Seeded heats..... 70

Preliminary Heats

ARTICLE 3. Swimmers and relay teams shall be placed in heats according to submitted times in the following manner:

a. Three Heats or Fewer. The fastest person or relay team shall be placed in the third heat, the second fastest in the second heat, the third fastest in the first heat. The fourth fastest person or relay team shall be placed in the third heat, the fifth fastest in the second heat, the sixth fastest in the first heat, the seventh fastest in the third heat, etc. With 16 or fewer swimmers or relay teams in an eight lane racing course (12 or fewer swimmers or relay teams in a six-lane racing course), there will be two seeded heats. **With eight or fewer swimmers or relay teams (six or fewer in a six-lane course), there will be one seeded heat.**

5-3-4 Alternate Qualifiers..... 72

ARTICLE 4. In non-NCAA championships and NCAA championships competition, two alternate qualifiers will be specified and listed on the program to help ensure a full complement of finalists in the event of illness or injury (certified by a physician or designated health official) to a qualified swimmer **or in the case of permitted scratches (see 3-3-4)**. In the case of tied times, the outlined swim-off procedure will be followed.

9-2 Bona Fide Competition..... 140

*Bona fide competition is defined as an event that conforms to all NCAA rules relevant to swimming and diving performances. They include the following:*

- Meet is open to the public (spectators);
- Competition is between two or more teams of the same gender at the same time and site, from different collegiate institutions;
- All NCAA competitors must be eligible by NCAA standards;
- Meets must be in institutions' approved competition schedule;
- Meets must have published results; and
- Depending on the governing body, meet official(s) must be qualified and/or certified.

Or

**Any bona fide meet that is sanctioned by USA Swimming and USA Diving that follows NCAA rules and regulations.**