

## Rules Proposals for 2006 USSS Convention

7/31/06

### Rules - New Legislation (needs 90% approval):

- Item 1. Rule II.A.1.a.(2).new (d) (page 3) Amend as follows:  
(d) For awards exception, see Rule II.G.1.b.(1).(a).

*Rationale:* We give more than FINA - top 8 vs top 3.

- Item 2. Rule II.C.2.b.(1).(e) (page 5) Amend as follows:  
b. Qualifications for entry in the U.S. National Championship:  
(e) In the top 3 **including exhibition routines** in the most recent Collegiate Regional Championship.

*Rationale:* Collegiate coaches are trying to win collegiate regionals. That may mean they don't swim the better solos for points as they would gain fewer points than in duets and trios. That means, under the current system, we don't have the best swimmers going to US Nationals, our elite meet. The goal for US Nationals should be to get the best swimmers ...and not have the "best" correspond to any strategy.

- Item 3. Rule II.C.2.b.(1).(e) (page 5) Amend as follows:  
b. Qualifications for entry in the U.S. National Championship:  
(e) In the top 3 **including exhibition routines** in the most recent Collegiate Regional Championship. **If a competitor who placed 1-3 elects not to compete in the U.S. National Championship, then the next competitor(s) 4-6 in rank order shall be allowed to fill the open spot(s). See Rule II.C.2.b.(3) for duplicate qualifications.**

*Rationale:* Collegiate coaches are trying to win collegiate regionals. That may mean they don't swim the better solos for points as they would gain fewer points. That means, under the current system, we don't have the best swimmers going to US Nationals, our elite meet. The goal for US Nationals should be to get the best swimmers and not have the "best" correspond to any strategy. The Collegiate Regional Championships are analogous to the Senior Zone Championships so the same entry qualifications to U.S. Nationals should apply (see Rule II.C.2.b.(1).(f)).

- Item 4. Rule II.C.3.c.(3).(b). Delete and reletter:  
(b) ~~For Figure competition, all eligible Solos, Duets and Trios which meet the qualifying score for the event, as noted in Rule II.C.3.c.(3)(a)iii, may enter the figure competition, whether or not the routine is entered in the U.S. Junior Open Championship.~~

*Rationale:* We don't have trials at Junior Open anymore.

- Item5. Rule II.D.1.a.(2).(a)-b) (page 11) Amend as follows:  
(2) For the U.S. Senior Open Championship, competition shall consist of Technical Routines and Free Routines for Solos, Duets and Teams.  
(a) There shall be ~~one a~~ Free Combination event conducted as a 100% final event at the U.S. Senior/Junior Open Championships and athletes from the Senior and Junior Open may be combined for this event.  
(b). ~~If there are more than 15 routines entered, there will a preliminary event with the final counting 100%.~~ **The Free Combination event will consist of preliminary**

**and final competitions. The top 12 Free Combination routines from the preliminary competition shall qualify for participation in the final competition. The 100% routine score shall be used to advance to the Final Free Combination competition.**

(c)-(d) The same.

*Rationale:* We have had the event long enough that we don't need to worry about having enough for finals.

Item 6. Rule II.D.1.b.(2).(a)-b) (page 12) Amend as follows:

(2) For the U.S. Junior Open Championship, competition shall consist of Figures and Free Routines for Solos, Duets, Trios, Teams and Free Combination.

(a) There shall be ~~one~~ **a** Free Combination event conducted as a 100% final event at the U.S. Senior/Junior Open Championships and athletes from the Senior and Junior Open may be combined for this event.

(b) ~~If there are more than 15 routines entered, there will a preliminary event with the final counting 100%.~~ **The Free Combination event shall consist of preliminary and final competitions. The top 12 Free Combination routines from the preliminary competition shall qualify for participation in the final competition. The 100% routine score shall be used to advance to the Final Free Combination competition.**

(c)-(d) The same.

*Rationale:* The Junior Open should read the same as the Senior Open.

Item 7. Rule III.A.3.new d. (page 22) Amend as follows:

3. U.S. National Championship:

d. **Each Foreign club or National Team may enter two Solos, two Duets and one Team**

*Rationale:* To allow one more Solo and Duet entry from Foreign Federations. Many Federations have used our National Championship to compare solos and duets for selection purposes. In addition, this competition is not too large and we have waived this rule in the past to allow Federations to enter another solo and duet.

## **Rules - Housekeeping:**

Item 8. Rule II.C.2.a. (page 5) Amend as follows:

2. Senior

a. Championships shall be open to all qualified registered athletes ~~14 to 18~~ **15** years of age or older based on the year of birth. (~~Beginning 2007, 15 years of age or older.~~)

Item 9. Rule II.C.3.a. (page 7) Amend as follows:

3. Junior

a. Championships shall be open to all qualified registered athletes ~~14 to 18~~ **15 to 18** years of age based on the year of birth. (~~Beginning 2007, 15 to 18 years of age.~~)

- Item 10. Rule II.C.3.c.(2) (page 8) Amend as follows:  
 c. U.S. Junior Open Championship:  
 (2) Championships shall be open to all qualified registered athletes ~~14 to 18~~ **15 to 18** years of age based on the year of birth. (~~Beginning 2007, 15 to 18 years of age.~~)
- Item 11. Rule II.C.4.e.(1) (page 10) Amend as follows:  
 4. Age Group:  
 e. U.S. Age Group Championship:  
 (1) May be held once a year in Figures, Solo, Duet, Trio and Team in four age divisions: ~~12-13, 14-15, 16-17 and 18-19.~~ (~~Beginning 2007, 11-12, 13-15, 16-17 and 18-19.~~)
- Item 12. Rule II.C.4.f.(1) (page 10) New (a) and (b) Amend as Follows:  
 4. Age Group:  
 f. Regional Championships:  
 (1) May be held once a year in Figures, Solo, Duet, Trio and Team in any of the five age divisions: ~~11 and under, 12-13, 14-15, 16-17 and 18-19.~~ (~~Beginning 2007, 10 and under, 11-12, 13-15, 16-17 and 18-19.~~)
- Item 13. Rule II.C.5.c.(1) (page 11) Amend as Follows:  
 5. Intermediate:  
 c. Regional Championships:  
 (1) May be held in Figures, Solo, Duet, Trio and Team in five age divisions: ~~11 and under, 12-13, 14-15, 16-17 and 18 and over.~~ (~~Beginning 2007, 10 and under, 11-12, 13-15, 16-17 and 18 and over.~~)
- Item 14. Rule II.C.5.d.(1) (page 11) Amend as Follows:  
 5. Intermediate:  
 d. Association Championships:  
 (1) May be held in Figures, Solo, Duet, Trio and Team in five age divisions: ~~11 and under, 12-13, 14-15, 16-17 and 18 and over.~~ (~~Beginning 2007, 10 and under, 11-12, 13-15, 16-17 and 18 and over.~~)
- Item 15. Rule II.C.6.c.(1) (page 11) Amend as follows:  
 6. Novice:  
 c. Association Championships:  
 (1) May be held in Figures, Solo, Duet, Trio and Team in four age divisions: ~~9 and under, 10-11, 12-13, and 14 and over.~~ (~~Beginning 2007, 8 and under, 9-10, 11-12 and 13 and over.~~)
- Item 16. Rule II.D.1.c.(1) (page 12) Amend as follows:  
 c. Age Group:  
 (1) Competitions shall consist of Figures and Free Routines for the ~~14-19 age divisions~~ (~~Beginning 2007, 16-19 age divisions~~); and Figures and ~~Technical Routines for the 13 and under age divisions.~~ (~~Beginning 2007, Figures and Free Routines with Required Elements for the 13-15 age division; and Figures and Technical Routines for the 12 and under age divisions.~~)

Item 17.

Rule II.D.2.d (page 13) Amend as follows:

d. Time requirements for routines shall be as follows:

(1) Solos:

- (a) Free Senior 3 minutes
- (b) Free Junior 3 minutes
- (c) Free ~~14-15~~, 16-17 & 18-19 3 minutes  
(Beginning 2007, Free Routines with Required Elements  
~~13-15, 2 ½ minutes.~~)
- (d) Free Routines with  
Required Elements, 13-15 2 ½ minutes**
- (e) Technical 2 minutes

(2) Duets/Trios:

- (a) Free Senior 3 ½ minutes
- (b) Free Junior 3 ½ minutes
- (c) Free ~~14-15~~, 16-17 & 18-19 3 ½ minutes  
(Beginning 2007, Free Routines with Required Elements  
~~13-15, 3 minutes.~~)
- (d) Free Routines with  
Required Elements, 13-15 3 minutes**
- (e) Technical 2 minutes 20 seconds

(3) Teams:

- (a) Free Senior 4 minutes
- (b) Free Junior 4 minutes
- (c) Free ~~14-15~~, 16-17 & 18-19 4 minutes  
(Beginning 2007, Free Routines with Required Elements  
~~13-15, 3 ½ minutes.~~)
- (d) Free Routines with  
Required Elements, 13-15 3 ½ minutes**
- (e) Technical 2 minutes 50 seconds

(4)-(7) Remain the same.

Item 18.

Rule III.A.3.a (page 22) Amend as follows:

A. Foreign Federations: May enter.....

3. U.S. National Championship:

- a. Must be 44 **15** years of age or older based on the year of birth.  
(Beginning 2007, 15 years of age or older.)

Item 19.

Rule III.A.4.a (page 22) Amend as follows:

A. Foreign Federations: May enter.....

4. U.S. Senior Open Championship:

- a. Must be 44 **15** years of age or older based on the year of birth.  
(Beginning 2007, 15 years of age or older.)

Item 20. Rule III.A.5.(a) (page 22) Amend as follows:

- A. Foreign Federations: May enter.....
  - 5. U.S. Junior Open Championship:
    - a. Must be ~~14 to 18~~ **15 to 18** years of age based on the year of birth. (~~Beginning 2007, 15 to 18 years of age.~~)

Item 21. Rule III.A.6.(a) (page 22) Amend as follows:

- A. Foreign Federations: May enter.....
  - 6. U.S. Junior Championship:
    - a. Must be ~~14 to 18~~ **15 to 18** years of age based on the year of birth. (~~Beginning 2007, 15 to 18 years of age.~~)

Item 22. Rule IV.D.1.b.(3) (page 33) Amend as follows:

- 3. Free Routine, Free Combination, ~~13 & Under Age Group (Beginning 2007, 12 & Under Age Group and 13-15 Free Routines with Required Elements)~~ **13-15 Free Routines with Required Elements, 12 & Under Age Group Technical** and Intermediate Technical Routine Competition:

## Appendix L - Housekeeping

Item 23. Appendix L (Pages 5-6). Replace Age Group 11 & Under Technical Routine Elements in entirety (previously approved at 2005 Convention):

### AGE GROUP 10 & UNDER (2007-2009) REQUIRED TECHNICAL ELEMENTS

<b>10&amp;UNDER SOLO – 2:00</b> Elements 1-7 are to be performed in the order listed.	<b>10&amp;UNDER DUET/TRIO – 2:20</b> Elements 1-7 are to be performed in the order listed.	<b>10&amp;UNDER TEAM – 2:50</b> Elements 1-8 are to be performed in the order listed.
<b>1. Bent Knee Vertical Position</b> followed by a <i>Half Twist</i> . Followed by a <i>close to Vertical Position</i> and completed with a <i>Vertical Descent</i> .	<b>1. Bent Knee Vertical Position</b> followed by a <i>Half Twist</i> . Followed by a <i>close to Vertical Position</i> and completed with a <i>Vertical Descent</i> .	<b>1. From a Crane Position</b> , the horizontal leg is lifted to a <b>Vertical Position</b> . Followed by a <i>180 Spin</i> .
<b>2. Boost</b> – a rapid, head-first rise, with a maximum amount of the body above the surface of the water. Only one arm must be lifted above the surface as the body reaches maximum height. The Boost is begun with the body totally underwater or with the back of the head and/or torso flush with the surface. The Boost is completed upon total submergence.	<b>2. Boost</b> – a rapid, head-first rise, with a maximum amount of the body above the surface of the water. Only one arm must be lifted above the surface as the body reaches maximum height. The Boost is begun with the body totally underwater or with the back of the head and/or torso flush with the surface. The Boost is completed upon total submergence.	<b>2. Boost</b> – a rapid, head-first rise, with a maximum amount of the body above the surface of the water. Only one arm must be lifted above the surface as the body reaches maximum height. The Boost is begun with the body totally underwater or with the back of the head and/or torso flush with the surface. The Boost is completed upon total submergence.
<b>3. Eggbeater</b> – must follow immediately after the Boost; travel forward and/or sideways with only one arm out of the water.	<b>3. Eggbeater</b> – must follow immediately after the Boost; travel forward and/or sideways with only one arm out of the water.	<b>3. Eggbeater</b> – must follow immediately after the Boost; travel forward and/or sideways with only one arm out of the water.
<b>4. Figure #406 Swordfish Straight Leg</b>	<b>4. Figure #326 Angelfish</b>	<b>4. Figure #360 Walkover Front</b>
<b>5. Traveling Ballet Leg combination</b> – to include the following 2 surface positions in any order: <b>Ballet Leg</b> with the right leg; <b>Ballet Leg</b> with the left leg.	<b>5. Traveling Ballet Leg combination</b> – to include the following 2 surface positions in any order: <b>Ballet Leg</b> with the right leg; <b>Ballet Leg</b> with the left leg.	<b>5. Traveling Ballet Leg combination</b> – to include the following 2 surface positions in any order: <b>Ballet Leg</b> with the right leg; <b>Ballet Leg</b> with the left leg.

<p><b>6. Vertical Position</b> followed by minimum of a <i>360 Spin</i> in the same position.</p>	<p><b>6. 180 Spin in Vertical Position.</b></p>	<p><b>6. Bent Knee Vertical Position</b> followed by a <i>Half Twist</i>. Followed by a <i>close to Vertical Position</i>.</p>
<p><b>7. Thrust to a Vertical Position</b> followed by a <i>Vertical Descent</i> at the same tempo as the <i>Thrust</i>.</p>	<p><b>7. Thrust to a Vertical Position</b> followed by a <i>Vertical Descent</i> at the same tempo as the <i>Thrust</i>.</p>	<p><b>7. Thrust to a Vertical Position</b> followed by a <i>Vertical Descent</i> at the same tempo as the <i>Thrust</i>.</p>
	<p><b>8.</b> With the exception of the deck work and entry, all elements – required and supplementary – must be performed simultaneously and facing the same direction by all swimmers. Mirror actions are not permitted (See E.1.).</p>	<p><b>8.</b> Cadence Action – identical movement(s) performed sequentially one-by-one by all team members. When more than one cadence action is performed, they must be consecutive, and not separated by other optional or required elements. A subsequent cadence action may or may not start before the previous one is completed (See E.2.).</p>
		<p><b>9.</b> The pattern formations must include a straight line or a circle. (See E.3. for circle comments.)</p>
		<p><b>10.</b> With the exception of the Cadence Action, the deck work and entry, all elements – required and supplementary – must be performed simultaneously and facing the same direction by all team members except during the circle pattern. Variations in propulsion and direction facing are permitted only during pattern changes. Mirror actions are not permitted (See E.1.).</p>

Item 24. Appendix L (pages 7-8). Replace Age Group 12-13 Technical Routine Elements in entirety (previously approved at 2005 Convention):

**AGE GROUP 11-12 (2007-2009)**  
**REQUIRED TECHNICAL ELEMENTS**

<b>11-12 SOLO – 2:00</b> Elements 1-7 are to be performed in the order listed.	<b>11-12 DUET/TRIO – 2:20</b> Elements 1-7 are to be performed in the order listed.	<b>11-12 TEAM – 2:50</b> Elements 1-8 are to be performed in the order listed.
<p>1. <b>Bent Knee Vertical</b> followed by one <i>Full Twist</i> in the same position, performed in uniform motion, followed by a <i>close to Vertical Position</i> and completed with a <i>Vertical Descent</i>.</p>	<p>1. <b>Bent Knee Vertical Position</b> followed by a <i>Half Twist</i>. Followed by a <i>close to Vertical Position</i> and completed with a <i>180 Spin</i>.</p>	<p>1. Acrobatic Move – one Platform or Stack:            PLATFORM requirements:            a. One person supported at or above the surface.            b. Underwater set-up is optional, but all remaining swimmers must be involved.            c. Must rise and descend once with supported person maintaining contact with lifters.            d. Person being supported must rise head-first.            STACK requirements:            a. Two stacks are required. (Exception: Teams with only 4 or 5 swimmers may perform one stack.)            b. One person lifted head-first in each stack.            c. Underwater set-up is optional, but all remaining swimmers must be involved.            d. Each stack performs simultaneous identical movements facing the same direction.            e. Each stack must rise and descend once with supported person maintaining contact with lifters.</p>



<p>2. Boost – a rapid, head-first rise, with a maximum amount of the body above the surface of the water. Two arms must be lifted above the surface as the body reaches maximum height. The Boost is begun with the body totally underwater or with the back of the head and/or torso flush with the surface. The Boost is completed upon total submergence.</p>	<p>2. Boost – a rapid, head-first rise, with a maximum amount of the body above the surface of the water. Two arms must be lifted above the surface as the body reaches maximum height. The Boost is begun with the body totally underwater or with the back of the head and/or torso flush with the surface. The Boost is completed upon total submergence.</p>	<p>2. Boost – a rapid, head-first rise, with a maximum amount of the body above the surface of the water. Two arms must be lifted above the surface as the body reaches maximum height. The Boost is begun with the body totally underwater or with the back of the head and/or torso flush with the surface. The Boost is completed upon total submergence.</p>
<p>3. Eggbeater – must follow immediately after the Boost; travel forward and/or sideways with both arms out of the water.</p>	<p>3. Eggbeater – must follow immediately after the Boost; travel forward and/or sideways with both arms out of the water.</p>	<p>3. Eggbeater – must follow immediately after the Boost; travel forward and/or sideways with only one arm out of the water.</p>
<p>4. Figure #406 – Swordfish Straight Leg.</p>	<p>4. Figure #326 – Angelfish.</p>	<p>4. Figure #326 – Angelfish.</p>
<p>5. Traveling Ballet Leg combination – to include the following 3 surface positions in any order: <b>Ballet Leg</b> with the right leg; <b>Ballet Leg</b> with the left leg; <b>Flamingo</b>.</p>	<p>5. Traveling Ballet Leg combination – to include the following 3 surface positions in any order: <b>Ballet Leg</b> with the right leg; <b>Ballet Leg</b> with the left leg; <b>Flamingo</b>.</p>	<p>5. Traveling Ballet Leg combination – to include the following 3 surface positions in any order: <b>Ballet Leg</b> with the right leg; <b>Ballet Leg</b> with the left leg; <b>Flamingo</b>.</p>
<p>6. <b>Vertical Position</b> followed by a <i>Half Twist</i> and completed with a minimum of a <i>360 Spin</i> in the same position.</p>	<p>6. <b>Vertical Position</b> followed by a <i>Half Twist</i> and completed by a <i>360 Spin</i> in the same position.</p>	<p>6. <b>Bent Knee Vertical Position</b> followed by a <i>Half Twist</i>. Followed by a <i>close to Vertical Position</i> and completed with a <i>360 Spin</i>.</p>
<p>7. <i>Thrust</i> to a <b>Vertical Position</b> followed by a <i>Vertical Descent</i> at the same tempo as the <i>Thrust</i>.</p>	<p>7. <b>Rapid Split</b> – a rapid leg split and rapid join to <b>Vertical Position</b> followed by a <i>Vertical Descent</i>. (Maximum height throughout desirable.)</p>	<p>7. <i>Thrust</i> to a <b>Vertical Position</b> followed by a <i>Vertical Descent</i> at the same tempo as the <i>Thrust</i>.</p>
	<p>8. With the exception of the deck work and entry, all elements – required and supplementary – must be performed simultaneously and facing the same</p>	<p>8. Cadence Action – identical movement(s) performed sequentially one-by-one by all team members. When more than one cadence action is performed, they must be consecutive, and not</p>

	direction by all swimmers. Mirror actions are not permitted (See E.1.).	separated by other optional or required elements. A subsequent cadence action may or may not start before the previous one is completed (See E.2.).
		<b>9.</b> The pattern formations must include a straight line and circle.(See E.3. for circle comments.)
		<b>10.</b> With the exception of the Cadence Action, the deck work and entry, all elements – required and supplementary – must be performed simultaneously and facing the same direction by all team members except during the circle pattern and the Acrobatic Move. Variations in propulsion and direction facing are permitted only during pattern changes. Mirror actions are not permitted. (See E.1.).

Item 25. Appendix L. Insert new Age Group 13-15 Required Technical Elements (previously approved at 2005 Convention after Age Group 11-12 Technical Elements):

**AGE GROUP 13-15 (2007-2009)**  
**FREE ROUTINES WITH REQUIRED TECHNICAL ELEMENTS**  
 Elements 1-6 are to be performed in the order listed.

<b>13-15 SOLO – 2:30</b>	<b>13-15 DUET/TRIO - 3:00</b>	<b>13-15 TEAM – 3:30</b>
<p><b>1. Vertical Position</b> followed by a <i>Half Twist</i> and completed with a minimum of a <i>360 Spin</i> in the same position.</p>	<p><b>1. Vertical Position</b> followed by a <i>Half Twist</i> and completed with a minimum of a <i>360 Spin</i> in the same position.</p>	<p><b>1. Vertical Position</b> followed by a <i>Half Twist</i> and completed with a minimum of a <i>360 Spin</i> in the same position.</p>
<p><b>2.</b> Boost – a rapid, head-first rise, with a maximum amount of the body above the surface of the water. Two arms must be lifted above the surface as the body reaches maximum height. The Boost is begun with the body totally underwater or with the back of the head and/or torso flush with the surface. The Boost is completed upon total submergence.</p>	<p><b>2.</b> Boost – a rapid, head-first rise, with a maximum amount of the body above the surface of the water. Two arms must be lifted above the surface as the body reaches maximum height. The Boost is begun with the body totally underwater or with the back of the head and/or torso flush with the surface. The Boost is completed upon total submergence.</p>	<p><b>2.</b> Boost – a rapid, head-first rise, with a maximum amount of the body above the surface of the water. Two arms must be lifted above the surface as the body reaches maximum height. The Boost is begun with the body totally underwater or with the back of the head and/or torso flush with the surface. The Boost is completed upon total submergence.</p>
<p><b>3.</b> Eggbeater – must follow immediately after the Boost; travel forward and/or sideways with both arms out of the water.</p>	<p><b>3.</b> Eggbeater – must follow immediately after the Boost; travel forward and/or sideways with both arms out of the water.</p>	<p><b>3.</b> Eggbeater – must follow immediately after the Boost; travel forward and/or sideways with both arms out of the water.</p>
<p><b>4.</b> From a <b>Split Position</b>, maintaining the relative position of the legs to the surface, the trunk rotates 180, followed by a <i>Front Walkout</i>.</p>	<p><b>4. Split Position</b> followed by a <i>Front Walkout</i>.</p>	<p><b>4. Split Position</b> followed by a <i>Front Walkout</i>.</p>
<p><b>5.</b> Traveling Ballet Leg combination – to include the following 3 surface positions in any order: <b>Ballet Leg</b> with the right leg; <b>Ballet Leg</b> with the left leg; <b>Flamingo</b>.</p>	<p><b>5.</b> Traveling Ballet Leg combination – to include the following 3 surface positions in any order: <b>Ballet Leg</b> with the right leg; <b>Ballet Leg</b> with the left leg; <b>Flamingo</b>.</p>	<p><b>5.</b> Traveling Ballet Leg combination – to include the following 3 surface positions in any order: <b>Ballet Leg</b> with the right leg; <b>Ballet Leg</b> with the left leg; <b>Flamingo</b>.</p>

<p>6. <i>Thrust</i> to a <b>Vertical Position</b> followed by a <i>Twirl</i>.</p>	<p>6. <i>Thrust</i> is executed to a <b>Bent Knee Vertical Position</b>, with the foot of the bending leg moving simultaneously to the inside of the vertical leg during the rise. Completed with a rapid <i>Vertical Descent</i> in the same position.</p>	<p>6. <i>Thrust</i> to a <b>Vertical Position</b> followed by a <i>Vertical Descent</i> at the same tempo as the <i>Thrust</i>.</p>
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