

USA SWIMMING
RULES & REGULATIONS COMMITTEE

**PROPOSED AMENDMENTS TO
2002 USA SWIMMING RULES & REGULATIONS**

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Actions taken by the USA Swimming House of Delegates –September 14, 2002

Compiled and Reviewed by the Rules and Regulations Committee
Packet Prepared by Peter Carney (Chairman), Anneliese Eggert, and Tina Martin

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R-2 ACTION: Adopted

3
4 **Location:** Page 22 101.6 RELAYS

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6 **101.6 RELAYS**

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8 **.2 Medley Relay** -- Four swimmers on each team, each to swim one-fourth of the prescribed distance ~~continuously~~ in
9 the following order: first, backstroke; second, breaststroke; third, butterfly; and fourth, freestyle. Rules pertaining
10 to each stroke used shall govern where applicable. At the end of each leg, the finish rule for each stroke applies in
11 each case.
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R-4 ACTION: Adopted - Effective January 1, 2003
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23 **Location:** Page 16 GLOSSARY
24 Page 51 104.2 USA SWIMMING RECORDS

25 **Effective Date: January 1, 2003**

26 **GLOSSARY**

27 **UNATTACHED** -- A member who competes but does not represent a ~~club member of USA Swimming~~ member club or
28 another FINA member Federation.

29 **104.2. USA SWIMMING RECORDS**

.4 National Age Group Records
A Requirements

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- (1) Only ~~U.S. citizen/USA Swimming-registered athletes~~ members, who are U.S. citizens representing a USA Swimming club or competing unattached, are eligible to establish national Age Group records.

R-5 ACTION: **Adopted**

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Location: PAGES 54-55 105.5. PHYSICAL DISABILITIES

105.5. PHYSICAL DISABILITIES --

- .1 Start --**Swimmers with physical disabilities:
(No change in A, B, C and D)

E. For freestyle, breaststroke and butterfly, a forward start (facing the course) shall be used. The Referee, however, may allow modifications such as the following:

~~A.~~ (1) The swimmer may start from a sitting position on the block or on the deck;

~~B.~~ (2) The swimmer may assume a starting position in the water, with or without assistance;

~~C.~~ (3) If the swimmer cannot use a hand and/or foot to maintain contact with the wall, some other part of the body may be used;

(4) For breaststroke and butterfly after the start and after each turn, a swimmer who is unable to push off with the leg/s, may perform one asymmetrical stroke to attain the breast position.

Examples of modified starting positions are shown in Figures 2 through 5.

R-6 ACTION: **Adopted/Amended - Effective January 1, 2003**

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Location: Page 59 ARTICLE 202 SANCTIONS AND APPROVALS

Effective Date: January 1, 2003

202.6 INTERNATIONAL EVENTS

- .1** Within the United States

A Sanctions for competitions within the United States that will include athletes with a foreign sport nationality as defined by FINA rule GR 2.6., who will be competing representing their sport nationality or other FINA Continental Organization, must be reported to the USA Swimming national office. All international competitions within the United States must be sanctioned through the LSC for and on behalf of USA Swimming. All invitations to foreign athletes to compete in the United States must be extended by USA Swimming.

76 B Any international amateur athletic competition within the United States as defined in the Ted Stevens Olympic
77 and Amateur Sports Act (Act) which is sponsored by a ~~an amateur~~ sports organization or person other than
78 USA Swimming must be sanctioned by USA Swimming's national office and such sanction must be granted
79 unless there is clear and convincing evidence that holding or sponsoring the event would be detrimental to
80 the best interest of swimming.

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82 Factors to be considered in the determination of whether sponsoring the event would be detrimental to the
83 best interest of swimming shall include, but not be limited to, the following:

84
85 (a) Review of audited or notarized financial reports of similar events, if any, conducted by the organization
86 or person, including:

- 87
88 (1) Financial guarantees of athlete expenses, both United States and foreign
89 (2) Financial guarantees of any appearance money or prize money for athletes
90 (3) Financial guarantees of acceptable accommodations and travel for athletes

91
92 (b) Absence of substantial conflict with: (i) the USA Swimming National Team programs, (ii) major USA
93 Swimming National Championship competitions, (iii) major international swimming competitions such as
94 the Olympic Games, World Championships, Pan Pacific Championships, Pan American Games and World
95 University Games and (iv) FINA rules and events.

96
97 (2) Upon determination by clear and convincing evidence that sponsoring the event would not be detrimental to
98 the best interest of swimming, the sanction will be issued ~~upon that organization or person~~ by USA Swimming
99 upon full compliance by the organization with all the requirements of the Act, as it may be amended from time
100 to time.

101
102 *(Delete the balance of subsection (2))*

103
104 C Sanction fees for international events ~~shall be as~~ established by the Board of Directors of USA Swimming
105 shall be paid to USA Swimming prior to the issuance of the sanction.

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R-7 ACTION: Adopted - Effective January 1, 2003 (for the 2004 competitions)
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109
110 **Location:** Page 65 204.9 SECTIONAL CHAMPIONSHIPS

111
112 **Effective Date:** January 1, 2003 (for the 2004 competitions)

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114 **204.9 SECTIONAL CHAMPIONSHIPS**

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116 .3 (new) USA Swimming shall provide a bid form, financial and operating agreements and all other documengs related
117 to the responsibilities of the meet host and conduct of the event. Each Section shall notify the Zone Directors of
118 bid winners for the following year's meets by the close of the annual meeting of USA Swimming's House of
119 Delegates.

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121 *(Existing sections .3 through .8 to be renumbered .4 through .9)*

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R-8 ACTION: Adopted/Amended - Effective January 1, 2005
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Location: Page 68 ARTICLE 206 AWARDING USA SWIMMING CHAMPIONSHIPS
AND INTERNATIONAL COMPETITIONS
Page 70 ARTICLE 207 USA SWIMMING CHAMPIONSHIPS

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Effective Date: January 1, 2005

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206.1. GENERAL — USA Swimming Championships shall be conducted annually. ~~There shall be one long course meters meet in the spring and one long course meters meet in the summer.~~

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.1 A long course meet shall be conducted in the spring, except that in the year of the Summer Olympic Games or when a National Team selection meet is held, the format, type and dates of the meet shall be as determined by the National Team Director..

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.2 A long course National Championship meet shall be conducted every summer.

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206.3. AWARD OF EVENTS

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.1 USA Swimming spring championships, Nationals, Trials class, U.S. Open, and Disability Championships shall be contracted for by the USA Swimming Executive Director or his/her designee in accordance with Article 206 and Article 207, after approval of the contract by the Board of Directors.

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206.4 DATES – (*per separate Item R-9*) Unless otherwise determined and announced by the National Team Director at the previous year's convention, the dates shall be as follows:

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.1 ~~Spring National Championships~~ – To start the Tuesday following the fourth Thursday of March;

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(No further change in section)

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206.5. METHOD OF GRANTING AWARD

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.3 A USA Swimming spring championship, National, Trials class, U.S. Open, and Disability Championship bids shall be returned to the Executive Director by June 1. Acceptance or rejection of the bid will be determined by July 1. At this time, all bids will be categorized by the Executive Director and the bidding parties shall be notified.

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207.1. GENERAL — USA Swimming shall conduct USA Swimming spring championships, National Championships, Trials class meets, and USA Swimming Disability Championships. The designation of each of these championships shall include the name of the national sponsor, if any, for that meet.

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207.2. (new) USA SWIMMING SPRING CHAMPIONSHIPS — The USA Swimming spring championships shall be governed by the Senior Swimming Committee and conducted by Program Operations. All USA Swimming member athletes who are members of a USA Swimming member club (attached or unattached), and who have achieved the qualifying time standards for one or more specific events are eligible to participate.

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(Rename existing paragraphs 207.2-207.5)

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207.5 ADMINISTRATIVE CONDUCT OF USA SWIMMING CHAMPIONSHIPS

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.12 **Scoring** — Except for Trials Class meets, scoring at the USA Swimming spring championships and National Championships shall be mandatory.

- 171
172 A Foreign National Teams will not be permitted in the USA Swimming spring championships. Foreign national
173 teams entered in the National Championships meet will not be scored for team awards.
174
175 B Foreign swimmers may score points for a USA Swimming registered club at the USA Swimming spring
176 championships, but must be a member of that club. Foreign swimmers may not score points for a USA
177 Swimming team at the USA Swimming National Championships, but, subject to USA Swimming representation
178 requirements, may represent that team and receive awards.
179
180 C Scoring at the USA Swimming spring championships and National Championships will be on a sixteen (16)
181 place basis. Individual events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1. Relay events receive double these
182 point values.
183
184 D *(no change)*
185
186 E ~~For~~ Eighteen (18) & under combined team scoring will be conducted only at the USA Swimming National
187 Championships, and ~~scoring~~ will be calculated on the basis of the top 16 athletes, eighteen (18) & under,
188 competing in each individual event. College or university teams competing at the Nationals shall not be
189 eligible for this eighteen (18) and under team scoring.
190

191 207.6. PROGRAMS

- 192
193 .3 **Time Trials** — At all USA Swimming spring championships, National Championships, and Trials Class meets, Time
194 Trials will be conducted on a time available basis for swimmers participating in the meet. These Time Trials shall be
195 held under a separate sanction of the LSC where the meet is held and shall conform to the following conditions and
196 format, subject to the time limitations specified in 207.5 and 207.6:
197
198 A *(no change)*
199
200 B At the USA Swimming spring championships, National Championships, and Trials Class meets, a swimmer
201 must be entered in the meet with a proved time (individual event or relay) to be eligible to participate in the Time
202 Trials.
203
204 .4 **International Program** — Upon the recommendation of the National Team Director with the approval of the OIOC
205 and Program Operations, the USA Swimming spring championships and National Championships may be conducted
206 in a format with the order of events simulating the World Championship or Olympic program. The men's 800 and
207 women's 1500 freestyle may be included in this format. All relays shall be conducted on a timed finals basis with all
208 heats swum in the finals session.
209

210 207.8. ENTRY FORMS AND OFFICIAL MEET INFORMATION

- 211
212 .8 ~~The National Events Coordinator~~ Program Operations shall establish a closing date for entries in all USA Swimming
213 championship events which shall be at least one week before the first day of competition. For USA Swimming
214 spring championships and National Championships, a later fax entry deadline of 11:59 p.m. (local time at the host
215 site) two (2) days prior to the start of the meet may be established and published in the meet information book for
216 qualifying times that are first achieved after the entry deadline and prior to the fax entry deadline.
217

218 207.9. ENTRIES

- 219 .4 **Entry times for individual and relay events shall:**
220 C Be achieved during the following qualification periods --
221 (1) Qualifying entry times for the ~~Spring~~ USA Swimming spring ~~National~~ championship shall be achieved

- 222 from February 1 of the prior year ~~prior to the Nationals~~ until the entry deadline for the ~~Spring~~ USA
223 Swimming ~~spring~~ National championship.
- 224 (2) Qualifying entry times for the ~~Summer~~ USA Swimming National Championship shall be achieved from
225 July 1 of the year prior to the Nationals until the entry deadline for the ~~Summer~~ USA Swimming National
226 Championship.
- 227
- 228 D A qualifying time achieved while participating in Trials Class meets, or while representing the United States as
229 a National Team member in international competition since July 1 of the previous summer, shall also be eligible
230 to enter the USA Swimming spring championship and ~~Summer~~ USA Swimming National Championships.
- 231
- 232 E Athletes who have qualified for the Olympic Trials within the current quadrennium in a specific event may
233 swim that event in all USA Swimming spring championship, National Championships, and U.S. Open events
234 preceding the next Olympic Trials, even if they have not re-qualified for the USA Swimming spring
235 championship, Nationals or U.S. Open in that specific event.
- 236
- 237 .9 In USA Swimming spring championships and National Championships, swimmers entered in the 800/1000 and
238 1500/1650 freestyle do not need to enter their best times, but may enter themselves at the time performed at the meet
239 distance (SC-SC, LC-LC) at the previous USA Swimming spring championships or National Championships,
240 provided they have made the short course yard, short course meter, or long course meter standard during the
241 appropriate qualifying period. Swimmers will be seeded at their entered times.
- 242
- 243 .11 Foreign swimmers, who are not members of USA Swimming, may enter national championships provided they have
244 met all qualifying requirements including submission of proof of entered times. These foreign athletes must meet the
245 National Championships time standards. Foreign swimmers must be members of USA Swimming, and must be
246 members of a USA Swimming registered club to compete in the USA Swimming spring championships. (See also
247 207.11.3)
- 248
- 249 .12 All swimmers entered in the USA Swimming spring championships are eligible for scoring. In order to score at USA
250 Swimming National Championships, a swimmer must be eligible to represent the United States in international
251 competition.
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- 253 .13 **Relay Entries**
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- 255 E A fine of \$100 will be imposed on the organization obtaining deck credentials for each relay-only swimmer who
256 does not compete in a USA Swimming spring championship or National Championship relay. No penalty shall
257 apply if the Referee is notified prior to the event and accepts proof that failure to compete was due to the
258 relay-only swimmer's illness or injury, or to circumstances beyond the swimmer's control.
- 259

260 207.10. QUALIFYING TIME STANDARDS

- 261
- 262 .1 USA Swimming spring championship and National Championship qualifying time standards will be determined from
263 performances at the respective spring and summer championship meets for all swimmers and may be based on world
264 rankings so that they will be of comparable quality for all events. The time standard formulas shall be established
265 by the Championship Time Standards Committee in consultation with the National Team Director. Time standards
266 shall be designed to allow 900-1000 swimmers in individual events at the USA Swimming spring championship. ~~A~~
267 ~~single set of time standards,~~ Time standards shall be designed to allow for 1000-1200 swimmers in individual events
268 at the ~~Summer~~ USA Swimming National Championship, shall be the same for both the ~~Spring~~ and the following
269 ~~Summer~~ USA Swimming National Championship.
- 270

271 .3 Program Operations shall approve at each annual meeting the qualifying time standards for all USA Swimming
272 National Championships, and US Open meets one (1) year in advance. Qualifying time standards shall be specified
273 in hundredths of a second, with nine one-hundredths being the constant. At the first meeting of the House of
274 Delegates, the Program Operations Vice President shall submit the written report of these time standards.
275

276 .4 (new) The Senior Swimming Committee shall submit for approval at each annual meeting the qualifying time
277 standards for the spring championships one (1) year in advance. Qualifying time standards shall be specified in
278 hundredths of a second, with nine one-hundredths being the constant. At the first meeting of the House of
279 Delegates, the Program Operations Vice President shall submit the written report of these time standards.
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R-10 ACTION: Adopted/Amended – Effective January 1, 2005

283
284 **Location:** Page 70 ARTICLE 207 USA SWIMMING CHAMPIONSHIPS
285 Page 76 207.6 PROGRAMS
286

287 **Effective: January 1, 2005**

288
289 *Add the following new section:*

290
291 **207.3 USA JUNIOR CHAMPIONSHIPS** – The USA Swimming Junior Championship meet shall be governed and
292 conducted by Programs Operations.
293

294 .1 The Junior championships will be swum long course during the summer season. The dates and place of
295 competition will be determined by the Senior Committee. The meet should be scheduled to be held after the summer
296 National Championships.

297 .2 All registered swimmers, 18 years of age and under, who have met the qualifying time standard for a specific event,
298 are eligible to participate.

299 .3 The Junior Championships program will be determined annually by the Senior Committee.
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R-12 ACTION: Adopted

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304 **Location:** Page 109 ARTICLE 401 NATIONAL BOARD OF REVIEW
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307 401.4 NATIONAL BOARD OF REVIEW – The Chairman of the National Board of Review shall be appointed by the
308 President. The National Board of Review shall be comprised of a Chairman appointed by the President and members
309 appointed by a committee, comprised of the President, the General Counsel and the Chairman of the National Board of
310 Review shall appoint other members of the National Board of Review. All National Board of Review appointments shall be
311 The appointment of the Chairman and the members shall be approved confirmed by the Executive Committee. The term
312 of the Chairman and members shall be two years with no limit on the number of terms they the Chairman may serve. Each
313 casedecide the case.
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R- 13 ACTION: **Adopted**

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Location: Page 109 ARTICLE 401 NATIONAL BOARD OF REVIEW

401.9. APPEAL TO THE BOARD OF DIRECTORS – Any real party ... written decision. The petition on appeal is to be served upon the Executive Director and shall be accompanied by a ~~\$50~~ \$250 filing fee payable to USA Swimming. The petition ... *de novo* hearing.

R- 14 ACTION: **Adopted**

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Location: Page 123 COMMITTEES AND COORDINATORS

507.7 The following shall be responsible to the Technical Vice President: ... Sports Medicine/~~and~~ Sports Science, and

R- 15 ACTION: **Adopted**

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Location: Page 125 ARTICLE 508 RULES AND REGULATIONS COMMITTEE

508.4 The Rules & Regulations Committee or its designee shall have the sole authority to officially interpret Parts One, the authority to interpret the remainder and Two (except as provided for in Article 207) of this Code, and shall be responsible for all redistricting procedures for USA Swimming.

R- 18 ACTION: **Adopted**

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Location: Page 123 ARTICLE 507 COMMITTEES AND COORDINATORS

507.4 The following shall be responsible to the National Administration Vice President: Rules and Regulations, Public Relations, Marketing, Conventions/~~Elections~~, Communications, Awards and All-America committees.

507.11 The following shall be responsible to the Secretary: Counselors committee, Elections, and Chairman, National Board of Review.

R- 19 ACTION: **Adopted**

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Location: Page 124 ARTICLE 507 COMMITTEES AND COORDINATORS

507.9 (new) The following shall be responsible to the Athletes' Executive Vice President: National Team Alumni

357 Association Committee.

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R- 20 ACTION: **Adopted**

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362 **Location:** Page 125 ARTICLE 508 RULES AND REGULATIONS COMMITTEE

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364 508.3 The Rules and Regulations Committee may initiate and shall consider proposed amendments to all parts of the
365 Code (~~except Part 7~~) and shall present them to the annual meeting of the House of Delegates with the committee's
366 recommendations.

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368 514.1 The Code may be altered.....

369 A Parts One, Two, Three, Four, ~~and Six and Seven~~: by a majority of the House members present and voting.

370 B Part Five....

371 C ~~Part Seven: By a majority of the House members present and voting, after recommendation for approval~~
372 ~~by a majority of the Open Water Swimming Committee.~~

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376 *Note: The following Item R-23 has been proposed by the Open Water Committee as an extension of Part Seven.*

R- 23 ACTION: **Adopted**

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378 **Location:** Page 23 ARTICLE 102 CONDUCT AND OFFICIATING
379 OF ALL SWIMMING COMPETITION

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381 **102.1 EVENTS**

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383 .2 **AGE GROUP EVENTS** – Competitions may be composed of events from the following recognized list of events or
384 other such events/meet types as may be sanctioned by the LSC.

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10 Years and Younger

50, 100, 100, 400/500 Freestyle

50, 100 Backstroke

50, 100 Breaststroke

50, 100 Butterfly

100, 200 Individual Medley

200 Medley Relay

200 Freestyle Relay

1 Kilometer Open Water

11, 12 Years

50, 100, 200, 400/500, 800/1000, 1500/1650 Freestyle

50, 100, 200 Backstroke

50, 100, 200 Breaststroke

50, 100, 200 Butterfly

100, 200, 400 Individual Medley

200, 400 Medley Relay

200, 400 Freestyle Relay

1 Kilometer Open Water

3 Kilometer Open Water

5 Kilometer Open Water

13, 14, 15, 16, 17, 18 Years

50, 100, 200, 400/500, 800/1000, 1500/1650 Freestyle

100, 200 Backstroke

100, 200 Breaststroke

100, 200 Butterfly

200, 400 Individual Medley
200, 400 Medley Relay
200, 400 Freestyle Relay
1 Kilometer Open Water
3 Kilometer Open Water
5 Kilometer Open Water
10 Kilometer Open Water
25 Kilometer Open Water

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R- 24 ACTION: **Adopted**

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Location: Page 143 ff **PART SEVEN OPEN WATER SWIMMING**

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701.2

- .1 **LONG DISTANCE SWIMMING** shall be defined as ~~a~~ any ~~open water~~ competition in open water up to a maximum distance of ~~25~~ 10 Kilometers..
- .2 **MARATHON SWIMMING** shall be defined as ~~a~~ any ~~open water~~ competition in open water over ~~longer than 25~~ 10 Kilometers.

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702.1.B.

- (4) Ex-officio Members as follows: The USA Swimming Program Operations Vice President, the OWC, ~~Open Water National Team Coach~~, the USA Swimming Representative to the FINA Technical Open Water Swimming Committee, or in the absence of a person in this position, an appointee of the OWC with the consent of the USA Swimming Program Operations Vice President, the chairman of ~~the OWDC and the~~ OWIC and the USA Swimming Staff Liaison.

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704.1

- .2 No swimmer shall be allowed to use or wear an device that may be an aid to their speed, endurance, or buoyancy. Goggles, a maximum of two(2) caps, nose clips and earplugs may be used and conform to paragraph.1.02.9.

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706.9

- .2 Shall ensure that each competitors ~~are~~ is correctly marked with their race numbers and that all swimmers have trimmed fingernails and are not wearing any jewelry including watches.

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709.4

- .2 The entry fees for the USA swimming National Championship shall ~~not exceed \$20.00 for individual events and an incremental \$5 fee per individual entered in the team events.~~ be determined by the Meet Director with the concurrence of USA Swimming. The meet information must provide a breakdown of how the entry fees are budgeted.

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HOUSEKEEPING ITEMS

HK-1 ACTION: **Adopted by Rules Committee to conform to FINA rule SW-7.6**

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Location: Page 20 101.1 BREASTSTROKE

101.1 BREASTSTROKE

- .5 **Finish** -- At the finish, The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during any part of the last complete or incomplete ~~stroke~~ cycle preceding the touch.

HK-2 ACTION: **Adopted by Rules Committee to correct gender reference**

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Location: Page 20 101.2 BUTTERFLY

101.2 BUTTERFLY

- .2 **Stroke** -- After the start and after each turn, The swimmer is permitted one or more leg kicks, but only one arm pull under water, which must bring ~~him~~ the swimmer to the surface. *(No further change in section)*

HK-3 ACTION: **Adopted by Rules Committee to correct gender reference**

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Location: Page 29 102.10 DISQUALIFICATIONS

102.10 DISQUALIFICATIONS

- .2 The Referee or designated official making a disqualification shall make every reasonable effort to seek out the swimmer or his/her coach and inform him/her as to the reason for the disqualification.

HK-4 ACTION: **Adopted by Rules Committee to correct obsolete reference**

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Location: Page 36 102.16 TIMING

102.16.3 Timing Personnel and Their Duties --

C Lane Timers -- Officials assigned ... Each timer shall:

- (1) Be in position at the start to have an unobstructed view and shall start the watch at the instant of observing the visual starting signal. If ~~neither the visual starting signal is not~~ observed, the watch shall be started upon hearing the sound of the ~~horn or gun~~ starting signal.

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HK-5 ACTION: **Adopted by Rules Committee to insert omitted word**

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Location: Page 44 103.4 /M/ RACING COURSE WALLS

103.4 /M/ RACING COURSE WALLS

- .1 Permanent Course Walls enclosing the racing course shall be parallel and vertical. The end walls shall be at a right angle to the water surface and shall be constructed of solid material with non-slip surface that extends no less than 0.8 meters (2 feet 7 and 1/2 inches) below the water surface.

HK-6 ACTION: **Adopted by Rules Committee to correct spelling**

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Location: Page 138 APPENDIX 6-D

APPENDIX 6-D DESCRIPTION OF LSC BOUNDARIES

NORTH CAROLINA -- State of North Carolina except the counties of Camden, ~~Currituck~~ Currituck and Pasquotank.

HK-7 ACTION: **Adopted by Rules Committee to correct typographical error**

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Location: Page 110 401.8 PROCEDURE FOR REVIEW

401.8 PROCEDURE FOR REVIEW

- .1 Every appeal to the National Board of Review shall be instituted by a petition served upon the Executive Director and shall be accompanied by a \$250 ~~non-refundable~~ non-refundable filing fee payable to USA Swimming.....*(no further change)*

**ADDITIONAL CHANGES TO BE MADE
TO 2003 RULEBOOK**

The following was adopted as part of the 2001 legislation, but not implemented

504
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Change all references to the “National Events Coordinator” in the rulebook to read “Program Operations Vice President”.

The following was adopted by the Rules Committee at its September 12, 2002 meeting to more closely conform to FINA rules.

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101.3. BACKSTROKE

.1 Start -- *(Delete A & B subheadings and make one paragraph as indicated below)*

~~A—~~The swimmers shall line up in the water facing the starting end, with both hands placed on the gutter or on the starting grips. Prior to the starting signal, the swimmer’s feet, including the toes, shall be placed under the surface of the water, where they shall remain until the starting signal. Standing in or on the gutter or bending the toes over the lip of the gutter before or after the start is prohibited.

~~B—~~Prior to the command “take your mark” and until the feet leave the wall at the starting signal, the swimmer’s feet, including the toes, shall be placed under the surface of the water. ~~Standing in or on the gutter or curling the toes over the lip of the gutter is not permitted at any time before the start. A backstroke starting block may not be used.~~

.2 Stroke – ~~Standing in or on the gutter or curling the toes over the lip of the gutter immediately after the start is not permitted.~~ The swimmer shall push off on his back *(no further change in section)*