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## I. USA Swimming

### What is USA Swimming?

USA Swimming is the National Governing Body for the sport of swimming in the United States, USA Swimming is a 300,000-member service organization that promotes the culture of swimming by creating opportunities for swimmers and coaches of all backgrounds to participate and advance in the sport through clubs, events and education. Membership is comprised of swimmers from the age group level to the Olympic Team, as well as coaches and volunteers. USA Swimming is responsible for selecting and training teams for international competition including the Olympic Games, and strives to serve the sport through its core objectives: Build the base, Promote the Sport, Achieve competitive success.

USA Swimming was conceived in 1978 as United States Swimming (USA SWIMMING) when Congress passed the Amateur Sports Act, which specified that all Olympic sports would be administered independently. Prior to this act, USA Swimming was the Competitive Swimming Committee of the Amateur Athletic Union (AAU) and was located in Indianapolis, Indiana. USA Swimming Headquarters was established in Colorado Springs, Colorado in 1981 and is located at the Olympic Training Center.

As the National Governing Body for the sport, USA Swimming is responsible for the conduct and administration of swimming the United States. In this capacity, USA Swimming formulates the rules, implements the policies and procedures, conducts the national championships, disseminates safety and sports medicine information and selects athletes to represent the United State in international competition.

### USA Swimming Mission Statement

USA Swimming is the National Governing Body for the sport of swimming. We administer competitive swimming in accordance with the Amateur Sports Act. We provide programs and services for our members, supporters, affiliates and the interested public. We value these members of the swimming community, and the staff and volunteers who serve them. We are committed to excellence and the improvement of our sport.

### USA Swimming Vision Statement

To inspire and enable our members to achieve excellence in the sport of swimming and in life.

### USA Swimming Core Objectives

USA Swimming has adopted three core objectives. These core objectives establish the foundation of the strategic business plan for our sport. USA Swimming encourages all

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members to participate in the local, regional and national efforts to ensure that these objectives are accomplished.

**Build the Base** – We seek to expand our membership in order to share our sport with as many other people as possible. We are especially committed to sharing the values of our sport with young people who may discover that swimming is an activity they can enjoy for their entire life.

**Promote the Sport** – We want swimming to receive as much publicity as possible because we believe that the more people learn about our sport the more inclined they will be to join the ranks of our membership. We are proud of our sport and we seek to celebrate it whenever possible.

**Achieve Competitive Success** – USA Swimming has been ranked as the number one swimming nation in the world for more than 40 years. We seek to continue this tradition of competitive excellence. When our elite athletes are successful in fulfilling their Olympic dreams our society benefits from the inspiration these athletes give us.

### How is USA Swimming Organized?

**International** – The international federation for the aquatic sports is the Federation Internationale de Natation Amateur (FINA). USA Swimming is affiliated with FINA through United States Aquatic Sports (USAS), made up of the four aquatic sports – swimming, synchronized swimming, diving and water polo. All policy decisions are made through a chain of committees reporting to elected vice presidents. The USA Swimming House of Delegates meets once a year at the annual United States Aquatic Sports convention and determines the rules and regulations for swimming for the following year. Between yearly meetings of the House of Delegates, an elected USA Swimming Board of Directors is charged with the responsibility of making decisions for the corporation.

**National** – USA Swimming is a Group A member of the United States Olympic Committee (USOC) and has voting representation in the USOC House of Delegates.

**Zone** – USA Swimming is divided into four separate zones – central, eastern, southern and western. Each zone elects two representatives to the national Board of Directors.

**Local** – Within the United States, there are fifty-nine (59) Local Swimming Committees (LSCs). Each LSC is responsible for administering USA Swimming activities in a defined geographical area and has its own set of bylaws under which it operates. A House of Delegates with representation of athletes, coaches, members of the Board of Directors and clubs is responsible for managing the business affairs of the LSC.

### How USA Swimming Operates

USA Swimming is a non-profit organization made up of very dedicated volunteers. Interested individuals donate their time, energy and expertise at every level from the national Board of Directors to the local swimming clubs. There are 50 standing committees. Staff liaisons, along with these committees, create, implement and evaluate USA Swimming programs. The House of Delegates meets annually to determine the rules and regulations for the following year. Between yearly meetings of the House of Delegates, an elected USA Swimming Board of Directors is charged with the responsibility of making decisions for USA Swimming.

### USA Swimming Headquarters

USA Swimming Headquarters are located at the U.S. Olympic Training Center in Colorado Springs, CO. Programs and services are provided to the membership through the

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national headquarters. Among the many services are publications, educational programs, fundraising activities, sports medicine programs, resources and general information about swimming-related activities. The headquarters staff is available to assist you in answering questions or providing additional information about USA Swimming, along with your local LSC, Iowa Swimming.

**USA Swimming**

One Olympic Plaza  
Colorado Springs, CO 80909-5770  
Phone: 719-866-4578  
Fax: 719-866-4669  
Website: [www.usaswimming.org](http://www.usaswimming.org)

**Iowa Swimming, Inc.**

2715 Pioneer Court  
Davenport, IA 52804  
Phone & fax: 563-391-5832 or 1-877-ISI-SWIM (toll free)  
Email: [ISISWIM@aol.com](mailto:ISISWIM@aol.com)  
Website: [www.isiswim.org](http://www.isiswim.org)

**Membership**

Membership in USA Swimming is comprised of athlete and non-athlete members. Athletes must register each year in order to participate in practice and compete in sanctioned events. Non-athlete members also register each year and are the coaches, officials, club officers, and other non-athletes interested in the sport of swimming. By becoming a member of USA Swimming, athletes and non-athletes receive the benefit of insurance coverage as well as team coverage when holding authorized team functions. Non-athlete members also receive a copy of the USA Swimming Rules and Regulations; the official rulebook of the sport and each household receives a copy of “Splash”, the official USA Swimming magazine.

**II. USA Swimming Foundation**

The USA Swimming Foundation is the fundraising arm of our sport’s National Governing Body, USA Swimming, which is a member-based, 501(c)3 non-profit organization that provides a broad range of programs and services that focus on inspiring and enabling our members to achieve excellence in the sport of swimming and, more importantly, in life. The foundation help raise funds that allow USA Swimming to provide educational, safety and training information for young athletes, coaches and parents.

The USA Swimming and USA Swimming Foundation headquarters are located at the U.S. Olympic Training Center in Colorado Springs, CO, but with nearly 300,000 members representing all 50 states, our reach extends to every corner of the U.S. In addition to sanctioning over 8,000 swim meets each year, USA Swimming is also responsible for selecting, training and sending athletes to represent our country at major international competitions, including the Olympic Games.

USA Swimming receives no government funding. Traditionally, the organization’s primary source of funding has come from member dues, as well as additional support from corporate sponsors and the U.S. Olympic Committee. In an effort to branch out and

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provide new, exciting programs and services to benefit individuals and communities across the country, the USA Swimming Foundation was born in 2004. The collective support of our swimming alumni, parents and friends – people just like you – is an integral part of the progress and development of today’s swimmers and tomorrow’s leaders. Obtain more information by contacting the USA Swimming Foundation, 1 Olympic Plaza, Colorado Springs, CO 80909, 719,866-3235, or [foundation@usaswimming.org](mailto:foundation@usaswimming.org)

### III. USA Swimming Glossary of Terms and Swimming Words

**Age Group Swimming** – The program through which USA Swimming provides fair and open competition for its younger members. It is designed to encourage maximum participation, provide an educational experience, enhance physical and mental condition, and develop a rich base of swimming talent. Nationally recognized age groups are 10 and under, 11-12, 13-14, 15-16 and 17-18. Local meets may also include events for 8 and under and single age categories.

**Adjacent Events** – the next shorter and next longer distances of that stroke.

**Aggregate Time** – times achieved by four individuals in separate starts which are added together to arrive at a relay time for entry purposes.

**Amateur Sports Organization** – a not-for-profit corporation, club, federation, union, association, or other group organized in the United States, which sponsors or arranges any amateur athletic competition.

**Anchored (Starting Platform)** – stable at all times without human aid

**Appreciable** – sufficient in extent to be recognized.

**Approval** – a permit issued by an LSC for meets conducted in conformance with USA Swimming technical rules in which both members and non-members may compete.

**ASCA** – American Swimming Coaches Association, headquartered in Ft. Lauderdale, FL. ASCA services swimming coaches through its program offerings, which include coaches’ certification, education, and communication.

**Attached** – an athlete member who represents a member club in competition after having met the requirements of Article 203.

**Block**– The starting platform.

**Blue Pages** – The technical rules section of the USA Swimming Rules and Regulations.

**Body** – the torso, including shoulders and hips.

**Bulkhead** – A moveable wall, constructed to divide a pool into different courses, such as a 50-meter pool into two 25-yard courses.

**Calm State of Surface** – normal level surface without turbulence.

**Circle Swimming** - Performed by staying to the right of the black line when swimming in a lane to enable more swimmers to safely swim in each lane.

**Closed Competition** – competition open only to the members of one organization or group.

**Club** – an organization which has been accepted for membership in the Corporation and which operates on a year around basis.

**Coach** - A person who teaches and trains athletes in the sport of swimming.

**Code of Conduct** - An agreement signed by swimmers, coaches, and parents stating that they will abide by certain behavioral guidelines.

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**Competition** – an athletic performance by an athlete, either individually or as part of a team or club.

**Composite Time** – a time achieved in a relay event by four members of an organization.

**Conforming Time** – qualifying time standard that corresponds to the meet competition course.

**Consolation** – (finals) competition for the fastest of those who failed to qualify for the finals.

**Course** – designated distance over which the competition is conducted.

Long Course – 50meters (55 yards to be records as 50 meters).

Short Course – 25 yards or 25 meters.

**Cut** - Slang for qualifying time. A time standard necessary to attend a particular meet or event.

**Deck Entered Meet** – meet where all entries are accepted on the first or later day of that meet and subsequently seeded into events.

**Deck Seeded Meet** – meet where all entries are due prior to first day of meet and swimmers must declare availability to swim prior to the scratch deadlines.

**Distance Events** - Term used to refer to events over 400 meters/500 yards.

**Domestic Competition** – any amateur athletic competition within the jurisdiction of USA Swimming which does not meet the definition of international competition.

**DQ** - disqualification. This occurs when a swimmer has committed an infraction of some kind (e.g. freestyle kick in butterfly). A disqualified swimmer is not eligible to receive awards, nor can the time be used as an official time.

**Draw** – random selection by chance.

**Drill** - A teaching exercise involving a portion of a stroke, which is used to improve technique.

**Dryland Training** - training done out of the water that aids and enhances swimming performance; usually includes stretching and calisthenics.

**Dual Competition** – competition between two clubs.

**End of Course** – designated wall for racing turns and finishes.

**Event** – any race or series of races in a given stroke and/or distance. For competitive limits, one event equals one preliminary, or one preliminary plus its related final, or one timed final, or one time trial.

**Ex-Officio** – a member with full rights of membership unless otherwise limited by USA Swimming; ex-officio members cannot be counted to establish a quorum.

**FINA** - Federation Internationale de Natation Amateur. The international governing body for the four aquatic sports - swimming, diving, water polo and synchronized swimming. USA Swimming is affiliated with FINA. through United States Aquatic Sports (USAS), which is the United, States governing body for the same four aquatic sports.

**Final** – any single race which determines final places and times in an event.

**Finals** – the concluding session of each day of the meet in which the final race of each event is swum.

**Finalist** – one who swims in a final race.

**First Day of Meet** – day on which first competitive swimming event is conducted.

**Foreign Swimmer** – an athlete member of a FINA member-country federation, other than USA Swimming, or an athlete member of USA Swimming who is not eligible to represent the United States in international competition due to FINA sports citizenship requirements. (See Sports Citizen).

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**Forward Start** – a forward entry facing the course.

**Foul** – an instance of obstruction, interference, collision, or equipment malfunction which prevents the successful completion of a race.

**Goodwill Games** - multi-sport competition held every four years between Olympiads sponsored by Turner Broadcasting Network

**Headquarters** – USA Swimming’s office in Colorado Springs, Colorado.

**Heats** – a division of an event in which there are too many swimmers to compete at one time.

**Preliminary Heats** – competition in which a number of heats are swum to qualify the fastest swimmers for the finals where final placing for the event will be determined.

**Timed Final Heats** – competition in which only heats are swum and final placing are determined by the times performed in the heats.

**Horizontal** – parallel to the surface level of the water.

**House Of Delegates** - The ruling body of USA Swimming, Inc. made up of the USA Swimming Board of Director members, LSC General Chairs, Administrative Vice Chairs, Age Group Vice Chairs, Senior Vice Chairs, LSC Coaches Representatives and LSC Athlete Representatives and at-large delegates appointed by the President, and representatives of other swimming organizations.

**ICAR** - International Center for Aquatic Research; USA Swimming sophisticated sports medicine laboratory in Colorado Springs.

**Initial Distance** – that first portion of a race for which an official time may be recorded but which is not in itself a completed event.

**International Competition** – any amateur athletic competition between any athlete(s) or member organization(s) of USA Swimming, either individually or as part of a team, and any athlete(s) or member organization(s) (e.g., clubs) representing any foreign country.

**Invitational Competition** – for those swimmers, organizations and clubs invited by the host.

**Junior Olympic** – a type of Age Group competition conducted by Zones and LSCs.

**Lane** – the specific area in which the swimmer is assigned to swim; e.g., lane one.

**Lane Line** – continuous floating markers attached to a line stretched from the starting end to the turning end for the purpose of separating each lane.

**Lane Markings** – the guidelines on the bottom of the pool and in the center of the lanes running from the starting end to the turning end.

**Leg** – (relay) the part of the relay event that is swum by a single team member.

**Length** – extent of the course from end to end.

**LSC** - Local Swimming Committee, an administrative division of USA Swimming with supervisory responsibilities within certain geographic boundaries designated by USA Swimming.

**Malfunction** – a mechanical or electronic failure; not a human failure by the swimmer.

**Manual Start** – the start of any timing device by an individual in response to the same starting signal given to the swimmer(s).

**Mark** – (take your) starting position.

**May** – permissive, not mandatory.

**Meet** – a series of events held in one program.

**Mixed Classification** – meet in which events of Age Group and Junior, Senior, or any other classification are offered.

**National Age Group (NAG) Recognition Time** – an official time that betters the tenth fastest time in a single age group (ages 11-17) as reported by the SWIMS database for the previous year.

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**National Time Verification** – certification of a national qualifying time made by a swimmer and issued by a verification official of the area in which the meet was held. National Time Verifications (NTVs) shall be issued for any time that equals or betters a national time standard or international trials time standard.

**NCAA** - National Collegiate Athletic Association; the ruling body for college athletics.

**NGB** - National Governing Body; the individual sport governing body for each Olympic and Pan American sport in the U. S. USA Swimming is the NGB for amateur competitive swimming. there are 38 NGB's in the U. S. Olympic committee.

**Non-Conforming Time** – qualifying time standard that does not correspond to the course that will be competed in a meet.

**Observed Swim** – a swim observed by assigned USA Swimming officials for conformance with USA Swimming technical rules in a meet conducted under other than USA Swimming rules.

**OIOC** - Olympic International Operations Committee; committee of Program Operations in USA Swimming responsible for staff and team members of all USA National Swimming Teams.

**Open Competition** – competition which any qualified club, organization or individual may enter.

**Pan American Games** - multi-sport competition among nations of the Western Hemisphere held every four years in the year prior to the Olympics.

**Pan Pacific Swimming Association Championships** - swimming competition between nations of the Pacific rim, conducted every other odd numbered year. Charter members of the PPSA are Australia, Canada, Japan, and the United States.

**Place Judges** – two place judges, one on each side of the finish line, who will record the order of finish of all swimmers by lane.

**Pool** – the physical facility in which the competition is actually conducted.

**Postal/Internet Meet** – a swimming competition conducted in multiple pool locations with results compiled in a central location.

**Preliminary** – session of the meet in which the heats are held.

**Program** – the order of events, including starting times and intermissions in a meet or portion thereof (See Session), sequentially listed by class of competition, sex, age group, distance, and stroke as set forth in meet announcement.

**Propulsive** – having power to propel.

**Protected Competition** – any amateur athletic competition between any athlete or athletes officially designated by USA Swimming as representing the United States, either individually or as part of a team, and any athlete or athletes representing any foreign country where (a) the terms of such competition require that the entrants therein be teams or individuals representing the respective nations, and (b) the athlete or group of athletes representing the United States are organized and sponsored by USA Swimming and are selected by USA Swimming in accordance with a defined selection or tryout procedure that is open to all and publicly announced in advance. Except for domestic amateur athletic competition, which by its terms requires that entrants therein be expressly restricted to members of a specific class of amateur athletes such as those referred to in Section 4of Article VII of the USOC Constitution, the term 'protected competition' shall also include any domestic amateur athletic competition or event organized and conducted by USA Swimming which has been designated by USA Swimming in its selection procedure, and publicly announced in advance, as a competition or event directly qualifying successful competitors therein as an athlete representing the United States in a protected competition as defined in the immediately preceding sentence of this subsection.

**Quadrennium** - the four-year period culminated by an Olympiad.

**Race** – any single swimming competition; i.e., preliminary, final, timed final.

**Record Attempt** – swimming against time in a record attempt, unpaced by other swimmers. (Refer to Article 104 for record requirements).

**Reinstatement** – return of all or limited rights of membership in USA Swimming.

**Reportable Times** – times achieved in conformance with applicable USA Swimming rules which may be submitted to USA Swimming for recognition.

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**Sanction** – a permit issued by an LSC to a USA Swimming group member to conduct a meet in conformance with all USA Swimming rules.

**Scissor** – use of the top of the instep of one foot and the bottom of the other foot in the propulsive part of the kick.

**Scratch** (from an event) – withdraw an entry from competition.

**Seasonal Club** – an organization which has been accepted for membership in USA Swimming and which operates on the basis of a period of time specified by the LSC.

**Seed** – to distribute the swimmers among the required number of heats and/or lanes, according to their submitted or preliminary times.

**Seeding – Events Seeded on the Deck** – swimmers are called to report to the clerk of course for their event on the day of the meet. After scratches are determined, swimmers are seeded in the proper heats. **Pre-Seeded Heats** – swimmers are arranged in heats in events according to submitted times and heat sheets are prepared prior to the day of competition.

**Session** – any portion of a meet distinctly separated from other portions by locale, time, or type of competition, i.e., preliminaries and finals; morning and evening; Senior and Age Group, etc.

**Shall** – mandatory.

**Should** – recommended but not mandatory.

**Simultaneously** - occurring at the same time.

**Split Time** – time recorded from official start to completion of an initial distance within a longer event.

**Sports Citizen** – an athlete who has represented a nation other than the United States in international competition is a sports citizen of that nation and is considered ineligible to represent the United States until FINA requirements for changing sports citizenship (sport nationality) have been met. (See Foreign Swimmer)

**Still Water** – water contained within four walls, or landlocked, and has no perceptible current or movement other than that caused by wind or by other swimmers. (Circulatory systems should be off during competition.)

**Steering Committee** -seven member elite sub-committee of the OIOC consisting of four coaches, two athletes and a sports medicine representative.

**Still Water** – water contained within four walls, or landlocked, and has no perceptible current or movement other than that caused by wind or by other swimmers. (Circulatory systems should be off during competition.)

**Swim-A-Thon** - USA Swimming fund raising program in which swimmers swim laps for pledges. Funds are split between local clubs and USA Swimming, with the local club retaining the majority of the funds.

**Submitted Times** – those filed with an entry, as having been previously achieved.

**Swimming Venue** –the area located on the sides and ends of the pool, spectator area, team areas within the pool facility (e.g., portion of the building designated for teams and swimmers, or fenced area around outdoor pool), locker rooms, and such other areas as may be specifically designated by the host club or organization, meet director, or referee.

**Suspension** – deprivation of all rights of membership in USA Swimming.

**Timed Finals** – competition in which only heats are swum and final placings are determined by the times performed in the heats.

**Time Standard** – the time a swimmer must have previously achieved in order to compete in that event at any designated competition.

**Touch** – contact with the end of the course

**Unattached** – a member who competes but does not represent a USA Swimming member club or another FINA member Federation.

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**USA Swimming** – United States Swimming, Inc. a Colorado corporation

**USAS** - United States Aquatic Sports; umbrella organization for all five aquatic disciplines in this country. USAS is made up of Diving, Swimming, Synchronized Swimming, Water Polo, and Masters Swimming.

**USOC** - United States Olympic Committee, the USOC is the U. S. representative to the International Olympic Committee.

**U. S. Olympic Festival** - multi-sport competition held in the non-Olympic years of each quadrennium featuring competition among U. S. athletes, under the auspices of the USOC.

**Vertical** - at a right angle to the normal water level.

**Wall** – vertical portion of the pool, contiguous surfaces of the deck and overflow gutter, the front portion of the starting block or platform, or the touch pad at the end of the course.

**Warning Signal** – a starting pistol, bell, whistle, air horn, or other appropriate audible device.

**Website** – the official site maintained by USA Swimming on the internet.

**Zones** - USA Swimming is divided into four geographic zones, East, West, South and Central. Iowa is in the Central Zone.

#### IV. USA Swimming & Iowa Swimming Logo

- A. USA Swimming Logo is one of great marketing assets as it represents the sports industry and the international swimming community. The USA Swimming Logo Standards Manual outlines the appropriate uses of the USA Swimming logo and how to incorporate it into LSC and club letterhead, business cards, website, and other items. Do not alter the presented specifications of the USA Swimming logo.

To utilize the logo, complete and return the marks approval form for each instance in which you'd like to utilize the USA Swimming logo. The form may be faxed to 719-866-4761 – Attn: Marketing Department or the information may be e-mailed to [marksapproval@usa-swimming.org](mailto:marksapproval@usa-swimming.org). USA Swimming must approve each usage of the logo by completing Marks Approval form for each instance in which you'd like to utilize the USA Swimming logo. Reference USA Swimming website for Logo Standard Manual.

- B. Iowa Swimming Logo, may be used on programs, stationary, and promotional material. If ISI member clubs intend to use the logo for any other purposes, they must present their desires in writing to the ISI Board.
- C. ISI exercises all the prerogatives of sole ownership of the ISI logo and is solely responsible for monitoring use of the Iowa logo. The ISI logo is not to be modified further.

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## V. What is Iowa Swimming, Inc.?

Iowa Swimming, Inc. (ISI) is the LSC, which serves as the governing body of amateur competitive swimming for the State of Iowa, with the exception of the extreme western portion of the state. This western area is part of the adjacent Midwestern Swimming, Inc., which covers the state of Nebraska. Iowa Swimming, Inc. consists of Group Members (swim clubs), registered annually with ISI and USA Swimming and is governed by a House of Delegates made up of representatives of each Group Member (swim club) in the LSC and a Board of Directors and officers elected by the House of Delegates. The House of Delegates meets twice each year. Each Group Member (swim club) is represented at each meeting. See the ISI Bylaws (Section B) for the requirements for Group Member representation to the House of Delegates.

In addition to serving as the local governing body for USA Swimming, ISI sanctions competitions, registers swimmers and clubs, trains and certifies officials, conducts championship meets, provides swimmer recognition and travel funds, maintains web site, publishes a e-newsletter, maintains records, and generally promotes, encourages and supports competitive swimming at all levels in the state. All directors, officers, delegates, club officials and meet officials serve Iowa Swimming, Inc. and USA Swimming on a volunteer basis, and all persons interested in competitive swimming are encouraged to join their efforts in maintaining a strong program for swimmers in the state of Iowa.

**Objective** - The objective and primary purpose of ISI shall be the education, instruction, and training of individuals to develop and improve their capabilities in the sport of swimming. ISI shall promote swimming for the benefit of swimmers of all ages and abilities, in accordance with the standards, rules, regulations, policies, and procedures of FINA, USA Swimming, and ISI, and its Articles of Incorporation.

## VI. ISI Communications

- A. Iowa Swimming Website – [www.isiswim.org](http://www.isiswim.org)
- B. Mass emails from the ISI office to Coaches, Officials, HOD delegates, etc. as needed.
- C. The E-Newsletter will be available on the ISI Website and emailed to member clubs (3 copies), and ISI Board Members. Club email will be sent to the President, Head Coach, and Athletic Rep of each ISI club or their designee.

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## VII. ISI Sanctioned Competitions/Events

ISI issues sanctions to member clubs for USA Swimming competitions and events (invitationals, triangulars, duals, intrasquads, closed invitationals, time trials, conference and league meets, benefits, exhibitions, clinics, swim-a-thons, and swim camps) held throughout the state during the winter and summer seasons. The winter season runs from Sept 1 through March 31, and the summer season from April 1 through August 28. All meets for which a sanction application is filed must be reviewed and approved by the ISI Sanction Review Committee, and must be run by LSC certified officials in strict accordance with the rules established by USA Swimming and ISI. Sanctioning is under the general authority of the Administrative Vice-Chair of ISI. The Application for Sanction form (App-5) must be used to apply for sanction.

Every sanctioned meet must publish a meet invitation containing all pertinent information concerning meet rules, facilities, entry requirements, fees and related matters. Invitational meet invitations must be made available under ISI rules to all ISI member swim clubs & posted on the ISI Web Site. Unattached swimmers and USA Swimming clubs located outside the jurisdiction of ISI may obtain the invitation and meet information from the ISI website, by contacting the meet host, or contacting the ISI Office.

- A. **Sanctioned events** are defined as "A permit issued by ISI to a USA Swimming group member to conduct an event or meet." All participants in a sanctioned swim meet - swimmers, meet directors, referees, starters and officials - must be members of USA Swimming. All coaches must be current coach members of USA Swimming. The conduct of the event shall conform in every respect to all technical and administrative rules of USA Swimming. Sanctioned events, conducted as described above, enjoy the benefit of USA Swimming general commercial liability insurance with secondary accident medical protection for the athlete participants. Examples are USA Swimming invitationals, triangulars, duals, intrasquads, swim-a-thons. etc. Refer to Section J for meet sanctioning procedures.
  
- B. **Approved events** are defined as "A designated meet conducted by organizations other than USA Swimming member clubs from which swimmers may use their times as USA Swimming qualifying times. A designated USA Swimming Official must be present to attest that the conduct of competition conforms to all relevant USA Swimming rules and meet standards." These do not require all swimmers, meet directors, referee, starters and stroke and turn judges to be members of USA Swimming, nor must coaches be coach members of USA Swimming. USA Swimming athletes participating in an approved meet who are under the direction of a USA Swimming coach member are covered by the USA Swimming secondary accident medical insurance policy. USA Swimming officials participating in an approved meet are covered by the USA Swimming general commercial liability policy. Examples would be YMCA Championships and High School State

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Championships. See also USA Swimming Rules and Regulations 202.4, and Section I of this Code Book.

C. Swim-a-thons, Exhibitions, Clinics And Sanctioned Events

Swim-a-thons are sanctioned by the ISI Administrative Vice Chair with no sanction fee paid. Exhibitions and clinics are sanctioned events with a fee of \$5.

USA Swimming encourages all ISI member clubs to conduct fund raising swim-a-thon events. USA Swimming has rights with respect to swim-a-thon events. Net proceeds from such an event are split between the sponsoring ISI member club & USA Swimming with the local club retaining 95% of the funds.

Any USA Swimming member club, which is 120 days or more past their scheduled Swim-a-thon date will be given thirty (30) days to comply with the terms of the Swim-a-thon contract, or the clubs USA Swimming membership, and privileges of such membership will be revoked.

**VIII. Pool Certification**

All pools to be used for sanctioned events must be certified using the USA Swimming Certification Form for times swum in the pool to be valid. Form available from the ISI Office or USA Swimming website ([www.usaswimming.org](http://www.usaswimming.org)).

A. Pool lengths and certification

Refer to USA SWIMMING Rules and Regulations Article103. for Facilities Standards.

ISI will not accept times from uncertified pools for input into ISI team manager database, state records, or Zone times. Pools that exceed the required length may apply to the ISI Board for a certification variance. If the variance were approved, then times would be accepted.

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## B. Iowa Certified Pools

- AMANA - Clear Creek Amana School Pool –25yd Indoor
- AMES - Iowa State University-Beyer Hall - 25y Indoor  
Ames Municipal Pool - 25y Indoor
- BETTENDORF - Bettendorf High School - 25y Indoor  
- Pleasant Valley High School – 25m Indoor
- BURLINGTON - Burlington High School Pool 25y Indoor
- CEDAR FALLS - Falls Aquatic Park, 50m Outdoor  
- Holmes Junior High Pool - 25y Indoor  
- Peet Junior High Pool - 25y Indoor  
- University of Northern Iowa - 25y Indoor
- CEDAR RAPIDS - Coe Natatorium - 25y Indoor  
- Jefferson High School - 25yd Indoor - without pads  
- Kennedy Senior High School - 25yd Indoor  
- Washington High School - 25yd Indoor
- CENTERVILLE - Centerville Municipal – 25yd Outdoor
- CHARLES CITY - Charles City Middle School – 25yd Indoor
- CLINTON - Riverview Pool - 50m and 25yd Outdoor  
- Clinton High School – 25yd Indoor
- DAVENPORT - Davenport West High Pool - 25y Indoor  
- Davenport North High Pool –25y Indoor
- DES MOINES - Ashworth Pool - 50m Outdoor  
- Birdland Pool - 50m Outdoor  
- Dowling High Pool - 25y Indoor  
- Roosevelt High School - 25y Indoor  
- Valley High School - 25yd Indoor  
- Urbandale – 25yd Indoor
- DIKE - Dike Pool – 25m Outdoor - without pad\*
- DUBUQUE - Loras College – San Jose Pool - 25y Indoor  
- Hempstead High School Pool - 25y Indoor
- DYSART - Dysart Aquatic Center – 25m Outdoor - without pads\*
- FAIRFIELD - Roosevelt Aquatics Center - 25y - without pads\*
- FORT DODGE - Fort Dodge High School Pool - 25y Indoor

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- GRINNELL - Grinnell College - 25y Indoor  
- Grinnell Municipal Pool – 50m Outdoor
- IOWA CITY - University Field House Pool - 25y Indoor  
- Mercer Aquatic Center - 25y and 50m Indoor
- IOWA FALLS - Ellsworth Community College - 25m Indoor
- JOHNSTON - Summit Middle School – 25y Indoor
- KEOKUK - Keokuk Y Pool - 25y
- KEOTA - Lagos Acres Country Club – 25m - without pads\*
- MARSHALLTOWN – Community Y Natatorium – 25y Indoor
- MASON CITY - Mason City Municipal Pool – 25y & 50m Outdoor  
- John Adams Middle School Pool – 25y Indoor
- MONTICELLO - City Pool - 25m Outdoor
- MUSCATINE - Muscatine High School Pool - 25y Indoor
- OELWEIN - Oelwein Family Aquatic Enter - 25yd Outdoor
- OSKALOOSA - Edmundson Pool - 25y - without pads\*lanes short
- OTTUMWA - Beach Ottumwa Pool - 25y Indoor
- PARKERSBURG - Municipal Pool - 25m Outdoor
- ROCK ISLAND, IL - Augustana College, Carver Physical Ed. Bldg Pool - 25y Indoor
- SPENCER - Spencer YMCA Pool (Jeffrey S. Olsen Pool) - 25y Indoor
- VINTON - Riverside Park –Vinton Community Pool - 25m Outdoor
- WATERLOO - Central Pool - 25y Indoor
- WAVERLY - Waverly Municipal Pool - 25m Outdoor - without pads\*
- WILLIAMSBURG - Williamsburg High School - 25y Indoor

\*Pool Too Short To Use Pads

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## IX. Athlete Participation In Promotional Projects

If your organization plans to use the services of a USA Swimming swimmer in any advertising or promotional projects, please keep in mind that there are certain steps to take to protect that swimmer's eligibility, even if the swimmer is not paid for his or her work.

First, the swimmer's participation must be cleared through USA Swimming ahead of time. In the case of printed advertisements and the like, USA Swimming must review the materials before they are distributed or published. Any photograph of athletes modeling or promoting any product or organization must bear the statement "Swimmer(s) appear with the permission of USA Swimming".

Second, if the athlete is to be paid for his/her work, a trust fund must be set up with USA Swimming.

Third, since other governing bodies, such as the NCAA or State High School associations may have constraints against an athlete's promotional participation, it is strongly recommended that those organizations be contacted, as well.

Please contact USA Swimming Headquarters with any questions.

## X. ISI Club Abbreviations (Current clubs in BOLD)

<b>ACAC</b>	<b>Ames Cyclone Aquatic Club</b>
<i>ALST</i>	<i>Albia Swim Team</i>
<i>AMAN</i>	<i>Amana Swim Club</i>
<i>ANW</i>	<i>Amana 'n Williamsburg Swimming</i>
<b>BETT</b>	<b>Bettendorf Swim Club</b>
<b>BLAZ</b>	<b>Johnston Blaze Swim Club</b>
<b>BLST</b>	<b>Black Hawk Area Swim Team</b>
<b>BSSC</b>	<b>Big Six Swim Club</b>
<i>BURL</i>	<i>Burlington Swim Club</i>
<i>CFSC</i>	<i>Cedar Falls Swim Club</i>
<b>CIA</b>	<b>Central Iowa Aquatics</b>
<b>CRAA</b>	<b>Cedar Rapids Aquatic Association</b>
<b>CSA</b>	<b>Circle Swim Aquatics</b>
<i>CVB</i>	<i>Cedar Valley Barracudas</i>
<b>CYSC</b>	<b>Cyclone Swim Club</b>
<b>DASH</b>	<b>Dubuque Area Swimmin' Hurricanes</b>
<b>DMET</b>	<b>Davenport Metro Swim Team</b>
<b>DMSF</b>	<b>Des Moines Swim Federation</b>
<i>FAIR</i>	<i>Fairfield Swim Club</i>
<b>HAWK</b>	<b>Hawkeye Aquatics Swim Club</b>

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<i>IAQ</i>	<i>Iowa Aquatics</i>
<b>IFLY</b>	<b>Iowa Flyers Swim Club</b>
<b>ICE</b>	<b>Iowa City Eels Swim Club</b>
<b>IOWA</b>	<b>University of Iowa</b>
<i>KEOT</i>	<i>Keota Swim Team</i>
<i>KEYU/KEO</i>	<i>Keokuk YMCA/USS</i>
<i>KQAA</i>	<i>Kings and Queens Aquatic Association</i>
<i>MAST</i>	<i>Metro Aquatic Swim Team</i>
<b>MCSC</b>	<b>Mason City Swim Club</b>
<b>MUSC</b>	<b>Muscatine Swim Club</b>
<i>OSC</i>	<i>Oskaloosa Swim Club</i>
<b>OTT</b>	<b>Ottumwa YMCA</b>
<i>PBHC</i>	<i>Pirates of Black Hawk County</i>
<b>PVST</b>	<b>Pleasant Valley Stingrays Swim Team</b>
<b>RCA</b>	<b>River Cities Aquatics</b>
<i>SPNY</i>	<i>Spencer Y Sailfish</i>
<i>SST</i>	<i>Sigourney Swim Club</i>
<i>TIPT</i>	<i>Tipton Swim Team</i>
<b>VAC</b>	<b>Vinton Aquatic Club, Inc.</b>
<i>WSC</i>	<i>Washington Sharks Club</i>
<i>WSSC</i>	<i>Waterloo Sharks Swim Club</i>

Unattached Swimmer Codes

**UN Unattached**

**X. Iowa Swimming, Inc - Library**

The library contains books, videos and pamphlets that are available on loan to clubs and coaches registered with Iowa Swimming, Inc. The following is a list of rules and procedures that will allow your coach or team to check out items for you to use to help in the growth and education of your volunteers and swimmers. All items listed are available from the ISI office.

A. Rules and Procedures:

1. All requests must be made to the ISI Office.
2. Only USA SWIMMING registered clubs may use the Library.
3. When a registered club request material, only the club president and/or club-registered coach may request the material.
4. A limit of one item or set may be on loan to any one club or coach at a time.
5. All items must be returned to the Library within 21 days of the requested item being shipped to the user.

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6. Clubs will be responsible for return shipping cost.
7. A waiting list will be developed on a first come/first serve basis. Club will be advised approximate date of shipment if the item is not immediately available.
8. Club will be charged for loss/damage to all material & payable to Iowa Swimming, Inc.

### ISI LIBRARY CURRENT ITEMS AVAILABLE

#### **Books**

B101-0 Author- ISI: Title- Iowa Swimming, Inc. Code Book - 1996  
 B102-0 Author- U. S. Swimming: Title- Club Organization & Operation Manual - 1989  
 B103-0 Author- ASCA: Title- Level 3 - Physiology School  
 B104-0 Author- ASCA: Title- World Clinic Year Book - 1989  
 B105-0 Author- Maglischo, Ernest W.: Title Swimming Faster - 1982  
 B106-0 Author- Bird, Charles E. "Skip": Title- Organizing Your Practices -- A New Swimming Manual  
 B107-0 Author- U. S. Swimming: Title- Coaching Effectiveness Training on AG Training Level  
 B108-0 Author- U. S. Swimming: Title- Training Agenda Series (Training Agenda, Peak Performers, Nutrition)  
 B109-0 Author- ASCA: Title- Eating disorders: What Swimmers, Coaches & Parents Should Know  
 B110-0 Author- U. S. Swimming: Title- U. S. Swimming Club Development Series (Parents Handbook, Finances)  
 B111-0 Author- Unknown: Title - Performance Report - GDR Swimming Program  
 B112-0 Author- John P. Troup, PhD: Title- Inter/Center For Aquatic Research-Annual Report 1989-90 w/update  
 B113-0 Author- John P. Troup, PhD: Title- Inter/Center For Aquatic Research-Annual Report 1990-1991  
 Progressions for Athlete and Coach Development (4) (Obsolete Sept 2008, replaced with DVD below)  
 The Foundations of Coaching Home Study Course (4) (Obsolete Sept 2008, replaced with DVD below)

#### **Pamphlets**

P301-0 U. S. Swimming Sports Med. Series – 1985 (2)  
 P302-0 U. S. Swimming Sports Med. Series – 1987 (2)  
 P303-0 U. S. Swimming Sports Med. Series Training Agenda

#### **Video Tapes**

V201-0 Nutrition Education "The Inside Edge"  
 V202-0 "A Winner Is Waiting" - USA SWIMMING  
 V203-0 Sundown's "A Winning Tradition - USA SWIMMING"  
 V204-0 The Athletic Institutes: 77 min. SW-1 Free & Back SW-2 Breast & Fly SW-3 Starts, Turns & Progressive Drills  
 V205-0 Councilman's Swimming & Stroke Analysis  
 V206-1 Tape-1, Free, Breast (40 min.)  
 V206-2 Tape-2, Back, Fly, Turns (40 min.)  
 V207-0 U. S. S. Backstroke Turns  
 V208-0 High School Federation Backstroke Turns  
 Officiating Swimming – Official's Training Video (2) (Obsolete replaced with DVD below)  
 USA Swimming "The Finish" & "Heart Beat" (2)  
 USA Swimming "Why Be Dry?" (1)

#### **DVD**

The Start – Philosophy & Protocol DVD (10/2007) (2)  
 Foundations of Coaching – DVD (2) (New September 2008)  
 Officiating Swimming – Official's Training Video (2)

#### **Miscellaneous**

Meet Marshall Vest\* (4)  
 USA Swimming Club Tool Box (2) (No longer being updated by USA Swimming)  
 Stop Watches\*\*

\*Must be returned immediately following meet

\*\*Club responsible for any replacement batteries & must be returned immediately following meet