

VIRGINIA PENINSULA SWIMMING UNION
COMPETITIVE RULES

Approved June 2019

I. APPLICABILITY

These rules apply to all meets sanctioned by the Virginia Peninsula Swimming Union (VPSU) unless otherwise noted as only applying to "Interpool" or Championship meets.

II. ELIGIBILITY

1. Only bona fide team members on the certified roster of their team may compete in the VPSU. Bona fide swimmer, as used herein, means compliance with ALL of the following:
 - A. Swimmers who join VPSU member pools on the basis of an individual pool membership shall be eligible to compete in VPSU competition, provided the membership option is available to the general public or a segment of the public as determined by the pool association and not restricted to swim team members.
 - B. Pool or Team Associations which are operated by community or public organizations and do not require regular pool memberships as a criterion for participation in aquatics programs may be permitted to offer individual or family swim team memberships. Any fee structure established by the association must apply to all members of the team and other restrictions outlined in these rules shall apply. The swimmer or his family shall be regular members in good standing of the VPSU pool to be represented. For swimmers on a team representing two or more pools, the swimmer need only be a member of one of the represented pools.
 - C. Regular means compliance with the normal dues-paying conditions of the members of the VPSU pool to be represented.
 - D. Honorary or other special status may NOT be used to establish eligibility. Exceptions may be made in the case of needs-based scholarship. Teams that wish to provide financial assistance to swimmers in need should make a written request to the Rules Committee
 - E. Pool employees may participate on a VPSU team only if they satisfy the above.

4. The Rules Committee may review the membership policies of VPSU member pools and issue eligibility guidelines as necessary. The Committee shall review the membership policies of all associations applying for admission to VPSU prior to a vote on admission by the Board of Directors.

5. No swimmer may simultaneously be on the roster of more than one VPSU team. Any member of an existing VPSU team desiring to change membership, under any circumstances during the season, to another VPSU team, must apply to the Rules Committee Chairman,

through its team representative for approval of said transfer by the Rules Committee. Any questions about eligibility of any swimmer at any time shall be referred to the Rules Chairman for determination.

6. All teams are required to maintain an up-to-date roster using VPSU sanctioned software that shows each swimmer's first name, last name, age, birth date, phone number and evidence that the VPSU waiver has been signed by the registrant's parent or legal guardian. The names of all coaches, assistant coaches and "aquatics instructors" shall be submitted with the team roster.

7. No roster revisions may be made after meet entries are submitted using VPSU approved software (see section VIII.A.1).

8. In order to be eligible to compete in the VPSU championship meet, swimmers must compete in at least half of their teams' interpool meets, and meet the qualifying time standards for a stroke, as set by the VPSU board. The Summer Awards meet does not count towards the meet requirements.

III. PROTEST OF ELIGIBILITY

Protests concerning the right of a participant to compete in any meet shall be made in writing by the VPSU representative of the protesting team, stating clearly the reason for the protest, to the Meet Director within seven (7) days after the meet is held. The Meet Director shall then refer the protest to the Rules Committee for determination. The determination of the Rules Committee may be appealed to the VPSU Board of Directors whose decision shall be final. In the event the protest is sustained and the challenged participant is determined to have been ineligible, meet scores will be adjusted accordingly. In any event, no awards shall be given in those events in which the challenged participant has participated until the protest has been resolved by the Rules Committee or, if appealed, the VPSU Board of Directors.

IV. CONDUCT OF INTERPOOL MEETS.

1. Individual Events -52 (must be swum in all league meets) Distances in Yards or Meters.

Age Group	Sex	Free	Back	Fly	Breast	Individual Medley
6&Y	B&G	25	25	**	**	**
7-8	B&G	25	25	25	25	**
9-10	B&G	50	50	50	50	100
11-12	B&G	50	50	50	50	100
13-14	B&G	50	50	50	50	100
15-18	B&G	50	50	50	50	100

* 6&Y may compete in 7-8 events if such participation does not delay the meet.

** 6&Y and 7-8 may compete in 9-10 IM if such participation does not delay the meet.

2. Relay Events -4 (must be swum in all league meets) Distances in Yards or Meters.

Age Group/Sex	Free	Medley
Boys (4 age groups)	200	200
Girls (4 age groups)	200	200

Relay teams will be composed of four (4) swimmers, one from each age group. Freestyle relays shall be swum starting with the youngest age group and followed with the next ages chronologically. In the medley relays the order of strokes swum will be: backstroke, breaststroke, butterfly and freestyle.

3. Interpool Meets must be held as scheduled and will start at 6:00 p.m. unless postponed for weather or equipment or pool facilities failure. A decision to postpone a meet because of weather must be made at the meet site and shall not be made sooner than 5:30 PM. In general, no less than one-half or more than one and one-half hour shall elapse between the time a delay is called and a decision to postpone is made. If agreement cannot be reached between the coaches and team representatives about postponement or the time that competition is to be renewed in the event of a weather delay, the Meet Director's decision shall prevail. In the event of any failure of equipment or pool facilities that cannot be corrected in a timely fashion, the Meet Director's decision to postpone the meet shall prevail. Postponed meets shall be swum the next day unless circumstances beyond the home team's control preclude it and, in all cases, swum within one (1) week in accordance with these Rules. Postponed meets are resumed at the point at which they were when swimming stopped.

4. Lanes shall be numbered consecutively across the pool facing the racing course (from the starting end of a 50 meter or longer event) from right to left. In pools of 4 or 5 lanes, lanes 1, 2, 3, and 4 will be the competitive lanes for individual events, and lanes 2 and 3 will be the competitive lanes for relays. In pools of 6 lanes, lanes 2, 3, 4, and 5 will be competitive lanes for individual events, and lanes 3 and 4 for relays. In pools of 8 lanes, lanes 3, 4, 5, and 6 will be competitive lanes for individual events, and lanes 4 and 5 for relays. The home team will swim in the odd competitive lanes, and the visiting team will swim in the even competitive lanes. Teams will be allowed a maximum of two (2) scoring entrants in any regular individual event and one (1) scoring team in relay events. The lane assignments may be changed under certain circumstances if mutually agreed upon by both teams; if the default competitive lanes are changed, the visiting team will have the first choice of lanes to compete in.

5. Exhibition swimming in Interpool Meets is defined to include swimming in exhibition lanes during regular competitive events as well as exhibition heats. Lanes other than the competitive lanes shall be available for exhibition swimming, but no exhibition swimmer shall swim in a competitive lane even if a block is unoccupied. Such exhibition swimming shall conform to the stroke and distance of the regular event and shall be subject to disqualification

in the same manner as competitive swimming. VPSU ribbons shall be awarded to all swimmers successfully completing the event.

In addition the meet shall include exhibition heats which will run immediately following the similar regular competitive events. The additional heats shall be numbered sequentially, starting with heat 2. Exhibition heats shall be swum if desired by either coach. The number of heats shall be determined with the mutual consent of the VPSU team representatives of the opposing teams or their designees. The opposing coaches shall plan and arrange for these exhibition heats and secure the agreement of the respective VPSU team representative. The Meet Director shall be provided with a summary of the number of exhibition heats in each event the day before the meet. Disagreement between the coaches concerning the number of exhibition heats shall be decided by the VPSU team representatives, but in the event agreement cannot be reached, no more than two exhibition heats per event may be swum in the meet. Disagreement between the coaches concerning the conduct of exhibition heats shall be decided by the Referee. Cancellation or rescheduling of exhibition heats on account of weather or other contingency shall be at the sole discretion of the Referee. Exhibition relays may be swum in the open lanes of the pool. However, if the Meet Referee determines that an exhibition relay has interfered with the opposing team's competitive relay, both the exhibition relay and the competitive relay from the same team as the exhibition relay will be disqualified.

Assisted swimming shall not be permitted at any interpool meet. As used herein, "assisted swimming" shall mean swimming in which the swimmer is deliberately assisted in swimming an event by a person or device that otherwise violates the VPSU Competitive Rules, but does not include swimming by swimmers with physical handicaps.

Heat and lane assignments for exhibition swimmers shall be determined by VPSU approved software and a record a designated Clerk of Course. Coaches shall provide to the Score table or to the Clerk of Course, no less than 30 minutes prior to the scheduled start of the meet, all of the completed entries /timer cards for exhibition swimmers with the event clearly noted. The Meet Director shall specify the method of seeding and handling timer cards/entries and shall notify both participating teams of the seeding process a minimum of 24 hours prior to the scheduled start of the meet. If the Meet Director determines that there are not a sufficient number of exhibition heats to warrant deck seeding, the opposing coaches may determine heat and lane assignments by mutual agreement. The Meet Director shall settle any disputes and his decision shall be final. The Referee shall have the option to re-seed exhibition heats based on scratches, substitutions or other factors.

Exhibition heats shall be conducted as regular competitive events: i.e. judged and timed, except that all lanes shall be available without regard to team and that no distinction will be made concerning competitive and non-competitive lanes. VPSU ribbons shall be awarded to all swimmers successfully completing the event.

6. Each swimmer is allowed to participate in three (3) individual events, including exhibition,

and one leg of one relay event. If a swimmer is found to have participated in more than the above number of events, he will be disqualified in all events in which he was an entrant and team scores will be adjusted accordingly.

7. Each swimmer's age group classification will be according to his age on June 10 of each year. The swimmer's age group classification for the VPSU Championship meet will also be determined as of June 10 of each year.

8. In Interpool Meets only, participants will be allowed to swim in age group events older than their actual age subject to the provisions of Rule IV, Sections 6 and 7. Swimmers may compete only once in any stroke. In Championship meets, swimmers must swim in their age group for individual events but may swim relays at an age group older than their actual age.

9. The order of meet events will be:

- a. Individual Medley events
- b. Individual freestyle events
- c. Individual breaststroke events
- d. Individual backstroke events
- e. Individual butterfly events
- f. Medley relays
- g. Freestyle relays

10. Except as follows, meets will be conducted and events will be swum in accordance with current United States of America Swimming (USA), Inc. Rules.

- a. Any swimmer charged with two (2) false starts in an event shall be disqualified and shall not swim the event.
- b. No substitutions in individual or relay events will be allowed after a swimmer has taken his place on the "on deck" benches.
- c. USA Swimming Rule 101.3.3 (Backstroke Turn) shall read as follows:

The turn requires that some part of the swimmer's body contact the end wall. After the swimmer's head has passed the backstroke flags, prior to the turn, the swimmer's upper body may (but is not required to) rotate past the vertical to the breast before the touch is completed provided such rotation is accompanied by an initiation of the turning action or continuation into the wall.

The initiation of the turning action shall be accomplished by a single arm or simultaneous double arm pull, or in the absence of such pulls by a downward, underwater movement of the head.

After the initiation of the turning action, no additional arm pulls may be started; however, kicking and gliding actions are permitted.

The swimmer shall assume a position on the back before the feet leave the wall.

Note: The above Rule is taken from the 2008 NFHS Swimming & Diving and Water Polo Rules Book Rule 8, Section 2, Article 1.f

11. Swim caps, apparel and equipment bearing the visible insignia of a USA Swimming Team shall not be worn or used by anyone attending, officiating or participating in a VPSU sanctioned meet. Team representatives and coaches are responsible for notifying all members of each team as to this policy. The Referee shall have the authority to bar offenders from competition, until they comply with this Rule.

12. Timers shall be supplied with a written record of each entry to swim in their lane prior to the start of a race. This record shall include the swimmer's full name, age and team abbreviation along with event, heat and lane number.

13. In the event of an Interpool Meet which has been commenced but then interrupted for good cause and continued, those participants who were eligible to participate who were ineligible to participate in events when the meet was initially commenced shall be eligible to participate in the meet when continued.

14. VPSU ribbons will be awarded for first (blue), second (red), third (white) and fourth (green) place winners in each competitive event. Such awards may be mailed to the visiting team the day following the meet.

15. The Meet Referee shall e-mail the results file from the approved scoring software, including all exhibition swimming results to the Rules Chairman and the VPSU webmaster within 24 hours of the meet.. If additional time is needed, the Meet Referee may request an extension from the Rules Chairman.

16. The home team shall be produce a publicity report from the approved meet software, which will include the final score, a list of team and pool records broken and high point scorers in each age group. This report will be delivered electronically to the VPSU webmaster. .

17. Should a team wish to schedule meets in addition to the VPSU Sanctioned Meets, those meets scheduled by VPSU, and have times achieved at the meet considered as Championship Meet qualifying times, they must submit a request for a Meet Sanction using the VPSU Meet Sanction Request form. If a meet is held without a sanction, times from that meet may not be used as Championship Meet Qualifying Times.

The request for Sanction must be received by the Rules Chair, no later than 7 calendar days prior to the scheduled date of the meet to allow for the review and disposition of the request. The Rules Committee will vote on these requests via e-mail, and the requesting team will

receive the response no later than 2 days after receipt of the request. In the event a response to the sanction request is not provided in the timeframe required, the request shall be deemed as approved. These meets may be held only after the first regularly scheduled meet and prior to the last regularly scheduled meet.

All times, for all teams, not just Championship Qualifying Times, shall be sent to the Rules Chair using the VPSU Score Sheet. Times must be received no later than 72 hours after the meet. The meet must be run and officiated in accordance with VPSU Interpool Rules. Since the Meet is considered an Exhibition Meet, the requirement for only competitive swimmers in Heat 1 is waived. All events, with the exception of Relays, must be offered to be swum.

Competing in one of more of these Meets does not count towards the required number of meets to compete in VPSU Champs. Only those meets scheduled by the VPSU Board of Directors count towards the 50% participation requirement to compete at the Championship Meet.

18. No Technical Suits shall be worn by any swimmers in VPSU sanctioned competitions. A Technical Suit is one that has the following components:

- a. Any suit with any bonded or taped seams regardless of its fabric or silhouette; or
- b. Any suit with woven fabric extending past the hips.

(Note: WOVEN FABRIC — A suit with woven fabric and sewn seams that does not extend below the hips is permitted.)

(Note: KNIT FABRIC — A suit with knit fabric and sewn seams not extending below the knees is permitted.)

V. OFFICIALS REQUIRED

A. FOR INTERPOOL MEETS

1. The visiting team will furnish the following officials and equipment:
 - a. 6 timers for competitive lanes, 1 timer for each exhibition lane and 1 backup timer.
 - b. 2 stroke and turn judges
 - c. 1 scorekeeper and 1 scorekeeper's assistant
 - d. 1 electronic digital stopwatch per timer
 - e. 1 starting device

2. The home team will supply the following officials and equipment:
 - a. Meet Director, who may perform the duties of the Referee.
 - b. Referee
 - c. 1 Chief Timer/Backup timer, 6 timers for competitive lanes, and 1 timers for each exhibition lane.
 - d. 1 starter
 - e. 2 stroke and turn judges

- f. 2 runners
- g. 2 false start rope handlers as needed
- h. 1 starting device
- i. Megaphone and/or bullhorn or public address system
- j. 1 electronic digital stopwatch per timer
- k. 1 false start rope
- l. Current edition of USA Swimming Rule book and current copy of VPSU Swimming Rules
- m. 1 scorekeeper and 1 scorekeeper's assistant
- n. 1 certified life guard on duty during conduct of the meet (Adopted April, 1988)

3. Three timers per lane are mandatory for each competitive lane in regular events and a minimum of two timers are required for exhibition lanes. Two timers per lane are required for exhibition heats. If sufficient personnel are available, timers from both teams shall be assigned to each lane. It is recommended that three timers be assigned to exhibition lanes provided sufficient personnel and watches are available. If sufficient personnel are available, timers from both teams shall be assigned to each lane. A minimum of one backup (alternate) timer who may double as the Chief Timer shall be available for each event. Alternate timers may substitute for a regular lane timer only in event of failure of a watch or its operator. The Head Lane Timer will record the times taken by each timer prior to sending the timer records to the scoring table.

4. The VPSU Representative of the home team shall designate a Meet Director and a Referee. The same person may serve in all three capacities, but is not required to do so.

5. Persons serving as Meet Director shall be familiar with these VPSU Competitive Rules as well as U.S.A. Swimming Rules and shall have attended a VPSU Meet Directors' Workshop within the previous two years.

6. The Referee's sole function shall be the conduct of the meet. All persons serving as Referee shall have completed VPSU Deck Officials Training during the current year. VPSU Team representatives may request the replacement of a Referee not meeting this criterion and the Meet Director shall grant such requests provided that a Referee meeting the criterion, regardless of team, is available to serve.

7. The Referee shall appoint two across-the-board ("sweep") judges, who shall observe and record the order of finish of each race. The Referee, Starter, or both may serve in this capacity. The visiting team shall have the option of providing one of the judges. No individual shall be permitted to simultaneously judge the order of finish and time. The use of sweep judge data shall be in accordance with Rule VIII-5 of these rules and Article 102 of the current USS Rules and Regulations.

8. All Stroke and Turn Officials, Referees, Starters and Head Scorers and Head Scorers must

meet the training requirements established by the Rules committee for the current year. VPSU Team representatives may request the removal of deck officials not meeting this criterion and the Referee shall grant such requests except in cases where, in the Referee's opinion, to do so would require postponing the meet.

9. Judges observing swimming infractions shall not discuss these with the offending swimmer, but shall report them to the Referee on the appropriate USA Swimming disqualification slip for his ruling. The Referee or his designee shall, upon approval of the disqualification, sign the slip and cause the original to be delivered to the Scorer's Table, and the copy to the disqualified swimmers coach. The responsibility of discussing the infraction with the swimmer shall rest with the coach.

10. Coaches and assistant coaches may not be utilized as officials during Interpool Meets. Coaches shall generally remain in designated areas with their teams, except to make inquiries of the Scorekeepers or Referee. Spectators will not interfere with coaches.

B. FOR CHAMPIONSHIP AND SUMMER AWARDS MEETS

Championship and Summer Awards meets shall be officiated according to Article 102 of the the USA Swimming Rules.

VI. FACILITIES STANDARDS

1. All pools must have lane markings on the bottom, targets on the end walls in the center of each lane, lane ropes and backstroke flags in accordance with current USA Swimming Rules.

2. Backstroke flags shall be five meters (16.5 feet) from each end.

3. Starting blocks, when shall be constructed, and used in accordance with USA Swimming Rule 103.2.3 regarding a safe water depth for racing starts and and Rule 103.13 regarding block construction. If wooden blocks are used, a counterweight or similar mechanism may be used to anchor the block to the bulkhead so long as the mechanism holds the block completely stable during all starts. When starting blocks are not, or cannot be used, swimmers may start from the deck, bulkhead, or from within the pool.

4. A recall rope shall be hand held or mechanically suspended at least four feet (4') above the water surface and approximately 15 meters from the starting end of the pool. Strict compliance with the actual placement may be waived by the Referee depending on facility limitations, but the use of a recall rope shall be mandatory.

5. Markings shall be provided in accordance with Article 103 of the current USA Swimming Rules and Regulations at a distance of 15 meters from each end of the pool or

course.

6. In the event pool facilities are not in compliance with rules governing facilities standards (as set forth in these Rules and USA Swimming Rules and Regulations), the VPSU team representative of the home team shall notify the VPSU team representative of the visiting team (and the VPSU President and Rules Committee Chair) at least forty-eight (48) hours in advance of the scheduled meet and the meet shall be rescheduled to the pool of the visiting team, if available. The home team shall be responsible to run any rescheduled meet in accordance with these Rules and may at its option run concessions for the meet. If the visiting team's pool is not available, or if noncompliance occurs within forty-eight (48) hours of any scheduled meet, notice shall immediately be given as provided above and the meet postponed and rescheduled as provided in Rule IV, Paragraph 3. No meet shall be swum where pool facilities fail to meet safety and/or facilities and competitive standards set forth in these Rules and USA Swimming Rules and Regulations.

VII. PROTEST FROM COMPETITION

1. Any protest arising from actual competition concerning the judgment decisions of starters, stroke, turn, place, and relay take-off judges in an Interpool Meet, as distinguished from any question of eligibility of contestants, may be made only by a coach to a Referee within thirty (30) minutes after the event in which the alleged infraction took place. Such protest may be made orally, but shall state the grounds of the protest clearly and briefly. No protest(s) shall be made to any official other than the Referee. The protest shall be determined by the Referee whose decision shall be final, provided, however, that the Referee, at his sole discretion, may consult with or refer the protest(s) to the VPSU Rules Committee Chairman for determination.

2. In the event a coach is not officially notified of a disqualification in time to enter a protest within the allotted time, he may enter a protest with the concurrence of his team's VPSU Representative in writing within seven (7) days to the VPSU Rules Committee Chairman. The written protest shall clearly state the specifics of and basis for the protest and a copy shall be provided to the Meet Director and the opposing coach and VPSU Representative. The VPSU Rules Committee Chairman shall issue a determination within seven (7) days of receipt of the protest and may consult with the Rules Committee members and any other individuals deemed appropriate prior to rendering such determination.

3. No awards will be made for any event in which a known protest(s) has been lodged until a decision thereon has been rendered.

VIII. SCORING

A. INTERPOOL MEETS

1. Visiting team coaches should upload their respective entry files to the meet management site by 9:00 pm the day before the meet, while the home team should upload their entry files and complete the meet merge function by 9:30 pm the same evening. If this process does not go smoothly, the home team should contact the Rules Chairman or another VPSU-designated software support administrator to address the issue or develop alternate scoring plans. Note that coaches do not need to choose the composition of their relays prior to the meet.

2. Changes to the meet entries will be permitted in the following cases:

- (1) If a swimmer scheduled to swim for points cannot compete in an event, an exhibition swimmer may take the place of the points-scoring swimmer.
- (2) In the case of a rain delay, swimmers that were not entered for the original meet may be added to events vacated by swimmers scheduled to swim for points who cannot compete in the rescheduled event.
- (3) Changes to exhibition heats may be made for any reason.

Qualifying substitutions can be made by a coach by presenting an entry for the substitute to the scorekeepers at any time before the swimmers for the event in question take the "on deck" benches. The scorekeeper will revise scoring software accordingly, and the timers will be notified of the change in the entry. Coaches should notify the scorer's table of a substitution with as much advance notice as possible. Discrepancies between the score sheet and the timer records delivered to the scorekeepers after a race shall be referred to the Referee for possible disqualification.

3. Complete relay entries shall be submitted by the coaches to the Referee as soon as possible after the last individual event; coaches shall turn in these cards three (3) minutes after being informed of the score at the end of the individual events. A completed relay entry shall constitute the full names and ages of all swimmers on the relay team. The Referee shall place his or her initials on the relay cards and shall cause them to be delivered to the Head Lane Timer of each lane in which relays will be swum. Once the relay entries have been submitted to the Referee, no changes will be allowed.

4. The scorekeepers shall determine the official times from each lane from the watch readings recorded on the timer records for each regular event and exhibition heat. After eliminating disqualified swimmers, placement shall be determined solely on the basis of official times except when the official time must be determined from less than two watch readings, when large discrepancies in recorded watch times suggest a transcription error or when evaluation of across-the-board data indicates a different order of finish. Such cases shall be referred to the Referee who shall determine placement after consulting the across-the-board judge's record of the finish. Determination of placement shall be in accordance with Article 102 of the current USA Swimming Rules and Regulations. In cases where judges' decisions alter the order of placement according to time, the score sheet and timer records should be clearly marked as

such. Ties in placement shall not be broken and each swimmer will be awarded the highest place which may have been attained.

5. For all individual events, five (5) points shall be awarded for first place, three (3) points for second place, and one (1) point for third place.

6. The winning relay team shall be awarded seven (7) points, the losing team none.

7. In case of ties, points for the tying and next position(s) will be added and divided equally between the tying swimmers.

8. When an individual or relay is disqualified, the following places will move up accordingly and points awarded them.

9. Care shall be taken to see that the names, official times and places of all participants, including exhibition swimmers, are accurately recorded on the scoring software. Swimmers that have been disqualified shall not have a time or place recorded on the score sheet for the event, but the disqualification shall be indicated by the term "DQ".

10. The results file from the scoring software, a copy of which shall be retained by the Meet Director, shall be the official meet record. At the conclusion of the meet, timer records and disqualification slips shall be given to the respective coaches who must retain them for one (1) week.

B. CHAMPIONSHIP AND SUMMER AWARDS MEETS

1. Scoring shall follow USA Swimming rules for a championship meet (consolation and championship finals), section 102.7. Specifically, the numbers of scorers should be twice the number of lanes in the pool.

IX. INTERPRETATION; APPEAL

1. The determination of the Rules Committee as to the interpretation of any rule or any protest under these Rules, except for judgment decisions submitted in accordance with Rule 7, shall be final unless it is appealed to the VPSU Board of Directors, in which case the decision of the Board shall be final.

- Approved by the VPSU Board, April 1985.
- Approved by the VPSU Board, April 1986.
- Approved by the VPSU Board, April 1987.
- Approved by the VPSU Board, as amended (IV., 13.m), April 1988.
- Approved by the VPSU Board, as amended (IV., 5.), April 1989.
- Approved by the VPSU Board, as amended (II., third (3rd) and fourth (4th) paragraphs

added), April 1990.

- Approved by the VPSU Board, as amended (IV., 1. and 5.), March 1991. Article IV., 1. (100 Free to 50 Free, 15-18) approved with provision that it be reviewed and voted upon by VPSU Board in 1992 for change to continue in effect.
- Approved by the VPSU Board (IV.,1) 50 Free to continue in effect, March 1992.
- Approved by the VPSU Board, as amended (II, 1st, 2nd, 3rd, 4th, 5th and 6th paragraphs. IV., 1,3,5,8,9,10,11,15,21,&24), April 1992.
- Approved by the VPSU Board (IV.,1) 25 Backstroke 6/U Boys & Girls, May 1993.
- Approved by the VPSU Board, as amended (IV, 5.) April 1995
- Approved by the VPSU Board, as amended (IV, 14.) March 1996
- Approved by the VPSU Board (IV,5.) Age Group Classification to continue in effect until 1998, April 1996.
- Approved by the VPSU Board, March 1997 (Section IV reorganized into 3 sections --IV, V, VI -renumbering subsequent sections; postponed meets; backstroke turn rule; officials required to attend clinics; standards for written protests)
- Approved by the VPSU Board, May 1997 (IV, 3 --starting blocks optional for 25 meter events)
- Approved by the VPSU Board, March 1998 (IV, 5, 7, 10, 11 and add 18. V, 6,7, and 8. VIII, 4.)
- Approved by the VPSU Board, February 1999 (IV, 5, 12, and 14; VIII, 1 – Conduct of exhibition heats and deck seeding. IV, 7 -Age determination rule. V, 7 and VIII, 5 -Sweep Judges. VI, 4 and 5 – Facilities Standards. V-3, VIII, 3 and 4 -Clarify timers and scoring procedures.) Eligibility rule for individual swim memberships (I, add 2, 3 and 4 and renumber subsequent sections), approved March 1999.
- Approved by the VPSU Board, as amended February 2001 (IV,10a.-adopted the USA Swimming no recall false start rule). and (V, 9 – adopted the use of USA Swimming DQ slips).
- Approved by the VPSU Board as amended March 2001 (IX – added section to clarify interpretation and appeals process).
- Approved by the VPSU Board as amended May 2002
 - II., 1,2,5: deleted dependency requirement, deleted restrictions on under age 18 individual pool memberships.
 - IV.,10b: adopted 2002 NCAA backstroke rule.
 - IV., 11: clarified restrictions on display of USA Swimming team apparel).
 - V., 1,2: changed language from starting gun to starting device.
 - V., 3,5: mandated annual VPSU Deck Officials Training for all Stroke & Turn Officials, Starters, and Referees; included USA certified deck officials.
 - VI., 3: brought requirements on construction of starting blocks within compliance of USA Swimming rules.
 - VIII.,: clarified language concerning protests from competition. IX., -clarified language concerning appeals to VPSU Board.
- Approved by the VPSU Board as amended March 2003 (IV, 4 – numbering of lanes; designation of competitive lanes. V, 5 – deleted language encouraging exhibition

- swimming and labeling exhibition swimmers as non-competitors)
- Approved by the VPSU Board as amended March 2005
 - IV, 3: Added language making Meet Director’s decision final on weather delays and pool facilities failure;
 - IV, 5: Deleted language about up to 6 exhibition heats and added language making number of exhibition heats subject to mutual consent of VPSU team representatives;
 - VI, 5: Added new paragraph 5 providing timely notification of pool facilities failure and procedure for swimming and rescheduling meets postponed due to such failure.
 - Approved by the VPSU Board as amended March 2006 (IV, 5 – Added language providing that if coaches and VPSU Representatives cannot agree, the number of exhibition heats in an interpool meet shall not exceed two per event.)
 - Approved by the VPSU Board as amended May 2006 IV, 5 – Added language prohibiting “assisted swimming” except as permitted by Meet Director and subject to Technical Rules of USA Swimming.
 - Approved by VPSU Board as amended March 2007 – IV (3) Meets may be canceled no earlier than 5:30 PM, IV (5) Assisted swimming is not permitted under any circumstances
 - Approved by the VPSU Board on May 13, 2008 – Changed Backstroke Turn Rule to reflect the NFHS rule in lieu of the NCAA rule 9
 - Approved by the VPSU Board on March 8, 2011 – II(8) Added eligibility requirements for competing in the VPSU championship meet
 - Approved by the VPSU Board on April 12, 2011 – II(6) Required roster submission using VPSU supplied software
 - Approved by the VPSU Board on May 10, 2011 – II(1) Modified pool membership requirements for eligibility so that teams can request waivers from the full membership requirement.
 - Approved by the VPSU Board on March 13, 2012 – IV(4) Added designated lane assignments for relays
 - Approved by the VPSU Board on March 13, 2012 – II(1) Modified pool membership requirements for eligibility so that teams can renew waivers in the October meeting
 - Approved by the VPSU Board on March 13, 2012 – VIII(2) Score sheets to be retained by meet director in the event of rain delay
 - Approved by the VPSU Board on March 12, 2013 – IV.8 swimming up, VI.3 block safety, IV.15 sharing of score sheets, IV.5 exhibition swimming,
 - Approved by the VPSU Board on March 11, 2014 - IV.8 swimming up, IV.18 Meet Sanction Request process
 - Approved by the VPSU Board May, 2016: Changed section IV.15-16, Section VIII A.1 to accommodate use of new meet management software
 - Approved by the VPSU Board June, 2017: (1) Changed section IV.11 to apply to swimmers, officials and spectators. (2) Changed section V.A.8 to allow the Rules committee to change training requirements on an annual basis (3) Changed section II.6 and 7 so that rosters are maintained on league approved software and subject to review by Rules committee. (4) Changed section V.A.2 so that home teams need only provide one timer for exhibition lanes.

- Approved by the VPSU Board June 2019. Added rule prohibiting the use of technical suits in VPSU-sanctioned meets and modified rules to allow use of pre-printed timer sheets instead of timer cards