

**VIRGINIA PENINSULA SWIMMING UNION  
COMPETITIVE RULES**

(As Adopted through May 13, 2008)

**I. APPLICABILITY**

These rules apply to "Interpool Meets" between member teams of the Virginia Peninsula Swimming Union (VPSU). These rules have been specifically designed to apply to dual meets. With appropriate adjustments to scoring, lane assignments, etc., these rules may be used for meets involving three or more VPSU teams.

**II. ELIGIBILITY**

1. Only bona fide team members on the certified roster of their team may compete in the VPSU. To be considered a bona fide team member eligible to compete in the VPSU, a swimmer must be a member or an associate member of the pool sponsoring the team. Persons in the following categories are not considered bona fide team members and are not eligible to compete in the VPSU: (a) those having pool privileges by virtue of their own employment or that of a family member; (b) those not having regular pool privileges; and (c) those who pay lower than normal fees as an inducement to swim for the team. Certification of eligibility shall be the responsibility of each team's VPSU representative.

2. 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.

3. 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.

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. A team roster verified and certified by the VPSU representative shall be submitted to the Rules Committee Chairman at least ten (10) days prior to the first scheduled swim meet. The roster shall be complete with each swimmer's first name, last name, age, birth date and phone number.

The names of all coaches and assistant coaches or "aquatics instructors" shall be submitted with the team roster. Failure to submit a roster as required may result in forfeiture of swim meets.

7. Roster revisions which have been verified and certified by the VPSU representative shall be submitted to the Rules Committee Chairman. Swimmers thus added to the roster shall be eligible to compete on the day following either the postmark date of the submittal or the date of receipt of the submittal by the Rules Committee Chairman.

### III. PROTEST OF ELIGIBILITY

Protests concerning the right of a participant to compete in any Interpool 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)

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. In pools of 6 lanes, lanes 2, 3, 4, and 5 will be competitive lanes. In pools of 8 lanes, lanes 3, 4, 5, and 6 will be competitive lanes. 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) entrants in any regular individual event and one (1) team in relay events.

5. Exhibition swimming 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. Timer cards for exhibition swimming during regular events shall be noted as heat "1". 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.

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 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 timer cards for exhibition swimmers with the event clearly noted. The Meet Director shall specify the method of seeding and handling timer cards 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 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. Subject to the provisions of Rule IV, Section 7, participants will be allowed to swim in age group events 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 a 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 any member of a VPSU team at a VPSU sanctioned meet; neither shall such apparel or equipment be worn or used by any adult serving in an official capacity, including timers, at a VPSU sanctioned meet. Team representatives and coaches are responsible for notifying all members of each team as to this policy and in furtherance of this policy, discourage the wearing of any clothing apparel of a USA Swimming Team by anyone at a VPSU sanctioned event. The Referee shall have the authority to bar offenders from competition, until they comply with this Rule.

12. "On Deck" swimmers shall have in their possession a timer card on which their full name, age, team abbreviation, and the appropriate event, heat and lane number have been legibly entered. There shall be no further designation of exhibition swimming on the timer card. Each swimmer shall present his timer card to the head lane timer as he approaches the starting block.

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. Individual and team times will be made available to all coaches upon request; however, it is the responsibility of the requesting coach to obtain them.

16. The home team shall be responsible to see that one complete copy of the master score sheet, including all exhibition swimming results is mailed or delivered to the Rules Chairman within one week following the meet. Visiting teams shall cooperate with the home team in fulfilling this responsibility.

17. The home team shall be responsible for recording the meet results on official publicity sheet and delivering it to the VPSU Publicity Chairman not later than the day following the meet.

18. The home team shall be responsible for delivering, within 72 hours of the completion of the meet, the Referee Report completed and signed by the Meet Referee to the Vice-President or a member of the Officials Committee designated by the Vice-President to receive such reports.

## **V. OFFICIALS REQUIRED 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 2 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 card 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, and Starters must complete VPSU Deck Officials Training during 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.

## **VI. FACILITIES STANDARDS FOR INTERPOOL MEETS**

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 and 103.12. When starting blocks are not, or can not be used, swimmers may start from the deck, bulkhead, or from within the pool.

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.

4. 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.

5. 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**

1. Each coach should fill out a copy of the master score sheet with the names of all swimmers in each event and showing the proper lanes and turn it over to the scorekeeper before the meet begins. While it is not required that the score sheet be complete at the time, good sportsmanship requires that it be as complete as possible. At the Meet Director's discretion, the names of exhibition swimmers may be left blank and entered during the course of the meet if heat and lane assignments are determined by deck seeding.

2. Although coaches shall not be permitted to study the master score sheets once the transcription of opposing swimmers names has begun, they are permitted to be informed of names of their own swimmers who have participated or are scheduled to participate; the placement, disqualification and score for a specific event; and the total team scores at intermittent points.

However, coaches shall avoid "hovering" about the score table or distracting the scorekeepers from their primary duties. The Meet Director may suspend or restrict this privilege as deemed necessary.

3. Substitutions can be made by a coach by presenting a properly filled out timer card 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 the master score sheet accordingly, and the swimmer may report to the "on deck" area with the timer card. Coaches attempting to make substitutions by any other means shall bear sole responsibility to see that accurate changes are recorded by the scorekeepers. Discrepancies between the score sheet and the timer cards delivered to the scorekeepers after a race shall be referred to the Referee for possible disqualification.

4. Complete relay timer cards 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 card 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 cards have been submitted to the Referee, no changes will be allowed.

5. The scorekeepers shall determine the official times from each lane from the watch readings recorded on the timer cards 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 USS Rules and Regulations. In cases where judges' decisions alter the order of placement according to time, the score sheet and timer cards 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.

6. 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.

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

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

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

10. Care shall be taken to see that the names, official times and places of all participants, including exhibition swimmers, are accurately recorded on the master score sheet. 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".

11. The master score sheet, a copy of which shall be retained by the Meet Director, shall be the official meet record. At the conclusion of the meet, timer cards and disqualification slips shall be given to the respective coaches who must retain them for one (1) week.

## **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., 1. – 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