

## **5 Hour Rule for 13 and Older swimmers**

### **6.5 Rules**

#### **6.5.1 Four Hour Rule**

**Background** - USA Swimming Rule 205.3.1F reads: "With the exception of championship meets the program in all other age group competition shall be planned to allow the events for swimmers 12 years and younger to be completed in four (4) hours or less for a timed finals session or in a total of eight (8) hours or less per day for a preliminaries and finals meet."

Middle Atlantic has determined that the "4-Hour Rule" shall also apply to the following meet sessions:

- any Prelims or Timed Finals session which includes "BB" or "C" level swimmers, including 13 years and older
- all mini meets

Meets Exempt from the "4-Hour Rule" are:

**• any MA Long Course meet that the session consists of only 13 years and older athletes has five (5) hours or less to complete session (Proposed addition to RULE 10/12/09)**

- all Middle Atlantic hosted meets, including Junior Olympics
- Middle Atlantic Regional (BB/C) and Mini- Championships
- meets limited to "A" level or higher only swimmers
- a (single event) distance meet (e.g., 1650 or combined 1650 Free/400 IM meet) where swimmers can be notified of the time for their swim  
*(Regional & Mini champs added to this section April 10, 2006)*