

## **2013-3 PROPOSAL: Use of Starting Blocks during Dual Meets**

### **CURRENT RULES:**

#### **ARTICLE V: General League Rules for Swimming Competition**

Section 9 B. Dual Meets Facilities

Line 256 Line 3. **Starting Blocks will not be used.**

### **PROPOSE CHANGE:**

#### **ARTICLE V: General League Rules for Swimming Competition**

Starting blocks may be used, but any swimmer has the option of not using the block with out penalty.

### **REASON FOR CHANGE:**

Starting blocks are allowed during city meet. Allowing swimmers to use the blocks during dual meets gives a familiarity with blocks prior to City Meet. The blocks are needed during competition not just practice in order for a swimmer to reach full potential of there use.