



Swimming Uniform Rule

May 5, 2016

SECTION 3 UNIFORMS

ART. 1 . . . It is recommended all swimmers and divers on the team wear suits of identical coloring and pattern. Suits shall be of one piece. A competitor shall not be permitted to participate wearing a suit that is not of decent appearance. Boys shall wear suits which cover the buttocks. Girls shall wear suits which cover the buttocks and breasts.

ART. 2 . . . The uniform consists of a suit and, if worn, cap(s).

- a. The suit or cap(s) may display the name and/or number of the competitor, school or mascot.
- b. Advertising or name other than that permitted in 3-3-2c is prohibited.
- c. A single visible manufacturer's logo/trademark/reference, no more than 2¼ square inches is permitted on each item of the uniform (suit and cap(s)).
- d. One American flag, not to exceed 2 inches by 3 inches, may be worn or occupy space on each item of uniform apparel. By state association adoption, to allow for special occasions, commemorative or memorial patches, not to exceed 4 square inches, may be worn on the uniform without compromising its integrity.

Note: The FINA mark and/or individual barcode on certain swimsuits designating that the suit has been approved for FINA and/or USA Swimming competition is not considered to be a second manufacturer's logo nor a form of advertising. Such swimsuits with a FINA marking shall be legal for NFHS competition.

PENALTIES: When an official discovers a competitor wearing illegal attire as described in Article 2, the official shall:

- 1. when observed prior to the start of the heat/dive, notify the competitor to make legal the attire before becoming eligible to compete. If the competitor cannot comply without delaying the start of the heat/dive, the competitor is disqualified from the event/dive and shall not be eligible for further competition until in legal attire;**
- 2. when observed after the heat/dive officially begins, disqualify the competitor at the completion of the heat/dive; nullify the competitor's performance time/score and he/she shall not be eligible for further competition until in legal attire.**

ART. 3 . . . Suits worn by swimmers (excluding divers) shall be limited to the following requirements:

- a. only one swimsuit shall be permitted in competition. (A swimmer with special needs may request customization through his/her school to the state association.)

b. the swimsuit shall be:

1. constructed of a woven/knit textile material;
2. permeable (100 percent to air and water), except for one post-construction, impermeable school name and/or logo which shall not exceed 9 square inches;
3. made so as not to aid in buoyancy and shall not be altered to aid in buoyancy;
4. made with no zippers or other fastening system other than a waist tie for a brief or jammer and elastic material within the casing/ribbing in the terminal ends (straps, leg openings and waist openings); and
5. constructed so that the style/shape of the suit for males shall not extend above the waist nor below the top of the kneecap and for females shall not extend beyond the shoulders nor below the top of the kneecap, nor cover the neck.

c. Swimsuits with a FINA marking, if otherwise legal, shall be legal for NFHS competition.

Penalties: When an official discovers a competitor wearing an illegal swimsuit by the wearing of two suits or a suit which is of an illegal construction, the official shall:

1. **when observed prior to the start of the heat, notify the competitor to make the swimsuit legal before becoming eligible to compete. If the competitor cannot comply without delaying the start of the heat, the competitor is disqualified from that event and shall not be eligible for further competition until in a legal swimsuit;**
2. **when observed after the heat officially begins, disqualify the competitor at the completion of the heat; nullify the competitor's performance time and he/she shall not be eligible for further competition until in a legal swimsuit.**

ART. 4 . . . Competitors shall not wear or use any device or foreign substance to aid their speed, buoyancy or body compression. The following may be used within the stated conditions:

- a. a foreign substance may be applied if not considered excessive by the referee (if excessive, the referee shall require the competitor to remove). Adhesives are not allowed for swimmers or divers.
- b. divers may wear tape or wraps for support.

Tape may be used by a swimmer to treat a documented medical condition. The referee must be presented signed documentation from an appropriate health-care professional before permitting the athlete to compete.

NOTE: Each state association may, in keeping with applicable laws, authorize exceptions to NFHS playing rules to provide reasonable accommodations to individual participants with disabilities and/or special needs, as well as those individuals with unique and extenuating circumstances. The accommodations should not fundamentally alter the sport, heighten risk to the athlete/others or place opponents at a disadvantage.

Penalty: When team personnel/competitor uses an unapproved artificial device during an event, the competitor(s) is disqualified from further competition.

ART. 5 . . . Prior to the meet, the coach shall verify with the meet referee that all his/her competitors are legally attired.

Note: Religious and medical-alert medals are not required to be taped to the body. It is recommended the medical alert itself is visible to assist in care by a health-care professional.