2021-22 NFHS Swimming and Diving Uniform Rules

Rule 3-3 Uniforms

ART. 1 . . . It is recommended all swimmers and divers on the team wear suits of identical coloring and pattern.

ART. 2 . . . Suits shall be of one piece. A competitor shall not be permitted to participate wearing a suit that is not of decent appearance. Males shall wear suits which cover the buttocks and shall not extend above the waist or below the top of the kneecap. Females shall wear suits which cover the buttocks and breasts and shall not extend beyond the shoulders or below the top of the kneecap, nor cover the neck.

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 coach of the competitor to make the suit legal before becoming eligible to compete. If the competitor cannot comply without delaying the start of the heat/ dive, the competitor is disqualified from that 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 . . . The uniform consists of a suit and, if worn, cap(s).

a. The suit or cap(s) may display the competitor's name, school name, school nickname and/or the school logo.
b. Advertising or name other than that permitted in 3-3-3c is prohibited.
c. A single visible manufacturer's logo/trademark/reference, no more than 2¼ square inches with no dimension more than 2¼ 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, individual barcode and/or USA Swimming approved checkmark logo on certain suits 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 suits with a FINA marking and/or checkmark, if otherwise legal, shall be legal for NFHS competition.

ART. 4 . . . Suits worn by swimmers (excluding divers) shall be limited to the following requirements:

a. Only one suit shall be permitted in competition. (A swimmer with special needs may request for customization to the state association through his/ her school.)
b. The suit 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
c. Suits with a FINA marking, if otherwise legal, shall be legal for NFHS competition.

PENALTIES: When an official discovers a competitor wearing illegal attire as described in Articles 3 and 4, the official shall:

1. **when observed prior to the start of the heat/dive, notify the coach or the competitor to make the attire legal 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 and he/she shall not be eligible for further competition until in legal attire.**

ART. 5 . . . For religious reasons, suits providing full-body coverage are permitted. The suit must meet requirements of 3-3-4b(1-3). If a competitor's suit does not meet rule specifications, the referee must notify the state association following the completion of the contest.

ART. 6 . . . 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 it;
b. Adhesives are not allowed for swimmers;
c. Divers may wear tape or wraps for support and may also use temporarily applied adhesives.
d. 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. 7 . . . Prior to the meet, the coach shall verify with the meet referee that all 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.