

## **USA Swimming Rulebook**

**102.25 TOBACCO PRODUCTS** — Smoking and use of other tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating or standing areas, and in all areas used by swimmers, during the meet or during the warm-up periods in connection with the meet.

**102.26 ALCOHOLIC BEVERAGES** — Alcoholic beverages are prohibited in all areas of the venue, including, but not limited to, pool deck, locker rooms, spectator seating or standing areas, and in all areas used by swimmers. Exceptions to this provision can be made only with the approval of the USA Swimming Board of Directors.

## **USA Diving Rulebook and Codes**

**106.4 Tobacco, Intoxicants Prohibited.** During all USA Diving sanctioned meets, no official (referee, judge, secretary, table official, etc.), coach or diver will be permitted to smoke or use tobacco in any other way or to consume any intoxicant while on the pool deck area as defined by the meet director.

## **Proposed Alcohol & Tobacco Rule**

During swim and dive meets no athlete, coach, or worker (judge, timer, scorer, etc.) is permitted to use or consume alcohol products if they are, or plan to be, engaged in the operation of the meet. The use of tobacco products is prohibited by all athletes, coaches or workers (judge, timer, scorer, etc.) if they are engaged in the operation of the meet, and use may be further restricted based on restrictions imposed by individual swim clubs.

Swim clubs may establish more stringent restrictions on the use of alcohol and tobacco products at their facility; however, at a minimum the restriction above shall apply.

Should a parent, coach, co-worker or athlete suspect this rule is being violated, they should raise the issue to the Meet Referee or their NKSL Delegate for resolution.

## **Proposed Swimsuits, Caps and Other Attire Rule (Approved on 1/25/2010)**

NKSL related team suits, caps, and attire are encouraged but not required. All attire shall be of acceptable public taste and modesty. ~~Swim caps from club, high school or other non-NKSL teams shall be worn inside out so the logo and/or team name cannot be seen during NKSL competitions.~~

The NKSL follows current USA Swimming Rules and Regulations in regards to swimsuits.

- 1) Swimsuits for boys may not extend above the navel or below the knee and for women may not cover the neck or extend past the shoulders or below the knee.
- 2) No zippers or other fastening devices are allowed except for a waist tie on a brief or jammer.
- 3) Suits must be a textile material and must not be made of any rubberized type of material such as polyurethane or neoprene.

The NSKL president can allow exceptions to this rule for modesty or religious reasons.