

December 11, 2013

Dear Swim Coaches, Officials, and Athletic Administrators:

The first two weeks of competition in are in the books, and judging from many of the schedules posted on QuikStats, it appears many of you will be busy hosting and traveling to meets over the next two weeks. I have received a few phone calls and emails pertaining to particular issues coaches and officials have come across the first two weeks of competition. I hope this memo helps clarify these situations.

### **UNIFORMS**

Since the NFHS banned high-tech swimsuits prior to the 2009-10 season, the uniform rule has not changed. However, I have received multiple questions regarding parts of the uniform rule. The swimsuit must be 100% permeable, except for one post-construction, impermeable school name and/or logo which shall not exceed 9-square inches. The 9-square inches are measured when the athlete is not wearing the suit. Also, a competitor may not have multiple 1"x1" or 2"x1" post-construction logos or letters on his suit even if the total is less than 9-square inches. The rule allows **one** post-construction printing of a logo, name, or mascot. Also, remember that a competitor's swimsuit may not extend above the waist or below the top of the kneecap.

### **JEWELRY**

An athlete may not wear jewelry while competing. If a competitor is first discovered to be wearing jewelry during a heat, the result of the heat shall stand, and the official shall notify the competitor of the violation and that he is ineligible from further competition until the jewelry is removed. The competitor's head coach shall also be notified of the violation. The NFHS rule book makes two exceptions to the jewelry rule. Medical alert braces must be taped to the body and may be visible. Religious medallions must be taped to the body and worn under the swimsuit. With all this being said, medical alert braces are the only types of "jewelry" that can be visible on an athlete.

### **MANDATORY BREAKS DURING THE MEET**

During all regular season competition (dual, double dual, triple dual, triangular, and tournaments), a mandatory 10 minute break will be taken immediately following the 50 yard freestyle and the 200 yard freestyle relay. If all of the schools involved agree to shorten the breaks, the breaks may be shortened. The intent of the breaks was to give some of your athletes time to recover for events later in the meet. I also know that depending on the size of your squad and the number of teams at a given meet some meets have multiple heats of the 50 free and 200 free relay to give your junior varsity athletes a chance to compete in a meet, which is a great way to promote and grow the sport of swimming. Coaches just need to know prior to the start of the meet if the breaks will stay as is or will be shortened, so they can prepare their athletes accordingly.

I hope everyone has a great next two weeks of competition and a great holiday season.

Jared Chizek  
Assistant to the Directors