

Swim Team Uniform Policy

Swim Caps:

To ensure team identification, all swimmers must wear school-issued swim caps. These caps may display the swimmer's name, school name, or school nickname. All swimmers representing the same school during a competition must wear matching caps in the same color, clearly identifying their team. Swimmers may wear a second cap underneath (a "double cap"), but it must be neutral in color and not distract from the team-issued cap.

Swim Suits:

All swimwear must comply with NFHS Rule 3-3, Article 2, which states:

- Suits must be one-piece.
- Male swimmers must wear suits that cover the buttocks and do not extend above the waist or below the top of the kneecap.
- Female swimmers must wear suits that cover the buttocks and breasts, and do not extend beyond the shoulders, below the top of the kneecap, or cover the neck.

Suits that are school-issued or school-approved, worn as intended by the manufacturer, are considered ***legal regardless of color or print***. "Modesty panels" and undergarments are not considered part of the official swimsuit but may be worn during competition.

Enforcement of Uniform Rules:

Before the Race – Uniform Rule Violation:

- If an official sees that an athlete is wearing an illegal uniform before the race, the athlete must fix it to meet the rules before competing.
- The athlete will get a warning at that time.
- If the athlete can't fix the uniform in a reasonable amount of time, the competitor is disqualified from that event.
- The referee will tell the head coach about the violation and the warning.
- If the same athlete breaks the uniform rule again, they will be disqualified from the event.

After the Race Has Started – Uniform Rule Violation:

- If a swimmer is found wearing an illegal uniform after the heat has started, they will get a warning.
- The swimmer can't compete again until they are wearing a legal uniform.
- The meet referee will record:
 - The swimmer's name, school, event, time of the violation, and a description of the illegal item.
- The referee will notify the head **coach** of the violation.
- The meet referee will track:

- The swimmer's name, school, gender, and time the warning was given.
- If the same swimmer breaks the uniform rule again, they will be disqualified from the event.

Uniform Compliance Rule:

Once a team has received a uniform warning, it becomes the responsibility of the coach to ensure that all team members are in compliance with uniform regulations.

- After the initial warning, any subsequent uniform violation by an individual athlete on that team will result in the disqualification of that individual from the event in which the violation occurs.

Coaches and activity directors are responsible for ensuring that all athletes are dressed appropriately and in compliance with these rules.