

2014-2015 Swimming Tape Rule

NFHS Rule 3.3.4

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.

3.3.4 SITUATION C: During the pre-meet warm up the referee notices three swimmers from the same team wearing kinesio tap. Swimmer A has a double strip on his/her calf, Swimmer B has a sports tape design wrapped around his/her knee and Swimmer C has a compression sports tape design on his/her shoulder. The coach is only able to produce documentation from a health care professional for Swimmer C. The official asks Swimmers A and B to remove their tape.

RULING: Correct procedure. **COMMENT:** Competitors shall not wear or use any device to aid their speed, buoyancy or body compression. Tape may only be used to cover a wound or for a documented injury.

3.3.4 SITUATION D: A swimmer with a: (a) hand missing wears a small hand paddle on her forearm approved by the state association; (b) foot missing wears a standard size swim fin on the lower part of that limb. **RULING:** (a) Legal provided the hand paddle is the approximate size of her other hand, she gains no unfair advantage and the swimmer/coach presents written approval by the state association; (b) illegal. The fin is larger and more flexible than the natural foot, providing the swimmer with an unfair advantage. (3-3-4 Penalty)

3.3.4 SITUATION E: During the pre-meet warmup, the referee notices (a) competitor with a knee brace, (b) competitor with a neoprene sleeve on his/her knee. **RULING:** (a) Legal with state association approval; (b) illegal. **COMMENT:** Competitors shall not wear or use any device to aid their speed, buoyancy or body compression. (3-3-4)

***3.3.4 SITUATION F:** During warm-up for a diving event, Diver A is observed wearing tape on his/her shoulder. The diver's coach is asked if he has the documentation for the taping of the shoulder. The coach does not have documentation so the referee asks that the diver remove the tape in order to compete. **RULING:** Incorrect procedure. **COMMENT:** The new rule allows divers to wear tape without medical documentation because the taping does not give the competitive advantage the swimmer gets in regard to compression, buoyancy etc.