

Watches -

NFHS issued a point of emphasis on Electronic Devices:

Electronic Devices

Swimming, like many other high school athletic endeavors, is significantly affected by continuing developments in technology. These developments, if not carefully monitored, have the potential to alter the nature of high school swimming and diving competition and drastically affect the competitive environment. Several factors should be kept in mind as the rules committee continues to evaluate the use of electronic devices by swimmers. Devices that collect and transmit data from the swimmer to an external recipient are permissible because they are potentially beneficial in terms of both athlete performance and well-being. Devices that provide information to the athlete during competition are not permitted and, when detected, result in severe penalties for both the competing athlete and team personnel. Detection of such devices is often difficult, and evaluation of performance often requires advanced technical knowledge. Officials should approach the enforcement of prohibitions on illegal devices with restraint and impose sanctions on team personnel only when it is abundantly clear that a device is being used improperly and is creating an unfair competitive advantage. State associations are empowered to address and regulate the use of electronic devices beyond those established by NFHS rules.

As you can all see, watches are not prohibited, unless they are used as pacing devices. Please note the comment that it must be abundantly clear that the device (watch, etc) is being used improperly and is creating an unfair competitive advantage.

Rule 3-5 Electronic devices states that "Electronic devices shall not be used to transmit information to the competitor during the race....."

Please make sure that you read the "Situations and Rulings" on page 31. This makes everything clearer.

Relay Take-off's:

Clarification of 8-3-4c When starting block wedges are installed, the second, third and fourth swimmers shall have at least one foot in contact with the surface of the starting platform in front of the wedge during takeoff.

Situation 8.3.4 c is new this year. It gives us clarification of the foot on the block of the platform in the front of the wedge.

"(c) the fourth swimmer has both feet on the wedge but the toes of one foot are in contact with the flat surface. RULING: legal

Toes have been identified as part of the foot in contact. The entire foot is no longer determined to be necessary.

Uniforms:3-3

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 the 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)

Religious Exceptions

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.

Please note, the religious exemption does allow for a zipper or other fastening, as long as the swim meet requirements 1-3. If a coach or swimmer wishes they can contact UIL for an exemption for the suit. Please let them know about the link [Medical Exemption Form/Request For Accommodation — University Interscholastic League \(UIL\) \(uilitexas.org\)](#)

Deck Changing

Rule 1-3.2 A deck change, in whole or part, is changing into or out of a suit when wearing just one suit in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes.

The question has been asked if swimmers, girls, removing bikini tops/sports bras under their suits after warming up with them, is that deck changing?

Yes that would be considered deck changing. The situation 1.3.2 only refers to suits over a competition suit, not under.