



### Rule 3.3.2: Uniform Compliance

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- **History and Background of the rule:** The reason for the rule is an attempt to provide an objective definition of decency. It is important to remember that each suit will look different on each student's body and assessing a suit's compliance with the rule should happen before it is put on a student's body. Assessing the suit off of a student's body will avoid the possibility of body shaming a student in the process.
- **Common errors in implementation:** A suit should always be questioned off the body of the student. When there is intentional manipulation of the bathing suit, that can cause concern for rule compliance.
- **Best practices for addressing a concern:** Education for students, parents, coaches and officials ahead of time is critical. Please ensure students know how the NFHS rule may be different than other sectors of competitive swimming.

#### Pre-Season Meetings

- Coaches and school administrators should take a proactive role and address suit coverage with parents and athletes during their pre-season meetings to specify that suits should be worn as the manufacturer intended and should not intentionally alter their suit. Athletes purchasing personal suits for competition should consider suits that comply with NFHS rules regarding appropriate coverage as well as design and decoration.
- Coaches should select team suits that provide appropriate coverage as it pertains to NFHS rules. Permit different styles to be worn that will appropriately fit the various body sizes.
- Provide illustrations of an appropriate and inappropriate fitted suits for males and females.
- Coaches should be aware, and should articulate to athletes and parents, the reality that there are suits available on-line that are NOT legal for high school competition; many of those come with the FINA approval tag, but still are in violation of NFHS rules as to (a) size and number of manufacturer's logo and (b) body coverage.

#### Pre-Meet Coach and Athlete Meetings

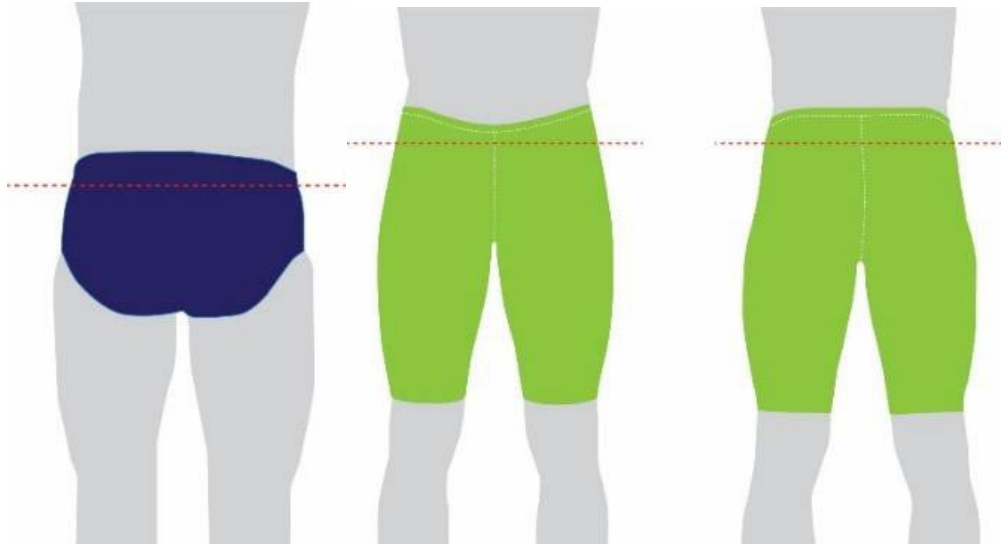
- Pre-meet coach and athlete meetings have been mandated, which is an opportunity for the coach to verify that his/her athletes are properly and legally equipped and an opportunity for captains/peers to consult with their teammates to ensure suits and caps meet rule guidelines.
- Emphasize the role of the captains regarding these meetings. They are more in touch with what teammates are wearing and how they're wearing it AND it prompts questions before the fact about legality.

#### Talking Points

- The NFHS is dedicated to providing a safe environment for its members and the swimming and diving community.
- Education-based activities is a great platform that provides an opportunity to discuss appropriate behavior and attire.
  - Athletes serve as role models and representatives of their sport, school, and state association.
  - Show support and pride for team and teammates.

- Reflect positively on coaches and teammates.
- Shows respect for yourself, and desire to present yourself in a professional manner.
- Teaches young athletes the importance of presenting themselves professionally when representing their team.
- During practice and competition suits shall be worn in the appropriate size as dictated by that manufacturer's specifications for the athlete's body measurements and shall be worn as intended and not intentionally manipulated by the athlete.

**Example of Appropriate and Inappropriate Male Suit Coverage (red dotted lines)**



**Example of Appropriate and Inappropriate Female Suit Coverage (red dotted lines)**

