

Unless otherwise provided in the NVSL Rules the NVSL adheres to the USA Swimming Rules concerning swimsuits and medical tape as summarized below.

SWIMSUITS (Article 102.8)

- Swimwear shall include only swimsuit, goggles and not more than 2 caps.
- Suits must be one or two-piece. (exception — 205.10.1)
- It is permissible for the swimmer to wear a single set of garments underneath his/her competition swimsuit for modesty and/or privacy reasons. (205.10.1)
- Suits must be made from textile materials.
- Men: suit may not extend above the naval or below the knees.
- Women: suit may not cover the neck, go past the shoulder, or extend below the knee.
- Exemptions may be granted on a case by case basis by the NVSL Chair of the Rules Committee or by his/her designee.
- Only FINA-approved tech suits may be worn in competitions. **No Technical suit may be worn by any 12& under athlete. (102.8.1.F**
 - **a tech suit is a jammer or kneeskin with bonded seams, suits that do not extend beyond the hip or have stitched seams are allowed.**
- Swimsuits must be non-transparent and appropriate.
- Swimmers may not wear or use anything that aids buoyancy, speed, pace, or endurance.
- No fastening devices, i.e. no zippers or closure devices. (102.8.1.C — FINA 4.1.6) Suits with tie-backs are not permitted. A tie-back or a lace-up on the suit is considered a fastening device.

MEDICAL TAPE (Article 102.8.E)

Any kind of tape on the body is not permitted unless approved by Referee.

- Wound closure and protection: Band Aids, smaller dressings, and “Butterfly” type are okay. No referee notification is required for these smaller items. If a dressing is exceptionally large and/or the tape to hold a dressing completely surrounds a major limb then the referee should be notified.
- Buddy taping of the fingers and toes: No more than two fingers or toes can be taped together at a time. It is recommended that you always notify the referee in this case.
- Any type of Elastic Therapeutic or Kinesio Tape is not permitted.
- Any other type of taping that may support the muscles, ligaments, or tendons and/or provide compression to a joint is not permitted.