



November 8, 2022

VIA EMAIL

TO: NCAA Men's and Women's Swimming and Diving Conference Commissioners and Head Swimming and Diving Coaches.

FROM: Greg Lockard, secretary-rules editor  
NCAA Swimming and Diving Rules Committee

SUBJECT: NCAA Men's and Women's Swimming and Diving Rules Review.

**NCAA Rules Process:**

- Waiver Requests – Institutions requesting a waiver of the NCAA Swimming and Diving playing rules must submit the request in writing to the NCAA Secretary-Rules Editor, Greg Lockard ([greg@swimdiverrules.com](mailto:greg@swimdiverrules.com)). Waiver requests must include the name(s) of the student-athlete, rationale for requesting a waiver of the specific playing rule and any other pertinent documentation (e.g., medical documentation), if necessary.
- The NCAA Swimming and Diving Rules change process occurs every two years, and began again in January 2023, with a call for suggested items for consideration. A non-binding survey will be distributed to the entire NCAA membership, and the results will be discussed at the College Swimming Coaches Convention in May, followed by consideration for adoption by the Swimming and Diving Rules Committee, at the annual meeting in May. Newly adopted rules will be included in the 2023-2024, 2024-2025 rule book that will be released on September 1, 2023.
- The current rules book may be downloaded or purchased from NCAA publications ([www.ncaapublications.com](http://www.ncaapublications.com)).

**Rule Reminders:**

**Kinesiology Tape (Rule 3-1-4)**

The use of tape, kinesiology tape, and compression sleeves are permitted to treat a documented medical condition to allow swimmers to compete. Requests for use must be submitted to the Secretary Rules Editor, with a letter and documentation from a designated health official. Upon approval, the referee must be presented with documentation before each subsequent meet.

Alternatively, divers are permitted to compete with tape, kinesiology tape and/or wrist guards without medical documentation.

## **NCAA Swimming and Diving Rules**

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### **Bona Fide Competition (Rule 9) Acceptable FINA/USA Swimming Meets**

Select USA Swimming and USA Diving meets that are acceptable for achievement of time standards, consideration standards and optional-entry standards may be designated each year by the NCAA Men's and Women's Swimming and Diving Committees in all three divisions.

The Division I Swimming and Diving Championship Committee approved the following meets at which such standards may be achieved for the 2023 championships: the USA Swimming National Championships, FINA World Swimming Championships and USA Diving National Championships. The committee will consider requests from the membership for another country's diving national championship/trial meets on a case-by-case basis.

### **Interpretation (Rule 3, Article 2) Swimwear for Swimmers and Divers:**

- a. Swimmers and divers must wear the swimsuit that is gender specific for the respective competition. That is, a women's suit must be worn in women's competition and a men's suit must be worn in men's competition, inclusive of all warmups, trials, finals, and any time trial sessions.
- b. Swimwear for divers is bound by the same articles as swimsuits for swimmers regarding manufacturer's logos as it applies to NCAA Bylaw 12.5.4. Rules relating to permeability and number of suits for swimmers does not apply for competitors in diving events.

#### *Notes:*

1. All student-athletes are subject to the rules that apply to the specific gender meet that they are participating in.
2. Waivers may be granted for medical issues that require coverage due to a medical condition.

### **COVID-19 Waivers for 2022-2023 Season:**

**There are no COVID-19 Waivers approved for the 2022-2023 season.**

**Note:** (Rule 5.7) When seeding the swimmers, intentionally leaving empty lanes between them is not permitted.

### **2023 NCAA Championships:**

- Division II Men and Women – Indianapolis, IN (March 8-11, 2023)
- Division III Men and Women – Greensboro, NC, (March 15-18, 2023)
- Division I Women – Knoxville, TN (March 15-18, 2023)
- Division I Men – Minneapolis, MN (March 22-25, 2023)

cc: NCAA Swimming and Diving Rule Committee  
Selected NCAA staff