

Frequently Asked Questions

- Q: Can the 2nd, 3rd, and 4th swimmers use the “wedge” for their racing start on the relay exchange?
- A: Yes, the relay swimmers can use the “track-style” start just as the lead-off swimmer.
- Q: Can the 2nd, 3rd, and 4th swimmers in a relay step over the wedge as part of their relay exchange? It seems unsafe to allow.
- A: Yes, the rule 8-3-4c specifies that the 2nd, 3rd, and 4th swimmers must have one foot on the starting platform in front of the wedge during their relay takeoff. As an official, observe that the swimmer’s last foot to leave the block is from in front of the wedge. The swimmers cannot start with both feet on the wedge.
- Q: What about swimsuit coverage? I read about the disqualification in Alaska high school swimming.
- A: Too many facts are missing from the news reports to make any comment about the Alaska case. The NFHS rule 3-3-2 states “Suits shall be of one piece. A competitor shall not be permitted to participate wearing a suit that is not of decent appearance. Males shall wear suits which cover the buttocks and shall not extend above the waist or below the top of the kneecap. Females shall wear suits which cover the buttocks and breasts and shall not extend beyond the shoulders nor below the top of the kneecap, not cover the neck.” Be proactive. If suit coverage is an issue, notify the athlete’s coach to have the athlete make their suit legal. A simple “coach, have your athletes fix their suits” will usually suffice.

