

Swimming and Diving Rules Changes - 2026-27

Mon Apr 20 2026

3-3-4b(2): Bonded or taped seams on suits are permitted by rule.

Rationale: The NFHS suit specifications mirror the requirements established by World Aquatics, which is the testing agency that certifies suit construction. Testing protocols consider bonded or taped seams as compliant when measuring permeability to air and water.

3-5-1, 3-5-2: No competitor shall wear any audio (microphone) or video (camera) device during the race or dive.

Rationale: The change clearly defines additional types of electronic devices that are prohibited.

8-2-3g, 8-2-4e: During the finish of the butterfly and freestyle, once some part of the swimmer's head has passed the 5-yard/5-meter mark immediately prior to reaching for the finish, the swimmer may be completely submerged.

Rationale: Aligns with national trends of the sport.

9-4-2 NOTE: By state association adoption states may alter the number of dives for its state championship series of meets.

Rationale: Reducing the number of dives could expand participation opportunities in this event and help increase future diving participation numbers in general.

9-4-2h NOTES: By state association adoption, the number of qualifiers advancing to the semi-final session may be increased.

Rationale: Permits flexibility based on specific needs of the state association.

2026-27 Swimming and Diving Editorial Changes

1-4-2, 3-2-2 PENALTY 1, 3-2-3 & PENALTY 1, 3-2-4 & PENALTY, 3-2-6, 3-2-7, 3-6-1, 4-1-8, 5-2-1, 5-4-4 NOTE, 9-5-2 NOTE, 9-6-1, 9-6-5, 9-7-4, 9-7-5, State Association Adoption Chart, APPENDIX D

2026-27 Swimming and Diving Points of Emphasis

1. Relay Judging Platforms
2. Exiting the Pool
3. The Meet Referee's Authority
4. Backstroke Flags
5. Appropriate Conditions for a Re-Swim