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Date: June 13, 2016

To: General Chairs
Officials Chairs (please distribute to all officials in your LSC)
Board of Directors, USA Swimming
USA Swimming Coach Members
Rules & Regulations Committee

From: Jay Thomas, Chair, Rules & Regulations Committee

Re: USA Swimming Rule 102.8.1E– The use of Tape.

The NCAA and NFHS have adopted rules which permit the use of tape under certain circumstances. There now appears to be some confusion regarding the application of USA Swimming Rule 102.8.1E. The following interpretation of 102.8.1.E is presented to provide clarity to the use of tape in USA Swimming competitions.

Article 102.8.1E states in part, …"**Any kind of tape on the body is not permitted unless approved by the Referee.**"

Common sense should prevail. The following uses of tape are generally permitted in competition:

1. Wound protection and closure. Band-Aids, dressings, "Butterfly" type, etc. are normally permitted with no advanced notification to the Referee. When the tape to hold a dressing in place completely circles a major limb or the dressing is exceptionally large in size, advanced notification to the Referee is recommended.
2. Taping of fingers or toes. "Buddy Taping" no more than two (2) injured fingers or toes together should be permitted. Advanced notification to the Referee is recommended.
3. Tape to secure medical alert bracelets and pendants, religious objects, etc. should be permitted. Advanced notification to the Referee is recommended.
4. Tape to secure medical devices. Example – insulin pumps, ostomy bags, etc. should be permitted. Advanced notification to the Referee is required.

The following uses of tape are **not permitted** in competition – irrespective of whether a Doctor's note has been presented.

1. Elastic Therapeutic Tape is never permitted.
2. Kinesio Taping is never permitted.
3. Any other taping intentioned to provide compression or support to muscles, ligaments, tendons or joints (except as stated above) is never permitted.

Jay Thomas
Chair, USA Swimming Rules & Regulations Committee