

SHOPPING FOR A SWIM SUIT

GENERAL RULES

No zippers, snaps, ties, or other fasteners, except for the inner waistband tie on a boy's suit. Girls may not wear suits with ties, not even if the ties are tucked in.

No armbands, leg bands, or rash guards.

Sizing a suit: A new suit will fit snugly; suits stretch as they're worn. Look for reputable brands such as Speedo, Nike, or Tyr. Check with your team as many teams have a preferred suit vendor. Suits purchased from third party on-line sources or big-box retailers may not be legal or may be seconds.

Suit design: Suits with oversized manufacturer's names and/or logos are not allowed in competition. There must not be more than three pieces of "advertising" totaling no more than 4.65 sq. in. (30 sq cm). Similar advertising size limitations apply to caps and goggles, but there's no size limit on your team's name or logo on your team cap.

Suit care: Suits do wear out, but will last longer if rinsed in fresh water after each use. Follow instructions on the label. Do not use standard detergents.

Starting in September, 2020, swimmers ages 12&U may not wear a "Technical Suit," except at national-level championship meets. Those suits tend to be expensive, but not durable. A Technical Suit is defined as one with bonded or taped seams or with woven fabric extending below the hips. Chose a suit made from a knit fabric and sewn seams.

GIRLS

A girl's suit cannot extend below the knees, cover the neck, or extend past the shoulder, not even as decoration. Wider straps are usually more comfortable than thin straps and are less likely to twist or tangle.

BOYS

A boy's suit cannot extend above the navel or below the knees, and a shirt is not allowed.

EXCEPTIONS

To apply for an exemption on religious or medical grounds, go to USA Swimming's web page and click on "Rulebook" under "Swimmers & Parents."