

**AMENDED USA SWIMMING RULES & REGULATIONS REGARDING SWIMWEAR
(Effective October 1, 2009)**

102.9 SWIMWEAR

.1 Design

A. Swimwear shall include only a swimsuit, cap and goggles. Armbands or leg bands shall not be regarded as parts of the swimsuit and are not allowed.

B. In swimming competitions, the competitor must wear only one swimsuit in one or two pieces except as provided in 205.10.1. All swimsuits shall be made from textile materials. For men, the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee.

.1 Exemptions to the foregoing restriction may be granted to a swimmer, on a case by case basis, by the Chair of the Rules & Regulations Committee, or his/her designee. Exemptions will be granted only for conflicts due to the swimmer's verified religious beliefs or verified medical conditions.

.2 Procedures for applying for an exemption will be established by the Rules & Regulations Committee and posted on the USA Swimming website.

.3 No exemption to this restriction will be granted for a swimsuit that will give the swimmer a competitive advantage.

.4 The decision of the Rules Chair may be appealed only to the entire Rules & Regulations Committee whose decision shall be final and binding on all parties.

C. Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition.

D. Swimsuits worn for competition must be non-transparent and conform to the current concept of the appropriate.

E. No swimmer is permitted to wear or use any device, substance or swimsuit to help his/her speed, pace, buoyancy or endurance during a race (such as webbed gloves, flippers, fins, etc.). Goggles may be worn, and rubdown oil applied if not considered excessive by the Referee. Any kind of tape on the body is not permitted unless approved by the Referee.

F. The Referee shall have the authority to bar offenders from the competition until they comply with the rule.

205.10 SWIMWEAR IN AGE GROUP COMPETITION (effective 9/19/09)

.1 For age group competitions, it is permissible for an athlete to wear a single set of garments underneath his or her competition swimsuit for modesty and/or privacy reasons.