

**Frequently asked questions relating to Scottish Swimming's swimsuit policy  
for athletes aged 13 & under**

**What is the definition of a technical suit for the purposes of the policy?**

A technical suit is defined as one made of water repellent and compressive materials, with leg grippers and taped seams. A suit with one individual element is not considered a technical suit.

**Why 13 years and under?**

The original proposal was to go with the 12 and under age group; however, on further discussion with the Coaches Technical Panel and others within the swimming community, the decision was taken to extend to the 13 and under age group. The main reasons for this change were:

- Swimmers are unlikely to be entering “performance swimming” at the age of 13 (there are a few exceptions) and therefore delaying the use of a technical suit for a further year was viewed as a positive for both swimmers and those that buy the suits
- The lower age group of the Scottish Age Groups is 13 and under – the 13 and under restriction ensures that all athletes will be competing on a level playing field

**How will the 13 years and under on the day and 13 and under at the end of the year impact on the use of suits?**

From 1st September 2022, if the meet is “age on the day” and you are 13 or under for that meet, technical suits are not allowed. If the meet is run as “age as at 31st December 2022” and you are 14 by 31st December 2022, then the use of a technical suit is allowed.

In both cases, athletes will be competing under **equal** meet conditions.

**Are athletes allowed to compete out with Scotland in technical suits?**

The technical suit rule for Scotland is applicable only in Scotland. Swimmers will compete under the jurisdiction and rules of the country they are racing in. We would, however, encourage coaches and athletes to take a similar approach to competition when competing out with Scotland for the reasons highlighted at the start of this article.

We would welcome any further questions - please contact us directly at [info@scottishswimming.com](mailto:info@scottishswimming.com).