



**Scottish
Swimming**

Scottish Swimming

Swimwear Policies

Issue 5 – August 2025

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Issue 05, August 2025 consists of

Agreed Swimwear Policy - Issue 03, August 2025

Technical Swimwear Policy - Issue 04, August 2025

Period Pants Exemption Clarification – Issue 03, June 2025

List of Acronyms

WA	World Aquatics	SASA	Scottish Amateur Swimming Association
STO	Scottish Technical Officials		

Swimwear Policies

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The “Scottish Swimming Governance Documents” are on www.scottishswimming.com
under - <Club and Members> – <Governance> – <Governance>
www.scottishswimming.com/clubs/governance-club

The “Swimming Regulation” are on www.scottishswimming.com
under - <Our Sports> – <Swimming> – <Useful Information> (Downloads)
www.scottishswimming.com/our-sports/swimming/swimming-important-documents

The “Swimming Swimwear Policies” are on www.scottishswimming.com
under - <Our Sports> – <Swimming> – <Swimwear> (Downloads)
www.scottishswimming.com/our-sports/swimming/swimsuits

Policy 1 - Agreed Swimwear Policy**Agreed Swimwear Policy (Issue 03 - August 2025)**

This Policy has been produced to provide clarity to swimmers, coaches, parents / guardians and technical officials around Swimwear.

Scottish Swimming follows the World Aquatics (WA) rules as stated in their Competition Regulations. The WA Regulations provide that swimwear for all competitors shall be in good moral taste, suitable for the individual aquatic sports and not carry any symbol which may be considered offensive. All swimsuits shall be non-transparent.

The WA Regulations are in the main aimed at international Competition, Olympic Games, World Championships etc. In the absence of individual federation rules, (which are allowed), referees are expected to follow WA Competition Regulations, Part One 7.5.1 on swimwear, namely "For pool swimming competitions swimsuits for men shall not extend above the navel or below the knee, and for women, shall not cover the neck or extend past the shoulder or below the knee. The swimsuits shall be made from textile materials."

WA rules do allow for Federations to adopt their own Age Group Rules. In accordance with this Scottish Swimming will adopt their own rules when it comes to Swimwear and these changes have been captured in the Scottish Swimming, Swimming Regulations.

Scottish Swimming seeks to promote a sport that does not unreasonably restrict participation and for those competitions and events that are under the direct jurisdiction and control of Scottish Swimming, we will allow suitable swimwear that competitors require to wear as an alternative to WA compliant swimwear. For the purposes of this policy these costumes will be referred to as 'Agreed Swimwear'.

Scottish Swimming Guidelines on Agreed Swimwear

1. These guidelines shall apply to the sport of swimming (not Open Water or Masters) held under Scottish Swimming Rules and all levels of Scottish Swimming licensed meets, including National Championships.
2. Agreed swimwear must not provide any competitive advantage, (compared to WA Approved Swimwear)
 - Agreed swimwear should be made of a textile material as per the current WA Rules
 - There is no limit to the number of pieces that the suit is made up from
 - The tightness of the swimwear is not a factor that will be considered
3. For Level 3 licensed swim meets and level 4 registered swim meets agreed swimwear does not need prior approval. As level 3 and level 4 meets are non-accredited, swimmers will not be disqualified for wearing Agreed Swimwear.
4. For Level 1 and 2 licensed swim meets swimmers wishing to use Agreed Swimwear must apply to do so using Policy 1, Appendix 1, (found at the end of this policy). The application must be submitted to the Scottish Swimming office, using the email address on the form below, at least 21 days prior to the first day of competition. The application will be considered by a panel made up of; Chair of the National Swimming Committee, Chair of the STO Committee, a further nominee from the STO Committee, Scottish Swimming Director of Aquatics and a coach.
5. When a swimmer receives approval for a specific make of swimsuit it can then be worn at future competitions for a period of one year. A new application must be made if a different make of swimsuit is proposed and on an annual basis for the same swimsuit, i.e. approval will only be for one year at a time.
6. The swimmer will receive written confirmation of approval/non approval of their swimsuit. Approval must be presented to the meet referee (or session referee) prior to the start of the competition (or session). The referee will capture on the meet licence report the fact that there has been a swimmer compete in that session who wore 'Agreed Swimwear', the referee will include the swimmer's name in the report.
7. Swimmers wearing Agreed Swimwear will have times achieved recognised for entry to accredited meets.
8. Swimmers wearing Agreed Swimwear will not be able to claim any records at Scottish National or District level as records require all WA rules to be met. A record application claim may be subject to a retrospective check.
9. Swimmers wearing Agreed Swimwear will not be selected for national teams or squads. This is because national squads and teams compete internationally under WA rules which are out with the jurisdiction of Scottish Swimming.
10. In order to support points 8 and 9 with any retrospective checks (when applicable), where a swimmer wears a swimsuit that is other than what WA rules require, referees are required to note the name of the swimmer and the event(s) being swum in the meet licence form.

11. For application of this policy for the purposes of supporting athletes who are identifying as transgender or non-binary, the Transgender and Non-Binary Competition Policy (section 1.6) should be considered before any application for alternative swimwear is submitted.

Policy 1 Appendix 1 – Agreed Swimwear Approval Application Form

<u>Application to wear Agreed Swimwear</u>			
<p>This form should be completed after reading the Scottish Swimming Swimwear Policy. Please complete and return this form to info@scottishswimming.com at least 21 days before your first day of competition. You will receive an email confirmation of receipt and will be informed of the outcome of your application at least three days before competition.</p>			
SWIMMER NAME:		D.O.B.:	
ADDRESS:		Membership Number:	
PARENT/GUARDIAN/NEXT OF KIN			
NAME:		TEL.:	
ADDRESS: (if different from above)		MOBILE:	
		EMAIL:	
CLUB NAME:		COACH NAME:	
SWIMWEAR DETAILS: (Provide a link to the website and swimwear that you propose to wear – the website should contain details of the material / fabric the swimsuit is made of.)			
DATE OF APPLICATION:			

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Policy 2 – Restriction of the Use of Technical Swimsuits by Swimmers aged 13 and Under

Restriction of the Use of Technical Swimsuits by Swimmers aged 13 and Under Policy (Issue 04 – August 2025)

Effective 1 September 2022, swimmers aged 13 Years and under are not permitted to wear technical swimsuits at any competition **with defined age group categories** licensed or registered by Scottish Swimming that takes place in Scotland. This includes any National, District, Regional and Club meet.

- Defined age group categories means a competition which has specific age groups for junior aged (17 and under) swimmers. These can be swum as individual categories such as 13&14, 15-17 or as a single 17 and under age group.
- Age group categories can be swum combined during a competition but when medals are awarded for junior aged as well as open aged categories this is not classed as an open competition.
- Competitions which are swum as an open event (all ages together) and may have junior aged qualification times and or trophies or special awards but medals only for the overall event winners, this is classed as an open competition.

This policy does not conflict with World Aquatics (WA) Competition Regulations. These Regulations provide that *swimwear of all competitors shall be in good moral taste and suitable for the individual aquatic sports and not carry any symbol which may be considered offensive. All swimsuits shall be non-transparent.* In addition, WA Competition Regulations, Part One 7.5.1, require that *“For pool swimming competitions swimsuits for men shall not extend above the navel or below the knee, and for women, shall not cover the neck or extend past the shoulder or below knee. The swimsuits shall be made from textile materials.”*

How will the age of the swimmer be determined?

The age of the swimmer shall be the age that the swimmer is swimming at, be that age on day or age at any other date e.g. 31 December as specified by meet entry Information.

What is a technical swimsuit for the purposes of this policy?

Technical swimsuits are specialised swimsuits, that push the boundaries of performance advantage in competition. Technical swimsuits are defined as those that have ALL three of the following;

- i) Suit made of water repellent and compressive materials
- ii) Suit that has leg grippers
- iii) Suit that has taped seams

This definition will be reviewed periodically as the nature of technical swimsuits evolves.

Traditional one-piece swimsuits and knee length swimsuits for girls, and trunks and jammers for boys, that comply with WA Competition Regulations on profile will still be permitted.

Application of this Policy at Competitions with Defined Age Group Categories

If a swimmer aged 13 or under appears at marshalling or the start area wearing a technical swimsuit, they will not be allowed to swim and the race will proceed without them. They may also be disqualified directly after a race if a technical swimsuit is detected too late to stop them from swimming.

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Policy 3 – Period Pants Exemption Clarification

Period Pants & Suit Exemption Clarification

(Issue 03 – Dated June 2025)

This document has been produced to provide clarity to swimmers, coaches, parents / guardians and technical officials around the wearing of period suits and period pants under swimwear within the sport of swimming.

It is permissible to wear period pants under swimwear within club training sessions and in competitions. The wearing of period pants under swimwear will not be regarded as “two swimsuits” but as a “medical device”.

For clarification a period swimsuit (full suit and not pants) is allowed but cannot be worn in conjunction with a standard secondary suit, this would be regarded as two swimsuits.

What can be worn?

1. A standard swimsuit plus period pants
2. A specific period swimsuit
3. A specific period swimsuit plus period pants

First and foremost, the modesty and the wellbeing of the swimmer must be maintained at all times.

1. This clarification applies to the wearing of period pants under swimwear.
2. This clarification shall apply to the sport of Swimming held under Scottish Swimming rules and all levels of Scottish Swimming licensed meets, including National Championships.
3. A certificate of exception is not required to enable the swimmer to wear period pants under swimwear either in club training sessions or in a competition.
4. The wearing of period pants under swimwear does not provide any competitive advantage. Any other type of non-World Aquatics (WA) compliant swimwear should follow the application for exemption process detailed in the Agreed Swimwear Policy.
5. At a competition, should a report be received by the referee, then a discrete enquiry should be sufficient to establish the facts. Depending on the age of the swimmer it may be more appropriate for the referee to speak to a Coach/Team Manager rather than the swimmer.
6. A swimmer will not be disqualified for the use of period pants.
7. There is no requirement for the referee to record any information regarding a swimmer wearing period pants under swimwear in the meet licence.
8. Swimmers wearing period pants under swimwear will have times achieved recognised for entry to accredited meets.
9. Swimmers wearing period pants under swimwear will be able to claim records at Scottish National and District level.
10. Swimmers wearing period pants under swimwear will not be prevented from being selected for national teams or squads if eligible. However, the wearing of period pants at meets internationally may not be possible due to the application of WA rules.