

**Swimming Auckland  
Technical/Performance Race Suits Policy**

**February 2018**

In the interests of athlete development and retention, Swimming Auckland in consultation with Swimming NZ, the ASA Technical Group and ASA Competitive Swim Group, will institute a new Policy pertaining to the use of technical/performance race suits at Swimming Auckland sanctioned competition.

Technical/Performance suits can be very expensive and thus provide a potential barrier to entry for families looking to start out in swimming. In the opinion of Swimming Auckland and Regional Swimming Associations, there are no proven performance benefits for young swimmers using technical/performance suits. After consultation with coaches across the region, feedback indicates that much of the benefit of wearing a technical/performance suit **is not relevant to young swimmers** who have yet to physically develop.

The move to limit the use of technical/performance suits for young swimmers is another initiative from Swimming Auckland to remove the competitive pressure on young swimmers at a crucial development phase of their swimming journey.

The Auckland Swimming Technical/Performance Race Suits Policy will come into effect on **1<sup>st</sup> July 2018**.

**Who Will the Change Apply To?**

**Swimmers Aged 13 Years and over:**

Will continue to be permitted to compete in swim wear in line with the FINA by laws 8.1, 8.2 and 8.3.

**Swimmers Aged 12 Years:**

Will no longer be permitted to wear technical/performance race suits at any Swimming Auckland sanctioned competition, except for the meets listed below, whereby they will be permitted to wear swim wear in line with the FINA by laws 8.1, 8.2 and 8.3.

- Swimming Auckland Age Group Championships
- Swimming Auckland Open Championships

**Swimmers Aged 11 Years and Under:**

Will no longer be permitted to wear technical/performance swimsuits at any Swimming Auckland sanctioned competition.

## What is a Technical/ Performance Suit?

Technical/performance racing suits are manufactured using scientifically advanced materials. Materials of this type are normally comprised of [spandex](#) and [nylon](#) composite fabrics with features to reduce “[drag](#)” against the water. The fabrics include features which are highly compressive and increase the swimmer's glide through water and reducing absorption of water by the suit as opposed to regular swimsuits.

Traditional one-piece race suits for females as well as briefs and trunks for male swimmers are not technical/performance suits and will be permitted. Knee length suits and “jammers” will also be permitted provided they do not feature the key components of a technical/performance swim suit will also be permitted.

The key component of a technical/performance suits which should be identified when differentiating what is and isn't permitted are the following

- Bonded/ Sealed Seams
- Meshed Seams
- Kinetic Tape



The above photographs are examples of seaming which will continue to be **permitted** for swimmers aged 12 years and under, note the stitching is raised on the outside of the fabric.



The above photographs are examples of swim suit seaming which **will no longer be permitted** for swimmers aged 12 years and under. Note the bonded/sealed seams and use of kinetic tape.

#### **How will This Change be officiated?**

Swimming Auckland will host a formal education session for Technical Officials and Coaches in early 2018 to help all parties accurately identify the difference between the two types of suits. Swimmers will be monitored throughout all Swimming Auckland sanctioned meets and will be asked to change into a complying swim suit if required.

#### **Next Steps**

Please communicate these changes to your membership over the coming months. Swimming Auckland have delayed the enforcement of this new rule to ensure that pre purchased technical/performance suits can continue to be utilized throughout the 2017/18 Summer Season. If you have any questions about which suit is and isn't legal please call Swimming Auckland's official retail partner Swim T3