

THE SWIMSUIT REQUIREMENT

BASICS:

Swimwear can only include a swimsuit, cap, and goggles. Armbands, leg bands, or other coverings are not considered to be parts of the swimsuit and are not allowed

A swimmer may wear only one swimsuit, and it must be made from textile materials.

- Men's suits must be one-piece and may not extend above the navel or below the knees.
- Women's suits may be one-piece or two-piece, but, either way, must not cover the neck, extend past the shoulder, or extend below the knee.
- A swimmer age 12 or younger may not wear a technical suit, defined as having bonded or taped seams and/or woven fabric extending past the hips, not even at a YMCA championship meet.
- No zippers or other fasteners are allowed.

A swimmer may not wear more than two (2) caps.

Advertising maximum sizes are measured as worn:

- Suit: total of three separate advertising logos of a maximum size of 30 square centimeters each
- Cap: total of three separate advertising logos of a maximum size of 20 square centimeters each; the club logo is not considered advertising
- Goggles: total of three separate advertising logos of a maximum size of 6 square centimeters each but only on the spectacle frame or band
- No advertising of any product involving tobacco, nicotine, psychoactive cannabinoids, alcohol, or pharmaceuticals containing substances banned under IOC or World Aquatics rules; no political statements; no products or services "counter to the values of the sport" or of the YMCA.

ADDITIONAL NOTES:

In an age group meet such as YMCA State Champs, it is permissible for the swimmer to wear a single set of garments underneath his or her competition swimsuit for modesty and/or privacy reasons, subject to the parameters listed above.

IF YOU NEED AN EXEMPTION FROM THE COVERAGE REQUIREMENTS FOR RELIGIOUS

REASONS: Send an email with a statement from the swimmer's coach, parent/guardian, and religious leader to the YMCA Officials' Chair Judy Sharkey – jmsharkey@aol.com -- explaining that the named swimmer requests an exemption from the suit coverage rules for religious reasons. Include a description of the garment to be worn. You should hear back in about a week, perhaps a bit longer during championship season. It is then the swimmer's responsibility to present the exemption letter to the Meet Referee prior to the start of warm-ups.

IF YOU NEED AN EXEMPTION FROM THE COVERAGE REQUIREMENTS FOR MEDICAL REASONS:

Follow the instructions for a religious exemption, omitting the need for a statement from the swimmer's religious leader.

FOR MORE INFORMATION

World Aquatics's rule book, pages 18-23: https://resources.fina.org/fina/document/2025/07/01/ed3110a4-2291-411d-8526-6f641bd9237a/Competition-Regulations_June-2025_Clean-updated-01.07.2025-.pdf

USA Swimming's rule book, pages 35-36 and 77:

https://websiteprodcoresa.blob.core.windows.net/sitfinity/docs/default-source/governance/governance-lsc-website/rules_policies/rulebooks/2026-rulebook.pdf