

Period Wear Guidance

The Swim England Swimming Leadership Group is taking the opportunity to clarify the use of period wear in competition.

What can be worn?

- A specific period swim costume can be worn during training (at any time) or where competitions are held under Swim England Laws and Regulations. This includes all unlicensed and licensed swimming competitions, including Swim England national competitions across both age group and Masters swimming.
- Period pants can be worn underneath a race costume during training (at any time) or in competition at all events held under Swim England Laws and Regulations. This includes all unlicensed and licensed swimming competitions, including Swim England national competitions across both age group and Masters swimming.

All items worn in competition must be made of a textile material as per the current World Aquatics Rules. This policy does not permit a swimmer to wear two full swimming costumes.

In competition actions

A technical official is required to report rule infractions to the Referee who determines whether or not a swimmer should be disqualified. If a technical official does notice a second layer, they should only report the infraction to the Referee if they believe that the swimmer is wearing a full second suit.

Limitations

Those swimmers seeking to set British and other national (including England), continental or world records at Swim England Events must be fully compliant with World Aquatics swimsuit laws, which do not permit the wearing of two swimsuits or layers at any time.

Events organised by British Swimming, Scottish Swimming and Swim Wales are not held under Swim England Laws and Regulations and are therefore not covered by this guidance.

Swim England Swimming Leadership Group