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**Purpose:** Eliminate the use of technical/performance race suits for all competitors aged 12 years and under, whilst competing at all Swimming Otago sanctioned competitions.

**Why:** To keep our young athletes in our sport, we need to be providing an environment that encourages them and keeps the level of competition and pressure appropriate for their age.

Research indicates there are no beneficial gains by young swimmers using a Technical/Performance suit therefore let's eliminate the option, in turn reducing barriers for our swimming families. The cost of Technical/Performance suits makes them unattainable for many families. Swimming Otago does not want to add any extra financial pressure on parents with unnecessary purchases. *We understand that for various reasons, cost of suits may not be an issue for all swimmers. However, in order to effectively police this change, we must restrict all suits of this style.*

Personal best times should not be the only evaluation or measure of success for younger athletes. Technique and skill development is essential for all long-term swimmer development. It is crucial that as swimmer's progress through the sport they have developed a solid foundation in technique and stroke development to enable them to achieve higher results in the latter years of their journey.

Our aim is to assist in building mentally-strong athletes, confident in his or her own ability and training ethic rather than an athlete depending on a technical/performance suit to get an improved result.

#### **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.

#### **Technical/Performance Suit**

##### **Key Components**

Key components of a technical/performance suits, which should be identified when differentiating what is and isn't permitted, are Bonded/ Sealed Seams, Meshed Seams, Kinetic Tape

##### **Permitted Suits**

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.

##### **Applied Events:**

All Swimming Otago sanctioned competitions.

##### **Event Exceptions:**

Check regional policies before entering and/or competing at a competition held outside our region.  
Swimming NZ sanctioned competitions; Junior Festival, Division II and Age Group Championship.

**Officiating the Change:**

Breach of any competition, Swimming NZ and/or FINA regulations or rules are reportable, to the Referee, by all Technical Officials.

**PERMITTED**



*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.*

**NOT PERMITTED**



*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.*

*Please Note: the above pictures are examples of seaming only. The brands and styles depicted are not the only brands or styles to which the new policy will apply. If you are unsure whether the suit you currently have, or are considering purchasing, will be permitted, please check with the retailer, or contact the regional administrator for advice.*