

**RLSSUK: DRESS OF COMPETITORS**

**Costumes, Dress and Style**

Competitors shall wear costumes, clothing or dress as approved by RLSSUK.

A competitor shall be not be permitted to take part in any competition if, in the opinion of the Referee, the competitor is not properly dressed.

Swimwear for both RLSSUK stillwater competition and ocean events must comply with the following standards:

- Swimwear worn by males shall not extend above the navel or below the knee.
- Swimwear worn by females shall not cover the neck, shoulders or arms nor extend below the knees. Two piece swimsuits that conform to this standard may also be worn.

Male Swimsuits					
Full Length	Long	Long Legs	Knee length	Square Leg	Short
Not Allowed	Not Allowed	Not Allowed	Allowed	Allowed	Allowed
					

Female Swimsuits				
Full Length	Zippered Back	Knee Length, Open Back	Short, Open Back	Two Piece
Not Allowed	Not Allowed	Allowed	Allowed	Allowed
				

RLSSUK will allow both male and female competitors to wear "modesty" swimwear made of a textile woven fabric under their swimsuit, provided that no competitive advantage shall be gained.

The material and construction used in swimwear to be worn in all RLSSUK Stillwater events and ocean competition event swim legs shall be:

- Only textile woven fabric(s) only shall be permitted.
- Non woven and/or non-permeable (e.g. wetsuit type) materials shall not be permitted.
- The material used shall have a maximum thickness of 0.8mm.
- Other than string ties for the tops of men's swimwear or the bottom of female two piece swimwear no zippers or other fastening systems shall be permitted.
- Swimwear that provides flotation, pain reduction, chemical/medical stimulation or other external stimulation or influence of any type shall be prohibited.
- No outside application on the material shall be permitted. (Note: manufacturer brandings are permitted,

**Note:** Upon application for religious and/or cultural diversity reasons, RLSSUK will consider the wearing of (non body shaping) textile swimwear that covers a greater part of of the body provided that such swimwear does not provide a competitive advantage.

**Simple textile swimwear** which might be described as normal recreational swimwear is allowed providing it meets the requirements above or is approved by the appointed referee or the College of Referees.

The Referee may authorise the wearing of wetsuits dependent upon weather, water or other marine conditions.

Wetsuits shall be permitted in events when the water temperature is 16 degrees Celsius or less, or when the Referee determines wind chill is a factor. Water temperature measurements should be taken approximately 30cm below the surface.

The only wetsuits approved for use in events involving swimming shall have a maximum thickness of 3 mm at any location on the wetsuit with a tolerance of 0.3 mm. Wetsuits cannot contain additional material to provide the wearer with flotation or buoyancy assistance.