



USMS Open Water Swimwear Rule Summary for 2011

The following summary is based on Article 303.6 SWIMWEAR FOR OPEN WATER EVENTS, USMS 2011 Rule Book, pp.64-65, <http://www.usms.org/rules/part3.pdf>.)

Rules that Apply to All Swimwear Categories

1. Must be non-transparent and conform to the current concept of the appropriate.
2. No advertising for tobacco, alcohol, or IOC/FINA banned drugs allowed. The manufacturer's name is allowed.
3. No tape on body unless approved by the Referee.
4. Cap or caps (which may include those made of neoprene), goggles, nose clips, ear plugs, wristwatches, and grease are allowed.

Rules for Category I Swimwear (formerly non-wetsuit)

1. The competitor shall wear only one swimsuit in one or two pieces made from textile materials.
2. For men, the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knees.
3. Not legal for Category I:
 - a. Any device or substance to help speed, buoyancy, endurance (such as wetsuits, webbed gloves, fins, snorkels, etc.), or maintenance of body heat (except neoprene caps).
 - b. Arm & leg bands shall not be regarded as part of the swimsuit and are not allowed.

Rules for Category II Swimwear (formerly wetsuit)

1. Swimwear that does not meet the requirements for Category I swimwear shall be considered Category II swimwear.
2. Swimwear may also include wetsuit, arm & leg bands, and rash guards.
3. Wetsuits or any other heat-retaining swimwear may be allowed at the discretion of the event director when the water temperature does not exceed 78 degrees Fahrenheit.
4. Swimmers may not wear or use any additional device or substance to help speed, buoyancy, or endurance (such as webbed gloves, fins, snorkels, etc.), except in designated events where all swimmers may use similar devices or substances.