



Recreation Suit Policy

Rev. Sep 20, 2022

The greatest advancements in swimming come not from gains in strength but from increased efficiency, including the reduction of drag resistance. We are constantly refining technique to move more efficiently through the water and bathing suits can be a major source of drag resistance. Below are some guidelines that aim to maximize benefit for the athlete and accelerate their progress.

Ensure that your swimmer's swim suits are snug and well fitted - do not size up in hopes that they will 'grow' into their suit, as suits do stretch out over time. Suits that are too big or loose will increase drag, as well as deteriorate faster. Furthermore, USA Swimming ([USA Swimming Rulebook Section 102.8](#)) has specific guidelines regarding approved swimwear that can be used in competition.

Suits for Swimmers Identifying as Female: Swimmers may wear any brand of competitive suit to practice and should not interfere with practice. Shoulder straps should only be able to be pulled up to the bottom of the earlobe. Suits cannot have decorative skirts, beads, frays, straps, or any buckles or zippers.

Suits for Swimmers Identifying as Male: Swimmers may wear brief or square leg suits; "jammers" (knee-length suits in non-technical material) are not recommended but are acceptable for Recreation practices. Swimmers planning to compete should plan to wear briefs. Board shorts or swim trunks will not be allowed in practice or competition.

Caps: Any solid color or WEST cap is acceptable for practice. Swimmers should avoid wearing caps representing other teams at practice. If competing, swimmers must wear the royal blue WEST team cap for all competitions.

WEST Competition Suit: If competing, swimmers must have a plain royal blue, black, or navy suit to wear at all swim meets. We have Arena suits with the WEST 'W' logo available to order through [Swim Outlet](#), but any plain navy, royal, or black suit is acceptable. Suits may not have any ties, zippers, or buckles.

Recommended Practices for Gender Diverse Minor Athletes

[Click here](#) to view USA Swimming's recommended practices for the inclusion of gender diverse minor athletes. These recommendations are consistent with WEST's values of equal opportunity and the right for all members to participate.

T-shirts or rash guards: should not be worn by Recreation swimmers. Exceptions may be made for religious reasons and there are some types that work better than others. Any apparel worn for religious reasons must be discussed prior with their coach and follow USA Swimming's protocols. *See [Procedure to Apply for an Exemption to Article 102.8.1B Regarding Swimsuit Design for Religious or Medical Reasons](#).

Examples of Suits



Square Leg Brief



Brief



Jammer



Thin Strap



Thick Strap

Team Suits

