

**Scottish Swimming: Technical swimsuit policy for athletes aged 13 years and younger**

As part of Scottish Swimming's continued commitment to supporting swimmers of all ages, a new policy regarding the use of Technical Suits in racing for young swimmers aged 13 years and under will come into effect on September 1, 2022

**Why are we championing non-technical suits for young swimmers?**

Scottish Swimming's Technical Swimsuit Policy has been developed after consultation with clubs and coaches, and centres around several key rationale, as outlined below:

1. In young swimmers the development of excellent technique and the introduction to training methods is the primary focus. The availability of technical swimsuits brings an undesirable focus on enhanced performance through the use of equipment, and away from technique and training. Young swimmers should feel and understand that it is their own commitment and effort that make a difference when they compete, not the swimsuit they wear
2. Buying technical swimsuits for young swimmers puts the emphasis on delivering the result. The focus of younger swimmers should be less on results, more on learning the process of how to improve and on the enjoyment of the sport and competition. Children should feel and understand that it is their training, commitment and application to the sport that makes a difference when they compete, not the competition suit that they wear.
3. Technical swimsuits are expensive and have a short shelf-life (the qualities that provide the performance advantage start to deteriorate as soon as they are worn in water). Swimming should be inclusive in a way that enables as many people as possible to enjoy the sport and competition without the additional pressure of buying unnecessary, expensive, and potentially detrimental equipment

The document attached [HERE](#) provides more details of Scottish Swimming's Tech Suit policy and explains in greater detail the rationale behind this decision, the definition of a 'Tech Suit' and how the ruling will be implemented from September 1, 2022.

The policy has been introduced to create a cultural shift in our sport to remove the focus on early age group success, underpinning development for progression towards success at youth and senior levels.

The policy should be included within all meet conditions and it is the responsibility of Districts, Clubs and Coaches to educate athletes and parents on the spirit of the policy.

If you have any queries regarding the policy, please email: [info@scottishswimming.com](mailto:info@scottishswimming.com)

**What suits can athletes, aged 13 and under, wear?**

Click for a [visual guide](#) as to what a tech suit is defined as, and what those aged 13 and under can wear in Scottish Swimming's licensed/sanctioned events from September 1, 2022.