

2023 USAT Swimwear Information

Due to swimwear products entering and leaving the market over time, it is no longer feasible to have a predetermined “Approved” list. The information provided here is meant to help the athlete determine if the swimwear in question would be legal for use at USA Triathlon sanctioned events.

USA Triathlon Swimwear Rule

4.9a For the purpose of these rules, wetsuits are swimwear made of material providing thermal insulation. Wetsuits cannot exceed 5 millimeters thickness anywhere. If the wetsuit is made in two pieces, the combined thickness in the overlapping areas may not exceed the 5mm thickness limit. Any swimmer wearing a wetsuit with a thickness measured in any part greater than 5mm shall be disqualified. When wetsuits are permitted, wetsuit tops and/or shorts (constructed of rubberized, buoyant material such as polyurethane or neoprene) are allowed but may not be worn in addition to a wetsuit.

There are basically three categories of triathlon apparel:

Wetsuits, Swim skins, and Tri suits/kits (including standard Cycling apparel).

Wetsuits: Are made with a nonpermeable material. Usually, neoprene. This material provides buoyancy and is only legal in wetsuit legal swims or wetsuit optional waves. Wetsuit legal water temperatures are variable depending on the hosting party. They are allowed a maximum thickness of 5mm.

Swim skins/skin suits: Are made of permeable synthetic textiles designed to smooth the swimmers in-water profile and reduce drag. They contain no neoprene and do not provide buoyancy. They are legal for use in either wetsuit or non-wetsuit legal swims. (Unless the swim is wetsuit mandatory in which case, they cannot be worn in in place of a wetsuit.)

Tri suits/kits: Are made of permeable textiles (whether synthetic or natural materials). They contain no neoprene and do not provide buoyancy. They are legal for use in either wetsuit or non-wetsuit legal swims (unless the swim is wetsuit mandatory in which case, they cannot be worn in in place of a wetsuit.) and may be worn underneath a wetsuit in wetsuit legal swims.

If you have a question not covered here regarding a specific swimskin/skinsuit please reach out to rulesandofficials@usatriathlon.org.