



CRONULLA SURF LIFE SAVING CLUB

INCORPORATED

The following extracts from the SLSA Current Edition Surf Sports Manual August 2019 (Updated October 2020) shall apply to the Cronulla SLSC 2.3 km Shark Island Swim and the Cronulla Beach 1km Fun Swim races

A. Swim Wear

2.5.1 Costumes, Dress and Style

- (a) Competitors shall wear costumes, clothing or dress as approved by SLSA.
- (b) A competitor shall not be permitted to take part in any competition if, in the opinion of the Referee, the competitor is not properly dressed.
- (c) Swimwear to be worn in all SLSA ocean competition swim legs and pool rescue competition swim legs (including special events) must comply with the following standards:
 - (i) Swimwear worn by males shall not extend above the navel or below the knee.
 - (ii) 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.

Note 1: It is not permitted to wear compression sleeves, socks, or stockings etc. in ocean and pool competition swim events or swim legs of events.

Note 2: Body tape used for preventative, medical, therapeutic or kinesiology purposes is permitted for competitors in events at the discretion of the Referee as long as it does not provide a competitive advantage. For specific conditions for SLSA pool events refer to the ILS Competition Rule Book.

- (d) The material and construction used in swimwear to be worn in all SLSA beach competition swim legs and pool rescue events swim legs shall be:
 - (i) Only textile woven fabric(s) shall be permitted.
 - (ii) Non-woven and/or non-permeable (e.g. wetsuit type) materials shall not be permitted.
 - (iii) The material used shall have a maximum thickness of 0.8mm.
 - (iv) Other than string ties for the tops of male swimwear, the bottom and/or top of female two-piece swimwear, and on the back of female one piece open back swimsuits, no zippers or other fastening systems shall be permitted.
 - (v) Swimwear that provides flotation, pain reduction, chemical/medical stimulation or other external stimulation or influence of any type shall be prohibited.
 - (vi) No outside application on the material shall be permitted. (Note: manufacturer brandings, club names or similar are permitted).
- (e) SLSA 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 is gained. Further, any modesty swimwear shall be restricted to the short style for men and the two-piece style top and/or bottom for women.
- (f) Upon application for religious and/or cultural diversity/medical and/or Sun Safety reasons, SLSA will consider the wearing of (non-body shaping) textile swimwear that covers a greater part of the body provided that such swimwear does not provide a competitive advantage.

2.5.2 Caps







- (b) In ocean (*swim*) events ... rubber or silicone type swim caps are to be worn at the start of the event
- (c) A competitor shall not be disqualified if the cap is inadvertently displaced or lost after the start of an event, provided that officials can identify that the competitor correctly completed the course/race.

B. Swim Wear

Lycra Rash or Stinger Vests, Shirts, Long Leg & Full Body Suits are allowable as long as there is no NEPRENE found in any part of the material or costume.

Examples of **Non Permitted** and **Permitted** Male and Female wetsuits

MALE NEOPRENE WETSUITS - NOT PERMITTED

Full Length Neoprene	Long Neoprene	Long Legs Neoprene
Not Permitted	Not Permitted	Not Permitted
		
Knee Length Neoprene	Square Leg Neoprene	Neoprene Briefs
Not Permitted	Not Permitted	Not Permitted
		

LYCRA RASH VESTS, TOPS, FULL SUITS - PERMITTED

Full Length Lycra	Long Lycra	Long Legs Lycra
Permitted	Permitted	Permitted
		
Knee Length Lycra	Square Leg Lycra	Lycra Briefs
Permitted	Permitted	Permitted
		
Knee Length, Open Back Lycra	Short Open Back Lycra	Two Piece Lycra
Permitted	Permitted	Permitted
		