

# Albany Aquatics Association Swim Suit Policy

*Effective: September 2025*

## Purpose

The Albany Aquatics Association (AAA) swim suit policy is designed to:

1. Promote a team-oriented appearance at practices and competitions.
  2. Encourage appropriate, performance-based suit use by age and skill level.
  3. Support families with clear and cost-conscious guidelines.
  4. Must comply with USA Swimming rules (Section 102.8), including restrictions on technical suits for athletes under 13.
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## General Guidelines

- **All swimmers** are required to wear well-fitting, performance-appropriate suits in all practices and competitions.
  - **Baggy, decorative, or casual swimwear** (e.g., board shorts, fashion swimsuits, or suits with zippers, frays, or embellishments) are not permitted.
  - Swimsuits must fully cover the swimmer's backside and chest, straps should be snug and secure (should not rise above earlobes).
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## Practice Suit Requirements

- **Males:** May wear jammers or briefs (square leg or traditional) in their choice of color and design. Arena brand is preferred.
  - **Females:** Must wear a one-piece suit with thick or thin straps in their choice of color and design. Arena brand is preferred.
  - Suits must be free of holes, overstretching, or transparency. Athletes may be asked to replace worn-out suits.
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## Meet Attire Policy

## Team Suit Requirement

- All AAA swimmers must wear the approved **team suit in navy blue** and a **team cap** at all swim meets. We have Arena suits with the AAA logo available to order through Swim Outlet: <https://www.swimoutlet.com/collections/albanyaquatics>
- Team suits must be solid navy blue (plain or with approved team branding).
- Team caps (latex, silicone or dome) are required during warm-ups and competition. If multiple caps are being worn, the outermost cap must be an official AAA team cap. Official AAA team caps are available to order through Swim Outlet. Personal or alternate designs are not permitted at meets.

## Tech Suits Requirement

### Non-Championship Meets

- **12 & Under:** Navy blue team suits only; tech suits are **not allowed**.
- **13 & Over:** May wear approved tech suits, **only with coach approval**.

### Championship Meets

- **12 & Under swimmers** must use the navy blue team suit or an approved U12-compliant tech suit **with prior coach consultation**.
- **Athletes age 13+** may wear tech suits at championship-level meets (e.g., Regionals, State, Sectionals) **with prior coach consultation**.
- Tech suits must adhere to USA Swimming regulations for age and level.

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Suit modifications must be coordinated in advance with coaching staff and must follow USA swimming exemption procedures. Coaches are available to provide individualized support.

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## Compliance & Penalties

- Any AAA swimmer who is present at a meet without a team suit may be restricted from the competition.
  - Our goal is to maintain consistency and professionalism across all levels of competition. We appreciate your support in reinforcing these expectations.
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**Questions?**

For fit recommendations, approved suit models, or help selecting the right suit, please speak with your coach. For team suit ordering, visit our team store on [Swimoutlet](#).