



Traditional Category Rules

The Traditional category must adhere to the following Channel Swimming rules:-

A Standard Swim Costume (for both sexes) shall be of a material not offering thermal protection or buoyancy and shall be **sleeveless** and **legless**:

- “Sleeveless” shall mean the costume must not extend beyond the end of the shoulder onto the upper arm.
- “Legless” shall mean that the costume may not extend onto the upper leg below the level of the crotch. In layman’s terms, a standard Speedo suit.

Please Note:

Anyone who does not adhere to these rules will be transferred to the Open or other relevant category.