

We have received a number of queries recently regarding swimmers wearing jewellery during competition.

**There is no FINA Rule that specifically prohibits the wearing of jewellery.**

However the following do need to be taken into consideration:

- **Watches**

**SW10.16** – *No pace-making shall be permitted, nor may any device be used or plan adopted which has that effect.*

- **Power Bands**

**SW 10.8** - *No swimmer shall be permitted to use or wear any device or swimsuit that may aid his/her speed, buoyancy or endurance during a competition (such as webbed gloves, flippers, fins, **power bands**, or adhesive substances, etc.). Goggles may be worn. Any kind of tape on the body is not permitted unless approved by FINA Sport Medicine Committee.*

The definition of 'power bands' is not provided by FINA. Web research will show lots of articles about power balance bands which are basically silicone wrist bands containing a hologram. In other sports, players can be seen with tape wrapped tightly above/below muscles particularly on arms and legs, it supposedly helps to protect from muscle cramps or over exertion in much the same way as swimmers used to wear two tight fitting suits. However, this rule is not intended to prevent the wearing of charity wristbands, friendship bracelets, bits of string, hair bobbles or any similar items which swimmers may choose to wear. It would therefore be for the Referee to determine whether or not any item being worn can be classified as a 'power band', bearing in mind the opportunity for the swimmer to protest if disqualified for wearing the item and the need for the Referee to then justify their action.

- Each Home Nation has specific **Health & Safety** guidance which covers jewellery and officials should make themselves familiar with this.

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