

GENERAL RULES OF THE COMPETITIONS (IWSA)

1. General rules for the competitions

1.1. Swimmers must register and collect accreditation badges (swimmer passes) in the InfoCenter. Accreditation badges can be collected any time from Wednesday (04.12.2019) – when registration opens (see the Event Schedule). Please note that the swimmer pass should be collected, at least, one hour before your swim. Failure to pick up the swimmer pass on time will result in disqualification. Please take care to obtain your accreditation in advance.

1.2. Upon the accreditation, every swimmer will be provided with a swimmer pass and the event manual. The pass will set out heat number, the times at which the swimmer is expected to arrive to the changing room, to arrive to assembly point to be briefed, and the race start time. Swimmers must keep their pass with them at all times.

1.3. Each participant is obliged to strictly follow the set time, and in case of lateness will be suspended from participating in the heat.

1.4. Heat numbers will be announced throughout the day. When Participants hear their race number being called, they must go promptly to the changing room.

1.5. Swimmers may not use any internal or external substances that preserve or increase body temperature. Swimming under the influence of drugs or alcohol is strictly forbidden. Any official representative of the Cup or a lifeguard may require a swimmer to leave the water if he or she believes that swimmer is under the influence of alcohol or drugs or presents a danger to him or herself, other swimmers, officials or spectators.

1.6. Swimsuits must be appropriate and non-transparent. Swimming without a bathing costume or women swimming topless are not permitted. Swimsuits must not be lower than the hip or above the shoulder (leg's knee must be open i.e. they cannot have legs or sleeves) and shall have no thermal protection or buoyancy. (See Appendix 4).

1.7. Swimmers may not use any device or material, which is designed to improve performance. This includes, without limitation, hand paddles, snorkels, fins, or floatation devices.

1.8. Swimmers must have their head covered, either with a swimming cap or a woollen or other warm hat.

1.9. With the exception of a hat, swimmers may not wear any additional clothing, e.g. gloves, neoprene socks or a wetsuit of any description, whether made of neoprene or any other material, even for dipping.

1.10. Swimmers may wear goggles.

1.11. The Organizer's decision on whether or not a swimmer is attired appropriately will be final.

1.12. In the changing room, please ensure that you have all your clothes you may need after the swim. Put on your swimsuit, your coat or jacket, bathrobe, shoes and warm socks. Participants will then be escorted down to the Assembly Point for their race. Late arrival to the Assembly Point will result in disqualification.

1.13. As the previous heat is started, Participants will be instructed to disrobe and line up in their respective lanes. Please use clothes that are quick and easy to take off and to put on after the race, as you will need to leave the pool area as soon as possible.

1.14. A basket or a large crate will be provided at each lane for participants to place all their clothing and bags in just before they enter the water. For 25 m individual races and relays, the crate will then be carried around to the far end of the lane where participants will collect their clothes once completed the race.

2. Rules for All Races

2.1. Swimmers compete within age categories. The age categories for events of the **season of 2019-2020** are determined by the swimmer's age on **October 31, 2020**. (See Appendix 1 for details).

2.2. Participants will receive the following commands (with the following intervals):

1. Take off your clothes

2. Get in the water (5 seconds)

3. On your marks (3 seconds)

2.3. As Participants enter the water they must get into the start position. The start position is required by the command 'On your marks'. Participants must hold the Start Bar (a clearly marked designated step of the ladder) with one hand and put their front shoulder under the water. See Appendix 2 for illustration of the permissible start position. Not completing the command 'On your marks' may result in 5 seconds penalty added to the race time.

2.4. In 3 seconds after the command 'On your marks' the claxon will sound, indicating the start

of the race.

2.5. Swimming under the water after START for longer than 5 meters from the start wall (when the swimmer is completely submerged and no part of the swimmer is breaking the surface of the water) is strictly forbidden and will result in 5 seconds penalty added to the race time.

2.6. False starts will not be called back. Blatant false starts will result in disqualification. Minor false starts will result in 5 seconds penalty added to the race time. The decision of the race referee(s) will be final.

2.7. Tumble turns are strictly forbidden. Before making a turn, Participant must touch the end of the pool wall with, at least, one hand.

2.8. Swimming under the water after completing the TURN for longer than 5 meters from the turn wall (when the swimmer is totally submerged and no part of the swimmer is breaking the surface of the water) is strictly forbidden and will result in 5 seconds penalty added to the race time.

2.9. To finish the race, a participant must touch the end of the lane with, at least, one hand.

2.10. The Heat results will be final. (No extra final heats).

2.11. Participants must leave the water immediately after the race. They should retrieve their clothes from the provided baskets and should immediately leave the pool area.

2.12. Award ceremony will be held according to the Event Schedule.

3. Rules for Breaststroke 25 m and 50 m.

3.1. The only permissible stroke is "Head-Up" breaststroke. The crown (the top) of the head must not be submerged during the swim at any time except while the swimmer is within the 5 m zone after start and after a turn. If the crown (the top) of the head submerges at any time during the race at a distance longer than 5 m from the start or turn wall, the swimmer will receive 5 second penalty that will be added to their race time. See Appendix 3 for illustration.

3.2. See Chapter 2 for the race regulations.

4. Rules for Ice-Butterfly 25 m

4.1. Swimming style is a regular butterfly for individual swims.

4.2. From the beginning of the first arm stroke after the start and after each turn, the body shall be kept on the breast.

4.3. Both hands must simultaneously slip forward over the water.

4.4. All the movements of the two legs up and down should be done at the same time during the entire race.

4.5. See Chapter 2 for the race regulations.

5. Rules for Freestyle 25 m, 50 m and 100 m

5.1. Swimming style is a freestyle meaning "any style" for individual swims.

5.2. See Chapter 2 for the race regulations.

6. Rules for Relays

6.1. The swimming distance is 4 x 25 metres.

6.2. Teams' gender must be mixed. Each team must consist of three men and one woman or three women and one man. All participants must represent the same team as in the individual types of the competition program.

6.3. Team must consist of a team Captain and 3 swimmers. Only the team Captain should register the team. The names of the other 3 members should be provided on registration.

6.4. Team members must agree on their start order prior to registration.

6.5. Registration of the relay teams will be open at the InfoCenter till 18:00 (6PM) on Friday December 6, 2019. By this time, the registration fee must be totally paid. Captains must confirm their registered relay teams at the InfoCenter by 18:00 (6PM) on Friday December 6, 2019.

6.6. Team member may participate in one breaststroke relay and one freestyle relay.

6.7. When called to the pool area, team members will be instructed to take their position at the team's lane according their start order. The first and third swimmers take the start end of the lane, while the second and fourth swimmers take the turning end of the lane.

6.8. The swimmers must follow the general regulations described in Chapter 2.

6.9. The first swimmer starts as described in Chapter 2.

6.10. The previous swimmer completing his or her turn by touching the wall signals the start for the subsequent swimmer. The second, third or fourth swimmer must be in the water in the start position while (and before) the incoming teammate is touching the wall. In case of a false start, the

when the subsequent swimmer performed the start before the previous team member touched the pool wall, the team will be disqualified.

6.11. The team finishes when the fourth swimmer touches the wall at the end of the lane.

7. Rules for Breaststroke Relay

7.1. The only permissible stroke is “Head-Up” breaststroke. The crown (the top) of the head must not be submerged during the swim at any time except while the swimmer is within the 5 m zone after start and after a turn. If the crown (the top) of the head submerges at any time during the race at a distance longer than 5 m from the start or turn wall, the swimmer will receive 5 second penalty that will be added to their race time.

7.2. See Chapters 2 and 6 for the race regulations.

8. Rules for Freestyle Relay

8.1. Swimming style is a freestyle meaning “any style” for the swims of team members.

8.2. See Chapters 2 and 6 for the race regulations.

9. Rules for Endurance Swims

9.1. Minimum age for an endurance swimmer is 20 years old. Swimmers compete within 9 age categories. See Appendix 1 for details.

9.2. At accreditation (when collecting swimmer passes), the swimmers registered for an endurance swim must present the following documents:

- Electrocardiogram (ECG) not older than 2 months.
- A signed application.

9.3. Endurance Swimmers will be admitted to the start only if accompanied by an Assistant – a trusted person who knows the Swimmer and can confirm the Swimmer’s ability to swim the Endurance distance, and is able to provide the needed support to the Swimmer until he or she is fully recovered.

The Assistant must:

- follow the Swimmer to the pool area;
- stay at the start end of the lane all the time during the swim;
- make a sign to the judge to stop the Swimmer’s race in a case of suspecting the Swimmer to behave inadequately so continuing the swim may result in a danger to his or her life and health;
- support the Swimmer after the swim, during recovery procedures until he or she is fully recovered.

9.4. It is highly recommended that Endurance Swimmer has a personal insurance policy providing coverage for extreme sports.

9.5. Mandatory briefing for Endurance Swimmers will be held according to the Event Schedule. All Endurance swimmers must attend the meeting. A failure to appear at the briefing will result in disqualification.

9.6. Medical exam shall be held for Endurance Swimmers on the swimming day according the Event Schedule. The medical exam shall include but not limited to a blood pressure test and drug and alcohol evaluation. Medical restriction based on results of the exam is unconditional and makes the Endurance Swim impossible.

9.7. The Organizers have a right to reduce the distance or cancel the Endurance Swim in a case when the weather conditions changed severely increasing the risk of danger to the Swimmers. Their decision to do so will be final.

9.8. The judges have a right to stop the Swimmer’s race in a case of suspecting the Swimmer to behave inadequately so continuing the swim may result in a danger to his or her life and health.

9.9. Award ceremony will be held according the Event Schedule.

10. Rules for 200 m Endurance Swim

10.1. Swimming style is a freestyle meaning “any style”.

10.2. Swimmers must have a relevant qualification to compete in Endurance Swim. At registration, in addition to the documents listed in paragraph 9.2, they should present a copy of results from a previous winter swimming competition proving that they have successfully completed a distance no shorter than 200 m in water no warmer than +2°C “A” water category.

10.3. Duration of the swim is limited. The duration of the heat should not exceed 8 minutes.

10.4. See Chapters 2 and 9 for the race regulations.

11. Rules for 450 m Endurance Swim

11.1. Swimmers must have a relevant qualification to compete in Endurance Swim. At registration, in addition to the documents listed in paragraph 9.2, they should present a copy of results from a previous winter swimming competition proving that they have successfully completed a distance no shorter than 200 m in water no warmer than +2°C "A" water category. As an alternative, the swimmers are obliged to register and successfully swim the distance of 200 m endurance swim to confirm their registration for 450 m endurance swim.

11.2. Swimming style is a freestyle meaning "any style".

11.3. Duration of the swim is limited. The duration of the heat should not exceed 12 minutes.

11.4. See Chapters 2 and 9 for the race regulations.

12. Rules for Polar Bears, Seals and Young Seals

12.1. The participants of Young Seal Series make a dip, Seals Series – swim 25 m, Polar Bear Series – swim 50 m – all without timing. For more details please refer to the Event Schedule.

Appendix 1: Table of age categories

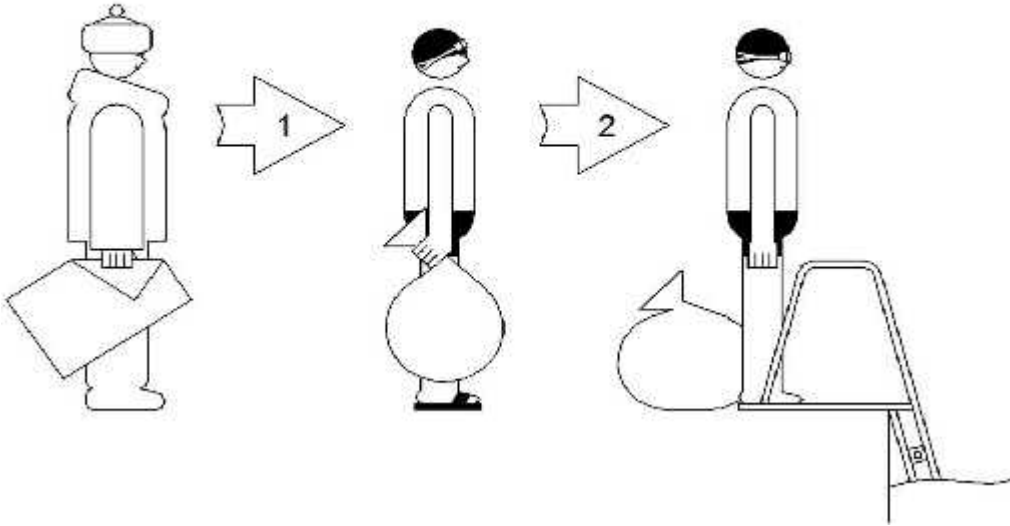
The age groups for events of the season of 2019-2020 are determined by the swimmer's age on October 31, 2020.

Competition Category (Breaststroke 25m, 50m, 100m, 200m; Freestyle 25m, 50m, 100m, 200m, 450m; Butterfly 25m)			
Category	Date of birth	Age (years)	Permitted distances for registration and participation
A1	From 01.11.2005 and later	14 and younger	Only 25m
A2	From 01.11.2000 to 31.10.2005	15-19	Not exceeding 100m
B	From 01.11.1990 to 31.10.2000	20 - 29	All distances
C	From 01.11.1980 to 31.10.1990	30 - 39	All distances
D	From 01.11.1975 to 31.10.1980	40 - 44	All distances
E	From 01.11.1970 to 31.10.1975	45 - 49	All distances
F	From 01.11.1965 to 31.10.1970	50 - 54	All distances
G	From 01.11.1960 to 31.10.1965	55 - 59	All distances
H	From 01.11.1955 to 31.10.1960	60 - 64	All distances
I	From 01.11.1950 to 31.10.1955	65 - 69	All distances
J	From 01.11.1945 to 31.10.1950	70-74	All distances
J1	From 01.11.1940 to 31.10.1945	75-79	Not exceeding 100m
J2	Before 01.11.1940 and earlier	80 and older	Not exceeding 100m

Breaststroke relays 4 x 25m		
Category	Total age of the team, years	
BR 1	≤ 150	
BR 2	151 - 200	
BR 3	201 - 250	
BR 4	≥ 251	
Freestyle relays 4 x 25m		
Category	Total age of the team, years	
FR 1	≤ 150	
FR 2	151 - 200	
FR 3	201 - 250	
FR 4	≥ 251	
Non-competitive disciplines		
Category	Name of the discipline	The distance
K	“Polar Bears”	50 m swim without timing
L	“Seals”	25 m swim without timing
M	“Young Seals”	Dip in the water

Changing clothes procedure

Please Put All Your Clothers Into The Bag And Carry It To The Start



Perhaps there will be a special tent for a temporary accommodation of things, where the participants can leave things and pick them up after the swim.

Appendix 2: Start position.

Start position: One hand holds the handle of the Start, the second hand and the front shoulder should be under water



Appendix 3: “Head-Up” Breaststroke



Appendix 4: Swimwear

