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Президент
Общероссийской общественной организации
«Федерация зимнего плавания России»




_____ К.С. Сиденко

_____ 2019 г.

УТВЕРЖДАЮ

Председатель
Тюменской областной общественной
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«Федерация закаливания и спортивного
зимнего плавания»




_____ А.П. Салмин

« _____ » _____ 2019 г.

УТВЕРЖДАЮ

Вице-президент международной ассоциации
зимнего плавания (WSA)




_____ А.В. Яковлев

«17» июня 2019 г.

СОГЛАСОВАНО

Главный тренер команды России по зимнему
плаванию




_____ И.С. Лукин

_____ 2019 г.

ПОЛОЖЕНИЕ

о проведении 5-го Тюменского открытого Кубка
3-го этапа Кубка России,
2-го этапа Кубка мира по зимнему плаванию

**5th TYUMEN OPEN CUP,
3rd STAGE OF THE RUSSIA CUP,
2nd STAGE OF THE WINTER SWIMMING WORLD CUP**
4-8 December, 2019, Tyumen, Russia

1. Introduction

1.1. **The Sports festival “The 5th Tyumen Open Cup, 3rd stage of the Russia Cup, 2nd stage of the Winter Swimming World Cup”** (hereinafter – the Cup) is held in accordance to the calendar plan of the physical culture events and sports events of the Tyumen region, approved by the Department of Sports of the Tyumen region, as well as in accordance with calendar plans of the International Winter Swimming Association (IWSA) and Russian winter swimming Federation (RWSF).

1.2. Date of the event **4-8 December, 2019.**

1.3. Venue: Russia, Tyumen region, Tyumen district, 42 km of Irbitsky trakt, branch of the ANO ODOOTS Olimpijskaya Rebyachka.

1.4. Registration of the participants is provided on the website of the event - www.winterswimming.ru.

1.5. The list, place and time of events within the Cup is determined by these Regulations, the Calendar of Events, the Competitions Program, as well as any other information posted on the event's website.

1.6. The list of styles, distances and age categories is determined by the present Regulations and the Competitions Program. The general rules of the competitions are established in accordance with the requirements of the International Winter Swimming Association (IWSA) and Russian winter swimming Federation (RWSF).

2. Classification of competitions

Open competitions.

Individual competitions.

3. Goals and objectives

- Propagation of a healthy lifestyle and hardening, as a basis for disease prevention and health promotion;
- Popularization of winter swimming as the most accessible sports discipline for general public;
- Identifying the strongest athletes on winter swimming in the world;
- Strengthening of relations between public associations of hardening and winter swimming in the world;
- Formation of scientific and practical foundations of the cold effect on the human body.

4. Organizers

- The Government of the Tyumen region represented by the Department of Sports of the Tyumen region;
- Tyumen regional public organization Federation of hardening and sport winter swimming;
- GAU TO Sports training center;
- All-Russian Public organization Russian winter swimming Federation;
- International Winter Swimming Association (IWSA).

5. Application for participation

All the information regarding the terms and order of registration, the cost of participation, as well as other related and derivative information is posted on the website of the event www.winterswimming.ru.

Participants eligible to take part in the competitions are the ones with experience of winter swimming and participating in competitions from the subjects of the Russian Federation, as well as athletes from member countries of the International Winter Swimming association (IWSA), who were duly signed up in the specified time, who have their doctor's permission to participate in such kind of competitions and are registered by the credentials commission.

Participants under 18 years of age must be registered by the team captain or one of the parents. Participants under 18 must have a note from their parents undertaking responsibility for the child's health during the competitions.

Participation in the Competitions is only allowed provided that each of the participants or the team has a life, accident and health insurance policy, which they must submit during registration.

The number of full years of the participant is determined on October 31, 2020. The participants' age group is determined in accordance with the birth date pursuant to the following table:

| 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 |

In every relay swim team there must be four swimmers, and at least one of them must be of the opposite sex.

Age groups of the relay swims participants:

| Breaststroke Relay 4 x 25m | |
|-----------------------------------|---------------------------------|
| Category | Summary age of the team (years) |
| BR 1 | 150 |
| BR 2 | 151 - 200 |
| BR 3 | 201 - 250 |
| BR 4 | 251 |

| Freestyle Relay 4 x 25m | |
|--------------------------------|-----------|
| Category | (years) |
| FR 1 | 150 |
| FR 2 | 151 - 200 |
| FR 3 | 201 - 250 |
| FR 4 | 251 |

Each registered participant undertakes all risks associated with participating in the competitions and is personally liable for his/her state of health.

6. Event program

4th December

Arrival and accommodation of participants and guests.

12:00 – 20:00 – accreditation of participants, small gym;

18:30 – inspection of the swimming pool jointly with representatives of IWSA and RWSF;

20:00 – 21:00 – Opening ceremony of the competitions, grand gym.

5th December

08:00 – 10:00 – medical examination for participants registered for a distance of 200m, medical centre;

At registration participants must choose only one distance (freestyle or breaststroke) from the offered for 200m!

08:00 – 18:00 – accreditation of participants, small gym;

10:00 – 16:00 – competitions on distances:
25m freestyle – women, men;
50m breaststroke – women, men;
200m freestyle – women, men;
200m breaststroke – women, men;
“Young Seals” freestyle;
“Seals” freestyle.

16:00 – 17:00 – awarding ceremony of participants of the 1st competition day, grand gym.

6th December

08:00 – 18:00 – accreditation of participants, small gym;

10:00 – 16:00 – competitions on distances:
25m breaststroke – women, men;
25m butterfly – women, men;
50m freestyle – women, men;
100m breaststroke – women, men;
100m freestyle – women, men;
“Polar Bears” freestyle.

16:00 – 17:00 – awarding ceremony of participants of the 2nd competition day, grand gym.

7th December

08:00 – 10:00 – accreditation of participants, small gym;

08:00 – 10:00 – medical examination for participants registered for a distance of 450m, medical centre;

09:30 – 09:45 – board of judges for participants registered for a distance of 450m, grand gym;

10:00 – 14:00 – competitions on distances:
Relay 4 25m freestyle;
Relay 4 25m breaststroke;
450m freestyle – women, men.

17:00 – 24:00 – awarding ceremony of participants of the 2nd competition day, closing ceremony, Gala dinner, grand gym.

8th December

Departure of participants and guests.

7. Award ceremony

7.1. All participants, regardless of disciplines, will receive certificates and memorial souvenirs according the Event Program.

7.2. Participants who achieved the 1st, 2nd, 3rd top results in a discipline in their age category will be awarded with medals and diplomas.

7.3. Winners in team relays 4x25m freestyle and breaststroke will be awarded with cups, medals and diplomas.

8. Protests

8.1. Protests can be filed against a decision of the referee or if an official fails to comply with the competition rules.

8.2. Protests must be supported by reasonable factual evidence and should not be vexatious or trivial.

8.3. All protests must be made in writing in Russian (or English) and must be delivered to the Race Office within 30 minutes of the decision or event.

8.4. The fee for submitting a protest is 5 000 (five thousand) rubles. The fee is payable at the time when the protest is submitted.

8.5. If the protest is upheld the fee will be refunded.

8.6. The Competition Director will be the final adjudicator of any protests and must provide reasons for his or her decision.

8.7. The Swimmers and their teammates are expected to use their common sense if they wish

to submit or make any protest.

9. Finances

9.1. The expenses associated with the preparation and holding of the event are borne by the organizers within the framework of the respective approved budgets and the established procedure for financing.

9.2. Participants themselves bear all the costs related with participating in the Cup.

9.3. Starting fees are paid by the participants during the registration procedure. Starting fees for an additional application submitted after the moment of closing the registration can be taken by the organizer from the participant / team in a double amount.

9.4. The starting fees of the Cup are set in accordance with the forthcoming organizational expenses for the organization of the Cup. Starting fees are paid by the participants during the registration process on the website of the Cup from August 1 to October 31, 2019. Starting fees for an additional application submitted after the moment of closing the registration can be accepted by the organizer from the participant/team in a double amount, but not later than 18:00 hours of the day preceding the holding of this distance.

The amount of the entry fee is:

- Heats for 25, 50, 100 m breaststroke; 25, 50, 100 m freestyle; 25m butterfly – 700 rubles;

- Endurance swims for the distances of 200, 450 m freestyle and 200m breaststroke – 1000 rubles;

- Relay races – 2000 rubles.

If the participant takes part in several kinds of heats for short distances, then the 4th and the following distances are for free.

If the participant takes part in endurance swims, then for the second distance he pays 500 rubles. Participant can choose only **one** distance (freestyle or breaststroke) from the offered for 200m.

Information on the procedure of payment of starting fees will be published from August 1, 2019 on the website of the event: www.winterswimming.ru.

10. Records

10.1. Fixation of the world and Russia records, as well as distances included in the World Cup stage offset, will be made in accordance with paragraph WS 10 and paragraph WS 11 of the current rules of RWSF.

This REGULATIONS is an official invitation to the competitions.