



## Winter Swimming World Championships 8-12 March 2016 Tyumen, Russia

### 1. Rules For All Disciplines.

1.1. Swimmers must register and collect accreditation badges (swimmer passes) in the InfoCenter. Accreditation badges can be collected any time from Tuesday (8.03.2016) 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 allow plenty of time to arrive and pick up your swimmer pass.

1.2. Upon the registration, 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. Timings will be strictly adhered to and any swimmer arriving to assembly point late will not be allowed to swim.

1.4. Heat numbers will be announced throughout the day. When Competitors 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 heat. Swimming under the influence of drugs or alcohol is strictly forbidden. Any race official or 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. Except when related to the water performance teams, swimsuits may not go beyond the middle of the thigh or past the shoulder (i.e. they may not have legs or sleeves) and shall have no thermal protection or buoyancy.

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 Organiser'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. Competitors 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, Competitors 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 competitors 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 competitors 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 2016** are determined by the swimmer's age on **October 31, 2016**. See Appendix 1 for details.

2.2. Swimmers of age younger than 18 must have a registered Assistant who signed Affidavit of Person Acting As Parent, who knows the Swimmer and can confirm the Swimmer's ability to swim the 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.

2.3. Competitors 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)

2.4. As Competitors enter the water they must get into the start position. The start position is required by the command 'On your marks'. Competitors 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.

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

2.6. A diving start (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 disqualification.

2.7. 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.

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

2.9. Diving after the turn (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 disqualification.

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

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

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

2.13. Award ceremony will be held according 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 including the start and turns. If the crown (the top) of the head submerges at any time during the race, 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 Freestyle 25 m, 50 m and 100 m.](#)

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

4.2. See Chapter 2 for the race regulations.

### [5. Rules For Relays.](#)

5.1. The swimming distance is 4 x 25 metres.

5.2. Teams' gender must be mixed. There must be, at least, one woman or one man in each team.

5.3. 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.

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

5.5. Registration of the relay teams will be open at the InfoCenter till 20:00 (8PM) on Thursday 10<sup>th</sup> March 2016. The registration fees must be paid there by that time. Captains must confirm their registered relay teams at the InfoCenter by 20:00 (8PM) on Thursday 10<sup>th</sup> March 2016.

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

5.7. When called to the pool area, team members will be instructed 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.

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

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

5.10. There is no claxon signal for the following swimmers. 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.

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

#### [6. Rules for Breaststroke Relay.](#)

6.1. 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 including the start and turns. If the crown (the top) of the head submerges at any time during the race, the swimmer will receive 5 second penalty that will be added to their race time.

6.2. See Chapters 2 and 5 for the race regulations.

#### [7. Rules for Freestyle Relay.](#)

7.1. Swimming style is a freestyle meaning "any style" for the swims of team members.

7.2. See Chapters 2 and 5 for the race regulations.

#### [8. Rules for Endurance Swims.](#)

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

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

1. Electrocardiogram (ECG) not older than 2 months.
2. Complete blood cell count (with differential reports).
3. A signed affidavit (the form is available online at <http://www.winterswimming.ru/450/> ).

8.3. Endurance Swimmer must have a registered 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.

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

8.5. 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.

8.6. 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.

8.7. The Organisers 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.

8.8. 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.

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

## [9. Rules for 200 m Endurance Swim.](#)

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

9.2. Duration of the swim is not limited.

9.3. See Chapters 2 and 8 for the race regulations.

## 10. Rules for 450 m Endurance Swim.

10.1. Swimmers must have a relevant qualification to compete in Endurance Swim. At registration, in addition to the documents listed in paragraph 8.2, 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. Alternatively, Swimmers must register and successfully complete 200 m Endurance Swim to confirm their registration for 450 m Endurance Swim.

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

10.3. Duration of the swim is limited by 15 minutes.

10.4. See Chapters 2 and 8 for the race regulations.

## 11. Rules for Polar Bears, Seals and Young Seals

11.1. 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.

## 12. Rules For Water Performance Teams

12.1. Water Performance\_Team may have between 3 and 20 members.

12.2. At least 3 members of the team must enter the water during the performance.

12.3. Performance must last, at least, 2 minutes but no longer than 5 minutes (including time for entering and leaving the water).

12.4. Participants may use a swimming suit of their choice as long it is appropriate and non-transparent. Performing without a bathing costume or women swimming topless are not permitted. Performers are allowed to use decorations and man-powered devices.

12.5. Team may provide its own music: the venue's PA system can be used to play it.

12.6. It is recommended the performance to be humorous.

12.7. The jury awards points for the following categories: originality, technical quality and artistic impression. The team with the highest total points wins the contest.

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

## 13. Awards

13.1. All participants, regardless of disciplines, will receive certificates and memorial medals according the Event Schedule.

13.2. The Competitors who achieved the 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> top results in a discipline in their age category will be awarded with medals and diplomas.

#### 14. Protests

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

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

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

14.4. The fee for submitting a protest is equivalent to 100 Euro (by Org. Committee decision, to be paid in rubles). The fee is payable at the time when the protest is submitted.

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

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

14.7. The Swimmers and their teammates are expected to use their common sense if they wish to submit or make any protest.

#### Appendix 1: Table of age categories.

The age groups for events of the season of 2016 are determined by the swimmer's age on October 31, 2016.

<b>Competitive disciplines: (25 m, 50m Breaststroke; 25 m, 50 m, 100m Freestyle)</b>		
<i>Category</i>	<i>Birth years</i>	<i>Age, years</i>
A1	2004 and later	< 15
A2	2005-1997	15 - 19
B	1996-1987	20 - 29
C	1986-1977	30 - 39
D	1976-1972	40 - 44
E	1971-1967	45 - 49
F	1966-1962	50 - 54
G	1961-1957	55 - 59
H	1956-1952	60 - 64
I	1951-1947	65 - 69
J	1946-1942	70-74

J1	1941-1937	75-79
J2	1936 and earlier	80 and older

**Competitive disciplines: Endurance swim 200m, 450 m**

<i>Category</i>	<i>Birth years</i>	<i>Age, years</i>
E 1	1996-1987	20-29
E 2	1986-1977	30-39
E 3	1976-1972	40-44
E 4	1971-1967	45-49
E 5	1966-1962	50-54
E 6	1961-1957	55-59
E 7	1956-1952	60-64
E 8	1951-1947	65-69
E 9	1946- and earlier	70 and older

**Breaststroke relays 4 x 25 m**

<i>Category</i>	<i>Total age of the team, years</i>
BR 1	≤ 150
BR 2	151 - 200
BR 3	201 - 250
BR 4	≥ 251

**Freestyle relays 4 x 25 m**

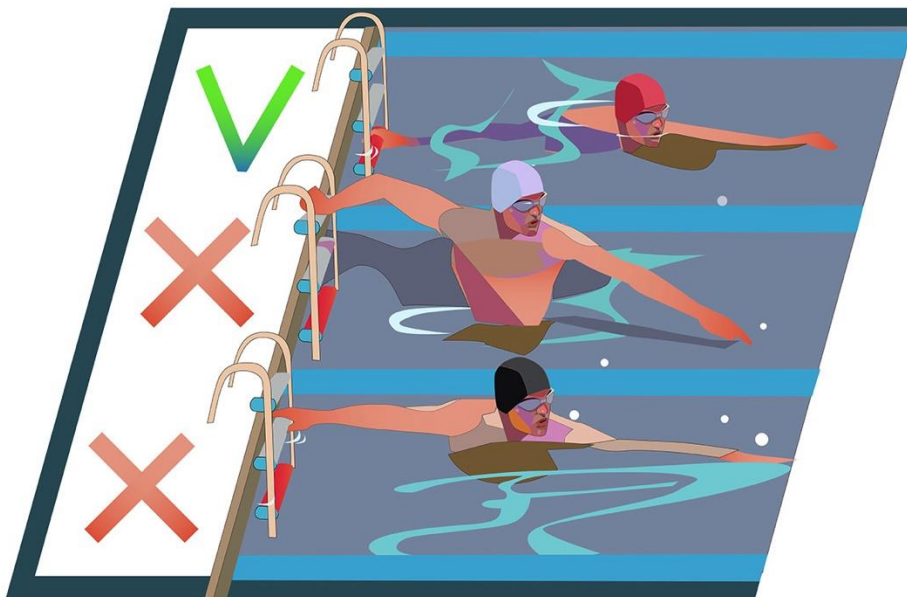
<i>Category</i>	<i>Total age of the team, years</i>
FR 1	≤ 150
FR 2	151 - 200
FR 3	201 - 250
FR 4	≥ 251

**Non-competitive disciplines**

<i>Category</i>	<i>Name of the discipline</i>	<i>The distance</i>
K	"Polar Bears"	50 m swim without timing
L	"Seals"	25 m swim without timing
M	"Young Seals"	Dip in the water



[Appendix 2: Start position.](#)



[Appendix 3: "Head-Up" Breaststroke.](#)



[Appendix 4: Affidavit form](#)

Will be added ASAP!