



## Rules

- In the Short distance single competitors are allowed
- In the Middle and Endurance distances participants need to be in teams of two.
- Participants must wear a wetsuit.
- Participants must carry all their own equipment at all times.

### 1. Organisation

#### 1.1. Race organisation

Great SwimRun is organised by Nova International Ltd.

### 2. Entry pre-requisite

- 2.1. To be able to participate in the Short distance Great SwimRun race you must be at least 16 years old and able to swim half a mile unaided.
- 2.2. To be able to participate in the Middle or Endurance SwimRun races you have to race in a team consisting of two persons that are at least 17/18 years old (depending on distance chosen) and able to swim half a mile unaided.
- 2.3. Entry fee is final. No refunds will be given. Deferral can be made to 2020.
- 2.4. It is allowed to change one team member in your team but you must notify us via email ([info@greatswim.org](mailto:info@greatswim.org)) before the event.
- 2.5. No external sales of your entry is allowed.

### 3. Race course

#### 3.1. Race course

- 3.1.1. The race course is marked. The finalised race route will not be published until 4 weeks prior to the race.
- 3.1.2. The participants must follow the marked course.
- 3.1.3. The participants that do not follow the marked course will be disqualified.

#### 3.2. Water checkpoints

- 3.2.1. There will be several water/food checkpoints throughout the course.

#### 3.3. Medical points

- 3.3.1. There will be several medical points where participants can get help if needed.
- 3.3.2. There will be medical staff and equipment on boats.

### 4. Equipment

#### 4.1. General about equipment

4.1.1. All participants need to bring all their equipment from start to finish, if a team fail to bring all their equipment to the finish line they will be disqualified.

#### 4.2. Mandatory equipment

- Wetsuits suitable for water temperature of 10 degrees Celsius
- 1 compass
- 2 whistles
- 1 backpack, hip pack or something to carry the mandatory equipment
- Dressing bandage (1 per team)

#### 4.3. Mandatory equipment that the organiser will supply

- Race bibs must be worn visible at all time during the race
- Maps
- Timing chip
- Swim caps must be worn during all the swims

#### 4.4. Recommended equipment

- Water bladder
- Tow float
- Compression socks

#### 4.5. Equipment check before the race

- Before the race there will be a mandatory gear check

#### 4.6. Equipment that is NOT allowed

- Floatation help that is bigger than 100 cm x 60 cm

### 5. Timing

#### 5.1. Timing

5.1.1. The time is from the start until the last participants have passed the finish line.

#### 5.2. Cut offs

5.2.1. Throughout the course there will be cut offs where single participants or teams (depending on the distance) need to pass by a certain time to be able to continue racing.

5.2.2. Information about the cut off times are in the race manual.

### 6. Racers responsibility

#### 6.1. General

6.1.1. The participants must know the rules and follow these.

6.1.2. The participants shall respect other participants, organisation, spectators and the people living in the race area.

6.1.3. The participants are not allowed to use unfair methods to get advantage.

6.1.4. The participants are obliged to help in case of emergency if the organisation is asking for it.

#### 6.2. Before the race

6.2.1. The finalised race route will not be published until 4 weeks prior to the race. The participants can train and scout the course area prior to the race but have to respect the residents in the area.

### 6.3. During the race

- 6.3.1. The participants are participating at their own risk and cannot hold the organisation responsible for any accident during the race.
- 6.3.2. The teams are obliged at their best ability to help another team that have been injured or being sick.
- 6.3.3. A team that has abandoned the race shall report it as soon as possible to the organisation.
- 6.3.4. The participants are not allowed to throw away rubbish except at a designated refuse collection point. If a team is doing so they will get disqualified.

## 7. Rules

### 7.1. Race jury

- 7.1.1. Race jury is the race director and two persons from the race organisation.
- 7.1.2. The race jury is: - Enforcing the rules – Deciding the outcome of a protest – Decide about disqualifications – Decide about course changes and changes in the rules.
- 7.1.3. At least two members of the jury is needed to be able to take a race jury decision.
- 7.1.4. The race jury has the right to use “common sense” to take a decision about arisen situation if it is not clear in the rules.
- 7.1.5. The decision of the race jury is definitive.

### 7.2. Protests

- 7.2.1. A protest must be given in written to the race organisation within an hour after finishing the race.
- 7.2.2. A protest must include: - Time and location – Team/Participant number and signatures of the team members - Team/Participant number or team name of the team that the protest is against – The reason for the protest – If possible include witness with name or team number.
- 7.2.3. The protest that does not fit the criteria of point 7.2.2 is being ignored.
- 7.2.4. A decision from the race jury will be communicated with those involved as soon as possible.

### 7.3. Disqualifications

- Offence against the rules leads to disqualification.

### 7.4. External assistance

- It is not allowed to receive assistance from other people than the race organisation. Each team has to make their own way from start to finish.

## 8. Safety

### 8.1. General safety rules

- 8.1.1. The two members of each team have to stay together at all times during the Short, Middle and Endurance distances and cannot be more than 10 metres apart on land and not more than 10 metres during swimming.
- 8.1.2. The race organisation can refuse a team/participant to continue if they judge them not capable caused by fatigue or being in such bad physical condition.

## 9. Media and sponsor exposure

### 9.1. Sponsor markings

The teams are allowed to have sponsors marked on their race gear.

#### 9.2. Race bibs

The race bibs cannot be modified in any way and must be worn at all time.

#### 9.3. Pictures and film free rights

The participants given the race organisation the right to use pictures and film material taken during the race to be used free of rights in marketing, press material, internet, television and movie.

### **10. Accepting the rules**

By entering the race each team member / participant accepts the rules in full.

You accept that the organiser can make “common sense” changed to the race rules prior to the event.