

Winter Swimming World Championships 20-23 March 2014 Rovaniemi, Finland

Rules For All Events

1. Swimmers must register and collect accreditation in the Race Office. Accreditations can be collected any time from Wednesday when registration opens (see Event Schedule). Please note that accreditations should be collected at least one hour before your swim. Failure to pick the accreditation on time will result in disqualification. Please allow plenty of time to arrive and pick accreditation.
2. Upon registration, each swimmer will be provided with a competition pass and instructions. The pass will set out the times at which the swimmer is expected to assemble to be briefed, the race and swim times. Swimmers must keep their pass with them at all times.
3. Timings will be strictly adhered to and any swimmer assembling late will not be allowed to swim.
4. 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 to be under the influence of alcohol or drugs or presents a danger to him or herself, other swimmers, officials or spectators.
5. Swimsuits must be appropriate and non-transparent. Topless swimming or swimming without a bathing costume is not permitted. Except in relation to the water performance teams, swimsuits may not go beyond of the thigh or past the shoulder (i.e. they may not have legs or sleeves) and shall have no thermal protection or buoyancy.
6. 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.
7. 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.
8. Swimmers must wear something on their head, either a swimming cap or a woollen or other warm hat.
9. The organiser's decision on whether or not a swimmer is attired appropriately will be final.
10. **Diving into the water is FORBIDDEN.**

Rules for competitors in the "Head-Up" Breaststroke Races and Relay

1. The only permissible stroke during the Friday races on is "Head-Up" breaststroke. The crown or top of the head must not be submerged during the swim at any time including the start. If the crown or top of the head submerges at any time during the race, the swimmer will receive a five (5) second penalty that will be in addition to their race time.
2. Details of your race(s) are on your race card and include your race number, assembly time and race time. These times must be strictly adhered to as any delay will result in disqualification.
3. Race numbers will be announced throughout the day. When competitors hear their race number being called, they must promptly go to the clearly marked Assembly Point. Any delay will result in disqualification.
4. Competitors will change in the changing rooms using the lockers provided. Before your swim, please ensure that you have all your clothes ready to take with you for after your swim. Items should include your coat, bathrobe, shoes and warm socks. Competitors will then be escorted down to the marshalling area for their race.
5. Swimmers will be required to wear at least a swimming cap or other hat and may wear goggles.
6. Competitors will then be instructed to disrobe and line up in their respective lanes. This will happen as soon as the previous race has started. Please have clothes that are quick and easy to remove and to put on after the race, as you will need to get warm as soon as possible to then move to the designated changing rooms to continue dressing.
7. 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. Each crate will then be carried around to the far end of the lane so that each competitor can collect their clothes once they have completed the race.
8. Competitors in each Heat will be instructed by the following commands:-
 1. **Take off your clothes**
 2. **Get in the water**
 3. **On your marks...**and then the claxon will sound, indicating the start of the race.As each Competitor enters the water, they will be instructed by lane marshals and officials to put their shoulders under the water, and to get into the start position. For this position each competitor must visibly hold the entry steps with one hand below the coloured tape. The procedure of preparing start duration will be 3 seconds between every command for all Competitors. If a Competitor is late they will lose their start time and can not lodge a protest after the race. A diving start is strictly **FORBIDDEN** and will result in instant disqualification.
9. False starts will not be called back. Blatant false starts will result in disqualification. Minor false starts will result in a 5 seconds penalty being added onto the race time. The decision of the race referee(s) will be final.
10. To finish, each Competitor must touch the end of the lane with at least one hand.
11. Competitors must leave the water immediately after the race. They should retrieve their clothes from the previously provided basket and should immediately proceed to the changing rooms.

12. Depending how many lanes are in the designated swim area, up to eight (8) or nine (9) swimmers in each category will go through to the finals. If fewer than 8 or 9 Competitors have registered for a swim in their category, there will be no preliminary Heat and all those swimmers will swim in the final race.

13. The race schedule will show the time of the finals for each category. Each competitor is responsible for confirming whether or not they have qualified for a final and for obtaining their race card. Names of finalists and race details for each final will be posted as soon as possible during the day. Results for the races will be made available as the day progresses, and will be available on the event website after the event.

14. There will be an award ceremony for finalists – please check the Event Schedule.

[Rules for Polar Bears, Seals and Young Seals](#)

1. The participants of the Seals Series swim 25 meters, while the participants of the Polar Bear series swim 50 meters – all without timing. For more details please refer to the Race Schedule.

2. After the performance, participants get out of the pool, take their clothes from the basket, have a warm drink and go back to the dressing rooms without a guide. It is important that each participant dresses as quickly as possible and every swimmer will get their diploma(s) and medal(s) after the swim in the the Race Office.

3. Young Seals: For all Dipping Performance Participants, they must initially remove their warm-up clothes, place them in a basket and go to the Dipping Pool Lane or designated Place with a guide. After the performance, participants get out of the pool, take their clothes from the basket and go back to the dressing rooms without a guide.

[Rules For Freestyle Races](#)

1. Swimmers must have details of the race on their race card that includes the race number, assembly time and race time. These times must be strictly adhered to as any delay will result in disqualification.

2. Swimmers must wear a swimming cap.

3. Swimming style is regular freestyle.

4. See Swimming Categories for details.

5. For freestyle 25 and 50 metre races, the start of each race is a “wet start” i.e. Swimmers must start the swim in the water. A diving start is strictly **FORBIDDEN** and will result in instant disqualification.

6. Competitors in each Heat will be instructed by the following commands:-

1. **Take off your cloths**

2. **Get in the water**

3. **On your marks....**

As each Competitor enters the water, they will be instructed by lane marshals and officials to put their shoulders under the water, and to get into the start position. For this position each competitor must visibly hold the entry steps with one hand below the coloured tape. The procedure of preparing start duration will be 3 seconds between every command for all Competitors. If a Competitor is late they will loose their start time and can not lodge a protest

after the race.

7. Each swimmer finishes the swim by touching the wall at the end of their lane with at least one hand. **NOTE: The swimmer must touch the end of the pool wall with AT LEAST ONE HAND before turning, TUMBLE TURNS ARE FORBIDDEN and will result in instant disqualification.**

Rules For Breaststroke Relay

1. The swimming distance is 4 x 25 meters.

2. The only permissible stroke during the relay is "Head-up" breaststroke. The Crown or top of the head may not be submerged at any time. The other swimmers must wait in the water and can only leave after the previous swimmer has touched the wall at the end of the swimming lane.

3. There are 4 swimming categories based on the swimmers:

- ⤴ The combined age under 150 years;
- ⤴ The combined age 151-200 years;
- ⤴ The combined age 201-250 years;
- ⤴ The combined age over 251 years.

To register in an age category, the specific category will be determined by the swimmer's age during all of 2014.

4. Each team must consist of a team Captain and 3 swimmers. Only the team Captain should register each team. The names of the other 3 team members should be provided on registration, and each swimmer may participate in only one team in the breaststroke relay.

5. Teams must be mixed. There must be at least one woman and one man in each team.

6. You must confirm your relay team at the Race Office by 20.00hrs on Saturday 22nd March 2014. You can also register a new relay team until that time in the Race Office and pay the registration fee at the same time.

7. Swimmers must wear a swimming hat.

8. Assembly details as above.

9. See Swimming Categories for details.

Rules for International Freestyle Relay

1. Swimmers must have entered either the Winter Championship races or registered as a Polar Bear, Seal or Young Seals on Saturday to be eligible to compete in the relay races on Sunday.

2. Each team must consist of a team Captain and 3 swimmers. Only the team Captain should register each team. The names of the other 3 team members should be provided on registration, and each swimmer may participate in only one team in the freestyle relay.

There are 4 swimming categories based on the swimmers:

- ⤴ The combined age under 150 years;
- ⤴ The combined age 151-200 years;
- ⤴ The combined age 201-250 years;
- ⤴ The combined age over 251 years.

To register in an age category, the specific category will be determined by the swimmer's age during all of 2014.

3. You must confirm your relay team at the Race Office by 20.00hrs on Saturday 22nd March 2014. You can also register a new relay team until that time in the Race Office and pay the registration fee at the same time.
4. Teams must be mixed. There must be at least one woman and one man in each team.
5. Swimmers must wear a swimming hat.
6. Assembly details as above.
7. See Swimming Categories for details.

[Rules for Endurance Swim](#)

1. Endurance swims are by invitation only and with the recommendation of a coach or a responsible person of the swimming club. The minimum age for an endurance swimmer is 20 years old. There are 6 Age Categories with each 10 years.
2. The distance is 450 metres.
3. All Participants need to bring to the Organiser a signed and witnessed letter from their swimming club coach stating their suitability and ability to swim 450m in very cold water. Participants must also bring confirmation from their doctor that includes an ECG (an electrocardiogram) report with blood analysis that certifies the Participant as sufficiently healthy to undertake the 450m swim. This must be produced at the Event Registration in order to collect their ID making them eligible to swim. It is highly recommended that each swimmer should have personal insurance that includes a winter swimming clause.
4. There will be a mandatory technical meeting for Endurance swimmers in the Race Office at 18.00 on Wednesday on the March 19, 2014. All the Endurance swimmers MUST attend the meeting and should sign affidavit an attendance sheet to verify their attendance.
5. Depending on the applications in the categories, the quantity and duration of heats may be limited.
6. If in the view of the Organisers the weather changes increasing the danger to the endurance swimmers, the Organisers reserve the right to reduce the swim distance to reflect the agreed greater danger. The Organisers will advise the Participants at the mandatory technical meeting and their decision is final.
7. During the mandatory briefing the endurance swim Participants will be advised that in the event that the Organisers feel that any swimmer is suffering unduly during the endurance swim, they reserve the right for whatever reason to remove the Participant from the swim with immediate effect. The Organisers decision is non-negotiable.

Rules For Water Performance Teams

1. Each team may have between 3 and 20 members.
2. At least 3 members of the team must enter the water during the performance.
3. Each performance must last at least 2 minutes and but no longer than 5 minutes (including time spent entering and leaving the water).
4. Participants may use the swimming suit of their choice, and they are allowed to use such devices that are powered by the swimmers themselves.
5. The team may provide its own music: the venue's PA system can be used to play it.
6. Preferably the performance should be humorous.
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. Awarding of winners provides. The judges' decision is final.

Recommendations For All Swimmers

1. When being escorted around the pool area or waiting for a swim, all swimmers are advised to bring warm footwear, a hat and an outer-garment that can be put on over a swimming costume and be kept on until the last moment before the instruction is given by the Race Marshal to remove all clothes.
2. It is strongly advised that the clothes and footwear used be easy and quick to put back on after the race such as a towelling robe, dressing-gown, or fleece. Competitors should avoid walking barefoot prior to swimming, as the ground can be extremely cold.
2. All swimmers and spectators are responsible for their own belongings at all times, save for when competitors clothes are being carried round the pool during the race by the organisers. The organisers can accept no liability for loss or damage to clothing, jewellery or other items. Competitors are strongly advised not to bring valuable items to the Race Venue.
3. Competitors are advised not to stand around after their swim or race in cold wet swimming costumes as this increases the risk of hypothermia.
4. Competitors are asked to be considerate to those competitors in the races immediately after them and to get changed as quickly as possible.

Protests

Protests can be made against the decision of the referee or if an official fails to comply with the competition rules. Protests must be substantiated by reasonable factual evidence and should not be vexatious or trivial. All protests must be made in writing in English and must be delivered to the information desk within 30 minutes of the decision or event. The fee for submitting a protest is ___ Euro (by Org.Committee decision) which is payable at the time that the protest is submitted. If the protest is upheld the fee will be refunded. The Competition Director will be the final adjudicator of any protests and must provide reasons for his or her decision.

We trust that swimmers and others will use their common sense if they wish to submit or make any protest.

Appendix: Table of age categories for men and women and the classifier team swims.
To register, age category is determined by the age at the time during all 2014 year!

Competitive events (25 m. Breaststroke ; 25 m. and 50 m. freestyle)		
Event	Birth years	Age, years
A	1995 and later	< 20
B	1994-1985	20 - 29
C	1984-1975	30 - 39
D	1974-1970	40 - 44
E	1969-1965	45 - 49
F	1964-1960	50 - 54
G	1959-1955	55 - 59
H	1954-1950	60 - 64
I	1949-1945	65 - 69
J	1944-1940	70-74
J1	1939-1935	75-79
J2	1934 and earlier	80 and older

Non-competitive events		
Event	Name of swim event	The distance
K	"Polar Bears"	50 m swim without timing
L	„Seals"	25 m swim without timing
M	„Young Seals"	Dip in the water

Competitive event Endurance swim 450 m.		
Event	Birth years	Age, years
E 1	1994-1985	20-29
E 2	1984-1975	30-39
E 3	1974-1965	40-49
E 4	1964-1955	50-59
E 5	1954-1945	60-69
E 6	1944- and earlier	70 and older

Breaststroke relays 4 x 25 m (The team must include both sexes.)		
Event	both sexes	Total age of the team, years
R 1	mixed	≤ 150
R 2	mixed	151 - 200
R 3	mixed	201 - 250
R 4	mixed	≥ 251

International Feestyle relays 4 x 25 m (The team must include both sexes.)		
Event	both sexes	Total age of the team, years
Inter 1	mixed	≤ 150
Inter 2	mixed	151 - 200
Inter 3	mixed	201 - 250
Inter 4	mixed	≥ 251

Show Team Performance swims	
S	Team 3 to 20 members