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Swimming Association of Maldives



www.swimming.org.mv

Ref: 13NOWSC - Rules

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13th National Open Water Swimming Competition 2018

Rules and Guidelines

20th July 2018 – K. Dhiffushi, Male' Atoll

1. Introduction

The purpose of this "Rules and Regulations" is to facilitate the successful completion of the National Open Water Swimming Competition 2018, while observing rules of fair play, equality and sportsmanship.

2. Organiser

The Race is organized by Swimming Association of Maldives (herein after referred as "Organiser").

3. Definitions

Unless this Regulation states otherwise, the following words and phrases shall have the following meanings:

- "Race" in this Regulation is the "13th National Open Water Swimming Competition 2018", details of which are prescribed in this regulation.
- "Race Director" is the person appointed by Swimming Association of Maldives to be in charge of the Event.
- "Race officials" are persons appointed by Swimming Association of Maldives to assist the Race Director in managing the Event.

4. The Race

The Race is divided into four (4) categories and three (3) distances. Race will be held in K. Dhiffushi. The place and time of the Race will be announced by the Swimming Association of Maldives.





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5. Awards and classification

- a) The winners of National Championship category shall be declared the **"National Open Water Swimming Champion 2018"** (Men and Women, respectively).
- b) The winners of Junior National Championship Category shall be declared **"National Junior Open Water Swimming Champion 2018"** (Boys and Girls, respectively).
- c) The overall winners (1st, 2nd and 3rd place) in each category will be announced and awarded, except **Kids Swim Challenge 500 M. Kids Swim Challenge 500 M**, is a special fun event for kids under ten (10) years.

d)	Category	Distance
1.	National	5 KM
2.	Junior National	3 KM
3.	Swim Challenge	1 KM
4.	Kids Swim Challenge (under 10 years)	500 M

- e) National Championship: This category is open for athletes above 14 years of age and this category consists a 5 KM Open Water Swim. Athletes should complete this race without the help of any other person. 1st Maldivian athlete to finish this race will be announced as **'Maldives National Open Water Swimming Champion 2018'** (male and female, respectively).
- f) National Junior Championship: This Category is open for boys and girls under the age of 14. This category consists of a 3 KM Open Water Swim. 1st Maldivian athlete to finish this race will be announced as **'Maldives Junior National Open Water Swimming Champion 2018'** (Boys and Girls, respectively).
- g) Swim Challenge: Swim Challenge is an age group race. Participants will race a 1 KM Open Water Swim. Prizes will be awarded to overall winners (1st, 2nd and 3rd). Participants will receive an age group classification along with their finish time. This category is open for anyone who is above the age of 10.





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Age groups are between 10-70 years, each age group changing with every 5 years.
Age groups are determined as follows;

Age group 10-14

Age group 15-19

Age group 20-24

Age group 25-29

Age group 30-34

Age group 35-39

Age group 40-44

Age group 45-49

Age group 50-54

Age group 55-59

Age group 60-64

Age group 65-69

Age 70 above

- h) Kids Swim Challenge: This category is open for children under the age of 10. This is a fun event however; any athlete to finish the race will be awarded with a 'Finisher Medal'. The distance of this race is 500 M.
- i) If the number of athletes participating in any category is less than 3, the Organiser has the right to cancel the event or to not declare winners in that category.
- j) Athletes are only allowed to compete in one category, even if they are qualified for multiple categories.

6. Conduct of Athletes

Athletes must:

- Practice good sportsmanship at all times;
- Be responsible for his/her own safety and the safety of others;
- Know, understand and follow all the rules as stated herein and any other guidelines and instructions provided by Race Director in relation to the Race;
- Obey instructions from Race Officials;
- Avoid the use of abusive language;





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- f) Inform a Race Official promptly after withdrawing from Race;
- g) Compete without receiving assistance from other parties except the one's stated in this Regulation;
- h) Not dispose of trash or equipment on the course, except for those areas designated for trash disposal;
- i) Not gain or attempt to gain any unfair advantage from any external vehicle or object;
- j) Follow the prescribed course. It is the athlete's responsibility to know the course. Athletes must cover the prescribed course in its entirety. Failure to do so will result in a disqualification.
- k) Avoid indecent exposure and public nudity at all times during the Race. Indecent exposure/public nudity may result in a disqualification.

7. Swim Conduct

Athletes must:

- a) Wearing a swim goggles or face mask is neither prohibited nor required;
- b) The use of snorkels, fins, gloves, paddles, or floatation devices of any kind is prohibited;
- c) Individual paddlers or escorts are prohibited;
- d) Any assistance during the swim will result in disqualification if forward progress was made. Athletes are permitted to use kayaks and boats as aid, as long as no forward progress is made. Race Officials and medical personnel reserves the right to remove athletes from the course if such removal is determined medically necessary;
- e) It is the sole responsibility of each athlete to know and follow the prescribed swimming course. No adjustments in times or results will be made, for any reason whatsoever, for athletes who fail to follow the proper course;
- f) Headsets or headphones are prohibited during the swim segment of the Race;





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- g) Unless pre-approved by the Race Director, communication devices of any type, such as cell phones, and two-way radios are prohibited during the swim segment of the Race;
- h) Indecent exposure and public nudity at all times during the Race and any activity related to the Race is prohibited.
- i) For male athletes, avoid wearing any swimming trunks that expose 1/3rd of the thighs, for female athletes, bikinis or swim suits that expose the shoulders, arms or thighs of the athlete.

8. Age determination and Cut-off time

- a) Athlete's racing age is determined by their age on 19th July 2018.

- b) Cut-off time for the race:

National Category (5 KM) – 2 hrs 30 mins

National Junior Category (3 KM) – 2 hrs

Swim Challenge 1 KM – 60 mins

Kids Swim Challenge 500m – 30 mins

9. Race Finish

- a) An athlete will be judged as finished the moment any part of his/her hand crosses a vertical line extending from the leading edge of the finish line;
- b) The Race will be won by the athlete who has the shortest time from the applicable start signal to the moment when the athlete finishes the Race;
- c) The Race Director, in consultation with Race Officials will use all the resources reasonably available to decide the final position of every athlete.





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10. Race Officiating

The Race Director has the power to;

- To appoint officials and referees;
- To interpret and enforce these rules and guidelines and any other instructions given to athletes;
- To supervise and control the general conduct of all athletes and to intervene during the Race at any stage to ensure these rules are observed;
- To enforce these rules and impose penalties for violation of the same;
- To make decisions with respect to any Race-related situation before, during and/or after the Race;
- To instruct, direct, assign duties to, and delegate authority to all other Race Officials;
- To examine the equipment or other items of any athlete at any time to check compliance with these rules and to make the final binding decision as to whether any equipment or other item is improper or unauthorized.

11. Registration Fee

Registration fee for the participation of the Race is MVR 100.00.

12. Limited spots

The Race Organiser reserves the right to limit number of participants to a manageable number, as they seem fit.

13. Medical Advisory

- Aquathlon is physically demanding. If an athlete is not sure of his/her physical health, please seek the advice of a medical practitioner before registering for the Race.





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- b) Athletes are advised against consumption of stimulants or any kind of drugs, that are prohibited by WADA rules and guidelines.
- c) Athletes must ensure that they are well-rested and well-hydrated on the day of the Race.
- d) Should any athlete feel unwell in the course of the Race, he/she should stop and seek immediate medical attention from Race Officials/Medicals personnel.

14. Additional Guidelines

Organiser reserve the right to issue, amend or further change these rules and regulation at its discretion without advance notice. Athletes must follow these new guidelines as soon as it's made available for them.

15. FINA Regulation

The Race shall be conducted according to the FINA regulations which can be downloaded from www.fina.org, and this Regulation and any other regulation of the Swimming Association of the Maldives that doesn't contradict this Regulation.

Note: This in an English translation of the competition rules. The rules in Dhivehi will be the official rules of the competition and where conflicting or more explanation is required, the interpretation of the Dhivehi rules will be taken into consideration.

