



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

ސޯވިންގ އާސޯސިޔަޝަން ޖެނެރަލް ޕްރޮމޯޝަން

Swimming Association of Maldives



www.swimming.org.mv

Ref:

1NAC - Rules

top partner:



partners:



## Maldives National Aquathlon Championship 2018

### Rules and Regulations

21st July 2018 – K. Dhiffushi, Male' Atoll

#### 1. Introduction

The purpose of this "Rules and Regulations" is to facilitate the successful completion of the Maldives National Aquathlon Championship 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 1<sup>st</sup> Maldives National Aquathlon Championship 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 these four categories consist of three (3) distances. Race will be held in Kaafu Atoll Dhiffushi. The place and time of the Race will be announced by the Swimming Association of Maldives.

#### 5. Awards and classification

- The winners of National Championship category shall be declared the "National Aquathlon Champion 2018" (Men and Women, respectively).





بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

ސވޮލިންގ އާސޯސިޔަޝަން ޖަޕްރިއަޝަން ޖަޕްރިއަޝަން

# Swimming Association of Maldives



www.swimming.org.mv

Ref:

1NAC - Rules

top partner:



partners:



- b) The winners of Junior National Championship Category shall be declared **"National Junior Aquathlon Champion 2018"** (Boys and Girls, respectively).
- c) The overall winners (1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place) in each category will be announced and awarded, except **Kids Aquathlon**. **Kids Aquathlon** is a special event for kids under ten (10) years.

d)	Category	Distance
1.	National Championship	2.5 KM Run – 1 KM Swim – 2.5 KM Run
2.	Team Event	2.5 KM Run – 1 KM Swim – 2.5 KM Run
3.	National Junior Championship	1.5 KM Run – 750 M Swim – 1.5 KM Run
4.	Junior Team Event	1.5 KM Run – 750 M Swim – 1.5 KM Run
5.	Family Relay	2.5 KM Run – 1 KM Swim – 2.5 KM Run
6.	Kids Aquathlon	200 M Swim – 500 M Run

- e) National Championship: This category is open for athletes above 14 years of age and this category consists of 2.5 KM run, 1 KM Open Water Swim and 2.5 KM run. Athletes should complete this race without the help of any other person. 1<sup>st</sup> Maldivian athlete to finish this race will be announced as **'Maldives National Aquathlon Champion 2018'** (male and female, respectively).
- f) National Junior Championship: This Category is open for boys and girls under the age of 14 and above the age of 10 years. This category consists of 1.5KM run, 750 M Open Water Swim and 1.5 KM run. Athletes should complete this race without the help of any other person. 1<sup>st</sup> Maldivian athlete to finish this race will be announced as **'Maldives Junior National Aquathlon Champion 2018'** (Boys and Girls, respectively).
- g) Team Event: Athletes can participate in this category in groups, consisting of 2 or 3 members. Team Event is divided into 3 categories:
  - 1. Team Event – (Above 14 years – Girls/Boys): Any athlete participating in this category should be of 14 years or above. Athletes in the same group should be of same gender.
  - 2. Team Event – (Under 14 years – Girls/Boys): Any athlete participating in this category should be under 14 years of age. Athletes in the same group should be of same gender.





بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

ސވޮލިންގ އާސޯސިޔަޝަން ޖެނެރަލް ޕްރޮމޯޝަން

Swimming Association of Maldives



www.swimming.org.mv

Ref:

1NAC - Rules

top partner:



partners:



3. Family Relay: Team members participating in this event should have a family relation. Athletes in this category should be above 10 years of age. Athletes from both gender can compete in the same team.

h) Kids Aquathlon: This category is open for kids under the age of 10 years. This is a fun event. Any athlete to finish the race will be awarded with a 'Finisher Medal'.

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:

- a) Practice good sportsmanship at all times;
- b) Be responsible for his/her own safety and the safety of others;
- c) 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;
- d) Obey instructions from Race Officials;
- e) Avoid the use of abusive language;
- 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.





top partner:



partners:



## 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;
- 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. Run Conduct

Athletes while running should follow the rules prescribed under this part.

- a) Athletes may run, walk, or crawl in the running part of the Race;
- b) It is the sole responsibility of the athlete to know and follow the prescribed running course. No adjustments in times or results will be made, for any reason whatsoever, for athletes who fail to follow the proper course;
- c) All athletes must obey all traffic laws and any instructions provided by a Race Official, Police or any other responsible person, while on the running course. All





بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

ސވޮލިންގ އާސޯސިޔަޝަން ޖެނެރަލް ޕްލެއިޝަން

Swimming Association of Maldives



www.swimming.org.mv

Ref:

1NAC - Rules

top partner:



partners:



athletes must come to a complete stop when required by a traffic sign/ traffic police and must not proceed through any intersection unless such intersection is clear of oncoming traffic.

- d) Running with a bare torso is prohibited. Athletes must wear a shirt, jersey or sport-top at all times during the run segment of the Race;
- e) Any items that needs to be discarded, including but not limited to water bottles and gel wrappers may be discarded only in the designated trash drop zones.
- f) Athletes must wear their BIB numbers in front of the athlete's person and the bib must be clearly visible at all times on the run course. Folding, cutting the bib number, intentional alteration of any kind, or failure to wear a bib number is prohibited and in such case, the Race Director has the power disqualify the athlete or the team the athlete belongs to;
- g) Headsets or headphones are prohibited during the run segments of the Race;
- h) Unless pre-approved by the Race Director, communication devises of any type, such as cell phones, and two-way radios are prohibited during the swim segment of the Race;

## 9. Transition Area Conduct

When active within the transition area, all athletes must consider the following:

- a) Each athlete's equipment must be placed either in the athlete's transition bag or the designated transition spot/box;
- b) Athletes must not interfere with another athletes' equipment in the transition box;
- c) Athletes must not impede the progress of other athletes in the transition area;
- d) Athletes competing in team events will have to stay inside the designated area (transition box) until the team mates complete the race. If any member of the team exits the transition box, will result in complete disqualification of the team.
- e) Public nudity or indecent exposure is prohibited.





بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

ސޯވިންގ އާސޯސިޔަޝަން ޖެނެރަލް ޕްރޮމޯޝަން

Swimming Association of Maldives



www.swimming.org.mv

Ref:

1NAC - Rules

top partner:



partners:



## 10. Age determination and Cut-off time

Athlete's racing age is determined by their age on 19<sup>th</sup> July 2018. Participant should be at least 7 years of age to be allowed to participate in the Race.

Cut-off time for the race:

Event	Run #1	Swim	Run #2
National Championship	30 mins	45 mins	30 mins
Team Event	30 mins	45 mins	30 mins
Junior National Championship	20 mins	30 mins	20 mins
Team Event	20 mins	30 mins	20 mins
Family Relay	30 mins	5 mins	30 mins
Kids Aquathlon		20 mins	10mins

## 11. Race Finish

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





بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

ސވޮލިންގ އާސޯސިޔަޝަން ޖެނެރަލް ޕްރޮމޯޝަން

Swimming Association of Maldives



www.swimming.org.mv

Ref:

1NAC - Rules

top partner:



partners:



## 12. Race Officiating

The Race Director has the power to;

- a) To appoint officials and referees;
- b) To interpret and enforce these rules and guidelines and any other instructions given to athletes;
- c) 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;
- d) To enforce these rules and impose penalties for violation of the same;
- e) To make decisions with respect to any Race-related situation before, during and/or after the Race;
- f) To instruct, direct, assign duties to, and delegate authority to all other Race Officials;
- g) 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.

## 13. Registration Fee

Registration fee for the participation of the Race is MVR 150.00 in the individual categories and MVR 250.00 in the team categories.

## 14. Limited spots

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

## 15. Medical Advisory

- a) 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.
- b) Athletes are advised against consumption of stimulants or any kind of drugs that are prohibited by WADA rules and guidelines.





بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

ސުވިމިންގ ސަޅިޔާއުގެ ސަރުކާރުގެ ދާއިރާއިން

Swimming Association of Maldives



www.swimming.org.mv

Ref:

1NAC - Rules

top partner:



partners:



- 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.

## 16. 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.

## 17. Regulation

- a) This Race should be organized and managed in accordance with the regulations set by the International Triathlon Union (I.T.U), this Regulation and any other rules and regulations set by the Swimming Association.
- b) Race Director reserves the right to decide upon any event not stated under this Regulation.

**Note:** This is 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.

