



ÖTILLÖ Standard Swimrun Rules

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1. Introduction to competition rules

1.1 Intention

Competition rules are intended to

- 1.1.1 Facilitate fair play, equal terms and sportsmanship
- 1.1.2 Support ingenuity and skill without unduly limiting athletes
- 1.1.3 Penalize athletes who gain, or seek to gain, an unfair advantage.

1.2 Race Organization

The ÖTILLÖ SWIMRUN races are organized by ÖTILLÖ AB in Sweden, by SWIMRUN AG in Europe and by SWIMRUN AMERICAS INC. in the United States.

ÖTILLÖ AB
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SWIMRUN AMERICAS INC.
Rosecrans Street 1220
92106 San Diego
United States

2. Athlete Conduct

2.1 General

Each athlete must

- 2.1.1 Practice good sportsmanship at all times
- 2.1.2 Be responsible for his/her own safety and the safety of others
- 2.1.3 If racing in a team, stay together at all times and not be more than 10 meters apart
- 2.1.4 Help in case of emergency, if the organization asks for it
- 2.1.5 At their best ability help another athlete that has been injured or who is sick



- 2.1.6 Know, understand and follow all Competition rules, as stated herein, in the event-specific race information and at the event-specific athlete briefings
- 2.1.7 Follow traffic regulations and instructions from race staff
- 2.1.8 Treat race officials, staff, spectators, the general public and other athletes with respect and courtesy
- 2.1.9 Obey laws, local regulations and avoid any type of demonstration of political, religious or racial propaganda. Failure to obey laws or local regulations and /or failure to refrain from demonstration will result in disqualification
- 2.1.10 Avoid the use of abusive language
- 2.1.11 Inform a race staff promptly after withdrawing from the race
- 2.1.12 Compete without receiving assistance from other parties other than race staff or other athletes
- 2.1.13 Not dispose trash or equipment on the course. Intentional or careless littering will result in a time penalty or disqualification
- 2.1.14 Not gain or attempt to gain any unfair advantage from any external vehicle, object or method
- 2.1.15 Follow the marked course. It is the athlete's responsibility to know the course. Athletes must cover the marked course in its entirety. Failure to do so will result in a time penalty or disqualification
- 2.1.16 Show respect to the residents and obey local laws if training on or scouting the course prior to the race. Training recommendations for the area will be communicated in the race-specific information as some areas are sensitive from an environmental perspective or from a safety standpoint
- 2.1.17 Know that you are participating at your own risk and cannot hold the organization responsible for any accident during the race.

2.2 Anti-doping

As a condition of participation in any of the ÖTILLÖ events, all registered athletes are required to acknowledge and accept the ÖTILLÖ anti-doping policy. In accordance with the ÖTILLÖ anti-doping policy, all athletes registered to any of the ÖTILLÖ events are subject to testing and are required to read and understand all rules and obligations before registering for any of the events.

- 2.2.1 Any athlete registering and competing in an ÖTILLÖ event can be tested in conjunction to an ÖTILLÖ event.
- 2.2.2 If selected for a test the athlete is required to follow all instructions given by the Doping Control Officer and her/his team, and to do so in a respectful manner.
- 2.2.3 Athletes should confirm the status of all medications, supplements and treatments by checking the WADA Prohibited List - ([hp://list.wa-da-ama.org/](http://list.wa-da-ama.org/)), the Global Drug Reference Online (Global DRO, [hp://globaldro.org/Home](http://globaldro.org/Home)) as well as the website of



the National Anti-Doping Agency of their country. It is important to check the status of all medications, supplements and treatments on a regular basis as the list is updated January 1st each year.

- 2.2.4 Athlete should advise his/her medical personnel of his/her obligation to follow by the anti-doping rules and that any medical treatment received should not violate these rules. If the medication is not prohibited, athlete can use the substance without any further action. If the substance that the athlete is taking is on the WADA prohibited list, athlete should always check with their doctor if there are any alternative substances that are permitted and can be used. If there are no permitted alternatives, athlete should declare the substance used at the time of registration. This must be supported by official medical records confirming the medical conditions, substance, dosage, duration and that no alternative substances are available. Substances prescribed by a doctor for a specific medical condition are excluded unless it is determined that the medication in question is used by the athlete for non-medical purposes.
- 2.2.5 According to the ÖTILLÖ anti-doping rules, the following acts constitute an anti-doping violation:
 - 2.2.5.1 Refusing to provide a sample or failure to comply with the testing protocols
 - 2.2.5.2 Tampering and manipulation or an attempt of such during the sample collection process
 - 2.2.5.3 Failure to sign the ÖTILLÖ anti-doping consent and waiver
 - 2.2.5.4 Presence of a prohibited substance based on the most current WADA prohibited list.
- 2.2.6 ÖTILLÖ shall have the sole authority to make any decision regarding an anti-doping violation under the ÖTILLÖ anti-doping policy.
- 2.2.7 A final decision by the ÖTILLÖ board that a competitor has violated the ÖTILLÖ anti-doping policy will result in a lifetime ban from all ÖTILLÖ events. Any outstanding prize money will not be paid out. ÖTILLÖ reserves the right to make the final determination regarding anti-doping violations in the ÖTILLÖ events.

2.3 Entry pre-requisite

- 2.3.1 Each athlete needs to have a valid insurance for competing in Swimrun.
- 2.3.2 The application is final. No entry fee will be reimbursed by the Race Organisation.
- 2.3.3 It is allowed to change one team member and to change race category.
- 2.3.4 It is allowed to change race distance from World Series to Sprint or Experience, Sprint to Experience and from Team to Solo but no refund of entry fees will be made.
- 2.3.5 No external sale of the entry is allowed.
- 2.3.6 No entries can be deferred to another year.
- 2.3.7 No entries can be deferred to another race.



2.3.8 Each athlete must show proof of identification at the race registration.

2.4 Eligibility

- 2.4.1 An athlete's racing age is determined by their age on December 31st in the year of the event. However, if the athlete has not turned 18 on the day of the event the below waiver has to be signed and handed in to race officials during registration.
- 2.4.2 For all athletes younger than 18 years old, the "Under -18 Competition certificate" has to be signed by both legal guardians.
- 2.4.3 Athletes in the World Series have to be at least 18 years of age to be allowed to start.
- 2.4.4 Athletes in Solo classes have to be at least 18 years of age to be allowed to start.
- 2.4.5 Athletes under 18 years of age are allowed to start in Sprint and Experience races.
 - 2.4.5.1 Athletes between 18 and 16 years can start in a team.
 - 2.4.5.2 Athletes between 16 and 12 years (minimum age) are obliged to start with an adult in a team.

2.5 Timing

- 2.5.1 The race time is from the start time until the finish line.
- 2.5.2 All athletes have to pass all the timing checkpoints along the course. All teams have to pass the timing checkpoints and the finish line together.

3. Equipment

3.1 General

- 3.1.1 All athletes need to bring all their equipment from start to finish.
- 3.1.2 Before start and at the finish line we will randomly select teams and athletes for a check of the mandatory equipment. If the athletes are missing any of the equipment required, they will get a 15-minute time penalty per item.

3.2 Mandatory equipment per team

- 3.2.1 1 First aid pressure bandage, packed waterproof
- 3.2.2 2 wetsuits (legs and torso in one piece), 1 per person, suitable for the current water temperature. If the water temperature is above 19 degrees Celsius you can choose to not race in a wetsuit
- 3.2.3 2 Whistles, 1 per person, easily accessible so you are able to use it during the swims
- 3.2.4 2 Foldable cups/soft flasks or similar (not your swim cap) to drink from at the energy stations.



3.3 Mandatory equipment per person competing in Solo

- 3.3.1 1 First aid pressure bandage, packed waterproof
- 3.3.2 1 wetsuit (legs and torso in one piece), suitable for the current water temperatures. If the water temperature is above 19 degrees Celsius you can choose to not race in a wetsuit
- 3.3.3 1 Whistle, easily accessible so you are able to use it during the swims
- 3.3.4 1 Foldable cup/soft flask or similar (not your swim cap) to drink from at the energy stations.

3.4 Mandatory equipment per person that the organization will supply

- 3.4.1 A race bib that must be worn visible all the time during the race
- 3.4.2 A timing chip (lost or not returned timing chip will be charged 100 Euros or equivalent)
- 3.4.3 A swim cap that must be worn on the head during all the swims.

3.5 Equipment restrictions

- 3.5.1 The maximum total size of a pull buoy/ pull buoys that you can have in an ÖTILLÖ race is 32 cm x 30 cm x 15 cm.
- 3.5.2 No wetsuits or pull buoys can be modified with paint or color that washes off in the water. This will result in immediate disqualification.
- 3.5.3 Swim fins are NOT allowed if the fin is longer than 15 cm. Measurement is from the toe to the end of the fin.

4. Penalties

4.1 General

- 4.1.1 Failure to comply with any of the Competition Rules may result in an athlete being punished with a time penalty, disqualification from the race, suspension from multiple races or expulsion for life from all races.
- 4.1.2 The nature of the rule violation will determine the type of penalty.
- 4.1.3 A suspension or an expulsion will occur for serious violations of the Competition Rules. The severity of the violations shall be determined by the Race jury.
- 4.1.4 The most common rule violations and penalties are set forth in Appendix A.

4.2 Race Jury

- 4.2.1 Race jury is the Race director and two persons from the race organization.
- 4.2.2 The race jury:
 - 4.2.2.1 Enforces the rules



- 4.2.2.2 Decides the outcome of a protest
- 4.2.2.3 Decides about time penalty, disqualification or expulsion
- 4.2.2.4 Decides about course changes and changes in the rules.
- 4.2.3 At least two members of the jury is needed to be able to take a race jury decision.
- 4.2.4 The race jury has the right to use “common sense” to make a decision about a situation if it is not clear in the rules.
- 4.2.5 The decision of the race jury is definitive.
- 4.2.6 The Race jury is not required to give athletes a warning before issuing a penalty.

4.3 Protests

- 4.3.1 A protest must be given in written to the race organization within an hour after finishing the race.
- 4.3.2 A protest must include:
 - 4.3.2.1 Time and location
 - 4.3.2.2 Race bib number and signatures of the athlete/athletes
 - 4.3.2.3 Race bib number of the athlete/athletes that the protest is against
 - 4.3.2.4 The reason for the protest
 - 4.3.2.5 If possible, include a witness with a name or a race bib number.
- 4.3.3 A protest that does not fill the criteria above will be ignored.
- 4.3.4 A decision from the race jury will be communicated to those involved as soon as possible.

5. Race organization conduct

5.1 General

- 5.1.1 The Race organization must do a risk assessment and take the required steps to minimize the risk of the event. Both for the participants and for the staff.
- 5.1.2 The Race organization must have the necessary amount of safety crafts and safety staff in place for the swims depending on the risk exposure.
- 5.1.3 The Race organization can refuse a team to continue if they judge them not capable due to fatigue or being in such bad physical condition that continued racing would be to take unnecessary risk.

5.2 Force Majeure

- 5.2.1 Neither the participant nor the race organizer shall be held responsible for a force majeure event. Force majeure means any event which is unforeseen and beyond the reasonable control of either party including but not limited to the following: Act of God, adverse weather, inevitable accident, failure or shortage of power supplies, fire, flood, epidemic, earthquake, explosion, lightning, war or armed conflict, embargo,



government or regulatory action or decree, riot or civil disturbance, strike, lock-outs, or other industrial action, terrorist action, failure or delay of common carrier or impairment or lack of adequate transportation facilities.

- 5.2.2 If by reason of any force majeure event the race organizer is delayed in, or prevented from, performing any of the obligations with regards to staging the race, no loss or damage shall be claimed by the participant by reason thereof.

6. Sponsors and media exposure

6.1 Sponsor markings

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

6.2 Race bibs

- 6.2.1 The race bibs cannot be modified in any way and must be worn all the time.

6.3 Free photo and film rights

- 6.3.1 The athletes give the race organization and its sponsors the right to use photo and film material taken during the race to be used free of rights in marketing, press material, internet, television and films etc.

6.4 Image rights

- 6.4.1 All images and rights from the event are reserved. All unauthorized commercial use of images will be legally addressed.



Appendix A.

Time Penalties

The following is a summary of the most common Competition Rule violations and penalties and is not intended to be an all-inclusive list of violations and penalties. Each athlete is responsible for knowing and understanding the Competition rules.

Summary of general competition rules	Penalties
Failure to have mandatory equipment	15 minutes per item
Littering intentionally	Disqualification
Littering by being careless	15-minute time penalty, if repeatedly littering disqualification
If racing in a team and not staying within 10 meters of each other	5-minute penalty, if repeatedly not staying together disqualification
Accepting assistance from other than race officials	Disqualification
Using unsportsmanlike behavior	Disqualification
Failure to follow the prescribed course	Time penalty or disqualification
Gain unfair advantage from any external vehicle, object or method	Disqualification
Fraud by entering under an assumed name or age, falsifying an affidavit, or giving false information	Disqualification