

# A. UltraSwim 33.3 Competition Rules 2024

These 'Competition Rules' apply to all swimmers and are applicable for all formats & stages of UltraSwim 33.3 events. They will be communicated in part or entirely to all swimmers via emailed pre-event information, pre-event and on-site swimmers brief and via the comprehensive Swimmers Roadbook and Waterbook provided per event. It is the responsibility of all entrants to raise any questions or areas for clarification with the race organisers *before* the start of the event.

The physical strength and mental fortitude required to complete an UltraSwim 33.3 ensures that everyone taking part can rightfully take pride in their achievements. Our 'Competition Rules' provide the standards by which those achievements can be measured and therefore we ask that you read them carefully, consider their underlying principles, and swim/compete in a way that respects their intent.

**UltraSwim 33.3 aims to be as inclusive and accessible as possible to all profiles of swimmer**, whilst also embracing some of the traditions and spirit of unassisted marathon swimming. We recognise that the use of a wetsuit enables many swimmers to complete extended swims and distances that may otherwise be much more difficult or impossible for them; whilst others prefer the challenge of swimming without such assistance. We do not consider one or other to be superior or inferior - they are simply different categories, with the wetsuit category without a doubt being a catalyst for the growth of our sport. We also recognise that many swimmers take part just to complete the challenge, without holding much concern about their ranking - but that equally there are swimmers who have entered to achieve certain performance objectives versus themselves or their peers. We fully embrace all these different aims, so irrespective of your own motivations, please take note of the rules so you can act within them and respect the swimmers around you, and their own personal goals at all times.

To be clear; we do not consider the fastest swimmers aiming to win to be more important than the slower swimmers simply aiming to finish.

## Format and Categories

### 1. There are two official competitive sporting formats:

- **SOLO:** The full 33.3km solo over 4 days, and over 6 or 7 swims of between 1km - 10km or more.
  - *To be classified as a 'Finisher Solo' you must complete all the stages set, which subject to conditions will be a minimum total of 33.3km.*
  - *Not all sections or swims must be timed to be considered as a mandatory or an official stage.*
  
- **DUO RELAY:** A flexible approach for two swimmers to share the 33.3km distance. Split the UltraSwim 33.3 stages for the first 3 days, then both swim final Day 4.
  - *If they wish, both swimmers can swim any/all full stages. Where this occurs, the time of the slowest swimmer for each stage will be used to calculate the overall DUO time & ranking, with the exception of the marathon stage (10km+) where the fastest time will be used to recognise the additional challenge undertaken. If both swimmers do wish to start a swim together on normally shared days, they must inform the race organiser before 1900 the previous day.*
  - *Both swimmers must swim the final day's swim in full to complete the UltraSwim 33.3 challenge as 'Finishers DUO RELAY'. (The slowest final day time will count, so there is no obligation to finish the swim at the same time).*

Plus, at some events a non-competitive format designed for those wishing to 'dip a toe' into UltraSwim 33.3:

- **Discovery:** swimmers un-timed and unranked, but experiencing some parts of the UltraSwim 33.3 racecourse, generally trying to compete in the first part of each day, treated as competitors for

the purposes of safety (and will have an official race number, but with no official ranking provided).

**2. 'SOLO' results will be categorised as Male/Female. 'DUO Relay' results will be categorised as 'Unisex'.**

**3. Further subdivision of 'SOLO' format will be based on swimwear choice:**

- **Skins** - Using textile swimwear only (no neoprene).
  - *Competitors must wear only one swimsuit in one or two pieces.*
  - *Textile swimsuits (men and women) shall not cover the neck, nor extend past the shoulder, nor extend below the ankle.*
  - *For the avoidance of doubt, open water swim-skins, speed suits and triathlon suits using textile only construction are permitted in the Skins category.*
  - *Zippers or other fastening systems are allowed without specific limitations. They must be functional.*
  
- **Wetsuits** - The use of neoprene within the suit construction, whether full or partial (including e.g. buoyancy shorts/jammers)
  - *Wetsuits (for both men and women) should ordinarily not extend beyond the neck, wrists and ankles, however gloves or wetsuit boots may be worn.*
  - *Zippers or other fastening systems are allowed without specific limitations. They must be functional.*

There will **not** be subdivision of DUO RELAY format in the results, or prize categories, either by gender or by swimwear choice.

Please note: Other forms of ranking list, such as by age groups, may be provided for the purposes of information only, however these will merely be illustrative and for the interest of participants.

Where age-group based results *are* provided, and uniquely for the SOLO category, they will be in the following subcategories:

- <30, 30-39, 40-49, 50-59, 60+ (age as of 31st December of year of the event)

**4. Untimed stages/legs/swims** will not contribute to overall swim times or categorised results. As such, the restrictions set out in the 'Standard Equipment' section of this document will not apply to untimed sections. E.g., a 'skins' swimmer may therefore use a wetsuit during an untimed section without it resulting in a category change.

**5. Some stages may be held at night**, in which case additional equipment maybe required to be carried by the swimmers (eg lights inside tow floats).

**6. The Marathon swim of at least 10km**, usually on the 3rd day, should be ratified by MSF for those that wish to be accepted on the MSF long swims database. Separate rules exist for swimmers choosing to swim that stage under MSF conditions. See [Appendix A](#) and any amendments made by MSF up to the day of the related swim. Ratification cannot be guaranteed, and the event does not include this option as a contractual deliverable, but will make its best endeavours to achieve it on behalf of the swimmers wishing to get ratification on the long swims database of MSF.

## **General Sporting Principles**

All swimmers participating in UltraSwim 33.3 must do so in a sporting manner, noting that:

- Swimmers must adopt a 'handprints only' approach to avoid causing any damage to the environment in which the event takes place. Each swimmer will be required to sign and commit to our Swimmer Sustainability Charter at registration.
- Each swimmer will be solely responsible for any errors made via the incorrect interpretation of the course.

- Swimmers must not take course shortcuts or perform any other manoeuvre aimed at gaining a deliberate and unfair advantage over others.
- Swimmers should let those who are faster pass without hindrance or obstruction.
- Where relevant, swimmers must not obstruct the passage of others in their own category, or those of another category, in order to assist another swimmer gain a competitive advantage.
- Swimmers must respect and act upon the opinions and/or decisions of medical professionals in the event of unplanned incidents or medical emergencies.
- It is mandatory to use the event's official tow float which will be provided to you (it has your race number on it). You must swim with it at all times, and carry an official tracker inside if they are provided for your event.

## Swimming Style and cut-off times

- Participants may swim using a stroke of their choice, however their average swim speed must be a minimum of 2 km per hour over the full distances planned, and associated cut-off times will be applied on every swim by default. Cut-off times may be varied day by day by the Race Director according to prevailing conditions, in particular an adverse current.
- Drafting is permitted (with the exception of swimmers competing under MSF rules on the Marathon swim)
- If swimmers are requested to leave the water by event staff, for whatever reason, they are required to do so promptly. Swimmers may not continue swimming on their own even if they consider themselves outside of the event at that point.
- Running/walking along the bottom is only permitted at the start and finish of the stage for the purposes of entry and exit.
- It is prohibited to use course buoys and/or other route markers, as resting points nor to use kayaks or other boats as aids to propulsion.

## Feedstations and nutrition

- Participants are encouraged to carry their own nutrition supplies in their tow floats or costumes, and to be autonomous in this regard.
- No private or pre-organised supplies other than from the race organisation can be made to the swimmer. Support personnel may not hold personalised supplies for individual swimmers on any part of the course including at feedstations. If for medical reasons some kind of emergency medical supplies must be held at feed-stations, the swimmer must make a prior written request.
- Safety kayakers carry emergency supplies to support swimmers in the safe completion of the swim, however they must not be used in any pre-planned way to gain competitive advantage.
- Feedstations will exist where possible at a maximum of every 5km. Participants may touch and hold the feedstation boats and kayaks at any time\*, or exit the water at feedstations and rest for up to 15 minutes\* should the need arise in order to complete the swim. Please note that Stage cut-off times will not be extended to account for rest periods taken. (\*except if observing MSF rules during the 10k stage. See Appendix A).

## Standard Equipment

UltraSwim 33.3 is not aligned with World Aquatics (previously FINA) guidelines, but the following edited principles are applied to ensure a common approach for all swimmers:

- Swimmers must wear swimwear appropriate to the 'Skins' and 'Wetsuits' categories identified in the 'Format and Categories' section above.
- Although not compulsory, it is recommended that swim goggles are worn at all times.
- Wetsuits are OPTIONAL, however the wearing of a wetsuit (or swimwear containing neoprene as an element of construction, or gloves or boots) in any **timed** UltraSwim 33.3 stage will result in a swimmer being placed into the wetsuit category for the *entire* event (irrespective of whether the wetsuit/swimwear is worn again).

- The use of technology and automated data collection (e.g., GPS tracking, bio-medical sensors or devices that record blood pressure, body temperature, stroke rate, breathing rate etc) is permitted on the following basis:

Relevant devices shall not be utilised to transmit data, sounds, or signals back to the swimmer *except* via a wrist worn watch or attached/inside the tow float.

Specific examples include, but are not restricted to:

- Permitted:
  - GPS watches, including vibration alerts
  - Heart rate monitors
- NOT Permitted:
  - FORM goggles in powered up mode (or similar 'smart' eyewear)
  - Marlin device
  - Tempo trainer

We strongly advise against the use of radio/MP3 players (from a safety perspective these reduce the ability of the swimmer to hear instructions from safety kayaks or staff on other vessels).

- No swimmer shall be permitted to use or wear any device that may aid his/her speed, buoyancy or endurance during a competition (such as pull buoys, hand paddles, webbed gloves, flippers, fins, power bands, or adhesive substances, etc.).
- As a consequence of injury, it is permissible to tape not more than one or two fingers or toes together.
- For purposes of identification and classification, swimmers are required to wear the assigned Race Numbers via tattoos, official event swimming hat visible on their heads (on the outside if wearing two) and tow-float provided. The tow-float shall be connected to the swimmer continually during racing and must always be fully inflated. The tow-float will have an attached safety whistle which must be maintained and accessible on the outside of the tow float. A provided tracker device, registered to the swimmer and identified with the Race Number, shall be placed at the far end inside of the tow float before each swim, and the swimmer should verify its proper function (2 flashing green lights) at the start of each swim.

## Course Design (Marker Buoy Guidance)

- The courses will be marked by a combination of various shaped race marks (pink spheres, pyramids of two sizes, cubes, and a finish archway), navigational marks, kayaks, boats, and natural elements such as headlands, lighthouses, cliffs as necessary.
- Navigational responsibility rests with the swimmer who should attend briefings and study the course maps provided (along with noting any amendments announced). Depths along the 33.3 courses are often too deep to permit positioning marks at every turn, therefore race marks will often be an aid to navigation but may not (for example) always act as turning point marks.
- The Waterbook provided for each event will determine the precise use of each type of mark.

## Start & Finish

- Start points will either be the physical shore, a marina jetty, or an in-water 'start line' between two points or boats. Whilst it is intended that all swimmers will start together, entry numbers may require the use of 'waves' (more likely on longer stages to keep the spread of swimmers down to a safe distance to support effective safety management). Final procedures will be confirmed at daily pre-swim briefings.
- Stages will often require swimmers to be transported to the start location by provided event transfer boats, with transfers sometimes taking up to an hour or more. Swimmers missing the departure of a transfer boat will be deemed 'Did Not Start' (DNS).
- Any unplanned changes to the swim course and other pertinent final information will be given immediately prior to the start of each stage by either the Race Director or boat-based event staff.

- Swimmers will be called to their marks shortly before the stage begins. Swimmers must form up at the designated start line promptly and as directed.
- Swimmers will be brought to attention and the race start signalled via a blast of the horn (or blow of a whistle) and/or the dropping of a flag from the Race Director's boat (unless otherwise indicated).
- Race timing will start with the Race Director's starting signal (e.g., the 'gun time').
- The stage distance will be calculated using the distance between predetermined start and finish points, as indicated in the Swimmers Waterbook, and based on electronic charts. Swimmers will be notified of any distance changes at the earliest opportunity, but should not expect exact matches between planned, actual and as measured by various different devices including their own watches, nor for race marks to be in exactly the same position.
- Swimmers' race times will be recorded as they cross the finish line, which will be normally through a white finish arch in the water.

## Authority on the Water

The Race Director is the ultimate authority in all other matters. The Event or Race Director may cancel, postpone or abandon the swim at any time, for any reason, including, but not limited to, concerns for the safety of the swimmer(s), safety, or support vessels/personnel.

The Event and Race Directors are jointly responsible for ensuring all relevant local maritime regulations are followed.

Observers are responsible for documenting the facts of the swim, interpreting the swim rules, and keeping the official time. For the purposes of UltraSwim 33.3 the observers will be designated event staff located on the vessels accompanying each stage.

## Appeals, Complaints & Sanctions

- Penalties for non-compliance of these rules will be issued by the Race Director. These will range from a limited reprimand (e.g., a time penalty) to a disqualification from the stage and/or event.
- Participants wishing to make appeals, or complaints about other competitors, may do so until 30 minutes after they have finished a stage, directly verbally to the Race Director in person and confirmed by email within 2 hours to ultraswim333@gmail.com. The complaint should be accompanied by a deposit of 100 Euros, which will be refunded in the event of a favourable decision, and given to an official event charity if not.
- No appeals or complaints will be accepted from non-competitors of UltraSwim 33.3.

## **B. UltraSwim 33.3 Conditions of Entry 2024**

- Swimmers are not required to be affiliated to any specific club, federation or governing body.
- Participation in UltraSwim 33.3 is open to all swimmers aged 14 years or older on Day 1 of the event.
- In order to participate, the relevant entry fee must have been paid in full.

### **Participant Responsibilities**

- The swimmer (and their parents/guardians for those swimmers under the age of 18) takes sole responsibility for their own participation.
- Each UltraSwim 33.3 stage is a significant test of open water swimming ability. Through the act of entering and participating, the swimmer is declaring that they are fit and medically able to take part, and able to swim a minimum distance of 4km in open-water conditions, swimming for at least 2 hours non-stop. For those taking part in 'skins', they also declare they are appropriately acclimatised to swim in the prevailing local open water sea temperatures.
- As each swimmer self-assesses their ability to take part and participates through choice, the organisers bear no civil or criminal liability for personal injury/death arising from general participation or relating to the statements clauses listed herein.
- At all times it is the responsibility of the swimmer to consider whether they should start, continue and finish each swim stage.
- The swimmer assumes responsibility for any physical or mental harm that may result from the completion of the race, whether as a result of falls, physical contact with other participants, excessive or low temperatures, acts of God, force majeure or other circumstances arising from the nature of the race. However, the organisers may withdraw swimmers at any time for their own safety where their Psychological and/or physical health appears to be at risk or is judged to be compromised.
- The swimmer agrees to properly use any/all safety systems specified by the organisers in order to reduce and/or avoid any reasonably identifiable risk to themselves or others.
- The swimmer agrees not to abuse verbally, physically or otherwise any other participant, official, sponsor or other individual/group associated with UltraSwim 33.3. The right of complaint and/or appeal must be exercised reasonably, justifiably and in moderation at all times.
- The swimmer relieves the organisation, its sponsors and collaborators from any claim resulting from damage to equipment, materials and properties, including (but not limited to) loss, theft, breakage etc.
- The swimmer agrees to accept full liability for any personal injury, injury to other participants, or damage to the environment where the event takes place, as a result of any transgression of the obligations assumed here - whether as a result of negligence, fault or intent. In doing so, the swimmer agrees to indemnify the organisation and its employees/representatives for damages arising as a result of the above or of other violations that are related to the nature of the event.
- The swimmer agrees not to deliberately hinder the objectives of the event, the organisation, and/or the development of UltraSwim 33.3.
- The swimmer has agreed the Terms and Booking Conditions in force at the time of their entry reservation

### **Organiser's Responsibilities**

- The organisers will endeavour to provide the UltraSwim 33.3 event stages and services as advertised and described in advance across a variety of media (website, social media, Roadbook, Waterbook etc). If changes are required (e.g., due to lack of availability, provider illness etc), a suitable alternative will be offered/ provided where possible and advance notification provided to participants.
- The organisers will ensure that all the reasonably practicable and appropriate safety measures and items of equipment are in place, including but not limited to; risk assessments, 'normal' and 'emergency' operating procedures and action plans, course markers, safety teams, powered and unpowered safety craft, qualified medical personnel, first aid facilities etc.

- The organisers assume no responsibility for accidents taking place along the swimming course due to the natural conditions of the sea, coastline or other environmental factors (currents, temperature, pollutants, sea-life, rocks, UVA/UVB etc). However, advice on known hazards & risks will be offered to participants at all pre-event briefing(s).
- The organisers assume no responsibility for infringements to any unknown/unforeseen national, regional and/or local water and beach regulations made by swimmers or their companions. Known restrictions will be communicated to participants in advance via pre-event briefing(s).
- The organisers, its sponsors and collaborators assume no responsibility for the actions of swimmers and their companions that may lead to claims/lawsuits by third parties.

## Pre-Event Protocols

### Registration:

- All outstanding invoices or registration fees must have been paid in full before the first day of the event or entire entry will be cancelled.
- A Swimmer Information Form is required to be completed at least 15 days before arrival at the event.
- On arrival and after checking in to your hotel please proceed to the Event Office (see **Roadbook** for location) for registration.
- You are required to sign the declaration, disclaimer, health and image rights document contained herein, and the sustainability charter before arrival on site, and at the very latest at the time of registration.

### Pre-event / Pre-race Briefings:

- A Swimmers' **Roadbook**, and a **Waterbook** detailing the on-water protocols and expected course information will be sent to all swimmers in advance. These will provide comprehensive information relating to UltraSwim 33.3 logistical arrangements and the daily individual stages. It is recommended that all swimmers familiarise themselves with its contents prior to arrival so that questions arising can be dealt with quickly and efficiently at the on-site briefings.
- An initial event briefing will take place via 'Zoom' immediately before the event, 3 or 4 days before arrival, (to reduce briefing times at the actual venue). It is mandatory to attend, or to view the recording and provide written confirmation of doing so to ultraswim333@gmail.com
- A daily briefing (primarily about the next day's swim) will be held each evening at the venue.

## UltraSwim 33.3 Course Info

- A course map for each stage will be provided in the Swimmer's **Waterbook** distributed approximately one week before the event, and described at the pre-race briefing(s)
- Each course will be clearly marked through the use of buoys/race marks however (in general) the course follows the coastline, also accessing a number of bays/features.
- Type, colour and purpose of buoys/race marks will be described at the pre-race briefing(s). Also see 'Course Design (Marker Buoy Guidance)' section above.
- Swimmers will be accompanied throughout by support craft and safety team personnel who will provide course guidance as required and provide support/rescue assistance where necessary.
- Swimmers MUST use the official waterproof bag provided, with their individual race number attached, to transfer their personal items to the finish of each stage. The provided official water bottle should be filled by yourself with water prior to the start of each stage. Hotel tap water in our venues is usually very drinkable and safe (but check with hotel staff). Single use plastic water bottles cannot be used at any time during the event, and cannot be transported on official boats.

## Communications

- There will be two WhatsApp channels. a) a BROADCAST only channel where we will share key event

information with all participants - you will not be able to reply on this channel, and b) a more general WhatsApp SWIMMER CHAT channel for all swimmers and the event where questions may be asked, and info shared between competitors. It is not mandatory to follow the chat, but the Broadcast channel is the primary comms channel to you during the event. There in some cases by a COACHING channel also.

- In venues where there is no EU mobile data roaming agreement, the event may supply you with a free SIM card. You are strongly recommended to use this to allow communication to you on your normal WhatsApp number without any cost to you, even when not on hotel wifi/internet.
- The most important information may also be shared on email.
- iCal/google calendar feed will be shared with you in advance and will act as a primary diary system to keep you informed of daily timings and changes.
- Google earth maps will be provided to give you background information on both land and water side - but cannot be guaranteed to be up to date with any last minute course changes for example.

## Health and Wellbeing

- Qualified medical assistance will be available before, during and after each race should it be required. All swimmers are required to inform the Race Director of any new illnesses or problems when they arise.
- Official coach(es) and physiotherapy may also be available for swimmers, potentially at their cost, at UltraSwim 33.3 events (see specific package details).
- Post-event massage will be available at the conclusion of each day's stage(s), primarily back at the event hotels, but sometimes at the finish lines, and according to the service package you have booked.

## Stage/Event Cancellation

Any stage of the race may be cancelled, postponed, or modified, if the following conditions prevail (and subject also to the Terms and Booking Conditions document in existence at the time of your reservation:

- Where a red flag is flying on a start and/or finish beach.
- Water temperature consistently along the racecourse below 16°C.
- Where the wind exceeds force 4 on the Beaufort scale.
- Where the swell exceeds 2 metres
- Where visibility is less than 2000m.

The organisers of UltraSwim 33.3 reserve the right to respond to 'force majeure' by cancelling one, more, or all UltraSwim 33.3 stages if:

- There has been an occurrence that could reasonably be considered to be 'force majeure' (e.g., health pandemic, war/conflict, extreme weather event, terrorist threat), and,
- For any reason arising from 'force majeure' where the organisers of UltraSwim 33.3 have been prevented, hindered or delayed in delivering any/all UltraSwim 33.3 stages, and
- The organisers of UltraSwim 33.3 have met any/all procedural requirements set out elsewhere in the 'rules and general conditions', and where reasonably practicable have taken steps to mitigate the impact of 'force majeure' and given adequate notice to the entrants affected by any cancellation(s).

In the event of a cancellation due to 'force majeure', no refunds will be paid and there is no obligation to offer a replacement.



# CONSENT1: PHOTOGRAPHY & FILMING

**Your signature confirms that you have read, understood and have thoroughly considered the following:**

Our UltraSwim33.3 team may take, record and gather, images and video, for the sole use in promotional material, social media, event communications of UltraSwim 33.3 during and after the event. No advertising will use personal image rights of the swimmer without express written permission.

We will take all steps to ensure these images are used solely for the purposes they are intended. If you become aware that these images are being used inappropriately you should inform the UltraSwim 33.3 team immediately.

We will share with you, rights free, photo and video content for you to make use of in any personal capacity you wish.

Signed

Name

Date

# CONSENT2: PRE-EXERCISE SELF-ASSESSMENT

Your signature confirms that you have read, understood and have thoroughly considered the following:

The questions below are designed to enable you to **'self-assess'** your ability to undertake physical activity, including open water swimming.

- Has your doctor ever said you have a heart condition (such as coronary heart disease, congenital heart disease or valvular heart disease)? **Yes / No**
- Do you feel pain in your chest, shortness of breath or dizziness when you undertake physical activity? **Yes / No**
- In the past month have you had chest pain when you are not doing physical activity? **Yes / No** • Do you lose your balance because of dizziness, or do you ever lose consciousness? **Yes / No**
- Is your doctor currently prescribing drugs for blood pressure or a heart condition or take any medication that may affect you when taking part in physical exertion? **Yes / No**
- Do you suffer from epilepsy? **Yes / No**
- Do you know of any other reason which may affect your ability to take part in physical activity? **Yes / No**
- Are you pregnant? **Yes / No**

**If you answered YES to one or more questions, you must inform the race organiser before the event starts and seek their written permission to compete and we recommend that you consult with your doctor before embarking on any physical exercise.**

Signed

Name

Date

# DECLARATION AND DISCLAIMER

**Your signature confirms that you have read, understood and agree to all of the following:**

"I am aware and understand the dangers and potential difficulties involved in open water swimming. I have read and agree to the Competition Rules and Conditions of Entry. I take responsibility for my own actions and absolve the individuals I swim with, UltraSwim 33.3, their staff and/or volunteers from any liability arising from injury or death whilst, or consequent to, the open water swimming event UltraSwim 33.3 that I have entered.

In the case of a legal dispute, I accept the jurisdiction of the courts in Switzerland. Having read and understood the UltraSwim 33.3 Rules and Conditions, I accept all the terms and conditions set forth herein, separating the Event and Race Directors and UltraSwim organisation (Inspire Through Sport sarl) from any liability whatsoever resulting from the transgression of the clauses stipulated for this event, as well as other written or verbal regulations meant to protect the personal safety of participants and the correct running of the event."

Signed

Name

Date

## **Appendix A: Marathon Swimming Federation rules**

The general 'Competition Rules' apply to swimmers for all formats and stages of UltraSwim 33.3.

However, for those to whom an officially accredited Marathon Swim is important, some adaptations are required for **Day C (3rd day in initial plans)** in line with the [Marathon Swimmers Federation \(MSF\) Rules of Marathon Swimming](#), thus ensuring that it can be considered a [non-stop, unassisted, marathon](#) swim. These are explained below.

### **MSF Adaptations to Standard Equipment**

- A full list of MSF approved 'standard equipment can be found [HERE](#). Anything outside of this list is considered [Non-Standard](#) and is therefore prohibited for use.
- In summary: the swimmer may wear a single textile swimsuit with standard coverage, one latex or silicone cap, goggles, ear plugs, nose clips, and may grease the body. The swimmer may not use any additional equipment that benefits speed, buoyancy, endurance, or heat retention.
- Although a tow-float (swim buoy) is required to be worn, this must not be used as a buoyancy or resting aid at any time during the Marathon swim. This will be monitored by event observers/staff and any non-compliance recorded. Failure to observe this rule will invalidate the 'Marathon Swim' for the purposes of MSF rules & UltraSwim 33.3 permitted adaptations.

### **MSF Adaptations to Start & Finish**

MSF rules state that the "swim begins when the swimmer enters the water from a natural shore", and furthermore that "If geographic obstacles (e.g., cliffs) prevent the swimmer from clearing the water at the start, the swimmer may begin the swim by touching and releasing from part of the natural shore (e.g., cliff face)".

The MSF also states that the "swim finishes when the swimmer clears the water on a natural shore, beyond which there is no navigable water", and that "if geographic obstacles prevent the swimmer from clearing the water at the finish, the swimmer may finish by touching part of the natural shore".

For logistical reasons UltraSwim 33.3 does not meet the stipulations above and therefore the starts and finish procedures have been adapted for local event needs. Doing so does not violate the [spirit](#) of unassisted marathon swimming, and the modifications made have been declared to the MSF by the event organisers.

### **Other MSF Adaptations**

The following will be monitored by event observers/staff and non-compliance recorded. Failure to observe these restrictions will invalidate the 'Marathon Swim' for the purposes of MSF rules & any applicable UltraSwim 33.3 permitted adaptations.

### **Physical Contact**

The swimmer may not make intentional supportive contact with any vessel, object, or support personnel at any time during the swim. This includes any location designated as a feed stop.

## **Drafting**

The swimmer may not intentionally draft behind any escort vessel, support craft, *or other swimmer*.

The swimmer may swim alongside an escort vessel/support craft but may not intentionally position him or herself inside the vessel/craft's bow and displacement waves, except while feeding.

## **Support Swimmers**

UltraSwim 33.3 is an event comprising a diverse but limited group of swimmers, therefore some pack swimming is anticipated. However, the drafting guidance given above should be observed, the spirit of an unassisted swim maintained, and the following considered applicable:

- A support swimmer (or swimmers) may accompany the solo swimmer for a limited duration. Multiple support swims are allowed but should not occur consecutively.
- The support swimmer may not intentionally touch the solo swimmer and must position him or herself at least slightly behind the solo swimmer.

## **Continuance of the Spirit of Marathon Swimming**

If any issue regarding swim conduct arises that the event rules do not clearly address, the swimmer should act - and the Event/Race Director(s) should judge – fairly and equitably, and as far as reasonably practicable in accordance with the spirit of marathon swimming. Where necessary the unabridged MSF [‘Rules of Marathon Swimming’](#) will provide an underpin to decision making.