

MARATHON SWIMS

Marathon Swims Rules (1.8):

1. **Event entry:**
 - 1.1. All participants must be pre-registered to take part in the event.
 - 1.2. No event entries or transfers to other participants are permitted after midday 29 October 2023.
 - 1.3. Participants must race as themselves, participating in another person's name will lead to disqualification.
2. **Stroke:**
 - 2.1. Only front crawl (Freestyle) or Breaststroke are permitted in Marathon Swims.
3. **Swim Direction:**
 - 3.1. All swimming in Marathon Swims lanes is anticlockwise, i.e. keeping to the far right of the lane relevant to the direction in which you are swimming.
4. **Turning:**
 - 4.1. Tumble turns are permitted but only when safe to do so.
 - 4.2. Congestion may make tumble turning in that instance not safe to do so. Any manoeuvres considered unsafe will incur a Time Penalty issued by the referee.
5. **Race Numbers:**
 - 5.1. All participants are allocated a race number. The race number is in the form of two temporary, non-permanent tattoos. These must be placed on your upper right and upper left arms and be displayed throughout the event.
 - 5.2. Entrants in the Marathon 10k Team will have two identical numbers, one for each member of the team.
 - 5.3. Failure to display your race number throughout the entire event will result in disqualification.
6. **Race Chip:**
 - 6.1. All participants will be given a race chip. The race chip needs to be worn on the ankle throughout the event, failure to do so will mean that your achievement is not timed, and therefore unrecorded.
 - 6.2. If your race is untimed then you will not be included in the official race results and noted as "Unknown".
 - 6.3. It is the responsibility of the participant to return all race chips and straps to the organisers. A charge may be charged to participants for any loss or damage to the chips/straps.
7. **Teams:**
 - 7.1. Teams of two in the Marathon 10k Team Challenge must swim on a relay basis. Only one swimmer of a team can be in the water at any one time.
 - 7.2. Each swimmer must complete a full 1k course lap, failure to complete a full 1k section for a team will result in disqualification for the team.
 - 7.3. Team members are free to decide order of swim and number of 1k distances completed by a team member before relay exchange takes place.
 - 7.4. There is no restriction upon the number of relay exchanges provided that each team member must complete a minimum of 1k and the team must complete a total distance of 10k.

- 7.5. The changeover between team members must be made in the Transition Area (blue carpet). The waiting swimmer must be tagged (physical contact between team members eg hand to hand) by the other team member before crossing the Re-Start Line.
- 7.6. A team will be disqualified if the team member starts a course lap (by crossing the start line chip mat) before their team member has tagged them
8. **Drafting (Slipstreaming):**
 - 8.1. Occasional drafting is permitted and unavoidable in Marathon Swims.
 - 8.2. However, persistent or deliberate drafting of a specific swimmer by the same person is not permitted. Any such instance of persistent or deliberate targeting by a swimmer may result in a Time Penalty being awarded against the offending swimmer.
9. **Penalties:**
 - 9.1. A Time Penalty consists of a period of 10 seconds whereby the participant must remain for the full period in the Penalty Box
 - 9.2. The Penalty Box is a marked area of the pool deck designated for serving Time Penalties
 - 9.3. All Time Penalties will be recorded by the Race Referee and those yet to be served will be displayed on a white board on poolside.
 - 9.4. All penalties are to be served on the Transition following the course lap in which the penalty was recorded on the whiteboard.
 - 9.5. Failure to take a Time Penalty at the appropriate time or for the required length of time will result in a further 10 second Time Penalty, in addition to the time penalty already issued. Any further failure to comply with Time Penalty requirements will lead to disqualification for the individual and team.
 - 9.6. If a Time Penalty is given for an infringement in the final course lap, the penalty will be taken immediately on exiting the water, before the participant crosses the finish line.
 - 9.7. Time Penalties must be served in the designated Penalty Box
10. **Start Times:**
 - 10.1 All participants must be ready to start at their allocated start time. Failure to be ready to start your Race at your start time may result in disqualification.
11. **Race Start/re-start:**
 - 11.1 A participant's start time begins when they cross the Start Chip Mat (timing).
 - 11.2 Entry to the pool must be made to the right-hand side of the lane. Any safe method of entry to the pool is permitted. Participants cannot use the start blocks. Diving from the pool deck is permitted where safe to do so.
 - 11.3 Priority to re-start is given to swimmers who are mid-Race over swimmers who have yet to start their Race and waiting to begin their swim.
12. **Distance:**
 - 12.1 Each participant must swim their selected distance. Distances include Marathon 10k (10 course laps), Half Marathon 5k (5 course laps) and the 1k Challenge (1 course lap).
 - 12.2 It is the responsibility of the participant to ensure they complete the correct number of course laps.
13. **Completion of Race:**
 - 13.1 A Race commences when the participant (or first team member) crosses the Start Chip Mat for the first occasion and is completed when a participant (or team member) passes over the Finish Line having completed the required number of course laps and served any/all Time Penalties.
 - 13.2 Any participant failing to swim their selected distance and crossing the finish line will be disqualified.
 - 13.3 Any participant failing, or deliberately avoiding, to cross the finish line will be disqualified.
 - 13.4 Should a participant swim further than their selected distance, their time will be taken on completion of their selected distance by taking the time of start of their first additional course lap as their finish line time.

14 In Water Overtaking:

14.1 Overtaking when safe to do so is permitted in the Marathon Swims event.

14.2 An overtaking manoeuvre must not obstruct any other swimmer.

14.3 The distance of 5m from each end of the (starting/lane-changing end) lane is a No Overtaking Zone. This zone is indicated by overhead flags and the lane rope socks. For clarity, the 5m zone from the end of the pool (non starting/lane-changing end) is NOT a No Overtaking Zone and overtaking is permitted, as long as it safe to do so and does not infringe any other rule.

14.4 Any part of an overtaking manoeuvre taking part in the No Overtaking Zone will result in a Time Penalty.

14.5 An overtaking manoeuvre is judged to be when the swimmer behind moves out from behind the swimmer in front and part of their body/arms overlaps part of the body/legs of the swimmer in front.

14.6 Overtaking is permitted if the swimmer ahead rests at the end of the lane or allows the faster swimmer behind to pass them by staying at the end of the lane

15 Out of Water Overtaking:

15.1 Overtaking when safe to do so is permitted in Transition.

15.2 Overtaking may only take place prior to reaching the Re-Start Line.

16 Re starts:

16.1 Swimmers Re-Starts will only be permitted when it is safe to do so at the discretion of the officials controlling Starts.

16.2 The order of swimmers will be maintained in the same positions they have crossed the Re-Start Line

17 Exit of Water:

17.1 To exit the water after each Course Lap (1k) only the steps or hoist can be used. The final end of the last pool lane does not need to be touched by the swimmer.

17.2 Any swimmer requiring hoist assistance to leave the pool must make this request before they start their swim. It is not a requirement to use the hoist on each 1k distance

18 Obstruction:

18.1 Any participant deemed to have obstructed the progress of any participant whether in or out of the water will incur a Time Penalty.

19 Timing Mats:

19.1 The Timing Mats must only be crossed once per course lap, failure to comply may lead to your time being invalidated.

19.2 Any invalidated time will not be listed in the official race results and therefore not count towards a team.

20 Prizes:

20.1 All participants successfully completing their Individual or Team Challenge will receive a Marathon Swims Medal

20.2 Additional awards will be made to the first three placed male and female participants in the individual Marathon 10k, Half Marathon 5k and 1k Challenges.

20.3 Additional awards will be made to the first three placed teams regardless of gender in the Marathon 10k Team Challenge

20.4 The additional awards will be sent by post after the event

20.5 Awards are based on the overall time taken to complete the relevant Challenge. The overall time includes the swim times for each course lap, all transition times and the time that it takes the participant to exit the water on their final course lap and cross the finish line.

21 Safety:

21.1 The safety of Participants is critical to the event. The Referee has the right to prevent any participant from continuing their Race regardless of the views of the participant.

- 21.2 No buoyancy aids are permitted (including, but limited to, floats, pull buoys, buoyancy shorts etc).
- 22 Officials:**
- 22.1 The Referee's decision is final and not subject to any protest or appeal.
- 23 Etiquette Guidelines:**
- 23.1 Whilst the Etiquette Guidelines provided by Marathon Swims do not form part of the event rules there is a requirement for all participants to follow them and treat other participants, officials and spectators with respect.
- 23.2 Any aggressive insulting or abusive language or behaviour shown by any participant may result in a Time Penalty or disqualification.
- 24 Filming and photography:**
- 24.1 All Marathon Swims participants, by entering the event agree to permit use of their image in film and photography, as per the Marathon Swims terms and conditions.
- 25 Cut off times:**
- 25.1 The Marathon Swims event includes cut off times for each distance Challenge.
- 25.2 On entry, all swimmers are required to submit estimated completion times. This information will be used to establish start times.
- 25.3 The following cut off times only apply to the later wave starts or the Fast Waves:
- 25.3.1 Marathon 10k cut off time: 5 hours (applies to individual and Team Challenges).
 - 25.3.2 Half Marathon 5k cut off time: 2 hours 30 minutes.
 - 25.3.3 1k Challenge cut off time: 1 hour.
 - 25.3.4 All swimmers must exit the water before 20:30
- 25.4 If your swim exceeds the maximum allowed time, and you are in a later or faster wave, you may be asked to stop your swim. The cut off times are based on the overall time from initial start to completion of the race.
- 26 Swimming Attire:**
- 26.1 All participants to wear swimming attire that is of good moral taste and suitable for swimming. Failure to wear appropriate swimming attire may result in disqualification.
- 26.2 Participants cannot wear wet suits or any buoyancy aiding clothing
- 26.3 Personal headphones are permitted, as long as the volume is set at a level where the instructions of the MC, event officials or marshals can be easily heard
- 27 The Marathon Swims Rules** are subject to change and the operators reserve the right to amend the rules at any time.