

2023 UltraMarathon Swim Series

Race Director's Guide

RACE MANUAL V3



Prepared by
WOWSA SUPPORT TEAM



Foreward

It is our great pleasure to introduce the **2023 UltraMarathon Swim Series**.

This Race Director's Guide summarizes the details of this Series.

From Europe to Asia, from Africa to the Americas, and throughout the South Pacific, men and women have been swimming and challenging themselves in the open water. **The UltraMarathon Swim Series is the next evolution of the sport.**

Over the last century, the sport of professional marathon swimming has traditionally reinvented itself every 20 to 30 years. WOWSA sees the sport is entering its Fifth and Greatest Generation of Marathon Swimming:

The First Generation occurred in the 1920's. The first major heyday of marathon swimming was during the 1920's with a global awareness of channel swimming (English Channel and Catalina Channel) and marathon competitions (Canadian National Exhibition).

The Second Generation occurred in the 1950's. The next major cycle was during the 1950's with English Channel races and other marathon competitions around the world, from Egypt to the Americas.

The Third Generation occurred in the 1970's. The next cycle was in the 1970's with the emergence of the World Professional Marathon Swimming Federation and the International Marathon Swimming Federation.

The Fourth Generation occurred in the 1990's. The next cycle began in the 1990's with the absorption of the historic professional marathon swimming circuits by FINA.

The Fifth Generation is occurring now in the 2020's. 2023 will emerge as the next major cycle as the next evolution since the inaugural Olympic marathon swim at the 2008 Beijing Olympic Games. The Olympic 10K Marathon Swim served as the catalyst for an unprecedented explosion in marathon swimmers around the world, currently over 22,000 professional and amateur athletes. While the number of professional marathon swimmers has largely held constant over the last century, there has been an unprecedented global explosion in the number of amateur marathon swimmers - and the average age continues to increase.

Foreward

The causes for the current growth in the number of amateur marathon swimmers is due to various factors: (1) the emergence of a more active sporting lifestyle for both men and women in their 30's, 40's, 50's, 60's, 70's, and beyond, (2) the impact of the pandemic and closure of pools worldwide that drove millions of people to open bodies of water, (3) the emergence of social media platforms and the sharing of information and accomplishments of people of all ages and abilities - that serves to motivate others to take up the sport, and (4) the understanding that swimming is a lifelong means to stay healthy, fit, and strong.

Relatively few people around the world know how to swim - and only some people can name and visit a swimming pool close to their home, and an even smaller percentage of humans can swim over 500 meters in the open water. But every human on the planet knows the closest and major open bodies of water near them: a river, a lake, a sea, a bay, or an ocean.

There are venues everywhere in the world when an open water swim can take place.

But the swims on the UltraMarathon Swim Series are special:

- The events are well organized, providing a difficult, but safe and enjoyable challenge
- The events are held in beautiful locations with a hospitable and knowledgeable staff
- The events wish to carry on the historic legacy of competitive open water swimming
- The events have a positive vision of the future where the sport will continue to grow

The athletes of the UltraMarathon Swim Series include some of the most capable extreme athletes in the world. They are fast, strong, mentally tough, courageous, educated, personable athletes who can speak eloquently about their sport - and are appreciative of the opportunities to compete on the Series. It is an honor and pleasure to be around these individuals - and to collaborate with each race director, staff, and volunteers.

WOWSA wishes to play a vital role in the establishment and growth of the Series by:

- Marketing, promoting, and sponsoring the sport and its athletes on a global scale
- Continuing and expanding the FINA UltraMarathon Swim Series
- Managing the race results and season point system
- Continuing the goodwill and history of marathon swimming
- Recruiting and vetting amateur swimmers to compete on the Series

WOWSA's mission is to promote the world's coldest, hardest, longest, toughest, most extreme open water swims by, for, and about ultramarathon open water swimmers.

Thank you very much - and let the races begin.

This manual serves to define the requirements and expectations for being part of the 2023 UltraMarathon Swim Series.

Introduction

Each race on the Series will have a responsibility to adhere to these requirements and expectations - and will also have a key voice to help the Series grow and prosper. Together as a global community, we wish to establish a uniform format for the benefit of each event and each swimmer.

Monthly meetings via Zoom and post-race meetings will be held so everyone's opinions, observations, and recommendations can be heard and considered regarding (1) officiating, (2) rule interpretations, (3) pre-race registration, (4) organizational procedures, (5) in-race and post-race reporting, (6) media relations, (7) venue signage, (8) escort boats, (9) technical support from timing to buoy placement, and (10) disciplinary actions.

Of course, each race and each venue will be different, but everyone benefits when we are all working collaboratively and creatively, using good judgment and a common understanding. The know-how and experience of each race director and their staff is invaluable and should be part of making this Series a very special circuit.

Participation Overview

The organization of the 2023 UltraMarathon Swim Series shall be as follows. It is expected that the organization of future years will be fundamentally the same, except with additional races held throughout the world.

- **Distance:** over 10 kilometers.
- **Water Temperature Range:** between 10°C and 30°C.
- **Race Conditions:** each race director will determine the minimally safe conditions in order to conduct the race without harm to athletes, staff or volunteers.
- **Professional Athletes:** individuals who have competed on the FINA professional marathon swimming circuits in the past (e.g., FINA/CNSG Marathon Swim World Series, FINA UltraMarathon Swim Series).
- **Amateur Athletes:** individuals who have competed in established marathon swimming races or solo channel or marathon swims with a time faster than 50% of other individuals in those races or in the channel or marathon swims.
- **Relay Teams:** consists of 6 professional or amateur athletes (male or female) who have demonstrated the ability to swim a minimum of 2 km per hour in an open water swimming event.
- **Nationality:** there are no restrictions on the country of origin. There are no restrictions on the number of athletes from any country in each event.
- **Minimum Age:** 14 years during the year of competition.
- **Maximum Age:** there are no limitations as long as the individual has competed in established marathon swimming races or solo channel or marathon swims with a time faster than 50% of other individuals in those races or in the channel or marathon swims.
- **Escort Vessels:** each race director will determine the size and capacity of the required escort vessels in their race. The escort vessels can include individual motorized boats, escort kayaks, or no individual escort vessels in the case of a loop, closed-circuit course.
- **Sanction Fee:** This will be waived in year one, and established by the Technical & Planning Committee in Year 2.
- **Entry Fee:** Professional athletes can be invited and participate in each race as determined by the race director. Amateur athletes will register through WOWSA and the registration fee will be determined in collaboration with WOWSA & the individual race director

Bid Process

Bids to stage an UltraMarathon Swim Series Event shall be submitted to the WOWSA Office through this form:

<https://form.jotform.com/220918237773159>

Bids shall clearly establish the following points:

- A suitable course is available that meets WOWSA Rules & Regulations.
- All safety requirements can be met.
- Confirmation of suitability for use from local health and safety authorities (including water quality).
- Sufficient funding can be provided to cover all organizational requirements.
- Experienced open water officials are available to officiate during the Event.

Upon being awarded a WOWSA Event, WOWSA shall notify all member Event Committees of the details of the date, venue, and course. Course details shall include type of water (salt or fresh), temperature range, tidal/current parameters, type of escort crafts, medical service, safety and details of any competitions taking place on or over parts of the course prior to the event.

The Event Host shall appoint a representative to work with the WOWSA Office.

Planning Committee

UltraMarathon Swim Series Technical & Planning Committee

This body will include the WOWSA Board of Directors and one representative from each of the participating Events. Each Event can assign up to 5 individuals to participate in the Committee meetings, as they see fit.

The purpose is to support the success and growth of the Series and each Event.

The Technical & Planning Committee Responsibilities

- Participate in monthly Committee meetings
- Event representative to report on the outcome of their event the month after the event takes place
- Make recommendations to WOWSA on the technical and planning of the series to promote its future success and growth

Host Organizing Committee

The Event Organizing Committee appointed shall be responsible for providing the items below, and for checking, correcting and/or maintaining the various requirements before and throughout the competition.

Organizational Structure

The Event Organizing Committee shall consist of:

- Event Director
 - Responsible for the overall conduct of the event.
 - Undertakes and follows up all contractual obligations.
 - Sets up the organizational structure of the event.
 - Serves as main contact for WOWSA.
- Competition (Race) Director
 - Coordinates all technical aspects of the event - schedule, competition course and facilities, equipment, sport technology, result update.
 - Works closely with officials and referees.
- Medical Director
 - Must be a medical professional.
 - Ensures medical services and equipment available at the venue.
- Media Director
 - Must be conversant in spoken and written English.
 - Coordinates promotion, media and PR activities, with WOWSA.
 - Collects athlete information and prepares swimmers' biographies.
 - Prepares and organizes press conferences, and issues press releases.
 - Coordinates interviews with athletes, officials, and VIPs.
 - Coordinates the work of photographers to ensure high-quality images that shall be also available for the UltraMarathon Swim Series website.

Officials

Officials

Each Event Committee shall approve officials, referees, and volunteers from either FINA and/or accredited national or regional or local governing bodies. These shall include, at a minimum, the following officials:

- Chief Referee (one per race)
- Assistant Referees
- Chief Timekeeper
- Chief Finish Judge
- Medical Officer
- Course Officer
- Safety Officer

Safety Officer

Safety Officer

The Safety Officer should be a qualified public safety official such as a senior lifeguard, EMS, coast guard or fire service officer who is familiar with the management of risk around the conduct of an open water event.

Start and Finish

Start and Finish

The start and finish need to be clearly defined. The start procedure should be made known to all competitors and there should be an emergency system to either stop the event or change the course.

Course Preparation & Risk Management

The organizer should make sure that the choice of water for an open water swim is suitable for the purpose and that the competitors are not being placed in any danger due to the location or condition of the selected water. There are a number of factors that need to be considered and documented before an area of open water is used for an event, depending on whether a sea, lake or river swim is being considered.

- Access, condition, sufficient space and proximity of start and finish points
- Likely water temperature (set event minimum and maximum temperature)
- Currents or eddies
- Water quality
- Hidden, overhanging or underwater hazards
- Other water users
- Conditions underfoot at start and exit
- Sites for medical evacuation along the course

The organizers should consult with regular users of the chosen water – fishermen, lifeguards, canoeists, recreational boaters, windsurfers, etc. Access to the area is very important as this will not only determine how each event should take place but also, in the event of an emergency, how emergency services would gain access to the start and finish areas and to the course. Course design should allow for minimal congestion at the race start.

Timing & Scoring

Timing & Scoring

Official and final results need to be processed quickly. Whatever timing system is used, it should produce a list of competitors on the race day and a further list of results to publish for all competitors, using the WOWSA Race Results System.

Swimmer Health & Safety

Swimmer Health and Safety

If, in the opinion of the Safety Officer and Medical Officer, conditions are unsuitable for the Event, the Chief Referee must be informed and recommended modifications to postpone, cancel, or move the event to a more suitable venue must be satisfied to protect the health and safety of all competitors.

Swimmers in obvious distress and those deemed to be incapable of continuing for a variety of reasons should be removed expeditiously from the water and assessed with appropriate urgency by a doctor. Rendering assistance to swimmers in such situations should always supersede official rules.

Wetsuit Usage**Wetsuit Usage**

It is the decision of each Event whether or not to allow the use of wetsuits.

Sponsorship**Sponsorship**

Each Event shall be responsible for their own sponsorship.

Press Releases**Press Releases**

Each Event shall provide pre-race and post-race press releases with the race results, race summary, quotes from the top 3 women and top 3 men, and action and award ceremonies photos and videos, both from the water and on dryland. Information can include weather conditions, water temperature, marine life, historical facts, interesting backgrounds on the swimmers, short video clips, photos, quotes and statistical data for use on social media.

Website**Website**

Each Event shall include information, logos and website links of the UltraMarathon Swim Series and the other Events on the Swim Series.

**Event
Coordination****Event Coordination**

Each Event shall share its recommendations to the other Events on the Swim Series in order to continuously elevate the professionalism of each Event and the Swim Series in general.

**Event Prize
Money****Event Prize Money**

Each Event shall be responsible for their own cash prizes.

**Swim Series
Prize Money****Swim Series Prize Money**

In Year 1, there will be no overall Swim Series prize money offered, although an Overall Swim Series Point System will be managed and promoted. Future years may be different.

Point System

No swimmer shall receive points for a race they do not finish.

No swimmer who is disqualified during the race shall receive points.

The UltraMarathon Swim Series consists of two types of events, those offering prize money totaling over \$10,000 USD (Tier 1) and those offering prize money totaling less than \$10,000 USD (Tier 2).

	TIER 1	TIER 2
1st place	4000	1000
2nd place	2400	600
3rd place	2000	500
4th place	1600	400
5th place	1400	350
6th place	1200	300
7th place	1100	275
8th place	1000	250
9th place	900	225
10th place	800	200
11th place	760	190
12th place	720	180
13th place	680	170
14th place	640	160
15th place	600	150
16th place	580	145
17th place	560	140
18th place	540	135
19th place	520	130
20th place	500	125
21th place	480	120
22th place	460	115
23th place	440	110
24th place	420	105
25th place	400	100

Rules & Regulations

2023 UltraMarathon Pro-am Swim Series

ULTRA 1	DEFINITIONS
ULTRA 2	OFFICIALS
ULTRA 3	DUTIES OF OFFICIALS
ULTRA 4	THE START
ULTRA 5	THE VENUE
ULTRA 6	THE RACE
ULTRA 7	THE FINISH OF THE RACE
ULTRA 8	CONDUCT OF ATHLETES AND COACHES
ULTRA 9	RACE MANUAL

ULTRA 1 DEFINITIONS

ULTRA 1.1 UltraMarathon swims shall be defined as any open water swimming competition that takes place in rivers, lakes, dams, reservoirs, oceans, fjords, bays, oceans, seas, canals, or channels that is over 10 kilometers in distance.

ULTRA 1.2 Extreme swims are defined as any open water swimming competition of any distance that takes place in rivers, lakes, dams, reservoirs, oceans, fjords, bays, oceans, seas, whirlpools, canals, or channels that is held at high altitude (over 1,000 meters in altitude), in cold water (between -1.0°C and 15°C), against a river current, or in turbulent waters.

ULTRA 1.3 UltraMarathon and Extreme swims can include circumnavigation swims, prison island swims, maelstrom swims, upriver swims, offshore or coastal swims, Polar swims, fjord swims, or any swims defined by this Series.

ULTRA 2 OFFICIALS

The following officials shall be appointed to officiate and serve as staff at UltraMarathon and Extreme swims:

- Chief Referee (one per race)
- Referees (2 minimum, additional Referees proportional to race entries)
- Chief Timekeeper
- Chief Finish Judge
- Safety Officer including Seconds, Handlers, Escort Staff for each swimmer
- Medical Officer
- Course Officer
- Clerk of the Course
- Feeding Platform Judge (when feeding platforms are used)
- Starter
- Announcer
- Recorder and Chief Press Officer
- Chief Videographer and Drone Operator
- Chief Photographer

Rules & Regulations

ULTRA 3 DUTIES

CHIEF REFEREE shall:

ULTRA 3.1 have full control and authority over all officials and shall approve their assignments and instruct them regarding all special features or regulations related to the competition. The Referee shall enforce all the Rules and decisions of the Series and shall decide all questions relating to the actual conduct of the competition, the final settlement of which is not otherwise covered by these Rules.

ULTRA 3.2 have authority to intervene in the competition at any stage to ensure that Rules are observed.

ULTRA 3.2.1 In case of hazardous conditions that jeopardize the safety of the swimmers and the officials, in conjunction with the Safety Officer he can stop the race.

ULTRA 3.3 adjudicate on all protests related to the competition in progress.

ULTRA 3.4 give a decision in cases where the Judges' decisions and times recorded do not agree.

ULTRA 3.5 signal to swimmers, by raised flag and short blasts on a whistle, that the start is imminent and when satisfied indicate by pointing the flag at the Starter that the competition may commence.

ULTRA 3.6 disqualify any swimmer for any violation of the Rules that he personally observes or which is reported to him by other authorized officials.

ULTRA 3.7 ensure that all necessary officials for the conduct of the competition are at their respective positions. He may appoint substitutes for any who are absent, incapable of acting or found to be inefficient. He may appoint additional officials if considered necessary.

ULTRA 3.8 receive all reports prior to the start of the race and at the conclusion of the race from the Clerk of the Course, Recorder, Chief Press Officer, Course Officer and Safety Officer to ensure all swimmers are accounted for.

THE REFEREES shall:

ULTRA 3.9 have authority to intervene in competition at any stage to ensure that the Rules are observed.

ULTRA 3.10 disqualify any swimmer for any violation of the Rules that he observes.

THE STARTER shall:

ULTRA 3.11 start the race upon the signal of the Chief Referee.

THE CHIEF TIMEKEEPER shall:

ULTRA 3.12 assign Timekeepers to their positions for the start and finish and ensure the viability of the automatic timing system.

ULTRA 3.13 ensure that a time check is made to allow all persons to synchronize their watches with the official running clocks 15 minutes before start time.

ULTRA 3.14 collect from each Timekeeper a card showing the time recorded for each swimmer, and, if necessary, inspect their watches.

ULTRA 3.15 record or examine the official time on the card for each swimmer.

Rules & Regulations

TIMEKEEPERS shall:

ULTRA 3.16 take the time of each swimmer/s assigned. The watches must have memory and print out capability and shall be certified correct to the satisfaction of the Series.

ULTRA 3.17 start their watches at the starting signal, and only stop their watches when instructed by the Chief Timekeeper.

ULTRA 3.18 promptly after each finish record the time and swimmers' number on the timecard and turn it over to the Chief Timekeeper.

THE CHIEF FINISH JUDGE shall:

ULTRA 3.19 assign each Judge to a position

ULTRA 3.20 record and communicate any decision received from the Referees during the competition.

ULTRA 3.21 collect and confirm the race results after the race, and provide to Press Officer after confirming the official results with the Chief Referee.

ULTRA 3.22 assign race judges to their individual escort boats (if used) and instruct them in their duties.

ULTRA 3.23 record and communicate any decision received from the Referees during the competition.

EACH RACE JUDGE shall:

ULTRA 3.24 be positioned in an escort safety craft (where applicable), assigned by random draw prior to the start, so as to be able to observe, at all times, his/her appointed swimmer.

ULTRA 3.25 ensure at all times that the Rules of competition are complied with, violations being recorded in writing and reported to a Referee at the earliest opportunity.

ULTRA 3.26 have the power to order a swimmer from the water due to safety, conditions or expiration of the maximum time limit and communicate this result to the Chief Referee.

ULTRA 3.27 ensure that his appointed swimmer does not take unfair advantage or commit unsporting impediment on another swimmer and if the situation requires instruct a swimmer to maintain clearance from any other swimmer.

THE SAFETY OFFICER shall:

ULTRA 3.28 be responsible to the Chief Referee for all aspects of safety related to the conduct of the competition.

ULTRA 3.29 check that the entire course, with special regard to the start and finish areas, is safe, suitable, and free of any obstruction.

ULTRA 3.30 be responsible for ensuring that sufficient powered safety craft are available during the competition so as to provide full safety backup to the escort safety craft.

ULTRA 3.31 provide prior to the competitions to all swimmers a tide/current chart clearly indicating the time of tide changes on the course and showing the effect of tides or current on a swimmer's progress along the course.

ULTRA 3.32 in conjunction with the Medical Officer, advise the Chief Referee if, in their opinion, conditions (e.g., water temperature, water conditions, weather conditions, currents, tides) are unsuitable for staging the competition and make recommendations for the modification of the course or the manner in which the competition is conducted.

Rules & Regulations

THE MEDICAL OFFICER shall:

ULTRA 3.33 be responsible to the Chief Referee for all medical aspects related to the competition and competitors.

ULTRA 3.34 inform the local medical facilities of the nature of the competition and ensure that any injured, hypothermic or hyperthermic athletes are evacuated to medical facilities at the earliest opportunity.

ULTRA 3.35 in conjunction with the Safety Officer, advise the Chief Referee if, in their opinion, conditions are unsuitable for staging the competition and make recommendations for the modification of the course or the manner in which the competition is conducted.

THE COURSE OFFICER shall:

ULTRA 3.36 be responsible to the Race Committee for the correct survey and layout of the course and any turn, start or finish buoys or feeding or safety pontoon.

ULTRA 3.37 ensure the start and finish areas are correctly marked and all equipment has been correctly installed and, where applicable, is in working order.

ULTRA 3.38 ensure all course alteration points are correctly marked, and manned prior to the commencement of the competition.

ULTRA 3.39 with the Referee and Safety Officer inspect the course and markings prior to the commencement of competition.

THE CLERK OF THE COURSE shall:

ULTRA 3.40 assemble and prepare competitors prior to each event and ensure proper reception facilities at the finish are available for all competitors.

ULTRA 3.41 ensure each competitor is identified correctly with their race number and that all swimmers have trimmed fingernails and toenails and are not wearing any jewellery, including watches.

ULTRA 3.42 be certain all swimmers are present, in the assembly area, at the required time prior to the start.

ULTRA 3.43 keep swimmers and officials informed of the time remaining before the start at suitable intervals until the last five minutes, during which one-minute warnings shall be given.

ULTRA 3.44 be responsible for ensuring that all clothing and equipment left in the start area is transported to the finish area and kept in safekeeping.

ULTRA 3.45 ensure that all competitors leaving the water at the finish have the basic equipment required for their well-being should their own coaches, seconds, or handlers are not present at that time.

THE RECORDER shall:

ULTRA 3.46 record withdrawals from the competition, enter results on official forms, and maintain record for team awards as appropriate.

ULTRA 3.47 report any violation to the Chief Referee on a signed card detailing the event, and the rule infringement.

Rules & Regulations

THE CHIEF PRESS OFFICER shall:

ULTRA 3.48 provide pre-race and post-race information, press releases, athlete biographies and photos, race results, photography and videography to the Series Management to share with public and post online.

ULTRA 3.49 arrange pre-race and post-race interviews.

THE CHIEF VIDEOGRAPHER AND DRONE OPERATOR shall:

ULTRA 3.50 be responsible for the recording and archiving of videos of each swimmer and the entire competition to post online and provide to the Series Management team, including drone footage.

THE CHIEF PHOTOGRAPHER shall:

ULTRA 3.51 be responsible for the recording and archiving of photography of each swimmer and the entire competition to post online and provide to the Series Management team.

ULTRA 4 THE START

ULTRA 4.1 All Open Water competitions shall start with all competitors standing on a fixed platform or in water depth sufficient for them to commence swimming on the start signal. Each competitor shall have a distinct race number visible on their hands, shoulders and back.

ULTRA 4.1.1 When starting in ice swimming competition, competitors shall start with one hand on desk or pontoon and shall not dive into the water.

ULTRA 4.2 The Clerk of the Course shall keep competitors and officials informed of the time before start at suitable intervals and at one-minute intervals for the last five minutes.

ULTRA 4.3 When the numbers of entries dictate the start shall be segregated in the Men's and Women's competitions. The Men and Women can start together based on the decision of the Chief Referee.

ULTRA 4.4 The start line shall be clearly defined and well understood by the competitors.

ULTRA 4.5 The Starter shall be positioned so as to be clearly visible to all competitors.

ULTRA 4.6.1 On the Starter's command "take your marks" they shall take up a starting position immediately in line with the start line where a platform is not used, or with at least one foot at the front of the platform.

ULTRA 4.6.2 In the case of an ice swimming competition, the Starter will give the command "Remove your clothes" and then give no more than 10 seconds to get in starting position and give the start signal when he or she considers all swimmers are ready.

ULTRA 4.7 The start signal shall be both audible and visual.

ULTRA 4.8 If, in the opinion of the Chief Referee, an unfair advantage has been gained at the start the offending competitor will be given a yellow or red flag.

ULTRA 4.9 All escort safety craft shall be stationed prior to the start so as not to interfere with any competitor, and if picking up their swimmer from behind shall navigate in such a way as not to maneuver through the field of swimmers.

ULTRA 4.10 Although they may start together, in all other respects the men's and women's competitions shall be treated as separate events.

Rules & Regulations

ULTRA 5 THE VENUE

ULTRA 5.1 The Series shall be conducted in a variety of venues under a wide variety of conditions.

ULTRA 5.2 The course shall be in water that can be subject to major currents or tidal flows and may be salt or fresh water.

ULTRA 5.3 The water temperature can range from freezing -1.0°C . The maximum of 31°C . It should be checked the day of the race, 2 hours before the start, in the middle of the course at a depth of 40 cm. This control should be done in the presence of a Commission made up of the following persons present: a Referee, a member of the Organizing Committee and one coach from the national teams present designated during the Technical Meeting.

ULTRA 5.3.1 The Safety Officer shall monitor temperature conditions periodically during the race.

ULTRA 5.4 All turns/alterations of the course shall be clearly indicated. Directional Buoys which are alterations of the course shall be of a different color to guidance buoys.

ULTRA 5.5 All Feeding Platforms and Turn platforms shall be securely fixed in position and not be subject to tidal, wind or other movements.

ULTRA 5.6 The final approach to the finish shall be clearly defined with markers of a distinctive color, and shall comprise the boundary of the course.

ULTRA 5.7 The finish shall be clearly defined and understood by all the competitors.

ULTRA 6 THE RACE

ULTRA 6.1 The swimmers are required to complete the whole course, respecting all designated turning buoys and course boundaries.

ULTRA 6.2 Race Judges shall instruct any swimmer who is, in their opinion, taking unfair advantage by drafting off the escort craft to move clear.

ULTRA 6.3 Disqualification Procedure

ULTRA 6.3.1 If in the Opinion of the Chief Referee or Referees, any swimmer, or swimmer's approved representative, or escort safety craft, takes advantage by committing any violation of the impeding or unsportsmanlike conduct rules or by making intentional contact with any swimmer, the following proceeding shall apply:

1st Infringement:

A Yellow Flag and a Yellow Card bearing the swimmer's number shall be raised to indicate and to inform the swimmer that he is in violation of the Rules. The swimmer can – but does not have to – acknowledge or see this Yellow Flag or Yellow Card. However, the Chief Referee or Referees shall make every effort to show the Yellow Flag or Yellow Card to the swimmer/s committing the infraction.

2nd Infringement:

A Red Flag and a Red Card bearing the swimmer's number shall be raised by the Referee in an attempt to inform the swimmer that he/she is in violation of the Rules for a second time. The swimmer shall be immediately disqualified. He/she must leave the water immediately and be placed in an escort craft, and take no further part in the race.

Rules & Regulations

ULTRA 6.3.2 If in the opinion of a Referee, an action of a swimmer or an escort safety craft, or a swimmer's approved representative is deemed to be 'unsportingmanlike', the referee shall disqualify the swimmer immediately.

ULTRA 6.4 Escort safety craft shall maneuver so as not to obstruct or place them directly ahead of any swimmer and not take unfair advantage by pacing or slip streaming.

ULTRA 6.5 Escort safety craft shall attempt to maintain a constant position so as to station the swimmer at, or forward of, the mid-point of the escort safety craft.

ULTRA 6.6 Standing on the bottom during a race shall not disqualify a swimmer, but they may not walk, jump or progress forward in any manner.

ULTRA 6.7 Swimmers shall not receive support from any fixed or floating object and shall not intentionally touch or be touched by their escort safety boat or crew therein. Unintentional or accidental contact with a safety boat or crew is acceptable

ULTRA 6.7.1 Rendering assistance by an official medical officer to a swimmer in apparent distress should always supersede official rules of disqualification through "intentional contact" with a swimmer.

ULTRA 6.8 For races where escort boats are used, each escort safety craft shall contain: a Race Judge, a person, coach, handler or second of the swimmer's choice, and the minimum crew required to operate the escort safety craft.

ULTRA 6.8.1 Each escort safety craft shall display the swimmer's competition number so as to be easily seen from either side of the escort safety craft and the national flag of the swimmer's Federation.

ULTRA 6.9 Each safety craft shall contain appropriately qualified safety personnel and the minimum crew required to operate the safety craft.

ULTRA 6.10 No swimmer shall be permitted to use or wear any device which may be an aid to their speed, endurance, or buoyancy. Approved swimsuit, goggles, a swim cap, nose clip, skin lubricant, sunscreen, and earplugs may be used.

ULTRA 6.11 Swimmers shall be allowed to use skin lubricant, grease or other such substances providing these are not, in the opinion of the Chief Referee, excessive.

ULTRA 6.12 Coaching and the giving of instructions by the approved swimmer's representative on the feeding platform or in the escort safety craft is permitted. No whistles are allowed.

ULTRA 6.13 When taking hydration or food, swimmers may stand in place if the water is shallow.

ULTRA 6.14 No objects can be thrown from the feeding platform or escort boats to the swimmers, including hydration or food. The swimmers shall receive their feeding directly from their representative by a feeding pole or by hand.

ULTRA 6.15 Feeding poles are not to exceed 5 meters in length when fully extended. No objects, rope or wire may hang off the end of feeding poles except national flags. National flags are allowed to be attached to the feeding pole, but may not exceed the size of 30cm x 20 cm.

ULTRA 6.16 In all events, time limits shall apply. A maximum time limit of 120 minutes from the finish time of the first swimmer in the male and female divisions:

ULTRA 6.16.1 Competitors who do not finish the course within the time limit shall be removed from the water except that the Chief Referee may allow a competitor outside the time limit to complete the course, but not be eligible for any points or prizes.

Rules & Regulations

ULTRA 6.17 Emergency Abandonment

ULTRA 6.17.1 In cases of emergency abandonment of races of 10 km or less, the race will be restarted from the beginning at the earliest possible moment.

ULTRA 6.17.2 In cases of emergency abandonment for any race longer than 10 km, where the race has been underway for at least three (3) hours, the final ranking will be as reported by the Chief Referee. If 3 hours of the race has not been completed, it will be restarted from either the beginning or at an agreed-upon point at the earliest moment possible.

ULTRA 7 THE FINISH OF THE RACE

ULTRA 7.1 The area leading to the finish apparatus should be clearly marked by rows of buoys which narrow as they get closer to the finish wall. Escort safety craft should be stationed at the approach to and entrance of the finish lane to ensure that only the escort safety craft authorized to do so enter or cross this entrance.

ULTRA 7.2 The finish apparatus should, where possible, be a vertical wall at least 5 meters wide fixed if necessary to flotation devices, securely fastened in place so as not to be moved by wind, tide or the force of a swimmer striking the wall. The finish should be filmed and recorded from each side and above by a high-speed video system with slow motion and recall facilities including timing equipment.

ULTRA 7.2.1 When automatic Officiating Equipment is used for timing of competitions, microchip transponder technology capable of providing split times is mandatory and should be added to the Equipment. Microchip transponder timing technology will be recorded officially in tenths of seconds. The final places will be determined by the Chief Referee based upon the finish judges' report and the finish video tape.

ULTRA 7.2.2 It is mandatory for all swimmers to wear a microchip transponder on each wrist throughout the race. If a swimmer loses a transponder, the Race Judge or other Official will immediately inform the Chief Referee who will instruct the responsible Official on the water to issue a replacement transponder. Any swimmer who finishes the race without at least one transponder will be disqualified.

ULTRA 7.2.3 When, at the finish of a competition, a vertical wall is available, swimmers must touch the vertical wall to finish the race. Any swimmer who does not touch the vertical wall will be disqualified.

ULTRA 7.3 The Finish Judges and Timekeepers shall be placed so as to be able to observe the finish at all times. The area in which they are stationed should be for their exclusive use.

ULTRA 7.4 Every effort should be made to ensure that the swimmers' representative can get from the escort safety craft to meet the swimmer as they leave the water.

ULTRA 7.5 Upon leaving the water, some swimmers may require assistance. Swimmers should only be touched or handled if they clearly display a need or ask for assistance.

ULTRA 7.6 A member of the medical team should inspect the swimmers as they leave the water. A chair, in which the swimmer can sit while an assessment is made, should be provided.

ULTRA 7.7 Once cleared by the medical member, swimmers should be given access to refreshment including hydration and food, and warm clothing, towels and blankets.

Rules & Regulations

ULTRA 8 CONDUCT OF THE ATHLETES AND COACHES

ULTRA 8.1 Acts of misbehavior including but not limited to abusive, violent physical or verbal conduct in a disturbing, ugly or provocative manner, unjustified interference including disobedience with obstruction of the orderly conduct of any sporting event within or outside of the venue(s), malicious alteration, damage or destruction of property or infliction of physical or mental harm on others shall lead to immediate disqualification.

ULTRA 8.2 Cheating including but not limited to falsification or alteration of birth certificates, documents of identification or any other document indicating false age, false nationality, or any other false information with the purpose of obtaining unfair advantage for an official, an athlete or a team shall lead to immediate disqualification.

ULTRA 8.3 Competitors shall actively participate in the full conduct of the competition including victory ceremonies and, if applicable, presentations and/or press conferences. They shall strictly avoid any offensive or improper behavior towards the officials, the other competitors, the team members, and/or the spectators during the entire conduct of the competition.

ULTRA 8.4 Political, religious or discriminatory statement or behavior is strictly prohibited.

ULTRA 8.5 Any participating athlete or coach may be sanctioned by the Disciplinary Panel. In the imposition of any sanction, the nature of the offence, the circumstances under which it occurred, the gravity of the offense or infraction, the character of the action and other consideration that is in harmony with the spirit of open water swimming must be taken into account.

ULTRA 9 RACE MANUAL

ULTRA 9.1 Every open water swimming venue and event will have different and specific parameters and conditions to consider. Local specialists shall modify and adopt these guidelines to fit their specific needs while keeping in adherence to the spirit of open water swimming.

ULTRA 9.2 At the end of the season, the rules and manual shall be reviewed and increased or improved as necessary and determined by the local specialists and Series Committee.

ULTRA 9.3 The minimum and maximum number of participating athletes shall be determined by the local Race Committee.

ULTRA 9.4 The distances and course layout shall be determined by the local Race Committee.

ULTRA 9.5 The entry fees shall be determined by the local Race Committee.

ULTRA 9.6 Local sponsorships shall be determined by the local Race Committee. Series sponsorships shall be determined by the Series Committee.

ULTRA 9.7 The Series Sanction Fee shall be US\$4,000 per event in Year One and shall be payable to the Series Committee 6 months ahead of the event date.

ULTRA 9.8 The local event management shall be responsible for travel reimbursements (both airfare and ground transportation), hotel expenses, event insurance, venue rental fees, equipment costs, medical services, awards and prize money, and incidentals incurred by or offered to the athletes, coaches, and race officials or in the conduct of the event.

Rules & Regulations

ULTRA 9.9 The local Race Committee is responsible for covering all organizational requirements and costs, and for providing a full logistics and operational plan for approval by the Series Committee, including management and recruitment of volunteer and safety staff.

ULTRA 9.10 The local Race Committee is responsible for assigning a liaison person to communicate and work with the Series Committee.

ULTRA 9.11 The Series Committee is responsible for promoting and documenting the competition and reviewing and approving a detailed Safety Plan and a detailed Medical Plan.

ULTRA 9.12 The local Race Committee shall provide video cameras and offer Internet connection in order to offer a livecast of the entire event and post-race press conference and interviews.

ULTRA 9.13 The local Race Committee shall invite and encourage the participation of local TV and media platforms to cover their event. The local Race Committee shall provide footage to enable the Series Committee to compile event video reports for social media and other broadcast use, with broadcast-quality footage in high definition, in a digital format. A minimum of 30 minutes of unedited footage shall be provided that cover the highlights of the competition.

Conclusion

This manual is version 3 and we look forward to working with the Technical and Planning Committee of participating event organizers to continually improve on this guide to continue the growth of marathon swimming.