

PROTARAS SWIMRUN CYPRUS SOLO RULES



1. Organization

1.1 RACE ORGANIZATION

Protaras SwimRun Cyprus Solo is organised by SwimRun Cyprus Team

Email: info@swimruncyprus.com

2. Entry pre-requisite

2.1 To be able to participate in **Protaras SwimRun Cyprus** you have to be at least 18 years old and able to swim and run.

2.2 Each athlete advised to have a valid medical insurance for competing in SwimRun.

2.3 Your application is final. No entry fee will be reimbursed by the Race Organization.

2.4 It is allowed to change between offered distances.

3. Race course

3.1 RACE COURSE

3.1.1 The racecourse is marked

3.1.2 The participants must follow the marked course

3.1.3 The participants that do not follow the marked course will be disqualified.

3.2 ENERGY STATIONS

3.2.1 There will be several water / food checkpoints throughout the course.

3.3 MEDICAL POINTS

3.3.1 There will be several medical points where participants can get help if needed

3.3.2 There will be medical staff and equipment on boats and on land.

PROTARAS SWIMRUN CYPRUS SOLO RULES



4 Equipment

4.1 GENERAL ABOUT EQUIPMENT

4.1.1 All participants need to bring all their equipment from start to finish, if a participant fails to bring all equipment to the finish line, will be disqualified.

4.2 MANDATORY EQUIPMENT THAT THE ORGANIZATION WILL SUPPLY

Race bibs must be worn visible all the time during the race

Whistles

Swim caps must be worn visible during all the swims.

4.3 RECOMMENDED EQUIPMENT

4.3.1 Water bladder

4.3.2 Tether

4.4 EQUIPMENT CHECK BEFORE THE RACE

Before the race there will be a mandatory gear check.

4.5 EQUIPMENT THAT IS NOT ALLOWED

4.5.1 Floatation help that is bigger than 100 cm x 60 cm.

4.5.2 No wetsuits can be modified with paint or color that washes off in the water. This will result in immediate disqualification.

4.5.3 Swim fins are NOT allowed if the fin is longer than 15 cm. Measurement is from the toe to the end of the fin.

5 Timing

5.1 TIMING

5.1.1 The time is from the start until the finish line

5.2 CUT OFFS

5.2.1 Throughout the course there will be cut offs where the participants need to pass by a certain time to be able to continue racing.

5.2.2 Information about the cut off times will be given the day before the start.

PROTARAS SWIMRUN CYPRUS SOLO RULES



6 Racers responsibility

6.1 GENERAL

6.1.1 The participants must know the rules and follow these

6.1.2 The participants shall respect other participants, organization, spectators and the people living in the race area.

6.1.3 The participants are not allowed to use unfair methods to get advantages

6.1.4 SwimRun is a clean sport and we do not accept any use of illegal substances

6.1.5 The participants are obliged to help in case of emergency if the organization is asking for it.

6.1.6 Each participant must show proof of identification at the race registration

6.2 BEFORE THE RACE

6.2.1 The participants can train and scout the course prior to the race but must respect the residents in the area and behave according to the local land use laws. Training recommendations for the area will be communicated via newsletter to the racers as some areas are sensitive from an environmental perspective. These recommendations must be respected.

6.3 DURING THE RACE

6.3.1 The participants are participating at their own risk and cannot hold the organization responsible for any accident during the race.

6.3.2 The participants are obliged at their best ability to help another participant that have been injured or being sick.

6.3.3 A participant that has abandoned the race shall report it as soon as possible to the organization.

6.3.4 The participants are not allowed to throw trash in the nature. If a participant is doing so, will get disqualified.

7 Rules

7.1 RACE JURY

7.1.1 Race jury team consist of the race director and at least one more person from the race organization.

7.1.2 The race jury is:

PROTARAS SWIMRUN CYPRUS SOLO RULES



- Enforcing the rules
- Decide the outcome of a protest
- Decide about disqualification
- Decide about course changes and changes in the rules

7.1.3 At least two members of the jury is needed to be able to take a race jury decision.

7.1.4 The race jury has the right to use “common sense” to take a decision about arisen situation if it is not clear in the rules

7.1.5 The decision of the race jury is definitive.

7.2 PROTESTS

7.2.1 A protest must be given in written to the race organization within 30 minutes after finishing the race.

7.2.2 A protest must include:

- Time and location.
- Participant number and signature of the participant member.
- Participant number or participant name of the participant that the protest is against
- The reason for the protest
- If possible include witness with name or participant number

7.2.3 A protest that does not fill the criteria of point 7.2.2 will be ignored.

7.2.4 A decision from the race jury will be communicated to those involved as soon as possible.

7.3 DISQUALIFICATIONS

Offence against the rules leads to disqualification.

7.4 EXTERNAL ASSISTANCE

It is not allowed to receive assistance from other people than the race organization. Each participant must make their own way from start to finish.

8 Safety

8.1 The Race organization will take the required steps to minimize the risk of an accident. Both for the participants and for the staff.

8.2 The Race organization must have the necessary amount of safety crafts and safety staff in place for the swims depending on their risk exposure.

PROTARAS SWIMRUN CYPRUS SOLO RULES



8.3 The race organization can refuse to participants 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.

9 Media and sponsor exposure

9.1 SPONSOR MARKINGS

The participants are allowed to have sponsors marked on their race gear.

9.2 RACE BIBS

The race bibs cannot be modified in any way and must be worn all the time. After the race all race bibs must be returned to the organization (lost or not returned racing bibs will be charged 50 Euros or equivalent)

9.3 PICTURES AND FILM FREE RIGHTS

The participant gives the race organization the right to use pictures and film material taken during the race to be used free of rights in marketing, press material, internet, television and films etc.

10 Accepting the rules.

By entering the race each participant accepts the rules in full.

11 Image rights

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