

RULES

ENTRY RE-REQUISITE

To be able to participate, the following is essential:

- To be totally aware of the length and the specificity of the event and to be perfectly prepared for it.
- To have acquired, prior to the race, a real capacity for self-sufficiency in this type of races and course.
- To have acquired a real capacity to know how to face, without outside help, unfavorable climatic conditions which can become very difficult.
- To be fully aware, that it is not the role of the organization to help a runner to overcome these problems and that for such an activity security depends upon the capacity of the runner to adapt to the problems encountered, or envisaged.
- To race in a team consisting of two persons that are able to swim.
- Each team member needs to have a valid insurance for swimrun or sports similar to swimrun.

ARTICLE 1.- ETHICAL RESPONSABILITY

Equity, respect for other people and the environment, mutual aid and solidarity are the fundamental principles directing the organization and the participation of the Swimrun Costa Brava. We wish to share these principles with those who participate in the event of the Swimrun Costa Brava: athletes, partners, volunteers, spectators, local inhabitants and not forgetting organizers of other races.

Conscience that our events take place in a framework which is at the same time both grandiose and fragile, the aim of this charter is to clearly formulate the benchmarks which will act as the guide line for our behavior and actions.

1. Equity
2. Respect for people
3. Respect for oneself
4. Respect for the environment
5. Solidarity

ARTICLE 2. - ENTRY PRE-REQUISITES

To be able to participate, the following is essential:

- To register for the MARATHON RACE: athletes must be 18 years old
- To register for the HALF and SHORT RACE: athletes must be 16 years old
- Minors (under 18 years old) must have a tutor authorization that must be shown to the organization. It will be validated previous to the race start.

To validate their registration, each runner must:

- supply organization medical questionnaire
- properly fill out the registration questionnaire
- read and sign the waiver of responsibility
- read, understand and accept the rules

ARTICLE 3. - MANDATORY AND RECOMMENDED EQUIPMENT

All teams need to bring all their equipment from start to finish. There will be a material control in the start line and during the race. If a team fails to bring all their equipment to the finish line they will be disqualified.

Mandatory equipment

- First aid pressure bandages, packed waterproof
- 1 Wetsuit per person, suitable for water temperature. Please check weather forecast and water temperature in Swimrun Costa Brava website.
- 1 Whistle per person
- 1 bib (numbered swim cap) per person (organization will supply it)

- Water proof chip (Marathon, Half and Short) + Real-time GPS Tracking organization will supply it

Recommended equipment

- Water bladder, camelback or similar with a stock of water between 0,5 and 1 liter.
- Pull belt and elastic cord.
- Food reserve (energy gel or energy bars).

Additional equipment NOT allowed

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

ARTICLE 4.- REGISTRATIONS, RETURNS, CHANGES AND CANCELLATIONS

The organization of the race will only make refunds of the total cost of registration 14 calendar days after the said purchase. Once the 14-day period has elapsed, there will be NO refund of the cost of registration in the event of not being able to attend the race.

The participant can change their registration and give it to another person at no additional cost. Only change requests sent before 72 hours of the test will be accepted. You can request a change of registration by email: coliva@ocisport.net

In case of change of date due to force majeure (weather, pandemic, etc...), the organization will not pay the registration and undertakes to keep the number of all participants for the new date. Bibs are not retained for later editions.

ARTICLE 5.- MODIFICATIONS AND RACE-BIB CESSIONS

Registration / bibs cession is allowed with no additional cost, only if this cession is informed and verified by the organization.

Please, send your registration and bib cession request by email to coliva@ocisport.net

ARTICLE 6.- BIBS, CHIPS, RACE-BOOK and RUNNER GIFT

The collection of bibs, racebook, chip, real-time GPs tracking, runner gift, etc will take place in Ciutadella.

Race-bib is Personal and non-transferable.

The race is controlled by an aquatic chip and by a real-time GPS tracking. There are control posts along the course, where athletes must pass by in order to register their time.

ARTICLE 7.- TIME BARRIERS, CONTROL POSTS, PROVISIONING AND ABANDONS

A technical explanation about the race will take place in Ciutadella on Saturday. Exact address is described in Schedule information. Athletes' attendance is compulsory; however there will be no swimrunners attendance registers.

Except for injury, a runner must only abandon at a control post. They must alert the head of post, who will invalidate their race-bib.

Control and provisioning posts are described in the racebook and transfer.

There are refreshment posts along the course. They have been supplied with drinks and food, designed by sport nutritionists. Learn more information about refreshments posts, its locations and components, on the technical speech held Saturday.

ARTICLE 8.- SAFETY AND MEDICAL ASSISTANCE

Safety is an important issue for Swimrun Costa Brava organizers. We work hard to make the race enjoyable. We offer 4 safety levels, which require everyone's complicity: organizers, athletes, spectators.

Level 1: Your Partner.

You must have a real capacity for self-sufficiency and so must do your partner. In every water-land transition, you must look at your partner and verify:

6. That you have the capacity to continue the race.
7. You have all the compulsory material

It is essential that each runner helps anybody in danger and alerts the first aid point

Level 2: Organizers.

Race officials present on the course, and those in charge of different control and refreshment posts will look after athlete's safety.

They will tell athletes what to do, how to proceed and all needed information in case of emergency.

Level 3: Emergency service and organizers assistance.

There are 3 medical assistance spots: 1 at Ciutadella, 2 along the course (one inland and one prepared for Sea assistance).

Specific situation of the medical assistance posts is given in the technical speech.

Your medical assistance is covered by the accident insurance included in the race registration.

Level 4: Firefighters and Catalan Health System.

Firefighters and Catalan Health System are the public organization responsible for managing and responding to health emergency assistance requests in Catalonia.

This is a service made up of a professional team (doctors, nurses, phone operators on demand, resource managers and healthcare transport technicians). Its primary objective is to offer fast and efficient medical assistance for out-of-hospital emergencies with the maximum level of quality, **24 hours a day, 365 days a year.**

The assistance process is developed in two distinct areas:

1. **The Coordination Centre** receives and administers assistance and provides an appropriate response in each case, either by telephone or mobilizing the most appropriate resources for each situation and pathology.
2. **for all mobile resources** (ambulances, helicopters and on-call attention vehicles) distributed throughout Catalonia.

Swimrun Costa Brava is in constant contact with Firefighters and Catalan Health System during the race. In case the athlete cannot contact SwimRun Costa Brava medical assistance, please call the emergency telephone numbers **112** and **061**.

ARTICLE 9.- DISQUALIFICATIONS

Race officials present on the course, those in charge of different control and refreshment posts, and any other member of the organization are authorized to uphold regulations and to immediately impose a penalty for non-respect, based on the following chart:

Disqualification:

- Lacking other obligatory equipment
- Not assisting a person in difficulty (requiring official assistance)
- Not inform the organizers of a race-bib cession
- Showing unsportsmanlike behavior or a lack of respect towards the organizers and/or other participants.
- Refuse to have obligatory equipment checked out
- Abandon the race and not informing it to the organizers.
- Not passing through a control point
- Refusal to comply with an order from race control, from a race official, from a head of post, from a doctor or from a rescue worker

ARTICLE 10.- PENALIZATION

Not following the indicated or marked course, with no short-cutting the route (decision will be taken depending on the causes).

Throwing away rubbish (voluntary act) by a competitor or a member of their team

Short-cutting the route

STOP AND GO

The purpose of the " **STOP AND GO** " is to have an athlete correct a minor infraction.

If the conditions allow, the judge kayak will point out to the offending team, showing him a yellow card, which must be stopped at the exit of the swim the determined minutes of sanction. The team is responsible for stopping and informing the control of their number and the penalties to be met.

A kayak judge may give a verbal warning before applying a higher penalty.

A time penalty is appropriate for minor infractions.

If sea conditions permit, the kayak judge will apply a penalty for time: by blowing a whistle, showing a yellow card, and calling the team by their dorsal number indicating: "Penalty for Time". For security reasons, the officer may delay notification of the sanction.

Once the equipment leaves the water, the Control will begin counting the time of the sanction. When the penalty time has expired, the Control will tell the team that it can continue.

DISQUALIFICATION

Disqualification is the sanction for serious offenses, which affect safety, equality or outcome, and / or can not be corrected. The team that has been sanctioned with a disqualification is allowed to continue in the competition, and has the right to file an appeal at the end of the competition. Disqualification will be applied in the following cases:

When the violation is intentional

When the infraction generates or has generated a situation of danger.

When the team does not correct the infraction to a rule advised by an official, or fails to comply with an order given by it.

When an infraction can not be corrected, especially if it affects or can affect the safety, the equality between the athletes or the final result of the competition.

When a team uses unauthorized artificial aids or receives external aid.

When, in the same competition, a team receives three cards.

In any other circumstance that, in the opinion of the officer, is worthy of this sanction.

If conditions permit, the disqualification will be indicated to the offender, indicating his dorsal number and showing him a red card.

ARTICLE 11.- RACE MODIFICATIONS

The organization reserves the right to modify at any moment the route and the positioning of the rescue and refreshment posts, modify time barriers and stop the event without warning. In the case of unfavorable weather conditions and for reasons of safety, the start may be postponed

ARTICLE 12.- REWARDS AND RANKING

Rewards will be given when races are completed and finished (please see the event Schedule).

There are 3 categories in each race: man team, woman team, woman-man team.

ARTICLE 13.- PHOTO AND VIDEO COPY RIGHT

Every competitor relinquishes their claim to photographic copyright during the event, and he relinquishes any recourse against the organizer and against his approved partners for the use of his image. Only the organization can pass on these rights for the image in any media, via an accreditation or an adapted license.

Swimrun Menorca® and Besttrail® are legal trademarks. Any communication about the event or use of photographs of the event must be made respecting the name of the event, the trademarks and with the official agreement of the organization.

ARTICLE 14.- PERSONAL DATA PROTECTION ACT

In accordance with the provisions of organic law 15/1999 on the protection of personal data, we hereby inform you that the personal data contained from athletes will be treated in the strictest confidence and will be used only for the race purposes, such as race logistics, results notification and publication, to inform about other BESTTRAIL S.L. (and its collaborators) activities and services.

Athletes may exercise the rights of access, rectification, objection and/or deletion by sending an email to comunicacio@besttrail.cat

ARTICLE 15.- RACE COURSE

The race course is marked. The participants must follow the marked course. The participants that do not follow the marked course will be disqualified

There will be several water / food checkpoints throughout the course

There will be several medical points where participants can get help if needed. There will be medical staff and equipment on boats and land.

ARTICLE 16.- TIME BARRIERS

There are several time barriers along the race course.

The time limits for leaving (time barriers) of the principle control posts will be marked and written in the course guide.

To be authorized to continue the event, swimrunners must arrive to the control post before the fixed time limit.

ARTICLE 17.- RACE JURY AND PROTESTS

The race director is:

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

The decision of the race jury is definitive.

A protest must be given in written to the race organization within 24hours after finishing the race

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

ARTICLE 18.- EXTERNAL ASSISTANCE

It is not allowed to receive assistance from other people than the race organization. Each team has to make their own way from start to finish. Receive external assistance implies disqualification.

ARTICLE 19.- TEAM DURING THE RACE

The 2 team members must be together at all times; they cannot be apart more that 10meters between each other.

The team must abandon if one of the members shows no capacity for self-sufficiency to continue the race or his/her equipment is not the proper one. Otherwise, the team will be disqualified.

In certain water sections, organization may make athletes use a security buoy in order to increase team's visibility. These sections will be described in the racebook. Buoy will be supplied by organizers at the beginning of the water section. Buoy must be returned at the end of the water section. Teams do not need to carry this buoy during the rest of the course.

ARTICLE 20.- ACCEPTING THE RULES

By entering the race each team member accepts the rules in full.