



WOW SWIMS – WA's Community Swim Series For All

LOCAL RULES 2020/21

(Christmas 10K Swim)



General Rules (Mandatory for All Events in the Series)

1. Events are open to participants of all standards and ages.
2. Events are open to the general public as well as all members of Masters-affiliated swimming clubs.
3. There is a compulsory minimum age for swimmers, with a swimmer's age determined on the day of the Event and applicable to race distances as follows:
 - a. Under 400m Try It Swims – minimum age of 8 years
 - b. 400m – 749m – minimum age of 9 years
 - c. 750m – 999m minimum age of 10 years
 - d. 1km – 1.99km – minimum age of 11 years
 - e. 2km – 5km – minimum age of 12 years
 - f. Over 5km – minimum age of 14 years
4. A chaperone swimmer (aged 18 years or over) will be required to accompany any swimmer aged 9 years old taking part in a 400m or 500m Event.
5. Any host club conducting a "Try It" swim under 400m is required to ensure it is held in well supervised water with appropriate water safety. This event is unchaperoned.
6. Only well prepared and medically fit swimmers should take part.
7. Swimmers with pre-existing medical conditions that may be of concern to the Event organisers are requested to advise the Race Director of their condition at registration on the day of the Event.
8. There must be a time limit set for all entrants to swim the course.
9. Any swimmers still on the course after this time will accept the Referee's request to exit the water.
10. All swimmers should exercise due caution when approaching slower swimmers on the course.
11. Due to the risk of injury to other swimmers, all swimmers should use best endeavours to avoid breaststroke kicking at all buoy turns or when in close proximity to other swimmers.
12. Slower swimmers should endeavour to start further back at the start line to allow faster swimmers to swim away from the start line first.
13. Swimmers found displaying unsporting conduct will be disqualified.
14. Event race caps will be issued to all swimmers at registration and must be worn on a swimmer's head at all times.
15. For only the State Championship 2km and the Christmas 10km Swim held annually, FINA swimwear rules shall apply.
16. Wetsuits may be worn, but there will be a separate "wetsuit" category which is not eligible to win prizes (although a wetsuit prize category may be introduced at the discretion of each local Event organiser).
17. All swimmers who complete an Event will record a finishing time.
18. No watches, fit band devices and/or heavy jewellery items are permitted.
19. For safety reasons, no paddles, fins, flotation devices or swimming aids may be used.
20. For the purposes of these local rules, a snorkel device is not considered to be a flotation device so may be worn, though wearers of snorkels will not be eligible to win prizes.
21. No personal paddlers are to accompany swimmers, other than in the Open 10km & 6.7km swim held annually.
22. All competitors must attend the Compulsory Race Briefing.
23. Any swimmer under the age of 18 must be accompanied by a parent or guardian on the day of the Event, with that parent or guardian also attending the Compulsory Race Briefing and remaining present until the completion of the Event.
24. In shallow water conditions, swimmers may stand to rest but should only resume swimming from a standing start, ie no forward diving or walking is permitted.
25. A swimmer experiencing difficulty should raise an arm to attract the attention of water safety and support personnel.
26. In shallow water conditions, a swimmer in difficulty may walk from the water directly onto the beach to seek assistance from Event personnel.
27. A swimmer withdrawing from the Event, either before or at any time during the Event, must report to a Race Official as soon as possible so all swimmers can be accounted for.
28. Start line & wave start procedures – at *approximately* 2 minutes before a wave is due to start, swimmers will be instructed to enter the water and make their way to the start line. Once all swimmers are deemed to be ready, the race flag(s) will be raised to signify a start is imminent. The start of the race (and subsequent wave starts) will then be signalled by the sounding of an air horn and the dropping of the flag(s).
29. Finish line – where practical to do so, the finishing line should be set up in the water. If conditions do not allow an in-water finish line to be set up, the finish line for the Event should be as near as possible to the edge of the water line.
30. To avoid confusion with participating swimmers, those not competing in the event (i.e. after completing or withdrawing from the event) are not permitted to enter the water wearing their event swim cap. Swimmers wishing to cool down after the event should remove their event swim cap and cool down away from the event course.

Specific Rules (Christmas 10K Swim)

1. Time limits – a limit of 4h15m applies to the 10K Challenge and all 1-Lap swimmers must complete their swim by 9.45am (approx 2h from wave start time).
2. Swimwear rules – the 10K Challenge is subject to FINA swimwear rules, any other distance is easy – basically, anything goes, including wetsuits.
3. Start line, wave start, and finish line procedures will be outlined at the Compulsory Race Briefing.