

1. GENERAL

- 1.1. The Czech Swimrun Tour is held by 4Motion z.s., having its registered seat at K Olympiku 563/2, 186 00, Prague 8 (the organizer).
- 1.2. The organizer of each race shall be identified in the race schedule and information for each race.
- 1.3. Fundamental terms used in these Rules below:
 - category:** means man, woman, men, women, mixed teams;
 - format:** manner of participation in a race, see para. 3.2;
 - organizing team:** team set up by the organizer to hold the race;
 - race:** any sports event forming part of the Czech Swimrun Tour;
 - race participant:** an individual starting in one or more races wearing a valid bib number;
 - team:** pair of race participants starting and entering the race together under one name;
 - track:** fixed route defined by the race map, beginning at the start banner and ending at the finish banner.

2. TERMS OF REGISTRATION

- 2.1. Registration is made by filling in registration form available at www.swimruntour.cz.
- 2.2. The registration fee for each race is specified in the instructions for a given race.
- 2.3. Registration process is completed upon payment of the registration fee. Registration can be cancelled or transferred to another team under the terms and conditions set forth by instructions for each race.
- 2.4. By registering to a race, the race participant declares that he or she is physically fit and sufficiently trained to complete the race and that he or she can safely complete all swimming sections of the race to which he or she has registered.
- 2.5. If the race participant has not reached the age of 18 on or before the day of the race, he or she must provide the organizer with a Minor's Participation Approval, which is available for download at the race website in the racing section.
- 2.6. Upon registering to the race, the race participant agrees to processing of his or her personal data provided upon registration, and to storage and use of the personal data for the purposes of the race in accordance with Act no. 101/2000 Coll., on Personal Data Protection.
- 2.7. All race participants participate in the race at their own risk and they release the organizer from liability resulting from any loss event.

- 2.8. Upon registering to the race, each race participant declares that he or she fully understands and accepts these Rules and agrees to act in accordance herewith, and accepts the rights of the race participants as defined in chapter 8 hereof.
- 2.9. Signing of a race participant's waiver will be requested during presentation at the race start. Race participant's waiver is available at www.swimruntour.cz in the download section. No race participant will be allowed to start in the race without signing the waiver.

3. RACE CATEGORIES

- 3.1. All races are open to individuals or two-member teams.
- 3.2. The races are open in the following formats:
 - 3.2.1. SPRINT – SINGLE/TEAMS
 - 3.2.2. STANDARD – SINGLE/TEAMS
 - 3.2.3. MARATHON – TEAMS.
- 3.3. The formats are open for the following categories:
 - 3.3.1. SINGLE – men, women
 - 3.3.2. TEAMS – men, women, mixed teams.

4. TRACK

- 4.1. The entire race track will be marked. Running sections will be marked at intervals as allowed by the situation by PVC ribbons, difficult sections will be additionally marked by arrow indicators. The beginning and end of each swimming section will be visibly marked by a flag or a buoy. The exact form of marking will be presented on the day of the race.
- 4.2. The organizer provides basic refreshment for race participants on the track at refreshment stations as follows:
 - 4.2.1. at least 1 on the SPRINT track;
 - 4.2.2. at least 2 on the STANDARD track;
 - 4.2.3. at least 4 on the MARATHON track.
- 4.3. During the race, at least one medical team will be present on the water and one medical team at the start and finish area.

5. EQUIPMENT

- 5.1. Each race participant shall carry his or her entire equipment throughout the race. No parts of the equipment may be collected or left on the track.
- 5.2. Each race participant must carry the following mandatory equipment during the race:
 - 5.2.1. brightly colored swimming cap;
 - 5.2.2. whistle;
 - 5.2.3. bib number.

- 5.3. Race participants in SINGLE race format must carry, next to the mandatory equipment under para 5.2, also the following:
- 5.3.1. inflatable buoy/bag or another aid that can demonstrably support the race participant in water.
- 5.4. Recommended equipment:
- 5.4.1. race map in a waterproof package;
 - 5.4.2. working mobile phone.
- 5.5. Permitted equipment:
- 5.5.1. wetsuit;
 - 5.5.2. pull-buoy;
 - 5.5.3. hand paddles;
 - 5.5.4. tether/rope for connection of team members.
- 5.6. Prohibited equipment:
- 5.6.1. Any other equipment which helps to increase speed and efficiency of movement in water, except for the equipment defined in para. 5.5.
 - 5.6.2. Equipment painted by any water-soluble color or paint.
- 5.7. The mandatory equipment will be inspected prior to start of the race. In case of incomplete mandatory equipment or discovered prohibited equipment, the race participant will not be allowed to enter the starting corridor.

6. BEHAVIOUR ON THE TRACK

- 6.1. Each race participant shall complete the entire race on a predetermined race track within the time limit and only under his or her own power.
- 6.2. No race participant may accept any third-party assistance during the race, i.e. assistance from any person other than a team partner or members of the organizing team at a refreshment station. This does not apply to medical care.
- 6.3. Race participants of one team must complete the race together, and the team members must at all times maintain a maximum distance from each other of 100 meters on land and 10 meters in the water.
- 6.4. Each race participant must wear a brightly colored swimming cap in all swimming sections.
- 6.5. Behaviour of each race participant on the track must be considerate towards other race participants and towards the nature; race participants may not leave any litter on the track.
- 6.6. Each race participant shall comply with the applicable law, in particular with:
- 6.6.1. the respective provisions of Act no. 361/2000 Coll., on Road Traffic;

- 6.6.2. section 20 of Act no. 289/1995 Coll., on Forests, in particular with the prohibition to build fires, disturb peace and silence, enter fenced off areas, pollute the forest with litter etc.
- 6.7. Each race participant must always care for his or her own safety and for safety of other race participants. In this respect, each race participant shall:
- 6.7.1. help any wounded race participant or member of organizing team on the track in case of danger to health or life, and immediately call the organizing team or directly the emergency rescue service.
 - 6.7.2. Notify the organizing team of any discovered circumstances endangering health or lives of the race participants or members of the organizing team.

7. EVALUATION OF RACE/SERIES RESULTS

- 7.1. Ranking of race participants is determined by the time that is measured from start to finish. In case of team competition, the finish time of the last member of a team is measured.
- 7.2. The time on the track is measured by the timekeeper according to the official race timer, which is placed and visibly displayed at the start/finish area.
- 7.3. Final results of the race are determined by the Committee of Referees composed of the Race Director, Chief Referee and the Timekeeper.
- 7.4. Interim results can be posted during the race at the start/finish area. The organizing team shall publish final results at its website after the race is completed and any protests resolved.
- 7.5. In each race, the top 3 teams and top 3 individuals in each category shall be announced and awarded.
- 7.6. In each race, the teams and individuals are awarded points for overall ranking of the series. Following completion of the last race, the following winners will be announced and awarded, regardless of categories:
- 7.6.1. SPRINT teams;
 - 7.6.2. SPRINT single;
 - 7.6.3. STANDARD teams;
 - 7.6.4. STANDARD single;
 - 7.6.5. MARATHON teams.
- 7.7. Rules for calculation of points for the overall results are as follows:
- 7.7.1. The overall results only include three best results of each team/race participant.
 - 7.7.2. The results are always awarded a team consisting of the same members. Should a race participant take part in more than one race as a member of teams with different partners, the points from each race are awarded to each team separately.

- 7.7.3. A maximum amount of points to be awarded to a race participant is specified for each race. The maximum amount of points is determined by coefficient reflecting difficulty of the track and it is calculated for each race in advance from a reference value of 1,000 points. The resulting coefficient for each race shall be published at the day of the race at the race location and subsequently at www.swimruntour.cz.
- 7.7.4. The track difficulty coefficient takes into account various conditions and difficulty of each race, and it serves for comparison of races. The track difficulty coefficient always reflects the overall length of running and swimming sections, overall vertical distance and conditions on the track (terrain, weather).
- 7.7.5. The race participant/team with the best time in each category is awarded maximum points for the overall ranking.
- 7.7.6. The remaining race participants/teams shall lose 10 points from the maximum amount for each minute by which that the race participant/team is slower than the winner. The intervals are calculated in tenths of minutes, and the points loss is rounded to tenth of a point.
- 7.7.7. Ten percent of the maximum shall be the minimum points amount gained in each race, which corresponds to 90 minutes delay after the fastest team. Should a race participant/team be slower, they will always be awarded 10 % of the maximum amount of points.
- 7.7.8. In case of parity of points for two or more race participants/teams after all races in a year, the final ranking shall be determined in accordance with the following factors (a) and (b) (in this order). If no decision is reached, the ranking shall be determined by draw.
- (a) The race participant/team with lower sum of rankings in races in the given category is awarded better ranking;
 - (b) the race participant/team with better absolute ranking in any race in the given category is awarded better ranking.

8. RACE PARTICIPANTS' RIGHTS AND OBLIGATIONS

- 8.1. Under the terms and conditions set forth herein, each race participant has the right to:
- 8.1.1. Start in the race to which he or she has registered, a starting bag, refreshments on the track and at the finish, first aid, and in case of finishing at award-winning places to announcement and prize award.
 - 8.1.2. Submit protests regarding race-related issues or notice of violations of rules. A protest shall be submitted no later than within 1 hour after expiration of the time limit for the race to the Race Director in writing, using a Protest Form available at the registration.
- 8.2. Each race participant shall comply with the rules of the Czech Swimrun Tour.
- 8.3. The organizing team reserves the right to:

- 8.3.1. Cancel a race without compensation for the registration fee, if there are circumstances that could endanger safety or lives of race participants and that the organizing team cannot affect in advance (flood or other extreme weather conditions, health endangering quality of water etc.).
 - 8.3.2. Not to allow start in the race to race participants who evince signs of high fatigue and exhaustion, use of alcohol or other narcotics.
 - 8.3.3. Interrupt or terminate the race without compensation for the registration fee in any situation, if the safety or lives of the race participants could be endangered.
 - 8.3.4. Penalize or disqualify a race participant or a team based on a clear violation of these rules:
 - 8.3.4.1. a 5-minute penalty for violation of any rule;
 - 8.3.4.2. a 10-minute penalty for a repeated violation of the same rule;
 - 8.3.4.3. disqualification for a third violation of the same rule;
 - 8.3.4.4. another individual penalty or direct disqualification in case of serious violation of the rules (e.g. shortening the route, completing the race using means other than own power etc.). In such cases, the Committee of Referees under para. 7.3 hereof shall have the right to rule on the violation.
 - 8.3.5. Take photographs and video recordings portraying race participants, and to further process and use this material for commercial purposes (marketing, print, the Internet, TV and film use).
- 8.4. The organizing team shall:
- 8.4.1. Process any protests submitted by the race participants and rule on them without delay, but no later than within 24 hours.
 - 8.4.2. Publish official results of the race online on the series' website within 48 hours after completion of the race.
 - 8.4.3. Process personal data of race participants in accordance with Act no. 101/2000 Coll., on Personal Data Protection.

This Rules version applies as at 1 January 2020.