OCEANMAN®

WE ARE OPEN WATER SWIMMING

RULES & REGULATIONS 2023-2024

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COMPETITION REGULATIONS

1. GENERAL

A. It is the participants' responsibility to understand all aspects of the competition rules.

B. With the registration, the swimmer accepts OCEANMAN rules and regulations, the special rules of each event of OCEANMAN circuit and the participant's terms and conditions.

C. Each swimmer is responsible to compete in good physical condition, and with sufficient training to undertake the distance in which he/she register to.

D. Doping is strictly prohibited. At the time of registration, each swimmer accepts the obligatory anti-doping rules for the entire event. At the time of registration, each participant declares not to violate prior, during or after the event the Organic Law 3/2013 which regulates the protection of Athletes Health and fight against doping in sports events and activities.

E. Participants are obliged to follow the indications and instructions of race officials and public authorities.

F. Race officials have the authority to disqualify any participant. Medical staff and/or the technical race director have the final decision on the withdrawal of a competitor given if he/she is deemed physically incapable of continuing the race without the risk of serious injuries or death. If any competitor decides to withdraw from the race at any time, it is his/her responsibility to report the decision to the information point located at the finish area and hand in his/her number and/or timing chip immediately.

G. Individual support inside the water from friends, relatives, coaches etc. during OCEANMAN races is not allowed. All competitors have the obligation to decline immediately any attempt of assistance. Otherwise, the competitor will be subject to a warning or even disqualification.

H. The basic principles of the event are fairness and compliance of the rules and regulations. It is prohibited to neglect the rules with an intention to take an advantage. Competitors are not allowed to impede or endanger others and hinder the course of the race. Competitors must be polite to other competitors, volunteers, referees and medical staff. Competitors must respect the environment and avoid pollution.

COMPETITION REGULATIONS

1. GENERAL

I. For matters not covered in these rules, we will contemplate as reference our competition referees' decisions established in each venue of OCEANMAN Races. They will be the only ones assigned to deliver and apply the decisions of this regulations.

J. OCEANMAN rules and regulation may be revised and updated during the international circuit competitions season.

2. MODALITIES

Swimmers can participate in one or several of the following distances.

1. OCEANMAN: Comprises distances between 10 km and 14 km depending on the venue. Individual competition, competitive, timed, classifying. We aim to standardize OCEANMAN distance to 10 km.

2. HALF OCEANMAN: Comprises distances between 5 km and 7 km depending on the venue. Individual competition, competitive, timed, classifying. We aim to standardize HALF OCEANMAN distance to 5 km.

3. SPRINT: Comprises distances between 1.5 km and 2 km depending on the venue. Individual competition, competitive, timed, classifying. We aim to standardize SPRINT distance to 2 km.

4. OCEANKIDS: Comprises distances between 500 m and 1000 m depending on the venue. Individual competition, competitive, timed.

5. OCEANTEAMS: Team relay race, comprises distances between 500 m and 1000 m depending on the venue. 3 swimmers per team is mandatory, competitive, timed. There are three categories - Male, Female and Mixed teams.

MAKU

3. CATEGORIES

In all distances there are different categories considering the participant's age and gender.

Competitors under 18 must present parental or guardian authorization to collect race bag.

OCEANMAN (MALE, FEMALE)

CATEGORY	Age Range
OVERALL	Top 3 swimmers
JUNIOR	Swimmers from 16 to 19 years of age
MASTER 20 – 29	Swimmers from 20 to 29 years of age
MASTER 30 – 39	Swimmers from 30 to 39 years of age
MASTER 40 – 49	Swimmers from 40 to 49 years of age
MASTER 50 – 59	Swimmers from 50 to 59 years of age
MASTER 60 - 69	Swimmers from 60 to 69 years of age
MASTER +70	Swimmers from 70 years of age
INSPIRATION	Swimmers with a degree of disability bigger than 33%

HALF OCEANMAN (MALE, FEMALE)

CATEGORY	Age Range
OVERALL	Top 3 swimmers
JUNIOR	Swimmers from 14 to 19 years of age
MASTER 20 – 29	Swimmers from 20 to 29 years of age
MASTER 30 – 39	Swimmers from 30 to 39 years of age
MASTER 40 – 49	Swimmers from 40 to 49 years of age
MASTER 50 – 59	Swimmers from 50 to 59 years of age
MASTER 60 - 69	Swimmers from 60 to 69 years of age
MASTER +70	Swimmers from 70 years of age
INSPIRATION	Swimmers with a degree of disability bigger than 33%

SPRINT (MALE, FEMALE)

CATEGORY	Age Range
OVERALL	Top 3 swimmers
JUNIOR	Swimmers from 10 to 19 years of age
MASTER 20 – 29	Swimmers from 20 to 29 years of age
MASTER 30 – 39	Swimmers from 30 to 39 years of age
MASTER 40 – 49	Swimmers from 40 to 49 years of age
MASTER 50 – 59	Swimmers from 50 to 59 years of age
MASTER 60 - 69	Swimmers from 60 to 69 years of age
MASTER +70	Swimmers from 70 years of age
INSPIRATION	Swimmers with a degree of disability bigger than 33%

COMPETITION REGULATIONS

OCEANKIDS (MALE, FEMALE)

CATEGORY	Age Range
U9	Swimmers from 7 to 8 years of age
U12	Swimmers from 9 to 11 years of age
U15	Swimmers from 12 to 14 years of age

OCEANTEAMS (MALE, FEMALE, MIXED)

CATEGORY	Age Range
Male / Female / Mixed	Swimmers from 12 years of age

4. AWARDS

4.1. VENUE AWARDS

OCEANMAN

- Top 3 in overall, male and female will be awarded with medals or trophies.
- Top 3 in age groups, male and female.
- All competitors who complete the race will be awarded a finisher medal.

HALF OCEANMAN

- Top 3 in overall, male and female will be awarded with medals or trophies.
- Top 3 in age group, male and female.
- All competitors who complete the race will be awarded a finisher medal.

SPRINT

- Top 3 in overall, male and female will be awarded with medals or trophies.
- Top 3 in age group, male and female.
- All competitors who complete the race will be awarded a finisher medal.

OCEANKIDS

- Top 3 in age group, male and female will be awarded with medals or trophies.
- All competitors who complete the race will be awarded a finisher medal.

OCEANTEAMS

- Trophy or medals for Top 3 Teams (Male, Female, Mixed).

4.2. WORLD FINAL CHAMPIONSHIP AWARDS for OCEANMAN, HALF OCEANMAN, SPRINT distances.

Organizers will award with trophies or medals TOP 3 positions in overall Male/Female and in all age groups.

There will be cash awards for the Continental and World Final Championships overall and age group winners.

5. WORLD FINAL CHAMPIONSHIP QUALIFYING SLOTS

During all season OCEANMAN events competitors will be qualifying for OCEANMAN World Final Championship in OCEANMAN, HALF OCEANMAN & SPRINT distances. The swimmers will be qualified only for the distance they participated and completed.

COMPETITION REGULATIONS

OCEANMAN Races

TOP 10 swimmers in every age group and TOP 3 in Inspiration category will get a qualification slot for OCEANMAN World Final in OCEANMAN, HALF OCEANMAN, SPRINT distances.

OCEANMAN Continental Championships

OCEANMAN Continental Championships will take place in different location every year. These events are open to all swimmers who want to participate without prior qualification.

TOP 15 swimmers in every age group and TOP 5 in Inspiration category will get a qualification slot for OCEANMAN World Final in OCEANMAN, HALF OCEANMAN, SPRINT distances.

Participation in OCEANMAN World Final Championship will be open to swimmers without previous qualifying at OPEN EVENT. These swimmers will follow the same course in OCEANMAN, HALF OCEANMAN and SPRINT distances, but will not be eligible for the prizes.

OCEANMAN (MALE, FEMALE)

Category	Races	Continental Championships
Junior	10 Slots	15 Slots
Master 20 – 29	10 Slots	15 Slots
Master 30 – 39	10 Slots	15 Slots
Master 40 – 49	10 Slots	15 Slots
Master 50 – 59	10 Slots	15 Slots
Master 60 – 69	10 Slots	15 Slots
Master +70	10 Slots	15 Slots
Inspiration	3 Slots	5 Slots

COMPETITION REGULATIONS

HALF OCEANMAN (MALE, FEMALE)

Category	Races	Continental Championships
Junior	10 Slots	15 Slots
Master 20 - 29	10 Slots	15 Slots
Master 30 - 39	10 Slots	15 Slots
Master 40 - 49	10 Slots	15 Slots
Master 50 - 59	10 Slots	15 Slots
Master 60 - 69	10 Slots	15 Slots
Master +70	10 Slots	15 Slots
Inspiration	3 Slots	5 Slots

SPRINT (MALE, FEMALE)

Category	Races	Continental Championships
Junior	10 Slots	15 Slots
Master 20 – 29	10 Slots	15 Slots
Master 30 – 39	10 Slots	15 Slots
Master 40 – 49	10 Slots	15 Slots
Master 50 – 59	10 Slots	15 Slots
Master 60 – 69	10 Slots	15 Slots
Master +70	10 Slots	15 Slots
Inspiration	3 Slots	5 Slots

OCEANMAN reserves the right to invite ambassadors to World Final Championship without prior qualifying.

KARLA 1ª
SALVAMENTO

6. USE OF WETSUIT

Wearing of wetsuit in all OCEANMAN distances (OCEANMAN, HALF OCEAMAN, SPRINT, OCEANKIDS, OCEANTEAMS) will be regulated depending on the water temperature.

TEMPERATURE

Less than 18°C	**Mandatory use of wetsuit**
Between 18°C and 24°C	**Allowed use of wetsuit**
More than 24°C	**Not allowed use of wetsuit**

A breach of this rule may result in disqualification. It is prohibited to use two wetsuits.

7. ATTIRE

Below you can find a list of allowed equipment during any OCEANMAN race:

Swimming cap provided by organizers, correct color, only 1 piece.

Use of safety buoy is obligatory for all OCEANMAN distances. The safety buoys must be visible and used during all the competition.

The distance of the rope between the belt and safety buoy must be from 20 cm to 60 cm.

Crossing the finish line without personal safety buoy may result in disqualification.

Goggles are obligatory during all race.

Wetsuit (depending on water temperature).

Timing chip must be worn during all races. In case it is lost the participant must inform the timekeeping company at the finish line. The swimmer must reimburse the value of the device if the timekeeping company find it necessary. The organizers will indicate how and where to wear the chip during the technical race briefing.

The bib number must be visible. When wetsuit is allowed or mandatory the bib number must be written on the safety buoy (sticker), both hands (tattoo or marker) and swimming cap (one side). When wetsuit is not allowed bib number must be written on the safety buoy (sticker), both shoulders or both hands (tattoo or marker).

Usage of electronic devices, such as watches, heart rate monitors, water GPS is allowed, excluding aquatic music players or similar devices. If swimmer neglects this rule, he/she will be disqualified. Participants can be disqualified from the competition by the official referees for neglecting any part of race rules & regulations.

It's not permitted to use any equipment or materials that aid swimmers' propulsion or flotation - snorkels, fins, gloves, paddles, pull buoys etc.

8. TIME LIMITS

Time limits to reach the finish line are:

- OCEANMAN (10 km).
  - Cut off time sections:
    - Km 3 – 1h 30m.
    - Km 6 – 3h.
    - Finish line cut off time – 4h 30m.

- HALF OCEANMAN (5 km).
  - Cut off time sections:
    - Km 3 – 1h 30m.
    - Finish line cut off time – 2h 30m.

- SPRINT and OCEANTEAMS (1.5 km / 3x500m).
  - Finish line cut off time – 1h 30m.

8.1. FEEDING POINTS

· 2 for OCEANMAN distance
· 1 for HALF OCEANMAN
· None for SPRINT, OCEANTEAMS or OCEANKIDS distances.

9. REGISTRATIONS

Registration can be done exclusively in the official platform provided at OCEANMAN website.

Registration fee includes:

· The right to participate in the competition.
· Accident Insurance.
· Assistance before, during and after the race.
· Feeding during and after the race.
· Classification & Timing service.

Registrations at RocktheSport platform involves a 2 EUR service fee.

Participant can request change of personal data, except of Name/Surname, up to 1 month before the event.

If the participant registered is unable to attend any event, he/she can only transfer the rights of participation to another person until 1 month prior to the event and paying 25 EUR of transfer fee.

Participant can request the full refund of registration fee, services and products purchased through the registration platform, only during 1 month after registration was done.

Swimmer can change the distance for the event he/she is registered for. Downgrading distance from bigger to smaller does not have any extra fee neither allows any refund. Upgrading distance from smaller to bigger will include the fee difference payment.

There is no option of changing registration from one event to another, unless it's a solution, provided by OCEANMAN for any race cancellation/ postponement.

10. PARTICIPATION & INSURANCE

Participants under 18 years of age must provide parents' or guardians' consent at registration desk, before race bag pickup. No swimmer under the age of consent can participate without signed authorisation.

The minimum age for participation is:

- **OCEANMAN**
  · Minimum age of 16 years.

- **HALF OCEANMAN**
  · Minimum age of 14 years.

- **SPRINT**
  · Minimum age of 10 years.

- **OCEANKIDS**
  · From 7 to 14 years.

- **OCEANTEAMS**
  · Minimum age of 12 years.

In some events, due to local laws and restrictions, minimum ages can vary from the ones stated above.

11. SAFETY

A security on land and in water is provided by OCEANMAN event organizer. During the competition, swimmers' safety will be monitored by boats and kayaks who follow the course.

The organizational and safety team will be authorized to withdraw any participant due to medical reasons.

12. REFEREES

OCEANMAN events have Referees Committee, controlling timing, start and finish lines, mandatory turning buoys and taking the final decision. The Referees and Organizers have right to disqualify for the following reasons:

- Dangerous weather conditions.
- Exceeding time limit.
- Avoidance of mandatory buoys.
- Whenever the swimmer shows signs of dehydration, hypothermia, extreme fatigue.
- Extremely slow pace or any other sign that prevents the participant swimming in good physical conditions.
- When the swimmer does safety gesture of emergency rotation one or both arms.
- Kayakers and boats will monitor the health and safety of the swimmers and will report to the technical team.
- Not following organization instructions.
- Usage of forbidden gear.

13. EVENT CANCELLATION

The swimmer accepts OCEAMAN rules and regulations during registration for the competition and therefore accepts that the organizer of the event can delay, modify or cancel the event if the conditions are dangerous on the day of the event.

In the situation that the event is delayed, modified or cancelled for any reason including, but not limited to, causes of force majeure or elements (including, but not limited to, wind, heavy seas, rain, hail, hurricane) , tornado, earthquake, terrorist acts, epidemic, pandemics, fire, threat or exit in manifestation, labour difficulties, interruption of work, insurrection, war, public disaster, flood, unavoidable accident, or any other cause beyond the will of the organizer of the event, the registration fees will not be refunded.

In case of event postponement, registrations will be transferred to new date automatically, but it may require swimmers' confirmation, which will be communicated by email to all participants registered.

In case the event cancellation after any race flag off due to weather conditions or safety risks for the swimmers, the event will be considered organized, and no refund option or re-schedule will be proceeded.

In case of heavy weather conditions, the organization reserves the right to modify any race distance and route.

14. PERSONAL DATA

The organization informs, and you agree to the following:
All the information provided by you at the time of registration for the competition or by any other communication channels is incorporated into a secure and confidential database. OCEANMAN Open Water, S.L. is responsible for the management of this database.

The main purpose of this data collection is no other than the administration and management of the competition, the notification of possible modifications or changes in the calendar of the events and/or promotion of the products related to OCEANMAN. For this reason and with a clear sporting objective, promotional and commercial aims, we ask athletes and their children to give their consent for the reproduction of their images in photographs and other recordings taking place during the competition.

In case you wish to withdraw your consent, you must notify OCEANMAN Open Water, S.L. in writing and under the provisions of the Organic Law 15/1999, 13, you can rectify or cancel partially or totally your personal data.

In each of the venues of this championship, this general regulation may incorporate specific modifications, in compliance with the legislation of each host country.

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