

УТВЕРЖДЕНО:  
Министр спорта  
Иркутской области

И.Ю. Резник

«    » \_\_\_\_\_ 2019 г.



СОГЛАСОВАНО:  
Президент  
Общероссийской общественной организации  
«Федерация зимнего плавания России»

К.С. Сиденко

« 02 » апреля 2019 г.

:  
Президент клуба зимнего и  
Закаливания «ПРИБАЙКАЛЬЦЫ»

А.А. Бутай

« 02 » апреля 2019 г.

СОГЛАСОВАНО:  
Вице-президент  
международной ассоциации зимнего плавания "IWSA"

А.В. Яковлев

« 15 » апреля 2019 г.



## REGULATIONS AND RULES

### of holding the second open festival of winter swimming in the Irkutsk region «Кубок Байкала-2019» (Baikal Cup 2019)

## **1. General Regulations and Rules**

Second open festival of winter swimming in the Irkutsk region «Кубок Байкала-2019» (Baikal Cup 2019) (further Festival) is held for following purposes:

- Promoting culture of physical activeness, sport and healthy lifestyle;
- Developing winter swimming, and its popularisation as a form of hardening;
- Attracting residents of the Irkutsk region to a healthy lifestyle through hardening and winter swimming;
- Establishing international relationships to exchange with experiences in the field of public health;
- Determining the best swimmers in the Irkutsk region;
- Strengthening ties between public associations of hardening and winter swimming in the Irkutsk region and Russia.;

## **2. Time and Place**

The festival will be held from the 8<sup>th</sup> to 10<sup>th</sup> June 2019 in the Irkutsk region, Irkutsk district, village Listvyanka, lake Baikal.

## **3. Management**

The general management organisation and the host the festival is sports ministry of the Irkutsk region, regional state budgetary institution “Resource-methodical centre for the development of physical culture and sports”, all-Russian public organisation "Federation of winter swimming of Russia", Irkutsk regional public organisation “Hardening and winter swimming club “Прибайкальцы””.

The direct holding of the Festival is entrusted to the panel of judges, approved by the organising committee.

## **4. Members and Login**

Each relay team must consist of 4 members, at least 1 member must be of different sex. Teams can only be formed by the club principal (team formation of swimmers from different clubs, cities or regions is not permitted).

Participation in the festival is open to members of clubs, sections, federations of winter swimming, and also members of the public who have previous experience in swimming in cold water. In addition, those who registered before the deadline, have permission of a doctor, and have completed preliminary training and selection by the credentials committee.

The age is not limited if the participant has met all the criteria mentioned above. Each participant is personally liable for his/her life and the state of health during the championship.

The insurance against accidents, and for life and health of participants of a sport event is mandatory.

## **5. Registration**

Applications for participation in the Festival are submitted to the Irkutsk regional public organisation “Hardening and winter swimming club Прибайкальцы”:

On the website: [www.swimbaikal.com](http://www.swimbaikal.com)

message, Viber, Watsapp +7-964-118-13-13, Contact: Andrei Bugai +7-964-118-13-13

## **6. Festival Program**

### **June 8<sup>th</sup>**

Arrival and accommodation of participants, guests, referees.

15:00 – registration and accreditation of participants; jury and credentials committee meeting;

### **June 9<sup>th</sup>**

10:00 – opening ceremony

11:00 – 25m ice-butterfly

25m breaststroke

13:00 – 25m freestyle  
200m breaststroke  
100m freestyle  
16:00 – 450m freestyle  
19:00 – Award ceremony

### **June 10<sup>th</sup>**

10:00 – 50m freestyle  
12:00 – 1000m freestyle  
14:00 – 4x25m team relay  
19:00 – Award and Closing ceremony; Gala dinner

### **June 11<sup>th</sup>**

Departure of participants

The list of styles, distances and age categories (Attachment No. 2) is determined by these Regulations and the Competition Program. The general rules of the Festival are established in accordance with the requirements of the Winter Swimming Federation of Russia.

## **7. Summing up Conditions**

Open competition.

Individual and team competition.

Each participant is allowed to take part in every type of swim.

Results for all swims are considered as the only/final ones.

Winners are determined by summing up totals of **individual** and **teams scores**. The winners and prize-winners of the competition are determined by their place in the individual championship.

**Team scores.** The winners and prize-winners in team scores are determined by the highest sum of points of the best 3 participants from a team, and relay team results. Requirements for the composition of teams are set out in Paragraph 4.

No more than 3 results of one team member can be considered for the team scores. When teams score the same number of points, preference is given to the team with the highest total age of participants. The winners in the team competition are determined by the number of points scored in accordance with the table:

1 place - 12 points	5 place - 4 points
2 place - 10 points	6 place - 3 points
3 place - 8 points	7 place - 2 points
4 place - 6 points	8 place - 1 points

**Individual scores.** Winners and prize winners in the individual competition are determined separately for men and women in each age group, in each type of swim.

Protests may be made against decisions of the judge or referees if their decisions conflict with the rules of the competition.

Protests must be substantiated by reasonable factual data and must not be mediocre or intended to act in spite of the organisers.

All protests must be made in writing in English or Russian and must be submitted within 30 minutes after the decision or occasion. The fee for the protest is 1000 roubles and is made at the time of submitting the protest.

If the protest is satisfied, the fee is returned.

The main judge of the Festival makes the final decision on each protest with the clarification of this decision.

It is assumed that swimmers and their team members follow common sense and goodwill while filing and submitting their protest.

## **8. Prizes**

The 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place for teams are awarded with cups and diplomas.

The 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place in the relay 4x25m freestyle teams will be awarded with medals and diplomas. Within Individual Scores every 1st, 2nd and 3rd swimmer in every race and every age and gender group receives a diploma and a medal.

The oldest and the youngest participant of the Festival are awarded with diplomas and mementoes.

## **9. Financing Terms**

The costs associated with the preparation and conduct of the Festival are borne by the organisers within the framework of the respectively approved budgets and the established procedure for financing.

Expenses for medical support, the judicial brigade, are borne by the club of winter swimming and hardening "Прибайкальцы".

The costs associated with athletes (travel, accommodation, meals, participation fees) are borne directly by the participants of the Festival and their sending organisations.

The costs associated with the prize attributes (cups (personal prize - statuette), medals) are borne by the Ministry of Sports of the Irkutsk Region, regional state budgetary institution "Resource-methodical centre for the development of physical culture and sports".

The Regulations and Rules of venues, the preparation of venues, the Regulations and Rules of equipment, the work of the personnel is carried out by the Federation of winter swimming of Russia and the Hardening and winter swimming club "Прибайкальцы" from participation fees and raised funds.

The participation fees are received and used by the director of the Festival in accordance with current legislation and estimates of the Festival.

Starting fees of the Festival are set in accordance with the upcoming costs for the organisation of the Festival.

Entry fees have to be paid by participants during the registration period from April 1<sup>st</sup> to June 8<sup>th</sup>, 2019.

Entry fees for an additional application submitted after the closure of registration may be accepted by the organizer from the participant / team, but in doubled fee no later than 19:00 of the day preceding this distance.

The amount of the entry fee is:

- 25m, 50m breaststroke, 25m, 50m, 100m freestyle, 25m ice-butterfly – 1000 roubles;
- 200m breaststroke endurance swim – 400 roubles;
- 450m freestyle endurance swim – 500 roubles;
- 1000m freestyle endurance swim – 800 roubles;
- Team relay 4x25m – 250 roubles for each team member.

Residence fee in village Listvyanka is 900-2000 roubles per person, per night.

Transfer bus Irkutsk city to village Listvyanka is 120 roubles per person.

## **10. Safety of Participants and attendees**

The festival is held at sports facilities that meet the requirements of the relevant regulatory legal acts operating in the territory of the Russian Federation, and that are aimed at ensuring public order and safety of participants and attendees, in the presence of acts of readiness of the sports facility.

Responsibility for the safety of participants, spectators and medical care is borne by the Federation of winter swimming of Russia, the Hardening and winter swimming club "Прибайкальцы" and the Direction of physical culture, sport and youth policy of the Irkutsk administration.

Responsibility for the safety of participants on the water is borne by rescuers of the Ministry of Emergency Situations of Russia in the Irkutsk region.

Ensuring the safety of participants and attendees is carried out in accordance with the official requirements of the Safety Rules during official sports competitions, approved by the decree of the Government of the Russian Federation from April 18<sup>th</sup>, 2014 No. 353.

Emergency medical care is provided in accordance with the order of the Ministry of Health of the Russian Federation dated March 1, 2016 No. 134-n "On the Procedure for Organizing the Regulations and Rules of Medical Assistance to Persons involved in Physical Culture and Sports (including during the preparation and holding of physical culture events and sports events), including the procedure for medical examination of persons wishing to undergo sports training, physical culture and sports in organizations and (or) to fulfill the standards of tests (tests) of the All-Russian sports and sports complex "Ready for Labor and Defense".

It is forbidden to exert unlawful influence on the results of the Festival.

It is prohibited to participate in gambling in betting offices and betting shops by betting on the Festival in accordance with the requirements established by clause 3 of part 4 of article 26.2 of the Federal Law from December 4<sup>th</sup>, 2007 No. 329-ФЗ "On Physical Culture and Sport in the Russian Federation".

### **11. Insurance for participants**

Participation in the Festival is only allowed if there is an original agreement of accident insurance, which is submitted to the commission on admission.

**This Regulations and Rules is an official call to the festival.**

**Organisers reserve the right to make adjustments to this Regulations and Rules.**

Organisers: Irkutsk regional public organisation "Hardening and winter swimming club "Прибайкальцы". Legal address: Irkutsk region, Irkutsk area, s. Maksimovshina, Kuznechnaya st., 7, flat 2.

INN/KPP: 3827052900/382701001, OGRN: 1173850002260.

r/s 40703810512500000180 in Tochka branch PAO Bank «Financial Corporation Opening», k/s 30101810845250000999, BIK 044525999.

**T. 8-964-118-13-13**

e-mail: [bugai@baikalws.ru](mailto:bugai@baikalws.ru)

website: [www.swimbaikal.com](http://www.swimbaikal.com)

### 1. General rules of the competition

- 1.1. Swimmers must register and receive accreditation badges (passes) at the Information Center. Accreditation can be obtained at any time, starting from Saturday (June 8, 2019) - the opening day of registration (see the Competition Program). Please note that a swim pass must be taken at least one hour before the swim. In case the accreditation is not received on time, the participant will be disqualified. Please take care to get accredited in advance.
- 1.2. Upon registration, each swimmer receives a pass to swim and competition program. The pass contains the starting number, the time for changing clothes in the changing room, the time for collecting and receiving instructions, and the time for the swim. Swimmers are required to carry a pass with them throughout the competition.
- 1.3. Each participant is obliged to strictly follow the set time, and in case of being late is withdrawn from participation in the swim.
- 1.4. Announcement of start numbers occurs throughout the day. When announcing the starting number, the participant must immediately go to the changing room.
- 1.5. It is prohibited to use any internal or external means that maintain or increase body temperature. Swimming under the influence of drugs or alcohol is strictly prohibited. Any Cup official or lifeguard has the right to require the swimmer to leave the water, in case he / she considers that the swimmer is under exposure to alcohol or drugs, or is a danger to him/herself, other swimmers, officials, or spectators.
- 1.6. Bathing suits should be appropriate for the event and not be translucent or transparent. Swimming without the top of a bathing suit for women, or swimming without a bathing suit as a whole, is not allowed. Except for the requirements for the costumes of participants of the show programs in the water, the swimsuits of the competitors should not be lower than the hip (the knee joint should be open) or higher than the shoulder (the shoulder should be open), and the costumes should not have thermal protection or flotation. (see Appendix No. 5).
- 1.7. It is prohibited to use any devices or materials intended to improve performance. This includes, without exception, hand oars, tubes, flippers and other swimming facilities.
- 1.8. During the swim, swimmers are required to use a hat: either a special swimming cap, or a woollen or another warm hat.
- 1.9. With the exception of the cap/hat, swimmers are prohibited from using any additional clothing, such as gloves, neoprene socks or any wetsuit, no matter if it is made of neoprene or any other material, even for immersion.
- 1.10. It is recommended to use swimming goggles.
- 1.11. The final decision regarding the appropriate appearance of the participant remains with the Organisers.
- 1.12. The participant is personally responsible for the fact that all the necessary clothing after the swim is with him and does not remain in the locker room. A swimmer wears a swimming suit, jacket or raincoat, bathrobe, boots and warm socks. Then participants are accompanied to the gathering place before the swim. Late arrival at the gathering place leads to disqualification.
- 1.13. As soon as the next swim started, the participants of the subsequent swim receive a command to take off their clothes and line up according to the start numbers. Swimmers should use clothes that can be removed quickly, and then put on immediately after the swim, and leave the area.
- 1.14. All participants of the swim will be offered baskets or boxes in which they can leave personal belongings before entering the water. For participants swimming 25 m races and the relays baskets or boxes will be brought to the opposite end of the pool, where swimmers can pick up their personal belongings at the end of the swim.

### 2. General rules of all swims

- 2.1. Swimmers take part in the competition according to their age category. Belonging to the age category of each event of the 2019 season is determined by the age of the swimmer as of October 31<sup>st</sup>, 2019.
- 2.2. Swimmers under the age of 18 are required to register an Assistant, who in turn has signed a Parental Responsibility Certificate for the underage person. The assistant must know the swimmer and must confirm the swimmer's ability to swim the distance and must also provide all the necessary support to the Swimmer until his / her full recovery.  
Assistant undertakes to:
  - proceed along with the swimmer to the swim area;
  - is in the start zone during the entire swim;
  - let the judge know in case there are suspicions that the continuation of the swim threatens the life and health of the swimmer;
  - provide the swimmer with the necessary support after the swim, until the swimmer is fully restored.
- 2.3. Each swim of the participants is accompanied by the following commands:
  1. Take off your clothes.
  2. Get in the water (5 seconds).
  3. On your marks (3 seconds).

- 2.4. After all swimmers enter the water, they must prepare for the start. The “On your marks” command gives a signal to take the starting position. Participants must take up the starting handle (clearly marked staircase) with one hand and submerge the opposite shoulder under water. Appendix No. 3 illustrates a valid starting position. Non-observance of the “On your marks” command entails the addition of five (5) penalty seconds to the time of the swimmer.
- 2.5. Three seconds after the “On your marks” command, the horn sound signal gives the command to the beginning of the heat.
- 2.6. Starting with a dive (when the swimmer is not visible on the surface of the water, and his body is completely submerged under the water) is strictly prohibited and leads to disqualification.  
After the start and after each turn, water overflow is allowed over the athlete's head before the first stroke with his hands or feet. One ‘butterfly’ swing is allowed at any time after the start and each turn before the 1st breaststroke swing.
- 2.7. False start will not be recalled. Explicit false start will result in disqualification. A minor false start will result in 5 penalty seconds, which will be added to the main swim time. The decision of the judge / judges of the swim will be final.
- 2.8. Turn with a dive (somersault) is prohibited. Before the turn, the participant must touch the pool wall with at least one hand.
- 2.9. Diving after turning (when the Swimmer is not visible on the surface of the water and his body is completely submerged under water) is strictly prohibited and leads to immediate disqualification. Any part of the swimmer's body must break the surface of the water during the swim, except for allowing the swimmer to be completely submerged under water during the turn and at a distance of no more than 5 meters after the start and each turn. At this point, the athlete's head should break the surface of the water.
- 2.10. To complete the swim, each swimmer must touch the pool finish (the pool wall) with at least one hand.
- 2.11. The result of the swim is final. Additional final heats will not be organised.
- 2.12. Participants must leave the water immediately after the swim. After the swimmer has removed the clothes from the basket, he/she must immediately leave the pool area.
- 2.13. The award ceremony will be held according to the Competition Program.

### **3. Swimming 25m, 50m breaststroke “Head-Up”**

- 3.1. The only permissible stroke is “Head-Up” breaststroke. The crown (the top) of the head must not be submerged during the race. If the crown (the top) of the head submerges during the race, when it is not allowed, the swimmer will receive 5 second penalty that will be added to their race time (see Appendix No. 4).
- 3.2. The Regulations and Rules of Paragraph 2 govern the rules of the swim.

### **4. Swimming 25m, 50m, 100m freestyle**

- 4.1. Any style of swimming is allowed in individual swims.
- 4.2. The Regulations and Rules of Paragraph 2 govern the rules of the swim.

### **5. Swimming Relay**

- 5.1. Order of swims is 4 x 25m freestyle
- 5.2. Only mixed teams are allowed to participate. Each team must have three men and one woman, or two women and two men.
- 5.3. Each team must consist of a team leader and three swimmers. Only the team leader can register the team. The names of the remaining 3 team members must be provided during registration.
- 5.4. Team members determine the sequence of heats inside the team before registration.
- 5.5. Registration of teams participating in the relay will be open at the Information Centre until 21:00 Saturday, June 8<sup>th</sup>, 2019. By this time, the registration fee for the team must be fully paid. The team leader must confirm registration at the Information Centre before 21:00 Monday 21:00 Saturday June 8<sup>th</sup>, 2019.
- 5.6. A team member can take part in only one freestyle relay.
- 5.7. After the call to the swim zone, the team members will be instructed to take the starting positions according to the sequence number within the team. The first and third swimmers take positions near the starting side of the pool, while the second and fourth swimmers are in the position at the opposite side of the pool.
- 5.8. Swimmers are required to follow the general swim rules outlined in Paragraph 2.
- 5.9. The first swimmer starts in accordance with the rules of Paragraph 2.
- 5.10. A sign to the transfer of the relay to the next swimmer is the touch of the pool wall by the previous swimmer. The second, third and fourth swimmers must be in the water in the starting position before (or during) the previous member of the team touches the wall. Each subsequent swimmer starts without a sound signal.
- 5.11. The team finishes when the fourth swimmer touches the pool finish (the pool wall).

### **6. Swimming Relay freestyle**

- 6.1. Any style of swimming is allowed in the individual freestyle swims, except swimming on the back. The Regulations and Rules of Paragraphs 2 and 5 govern the rules of the swim.

### **7. Swimming endurance races**

- 7.1. The age limit for endurance swimmers is 20-70 years. The rules of swims are limited to 5 (five) age categories. See detailed information in the Appendix No. 2.
- 7.2. During the accreditation (getting passes for a swim) a registered swimmer must provide the following documents:
  - Electrocardiography results not older than two months;
  - Complete blood count (with detailed report);
  - Signed Application.
- 7.3. Endurance swim participants are required to register an assistant - a trustee who knows and is responsible for the swimmer, and who guarantees the ability of the participant to complete the endurance swim. The assistant must be able to provide the Swimmer with the necessary support after the swim until the swimmer is fully recovered.
 

Assistant undertakes to:

  - proceed along with the swimmer to the swim area;
  - is in the start zone during the entire swim;
  - let the judge know in case there are suspicions that the continuation of the swim threatens the life and health of the swimmer;
  - provide the swimmer with the necessary support after the swim, until the swimmer is fully restored.
- 7.4. All swimmers participating in endurance swims (450m and 1000m) are required to have a personal insurance policy covering the risks of practicing extreme sports.
- 7.5. Technical meeting for endurance swimmers will be held according to the Competition Program. All swimmers of this category are required to attend the meeting. Absence at the meeting leads to disqualification.
- 7.6. All participants of the endurance swim are required to undergo a medical examination on the swim day according to the Competition Program. Medical examination includes, but is not limited to, blood pressure, alcohol test and drugs. The results of the medical examination are not discussed and in case of negative indicators is the reason for refusing to allow the swimmer to swim.
- 7.7. The organisers reserve the right to reduce the distance or to cancel the endurance swim if the weather conditions become unpredictable and increase the risk of danger to the swimmers. The decision is final and is not negotiable.
- 7.8. The award ceremony will be held according to the Competition Program.

#### **8. Swimming 450m and 1000m**

- 8.1. Swimmers must have the appropriate qualifications to take part in endurance swims. During registration, in addition to the documents specified in Paragraph 7.2.
- 8.2. Swimmers are required to provide a copy of the results from previous winter swimming competitions, confirming that the swimmer has successfully covered a distance not shorter than 200 meters in the endurance swim in the water, not higher than +2 °C. Alternatively, Swimmers are required to register and successfully swim a 200 m endurance race to confirm their registration for a swim of 450 m and 1000 m.
- 8.3. Any swimming style (freestyle) is allowed.
- 8.4. The duration of the swim should not exceed 30 minutes. The Regulations and Rules of Paragraph 2 and 8 regulate the rules of the swim.

#### **9. Swimming 25m ice-butterfly**

- 9.1. From the beginning of the first hand stroke, after the start and after each turn, the body should be on the chest. Underwater swings to the sides are allowed. Turning on the back is not allowed at any time, except when turning after touching the pool wall, when the athlete's body can turn in any plane and go to the "chest" position after separation from the pool wall.
- 9.2. Both hands should simultaneously skim forward over the water and at the same time come back during the entire course.
- 9.3. All up and down movements should be performed simultaneously with two legs. Legs or feet may not be on the same level, but alternating movements are not allowed. Leg swing as in breaststroke is not permitted.
- 9.4. At each turn and at the finish, touching is allowed with one hand over the surface, above or below the surface of the water.
- 9.5. When starting and turning, the swimmer is allowed to make no more than 2 under water movements with his feet and one stroke with his hands, which must bring him to the water surface. The swimmer is allowed a full dive at a distance of not more than 5 metres after the start and each turn. At this point, the athlete's head should break the surface of the water. The swimmer must remain on the surface until the next turn or until the finish. Violation of the rules during the passage of the swimmer is punished with a penalty of 5 seconds. At repeated violation on the same distance the swimmer is disqualified.

**Attachment No. 2**

**Age group table**

The full years shall be determined on the 31 October 2019. In accordance with the date of birth, the age group of the participant is determined, according to the table below:

Competition category: 25 m, 50 m breaststroke; 25 m, 50 m, 100 m freestyle; 25m ice-butterfly

The age group	Date of birth	Years for women and men
A1	from 01.11.2004 and later	up to 14 years old
A2	from 01.11.1999 to 31.10.2004	15 to 19 years old
B	from 01.11.1989 to 31.10.1999	20 to 29 years
C	from 01.11.1979 to 31.10.1989	30 to 39 years
D	from 01.11.1974 to 31.10.1979	40 to 44 years
E	from 01.11.1969 to 31.10.1974	45 to 49 years
F	from 01.11.1964 to 31.10.1969	50 to 54 years
G	from 01.11.1959 to 31.10.1964	55 to 59 years
H	from 01.11.1954 to 31.10.1959	60 to 64 years
I	from 01.11.1949 to 31.10.1954	65 to 69 years
J	from 01.11.1944 to 31.10.1949	70 to 74 years
J1	from 01.11.1939 to 31.10.1944	75 to 79 years
J2	until 01.11.1939 and earlier	80 and over

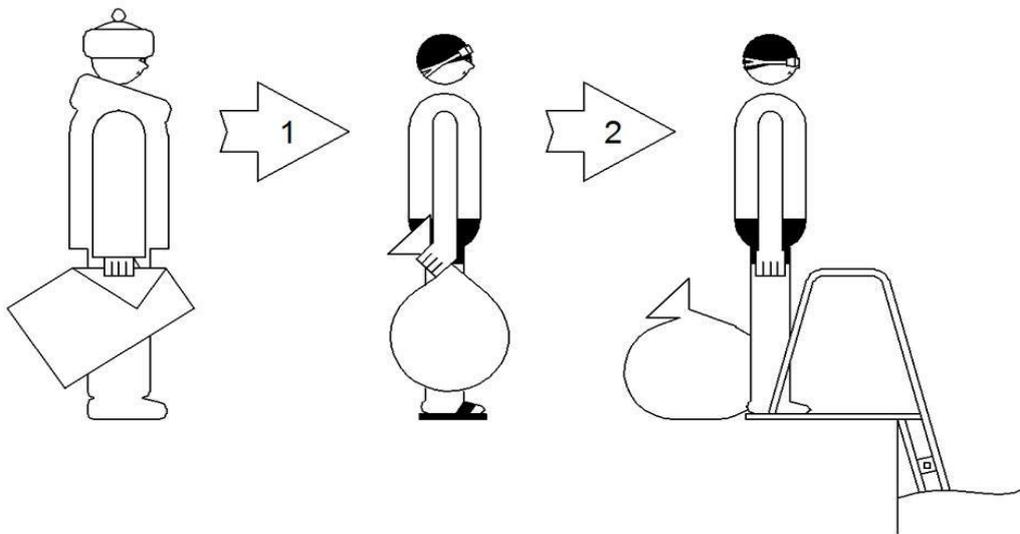
Endurance swims: 200m, 450m, 1000m freestyle

The age group	Date of birth	Years for women and men
E1	1998-1989	20-29
E2	1988-1978	30-39
E3	1977-1968	40-49
E4	1967-1958	50-59
E5	1957-1948	60-69

Relay freestyle 4x25m

The age group	Date of birth	Years for women and men
FR1	Mixed	<200
FR2	Mixed	>200

**Please Put All Your Clothers Into The Bag And Carry It To The Start**



Start position



Head-Up style



Swimsuit

