

# SWIM RULES and GUIDING DOCUMENTS for the LAKE TAHOE MARATHON SWIM FEDERATION

[Prior to any Lake Tahoe Marathon swim, the observer will read aloud the **General Rules**. Additionally, for multiple leg or relay crossings, additional sections of the rules shall be read as appropriate. Below the various swim rules, there is other referenced material, including **The Spirit of Marathon Swimming**, **The "Golden Rules" of Marathon Swimming**, and **Definitions**, available for review.]

## General Rules

1. The boat captain has the ultimate authority on the boat. (S)he may call off a swim at any time because (s)he perceives that anyone's safety may be in jeopardy.
2. The observer is in sole charge of interpreting the rules during a swim. (S)he may call off a swim at any time because of failure to comply with the rules or danger to the swimmer. Failure to follow the observer's instructions by the swimmer or any support person will result in disqualification.
3. The swim begins when the swimmer enters the water from a natural shore.
4. The swim finishes when the swimmer clears the water on a natural shore, beyond which there is no navigable water.
5. The timing of the swim starts when the swimmer enters the water and ends when the swimmer completely clears the water at the finish.
6. The swimmer may not make intentional supportive contact with any vessel, object, or support personnel at any time during the swim.
7. The swimmer may not intentionally draft off either the escort boat or the support swimmer.
8. The swimmer may be escorted by one or more support swimmers. A support swimmer may swim for up to two hours at a time, at which point (s)he must exit the water for at least fifteen minutes before re-entering the water.
9. The swimmer may wear a single textile swimsuit. For males the suit must not extend below the knee or above the waist. For females it must not extend below the knee, onto the neck, or beyond the shoulder.

10. Use of a single latex or silicone cap, goggles, ear plugs, and nose clips are allowed.
11. Grease and/or sunscreen may be applied to the body.
12. For any part of the swim that occurs after sunset or before sunrise, the swimmer (and pace swimmers) must wear sufficient illumination (glow sticks or LED lights) to be visible from the boat.
13. Nutrition is allowed, as well as the equipment to transport it between the boat and swimmer. The swimmer may not be supported or towed by the feed equipment.
14. The swimmer may not use any additional equipment that benefits speed, buoyancy, endurance, or heat retention.
15. No alcoholic beverages may be consumed by anybody associated with the swim or the escort vessel, from dock to dock.
16. A swimmer must not take any drugs that are on the U.S. Olympic Committee's list of prohibited medications.
17. The swimmer or crew may not intentionally pollute the lake with trash or debris (including but not limited to feed cups and gel packs) at any point before, during, or after the swim, from dock to dock.
18. No Auditory pacing aids are allowed (examples include, music players, metronomes).
19. No wearable electronic devices are allowed, that transmit information to the swimmer beyond the time of day and elapsed time.

## Double/Multiple Crossings (if applicable)

1. Each single crossing (called a "leg") must conform to each of the General Rules above.
2. After completing one leg of a multiple-crossing by clearing the water, the swimmer must re-enter the water to begin the subsequent leg (if applicable) no more than ten minutes later.
3. During this time between legs (the "interlude"), the swimmer may be handed food, medicines, swimming apparel, and grease, but (s)he cannot be touched by anyone.
4. The elapsed time of the swim continues running during the interlude.

## Relays (if applicable)

1. A relay team may be comprised of any number of swimmers between two and six.
2. Each relay member shall swim for a set time period – called a “leg” – each time he or she enters the water. The team shall choose its own leg duration (recommended one hour, but no less than 30 minutes), but it must be the same for each swimmer, and must remain constant throughout the duration of the relay.
3. The order of rotation must remain the same throughout the duration of the relay.
4. Swimmer exchange: The new swimmer must approach the preceding swimmer from behind, pass him or her, and touch hands above the water. The exchange must not exceed five minutes.
5. If any swimmer exits the water before his or her leg is completed, or does not enter the water when his or her leg is scheduled to begin, the relay is disqualified.
6. If a relay is disqualified, the swim is over. Swimmers must exit the water immediately, and the escort boat must return to the dock.

### **FOR REFERENCE:**

## The Spirit of Marathon Swimming

These Rules are guided by the traditions and spirit of unassisted marathon swimming.

Marathon swimmers embrace the challenge of crossing wild, open bodies of water with minimal assistance beyond their own physical strength and mental fortitude. There are ways to make the sport easier, but marathon swimmers consciously eschew them.

Marathon swimmers take pride that their achievements can be meaningfully compared to the achievements of previous generations, because the standard equipment of the sport has not changed significantly since 1875.

## **“Golden Rules” of Marathon Swimming**

### Transparency of Swim Conduct

The intended conduct of the swim - including Swim Rules and any nonstandard equipment to be used - must be communicated fully and clearly before the swim

begins, to everyone involved in the swim attempt, and in all public promotion. The declared rules and equipment may not be changed once the swim has begun.

#### Independent Observation

Independent and knowledgeable observers must document the facts of the swim and verify the swimmer's adherence to the Swim Rules.

## Definitions

#### Marathon Swim

A nonstop open-water swim, undertaken according to standardized rules, and requiring at least several hours of sustained effort to complete. Ten kilometers without significant assistance from currents is the minimum distance considered to be a marathon swim.

#### Nonstop

Remaining in the water for the entire duration of the swim from start to finish without intentional physical contact with escort vessels, support personnel, or other objects (fixed or floating).

#### Unassisted

Without artificial assistance to performance, other than the standard equipment of the sport. Any swim that benefits from assistance - in the form of nonstandard performance-enhancing equipment, supportive contact with the swimmer, or other violation of the spirit of unassisted marathon swimming - is considered an Assisted Swim.

**END**