

Rules

The rules are according to ÖTILLÖ rules.

1. Organization

1.1 Race organization

- Midnight Sun Swimrun is organized by Midnight Sun Swimrun ry
- Email: swimrun.team@gmail.com

2. Entry pre-requisite

- 2.1 To be able to participate in Midnight Sun Swimrun you have to race in a team consisting of two persons that are at least 18 years old and able to swim.
- 2.2 Each team member needs to have a valid insurance for swimrun or sports similar to swimrun.
- 2.3 Your application is final. No external sales allowed.
- 2.4 It is allowed to change one team member in your team
- 2.5 No external sales of your entry is allowed

3. Race course

3.1 Race course

- 3.1.1 The race course is marked
- 3.1.2 The participants must follow the marked course
- 3.1.3 The participants that do not follow the marked course will be disqualified

3.2 Water checkpoints

- 3.2.1 There will be several water / food checkpoints throughout the course

3.3 Medical points

- 3.3.1 There will be several medical points where participants can get help if needed
- 3.3.2 There will be medical staff and equipment on boats.

4 Equipment

4.1 General about Equipment

- 4.1.1 All teams need to bring all their equipment from start to finish, if a team fail to bring all their equipment to the finish line they will be disqualified.

4.2 Mandatory equipment

- 1 First aid pressure bandage, packed waterproof
- 2 Wetsuits suitable for water temperature of 10 degrees Celsius
- 1 Compass (a watch compass or conventional)
- 2 Whistles

4.3 Mandatory equipment that the organization will supply

- Race bibs must be worn visible all the time during the race
- Maps
- Swimcaps must be worn visible during all the swims

4.4 Recommended equipment

- Water bladder

4.5 Equipment check before the race

- Before the race there will be a mandatory gear check.

4.6 Equipment that is NOT allowed

- 4.6.1 Flotation help that is bigger than 100 cm x 60 cm.
- 4.6.2 No wetsuits can be modified with paint or color that washes off in the water. This will result in immediate disqualification.

5 Timing

5.1 Timing

- 5.1.1 The time is from the start until the finish line
- 5.1.2 The team has to pass all timing checkpoints and the finish line together

5.2 Cut offs

- 5.2.1 There may be cut offs where the teams need to pass by a certain time to be able to continue racing.
- 5.2.2 Information about the cut off times will be given at least a day before the start

6 Racers responsibility

6.1 General

- 6.1.1 The participants must know the rules and follow these

- 6.1.2 The participants shall respect other participants, organization, spectators and the people living in the race area.
- 6.1.3 The participants are not allowed to use unfair methods to get advantages
- 6.1.4 Doping is forbidden as per the regulations of The Finnish Antidoping Agency FINADA.
- 6.1.5 The participants are obliged to help in case of emergency if the organization is asking for it.

6.2 Before the race

- 6.2.1 The participants can train and scout the course prior to the race but have to respect the residents in the area and behave according to the Finnish “Everyman’s Rights”.

6.3 During the race

- 6.3.1 The participants are participating at their own risk and can not hold the organization responsible for any accident during the race.
- 6.3.2 The teams are obliged at their best ability to help another team that have been injured or being sick.
- 6.3.3 A team that has abandoned the race shall report it as soon as possible to the organization.
- 6.3.4 The participants are not allowed to throw trash in the nature. If a team is doing so they will get disqualified. It is allowed to leave trash such as empty energy gel wrappers at energy stations.

7 Rules

7.1 Race jury

- 7.1.1 Race jury is the race director and two persons from the race organization.
- 7.1.2 The race jury is:
 - Enforcing the rules
 - Decide the outcome of a protest
 - Decide about disqualification
 - Decide about course changes and changes in the rules
- 7.1.3 At least two members of the jury is needed to be able to take a race jury decision.
- 7.1.4 The race jury has the right to use “common sense” to take a decision about arisen situation if it is not clear in the rules
- 7.1.5 The decision of the race jury is definitive.

7.2 Protests

- 7.2.1 A protest must be given in written to the race organization within an hour after finishing the race.
- 7.2.2 A protest must include:
 - Time and location
 - Team number and signatures of the team members

- Team number or team name of the team that the protest is against
- The reason for the protest
- If possible include witness with name or team number
- 7.2.3 A protest that does not fill the criteria of point 7.2.2 is being ignored.
- 7.2.4 A decision from the race jury will be communicated with to those involved as soon as possible.

7.3 Disqualifications

- Offence against the rules leads to disqualification.

7.4 External assistance

- It is not allowed to receive assistance from other people than the race organization. Each team has to make their own way from start to finish.

8 Safety

8.1 General safety rules

- 8.1.1 The two members of each team have to stay together at all time and can not be more than 10 meters apart in water, and not more than 50 meters apart on land.
- 8.1.2 The race organization can refuse a team to continue if they judge them not capable caused by fatigue or being in such bad physical condition.

9 Media and sponsor exposure

9.1 Sponsor markings

- The teams are allowed to have sponsors marked on their race gear.

9.2 Race bibs

- The race bibs can not be modified in any way and must be worn all the time

9.3 Pictures and film free rights

- The participants gives the race organization the right to use pictures and film material taken during the race to be used free of rights in marketing, press material, internet, television and movie.

10 Accepting the rules

- By entering the race each team member accepts the rules in full.

All images and rights from the event are reserved. All unauthorized commercial use of images will be legally adressed.