



PUBLIC ASSOCIATION

MOSCOW REGIONAL FEDERATION

OF COLD TRAINING AND WINTER SWIMMING

REGULATION

On holding of the international remote competitions on competitive winter swimming

APPROVE

President of the Moscow Regional Federation
of cold training and winter swimming



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Regulation

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1. GENERAL REGULATIONS

1.1. The present regulation on international remote competitions on competitive winter swimming is prepared by the head of the Moscow regional Federation of cold training and winter swimming Arbuzova Natalya Aleksandrovna and the assistant head of the Moscow regional Federation of cold training and winter swimming Novik Nikolay Anatolyevich in order to increase the interest in winter swimming and cold training and to develop the sport mastery of professional sportsmen and winter swimming amateurs.

1.2. The remote competitions give the opportunity to every sportsman from any part of the world to participate in the event. For beginners who are shy or doubt their powers there is an opportunity to get experience and confidence for participating in any future intramural or extramural methods of competitions' conducting.

1.3. Participating in the international remote competitions, a participant doesn't bear any expenses for buying tickets, paying for entry fees, accommodation and transfer.

1.4. The remote competitions unite the amateurs of healthy lifestyle from all over the world, contribute to the strengthening of linkages between the public associations of cold training and the clubs of winter swimming in the world.

1.5. One of the key principles of the international remote competitions on winter competitive swimming is a correct and honest provision of information that guarantees a fair judge.

2. PURPOSES AND OBJECTIVES

2.1. The remote competitions on winter competitive swimming are holding with the purpose to popularize cold training and develop competitive swimming in cold water.

2.2. Propaganda of healthy lifestyle and cold training as the basis of disease prevention and human health promotion.

2.3. Active participation of organizations, clubs, officials and other persons in future development of winter swimming as a sport.

2.4. Popularization of swimming among the amateurs and encouragement of the professional sportsmen's excellence.



3. EVENT ORGANIZERS

3.1. The overall management of preparation and holding of the international remote competitions on winter competitive swimming is provided by the Moscow regional federation of cold training and winter swimming (hereinafter referred to as “the MRFCWS”).

3.2. The direct holding of the international remote competitions on winter competitive swimming is imposed on the General judging panel (hereinafter referred to as “the GJP”), approved by the Moscow regional federation of cold training and winter swimming.

4. PROGRAM OF THE REMOTE COMPETITIONS

4.1. The international remote competitions on winter competitive swimming are personal and conducted according to the following disciplines:

- 25M – freestyle,
- 25M – breaststroke,
- 25M – butterfly,
- 50M – freestyle,
- 50M – breaststroke.

4.2. From 01 December, 2021 to 31 March, 2022 – overcoming the distances chosen by sportsmen, sending video materials to the GJP.

4.3. From 01 April, 2022 to 30 April, 2022 - taking preliminary result of the international remote competitions on swimming.

4.4. From 01 May, 2022 – publishing the official result of the international remote competitions on winter competitive swimming in the GJP.

4.5. From 01 May, 2022 – rewarding participants, prize-winners and winners with electronic certificates (sending to sportsmen via mail).

4.6. The MRFCWS and the GJP have a right to modify the formula of holding the competitions until 23h 59m, 30.04.2022, depending on the amount of applications and other circumstances.

5. CONDITIONS OF CONDUCTION AND SUMMING THE RESULTS

5.1. Individual championship is hold in 15 age groups. The age of a participant is set on the day of start: 01.12. 2021.



5.2. The amount of the international remote competitions' participants is unlimited.

Table 1 – The age groups in the International remote competitions on winter competitive swimming.

Group	Age Men and Women
B	18 - 24
C	25 - 29
D	30 - 34
E	35 - 39
F	40 - 44
G	45 - 49
H	50 - 54
I	55 - 59
J	60 - 64
K	65 - 69
L	70 - 74
M	75 - 79
N	80 - 84
O	85 - 90
P	90 and older

5.3. The sportsmen, who won 1st, 2nd and 3rd places in the personal types of program, are rewarded with electronic certificates according to the age groups.

5.4. The certificates and diplomas for participating in the international remote competitions on winter competitive swimming for 1st, 2nd and 3rd places are sent to the sportsmen in electronic version.



5.5. A sportsman has a right to cancel participation in the international remote competitions on winter competitive swimming.

6. OBLIGATIONS OF THE COMPETITIONS' PARTICIPANTS

6.1. The sportsmen and amateurs, who are 18 on the day of competitions and who passed the physical and got the doctor's permission, are allowed for participation: on 01 December, 2021.

6.2. The participants of competitions have to know the regulation of the competitions, follow the rules and established order of the competitions' conducting.

6.3. The uniform of all the participants (swim costume, swim cap, swim glasses) should be suitable for a performance in the discipline and should not have any offensive symbols.

7. ORDER OF APPLICATION PROCESS FOR PARTICIPATION IN THE COMPETITIONS

7.1. Filling in the application and sending the video material of swim at the chosen distance to the MRFCWS and the GJP indicates that you have a doctor's permission for participation. You are aware of possible consequences that could ensue as a result of staying in cold water. You are aware of the consequences of participation in the competitions and you take full responsibility for your own life and safety. You have no claims against the organizers of the competitions.

7.2. Filling in the application and sending your personal data to the MRFCWS and the GJP you consent to the processing of your personal data according to the requirements of Article 9 of the Federal Law of Russian Federation dated "27" July, 2016 № 152-FZ "On personal data". During the registration process on website <http://fzsp.ru>, you submit to provide the following information in order to create and get an access to a personal account: Surname, Forename, Patronymic, gender, date of birth, citizenship, postal address, e-mail, phone number, name of organization or club.

7.3. After the registration on website <http://fzsp.ru> you will be provided with the access to a personal account, where you are able to upload video material with the results of overcoming the chosen distances and download an electronic certificate.



8. PARTICIPANTS' INSURANCE

8.1. Every participant of the international remote competitions on winter competitive swimming must have a certificate that the participant is allowed to participate the competitions on winter competitive swimming issued by a physician and must provide the MRFCWS and the GJP with it on demand.

8.2. The insurance of the participants of the international remote competitions on winter competitive swimming is paid by the participants.

9. SECURITY OF PARTICIPANTS AND SPECTATORS

9.1. The international remote competitions on winter competitive swimming are located at the centers adapted for overcoming the chosen distances of the competitive program, functioning within the territory of the participant of the competitions and aimed at providing the public order and security of the participants and spectators.

10. FINANCING CONDITIONS

10.1. The financial expenses for organization and conducting the international remote competitions on winter competitive swimming are borne by the conducting organization, the MRFCWS.

10.2. The MRFCWS bears the following financial expenses: work of judges, developing of electronic certificates and diplomas, purchase of stationery, printing costs, costs for developing and deploying of the system of participants' electronic registration, web-hosting, advertisements on the Internet and in mass media.

10.3. Participation in the international remote competitions on winter competitive swimming is free.

10.4. The expenses related to a swim, measuring an icy pool, video shooting are paid by the participants of the competitions and the organizations.

11. GENERAL RULES OF THE COMPETITIONS

11.1. The sportsmen of winter swimming are allowed to participate in the competitions individually or in teams of regions, clubs. Every participant needs at least one assistant for video shooting and help during a swim at the chosen distance.

11.2. Conditions of swims' conducting: an outdoor pool (a pool on the open water or an ice hole – 25 meters or 50 meters), a swimming track with a width that is no less than 2,2 meters (1,6 meters minimum according to SP 31-113-2004



Pools for swimming) and a depth – no less than 1,5 meters.

If a body of water is open (without an ice cover), a dry land needs marking: two identical bright colored subjects should be placed at the start and finish. The distance between the subjects is no less than 2 (two) meters at the starting line and no less than 2 meters at the finishing line. It is needed to lengthen a straight line and to fix the start and finish visually. The height of every subject is no less than 20 cm and a width is no less than 5 cm and no more than 10 cm.

11.3. Before the start of a swim the measuring of a distance of 25 or 50 meters is needed. Measuring methods: a steel tape measure which length is no less than 5 meters, a laser tape measure or a geodetic instrument.

11.4. Rehabilitation center (dressing rooms, heating) – no more than 20 m away from an icy pool.

11.5. The use of any external or internal means, maintaining or increasing body temperature is prohibited.

11.6. Swimming under the influence of drugs or alcohol is strictly prohibited.

11.7. Swimming costumes should correspond to the sport event and should not be translucent or transparent (Attachment №01. Uniform).

11.8. The use of any additional clothes: gloves, flippers, neoprene socks, wetsuits, is prohibited.

11.9. The use of head-dress is not obligatory, but recommended (swim cap, woolen or any other warm cap) and swim glasses. The final decision on condition and appearance of a swimmer is a judging panel's duty.

11.10. The amount of distances for participation is unlimited.

11.11. The start takes place in water. A participant should be submerged into the water to his shoulders (Attachment №02. Starting position) and to hold a ladder with a hand. If the ladder is absent you should hold the edge of the ice hole with a hand and submerge your shoulders in water.

11.12. The start begins with an assistant signal. Every swim is provided with a voice command: “On your mark” and in 3 (three) seconds after the command “On your mark” there is a sound signal for the start of a swim (a whistle, horn).

11.13. Swimming methods: freestyle, breaststroke and butterfly according to



the sport methods and rules of swimming competitions of Russian Swimming Federation (hereinafter referred to as “FINA”).

11.14. Requirements for video materials:

The length of a video recording of every distance – no more than 5 (five) minutes.

You are allowed to shoot a video with the help of any available means: video camera, mobile phone, etc.

The format of a video recording – modern electronic video-formats, supported by video hosting YouTube: mp4, mov., avi, 3gp, mkv, etc.

The use of video editing after the video shooting is prohibited.

The use of special programs and tools for video editing is prohibited.

The content of video recordings must not be contrary to the Law of Russian Federation and rules of morality

The video recordings, borrowed from other resources (video-hostings, social nets, etc.) are not acceptable.

The advertising video recordings, offending the dignities and feelings of other people and that are out of competitions’ theme, are not acceptable.

A video recording starts at the moment of swimmer’s submerging into the water, lasts within this swim at a distance and fixes a touch at finish.

A video recording must include a clear start of a swimmer with fixing a hand near the edge of the distance start and a clear ending of the distance with fixing a touch of an icy pool’s side.

11.15. Copyrights

The author, who sent a video recording to the GJP is responsible for the copyrights of the video recording.

Sending a video recording to <http://fzpz.ru> the author automatically gives the right to use this information (publishing on the Internet and in mass media, using in television programs and creative projects, further replication, etc.)

In case of necessity the author can provide the original version of video recording.



Regulation

This Regulation is an invitation for participation in the international remote competitions on winter competitive swimming.

In case of any matters, contact us:

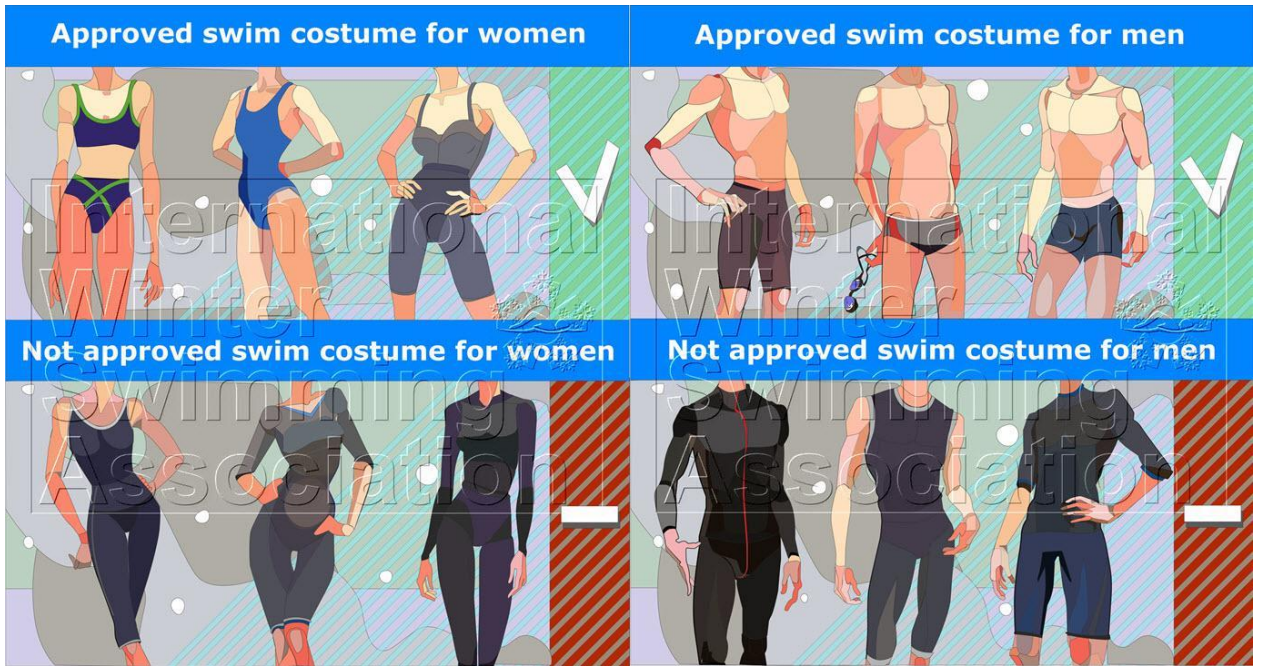
E-mail: fzzp@fzzp.ru

Facebook group: <https://www.facebook.com/groups/www.fzzp.ru/>

Official website of Moscow Regional Federation of cold training and winter swimming: <http://fzzp.ru>



Attachment №01. Uniform



Attachment №02. Starting position

