



# ***SWIMRUN*** *AUSTRALIA*

## **Race Rules**

Version 3.0 [May 2024]



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# 1. Introduction

## 1.1 Intention

Competition rules are intended to

- 1.1.1 Facilitate fair play, equal terms and sportsmanship.
- 1.1.2 Support ingenuity and skill without unduly limiting athletes.
- 1.1.3 Penalise athletes who gain, or seek to gain, an unfair advantage.
- 1.1.4 Ensure the sustainability of events.

## 1.2 Race Organisation

Swimrun Australia races are organised by OceanFit Pty Ltd (Organisation).

OceanFit Pty Ltd  
2 Leswell Street  
Bondi Junction NSW 2022  
Australia

# 2. Eligibility

## 2.1 Age Eligibility

- 2.1.1 Triathlon Australia governs minimum ages by distance, which must be adhered to as a condition of the Organisation's Event Insurance.
- 2.1.2 For the purposes of determining eligibility, the following race names are represented by the corresponding distance:

<b>Race Name</b>	<b>Distance</b>	<b>Minimum Age</b>
Stroke 'N Stride / Mini	Under 5km	12 years old
Swimrun Sprint	5 - 9km	12 years old
Swimrun Short	10 - 14km	15 years old
Swimrun Long	15 - 24km	15 years old
Swimrun Enduro	25km or above	17 years old



- 2.1.3 The minimum age for entry for all races and age category assignment is determined by the athlete's age on December 31st during the Triathlon Australia season, which runs from 1 July to 30 June.  
For examples on how to determine age at different times of the year, see Appendix B.
- 2.1.4 Minimum ages for races may vary between events depending on the actual distance of the race and any other presenting factors.

## **3. Entry Conditions**

### **3.1 General**

- 3.1.1 All entries must be received via the online entry system before they close.
- 3.1.2 Each athlete who enters an event must have valid Triathlon Australia insurance. This can be obtained through a current Triathlon Australia membership or by purchasing a Triathlon Australia One Day Licence when entering.
- 3.1.3 No external sale of the entry is allowed.
- 3.1.4 No person other than the athlete entered can collect a registration pack.
- 3.1.5 No person can race under the name/entry of another person.
- 3.1.6 Each athlete must show proof of identification at registration.
- 3.1.7 Race vests and timing tags must be returned at the completion of the event. Failure to return either of these items within 7 days of the event will result in the following charges: Vest = \$100, Timing Tag = \$100.

### **3.2 Athlete Withdrawal (Prior to an Event)**

- 3.2.1 Entrants wishing to withdraw after entering will be subject to the following refund conditions:
- 75% refund if advised 6 or more weeks from the event
  - 50% refund if advised less than 6 weeks but more than 4 weeks from the event
  - No refunds within 4 weeks of the event
- 3.2.2 Refund conditions apply to all requests received regardless of circumstances.
- 3.2.3 Entries carried over from previous events are not eligible for a refund.
- 3.2.4 Requests for refunds must be made to the Organisation in writing via email at [info@swimrun.com.au](mailto:info@swimrun.com.au).
- 3.2.5 A refund will be processed within 14 business days if it is eligible.
- 3.2.6 Refunds are automatically issued to the credit/debit card originally used to pay for the entry. If this card has since been cancelled or has expired, the Organisation must be notified when requesting the eligible refund.
- 3.2.7 Refunds do not include the booking and payment processing fee, which is non-refundable.



### **3.3 Athlete Transfers (Within an Event)**

- 3.3.1 Eligible transfers must be processed online via the entry system.
- 3.3.2 Transfers can be made up to three days before the event.
- 3.3.3 The following transfers cannot be made:
  - transfer a solo entry to another person
  - transfer a team entry to another team
  - transfer a team to a race that does not have a team category
- 3.3.4 Downgrading or upgrading a race distance
  - When downgrading: There are no refunds for the difference in price
  - When upgrading: The difference in price will be charged at the current tier price
- 3.3.5 Switching out an athlete in a team
  - Teams can change one team member and make one race category change, i.e. one male team member in a male team is switched for another male team member, remaining in the male category, or one male team member in a male team is switched for a female team member, and the category is changed to a mixed team
- 3.3.6 Switching from a team entry to a solo entry
  - There are no refunds for the difference in price

### **3.4 Entry Deferral (To Another Event)**

- 3.4.1 Entries cannot be deferred to future events.

### **3.5 No-Shows**

- 3.5.1 Athletes who do not attend registration and race on event day will forfeit any merchandise associated with their entry.
- 3.5.2 Any products purchased with an entry can be collected from the Organisation via a self-addressed courier package or on the day by family or friends. Collection by family or friends must be accompanied by an email to the Organisation no later than the day before the event permitting the named party to collect on the athlete's behalf.

### **3.6 Event Cancellation**

- 3.6.1 If the event is unable to be delivered, the following compensation applies:
  - Cancelled by the Organisation/Within Organisation Control: Refund, less payment processing fees, or credit.
  - Cancelled by Force Majeure (Section 9.2)/Outside Organisation Control: No refunds, No credit.
- 3.6.2 Events cancelled after the race start are not eligible for a refund or credit.



## **4. Athlete Conduct**

Each athlete must:

### **4.1 General**

- 4.1.1 Practice good sportsmanship at all times.
- 4.1.2 When racing and training on the course, treat race officials, event crew, spectators, the general public, and other athletes respectfully and courteously.
- 4.1.3 Obey laws and local regulations.
- 4.1.4 Avoid any type of demonstration of political, religious or racial propaganda.
- 4.1.5 Avoid the use of profanity and abusive language.
- 4.1.6 Accept the waiver upon registration, race at their own risk, and not hold the Organisation responsible for any accident during the race.

### **4.2 Safety**

- 4.2.1 Be responsible for their own safety and the safety of others.
- 4.2.2 Help in case of emergency if the Organisation asks for it.
- 4.2.3 At their best ability, help another athlete who has been injured or who is unwell.
- 4.2.4 Not dive head-first into the water.
- 4.2.5 Not wear headphones.
- 4.2.6 Take all caution when crossing a road and follow the road and traffic rules at all times.
- 4.2.7 Inform a race staff promptly after withdrawing from the race prematurely.
- 4.2.8 If racing in a team, stay with their partner, cease to participate, and accompany their partner back to the event hub if their partner has had to withdraw from the race.

### **4.3 Participation**

- 4.3.1 Know, understand and follow all race rules, as stated herein, in the event-specific race information and at the event-specific athlete briefings.
- 4.3.2 If racing in a team, stay together at all times and not be more than 10 metres apart.
- 4.3.3 Compete without assistance from parties other than the event crew or athletes.
- 4.3.4 Not gain or attempt to gain any unfair advantage from any vehicle, object or method.
- 4.3.5 Not dispose of rubbish or equipment on the course.

## **5. Course**

### **5.1 General**

- 5.1.1 Athletes must follow the official course route.
- 5.1.2 Courses are not extensively marked.



- 5.1.3 It is the athlete's responsibility to know the course.
- 5.1.4 Athletes must cover the course route in its entirety.
- 5.1.5 When running alongside roads, athletes must stay on the footpath at all times (unless crossing a road). Running on roads is strictly prohibited.
- 5.1.6 The course is open to the general public, athletes must be considerate and allow the public right of way at all times.

## **5.2 Course Modifications**

- 5.2.1 The course may be changed for safety and/or other reasons before or during the race.
- 5.2.2 The final course will be communicated to athletes on the day of the event as part of the pre-event briefing. The course communicated in the pre-event briefing is deemed the official course for the event.
- 5.2.3 Claiming ignorance over course changes will not be a defence in any penalties that may come from not completing the official course.
- 5.2.4 Should it be necessary to modify a leg during the race, event crew will communicate the alternate route in real-time, and athletes must follow event crew instructions.
- 5.2.5 If any swim legs are considered to be unsafe, for reasons including but not limited to poor water quality, adverse weather or water conditions, dangerous surf, other water users/craft on the course, or water safety preoccupied with assisting an athlete/s, one or more, or all, of the swims may be removed from the course.
- 5.2.6 Should it be deemed necessary to remove all the swims from the event due to an unacceptable level of risk, a revised run-only course will become the official course. In this instance, there will be no need to carry the mandatory swim cap.

## **6. Racing**

### **6.1 Timing and Tracking**

- 6.1.1 The race time is from the start time until the finish line.
- 6.1.2 All athletes must pass all the tracking checkpoints along the course.
- 6.1.3 All teams must pass the tracking checkpoints and the finish line together.
- 6.1.4 All athletes must enter the start box to activate the tracking chip.
- 6.1.5 Upon race completion, tracking tags must be returned to officials at the finish line.

### **6.2 Cut-off times**

- 6.2.1 Cut-off points are established at certain locations throughout the course, which athletes must arrive at by a given time to continue racing.
- 6.2.2 Cut-off times are determined for each event and will be posted on the event information page.





6.2.3 Failure to cease racing or follow a revised course at an official's request will result in disqualification and the inability to enter any future events run by the Organisation.

### **6.3 Athlete Removal**

6.3.1 The Organisation can refuse an athlete to continue if they judge them as not capable due to fatigue or being in such a bad physical condition that continued racing would be to take unnecessary risk.

### **6.4 Results**

6.4.1 Results are determined by the race time.

6.4.2 If the event doubles as the Australian Swimrun Championship, the Championship results (as determined by the Championship rules - see Section 8.3) will take precedence.

## **7. Equipment**

### **7.1 General**

7.1.1 Athletes must carry all their equipment on their person from start to finish.

7.1.2 Before the start, teams will be randomly selected to check for mandatory equipment. If the athletes are missing any required equipment, they will not be allowed to start.

7.1.3 Athletes who finish in a podium place may be checked for mandatory equipment before placings become official.

### **7.2 Mandatory Equipment Per Person (supplied by each Athlete)**

7.2.1 1 swimsuit/race suit, suitable for running and swimming.

7.2.2 1 whistle, easily accessible so you are able to use it during the swims.

7.2.3 1 pair of shoes, worn at all times, including during the swims.

7.2.4 Athletes in designated 'barefoot' races are not required to wear shoes or carry a whistle.

### **7.3 Mandatory Equipment Per Person (that the Organisation will supply)**

7.3.1 A race bib/vest that must be worn and visible all the time during the race. Race vests cannot be modified in any way except to tighten the vest by tying a knot or using a rubber band or similar

7.3.2 A timing chip/tracking tag.

7.3.3 A swim cap must be worn on the head during all the swims.



7.3.4 Athletes in designated 'barefoot' races are not required to wear a race bib/vest unless specifically stated.

#### **7.4 Optional Equipment**

7.4.1 Wetsuit or neoprene shorts, suitable for the current water temperature.

7.4.2 Pull buoy.

7.4.3 Hand paddles.

7.4.4 Goggles.

7.4.5 Tethers may be used with a maximum length of 10m.

7.4.6 Nutrition, as required. Must be worn on the body and any waste/wrappers carried on the body to be disposed of at the completion of the race.

7.4.7 Reusable, collapsible drinking cup.

#### **7.5 Equipment Restrictions**

7.5.1 Swim fins/flippers are not permitted.

7.5.2 Tow floats are not permitted.

7.5.3 Bags are not permitted.

7.5.4 Headphones are not permitted.

7.5.5 Shoes must have a rubber sole.

7.5.6 No equipment can be modified with paint or colour that washes off in the water.

#### **7.6 Water Temperature and Wetsuits**

7.6.1 Wetsuits may become mandatory in events where the water temperature falls below 18 degrees Celsius.

## **8. Penalties**

### **8.1 General**

8.1.1 Failure to comply with any of the Rules may result in an athlete/team receiving a time penalty or disqualification from the race.

8.1.2 The nature of the rule violation will determine the type of penalty.

8.1.3 Serious Rules violations will result in suspension or expulsion from the Organisation's events. The severity of the violations will be determined by the Race Jury.

8.1.4 The most common rule violations and penalties are set forth in Appendix A.

### **8.2 Race Jury**

8.2.1 The race jury consists of the Race Director, the Triathlon Australia official delegate, and



one member of the Organisation or their delegate.

8.2.2 The race jury:

- Enforces the rules
- Decides the outcome of a protest
- Decides about time penalty, disqualification or suspension/expulsion
- Decides about changes in the rules.

8.2.3 At least two members of the jury are needed to be able to make a race jury decision.

8.2.4 The race jury has the right to use “common sense” to make a decision about a situation if it is not clear in the rules.

8.2.5 The decision of the race jury is definitive.

8.2.6 The race jury is not required to warn athletes before issuing a penalty.

### 8.3 Protests

8.3.1 A protest must be given in writing to the Race Director within 15 minutes of finishing the race.

8.3.2 A protest must include:

- Time and location of protest incident.
- Race number and signatures of the protesting athlete/athletes.
- Race number of the athlete/athletes that the protest is against.
- The reason for the protest.
- If possible, include a witness with a name or a race number.

8.3.3 A protest that does not fill the criteria above will not be considered.

8.3.4 A decision from the race jury will be communicated to those involved as soon as possible.

8.3.5 The protest decision given by the race jury is final.

## 9. Organisation Conduct

### 9.1 General

9.1.1 The Organisation and its Service Providers will undertake a risk assessment and take the required steps to minimise the risk of the event, both for the athletes and the event crew.

9.1.2 The organisation will have the necessary safety resources in place.

### 9.2 Force Majeure

9.2.1 Neither the athlete nor the Organisation shall be held responsible for a force majeure event. Force majeure means any event that is unforeseen and beyond the reasonable control of either party, including but not limited to the following: Act of God, adverse



weather, poor water quality, inevitable accident, failure or shortage of power supplies, fire, flood, epidemic/pandemic, earthquake, explosion, lightning, war or armed conflict, embargo, government or regulatory action or decree, riot or civil disturbance, strike, lock-outs, or other industrial action, terrorist action, failure or delay of common carrier or impairment or lack of adequate transportation facilities.

9.2.2 If, because of any force majeure event, the Organisation is delayed in, or prevented from, performing any of the obligations with regards to staging the race, no loss or damage shall be claimed by the athlete by reason thereof.

### **9.3 Rule Changes**

9.3.1 The Organisation reserves the right to make changes to these rules right up until the start of each race.

9.3.2 Any changes made to race rules will be emailed to athletes and posted on the Swimrun Australia website.

## **10. Sponsors and Media Exposure**

### **10.1 Sponsor Markings**

10.1.1 Athletes are allowed to have sponsors marked on their personal race gear.

10.1.2 Athletes may be asked to cover up sponsors that conflict with event sponsors for media appearances, e.g. photos and interviews.

10.1.3 Athletes may be required to wear clothing with event sponsorship markings for media appearances, e.g. photos and interviews.

### **10.2 Free Photo and Film Rights**

10.2.1 Athletes give the Organisation and its sponsors the right to use photo and film material taken during the race, free of rights, in marketing, press material, the Internet, television, films, etc.

### **10.3 Image Rights**

10.3.1 All images and rights from the event are reserved. All unauthorised commercial use of images will be legally addressed.

## **11. Australian Swimrun Championship**

### **11.1 Ownership**

11.1.1 As the inaugural holder of the Australian Swimrun Championship in 2016, the Organisation claims the sole rights to the official Australian Swimrun Championship.



11.1.2 The format in which the Australian Swimrun Championship is held may be modified.

11.1.3 The location of the Australian Swimrun Championship may change.

## **11.2 Eligibility**

11.2.1 The Australian Swimrun Championship shall be contested over the longest-distance team race in the event in which it is being hosted.

11.2.2 Any team meeting the event's eligibility requirements can enter the Championship.

11.2.3 Any team that starts an event that doubles as the Australian Swimrun Championship shall be deemed to be entered in the Australian Swimrun Championship.

## **11.3 Awards**

11.3.1 Gold, Silver and Bronze medals are awarded to the first, second and third placegetters, respectively, in each category (Male Team, Female Team, Mixed Team).



## Appendix A.

### Time Penalties

The following is a summary of the most common Competition Rule violations and penalties and is not intended to be an all-inclusive list of violations and penalties.

Summary of general competition rules	Penalties
Failure to race with mandatory equipment	5-minute time penalty (per item)
Non-activated timing chip	Disqualification
Non-returned timing chip	\$100 fee
Non-returned race vest	\$100 fee
Littering intentionally	Disqualification
Littering by being careless	5-minute time penalty (per instance) If repeatedly littering; disqualification
If racing in a team and not staying within 10 metres of each other	5-minute time penalty (per instance) If repeatedly not staying together; disqualification
Running on an open public road for a distance of more than 10m	5-minute time penalty (per instance) If repeatedly running on road; disqualification
Accepting assistance from other than race event crew, athletes, or officials	Disqualification
Using unsportsmanlike behaviour	Disqualification
Failure to follow the prescribed course	Time penalty or disqualification
Gain unfair advantage from any external vehicle, object or method	Disqualification
Fraud by entering under an assumed name or age, falsifying an affidavit, or giving false information	Disqualification



## Appendix B.

### Age Determination Calculator

The following examples can help determine an athlete's age for events at different times of the year.

#### Example event between 1 January and 30 June

##### Age Categories

<b>Birthday Month</b>	<b>Actual Age (on Race Day)</b>	<b>Race Entry Age</b>
December	30	30 (30-39 Age Category)
January	30	29 (20-29 Age Category)

##### Stroke 'N Stride/Mini Race Minimum Age

<b>Birthday Month</b>	<b>Actual Age (on Race Day)</b>	<b>Race Entry Age</b>
December	12	12 (Eligible)
January	12	11 (Not Eligible)

##### Swimrun Sprint Race Minimum Age

<b>Birthday Month</b>	<b>Actual Age (on Race Day)</b>	<b>Race Entry Age</b>
December	12	12 (Eligible)
January	12	11 (Not Eligible)



Swimrun Short Race Minimum Age

<b>Birthday Month</b>	<b>Actual Age (on Race Day)</b>	<b>Race Entry Age</b>
December	15	15 (Eligible)
January	15	14 (Not Eligible)

Swimrun Long Race Minimum Age

<b>Birthday Month</b>	<b>Actual Age (on Race Day)</b>	<b>Race Entry Age</b>
December	15	15 (Eligible)
January	15	14 (Not Eligible)

Example event between 1 July and 31 December

Age Categories

<b>Birthday Month</b>	<b>Actual Age (on Race Day)</b>	<b>Race Entry Age</b>
December	30	31 (30-39 Age Category)
January	30	30 (30-39 Age Category)

Stroke 'N Stride/Mini Race Minimum Age

<b>Birthday Month</b>	<b>Actual Age (on Race Day)</b>	<b>Race Entry Age</b>
December	11	12 (Eligible)
January	11	11 (Not Eligible)





Swimrun Sprint Race Minimum Age

<b>Birthday Month</b>	<b>Actual Age (on Race Day)</b>	<b>Race Entry Age</b>
December	11	12 (Eligible)
January	11	11 (Not Eligible)

Swimrun Short Race Minimum Age

<b>Birthday Month</b>	<b>Actual Age (on Race Day)</b>	<b>Race Entry Age</b>
December	14	15 (Eligible)
January	14	14 (Not Eligible)

Swimrun Long Race Minimum Age

<b>Birthday Month</b>	<b>Actual Age (on Race Day)</b>	<b>Race Entry Age</b>
December	14	15 (Eligible)
January	14	14 (Not Eligible)