



**STRAIT OF
BONIFACIO**
Corsica-Sardinia Swim

. RACE REGULATION .

. 2022 EDITION .

WWW.SWIMMINGSTRAITOFBONIFACIO.COM

DESCRIPTION

The swimming race Strait of Bonifacio is performed on the 15 kilometer track and reflects the classic route of the swimming crossing of the Strait of Bonifacio, departing from Corsica (France) and arriving in Sardinia (Italy).

The race is a non-competitive event, it is organized by NAL Asd in Santa Teresa Gallura (ITALY).

PLAN 2022 EDITION

Day of the crossing:	Saturday 24 September 2022.
Alternative days for the crossing:	25 to 27 September 2022.
Distance:	15 kilometers in line from Corsica to Sardinia.
Features:	Western Mediterranean sea, Straits of the Bocche di Bonifacio.
Press Presentation:	Friday 23 September 2022 at 12:00 AM Santa Teresa G. Town Hall.
Briefing:	23 September 2022 at 4:00 PM, Santa Teresa Gallura

In the event of bad weather and sea conditions that not allow the safe realization of the crossing, the organization will change the crossing from 25 to 27 September or prepare a safe route in Santa Teresa Gallura, under the coast, of a variable distance between 10 and 15 km.

CROSSING TIMELINE IN THE RACE DAY

05:00 AM	Meeting.	
05:30 AM	Transfer by boat to Corsica.	
07:00 AM	Start from Plage de Saint-Antoine (Corsica).	
12:30 AM	Arrival to Rena Bianca beach. (Max. time)	Awards Ceremony
	the last arrived	Within 45 minutes after
04:00 PM	Photo shoot and athlete interviews	

Times and places may vary according to needs.

BOATS AND ASSISTANCE

The organizer plans and manages the assistance and safety in the water of the athlete who must be followed and supervised from the start to the finish.

The crossing is assisted by several motor boats for safety: following the swimmers, supervising the crossing and intervene in case of need. For safety reasons the boats must be motor vehicles.

Each boat has the function of transferring the participants to the place of departure, alongside the swimmer or a group of swimmers along the entire course, from the start up to a few meters from the finish.

Boats not authorized by the same organization are not allowed.

The boat hosts the skipper and obligatorily an assistant of the swimmer (boat assistant), the latter helps and supports him throughout the crossing. The boat assistant is not provided by the organization.

In the cases expressed by the same participant, the boat can follow a maximum of 3 swimmers who proceed together throughout the crossing or host 3 swimmers for the relay formula.

NUMBER / BIB

Upon registration, the athlete receives an identification number that may be printed on the arms, hands, or back at the choice of the Referee and the Organizer.

If the race number is damaged before the start, the swimmer is obliged to communicate it to the Referee and to the Organizer to restore it.

FINISH LINE

The finish is delimited by the banner placed on the shoreline of the competition field or between two supports placed in the water that support it.

The finish must be visible by swimmers, it must be preceded by an "*access door*" positioned in the water, delimited by two visible buoys located 50 meters from the finish line.

The arrival of the athlete (including the eventual final time) is valid only by touching the finish banner, under penalty of irregularity of the performance.

Depending on the weather and sea conditions of the event and the type of route, the Referee can also give different provisions during the race, as long as in agreement with the organizer. In this case the changes must be communicated in time to the participants, their representatives and the public where there is the possibility.

TIMES RECORDING

In order to better manage the race, the organizer can define minimum and maximum times of arrival and passage from the checkpoints.

The athlete who does not respect the maximum time limit may be disqualified from the race at the unquestionable decision of the judge and the organizer.

REFEREES AND TIMEKEEPING

The competition is controlled by judges who verify the correct performance of the swimmers.

Violations of the rules and unsportsmanlike conduct are prohibited.

The Chief Referee is responsible for coordinating and supervising the other Referees. The Chief Referee can, together with the organizer, interrupt or prohibit the performance of the competition of one or more athletes for any causes of danger or potential danger to things and / or people. Furthermore, the Chief Referee also has the task of deciding any changes to the race program and the route if reasons of force majeure emerge.

ENVIRONMENTAL PROTECTION

The minimum requirements for environmental protection are the measures that guarantee the minimum environmental impact caused by the race.

It is not allowed to leave containers used for refueling in the water, except in the immediate vicinity of any fixed or mobile refueling area set up for this purpose. This also applies to food supplement containers that athletes may carry during the event. Failure to comply with these rules will be reported to the Referee to apply the sanctions.

The boats that flank the swimmer will have to collect any objects left in the water by the assigned swimmer.

In the common refueling area, the collection of containers left in the water will be attended by a collector. The refueling of athletes from the refueling area must be made with glasses of certified biodegradable material.

The check on athletes and accompanying persons of the minimum environmental protection requirements will be carried out before departure, including assistants.

In the event of irregularities in the materials used for refueling, it will be the responsibility of the Referees to report it to the Chief Referee who will sanction the athletes concerned.

APPEALS

Any appeals presented by the athletes, coaches and clubs must reach the organizer and the Chief Referee within 48 hours of the conclusion of the event.

Each decision of the Commission, made up of the Chief Referee, Referees and the organizer, will be binding and will be communicated to the interested parties and published in the media of belonging.

AWARDS AND RANKING

The ranking is unique, the first three swimmers are awarded.

The final results will be promptly published online on the website www.swimmingstraitofbonifacio.com.

Each swimmer receives the participation prize, the certificate of the crossing, the publication of his profile on the Hall of Fame.

RULES FOR PARTICIPANTS

Despite being a non-competitive event, the crossing requires a maximum times to finish the race, equal to 5 hours 30 minutes. At the end of the maximum time all swimmers must, without fail, end the race and get back on their support boat, under penalty of payment of a penalty set, as of now, at 500,00 euro as well as being liable for other possible actions taken by the competent authorities.

Each swimmer must use ISHOF SaferSwimmer visibility and floating support when crossing.

The swimmer must independently organize the preparation of the pre / during / post swim integration, which must be delivered to the staff of the boat assigned for the crossing.

The athlete must prepare a waterproof bag to be delivered to the assigned boat, where to store his / her clothing inside, containing the change and the necessary for the after swim. The bag must also contain its own valid identity document (Identity Card or Passport).

The athlete must subsequently communicate the data of his own Boat Assistant, who will follow him throughout the crossing on the assigned boat.

BEHAVIOR OF THE ATHLETE

Regarding the conduct of the competition, the athletes must comply with the instructions given by the Referee before the start, who will refer to the Regulations of the event.

The swimmer must avoid contact with other swimmers and must not engage in unsportsmanlike behavior.

The rule of precedence must be applied in cases of changes of direction when there is the simultaneous passage of several athletes.

STYLE, WAKES AND EXTERNAL MEANS

The swimmer can choose every swimming style he/she prefers.

The swimmer can swim right behind other opponents but is not allowed to swim behind support boats and / or assistance vehicles.

The swimmer cannot lean on the boats / vehicles in the water, except for urgency or for the safety of the swimmer. It is also forbidden to be towed by boats.

SWIMSUIT AND ACCESSORIES

It is admitted the use of goggles, caps, briefs for men and a one-piece swimsuit for women or full-length swimwear for both genders, as long as the swimsuit does not cover the neck, extends beyond the shoulders and / or below the ankles , as per current FINA regulations.

The swimsuit must be in fabric and not necessarily FINA certified, but it is essential that it respects the characteristics of FINA approved fabric costumes.

It is not admitted swimsuits in fabric that have even minimal parts of neoprene or similar materials that make it easier for the athlete to float in the water are prohibited.

Regarding the use of the wetsuit, the regulation provides that:

- Water temperature below 19 degrees centigrade, it is mandatory to wear a wetsuit; it is the athlete's discretion whether to use the whole one or the sleeveless one.
- Water temperature above 19 degrees centigrade, it is forbidden to wear a wetsuit; in these cases the athlete cannot take part at the competition if he is wearing a wetsuit.
If the swimmer uses the wetsuit for the crossing when not foreseen by the regulation, the swimmer's result will be put out of the rank.

It is not allowed to use accessories not indicated by the organizer as necessary, such as snorkels, respirators, tools that facilitate or can create an advantageous condition in swimming (e.g. paddles, fins, floats, gloves, shoes, boots, etc.).

Accessories that may cause potential damage to other athletes are also prohibited, such as bracelets, rings and jewelry in general.

REGISTRATION

The race includes the 4 formulas:

SOLO To the swimmer is assigned a personal boat that follows him throughout the race at a safe distance. The boat will have a skipper, a swimmer and a boat assistant.

DUO A boat follows two swimmers, who must proceed together staying close to each other within 5 meters of each other and at a safe distance from the boat. The boat will have a skipper, two swimmers and a boat assistant.

TRIO A boat follows three swimmers, who must proceed together staying close to each other within 5 meters of each other and at a safe distance from the boat. The boat will have a skipper, three swimmers and a boat assistant.

RELAY A boat follows 2 to 4 swimmers, who alternate with each other and remain at a safe distance from the boat. The boat is expected to have a skipper, from 2 to 4 swimmers. The presence of the boat assistant is not foreseen because a member of the swimmers group will be available to assist those in the water.

The registration is a closed number for security reasons. The regulation establishes a maximum number of 10 race boats (separately those of security) for about 10-34 participants, defined as follows:

- SOLO category: up to a maximum of 10 swimmers;
- DUO category: up to a maximum of 20 swimmers;
- TRIO category: up to a maximum of 30 swimmers;
- RELAY category: up to a maximum of 4 relays (8-16 swimmers).

The organizer reserves the right to modify said number of participants in relation to the permanence of the same safety conditions at sea.

The registration request is examined by the organizer who evaluates the conditions for confirming the athlete's registration.

Each swimmer must comply with the Agonistic Sports Medical Certification, the documentation and equipment required by the organization.

The registration date of the member is determined by the date of sending the data, the documents requested and the payment of the registration fee.

Data and documents required are:

- last name
- first name
- sex
- date of birth
- address and city of residence
- mobile telephone number
- email address
- copy of competitive sports medical certificate or form for no-Italian swimmers
- own swimming club references
- own sports curriculum

The incorrect and falsified sending of any data and / or document, not least the non-presentation of the same, will be subject to a penalty by the organizer. This sanction may also include disqualification to participate at the competition.

Registration can only be done by filling in the appropriate form which must be received no later than 15 May 2022.

The organizer reserves the right to accept and confirm the selected swimmers in a week and no later

than 22 May 2022.

Once confirmed by the organizer, participants will be able to pay the relevant registration fee, including any specific needs and / or additional services.

However, registrations may also be closed before May 15, 2022, once the maximum number of athletes that can be accepted has been reached.

WHAT THE REGISTRATION FEE INCLUDE

- Authorizations management
- Health insurance
- Research and coordination boat
- Transfer from the hotel to the boats (only in case of accommodation at an official hotel)
- Transport and management of your swimming luggage
- Technical Assistance
- First Aid Assistance
- Refreshments at the end of the event
- Changing area and shower
- Photo shoot of the race and athletes
- Delivery of photos
- Video shot of the crossing
- Video interviews with swimmers
- Gadgets
- Certification
- Race Certificate
- Strait of Bonifacio Ranking profile
- Recording of the race time in the official ranking
- 60 minutes NAL Advice meeting as preparation period before the race

REGISTRATION FEE

The registration fee must be received no later than the following deadlines, under penalty of exclusion from the race:

- - 500,00 euro as down payment per swimmer to enter the race
 - Before 30 April 2022, (non-refundable) payment of 50% race fee
 - Before 31 May 2022 race fee balance
- Race fee is refundable only for the 80% of the total amount. Cancellations by e-mail must be received before 30 June 2022. After this date no refund is granted.

The cancellation of the crossing due to unsuitable marine meteorological conditions or other factors external to the Organization that do not allow the crossing to be carried out safely does not give the right to reimbursement of the registration fee

In case of impossibility to participate in the race, the swimmer can:

- postpone his/her participation by 30 July 2022 to the 2023 race (additional costs may be incurr)
- pass his/her registration by 30 July 2022 to another swimmer (additional costs may be incurr; additional documantation needed)

USEFUL TIPS FOR PARTICIPANTS.

TRAINING Properly prepare and plan your workouts both in the pool and in open water for long distances. Be followed by a trainer, a coach and professionals in the sports field if you do not have sufficient knowledge on programming, nutrition and integration for distance sports specialties. Acclimatize your body as much as possible in perspective to the characteristics of the environment where the test will take place.

POWER SUPPLY Have a light but energetic breakfast based on your needs, rich in sugar and low in fat. Properly hydrate the body before, during and after the test. Don't drink alcohol.

BEFORE DEPARTURE In case of cold water, swimmers sensitive to low temperatures recommend lanolin and camphor oil (available from pharmacies). Avoid over-covering in the case of medium-high temperatures, so as to allow a more balanced thermoregulation.

IN WATER Start in a moderate way and find your breathing rhythm before forcing the pace. In case of excessive breathlessness, slow down or stop to catch your breath. Properly organize and plan the supplies to be carried out during the test, taking into account the service made available by the organizer. Should it be necessary to ask for assistance and consequent rescue in the water, contact the nearest service vehicles keeping an arm stretched upwards.

STAY AND CONVENTIONS

The organizer provides, on request, a list of hotels and affiliated activities in Santa Teresa Gallura where you can obtain special prices.

COVID-19 REGULATION

In the face of the health emergency to counter the spread of the Covid-19 virus and its variants, each athlete must comply with:

- the DPCM in force in Italy relating to coronavirus security measures, <http://www.governo.it/it/>
- the Italian provisions of the Department of Sport of the Presidency of the Council of Ministers, <http://www.sport.governo.it/it/>
- the Italian Protocols and the Regulations of the FMSI (Italian Sports Medicine Federation). <https://www.fmsi.it/it/>

In addition, for the day of the event the athlete and the staff following must be in compliance with the no-covid self-declaration sent and delivered to the organization on time.

ACCEPTANCE OF THE REGULATION

By accepting the registration, each participant declares to be aware of these regulations, the relevant FINA regulations and releases the organizer of the race, the promoters, the city of Santa Teresa Gallura, all the sponsors of the 'event, the respective representatives, successors, officers, directors, members, agents and employees of the aforementioned companies, from responsibilities of any kind, known or unknown, deriving from participation in the event. The participant also grants, without remuneration, the authorization to use photographs, videos, etc. relating to your participation in the event to all the entities listed above for any legitimate use

CONTACTS

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Website www.swimmingstraitofbonifacio.com
Facebook www.facebook.com/swimmingstraitofbonifacio/
YouTube <https://www.youtube.com/channel/UCV4Acxe57-G26uuoLmGBLsA>