



The **ATLANTISMAN** event is an open water swimming competition that includes several races with different distances, designed for swimmers of various ages and skill levels. The organizational details are strict, with precise rules regarding participation, equipment, safety and prize categories.

Event details:

- **Multiple distances:** The competition includes various races, such as FULL ATLANTISMAN (10 km), SPRINT (2 km), ATLANTISKIDS (250-500 m for children, depending on age), and ATLANTISTEAM (team relay, 3 x 500 m).
- **Entry categories:** The event is open to men's, women's and mixed team categories, with multiple categories based on age and ability, including categories for people with disabilities.
- **Awards:** Participants can win cash prizes, trophies, medals, diplomas and promotional products depending on their performance.
- **Attire:** There are strict rules regarding equipment, including the use of wetsuits depending on the water temperature, and the wearing of specific devices such as the timing chip and safety beacon.
- **Safety:** Participant safety is continuously monitored, with clear guidelines for medical assistance and disqualification criteria for non-compliance with safety rules or anti-doping regulations.
- **Anti-doping rules:** The competition follows strict anti-doping regulations according to national and international laws.



COMPETITION REGULATIONS

GENERAL ASPECTS

A. It is the participants responsibility to understand all aspects of the competition rules.

B. By registering, the swimmer accepts the ATLANTISMAN rules and regulations, the terms and conditions for participants.

C. Each swimmer is responsible for competing in good physical condition and with sufficient training to complete the distance for which they have entered.

D. Doping is strictly prohibited. At the time of registration, each swimmer accepts the mandatory anti-doping rules for the entire event. At the time of registration, each participant declares that he does not violate, before, during or after the event, the Physical Education and Sports Law no. 69/2000, which contains provisions on combating doping in sports.

E. Participants are obliged to follow the directions and instructions of race officials and public authorities.

F. Race officials have the authority to disqualify any participant. The medical staff and/or technical director of the race have the final decision on the withdrawal of a competitor if he is deemed physically unable to continue the race without risk of serious injury or death. If a competitor decides to withdraw from the race at any time, it is his/her responsibility to report this decision to the information point located at the finish area and immediately hand his/her number and/or timing chip.



G. Individual supporting the water from friends, relatives, coaches, etc., during ATLANTISMAN races is not permitted. All competitors are required to immediately refuse any attempted assistance. Otherwise, the competitor will receive a warning or may even be disqualified.

H. The basic principles of the event are fairness and compliance of the rules and regulations. It is prohibited to neglect the rules with an intention to take an advantage. Competitors are not allowed to impede or endanger others and hinder the course of the race. Competitors must be polite to other competitors, volunteers, referees and medical staff. Competitors must respect the environment and avoid pollution.

DISTANCES AND MODALITIES OF PARTICIPATION

Swimmers may compete in one or more of the following distances:

1. FULL ATLANTISMAN: swimming in open water over a distance of 10 km
3. SPRINT: swimming in open water over a distance of 2 km
4. ATLANTISKIDS: Includes distances between 250 m and 500 m, depending on age
5. ATLANTISTEAMS: Team relay race, 3 x 500 m. Each team must have 3 swimmers.

There are three categories - male, female and mixed



AWARD CATEGORIES

At all distances there are different categories taking into account the age and gender of the participant.

Competitors under the age of 18 must present their parent's or guardian's consent when picking up their competition kit.

FULL ATLANTISMAN (MALE, FEMALE)

CATEGORY	Age Range
General	Top 3 swimmers
JUNIOR 15-19	Swimmers from 15 to 19 years of age
MASTER 20 – 29	Swimmers from 20 to 29 years of age
MASTER 30 – 39	Swimmers from 30 to 39 years of age
MASTER 40 – 49	Swimmers from 40 to 49 years of age
MASTER 50 – 59	Swimmers from 50 to 59 years of age
MASTER 60 - 69	Swimmers from 60 to 69 years of age
MASTER +70	Swimmers from 70 years of age
PARA	Swimmers with a degree of disability bigger than 33%

SPRINT ATLANTISMAN (MALE, FEMALE)

CATEGORY	Age Range
General	Top 3 swimmers
JUNIOR 15-19	Swimmers from 15 to 19 years of age
MASTER 20 – 29	Swimmers from 20 to 29 years of age
MASTER 30 – 39	Swimmers from 30 to 39 years of age
MASTER 40 – 49	Swimmers from 40 to 49 years of age
MASTER 50 – 59	Swimmers from 50 to 59 years of age
MASTER 60 - 69	Swimmers from 60 to 69 years of age
MASTER +70	Swimmers from 70 years of age
PARA	Swimmers with a degree of disability bigger than 33%

ATLANTISKIDS (MALE, FEMALE)

CATEGORY	Age Range
U9	Swimmers from 7 to 8 years of age
U11	Swimmers from 9 to 10 years of age
U13	Swimmers from 11 to 12 years of age
U15	Swimmers from 13 to 15 years of age

ATLANTISTEAMS (MALE, FEMALE)

CATEGORY	Age Range
MALE/FEMALE/MIXED	Swimmers from 12 years of age



Awards

ATLANTISMAN

- The first 3 overall male and female swimmers will be awarded with cash prizes, medals or trophies and diplomas.
- Top 3 by age groups, men and women will be awarded with promotional products from sponsors, medals and diplomas
- All competitors who complete the race will receive a finisher's medal.

SPRINT

- The first 3 overall, male and female will be awarded with cash prizes, medals or trophies and diplomas
- Top 3 by age groups, men and women will be awarded with promotional products from sponsors, medals and diplomas
- All competitors who complete the race will receive a finisher's medal.

ATLANTISKIDS

- Top 3 in age groups, male and female will be awarded with promotional products from sponsors, medals and diplomas
- All competitors who complete the race will receive a finisher's medal.

ATLANTIS TEAMS

- Trophies or medals for the first 3 teams (male, female, mixed).





USE OF WETSUIT

Wearing of the wetsuit on all ATLANTISMAN distances will be regulated according to the water temperature. Violation of this rule may result in disqualification.

TEMPERATURE

- Less than 18°C Mandatory use of wetsuit
- Between 18°C and 24°C The use of wetsuit is allowed
- Above 24°C The use of the wetsuit is not allowed

ATTIRE

Below you can find a list of allowed equipment during any ATLANTISMAN race:

Swimming cap provided by the organizers, correct colour, only 1 piece.

The use of the SAFETY BUOY is mandatory for all ATLANTISMAN distances, they must be visible and used during all the competition.

Crossing the finish line without a SAFETY BUOY may result in disqualification.

Swimming goggles are obligatory during the race.

Wetsuit (depending on water temperature)

The timing chip must be worn during all races. In case of loss, the participant must inform the timing company at the finish line. The swimmer must reimburse the cost of the device if timing company find it





necessary. The organisers will indicate how and where to wear the chip during the technical meeting.

The race number must be visible when the wetsuit is permitted or required.

The competition number must be written on the safety buoy (sticker), on both hands (tattoo or marker) and on the swimming cap. When a wetsuit is not permitted,

the number must be written on the safety buoy (sticker), on both shoulders or on both hands (tattoo or marker).

The use of electronic devices such as watches, heart rate monitors, GPS on the water is permitted, except for aquatic music players or similar devices. If a swimmer neglects this rule, he/she will be disqualified. Participants may be disqualified from the competition by the official referees for neglecting any part of the rules.

The use of any equipment or materials that assist swimmers in propulsion or buoyancy is not permitted (with the exception of wetsuits when permitted).

TIME LIMITS

Time limits to reach the finish line are:

- ATLANTISMAN (10 km) - time limit:
 - o Km 3 – 1h 30m.
 - o Km 6 – 3h.
 - o Finish line – 4h 30m.
- SPRINT ATLANTISMAN (2km) - time limit:





- o Finish line – 2h.
- ATLANTISTEAMS (1.5 km / 3x500m):
 - o Time limit for the finish line – 1h 30m.

FEEDING POINTS

- For 10km race it will be 5 loops of 2km with 2 feeding stations at the end of each loop. After each loop, the swimmers must go out of the water, feed if needed, and get in the water for a new loop. We recommend that swimmers have a second (companion) for feeding!
- 2 for the ATLANTISMAN distance
- None for SPRINT, ATLANTISKIDS and ATLANTISTEAMS distances.

REGISTRATION

Registration can be done exclusively on the official platform on the official website.

The registration fee includes:

- The right to participate in the race.
- Competition kit
- Accident insurance.
- Support before, during and after the race.
- Classification and timing service.

Registrations on the RocktheSport platform incur a service fee of €4.5

The participant can request the change of personal data, except for the name/surname, up to 1 month before the event.





If the registered participant cannot participate in any event, he can only transfer the participation rights to another person up to 1 month before the date of the event and paying a €25 transfer fee.

The Participant can request a full refund of the registration fee, services and products purchased through the registration platform, only during 1 month after the registration was made.

The swimmer can change the distance for the event in which he is registered. Downgrading distance from bigger to smaller does not have any extra fee neither allows any refund. Upgrading distance from smaller to bigger will include the fee difference payment.

PARTICIPATION AND INSURANCE

Participants under 18 years of age must provide parents' or guardians' consent at registration desk, before race bag pickup. No swimmer under the age of consent can participate without signed authorization.

The minimum age for participation is:

- ATLANTISMAN - Minimum age of 15 years.
- SPRINT - Minimum age of 15 years.
- ATLANTISKIDS - From 7 to 15 years.
- ATLANTISTEAMS - Minimum age 12 years.

SAFETY

Security on land and in water is ensured by the event organizer.

During the competition, the safety of swimmers will be monitored by boats and kayaks.





The safety team will be authorized to withdraw from the race any participant for medical reasons.

Referees

ALTANTISMAN events have Referees Committee, controlling timing, start and finish lines, mandatory turning buoys and taking the final decision. The Referees and Organizers have right to disqualify for the following reasons:

- Exceeding time limit.
- Avoidance of mandatory buoys.
- Whenever the swimmer shows signs of dehydration, hypothermia, extreme fatigue.
- Extremely slow pace or any other sign that prevents the participant swimming in good physical conditions.
- When the swimmer does safety gesture of emergency rotation one or both arms.
 - Kayakers and boats will monitor the health and safety of the swimmers and will report to the technical team.
- Not following organization instructions.
- Usage of forbidden gear.

CANCELLATION OF THE EVENT

The swimmer accepts the ATLANTISMAN rules and regulations during registration for the competition and therefore accepts that the organizer





of the event can delay, modify or cancel the event if the conditions are dangerous on the day of the event.

In the situation that the event is delayed, modified or cancelled for any reason including, but not limited to, causes of force majeure or elements (including, but not limited to, wind, heavy seas, rain, hail, hurricane) , tornado, earthquake, terrorist acts, epidemic, pandemics, fire, threat or exit in manifestation, labour difficulties, interruption of work, insurrection, war, public disaster, flood, unavoidable accident, or any other cause beyond the will of the organizer of the event, the registration fees will not be refunded.

In case of event postponement, registrations will be transferred to new date automatically, but it may require swimmers' confirmation, which will be communicated by email to all participants registered.

In case the event cancellation after any race flag off due to weather conditions or safety risks for the swimmers, the event will be considered organized, and no refund option or re-schedule will be proceeded.

In case of heavy weather conditions, the organization reserves the right to modify any race distance and route.

PERSONAL DATA

The organization informs and you agree to the following:

All information provided by you at the time of competition registration or through any other communication channels is incorporated into a secure and confidential database. The Ice Swimming & Open Water Sport Association is responsible for managing this database.





The main purpose of this data collection is none other than the administration and management of the competition, the notification of possible changes or changes to the calendar of events and/or product promotions related to the events organized by the Association. For this reason and with a sporting objective clarity, for promotional and commercial purposes, we ask the athletes and their children to give their consent for the reproduction of their images in photographs and other recordings that take place during the competition.

If you wish to withdraw your consent, you must notify the Ice Swimming & Open Water Sport Association in writing.

You can rectify or cancel partially or totally your personal data.

