



## SCAR SWIM RULES & GUIDELINES: Est. 2014

1. All starts and finishes are wet, meaning they start in the water at the designated buoy line and end at a designated buoy line in the water. All swims are point to point.
2. No swimmer shall use or be assisted by artificial aids of any kind that aid in body heat, propulsion or buoyancy.
3. Swimmers are permitted to grease the body before a swim, use goggles, wear one cap, wear one porous suit, neither of which may be designed either to retain body heat or aid in buoyancy.
4. Swimmers electing to follow the traditional English Channel "Channel Swimming Association" or the Manhattan Island Marathons Swim attire rules will wear a standard swim costume of a material not offering Thermal Protection or Buoyancy and shall be Sleeveless and Legless: "Sleeveless" shall mean the Costume must not extend beyond the end of the shoulder onto the Upper Arm; "Legless" shall mean that the Costume may not extend onto the Upper Leg below the level of the crotch."
5. No wetsuits are permitted or will be noted.
6. During a swim, no supporting contact whatsoever with the swimmer shall be permitted by any person or object.
7. Timing of swims: Swimmers will be at the buoy line at the start and begin swimming at the Starter's command "Go." The Roosevelt Swim will be a wet start without a buoy line. Upon touching the buoy line at the end of the swim timing will conclude for the swimmer.
8. Swimmers are allowed a paddler as long as they are not used as physical support.
9. No drafting behind a swimmer, paddler or boat. No pace or support swimmers allowed.
10. No swimmers under the age of fifteen (15).
11. SCAR SWIM officials are responsible for interpretation of the rules, including the right to cancel the swim in adverse conditions or if there is a danger to the swimmer. Failure to follow the SCAR SWIM official's direction by any swimmer, paddler or other support crew members will result in disqualification of the swimmer. Exceptions to the Rules are at the discretion of the Race Director.
12. Paddlers will accompany the swimmers but may not be used as physical support by the swimmer.
13. Light sticks will be mandatory for the Roosevelt swim. A minimum of two light sticks per swimmer. Any swimmer without adequate light sticks will not be permitted to swim. Paddlers must also be adequately lit by light sticks or will not be allowed to paddle. SCAR SWIM officials will monitor and interpret "adequately lit" given the conditions present.
14. No littering on or around the lakes. Lakes and surrounding areas should be left in a better environmental condition than when you arrived.
15. You must be kind to your paddler, volunteers and smile for all photos.