

Competition rules for the Ice Swimming German Open

(Based on the rules of IISA and FINA)

- Diving more than 5m under water after a turn is not allowed.
- Use the ladder to go into the water, than start from the left or right side of the ladder, one hand on the wall, your shoulder from your opposite arm must be under water.
- Flipturns are not allowed. Open turns are allowed. Breast and butterfly: For turns and the finish, both hands must touch the wall at the same time.
- Turns are not allowed on the ladder, only left or right side of the ladder.
- At start and turns you can not be underwater for more than 5m.
- Normal swim suits are allowed as long as they do not have any neoprene. Fastskin swim suits must be FINA approved. All swim suits must end above your knees.
- Only one normal silicone swim cap, latex cap or synthetic cap is allowed. Any kind of neoprene cap is not allowed.
- Nose clips and ear plugs are allowed.
- Safety buoys are not allowed (only at open water events).
- You will have to wear a belt during your 1.000 m swim for safety reasons.
- First false start means disqualification for the swimmer, but the heat will continue.
- During the 1000 m event every swimmer must have an assistant who will take care of the swimmers clothes (during and after the swim). The assistant will also be required to monitor the swimmer during recovering.
- Cut off time for each distance depends on the interval of each competition.
- You are not allowed to stop and hang on the separation line.
- If you stop during your swim event or have assistance of any kind you are disqualified.
- If you accidentally touch the separation line you will not be disqualified.
- Before the start of your event, you will follow the instructions given by the referees:
 - „Take off your clothes!“
 - „Go into the water!“
 - „On your marks!“
 - „Go!“/Beeep
- After your race you will need to leave the pool as soon as possible.

If you do not; you could be disqualified or receive a penalty!