

# **Northern California Open Water Swimming Association**

## *Marathon Swimming Rules and Regulations v.1.0.3*

### 1. General Rules for All Swims

- 1.1. The following rules apply to all swim attempts in Northern California Open Water, including those on Lake Tahoe.
- 1.2. The master of the escort vessel (Captain) shall have complete control and authority over the vessel, vessel crew, Observer(s), swimmer(s), swim crew, swim support vessels, and passengers. They may, either before embarkation or at any time after that, call off a swim attempt at any time because they perceive that the safety of those aboard is at risk, they perceive that the escort vessel is at risk of loss or damage, or because of any maritime necessity.
- 1.3. In addition to the rules and regulations prescribed herein, the Northern California Open Water Swimming Association (NorCalOWSA) Course Description shall specify each swim course, identifying route details, swim configurations, start and finish locations, and special situations, including any rule exclusions, inclusions, and modifications. In all cases, Course Description rules and regulations shall take precedence over the rules herein, where applicable.

### 2. Swim Observation

- 2.1. Observers are assigned to swim attempts by the Association and shall act as independent and unbiased witnesses to the attempt.
- 2.2. The Observer shall provide independent, objective supervision and documentation about the facts and other aspects of the swim attempt.
- 2.3. The Observer shall have sole and complete authority to interpret and apply the Marathon Swimming Rules and Regulations of the Northern California Open Water Swimming Association documented herein during the attempt, in addition to the rules contained in the Course Description for a particular attempt.
- 2.4. The Observer shall disqualify any swimmer/attempt for any violation of the rules that they observe or are informed of on good authority. In all cases of disqualification, the Observer is the sole and final decision maker.
- 2.5. Observers shall not be a sponsor, coach, spouse, partner, child, family member, or another person related to the swimmer(s) that may have a perceived or actual bias related to the outcome of an attempt.
- 2.6. If there is a need for clarification about an aspect of the actual conduct of the attempt that is not covered in the rules, the Observer shall make the final determination. Any such questions and decisions shall be documented thoroughly in the observation log.

- 2.7. The Observer may intervene in the attempt at any stage to ensure that the rules and regulations are complied with and shall adjudicate all protests related to the swim attempt in progress and ensure that the swim attempt honors the spirit and traditions of marathon swimming.
- 2.8. If a swim attempt is canceled or disqualified by the Captain or Observer(s), the swimmer(s) must immediately exit the water, and the vessel shall return to port without delay.
- 2.9. Any combination of swimming strokes may be employed during a swim attempt, including but not limited to the front crawl, butterfly, breaststroke, sidestroke, and backstroke unless a swim attempt has been specified in the Swim Application as an Alternate Stroke attempt. In such cases, a swimmer may attempt a course utilizing breaststroke, butterfly, or backstroke as specified in the rules of Section 5 are followed for the entire duration of the attempt.
- 2.10. During the swim attempt, a swimmer may not make supporting contact with any person or object, including escort and support vessels.
- 2.11. Swimmer(s) may be supported by one or more oar-driven vessels in addition to one or more escort vessels.
- 2.12. Devices, equipment, conveniences, or apparel that increase speed, improve buoyancy, relieve discomfort or pain, or retain or boost warmth, other than those allowed in Section 3, are prohibited and will result in immediate disqualification.

*EXAMPLES: Music players, tempo training devices, electronic devices (e.g., Garmin/Apple/FitBit watches) that are capable of transmitting information to the swimmer, warm water showers supplied by others, kinesiology tape, etc.*

- 2.13. Swimmer(s) may be escorted by a (1) support swimmer at any time after the third hour of the attempt. Support swimmers may swim for up to one hour at a time, at which point they must exit the water for at least two hours before re-entering the water. The total time that support swimmers may be in the water during a swim attempt shall not exceed four (4) hours total.
  - 2.13.1. Support swimmers may be positioned alongside or behind the swimmer (relative to the end of the course) only.
  - 2.13.2. Support swimmers may not set the pace of the swimmer. If pacing is observed or considered a possibility by the Observer, the support swimmer will be asked to change location or exit the water and the remainder of that supporting swimmer's 1-hour stint shall be forfeited.

- 2.14. Swimming in the slipstream of, aligning with, or drafting off of an escort vessel, support vessel, or support swimmer(s) is forbidden for the purpose of taking advantage of the reduced water resistance created by the former's wake. Additionally, any hydrodynamic performance improvements used during an attempt will disqualify the attempt.
- 2.15. When swimming in restricted visibility or between sunset and sunrise, swimmers must wear a minimum of (2) illuminated, different color, Cyalume chemical lights or LED lights, one on the back of the head (often the goggle strap), and the other on their waist or back. An acceptable method of holding a light at the waist is with a web belt no greater than 1" wide.

*SUGGESTION: It is recommended that swimmers/crew prepare a method for replacing or repairing a defective or non-functioning light during an attempt prior to the attempt. When lights are required on an attempt and aren't functional,, the attempt may be aborted.*

- 2.16. Swim attempts begin when the swimmer enters the water at the specified start of the course and end when the swimmer exits the water at the specified end. Timing and determination of when these events take place are solely the responsibility of the Observer.
- 2.17. The swimmer(s) must be 14 years of age or older on the day of the swim attempt unless an exemption is granted by the Application Committee.

### 3. Standard Equipment for All Swims

The swimsuits and equipment listed below are the only gear acceptable for a 'Marathon' swim attempt. During an attempt, these items may be exchanged or replaced at any time. It is important to remember that the swimmer must perform the exchange or replacement of equipment themselves and not make supportive contact with their crew or others during the exchange.

#### 3.1. Swimsuits

- 3.1.1. Swimsuits are optional, and their use (or lack thereof) is entirely at the discretion of the swimmer.
- 3.1.2. Swimsuits must be porous and made of textile materials. Only one suit may be worn at any time.
- 3.1.3. Swimsuits for women may be one- or two-piece, but they must not cover the thighs, legs, neck, or extend beyond the shoulder. As long as the

swimsuits meet all of the requirements of Section 3.1, women may switch between one-piece and two-piece suits during an attempt at any time.

- 3.1.4. Swimsuits for men must not extend below the knees or above the navel. The jammer-style suit is acceptable. As long as men's swimsuits meet all of the requirements of Section 3.1, men may switch suits during an attempt at any time.
- 3.1.5. Swim caps must be standard-style and made of silicone or latex. Only one cap may be worn at a time.
- 3.1.6. In case of a question regarding a particular suit, current FINA rules and rulings will apply.

### 3.2. Additional Equipment

- 3.2.1. During an attempt, standard swim goggles, nose plugs, and earplugs may be worn.
- 3.2.2. Dark tinted goggles may not be worn in times of restricted visibility or between sunset and sunrise. It is strongly recommended that swimmers have multiple pairs of goggles in the event of goggle failure/malfunction.
- 3.2.3. The use of goggles containing electronics or technology for presenting or acquiring tracking, direction, pace, location, speed, or other performance information is prohibited.
- 3.2.4. Watches with basic digital or analog functionality may be worn and may have any number of the following complications: Current time (displaying the hour, minute, or seconds only), stopwatch functions (count up or count down), date, time based alarm, and backlight functions.
- 3.2.5. Watches that are computer-based, including all models developed or produced by Garmin, Apple, Fitbit, Lenovo, Google, LG, Suunto, and Huawei, that are capable of receiving GPS signals, transmitting cadences, playing music, providing pacing signals, or function to acquire or present information in any manner other than those in Section 3.2.4, are forbidden to be worn or used by the swimmer during the attempt.
- 3.2.6. Cyalume chemical lights (glow-sticks) are permitted for periods of restricted visibility or swimming between sunset and sunrise. During daylight hours, they are not required to be removed.
- 3.2.7. Electronic shark shields, if utilized, may not trail off the body.

- 3.2.8. Body grease and similar balms, sunscreen, salves, and zinc-oxide creams may be applied before or during an attempt, although no one may touch the swimmer for the application of these substances during a swim.
    - 3.3. Medically necessary devices (e.g., insulin meters, pumps, etc.) can be worn or used during a swim attempt if they are not considered artificial aids as stated in Section 2.12. All such devices must be disclosed on the Swim Application and documented by NorCalOWSA.
    - 3.4. In the event that a swimmer is uncertain whether a device or apparel item will be allowed under these rules, they should seek clarification from NorCalOWSA well in advance of the attempt. Observers do not have the authority to evaluate or interpret acceptable equipment outside those specifically and clearly identified in Sections 3.1 and 3.2.
    - 3.5. Before or during a swim attempt, a swimmer may substitute any of the swimsuit(s) and/or cap(s) identified in Section 3.1 with an increased-coverage swimsuit of any material or thickness (including racing suits, technical/drag reducing swimsuits, full-body suits, and neoprene wetsuits), and/or substitute a strapped cap (of any type). Employment of any such substitutions, in either solo or relay attempts, by any swimmer shall change the classification of the swim attempt from 'Marathon' to 'Assisted'.
  4. Relays (If Applicable)
    - 4.1. A relay of two to six Primary Swimmers may attempt any NorCalOWSA Course as a team and shall swim the course sequentially with a fixed and consistent swimmer rotation and a fixed and equal swim duration, hereafter called a shift.
    - 4.2. Relay Leader
      - 4.2.1. A Relay Leader and Alternate Relay Leader must be identified on the relay team Swim Application. The Relay Leader is the 'single point of contact' for the Captain, Observer, and NorCalOWSA. If the Relay Leader is swimming or otherwise unavailable, the Alternate Relay Leader shall inherit this responsibility.
      - 4.2.2. The person with Relay Leader responsibility shall be the ONLY person to communicate with NorCalOWSA, the Captain, and Observer on behalf of the entire relay team related to anything connected with the swim before, during, and after their attempt. The Relay Leader's communication shall be considered to be the communication of the entire relay team.
    - 4.3. Alternate Swimmers

- 4.3.1. There may be up to two (2) Alternate Swimmers identified for a relay swim. Alternate Swimmers must be listed in the Swim Application.

*IMPORTANT: A relay team with a crew and/or Alternate Swimmers may exceed the maximum number of passengers allowed by your escort vessel and the licensing of your escort vessel's Captain due to Federal and U.S. Coast Guard regulations. Due to the severe federal penalties and possible swim cancellation, NorCalOWSA urges you to discuss these details with your escort vessel's Captain. A relay team may substitute an Alternate Swimmer in place of a Primary Swimmer provided: (a) the Alternate Swimmer was named in the Swim Application, and (b) neither the Alternate nor the Primary Swimmer being substituted has swum a shift prior to the substitution.*

*EXAMPLE: A team member fails to show up at the departure time, or a team member becomes sick or otherwise disabled.*

- 4.3.2. No more than two Primary Swimmer substitutions are allowed per swim attempt.

#### 4.4. Swimming Sequence

- 4.4.1. The sequence of swimmers shall not change during the swim attempt. There shall be no substitutions of a swimmer except as provided by Section 4.3.1 above.

#### 4.5. Shift Duration

- 4.5.1. Shift durations shall be 60 minutes in length.
- 4.5.2. A relay swim attempt will be disqualified if any swimmer, other than the last swimmer who terminates the attempt by completing the course, exits the water before finishing their shift.
- 4.5.3. Succeeding swimmers shall be positioned behind the swimmer (relative to the end of the course) when the shift of the exiting swimmer is complete.
- 4.5.4. When a shift ends, the Relay Leader or Alternate Relay Leader shall announce the end of a shift, and the succeeding swimmer must approach the exiting swimmer from behind (relative to the end of the course), and pass the exiting swimmer completely before the exiting swimmer can return to the escort vessel.

#### 5. Double/Multiple Crossings (If Applicable)

- 5.1. If the Course Description explicitly states that multiple crossings are an option (e.g., a double, triple, or any type of multiple crossing/circumnavigation/etc.), all Marathon Rules specified herein, in addition to rules specified in the Course Description, and this section must be followed.
  - 5.2. The swimmer shall re-enter the water and begin the subsequent leg within ten (10) minutes of clearing the water at the same location where they completed the previous leg.
  - 5.3. After completing a leg of a multiple-crossing swim attempt by clearing the water, a swimmer may consume food/drink, take medicines, change swimming apparel/equipment, and/or re-grease but must re-enter the water according to the conditions of section 5.2 above.
  - 5.4. Between the completion of a leg and the beginning of another, the swimmer cannot be touched by anyone, for any reason.
  - 5.5. The elapsed time of the swim attempt shall continue running between legs.
  - 5.6. Relay teams swimming a multiple-crossing attempt shall time their shift changes so that they do not occur when water is shallow enough to touch the bottom nor shall a shift change occur when a swimmer is at the end of a leg and clear of the water. These restrictions may necessitate reversing course until a scheduled shift change occurs and then completing the leg with the succeeding swimmer. In no case shall a shift be shortened, except for the final shift of the swim attempt.
6. Alternate Stroke Swims (If Applicable)
- 6.1. NorCalOWSA recognizes three (3) alternate, non-freestyle stroke swim attempts: Breaststroke, Butterfly, and Backstroke. An Alternate Stroke attempt may ONLY be employed if identified in the original Swim Application and the attempt is completed using the swim stroke exactly as portrayed and described in Sections 6.3, 6.4, or 6.5, which are adopted from the [2018 U.S. Masters Swimming Rules, Part 1: Stroke Definitions](#).
  - 6.2. All Alternate Stroke swim attempts shall be required to have a second Observer who is the dedicated Stroke Observer to ensure that the rules of the Alternate Stroke identified for the swim attempt are being observed. All aspects of the swim shall use the stroke as described, including the start, all rests/feeds, and the swim attempt finish.
  - 6.3. Breaststroke -- At the start or finish of the swim attempt, when the water is shallow enough to touch the bottom, the swimmer may break the stroke in order to stand and walk into or out of the water.

- 6.3.1. Start/Finish -- For beach starts and finishes, breaststroke swim attempts begin by walking into or out the course forwards. For non-beach or deepwater starts and finishes, the swim attempt is started, re-started after rests/feeds, or finished while one is past the vertical toward the breast.
- 6.3.2. Stroke -- After entering the water, when the water is no longer shallow enough to touch the bottom, the body shall be kept on the breast. Throughout the swim attempt, the stroke cycle must be one arm stroke and one leg kick in that order.

All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement.

The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under water. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line. During each complete cycle, some part of the swimmer's head shall break the surface of the water. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.

The swimmer is not permitted to roll onto the back at any time, except during rests/feeds when no forward progress shall be made.

- 6.3.3. Kick -- All movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement. The feet must be turned outwards during the propulsive part of the kick. Scissors, alternating movements, or downward butterfly (dolphin) kicks are not permitted. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly (dolphin) kick.
- 6.4. Butterfly -- At the start or finish of the swim, when the water is shallow enough to touch the bottom, the swimmer may break stroke in order to stand and/or walk into or out of the water.
  - 6.4.1. Start/Finish -- For beach starts and finishes, butterfly swim attempts begin by walking into or out of the course forwards. For non-beach or deepwater starts and finishes, the swim attempt is started, re-started after rests/feeds, or finished while one is past the vertical toward the breast.
  - 6.4.2. Stroke -- After entering the water, when the water is no longer shallow enough to touch the bottom, the swimmer's shoulders must be at or past the vertical toward the breast. The swimmer is permitted one or more leg kicks, but only one arm pull underwater, which must bring the swimmer to



the surface.

From the beginning of the first arm pull, the body shall be kept on the breast. Both arms must be brought forward simultaneously over the water and pulled back simultaneously under the water throughout the swim attempt.

The swimmer is not permitted to roll onto the back at any time, except during rests/feeds, when no forward progress shall be made.

- 6.4.3. Kick -- All up and down movements of the legs and feet must be simultaneous. The position of the legs or the feet need not be on the same level, but they shall not alternate in relation to each other. The breaststroke kick may be used exclusively or interchangeably with the dolphin kick while doing the butterfly stroke at any time during the attempt. Only one breaststroke kick is permitted per arm pull. After the start, a single breaststroke kick is permitted prior to the first arm pull. A scissors kicking movement is not permitted.

- 6.5. Backstroke -- At the start or finish of the swim attempt, when the water is shallow enough to touch the bottom, the swimmer may break the stroke in order to stand.

- 6.5.1. Start/Finish -- For beach starts and finishes, backstroke swim attempts begin by walking into or out of the course backward only. For non-beach or deepwater starts and finishes, the swim attempt is started, re-started after feeds, and finished while on one's back.

The swimmer is not permitted to roll off the back at any time, except during feeds, when no forward progress shall be made.

- 6.5.2. Stroke -- The swimmer shall swim on the back throughout the attempt and some part of the swimmer must break the surface of the water throughout the swim attempt.

## 7. Use or Attempted Use of a Prohibited Substance or a Prohibited Method

- 7.1. No alcoholic beverages may be consumed by anyone associated with the swim attempt or the escort vessel at any time during an attempt, port to port.
- 7.2. The use of cannabis in any form, including all CBD-based medicines, is not allowed by anyone associated with the swim attempt or the escort vessel either during or 96 hours prior to a swim attempt.
- 7.3. It is each swimmer's personal duty to ensure that no prohibited substance enters his or her body and that no prohibited method is used. The complete list of

prohibited substances and methods may be found within the [International Anti-doping Code, Standard Prohibited List, \(January, 2018\)](#).

8. Pollution

- 8.1. Before, during, or after attempting to swim, swimmers or crew members SHALL NOT pollute the environment or a waterway with trash, debris, or contaminants, including, but not limited to, food scraps, peels, feed cups, gel packs, or other waste.
- 8.2. All swimmers and crew members must use ropes, floats, or other devices to prevent the loss of food/beverage containers during their attempt in order to prevent pollution.
- 8.3. NorCalOWSA's course locales and environments are particularly sensitive, so all swimmers are expected to take their responsibilities to protect the environment seriously. Failure to respect and adhere to this obligation SHALL RESULT in immediate disqualification of a swim attempt.

9. Escort Vessel

- 9.1. Escort Vessels used in a swim attempt that are bartered or paid for in any manner must be under the direction and control of a licensed U.S. Coast Guard Captain (OUPV or Master).

*IMPORTANT: All swimmers who contract with vessel owners to transport 'passengers for hire' are required to comply with all federal laws and regulations related to charters and vessel operator licensing to ensure the safety of passengers, crews, and the marine environment. A violation of these laws can result in fines of up to \$42,750 or more per day. Repeated violations or an accident leading to injury or death on non-compliant vessels can lead to felony criminal charges.*

*INTERPRETATION: If a swimmer pays someone to provide an escort boat and pilotage for their swim attempt (or buys the gasoline, agrees to clean the boat afterward, buys the pilot/owner dinner, or otherwise barter for the use of someone's boat and its operation) the boat and operator are considered to be a charter. As a result, the person that operates the chartered boat must be a licensed US Coast Guard Captain with the OUPV or Master endorsement.*

*DETAILS: As per [46 US Code § 2101\(21a\)](#), a "passenger for hire" means a passenger for whom consideration is contributed as a condition of being on the vessel, whether directly or indirectly flowing to the owner, charterer, operator, agent, or any other person having an interest in the vessel. The Code of Federal Regulations [46 CFR § 11.467](#) requires that the operator of boats (less than 100 gross tons) must have a valid Coast Guard Merchant Mariner's Credential (OUPV or Master).*

- 9.2. If a non-paid, personal vessel is used as an escort vessel, the swimmer must include certification that the vessel and operator do not fall under [46 CFR § 11.467](#) or [46 U.S. Code § 2101. \(42\)\(B\)](#) and must provide evidence of Boat/Vessel Liability Insurance (including Bodily Injury liability) of at least \$300,000 in order for an Observer to be allowed to board.
- 9.3. All escort vessels must be large enough to legally accommodate the swimmer(s), Observer(s), support, and vessel crew. It is the swimmer's responsibility to determine if the vessel has sufficient legal capacity before booking an escort vessel.
- 9.4. According to the U.S. Coast Guard "12 Hour Rule," [46 CFR § 15.1111](#) a licensed Captain may not work for more than 12 of any 24 hours, except in an emergency when life or property is endangered. If a swim attempt will likely last more than 12 hours (embarkation to disembarkation), it is the swimmer's responsibility to ensure there is a second licensed Captain aboard to operate succeeding the shift(s). This rule does not apply to personal vessels operated by a non-commercial (unpaid) operator.
- 9.5. In all cases, the escort vessel operator and vessel crew must be familiar with NorCalOWSA Marathon Swimming Rules and Regulations specified herein. If a

person has not escorted a NorCalOWSA swim before, (s)he must confirm in writing that (s)he has read and understands the rules.

- 9.6. It is solely the swimmer's responsibility to arrange the dates, meeting times, and departure times with the escort vessel and to communicate this information to the Observer and support crew.

## 10. Observers

- 10.1. After acceptance of a Swim Application that specifies an escort vessel and a licensed USCG Captain or Master, NorCalOWSA will assign an Observer to the swim attempt. Swimmers are not permitted to select their own Observers, though a swimmer may request an Observer, or request a change in Observer. NorCalOWSA may accommodate these requests at its discretion.
- 10.2. Prior to your swim attempt, NorCalOWSA shall coordinate with your pilot and forward the name and contact info of the swimmer's selected Observer. The pilot and Observer(s) are expected to be in direct and regular communication with each other before the swim attempt in order to coordinate their efforts/responsibilities.
- 10.3. The Observer's sole responsibility is to adjudicate, observe, and document the swim attempt. All other responsibilities such as swim support and escort vessel pilotage should be performed by others.

## 11. Support Crew

- 11.1. The swimmer is responsible for recruiting a competent and seaworthy support crew to take care of feedings and other needs. It is not typically the Captain and escort vessel crew that act as swimming support unless specifically contracted.
- 11.2. The support vessel captain shall determine the crew size and total vessel capacity.
- 11.3. Longer duration attempts may require more than one Observer and will incur an additional fee.
- 11.4. Crews with more than one member must designate one person as Crew Chief, who serves as the point of contact for all communications with the escort vessel Captain and Observer(s).
- 11.5. The minimum age for a support crew member is 16 years.

## 12. Applications/Ratification/Certificates

- 12.1. Swimmers must demonstrate sufficient open water swimming experience or training in the "Swimming History" section of their Swim Application in order to justify their planned swim attempt. A swimmer's eligibility and acceptance of the Swim Application will be decided solely by NorCalOWSA. The NorCalOWSA may

require additional evidence, including but not limited to a qualifying swim, references from swimmers known to the association, or other evidence that the swimmer has the necessary expertise to complete the attempt safely and successfully.

- 12.2. The NorCalOWSA may, at its discretion, require swimmers to complete a qualifying swim prior to acceptance of their Swim Application, and this notification will take place no more than 12 months prior to the swim attempt. Depending on distance, temperature, and conditions, the qualifying swim should correspond to approximately 3/4 of the difficulty of the planned attempt. The Application Committee will have the final say over what qualifies. A witness must be present for all qualifying swims, who can verify that the swim took place, and who will also provide GPS tracks, photos, and optional videos. There is no need for an official observer at a qualifying swim. Qualifying swims are intended to be for the swimmer's safety, and the swimmer's honesty is assumed.
- 12.3. NorCalOWSA reserves the right to reject any Swim Application, request additional information, and/or identify additional requirements prior to accepting it. Any refund of application fees shall be according to the schedule published in the Swim Application.
- 12.4. After the Swim
  - 12.4.1. Observers shall submit their documentation, tracks, logs, GPS data, photos, and videos to the Ratification Committee for all swims, both successful and unsuccessful.
  - 12.4.2. The Ratification Committee shall review all submitted attempts by the end of the calendar year in which they were submitted.
  - 12.4.3. When there are questions about an attempt, the Ratification Committee may contact the swimmer, crew, or Observer for clarification.
  - 12.4.4. All successful, ratified solo swims will be recognized as either a Marathon or Assisted swim and reported as such based on whether Section 2.3 above is applicable. Assisted Swims, tandems, and relays are not eligible for records or firsts.
  - 12.4.5. Records and firsts may only be awarded to swims witnessed by an unbiased NorCalOWSA observer.
  - 12.4.6. NorCalOWSA recognizes all successful and ratified butterfly, backstroke, and breaststroke swims as Alternate Stroke swims, but will not consider them for records or firsts.

- 12.4.7. NorCalOWSA recognizes the following records in each defined course:
  - 12.4.7.1. First – Overall, Female, Male
  - 12.4.7.2. Fastest – Overall, Female, Male
- 12.4.8. Upon ratification, successful attempts will be documented with certificates listing swimmer(s), course, duration, and any records. The certificates and original observer notes will be mailed to swimmer at the address provided during registration within 90 days of ratification.

*The Northern California Open Water Swimming Association Rules and Regulations are derived and adapted from multiple sources, including: [‘Rules of Marathon Swimming’](#) by the [Marathon Swimmers Federation](#), ‘Stroke Definitions’ as prescribed in [2018 U.S. Masters Swimming Rules, Part 1](#), the ‘[Open Water Swimming Rules](#)’ as defined by [Fédération Internationale de Natation](#), the ‘[Swim Rules and Logistical Guidelines v.2015-1](#)’ by the [Santa Barbara Channel Swimming Association](#), the ‘[Official Swim Rules](#)’ by [Catalina Channel Swimming Federation](#), the Code of Federal Regulations: [46 CFR § 11.467](#) & [46 CFR § 15.1111](#), and the United States Code: [46 U.S. Code § 2101. \(42\)\(B\)](#).*