

A large group of swimmers is gathered in the ocean, many wearing swim caps and using orange and pink inflatable buoys for flotation. In the background, a white inflatable support boat with three people on board is visible. The scene is set in a vast, open body of water under a clear sky.

REGULATIONS FOR THE SWIMSWIMNOLIMITS - 2025

This document details the rules and regulations for the 2025 Swim No Limits swimming events. It includes information on participants, equipment, registration, categories, prizes, safety and other important aspects of the event.

1. PARTICIPANTS

Any person may participate, regardless of nationality.

- Minors under 18 years of age must present a parental or legal guardian authorization when picking up the race bib. without this document signed and delivered to the organization, they will not be able to participate.
- Without this document signed and delivered to the organization, they will not be able to participate. all participants declare to be in the necessary physical conditions to complete the race and accept to do it under their own responsibility.
- Given the demands of the race (course, water temperature, currents...), the organization advises against registration to those who do not consider themselves prepared.

Safety standards

- A fingernail and toenail check will be performed. Swimming with long nails is not allowed for safety reasons.

2. EQUIPMENT

- The organization recommends the use of neoprene to prevent hypothermia. However, the use of conventional swimsuits is allowed under the participant's responsibility. Uso obligatorio:
- Cap provided by the organization.
- Safety buoy for swimming.
- Identification chip.

Prohibited the use of:

- Auxiliary material for training, flotation or propulsion.
- Audio devices (water MP3 players or similar) that prevent hearing safety signals.
- GPS watches: Allowed, but not recommended to avoid injury to other swimmers.

3. REGISTRATION

- Registration is exclusively online at www.swimnolimits.com or at rockthesport.com.
- It will only be valid after completing the payment by credit card.
- No refunds will be made under any circumstances, including cancellations due to bad weather.
- There is an option to exchange the registration for a non-expiring code for another race of the same distance, as long as it is requested before the closing date for registration.
- The registration is transferable and modifiable until the registration deadline.

Exception Platja d'Aro

This crossing is scoring for the Circuit Català de Travessies. Participants who want to score must have a valid federal license or hire a one-day license.

4. CATEGORIES

The categories are the same for men and women, based on age as of December 31 of the current year:

- Junior: 14-19 years old (minors with mandatory permit).
- Master 20: 20-29 years old.
- Master 30: 30-39 years old.
- Master 40: 40-49 years old.
- Master 50: 50-59 years old.
- Master +60: 60 years of age or older.
- Category without neoprene.

For Platja d'Aro, the Catalan Federation will classify according to its specific categories.

5. AWARDS

In each event of the circuit, the following will be awarded:

- Finisher gift for all swimmers who complete the race.
- Trophies and prizes for:
 - The first 3 absolute classified (men and women).
 - 1st in each age category.

Note: Prizes are not cumulative (whoever wins in the absolute category will not receive an age category trophy).

Awards Ceremony

- Attendance at the awards ceremony is mandatory to receive the trophy.
- Anyone not present will be disqualified from the Cup and no trophies will be awarded after the event.

SwimNoLimits Cup Prizes

- 3 first absolute finishers (men and women).
- 1st in each age category.
- 1st without neoprene (men and women).

Note: Cup prizes are also not cumulative.

6. SWIMNOLIMITS CUP REGULATIONS

1. Minimum participation and category
 - To enter the classification, it is necessary to participate in at least 3 of the 4 races.
 - The same category and distance (short, medium or long) must be maintained.
2. Top Scores
 - If a swimmer completes all 4 events, the 3 best scores will be considered, discarding the lowest one.
3. Calculation of points (Winner's time in seconds / Participant's time in seconds) x 1000
 - The winner of each race will receive 1000 points.
4. Use of neoprene and classifications
 - If a swimmer participates in events with and without neoprene, he/she shall be classified as with neoprene.
 - To score in the non-wetsuit category, you must always compete without wetsuit.

7. SECURITY

- The event has support vessels (boats, jet skis and kayaks).
- Boats may not guide swimmers, except to avoid dangerous deviations.
- Reasons for withdrawing a participant:
 - Adverse sea conditions.
 - Extreme fatigue, dehydration, hypothermia or abnormally slow rhythm.
 - Ignoring safety instructions or going outside the permitted limits.
 - Exceeding the set time limit.
 - Call for help (by raising one or two arms).



8. REFRESHMENTS

- Water and bananas will be offered on support boats.
- There will be a full refreshment station on the beach at the end of the race.

9. ARRIVAL AND CLASSIFICATION

- Participants must return the chip on arrival.
- No qualification is guaranteed for those who lose or do not hand in their chip.
- If a swimmer abandons the race, he/she must inform the organisation immediately.
- Ranking: The first swimmer out of the water will be counted, not the swimmer who crosses the arch in the sand.



10. MODIFICATION OR CANCELLATION

- The organisers may modify the route in the event of:
 - Rough seas, strong currents, shoals of jellyfish or other risk factors.
- If security cannot be guaranteed, the test may be delayed or cancelled.



11. DATA PROTECTION

- Personal data will be processed in accordance with the Organic Law on Data Protection.
- They will be used for SwimNoLimits event management and promotions.
- The rights of access, rectification and cancellation can be exercised by contacting info@swimnolimits.com.



12. USE OF IMAGES

By registering, the participant authorises Swim No Limits to use his/her image in:

- Websites and social networks.
- Promotional photographs and videos.
- Publications and digital presentations.