



## Flowers Sea Swim

### The Rules

1. Flotation devices and/or equipment such as snorkels or fins are not permitted. Permissible gear is limited to: goggles/mask, nose clip, ear plugs, swimsuit and cap.
2. No wetsuits or technical suits.
3. Each swimmer is required to wear the swim cap provided at all times during the race. Any swimmer crossing the Finish line without a swim cap will be disqualified.
4. All swimmers must attend the pre-race briefing on the beach.
5. All swimmers must go through the head count in order to start the race.
6. All swimmers must be behind the Start Line and wait for the Starter's signals. Both an air horn and a flag are used to start the race (audible and visible signals).
7. All swimmers must complete the race under their own power. No assistance from boats, buoys, lines, or other swimmers is allowed.
8. Standing on the bottom during a race shall not disqualify a swimmer but they may not walk or jump.
9. Walking on the beach is not allowed.
10. No unsportsmanlike conduct.
11. All swimmers must finish the race between the orange poles under the finish line banner, take a place card and present it to the Recording Officials. Failure to turn in the place card will result in disqualification. There is no requirement to touch the finish line banner or poles.
12. Each swimmer should cross the finish line **only** once. Crossing the finish more than once will result in disqualification.
13. The cut-off time is 75 minutes from the start signal. Placing over this time limit will not be recorded, and the swimmer will not be eligible for random prizes.
14. Any swimmer dropping out before or during the race should check in immediately with a Beach Marshal AND the Recording Officials at the Finish or Start, reporting their race number and name. **This is to help the Recorders account for all swimmers.**
15. Swimmers must obey the instructions of race officials.
16. The Race Director's decision is final.
17. Any action that may bring the event into disrepute may result in disqualification.
18. Animals are not allowed on the course.
19. Finishers must be present to win random prizes.
20. Flowers employees and their family may participate but are not eligible for random prizes.
21. Prizes are non-transferrable.
22. Violating any of these rules may result in disqualification.