IISA

INTERNATIONAL
ICE SWIMMING
ASSOCIATION











SWIMMING RULES AND REGULATIONS

For Safety and Integrity in the ICE

Effective 20 April 2025

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1. INTRODUCTION

1.1. OBJECTIVES

1.1.1 IISA is committed to ensuring that all Ice Swims and Events are conducted in the safest environment possible, as it is acknowledged that this is an extreme sport. Whilst it is not possible to guarantee the safety of any participant undertaking any IISA-regulated activity, IISA wishes to establish specific standards for this activity and insist that these are complied with to take advantage of the most up-to-date research in cold water immersion and ensure that there is adequate access to medical assistance if it should be required.

1.1.2 IISA will recognise no Swim or Event unless all these Rules and Regulations and the required safety standards are strictly adhered to. In any event, IISA reserves the right not to recognise a Swim or Event as the IISA Global Board shall determine.

1.1.3 It must be emphasised that IISA cannot guarantee the safety of any participant who wishes to take part in ICE Swimming or a recognised IISA Event. IISA will not and cannot accept any responsibility for any death, injuries, or losses suffered consequently. All Swimmers must participate at their own risk.

1.1.4 The essence of Ice Swimming under IISA is swimming unassisted in a water temperature of 5.0°C or below, with a pair of swimming goggles, one silicon cap and a standard swimming costume under IISA safety and swimming rules.

1.1.5 If the Rules contain any ambiguity or contradiction, they must be communicated to IISA. IISA will use its discretion to resolve such issues and amend or add rules to resolve the specific ambiguity or contradiction.

1.1.6 IISA would like to set an example of safety standards in cold-water swimming and recommends that everyone involved in cold-water and icy-water activities adopt its medical standards.

1.1.7 Only the IISA will have the right to organise World Championships and other international competitions for Ice Swimming. IISA® owns all trademarks relating to its name and its products by association. Using the IISA Logo or its products for commercial or promotional purposes without IISA Global's written permission is illegal.

1.1.8 IISA can establish any rules and regulations about conducting its international events and products.

1.1.9 IISA will select the appropriate officials for its events. As described in the **IISA International Events Chapter.**

2. CODE OF CONDUCT

2.1. MISSION AND VISION

2.1.1 IISA is governed by its Constitution, registered in Switzerland as a not-for-profit association, and acts as the international federation and world governing body for Ice Swimming.

2.1.2 IISA aims to encourage and promote safe Ice Swimming globally and facilitate interaction between participants in areas of common concern and enjoyment.

2.1.3 IISA must operate within the boundaries of its Constitution, its rules and regulations, as updated from time to time, and one of its objectives is to ensure IISA and IISA country associations/federations are governed to the highest standards of integrity.

2.2. APPLICABILITY AND ENFORCEMENT

2.2.1 Our Ethics and Integrity Principles apply to all IISA individuals, national members (after this, IISA Members), and country associations, federations, and affiliates (after this, IISA Affiliates).

2.2.2 Whether an individual, national, or affiliate of IISA, membership is not guaranteed for life. Violations of IISA rules, regulations, and principles may result in disciplinary actions, including suspension or termination of membership or affiliation.

2.3. IISA CORE PRINCIPLES

2.3.1 The following principles guide our Members and Affiliates' conduct:

2.3.1.1. Integrity and Fairness

2.3.1.2. Respect for Equality, Diversity, Inclusion and Human Dignity

2.4. DUTY OF CARE

2.4.1 Adhering to IISA's core principles is imperative to safeguarding our reputation and the organisation's success. These principles ensure we conduct ourselves appropriately and foster a culture that represents our ethical values and vision. By adhering to these core principles, all IISA Members and Affiliates can contribute to a positive, fair, and inclusive environment within Ice Swimming.

2.4.2 We are expected to act in IISA's best interest. All our decisions and actions should prioritise IISA's welfare, ensuring the long-term sustainability and success of Ice Swimming.

2.4.3 We must preserve IISA's reputation by acting responsibly and ethically and following IISA values.

2.4.4 We are accountable and take responsibility for our decisions and actions, ensuring that all our activities reflect positively on IISA and Ice Swimming.

2.5. INTEGRITY AND FAIRNESS

2.5.1 We believe that acting with integrity is fundamental to building trust, enhancing our reputation, mitigating our risks, and ultimately contributing to the sustainable growth and success of Ice Swimming.

2.5.2 We value honesty and transparency. All our actions, decisions, and communications must be honest and transparent. Deception, fraud, or any form of dishonesty is strictly prohibited.

2.5.3 We commit to adhering to IISA rules and regulations, ensuring fair play (e.g., in competitions), and preventing conflicts of interest. This is essential for fair competition.

2.5.4 IISA Members and Affiliates must disclose and manage any conflicts of interest (real, potential or perceived) that may arise, ensuring that personal interests do not interfere with their responsibilities to IISA.

2.5.5 A conflict of interest arises when someone's interest or relationship interferes or could be perceived as interfering with IISA's interest or their responsibilities to IISA. Transparency ensures conflicts of interest risks are appropriately managed and mitigated.

2.5.6 IISA Members and Affiliates must not engage in situations of "*quid pro quo*" (e.g. undue favours, unfair advantages).

2.6. RESPECT

2.6.1 We respect equality, diversity, inclusion, and human dignity - "how we treat one another."

2.6.2 We strive for equality and encourage everyone we interact with to respect themselves and others, no matter who they are.

2.6.3 We respect one's time, personal values, dignity, and identity.

2.6.4 We engage in respectful discussions and deliberations. We welcome various perspectives, celebrate differences, and ensure our actions are inclusive and welcoming for all.

2.6.5 We seek to achieve the physical, mental, and social well-being of every IISA Member.

2.6.6 We promote an environment free from any form of discrimination, abuse, exploitation and harassment, including sexual harassment. Any such behaviour will not be tolerated.

2.6.7 Each country's law defines all forms of harassment. IISA will follow Swiss law, which it bases its jurisdiction on.

2.7. COMPLIANCE WITH APPLICABLE LAW

2.7.1 These Principles are not meant to replace applicable rules of law. We will continuously operate within the letter and spirit of applicable laws. We want to ensure that we are doing what is legal and what is right.

2.8. TALK TO US

2.8.1 We want to walk the talk consistently and be open and transparent about our values and principles.

2.8.2 We strive to foster a positive and healthy culture where everyone feels empowered to voice their concerns without fear. Upholding these principles is integral to maintaining IISA's ethical standards.

2.8.3 We encourage you to contact us with any concerns or issues. Your help is crucial in upholding our commitment to integrity and fairness. Don't hesitate to contact the Integrity Committee at integrity@internationaliceswimming.com.

2.8.4 Your feedback is invaluable as we work together to ensure that IISA continues to embody the highest standards of ethics and integrity in Ice Swimming.

2.9. SAFETY

2.9.1 Ice Swimming is an extreme sport performed in a water temperature of 5.0 C, as explained above. The safety of swimmers and anyone involved has always been a fundamental part of existence.

2.9.1.1. Over time, we have developed a comprehensive set of rules and medical checks and continue to revisit them as we gain more experience and knowledge. The **IISA Medical and Safety Guidelines chapter** is an annexure to our rules.

2.9.2 We must respect it, study it, and adhere to it. Safety will always be a priority when conducting an ice swimming event, individual swim, or training.

2.9.3 IISA Safety and Medical requirements are fundamental to our sport. We continue to seek experiences and knowledge and enhance our safety procedures and practices.

2.10. POLITICAL ACTION

2.10.1 No political action shall occur inside or near the IISA event's venue(s). The promotion or announcement, by any means, of political messages or any other political actions inside or near the venue(s) is strictly prohibited before, during and after the IISA International Events.

2.11. PROVOCATIVE ACTION, RACISM

2.11.1 The Organisers of championships/competitions shall prevent any provocative action being taken by spectators inside or near the event venue(s) (unacceptable levels of verbal provocation from spectators towards competitors or opposing fans, racist behaviour, provocative banners or flags, etc.). Should such action arise, the Organisers of championships/competitions shall intervene over the public address system or remove any offensive material, if necessary, with the assistance of the police. Officials shall draw the attention of the police to severe acts of misbehaviour, including racist insults, so that offenders may be removed from the venue should the police decide.

2.12. EKECHEIRIA - TRUCE IN SPORT

2.12.1 IISA adopts the World Aquatic and The International Olympic Committee truce in sport while in sport principles, based on the old *Ekecheiria* principles of the old Greek games. https://olympics.com/ioc/olympic-truce/international-olympic-truce-centre

3. DEFINITIONS

3.1. BASIC TERMS USED IN HIS DOCUMENT

3.1.1 **"IISA" or "IISA Global"** – The International Ice Swimming Association® or IISA®

3.1.2 **"IISA Global Board"** – The IISA Board governs IISA globally as defined in its constitution.

3.1.3 "Ice-Swimming or Ice Swimming or Ice Swim or Ice-Swim or Swims" – means swimming according to IISA rules.

3.1.4 **"IISA Event or Event"** is an IISA-regulated ice swimming event following IISA Rules and Regulations.

3.1.5 **"Event Committee"** – a committee formed to hold an IISA Event and comprises the Event Director, Safety Officer, and IISA Official to include a minimum of 3 individuals.

3.1.6 **"Published Events"** – IISA Events whose results have been published by the IISA Administrator and added to the IISA record book where applicable and the Swimmer's BIO.

3.1.7 **"IISA Event Management System" [EMS]** - is the IISA event system on its website. It is the IISA method of managing and controlling the integrity of all Ice Swimming records.

3.1.8 **"Event Language"**—The Event Committee will decide the official language of each event based on its location. When in doubt, the official IISA language, English, must prevail. All international events must use English and the local language on all signage and announcements.

3.1.9 **"IISA Language"** – to avoid any confusion, the official language of IISA will be English. All IISA's requisite documentation must be presented in English. A requisite document or communication must include an English translation if it is done in the local or other language.

3.1.10 **"IISA Official"** – an IISA Member certified by IISA as a qualified official for the Event or Swim. An Event Director, Referee or other can be regarded as an IISA Official if they are free to roam around the Event grounds, supervise all activities and are not bound to a Recovery Facility as long as The Event Committee has at least three individuals.

3.1.11 **"IISA Swims or Swim"** – any swims governed by IISA Rules and Regulations, approved by IISA and officiated by IISA Officials. No swim will be regarded as an IISA Swim or Event unless an IISA Official is present.

3.1.12 **"Directional Marker Buoy" or "Turn Buoy"** – a stationary floating Marker used in the Open Water course to mark the inside boundaries of the swim course. Swimming must occur outside that course.

3.1.13 **"Safety Marker Buoy"** – a stationary floating Marker used to mark a possible water hazard or the outside boundaries of a swim course for safety purposes.

3.1.14 **"Swim Start Point and Swim End Point"** – a predefined location by a landmark, marker buoy, a stationary boat, pool edge or any other stationary location marker that defines the Ice Swim start and end.

3.1.15 **"Medical Check Area"** - is a designated area where swimmers can wait for the medical checks.

3.1.16 **"Medical Officer"** – A Medical Doctor or designated medical personnel experienced in cold and ice water immersion and hypothermia risks and has had some trauma case training. The Medical Officer will oversee the swimmers' full recovery, determine emergency or evacuation protocols, and discharge swimmers from the Recovery Facility. The Medical Officer will supervise the other medical staff who will be attending. The Medical Officer may also be asked to manage the Swim or Event to ensure no participant is in danger.

3.1.17 **"Medical Room"**—This room is designated explicitly as an Event medical treatment room. The Medical Officer and their staff will run the Room, which must be equipped to recover and treat swimmers in distress. However, it is not intended to replace a professional medical facility room.

3.1.18 **"IISA Medical Assessment Form"** – means IISA provided a medical protocol used in a Pre-Swim Medical Examination [available on IISA website]

3.1.19 "Medical Examination" or ("IISA Medicals") - means a medical check following the IISA Medical Assessment Form.

3.1.20 **"IISA Observer"** – a person qualified by IISA as a Level 1 (L1) Official and has the experience and integrity to observe an IISA Swim. The Observer is responsible for monitoring the ICE Swimming adherence to the Rules and Regulations, the safety of the Swim conditions and the integrity of the information provided.

3.1.21 **"Witness"** – a person witnessing the Swim and testifying in a Swim application to the adherence of the Swim with IISA Rules. The Witness must be familiar with the Swim basic requirements. The Witness should be IISA L1 accredited.

3.1.22 **"Second"** – a person who acts as a support person to a Swimmer. The Second is dedicated to one Swimmer only. The Swimmer and their Second must have a joint briefing before a swim to ensure alignment of needs and safety requirements. The Second can be any person selected by the Swimmer but requires a complete understanding of the swimming process and their responsibility as a Second to the Swimmer.

3.1.23 **"Event Director (or Race Director or Event Organizer)"** is ultimately responsible for the Event and ensuring that the Rules and Regulations are followed. All other role players ultimately report to The Event Director. They must oversee the safety and integrity of the event as per the IISA constitution and Swimming Rules. The Event Director must be an IISA Member and an IISA L1 & L2 accredited official.

3.1.24 **"Recovery Facility"** – specially designated room/s with the required facilities to assist and monitor the swimmers' recovery post-event. The Recovery Facility must be of a suitable size to accommodate all recovering swimmers as well as medical staff.

3.1.25 **"Referee" -** The race referee is responsible for adherence to race rules in all aspects. The Referee has the ultimate power to disqualify a swimmer pre-swim and pull a swimmer out or after the swim, at their discretion, without delay, negotiations, or appeal. The Referee can double up as the Event Director if both roles are not compromised and may be referred to as such in the Rules and Regulations. The Referee must be an IISA Member and an IISA L1 & L2 accredited official.

3.1.26 **"Waist Belt"** – a belt the Swimmer uses around their waist during a swim. The Waist Belt provides a place for the support or rescue staff to pull the swimmer out of the water.

3.1.27 **"Tow-Float"** – a floating device attached to the Swimmer with a Waist Belt.

3.1.28 **"Swimmer/Athlete"** – a swimming participant in the Event or Swim.

3.1.29 **"Timekeeper"** – a person timing the Swimmer's swim. Each Swimmer will have at least one Timekeeper.

3.1.30 **"Cut–off time"** - means the swim time at which the swim will be terminated regardless of the distance or the swimmer's condition.

3.1.31 **"Pool Course"** – means a swim course of 25m to 50m in a pool-like structure, where the Swimmer swims up and down a dedicated lane. The Pool must have at least three sides surrounding the swim lanes.

3.1.32 **"Open Water Course"** means a swimming course that is an open water-like venue, not a pool course. In the Open Water Course, if the course includes loops marked by Marker Buoys or Turn Buoys, directional changes in the swim course must only occur outside the Buoys. Safety Buoys need to be distinguishable from directional buoys.

3.1.33 **"Country Association"** means the National IISA Association, which is also known in some countries as the National Federation of IISA.

3.1.34 The **"Country of residence"** is the country where the member resides, which can be changed when the member moves.

3.1.35 **"Country Association Membership" or "Sport Nationality"** - is the Country in which the Member has citizenship and the country the Swimmer represents when participating in IISA International Events.

3.1.36 **"Swimmer's Age"** – The actual Swimmer's age at the time of a swim.

3.1.37 **"Competition Age"** - refers to the swimmer's age as of December 31 of the year the event is held.

3.1.38 An **"Association"**—such as a Country Association or Ice Swimming Association—can also be called a "Federation." This is not a legal definition but a semantic one. IISA will not differentiate between "Country Association" and "National Federation" and will treat both as the same for IISA purposes.

3.1.39 **"Country Chair"** - as in IISA Country Association Chair. IISA will treat the name "Chair", "Chairperson", or "President" for IISA as having the exact definition or role.

3.1.40 **"IISA ID"** - The unique ID that the IISA Website assigns to each IISA Member upon registration. This ID remains with the Member throughout their IISA Membership. It is used in the IISA database, event passports, and serves as the unique identification for members during events and in other records.

3.1.41 **"ICE ID"** – A unique ID assigned to each Member when IISA approves their first Ice Mile attempt. This number also identifies the Member's Ice Mile place among all Ice Miles who swam before their swim.

3.1.42 **"IISA Level 1"** – IISA L1 means Level One accreditation by IISA. This accreditation qualifies the Member to Observer or Witness an IISA Swim in an Event or other IISA Swims.

3.1.43 **"IISA Level 2"** – IISA L2 means IISA Level Two accreditation by IISA. This accreditation qualifies the member to manage or run an IISA Event or act as the Event Director.

3.1.44 **"Nice Swimming"** - means swimming in water temperatures above 5.0 °c. Swimming may continue; however, results will reflect the water temperature and will only be eligible for the event records. A nICE swim will not be considered for a membership upgrade and will appear in the swimmer's BIO as an Other swim.

3.1.45 "**ICE or the ICE**" - is a colloquial term coined by the founder and used by Ice Swimmers to refer to the sport of Ice Swimming.

3.1.46 **World Aquatics** refers to the Global Swimming Federation, now known as World Aquatics (previously called FINA), and will be abbreviated as WA or AQUA in this document.

3.1.47 **"NS"** means "No Show", indicating that the swimmer failed to show up for their event or heat.

3.1.48 **"DNS"** is the same as "No Show".

3.1.49 **"DNF"** means "Did Not Finish" when a swimmer failed to complete their race.

3.1.50 **"DQ"** means "Disqualified" when the referee has disqualified a swimmer, and their race is considered void.

3.2. IISA MEMBERSHIP

3.2.1 IISA has various types of Memberships:

3.2.1.1. Person Membership - General Membership. This has 4 tiers.

3.2.1.2. Event Participation - Global Membership.

3.2.1.3. Country Membership - Country Association / Federation; and,

3.2.1.4. Honorary Membership - Lifetime Global Membership.

3.2.1.5. IISA may expand its Memberships in the future.

3.3. IISA FOUR GENERAL MEMBERSHIP TIERS:

3.3.1 WARM – Any new member is automatically assigned this Membership at registration.

3.3.2 COOL – Any member who has swum a distance shorter than 1000m in an IISA Official Event recorded in the IISA EMS. The system automatically assigns this once the Event has been verified and published by IISA.

3.3.3 COLD – Any member who has swum a distance of 1000m in an IISA Official Event recorded in the IISA EMS. The system automatically assigns this once the Event has been verified and published by IISA.

3.3.4 ICE – Any member who has completed an IISA ICE MILE. This is assigned upon a successful verification of the swim by IISA.

3.3.5 Membership Tier upgrades can only happen when an IISA Ice Mile or a swim in an IISA Event is registered on the IISA Website. The upgrade occurs only once the IISA Admin publishes the Event Results.

3.3.6 All Members' swims in an IISA Event are automatically added to the Swimmer's BIO.

3.3.7 IISA General Membership is free but not guaranteed for life. For a more detailed understanding, refer to the IISA Constitution.

3.4. GLOBAL MEMBERSHIP ("GM")

3.4.1 All IISA members who wish to participate in an IISA Event must pay an annual fee.

3.4.2 The Global Membership doesn't affect the Membership Tier system.

3.4.3 This GM will allow active members to participate in IISA Activities and use its events system, certificates, and records. The yearly fee will be communicated to members annually.

3.4.4 Once the GM upgrade is complete, the Member BIO icon will reflect GM status on all pages.

3.5. SPORT NATIONALITY (COUNTRY ASSOCIATION)

3.5.1 A swimmer competes under their country's flag in IISA International Events unless there is a "Neutral" or "Refugee" category that permits swimmers to participate under a defined flag that doesn't represent a specific country.

3.5.2 The Swimmer's Sport Nationality or the Country Association the swimmer belongs to is decided by the following:

3.5.2.1. Being a citizen of the Country by birth; or

3.5.2.2. Being a citizen of the Country through naturalisation and having uninterrupted residence in the Country for at least three years before their first International Competition.

3.5.3 If a Swimmer has dual citizenship, they must select the one they represent.

3.5.4 If a Swimmer doesn't qualify for any of the criteria above, they must approach IISA to be considered.

3.5.5 IISA recognises an individual neutral swimmer ("INS") as a Sport Nationality for countries that are forbidden to participate in IISA events for political reasons. The Country Association, for that matter, is INS.

3.6. CHANGE OF SPORTS NATIONALITY

3.6.1 A swimmer must apply to IISA for a change of Sport Nationality with motivation for the change and supporting documents required to prove a new Sport Nationality.

3.6.2 Once a Sports Nationality has been changed, the swimmer must wait at least three years for a "rest period" before applying for another change of Sports Nationality.

4. IISA COUNTRY ASSOCIATION

4.1. SEE THE IISA COUNTRY ASSOCIATION CHAPTER.

5. ICE SWIMMING RULES (GENERAL)

5.1. INTRODUCTION

5.1.1 IISA safety requirements set the minimum standards for all Ice Swims.

5.1.2 All IISA Rules are there to protect the Swimmer and provide SAFETY and INTEGRITY in the sport.

5.1.3 The rules in this section apply to all IISA ice swims, events, qualifying swims and ice miles.

5.2. ICE SWIMMING FOCUS AREAS

5.2.1 **EVENT COMPETITIONS** - Events where swimmers compete and race against each other for time and place.

5.2.2 **ICE MILE SWIMS -** Ice Mile individual swims and its derivatives.

5.3. SWIMMER ATTIRE

5.3.1 FEMALE

5.3.1.1. Females must wear one standard swimming costume, which may not be lower than the swimmer's knees and shall not be broader than the swimmer's shoulders or above the neckline.

5.3.2 MALE

5.3.2.1. Men can wear one standard swimming costume, which may not be lower than the swimmer's knees nor above the navel.

5.3.3 Racing suits are permitted for pool swimming if approved by World Aquatics (formerly FINA).

5.3.4 RULES FOR ALL

5.3.5 Swimming costumes with insulating lining to allow for heat protection are not permitted.

5.3.6 One pair of standard goggles, not technical, are permitted.

5.3.7 One standard silicon or latex cap.

5.3.7.1.1 Soul Caps (as approved by WA)

5.3.7.1.2 Bubble caps are not allowed

5.3.8 Greasing is only permitted for chafing purposes.

5.3.9 Strapping due to injury: Taping not more than one or two fingers or toes is permissible. Any other kind of tape on the body is not permitted.

5.3.10 Earplugs, nose clips, and mouthguards are only allowed for safety purposes.

5.3.11 Any other accessories, including but not limited to music players and heat bags, are not allowed.

5.3.12 Waist belts are mandatory for all IISA swims, regardless of distance or stroke.

5.3.13 Swimmers are required to bring their Waist Belts to all IISA events.

5.3.14 The Waist Belt must be visible and accessible during the swim.

5.3.15 Sports watches are not allowed during pool swimming Events.

5.3.16 Although Tow Floats are not compulsory, they are recommended for open-water swims, and the observer or safety officer can require them if deemed necessary.

5.3.17 The string connecting the Tow-Float must not be shorter than 30cm

5.4. MEDICAL REQUIREMENTS

5.4.1 See the IISA MEDICAL AND SAFETY GUIDELINES CHAPTER in the IISA Documents section of the IISA website.

5.4.2 This document contains rules, safety and medical guidelines for Ice Swimming.

5.5. WATER TEMPERATURE MEASUREMENT

5.5.1 The water temperature during an Ice Swim must be a maximum of 5.0 degrees Celsius (°C) or 41.0 degrees Fahrenheit (°F), measured as follows:

5.5.2 The reading of the water temperature must be measured until the reading stabilises at a depth of between 5 (five) to 20 (twenty) inches below the water surface (12.7 to 50.8 centimetres below the water surface).

5.5.3 The water temperature must be established by using the average reading obtained from at least 3 (three) digital thermometer readings with a temperature accuracy of +/-0.1 °C (at least one decimal display)

5.5.4 All three thermometers must register 5.0 °C / 41.0 °F or lower for the average temperature to be allowed. A thermometer reading of 5.01 °C or higher is not acceptable.

5.5.5 Thermometers must utilise a waterproof digital probe; no laser, infrared thermometers, or watches are allowed.

5.5.6 Official water temperature must be measured at most 30 minutes before the Swim begins.

5.5.7 Multi-day event: The water temperature must be measured daily and during the day while the event commences.

5.5.8 The Chief Referee will take the temperature with an IISA Official, and their reading is final.

5.5.9 In an IISA Event, only the Event thermometers used for the event will be considered for the official water temperature.

5.5.10 Anyone outside the event officials or IISA officials is prohibited from interfering with or attempting to influence the water temperature measurements. The IISA Official or the Event Director is responsible for ensuring the thermometers have been calibrated to sufficient accuracy before the event.

5.5.11 The actual temperature readings on the thermometers will be the official temperature. Offsetting (manual adjustment of the temperature reading) is not allowed.

5.5.12 If one thermometer reading significantly differs from the others, another thermometer is required until the three readings are no more than 1.0 ^{0}C apart.

5.6. WATER TEMPERATURE ABOVE 5.0C

5.6.1 If the water temperature of the Event is above 5.0C during the entire Event, the Event will be allowed to run with its titles and awards. However, the swimming results will not be recognised for the World Record book and will remain in the event domain only.

5.6.2 This also applies to the World Championships and its title.

5.6.3 If a water temperature reading during the Event is above 5.0°c, the event will be moved to a 'Nice Swimming' status.

5.6.4 All swimming results and titles will remain; however, only swimming results before the Event being moved to a 'nice' status are eligible for Word Record Books.

5.7. WATER QUALITY

5.7.1 Water quality standards for swimming vary by country and local regulations. However, they generally focus on ensuring the safety and health of swimmers by controlling pollutants and pathogens.

5.7.2 The local event organisers are responsible for ensuring that the water quality during the event complies with local health and safety regulations.

5.8. SAFETY AGE LIMITS

5.8.1 SAFETY AGE LIMITS

5.8.1.1. The age limit is the minimum age a swimmer must reach, on the swim date, to attempt the allowed distance. It should not be confused with Age Group, which has its own age handicap system.

5.8.1.1.1	1000m or longer	at least 18 years old
5.8.1.1.2	500m	at least 16 years old
5.8.1.1.3	100m-250m	at least 14 years old
5.8.1.1.4	50m	at least 12 years old

5.8.2 Countries can raise the minimum age limit in line with their national safety requirements. However, regardless of national safety regulations, they cannot reduce the IISA age limits.

5.8.3 Parents' or legal guardians' approval is required for all swimmers under 18 years old.

5.8.4 There is no upper age limit. The medical officer decides if the swimmer is fit for the distance.

5.9. SPECIFIC SAFETY RULES

5.9.1 Any respiratory manoeuvres before immersion in ice water, specifically involving hyperventilation techniques, may be dangerous and are prohibited.

5.9.2 The Event Director is responsible for conducting a detailed briefing before any IISA Ice Swim or Event, ensuring that all swimmers, officials, and support teams are present. The briefing aims to ensure that everyone is familiar with safety procedures, the swim course, rules, recovery arrangements, and medical facilities.

5.9.3 The Medical Officer on site is responsible for ensuring that all swimmers and role players are briefed on the symptoms of hypothermia, the associated risks, and the treatment options. Additionally, the Medical Officer must ensure that all swimmers' medical details are readily available in case of an emergency.

5.9.4 The IISA Official, or the Observer, is responsible for briefing the Swimmer(s) before the swim or event about the risks involved in ice swimming.

5.9.5 The Officials or Observer should verify that the Swimmer has completed the medical checks required by IISA, including an electrocardiogram (ECG), and that the Medical Officer on-site has approved the participation of the Swimmer(s) after reviewing their medical information and history.

5.9.6 The Event Director, IISA Official, or Observer should ensure that the swimmer has signed a swim or event indemnity.

5.9.7 Participation in an IISA event is prohibited unless all documentation is completed and delivered to the organisers. IISA reserves the right to reject a swim or event if the indemnity, medicals, and ECG are not completed in accordance with IISA rules.

5.9.8 No feeding is allowed while swimming.

5.9.9 The Observer, Event Director, Medical Director, referee, or the IISA Official of a Swim or Event may terminate the swim at any time if the swimmer’s stroke or body language changes or deteriorates. The Swimmer must accept the IISA Official's decision to terminate the Swim and exit the water as soon as possible.

5.10. QUALIFYING FOR AN ICE SWIM

5.10.1 This ensures swimmers have swum a shorter distance before attempting a longer Ice Swim.

5.10.2 A Qualifying swim is valid for 24 months. IISA can exercise discretion on a case-by-case basis.

5.10.3 To qualify for a specific ice swim distance, a swimmer must prove that they have completed one of the following distances, as shown in the IISA® qualifying table in ˚c (degrees Celsius).

5.10.4 The Observer must be a valid IISA L1 accredited Official at the time of the swim.

5.10.5 Qualifying Table

Temp From	Temp To	Qualifying for 500m	Qualifying for ICE KM	Qualifying for ICE MILE	Qualifying for Extreme ICE MILE
0.0	5.0	250m	500m	1000m	1 mile
5.1	6.0	250m	600m	1000m	NA
6.1	7.0	500m	750m	1500m	NA
7.1	8.0	750m	1000m	1800m	NA
8.1	9.0	1000m	1500m	2500m	NA
9.1	10.0	1500m	2000m	3000m	NA
10.1	11.0	2000m	3000m	3500m	NA

5.10.6 Entering an event requires proof of qualifying swims as listed in the swimmer's BIO. The absence of evidence in the BIO will prevent the swimmer from participating in a specific distance. Therefore, we strongly recommend that swimmers log all their qualifying swims in their BIO for safety and integrity.

5.11. THE SWIM COURSE

5.11.1 The Swim Course has three categories:

5.11.2 POOL COURSE

5.11.2.1. A pool course is defined as a regular mass of water confined on both sides by a solid surface, with a solid turn board on each end. At least one of the lengths must be solid and robust enough for safety personnel to observe and assist if necessary. The pool must be accessible from the land, with a wide enough passage for several people to walk through simultaneously. A competition ICE POOL must have at least two lanes.

5.11.3 CERTIFIED POOL

5.11.3.1. A certified pool course is one where the pool measurements are conducted by a qualified technician using the proper instruments, culminating in a certificate that verifies the pool dimensions as required by the IISA Pool Manual.

5.11.3.2. Only swims that result in a certified pool will be eligible for world records and world rankings in all categories.

5.11.3.3. All IISA International Events must occur in a 25m or 50m Certified Pool Course.

5.11.4 OPEN WATER COURSE

5.11.5 The Swim course (the “Course”) must have a visible and predefined start and endpoint.

5.11.6 The Course can be measured manually using a manual tape measure, a handheld global positioning system (GPS), or a laser device. Smartwatches or smartphones are not acceptable.

5.11.7 The swim course will extend from a specific start point or marker to a specific endpoint or marker.

5.11.8 The Swimmer must swim the Course unassisted from the start to end.

5.11.9 Walking, running, standing, or deliberately touching the ground with hands or body during the Swim is strictly prohibited.

5.11.10 Indirect routes, longer turns, or navigational errors will not be considered additional distances for this purpose.

5.11.11 When using a Turn Buoy in an Open Water course, the centre of the Buoy is regarded as the reference point in the Course measurement.

5.11.12 Course length must be measured from the start to the end point using the centre of the buoy as the measurement reference.

5.11.13 The Swimmer must always swim on the outside of the Turn Buoys. Swimming wide or longer outside the Turn Buoys doesn’t change the official distance swum.

5.11.14 The distance from the swim endpoint to the recovery area must be 250 m or less and should take 5 minutes or less to reach by foot.

5.11.15 Ice Swim water support must adhere to the following:

5.11.15.1. NO WATER SUPPORT – the swimmer must be no further than 5 m from accessible land at all times during their swim.

5.11.15.2. NON-MOTORISED WATER SUPPORT - a kayak, stand-up paddle board (SUP), or a similar non-motorised water vehicle. The swimmer must be no further than 25 m from accessible land at all times during their swim.

5.11.15.3. MOTORISED WATER VEHICLE—The vehicle must always remain no further than 10 m from the swimmer. It must have adequate resources to ensure safe boat piloting and the extraction of the swimmer from the water in case of distress without compromising vehicle handling. The water vehicle should strive to be within 5 minutes of land or a safety facility.

5.11.15.4. The Swimmers must be visible and accessible at all times during the Swim.

5.11.15.5. The Swimmer must be unassisted from the Swim Start Point to the End Point and during the entire swim.

5.11.15.6. Disabled swimmers requiring additional special assistance must contact IISA for the specific support needed and obtain written permission.

5.11.16 An Ice Swim must not take advantage of a known constant current. If the Ice Swim location has a prevailing and predictable current, the Race Director or Observer should strive to design the swim course to minimise the effect of the current.

5.11.17 Touching a marker buoy is allowed when passing through, as long as it is not done intentionally to assist the swimmer or disrupt another swimmer.

5.12. IISA POOL MANUAL

5.12.1 See the **IISA Pool Manual Chapter** under the IISA Documents section of the IISA website.

5.13. THE SWIM VENUE

5.13.1 An ice swimming event must be held outdoors. However, IISA reserves the right to consider an indoor event if a specific request is submitted and approved in writing by IISA.

5.13.2 The event should aim to be environmentally and energy-friendly.

5.13.3 Pool water is allowed to cool artificially to 5.0 °C or below.

5.13.4 Artificial heating is not allowed in a pool that is naturally at 5.0 °C or below unless it keeps the water's surface free from freezing or floating ice.

5.13.5 ICE Mile must remain outdoors in a naturally cold water mass.

5.13.6 A water mass can be a constructed pool, such as a swimming pool, or any outdoor body of water that allows swimming and has been inspected for safety.

5.13.7 Water must be at least 0.9m deep.

6. COMPETITIONS - EVENTS

6.1. OPEN - CATEGORY

6.1.1 Swimming in this category implies competing in the overall category.

6.1.2 IISA Overall World Records and World Titles apply to this category and are accessible online.

6.2. AGE GROUP - CATEGORY

6.2.1 Swimming under the Age Group Category is similar to Master Swimming under WA.

6.2.2 Swimmers compete against their Age Group, which is set at 5-year intervals.

6.2.3 Age Groups:

6.2.3.1. 12-17, 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100+

6.2.4 A swimmer's Age Group at an IISA Event will be determined by their age on the 31st of December in the year of the swim, referred to as the Competition Age.

6.2.5 World Records and World Titles apply to the Age Group category. Records are accessible online.

6.2.6 JUNIOR is the youngest age group category, consisting of individuals between 12 and 17 years old.

6.3. PARA - CATEGORY

6.3.1 IISA recognises, supports, and encourages the participation of swimmers with impairments.

6.3.2 IISA takes guidance from the International Paralympic Committee.

6.3.3 The classification criteria, process, and application are discussed in the **IISA PARA Chapter.**

6.3.4 Para swimmers may have a second in all IISA events and distances to assist them with changing, managing start calls, and entering and exiting the water.

6.4. TIME QUALIFIER

6.4.1 Qualifying for OPEN / FASTEST HEAT, AGE GROUP, and PARA category events will be published per event.

6.5. IISA OFFICIAL SWIMS, STROKE(S), DISTANCES & RECORDS

6.5.1 Swim Stroke(s) – IISA follows World Aquatics (WA) swim strokes and rules as guidelines unless defined differently in IISA Swimming Rules and Regulations. This does not imply that any rule not covered by IISA defaults to WA Rules. In case of uncertainty during an Event, the referee must consult the IISA.

6.5.2 IISA promotes two main types of Ice Swims:

6.5.2.1. Adventure Swims - 1 British mile ("ICE MILE") or longer, any stroke acceptable. This is an individual swim and a personal challenge.

6.5.2.2. Competition Swims—All distances of 1000 m and less are allowed in IISA Events and will be considered for the IISA record books. This is a racing event and a competition between participants.

6.5.3 The IISA allows specific distances and strokes for World Records. The IISA may change these distances at its discretion.

6.5.4 Distances, not IISA WR distances, will only appear in the event records and the Swimmers' BIO.

6.5.5 IISA World Record Individual Distances:

6.5.5.1. 1000 m Freestyle

6.5.5.2. 500 m Freestyle

6.5.5.3. 250 m Freestyle

6.5.5.4. 200 m Individual Medley

6.5.5.5. 200 m Backstroke - proposed from IISA World Championship 2027

6.5.5.6. 200 m Breaststroke - proposed from IISA World Championship 2027

6.5.5.7. 200 m Butterfly - proposed from IISA World Championship 2027

6.5.5.8. 100 m Freestyle

6.5.5.9. 100 m Backstroke

6.5.5.10. 100 m Breaststroke

6.5.5.11. 100 m Butterfly

6.5.5.12. 100 m Individual Medley for 25m pool

6.5.5.13. 50 m Freestyle

6.5.5.14. 50 m Backstroke

6.5.5.15. 50 m Breaststroke

6.5.5.16. 50 m Butterfly

6.5.5.17. 4 x 50 m Freestyle Relay - mixed (2F/2M)

6.5.5.18. 4 x 50 m Individual Medley Relay - mixed (2F/2M)

6.5.5.19. 4 x 250 m Freestyle Country Relay - mixed (2F/2M)

6.5.6 In Backstroke, a 5 m overhead flag line on both sides of the pool is required.

6.5.7 Mixed refers to four swimmers: two females and two males.

6.5.8 Swimming must be in the same order the team has entered.

6.6. WORLD RECORDS REQUIREMENTS

6.6.1 The event must be an official IISA event.

6.6.2 The course must be a Certified Pool course of 25 m or 50 m .

6.6.3 Timekeeping:

6.6.3.1. Automatic timing and one timekeeper per lane with semi-automatic for backup; or,

6.6.3.2. Two timekeepers per lane with semi-automatic average time taken; or,

6.6.3.3. Three timekeepers will manually record the median time.

6.6.4 An independent IISA Official who is not the Event Director or the Referee.

6.6.5 The event organisers must notify IISA and receive approval from IISA at least 7 days before the event.

6.6.6 IISA recognises World Records in the Overall Category, Age Group Category, and PARA Overall category.

7. IISA INTERNATIONAL EVENTS

7.1.1 Each National Federation / Country Association has the right to hold local and national events.

7.1.2 IISA reserves the right to hold any multinational Ice Swimming Events under IISA.

7.1.3 Any initiative to hold multinational or international ice swimming events under IISA must be done with IISA Global.

7.2. IISA WORLD CHAMPIONSHIP

7.2.1 IISA will hold an international World Championship every two years, starting in 2015. These Championships will be conducted according to IISA Rules and Regulations.

7.2.2 A World Championship must take place in a 25 m or 50 m Certified Pool Course. IISA will transition to short course [25m] and long course [50m] records starting from World Championship 2027 onward.

7.2.3 IISA will invite country Affiliates to indicate their interest in hosting a World Championship by writing to the IISA Chairperson and outlining the potential venue.

7.2.4 IISA will then respond. If, at its sole discretion, it deems the proposed venue(s) suitable, it will invite the Affiliate to submit a full proposal following the IISA guidelines. The Board will then consider all such proposals and make the final decision. The Board's decision in this regard will be final.

7.2.5 Once a World Championship venue is selected and announced, the Event Committee and IISA will publish details about the Championship, including limits, qualification criteria, country allocation and, closer to the event, the programme of events.

7.2.6 IISA World Champ titles are valid until the following Word Champ):

7.2.7 Overall Male 1000m Freestyle – "IISA KING OF THE ICE"
7.2.8 Overall Female 1000m Freestyle – "IISA QUEEN OF THE ICE"
7.2.9 Overall Male 500m Freestyle – "IISA PRINCE OF THE ICE"
7.2.10 Overall Female 500m Freestyle – "IISA PRINCESS OF THE ICE"
7.2.11 All Swimmers must swim according to their Sport Nationality (Country Association).
7.2.12 IISA Global will decide each country's swimmer and distance quota for IISA International Events
7.2.13 Each Country Association Board will select Swimmers for the World Championship.
7.2.14 Male and female swimmers will be awarded the same opportunities to enter and qualify.
7.2.15 IISA will endeavour to have the same number of males and females, but it must be recognised that this is not always possible.
7.2.16 IISA and the Host City will sign an agreement documenting the Event, hosting, bargaining and rights.

7.3. IISA CONTINENTAL / REGIONAL CHAMPIONSHIP

7.3.1 IISA endeavours to hold a bi-annual Continental Championship, similar to the IISA World Championship but smaller in scale.
7.3.2 The Event will be decided by IISA every other year.

8. IISA® WORLD CUP SERIES ("IWCS")

8.1. INTRODUCTION

8.1.1 IISA wants to create more events to allow swimmers more options to swim in the Ice, compete, challenge themselves, and allow qualifying opportunities.
8.1.2 The series aims to create a global annual competition for ice swimmers and encourage swimmers to travel and participate in events in as many countries as possible.
8.1.3 The IWCS will run every year from 1 April to 31 March the following year.
8.1.4 The competition will be judged on all IISA WR distances. Swimmers will gain points from participation in the events and their placements.
8.1.5 IISA will update all the points, calculations, and rankings only once the Event is published.
8.1.6 A page dedicated to each season will monitor swimmers ranking in the current IWCS.
8.1.7 The winners of the IWCS will be announced at the end of the season. The series will have only two categories: Overall Male and Female.
8.1.8 To qualify as an IWCS event, the organisers must apply to IISA to request an IWCS status.
8.1.9 IISA reserves its discretion to award an event an IWSC status.

8.2. GENERAL CONSIDERATIONS & RULES

8.2.1 The number of IWCS events will be decided every season.
8.2.2 IWCS must run strictly by IISA swimming rules and safety rules.
8.2.3 The event must be registered on the IISA Event Calendar with dates, locations and distances.
8.2.4 The event course can be a Pool, Open water, or any course with a water temperature of 5.0C or lower that adheres to IISA rules.

8.2.5 If an IWCS event was done above 5.0^{0}C due to rising water temperature during the event, IISA will impose a penalty as follows:

8.2.6 5.1^{0}C to 6.0^{0}C = 10% penalty

8.2.7 6.1^{0}C to 7.0^{0}C = 20% penalty

8.2.8 7.1^{0}C to 9.0^{0}C = 50% penalty

8.2.9 9.1^{0}C or more, no points will be awarded.

8.2.10 An IWCS Event must hold a minimum of 40 participants, regardless of their Country Association and must offer at least the following distances:

8.2.10.1. 1000m Freestyle.

8.2.10.2. 500m Freestyle.

8.2.10.3. 250m Freestyle and/or 200 Individual Medley.

8.2.10.4. 100m in at least one of the following strokes: Free/Back/Fly/Breast/IM; and,

8.2.10.5. 50m in at least one of the following strokes: Free/Back/Fly/Breast.

8.2.11 Participants will be awarded points for every distance as long as it is part of the above list.

8.2.12 The Event must run via the IISA Event Management System from entries to results.

8.2.13 To become an IWCS event for the season, the event organiser must apply to IISA by email as soon as the season starts. IISA will decide if your event is suitable as an IWCS event and will inform you of the decision. You must have your event in the IISA Event calendar before the application.

8.2.14 World Championship count by default.

8.3. POINT SYSTEM

8.3.1 The points system is based on placing in each event per distance.

8.3.2 Only IISA-approved (world record) events count for points.

8.3.3 There is no limit to how many distances or events a swimmer can participate in an IWSC.

8.3.4 Each distance has its points, and each placement has its points.

8.3.5 Every time IISA publishes an IWSC event:

8.3.6 Each participant is allocated points based on distance swum and placement [see table below]. This adds up to the total points earned per the IWSC event.

8.3.7 The point system picks up the three highest-scoring IWSC events per participant.

8.3.8 This means that participants can continue to improve their total ranking.

8.3.9 Points Table:

Distance/Place	1	2	3	4	5	6	7	8	9	10	11+
1000	100	85	72	61	52	44	38	32	27	23	20
500	75	64	54	46	39	33	28	24	20	17	15
250	55	47	40	34	29	24	21	18	15	13	11
200	55	47	40	34	29	24	21	18	15	13	11
100	45	38	33	28	23	20	17	14	12	10	9
50	30	26	22	18	16	13	11	10	8	7	6

8.3.10 Tie scenario:

8.3.11 A tie occurs when two or more participants reach the same points at the end of the season.

8.3.12 In case of a tie, the best three events used for the winning points will be considered using the number of 1st places, then 2nd places, then 3rd place to win.

8.3.13 Example:

8.3.14 Swimmers with the most points - both have 456 points

8.3.15 Example 1:

8.3.16 Winner 1: 1st place wins: 3; Winner 2: 1st Place wins: 2 => **Winner 1 is 1st**; Winner 2 is 2nd.

8.3.17 Example 2:

8.3.18 Winner 1: 1st place wins: 3; Winner 2: 1st Place wins: 3 => next...place

8.3.19 Winner 1: 2nd place wins:2 ; Winner 2: 2nd Place wins: 3 => **Winner 2 is 1st**; Winner 1 is 2nd

8.3.20 If there is still a tie, the winners will share the place, and the next place will be empty.

8.4. APPLICATIONS AND FEES

8.4.1 To apply for IWSC status, the event must pay an IISA on a successful application.

8.4.2 Prize money will be awarded to the Overall 1st, 2nd, and 3rd place winners in the Male and Female categories.

8.4.3 The event organiser must apply for IWCS status: internationaliceswimming@gmail.com

9. IISA® EVENT RULES

9.1. IISA EVENT DEFINITION

9.1.1 An IISA Event means multiple swimmers, two or more, swimming under IISA Rules for qualifying or competing.

9.2. IISA EVENT CALENDAR

9.2.1 If the Event Organisers wish to have their event recognised as an IISA Event, it must be entered into the IISA Event Calendar before application to IISA.

9.3. IISA EVENT MANAGEMENT SYSTEM ("EMS")

9.3.1 All participating swimmers must enter the event via the IISA Event system to ensure the safety and legal requirements are fulfilled, the qualifications criteria of all participants are correct, and to allow IISA to capture all results.

9.3.2 The IISA EMS is an event management system that can communicate with a timing and results system; however, it does not communicate in real-time.

9.3.3 The system allows the capture of an IISA Event so that results, records, and information, including swimmers' BIOs, swimming records, and more, can be shared seamlessly in the IISA system.

9.3.4 The EMS provides safety links to the swimmers' histories and backgrounds and provides legal indemnity for IISA and the Event organisers.

9.3.5 IISA will not take any responsibility for any safety or legal issues resulting in any event using the EMS, regardless of the safety information and indemnity provided by the system.

9.4. HOLDING AN IISA EVENT

9.4.1 To hold an IISA Event, the Event Director must be an IISA L2 Accredited Event Director.

9.4.2 Any IISA Event requires a notification to the relevant IISA Country Association. If the Event is held in a location without a formal IISA Country Association, the IISA Global Board must be notified.

9.4.3 The IISA Country Association or IISA Global Board reserves the right to request further information on the Event and allow or disallow the holding of such Event under IISA or refuse to accept results.

9.4.4 The IISA Event requires the presence of an L1 accredited IISA Official. If no official is available, the IISA board will appoint one.

9.4.5 IISA reserves the right to appoint an L1 Observer in any IISA event if necessary.

9.4.6 The Event Director must make every reasonable effort to ensure the safety of all participants in the Event.

9.4.7 The Event Director ensures complete adherence to IISA Swimming Rules and Regulations.

9.5. IISA EVENT ROLE PLAYERS

9.5.1 EVENT ORGANISING COMMITTEE

9.5.2 The Organising Committee comprises all pivotal role players overseeing the Event.

9.5.3 This Committee plans and executes the Event as per the IISA rules.

9.5.4 EVENT MANAGER

9.5.4.1. The Event Manager oversees the event's logistics from its initiation to its closure. The Manager may have a team execute tasks or may manage tasks alone.

9.5.5 EVENT DIRECTOR

9.5.5.1. The Event Director oversees the Event, ensures adherence to IISA Rules, supervises all other role players, and ensures adequate safety and emergency plans are in place.

9.5.5.2. The Event Director can act as the Event Manager.

9.5.5.3. The Event Director can cancel the Event, terminate a wrongful swim, and redirect resources to ensure it is safe and runs according to the IISA rules.

9.5.6 MEDICAL DOCTOR / SAFETY OFFICER

9.5.6.1. The Event Doctor/Safety Officer is the overriding authority regarding the swimmers' safety.

9.5.6.2. Please refer to the IISA MEDICAL AND SAFETY REGULATIONS CHAPTER (under the documents section of the IISA website) for comprehensive safety details and the medical doctor's role in the event.

9.6. POOLSIDE OFFICIALS' ROLE

9.6.1 These roles are specifically for Certified Pool Competitions.

9.6.2 REFEREE

9.6.2.1. The IISA Referee (in case of multiple Referees – The chief Referee is The Referee) shall have complete control and authority over all officials, approve their assignments, and instruct them regarding all specific features or regulations related to the competitions. They shall enforce all rules and decisions of IISA and resolve any issues related to the conduct of the meet, event or competition that are not explicitly addressed by the rules.

9.6.2.2. The Referee may intervene in the competition at any stage to ensure that the IISA regulations are observed and shall adjudicate all protests related to the competition in progress.

9.6.2.3. The Referee shall ensure that all necessary officials are in their respective posts for the conduct of the competition. They may appoint substitutes for any who are absent, incapable of acting or found to be ineffective. They may appoint additional officials if deemed necessary.

9.6.2.4. The Referee shall disqualify any swimmer for any other violation of the rules that they observe. The Referee may also disqualify any swimmer for any violation reported to them by other authorised officials. All disqualifications are subject to the referee's decision.

9.6.2.5. All potential infractions shall be verbally reported to the Referee. Once the Referee confirms, the reporting official shall complete a signed disqualification card detailing the event, lane number, and infraction.

9.6.3 STARTER

9.6.3.1. The Starter shall have complete control of the swimmers from when the Referee turns them over to them until the race has commenced. The start shall be given under the IISA Swimming Rules.

9.6.3.2. The Starter shall report a swimmer to the Referee for delaying the start, for wilfully disobeying an order or for any other misconduct occurring at the start. Still, only the Referee may disqualify a swimmer for delays, wilful disobedience or misconduct.

9.6.3.3. The Starter can decide whether the start is fair, subject only to the Referee's decision.

9.6.3.4. When starting an event, the Starter shall stand on the side of the pool within approximately five metres of the starting edge, where the timekeepers and swimmers can see and/or hear the starting signal.

9.6.3.5. The Starter shall report to the Referee any violation observed within their jurisdiction.

9.6.4 INSPECTOR OF TURNS

9.6.4.1. One Inspector of Turns shall be assigned to each lane at each end of the pool to ensure swimmers comply with the relevant rules after the start, for each turn, and at the finish.

9.6.4.2. For each turn, jurisdiction for the Inspector of Turns commences from the beginning of the last arm stroke before touching and ending with the completion of the first arm stroke after the turn, except in Breaststroke, where it shall be the second arm stroke.

9.6.4.3. In relay events, each inspector at the starting end shall determine whether the starting swimmer is in contact with the starting platform when the preceding swimmer touches the starting wall.

9.6.4.4. Inspectors of Turns shall report any violation observed within their jurisdiction to the Referee.

9.6.5 JUDGES OF STROKE

9.6.5.1. Judges of Stroke shall be located on each side of the pool.

9.6.5.2. Each Judge of Stroke shall ensure that the rules related to the swimming style designated for the event are being observed and shall observe the turns and the finishes to assist the Inspectors of Turns.

9.6.5.3. Judges of Stroke shall report any violation observed within their jurisdiction to the Referee.

9.6.6 OFFICIAL'S DECISION MAKING

9.6.6.1. Officials shall make their decisions autonomously and independently of each other.

9.6.7 TIMEKEEPERS

9.6.7.1. Each timekeeper shall take the swimmers' time in the assigned lane.

9.6.7.2. Each timekeeper shall start their watch at the starting signal and stop it when the swimmer in their lane has completed the race. The Referee may instruct timekeepers to record times at intermediate distances in races longer than 100 meters.

9.6.7.3. Promptly after the race, the timekeepers in each lane record their watch times on the card, give them to the Chief Timekeeper, and, if requested, present their watches for inspection. Their watches must be cleared at the short whistle of the Referee announcing the following race.

9.7. PROTEST, APPEAL, JURY

9.7.1 PROTEST

9.7.1.1. If a swimmer or their representative disagrees with the Referee's decision regarding their conduct in the competition or during the event, they are entitled to initiate a Protest.

9.7.2 APPEAL

9.7.2.1. Once the Referee has responded to a Protest with a decision, the swimmer or their representative is entitled to Appeal the decision and request it to be taken to the Appeal Jury.

9.7.2.2. Note—It is customary in international competition to request a deposit to magnify the significance of the Protest and Appeal processes. If the Protest or Appeal is overruled, the Event retains the deposit.

9.7.2.3. IISA will charge EUR 50 per appeal or Protest in an International Event.

9.7.3 WHEN TO PROTEST?

9.7.3.1. If the rules and regulations during the event are not adhered to; or,

9.7.3.2. Other conditions endanger the event and/or the athletes; or,

9.7.3.3. Protests shall be allowed only against decisions of fact and not against decisions of the Referee.

9.7.4 A PROTEST MUST BE SUBMITTED

9.7.4.1. A Protest must be submitted in writing using an IISA Protest form to the Referee by the Swimmer or representative within 45 minutes following the conclusion of the respective event or match.

9.7.4.2. If conditions causing a potential protest are noted before the event, a Protest must be lodged before the signal to start is given.

9.7.4.3. The Referee shall consider all Protests. If the Referee rejects the Protest, the Referee must state the reasons for their decision. The swimmer or their representative may appeal the rejection to the Jury of Appeal, whose decision will be final.

9.7.5 JURY OF APPEAL

9.7.5.1. The Jury of Appeal shall comprise an IISA Event Official member and the chief Referee.

9.7.5.2. Except as provided hereunder, each member shall have one vote. In the case of voting equality, the Chair has a casting vote.

9.8. ALL START(S)

9.8.1 The start for all races shall be from within the water.

9.8.2 Para swimmers are allowed a second to assist them as needed, as long as it doesn't present a disadvantage.

9.8.3 The Swimmer must use the Ladder to enter and exit the water.

9.8.3.1. The referee has the discretion to permit PARA swimmers to enter or exit the water through alternative options available at the venue, including their second assistance, provided it does not benefit the swimmer or hinder other competitors.

9.8.4 The starting method must be published or announced in the event technical briefings.

9.8.5 Once all swimmers have arrived at the start, the referee will blow a long whistle and make a hand gesture to the starter. This signals to the swimmers that the start procedure is about to begin and that the starter is taking over the proceedings.

9.8.6 The start will have four calls:

9.8.6.1. "Take off your clothes."

9.8.6.1.1 The Swimmer immediately strips to the swimming attire with the Safety Belt.

9.8.6.1.2 The Swimmer stands before the ladder, waiting for the next call.

9.8.6.2. "Get in the water."

9.8.6.2.1 The Swimmer climbs down the pool ladder.

9.8.6.2.2 One arm holds the top of the wall (touchpad) or the ladder, while the other is free. Once the swimmer is in the water, the feet are placed on the wall.

9.8.6.3. "Take your marks."

9.8.6.3.1 The swimmer shall immediately assume a starting position.

9.8.6.3.2 The entire head must remain above the water's surface.

9.8.6.4. "Go / Gun / Flash / Flag"

9.8.6.4.1 The swimmer shall push horizontally in the direction of the race and commence swimming.

9.8.6.4.2 A false start by any Swimmer will mean immediate disqualification of that Swimmer.

9.8.6.4.3 IISA will not allow for a second start.

9.8.6.4.4 An additional visual start signal must be available to all swimmers.

9.9. STROKE SPECIFIC RULES

9.9.1 Swim Stroke(s) – IISA follows World Aquatics (WA) swim strokes and rules as guidelines unless defined differently in IISA Swimming Rules and Regulations. However, this does not imply that any rule not covered by IISA defaults to WA Rules. In case of doubt or lack of clarity, the Chief Referee will decide if it does not contradict existing IISA Rules.

9.9.2 FREESTYLE

9.9.2.1. At the finish of the swim, the swimmer must touch the pool wall with any part of their body.

9.9.3 BREASTSTROKE

9.9.3.1. When turning and at the finish, the Swimmer must touch the pool wall with both hands simultaneously.

9.9.4 BUTTERFLY

9.9.4.1. When turning and at the finish, the Swimmer must touch the pool wall with both hands simultaneously.

9.9.4.2. Swimmers aged 65 years and older are allowed to use the breaststroke kick in the butterfly stroke. One kick per stroke.

9.9.5 BACKSTROKE

9.9.5.1. When turning or at the finish of the swim, the Swimmer must touch the pool wall with at least one hand on their back.

9.9.5.2. When touching the wall, the swimmer's entire body may be submerged at the finish as long as the submerging starts at 5 m or less from the finish wall.

9.9.5.3. Feet can pass over the water during the 180° rotation to the side.

9.9.6 INDIVIDUAL MEDLEY

9.9.6.1. The swimmer must perform all four swimming strokes in the following order: Butterfly, Backstroke, Breaststroke, and Freestyle.

9.9.6.2. Each stroke must cover one-quarter (1/4) of the entire distance.

9.9.6.3. Each section must be swum and finished following the rule for the stroke concerned.

9.9.7 INDIVIDUAL MEDLEY RELAY

9.9.7.1. The swimmers will cover the four swimming strokes in the following order: Butterfly, Backstroke, Breaststroke, and Freestyle Each stroke must cover one-quarter (1/4) of the distance.

9.9.7.2. Each section must be swum and finished following the rule for the stroke concerned.

9.9.8 RELAY RULES

9.9.8.1. Relay denotes four swimmers per team, each swimming the same distance to complete the total Relay Distance.

9.9.8.2. All IISA Swimming Rules apply.

9.9.8.3. The swimmer taking over the relay from the current swimmer can only enter the water once the current swimmer is heading towards their end of the swim wall.

9.9.8.4. The going swimmer changeover must happen in the water when the coming swimmer has touched the wall.

9.9.8.5. The going Swimmer must touch the wall with any part of their body when the coming Swimmer touches the wall.

9.9.8.6. Only one team per country is allowed to represent the country.

9.9.8.7. The 4 x 250 m Country relay is the IISA flagship relay:

9.9.8.7.1 Each Country is invited to put forward a team of their four best swimmers.
9.9.8.7.2 The four-swimmer relay team must consist of two males and two females.
9.9.8.7.3 The order of swimmers is at the team's discretion.

9.9.8.8. The 4 x 250 m can be swum in other competitions. However, world records will only be recorded in the IISA World Championship.

9.9.8.9. Swimmers participating in the Relay must be the represented Country Association members.

9.9.8.10. 4 x 250 m Country relay Team name will default to TEAM + Country Name (e.g., TEAM USA, TEAM GERMANY, etc.…).

9.9.8.11. The 4 x 250 m Country relay Records will be ranked by fastest country, descending by country. There is one entry per country.

9.9.8.12. All other relays(s) are not country-specific and allow the mixing of countries as desired to accommodate small participation countries. More than one team per country is permitted if desired.

9.9.8.13. Records are per team and not per country.

9.10. TURNS

9.10.1 Swimmers can submerge their bodies and heads underwater for a maximum of 5 m from the wall before the head breaks the surface. Failure to do so will result in immediate disqualification.

9.10.2 When required to touch the wall with both hands, both hands must touch the wall simultaneously with any part of the hand. The hands have to be separated from each other.

9.11. THE SECOND - IN AN EVENT

9.11.1.1. A Second is required for distances of 500 m and more.

9.11.1.2. The Second must be Second to no more than one swimmer at a time, including pre-race instructions and recovery.

9.11.1.3. The Swimmer must brief the Second before the Swim about the specifics of Start, Swim safety, Swim exit and recovery.

9.11.1.4. The Second will accompany their Swimmer from the last call room to start and assist them with preparing for the Swim and getting to the start. The Second must take responsibility for the Swimmer's personal belongings.

9.11.1.5. The Second must personally supervise the Swimmer and notify the Safety Officer, Referee, or Event Director if they consider the Swimmer to be in distress or danger.

9.11.1.6. The Second must be at the Swimmer's exit from the water, accompany the Swimmer to the Recovery location, and ensure the support and medical staff receive the Swimmer at the Recovery area.

9.11.1.7. The Second does not have any authority. However, if they feel that the Swimmer may be in danger or breach the Rules of the Swim, they may advise the Referee as appropriate. The Referee must consider the Second's recommendation. The Referee may consult with the Second before terminating a Swim, but this is not compulsory.

9.12. THE RACE

9.12.1 No feeding is allowed during the swim.

9.12.2 No tumble turns are allowed.

9.12.3 The Observer, Event Director, Medical Director, Referee, or the IISA Official of a Swim or Event may terminate the swim at any time if the swimmer's stroke or body language changes or deteriorates. The Swimmer must accept the official's decision to terminate the Swim and exit the water as soon as possible.

9.12.4 No intentional contact with the lane rope is allowed unless the Referee or Medical Director requests the swimmer to make contact for examination purposes.

9.12.5 Touching a marker buoy is allowed when passing through as long as it is not done intentionally to assist the swimmer or disrupt another swimmer.

9.13. SEEDING OF HEATS AND FINALS

9.13.1 The Finals are the competition between the fastest swimmers at each distance during the event.

9.13.2 The Finals will be one heat of the fastest in the Male category and one heat of the fastest in the Female category, with a maximum of 10 swimmers per heat.

9.13.3 Distances elected for the Finals are at the discretion of the Event Director in national events and IISA in international events.

9.13.4 Age Group results will be based on all heats preceding the Finals.

9.13.5 The Finals results will not change the Age Group awards in the Event. However, if the Finals results achieve an Age Group World Record, it will override a World Record achieved in the previous heats.

9.13.6 The Finals results will dictate the overall winners of the distance even if times are slower than in previous heats.

9.13.7 The World Record will always be the fastest time swum regardless of whether it is achieved in Finals or previous heats.

9.13.8 Each Final (Male or Female) allows for a maximum of two swimmers from each country.

9.13.9 All Swimmers who qualified for the Final must inform the Event Referee at least 30 minutes before the Finals if they decide to scratch. Failing to do so will result in disciplinary action.

9.14. FASTEST HEAT

9.14.1 The Event Director may allow for the Fastest Heat if there are no Finals in the Event.

9.14.2 The Fastest Heat is the last heat of each distance, comprising the fastest-seeded swimmers in each category, Male and Female.

9.15. CUT OFF TIMES

9.15.1 Cut-off times are not compulsory in IISA Events.

9.15.2 The cut-off time is determined at the Event Committee’s or Director's discretion.

9.15.3 Cut-off times are set to prioritise swimmer safety and ensure the smooth and secure operation of the Event.

9.15.4 The cut-off time must be communicated to all Swimmers. The event committee may change it on Event Day.

9.16. ROOMS

9.16.1 The following Room requirements are guidelines for large Events in a Certified Pool.

9.16.2 Muster hall – a hall where all athletes congregate during the Event. The hall should be warm and offer hydration, nutrition, toilets and, if possible, a live stream screen for the Event.

9.16.3 Waiting room – a room where the coming heats are waiting.

9.16.4 Last call Room – the last room before swimmers exit outdoors to the pool start deck.

9.16.5 Medical Room – as defined, a doctor's facility room for emergencies.

9.16.6 Recovery room – a well-heated room where swimmers warm up and recover post-swim.

9.16.7 World Anti-Doping (WADA) testing room - a room available for WADA personnel to perform their doping tests.

9.17. BRANDING

9.17.1 The Event must follow the IISA Branding and Marketing Guidelines (found in section 12).

9.17.2 Trademark protects IISA® and the International Ice Swimming Association and its Logo.

9.17.3 Any use of the IISA Logo or its subsets on merchandise or for commercial purposes must be authorised by IISA and governed by a revenue agreement.

9.18. FEES

9.18.1 Fees and costs are at the Event Manager's discretion unless agreed otherwise with IISA before the Event.

9.19. DISCIPLINARY PROCESS

9.19.1 IISA's disciplinary process will deal with delinquencies in Ice Swimming.

9.19.2 It covers breaches of the IISA Constitution, Rules, Safety, Code of Conduct, Drug Use, and other regulations related to fair competition, ethical behaviour, and the overall integrity of the event.

9.19.3 The disciplinary process may suspend membership (participation in events or ice miles) or terminate membership for life, which may include revoking records and medals.

9.19.4 IISA can initiate a disciplinary process if enough facts have been presented.

9.19.5 A member can present their case in writing once IISA has started.

9.19.6 IISA is the only authority that can discipline a swimmer. Its judgment is final.

9.20. TRANSPARENCY AND CONDUCT OF A SWIM / EVENT

9.20.1 An IISA Observer, Event Referee, Event Director, or official must be capable of dispassionately evaluating the Swim and its adherence to the Rules and Regulations.

9.20.2 IISA advises avoiding using family members as Observers in ice swims.

9.20.3 The intended conduct of the Swim or Event—including the Swim Rules and any non-standard equipment to be used—must be communicated fully and clearly to everyone involved in the swim attempt or Event before it begins and in all public promotions of the Swim. The Rules cannot be amended under any circumstances, and equipment or clothing may not be changed once the Swim has begun.

9.20.4 If required, communication with the IISA or IISA Country Association must be transparent and consistent. This requires a proactive approach by the swimmers or the Event Organisers to avoid a possible disagreement during or after the Swim or Event.

9.21. RESPONSIBILITY FOR THE SWIM / EVENT

9.21.1 The Event Director is responsible for the Event, and the designated IISA Official or Observer is accountable for the Swim even if they are not at the Event. The decision of the Chief Referee is final in all matters regarding the application of these rules and regulations. Any Swimmer who participates in a Swim automatically agrees to abide by the Constitution, Rules, and Regulations and accepts the authority of the Event Director or IISA Official.

9.21.2 In case of a record attempt Ice Swim, it is the swimmer's responsibility to notify IISA in advance to receive permission for such an attempt, allow IISA to appoint the Official Observer, and approve or query the attempt.

9.22. ENTRY, RECORDS AND RESULTS

9.22.1 The IISA Open Water Course 1000 m event with water temperatures of 5.0 °C or less allows maximum starters of 10 swimmers per heat.

9.22.2 IISA requires at least one Medical Officer per 5 swimmers in the water.

9.22.3 The recovery and safety of all swimmers must cater to any eventuality when multiple swimmers are in heat.

9.23. USE OF PERFORMANCE-ENHANCING SUBSTANCES

9.23.1 Performance-enhancing drugs, as identified on the World Anti-Doping Agency List of Prohibited Substances, are prohibited. (https://www.wada-ama.org)

9.24. CONSECUTIVE SWIMS

9.24.1 "Consecutive Swim" means ICE Swims by an individual Swimmer that occur within 48 hours without being part of an Event.

9.24.2 Consecutive 1km - A minimum rest of 2 hours between attempts is required.

9.24.3 Consecutive Ice Mile - A minimum of 6 hours between attempts is required.

9.24.4 Consecutive swims require a Medical Doctor's approval to perform the next swim.

9.24.5 The medical doctor must be satisfied that the swimmer's core body temperature and vital signs are normal.

10. IISA ICE MILE

10.1. ICE MILE

10.1.1 An Ice Mile is an Ice Swim distance of 1.609m or a British Mile by IISA Rules.

10.1.2 All distances longer than an Ice Mile will be considered as Ice Mile derivative swims.

10.2. THE IISA ICE MILE OBJECTIVES

10.2.1 The Ice Mile is the IISA prime and original individual Swim. The Ice Mile was created as the ultimate challenge in the world of ice swimming. The distance of the Ice Mile was based on an achievable yet extremely challenging swim distance in the ICE. An Ice Mile should take between 20 to 45 minutes. Although IISA hasn't placed time limits on an Ice Mile, it is essential that Swimmers attempting an Ice Mile are aware that spending significant time in ICE waters is dangerous as swim times exceed 30 minutes. The Observer is advised to exercise extreme caution.

10.2.2 The spirit of the Ice Mile was never created for competition purposes but as an individual challenge with the spirit of extreme adventure. Ice Miles can be attempted in any icy place on earth as long as it adheres in full to IISA Rules. Extreme challenges always come with extreme planning, training, and safety. IISA Swimming and Safety Rules set the minimum requirements for an Ice Mile in a safe, accessible, and hazard-free location. It is with the Swimmer and their safety and logistics team to increase and improve safety requirements as the location and conditions become increasingly extreme.

10.2.3 Observing or overseeing an Ice Mile is a serious responsibility. As a swimmer, you place your trust and safety entirely in their hands. Having one's life as a responsibility is a significant duty. The swimmer must follow all instructions and briefings with the utmost respect and seriousness.

10.3. ICE MILE RULES

10.3.1 The Swimmer must be qualified to attempt an Ice Mile as specified in the I**ISA Rules and Regulations** and the Ice Mile online application process. The qualifying swim must be uploaded to the Swimmer's IISA BIO to allow an Ice Mile to be approved.

10.3.2 The pre- and post-swim requirements for an Ice Mile attempt are detailed in the "ICE MILE CHECKLIST" and "OBSERVER REPORT," located in the Documents section of the IISA website.

10.3.3 The Attempt must be observed and verified by an IISA Observer and a Witness.

10.3.4 There is no specific rule about the stroke required in an Ice Mile attempt. It follows the general Open Water rules that any stroke is okay as long as the rules are adhered to and safety is observed.

10.3.5 Observers and witnesses for Ice Miles must be accredited IISA L1 officials.

10.3.6 An Ice Mile requires at least one Medical Officer (see definition) on site. In cases of multiple swimmers or an Ice Mile event where multiple swimmers attempt the mile sequentially, it is recommended to provide additional support for the Medical Officer, Doctors, or paramedics.

10.3.7 Once the Ice Mile attempt is completed, the swimmer must apply to IISA online to have the attempt ratified by the International Ice Swimming Association (IISA).

10.3.8 Once the Observer and Witnesses have viewed and verified the swim details online, the Swimmer will receive an acknowledgement from IISA confirming the approved attempt.

10.3.9 If, for whatever reason, the Observer and/or the Witness are unable or unwilling to verify the Attempt, IISA reserves the right to verify the Attempt regardless, having all facts and information at hand.

10.3.10 IISA will consider applications for ICE membership and reserve the sole discretion to accept or reject any applications for the Ice Mile.

10.3.11 Until the Swimmer has received formal notification of their Ice Mile Attempt, the Swimmer must refer to the Attempt as “a successful Ice Mile Attempt, subject to IISA ratification” or similar words to avoid possible reputational damage if IISA decides to reject the Attempt.

10.3.12 IISA will not recognise an Attempt publicly, to press, or other form of media until it has officially verified the Mile Attempt.

10.3.13 Upon the Board's confirmation of a successful application, a new ICE Member will receive a digital certificate and be entered into the IISA record book.

10.3.14 The Association reserves the right to promote the applicant's Ice Mile on its website and in any other publications related to and about IISA affairs worldwide. The applicant accepts, as part of the application for Membership, that specific personal details may be included in this publicity.

10.3.15 The IISA Ice Mile Record Book will record all successful Ice Miles. Each Mile will have a record entry specifying Swim details, including distance, time, and water temperature.

10.3.16 IISA does not distinguish between different Ice Miles recorded. However, IISA has created various categories to record the number of Ice Miles completed and other activities. IISA may add additional new categories from time to time to recognise achievements in the Ice Mile category.

10.3.17 IISA offers an **Ice Mile Checklist** on its website. It is not a rule book or a substitute for IISA Rules; it assists swimmers in preparing for an Ice Mile.

10.3.18 See the **IISA Observer report** on the Document Vault on our website.

10.4. ICE MILE VENUE

10.4.1 IISA doesn't specify where an Ice Mile must take place, as long as it occurs in an outdoor water mass, with all required safety measures in place, and the Attempt is conducted in accordance with IISA rules.

10.4.2 IISA does not differentiate between an open-water, pool, or river venue, as long as the required distance has been achieved and the venue hasn't provided any clear benefit to the Swimmer.

10.4.3 If the distance is not covered in a straight line, whether by length in a pool or by leg in an open water course, the length or leg must not be less than 25m.

10.5. ROLE PLAYERS IN AN ICE MILE

10.5.1 All role players must wear identification stating their role, such as a sleeve, shirt, badge, or branding.

10.5.2 THE SWIMMER:

10.5.2.1. The Ice Mile attempt is a personal challenge for the swimmer. They swim at their own risk and must ensure that all involved parties are accredited, qualified, present and prepared.

10.5.2.2. Must read through the Ice Mile Checklist and ensure all is ready and in order.

10.5.2.3. Must follow the Observer / Organiser instructions and verify all is ready for their swim and recovery.

10.5.2.4. Once the swim is called, responsibility for safety is entirely with the swim safety team.

10.5.3 THE PERSON IN CHARGE ("PIC"):

10.5.3.1. That PIC can be The Observer and/or the Swim Organiser. The PIC must be clearly identified before the swim and introduced to all participants. The PIC has overall responsibility for the swim from all aspects.

10.5.4 THE SWIM ORGANISER:

10.5.4.1. The Swim Organiser can serve as both the Observer and the Person In Charge.

10.5.4.2. The Swim Organiser is responsible for the swim logistics and requirements.

10.5.4.3. Ensure Safety logistics are in place according to the swimmer's rescue and recovery plans.

10.5.4.4. Measure the course distances and the water temperature in accordance with the IISA Rules.

10.5.4.5. Ensure that the course is set correctly.

10.5.4.6. Hold a safety brief to ensure all role players are in place and know their assigned tasks.

10.5.5 THE OBSERVER

10.5.5.1. The Observer's primary role is to verify that the Ice Mile attempt is conducted in accordance with IISA rules.

10.5.5.2. The Observer is accountable to IISA concerning swim integrity and information.

10.5.5.3. The Observer must verify that the swimmer is qualified to attempt the Ice Mile and confirm that the swimmer has a signed and valid IISA Medical Assessment Form and a valid ECG.

10.5.5.4. It is not the Observer's responsibility to inspect the IISA Medical Assessment Form and the ECG, only to verify their existence and validity.

10.5.5.5. The Observer must oversee the start, swim, finish, and recovery and ensure all is done according to IISA Rules.

10.5.5.6. The Observer verifies the distance, the method of course measurement, the water temperature, the attire swimmer's method, the time taken, and the measurement method. The Observer will use the OBSERVER REPORT as guidance to document all the required information.

10.5.6 THE WITNESS

10.5.6.1. The Witness serves as second to The Observer and witnesses the swim and act as a backup to the Observer.

10.5.7 THE MEDICAL OFFICER

10.5.7.1. The Medical Officer is responsible for addressing medical emergencies. See Medical Officer at Definitions.

10.5.7.2. They need to understand the safety plan, recovery process, proximity to the medical centre, and available transportation in case of emergencies.

10.5.7.3. The Medical Officer must be satisfied with the safety plans and resources for the intended attempt(s).

10.6. TIME KEEPING

10.6.1 ICE Mile requires a timekeeper equipped with a timekeeping device accurate to the second.

10.6.2 The Timekeeper must be identified before the swim begins. The Observer must confirm that the timekeeping is prepared and correctly completed.

10.6.3 If there is more than one swimmer, each swimmer must have their own timekeeping device (the same timekeeper may record times for multiple swimmers if they possess the proper instrument).

10.6.4 The Timekeeper must start the timer when the swim begins, immediately after the Starter's call.

10.6.5 The Timekeeper must record each swimmer's time when they touch the end buoy or reach the course end point.

10.6.6 The Timekeeper must be able to clearly see the start and finish points of the swim as well as the actual start and finish of each swimmer.

10.7. ICE MILE START

10.7.1 It is the swim organiser or the Observer, if they are performing the same role, to call the swim start.

10.7.2 The Swimmer(s) must wait at the swim start point for a call, whistle or a visual signal by the swim organiser (or observer if they play that role as well)

10.7.3 An Ice Mile will have three calls:

10.7.3.1. Take off your clothes - indicate to the swimmer(s) to get swim ready and ready to enter the water in the following call.

10.7.3.2. Get into the water - The Swimmer(s) enter the water and commence swimming to the Attempt start point. If the swim starts from a water vehicle, the swimmer(s) must wait by the boat side for the swim start call. The Timekeeper(s) must be ready to start the clock in the following call.

10.7.3.3. Go, whistle, Flag or any visual or sound signal agreed and communicated to all at the swim briefing. - That call occurs when swimmers are at the start point, ready to commence swimming.

10.8. SWIM ABORT PROCESS

10.8.1 Suppose the person responsible for the swim(s) (organiser/observer) believes that any of the above procedures have not been followed and may cause a safety issue or breach the swim's integrity for any reason. In that case, they must call for an abort, restart, or cancel.

10.8.2 An Ice Mile is an extreme and highly demanding endeavour. The Observer or Organiser must terminate a Swimmer's attempt immediately if they consider a disqualification.

10.9. RESPONSIBILTIES

10.9.1 The Swimmer can't be held responsible for overall safety or swim integrity concerns once the swim is called. It is the Person in charge's responsibility.

10.9.2 If the swimmer is considered to have breached the swim safety or integrity at any time from the swim start to the end, it is the Person in Charge's responsibility to take action.

10.9.3 The Swimmer is responsible for following the IISA Rules and the Ice Mile Checklist, attending the swim briefing, and ensuring that everything is ready for them before the swim. However, unless the Swimmer has breached IISA or Ice Mile rules, it is the Person In Charge's responsibility to take action.

10.10. ICE MILE APPEAL PROCESS

10.10.1 An appeal ("Appeal") is a formal request by an IISA Member or group of IISA Members who wish to appeal the approval or rejection of an ICE Swim Application (the "Appellants").

10.10.2 An Appeal must be submitted within 30 days of the Ice Mile attempt or its verification.

10.10.3 An Appeal must be submitted directly to the IISA Chairperson by email.

10.10.4 If requested, the identity of the Appellants will remain confidential.

10.10.5 The Appeal must provide sufficient grounds to support the claim that the Swim must be disqualified. It must be accompanied by verified facts or personal testimonies of Members involved in the Appeal who were present at the attempt or credible testimonials from Witnesses or Observers known and respected by the appealing Member(s).

10.10.6 Once an Appeal has been submitted per IISA requirements, IISA will inform the Appellants and the Swimmer/s that an Appeal has been received and is being considered by the Board.

10.10.7 During the Appeal process, all information will remain confidential to the public until the Board decides.

10.10.8 The swimmer(s) and Appellants may be requested to provide further facts, which must be provided promptly.

10.10.9 The IISA Board, in consultation with its relevant Affiliate board, if appropriate, will determine the Appeal and announce the decision as soon as possible.

10.10.10 Once an Appeal has been decided, further appeal for the same Swim can only be lodged if it can be shown that the information received by the IISA Board for the Appeal was materially false or incorrect.

10.10.11 If the Appeal is successful, IISA will initially communicate the Appeal decision to the Swimmer(s) and subsequently to the Appellants. However, if the Appeal is not upheld, the Swimmer(s) will be informed that the original ruling stands.

10.10.12 The Appeal and its results will generally be kept confidential; however, IISA reserves the right to publicise the Appeal and its outcome and to take further action against the Swimmer(s) or Appellants if it deems it appropriate.

10.10.13 IISA reserves the right to inform parties involved with any information regarding the appeal.

10.10.14 The Appellants must consider that their identity and information regarding the Appeal may be disclosed to the Swimmers.

10.11. ICE MILE APPEAL PROCESS BY A THIRD PARTY

10.11.1 An uninvolved party can query Ice Mile if they believe the Ice Mile have breached IISA Ice Mile Rules or if safety was in question.

10.11.2 This Appeal can be submitted up to ten days after the Ice Mile approval or before approval.

10.11.3 Appeals can be submitted to IISA confidently, and factual evidence must be provided to back their appeal.

10.11.4 No non-factual or hearsay appeals or claims will be ignored.

10.11.5 IISA reserves the right to reject the appeal, and its decision is final.

10.11.6 If IISA decides to open the Ice Mile for an investigation. In that case, the Swimmer will be notified, and an investigation will occur until IISA chooses to reject the Appeal or Accept it.

10.11.7 The Swimmer and the Role-Players will be able to defend the Appeal claims.

10.11.8 If IISA decides to unratified an already approved Ice Mile, the Swimmer will be notified, and the Ice Mile will be rejected.

10.12. ICE MILE EVENT

10.12.1 An Ice Mile Event is an organised group of swimmers attempting an Ice Mile capitalising on the economy of scale of safety, medical, rescue and recovery facilities.

10.12.2 an Ice Mile Event is not a race, and each swim is considered to be an individual swim.

10.12.3 All swims in an Ice Mile Event must adhere to the Ice Mile Rules.

10.12.4 A maximum of two swimmers attempting a Mile simultaneously is allowed.

10.12.5 The Event must not be a race, nor should racing be encouraged.

10.12.6 An Ice Mile is an Extreme Swim, and holding an Event may require additional safety measures relevant to the Event venue and conditions.

10.12.7 An Ice Mile event requires the submission of a Safety Plan to the relevant IISA Country Board. The Country Board will comment or inquire and may approve or reject the request to hold such an Event. The Board's decision is final.

10.12.8 The swimmer is required to participate in an Ice Mile Event and enter using the IISA event facility on the IISA website.

10.12.9 Each Swimmer in an Ice Mile event must apply individually for the Event to be approved as an individual Ice Mile.

10.12.10 Any Ice Swim of 1 Mile or longer will be treated as an Ice Mile and recorded in the IISA Ice Mile record book with its distance swum.

10.13. MULTIPLE ICE MILES

10.13.1 A Member who achieves 1-4 Ice Miles is granted ICE Membership.

10.13.2 A member who achieves between 5 and 9 ICE Miles is granted ICE 5+ Membership.

10.13.3 Members who swim over 10 Ice Miles are awarded ICE 10+ Membership.

10.13.4 The swimmer's IISA biography on the IISA website will be updated to acknowledge the achievement and reflect this status.

10.14. IISA® ICE ZERO

10.14.1 An ice zero ("ice 0ºc") is an ice mile completed in a water temperature of 0.9ºC or lower.

10.14.2 The swimmer will be added to THE IISA ICE ZERO record book on the IISA website.

10.14.3 The ICE ZERO category membership will be mentioned on the website in the Swimmer's BIO.

10.15. IISA® EXTREME ICE MILE

10.15.1 Extreme Ice Mile ("EIM") is a higher-risk Ice Mile attempt with at least one of the below factors:

10.15.1.1. Water temp is at 2.0ºC or lower, or

10.15.1.2. Wind chill is -15ºC or lower; or

10.15.1.3. Distance attempted is over 2.00km inclusive; or

10.15.1.4. Altitude is 2,440m (8,000F) or higher.

10.15.2 For Extreme Ice Mile Attempts, IISA recommends extra safety measures:

10.15.2.1. An extreme ice mile attempt to swim a distance of over 2km requires notification to IISA on internationaliceswimming@gmail.com at least 48H before the attempt;

10.15.2.2. Approval by IISA to proceed with the swim or not.

10.15.3 Qualifying is per the IISA Qualifying Table.

10.15.4 IISA recommends an Ice Mile swim in the past 18 months.

10.15.4.1. IISA reserves the right to reject the swim or request an additional qualification, safety measurements, or more information before approval; and,

10.15.4.2. IISA may request to approve the Official Observer.

10.16. IISA® POLAR MILE

10.16.1 An IISA Polar Mile is an Ice Mile swim that is:
10.16.2 North of 70° north or
10.16.3 South of 60° South.

10.17. IISA® ICE TRIPLE CROWN

10.17.1 THE ICE TRIPLE CROWN is defined as:

10.17.1.1. An Ice Mile completed in North America, Europe or Asia;

10.17.1.2. An Ice Mile Completed in South America, Africa or Oceana; and,

10.17.1.3. A 1 km completed in an IISA World or National Championship.

10.18. CONTINENT ICE MILE

10.18.1 CONTINENT ICE MILE is defined as:

10.18.1.1. African Ice Mile

10.18.1.2. North America Ice Mile

10.18.1.3. South America Ice Mile

10.18.1.4. Oceania Ice Mile

10.18.1.5. Europe Ice Mile

10.18.1.6. Asia Ice Mile

10.18.1.7. Polar Ice Mile

10.19. IISA® ICE 7S

10.19.1 ICE 7s comprises 7 Ice Miles in the 7 continents:

10.19.1.1. Africa;

10.19.1.2. North America;

10.19.1.3. South America;

10.19.1.4. Oceania;

10.19.1.5. Europe;

10.19.1.6. Asia; and,

10.19.1.7. Polar Mile.

10.19.1.8. 11.14.2 One of the above ICE Miles must be an ICE ZERO.

10.20. IISA LONG DISTANCE ICE SWIM

10.20.1 A Long-Distance Ice Swim is defined as swimming 3.0km or longer in water of 5.0C or lower under IISA Swimming Rules and Regulations.
10.20.2 Additional safety measures required for the Long-Distance Ice Swim attempt:
10.20.3 At least 7 days' notice to IISA by emailing internationaliceswimming@gmail.com with details of the intended attempt.

10.20.4 Qualifying is per the IISA Qualifying Table.

10.20.5 IISA recommends an Ice Mile swim in the past 18 months.

10.20.6 The attempt details must include the following:

10.20.6.1. Attempted distance, Location, expected water temperature, Distance Ice Swimming background.

10.20.6.2. Safety plan. Proximity to Medical facility and a medical emergency plan.

10.20.6.3. A medical doctor must always be onsite to observe the swimmer from start to end of recovery.

10.20.6.4. Only one swimmer may attempt at a time.

10.20.6.5. IISA Medicals + ECG must be done within three months of the attempt date.

10.20.6.6. Ice Mile Indemnity.

10.20.7 During the Attempt:

10.20.7.1. A full video of the Attempt to take the clothes to recovery.

10.20.7.2. Splits time for at least every 500m

10.20.7.3. Proof of course measurement and distance. Video Clip and images.

10.20.8 IISA may decline to support a Long-Distance Ice Swim attempt at its discretion. If the swimmer decides to proceed with the attempt regardless, it can't be linked to IISA and will not be ratified by IISA.

10.20.8.1. IISA, at its discretion, may decide to reject the attempt if any of the above requirements have not been fulfilled accordingly.

11. BRANDING AND MARKETING

11.1. RIGHTS

11.1.1 No branding, including the IISA logo, will be allowed without the specific permission of the IISA.

11.1.2 Merchandise using the IISA brand requires IISA approval before it is produced.

11.1.3 Any use of the IISA name, its brands or sub-brands, logos or other identifying materials without permission from the IISA will be considered a breach of the IISA or IWCS rules agreement, and formal sanctions will be considered.

11.1.4 IISA will try to sell global broadcast rights to all events. However, it desires to allow the Host Country (HC) to arrange local/country broadcasts of their event. This requires prior IISA approval and agreement to ensure no contractual clashes. The HC will retain local/national broadcasting revenue, and IISA will retain all international broadcasting revenue.

11.1.5 At the end of the event, the organisers will provide IISA with a Google Drive folder with pictures and videos of the event for its unfettered use. The HC must obtain signed releases from all Swimmers and volunteers as part of their registration and entry to the event.

12. ICE POOL MANUAL

12.1. INTRODUCTION

12.1.1 An Ice pool is a swimming pool qualified for an Ice Swimming event.

12.2. SWIMMING POOLS

12.2.1 An ICE POOL is defined as a regular mass of water confined on both widths by a solid surface with a solid turn board on each width. At least one of the lengths must be solid and robust enough for safety personnel to observe and assist if required.

12.2.2 The pool must be accessible from the land, with a wide enough passage for several people to walk through it simultaneously.

12.2.3 A competition ICE POOL must have at least two lanes.

12.2.4 The Board may waive specific standards for existing pools if they do not materially interfere with the competition.

12.3. IISA ICE POOL LOCATION

12.3.1 ICE POOL should be outdoors; however

12.3.1.1. IISA may grant special written permission to use an indoor pool where the outdoor temperature never allows for sufficient pool cooling or for other compelling reasons.

12.3.2 POOL LENGTH

12.3.2.1. 50.01 metres.

12.3.2.2. 25.01 metres.

12.3.3 DIMENSIONAL TOLERENCE

12.3.3.1. The admissible tolerance in 50.00 m swimming pools will be +0.01m, -0.00m. Tolerances will be measured in each swimming lane as follows:

12.3.3.2. Tolerances must be consistent at the water surface. The measurements should be certified by a surveyor or other IISA-qualified official appointed or approved by the Member in the country where the pool is situated.

12.3.3.3. The admissible tolerance in 25.00 m swimming pools will be +0.01 m, -0.00 m. For swimming pools with touch panels of Automatic Officiating Equipment on both ends, the Wall-to-Wall tolerance is a Minimum of 25.02 and/or a Maximum of 25.03. Tolerances must be consistent at the water surface. These measurements should be certified by a surveyor or other qualified official appointed or approved by the Member in the country where the pool is situated.

12.3.4 POOL DEPTH

12.3.4.1. A minimum depth of 0.9 meters is required in the whole pool.

12.3.5 POOL WALLS

12.3.5.1. End walls shall be vertical and parallel and form 90-degree right angles to the swimming course and to the surface of the water. They shall be constructed of solid material, with a non-slip surface extending at least 0.8 metres below the water surface. This will enable the competitor to touch and push off in turning without hazard.

12.3.5.2. Rest ledges along the pool walls are recommended but not compulsory. They must be at least 1.2 meters below the water surface and may be 0.1 to 0.3 meters wide. Both internal and external ledges are acceptable.

12.3.5.3. The wall surface must be even, with no sharp objects such as nails, screws or wood splinters sticking out.

12.3.5.4. The wall surface must be examined and approved by the event safety officer before the competition to ensure no possible injury may occur during the competition. The wall surface must be non-slip to allow swimmers to push off the wall when starting or turning.

12.3.6 LANES

12.3.6.1. The recommended lane width is 2.00 meters. Lanes shall be at least 2 - 2.5 metres wide, with two spaces of at least 0.2 metres outside the first and last lanes.

12.3.6.2. World Championships require a pool with 10 lanes.

12.3.7 LANE ROPES

12.3.7.1. Lane ropes shall extend the entire length of the course and be secured at each end wall to anchor brackets recessed into the end walls. The anchor shall be positioned so that the floats at each end wall of the pool are on the water's surface. Each lane rope will consist of floats placed end-to-end with a minimum diameter of 0.10 metres and a maximum diameter of 0.15 metres.

12.3.7.2. In a swimming pool, the colour of the lane ropes shall be distinctive from the water. The floats extending 5.0 metres from each end of the pool shall be RED.

12.3.7.3. There shall not be more than one lane rope between each lane. The lane ropes shall be firmly stretched.

12.3.7.4. In 50-metre pools, the floats shall be distinct to mark 25 metres. Soft material lane numbers may be placed on the lane ropes at the start and turning end of the pool.

12.3.8 LADDERS

12.3.8.1. Each lane must have a ladder at the start and finish sides to allow swimmers to enter and exit the pool safely.

12.3.8.2. All ladders must be on the same side of each lane [left or right if all are on the same side]

12.3.8.3. The ladder width shall be 50 cm to 60 cm. Ladders should be constructed or covered with non-slippery material, which the swimmer steps or holds with a hand. The upper step of the ladder shall be above the water. The under most step of the ladder shall be at least 1.2 meters below the water level with an inclination between 00 – 30 degrees from vertical.

12.3.8.4. It is recommended to have a ladder on the other side [opposite to the start/finish side] of the Pool for safety purposes.

12.3.9 NUMBERING

12.3.9.1. Each starting lane must be distinctly numbered and visible. When facing the course from the starting end, it is recommended that lane number 0 be on the right-hand side, except for 25-meter events in the 25-meter pool and 50-meter events in the 50-meter pool, which may start from the opposite end. Touch panels may be numbered on the top part.

12.3.9.2. BACKSTROKE TRUN INDICATORS

12.3.9.3. Flagged ropes shall be suspended across the pool width, 1.8 metres above the water surface, with a fixed distance of 5.0 metres from the start and end of the pool.

12.3.10 BACKSTROKE LEDGE

12.3.10.1. A backstroke ledge can be used:

12.3.10.2. The ledge may be adjustable to 4 cm above or 4 cm below the water level.

12.3.10.3. The ledge is a minimum of 50 cm in length.

12.3.10.4. The ledge must be 8 cm in height and 2 cm in width with 10 degrees of slope

12.3.10.5. WATER MOVEMENT

12.3.10.6. During the competition, the water in the pool must be constant; without such movement, that would create an unfair advantage for some lanes. This only applies to a Pool created on a water mess such as a lake, river or open sea, and the bottom of the pool is open to the water mess.

12.3.10.7. “Unfair advantage” is defined as a difference in water movement in some direction between different lanes that can move a floating ball (around basketball size, filled with additional weight to submerge more than half of the ball) in one direction for more than 2cm/s.

12.3.10.8. The practical way to test this is to install two floating lines crosswise in a swim lane (to obtain a square with 2 - 2,5m size (depending on lane width) and then to leave the ball in the midway point of the square. Measure the time when the ball touches the lane rope and compute the water movement velocity for the lane. Then, calculate the differences in water movement between lanes. If the ball does not touch any of the four-lane ropes within 60 seconds, the movement of the water is insignificant.

12.3.10.9. The test should be repeated in lanes 1,3,6,8 on two sides, at 5m from each headwall.

12.3.11 LIGHTS

12.3.11.1. The light intensity throughout the pool must be sufficient to see turn walls and lane lines easily. Artificial lighting shall be used if necessary.

12.3.12 LANE MARKINGS

12.3.12.1. Lane markings may be illuminated or have light contrasting colours, placed on the bottom of the pool or at least 0.8m deep in the middle of each lane.

12.3.13 CERTIFIED POOL

12.3.13.1. To certify the pool measurements, the Event Director must produce a sketch of the pool with its measurements per the above requirements.

12.3.13.2. The pool certificate must be produced by a qualified person who measures the pool, length, width, and depth accordingly and signs the certificate as proof of his measurements.

12.4. SEMI-AUTOMATIC OFFICIATING EQUIPMENT

12.4.1 OFFICIATING EQUIPMENT

12.4.1.1. Manual and Semi-Automatic Officiating Equipment records each swimmer's elapsed time and determines their relative place in a race. Judging and timing shall be to two decimal places (1/100 of a second). Any installed equipment shall not interfere with the swimmers' starts, turns, or the function of the overflow system.

12.4.2 EQUIPMENT MUST:

12.4.2.1. Activated by a timekeeper.

12.4.2.2. It should not interfere with swimming, keeping time, and ensuring the safety of the swimmers.

12.4.2.3. Display all recorded information for each lane by place and by lane.

12.4.3 STARTING DEVICES

12.4.3.1. starter shall have a microphone for oral commands, if possible.

12.4.3.2. If a pistol is used, it shall be used with a transducer.

12.4.3.3. The starter must have a flag, flash, or light that can be used when starting with a hearing impediment.

12.4.4 TOUCH PANELS FOR AUTOMATIC EQUIPMENT

12.4.4.1. Currently, IISA does not allow for an Automatic touchpad in the water.

12.4.5 SEMI-AUTOMATIC EQUIPMENT

12.4.5.1. With Semi-Automatic Equipment, the finish is recorded by timekeepers pushing buttons at the swimmer's finishing touch.

12.4.6 MANUAL OFFICIATING EQUIPMENT

12.4.6.1. Back-up manual timekeeping is mandatory.

12.4.6.2. Each swimmer must have a dedicated timekeeper at the lane start point in manual timing keeping.

12.5. SAFETY AT THE POOLSIDE

12.5.1 Safety and recovery facilities

12.5.1.1. The Pool should have 2 separate warm tents or rooms located no further than 50m from its start side.

12.5.2 Safety personnel

12.5.2.1. The pool must have safety personnel on the poolside who are always watching the swimmers.

12.5.2.2. Safety personnel must be trained in water rescue and dressed in a dry suit or suitable diving gear to enable them to perform their duties in such cold water temperatures without impacting their duties and always retrieve a swimmer in distress.

12.5.2.3. The poolside should be cleared of spectators or media so the safety personnel and office las can do their jobs without interference.

12.6. HOW TO CUT A POOL IN THE ICE

12.6.1 There are numerous ways to cut a pool in a frozen mass of water. The process depends on multiple factors, such as ice thickness, depth of water, and tools at hand.

12.6.2 IISA can’t advise on the process as it is location- and condition-dependent, and safety is critical.

12.6.3 IISA strongly advises using local resources with people who understand ice sheets' behaviour, thickness, and safety.

12.6.4 Various tools can be used, although a chainsaw is the most used to cut the ice.

12.6.5 Cut ice must be cleared so the pool sides are accessible for swimmers, safety personnel, and officials.

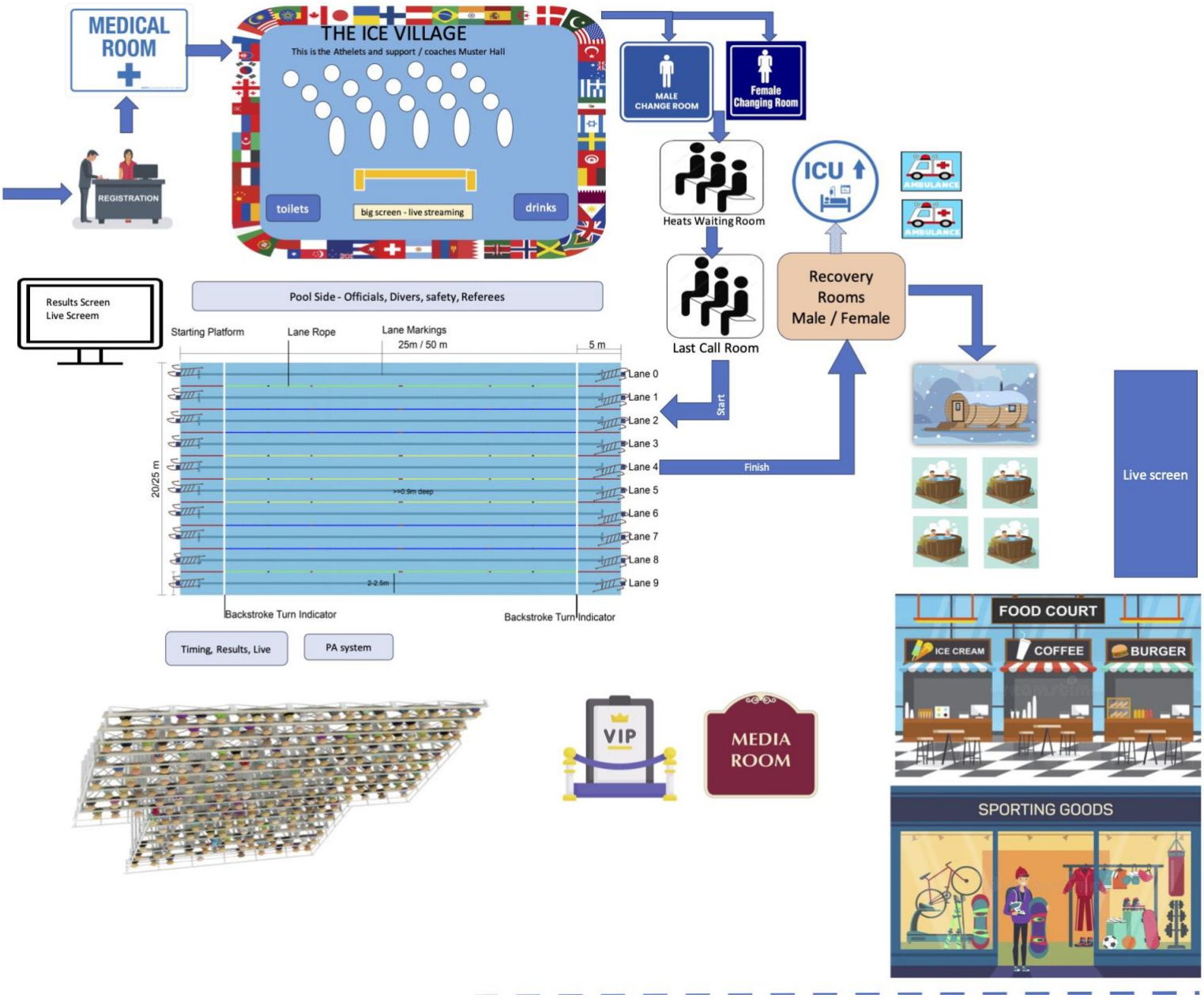
12.6.6 Cut Ice mustn’t block any access roads to recovery facilities.

12.6.7 A constant check of the ice surface is required for cracks and weak points during the competition.

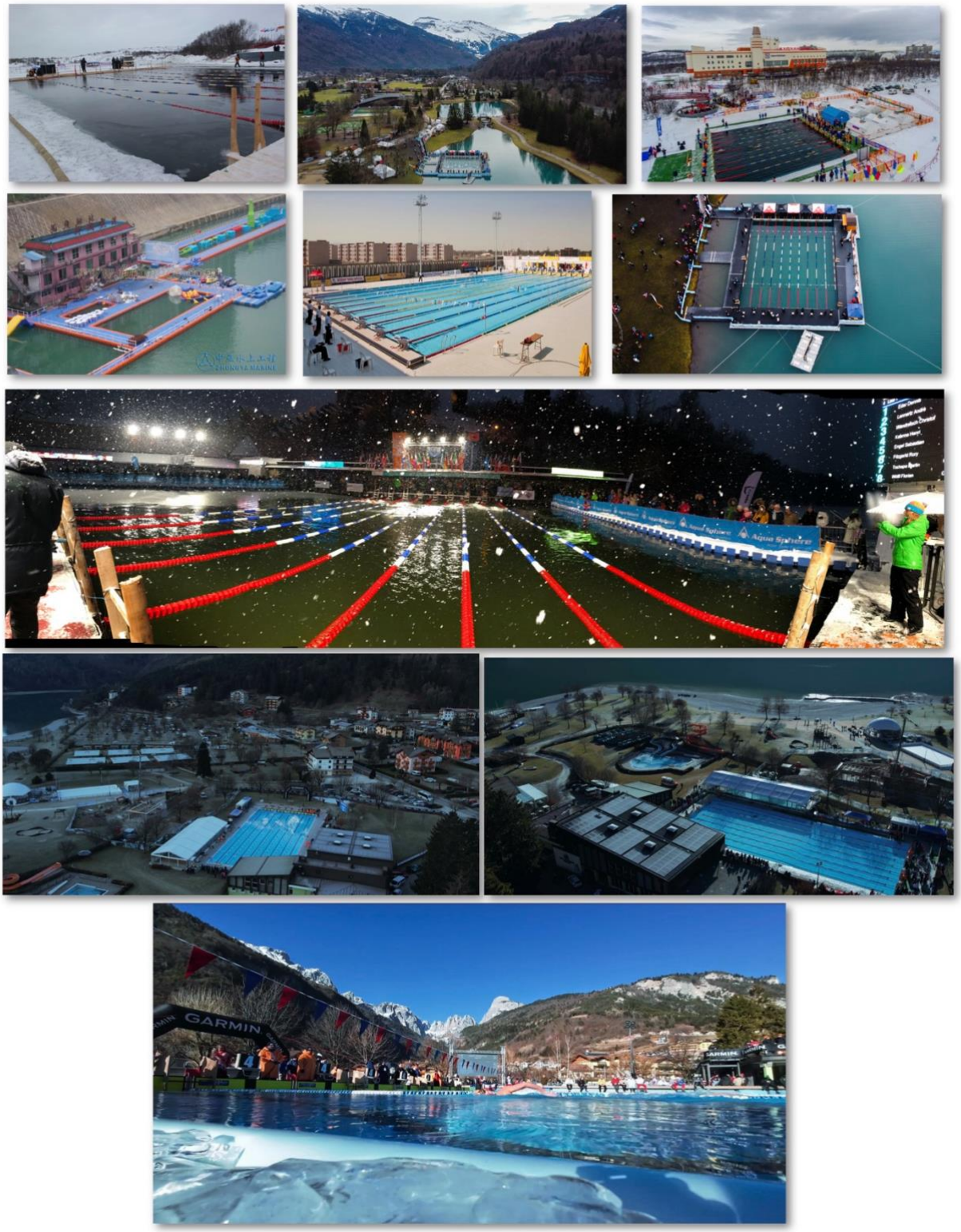
12.6.8 The safety officer must observe the load on the ice sheet in all locations and ensure it can always handle the people or other loads.

12.6.9 If the outside temperature rises significantly and the sun's heat may affect the ice sheet stability, the safety officer must perform a safety check to ensure everyone’s safety.

12.7. EXAMPLE OF ICE SWIMMING EVENT LAYOUT



12.8. EXAMPLES OF ICE SWIMMING POOLS



END OF IISA RULES

FOR SAFETY AND INTEGRITY IN THE ICE