
Crossing Rules

Routes, equipment, stages, relays, attempts. Including observer forms.

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The crossing regulations

Art. 1 — Subject and definitions

1.1 These regulations establish the obligations that the swimmer, the observer, and the team shall comply with in order for a crossing to be recognized and entered into the route rankings. Failure to comply with any of the obligations shall result in the non-recognition of the crossing, unless these regulations provide otherwise.

1.2 For the purposes of these regulations:

- **route:** the path defined by a starting land, an arrival land, and any permanent intermediate points, in accordance with Art. 2;
- **crossing:** the swimming performance of a route by a swimmer or a team;
- **swimmer:** the person performing the crossing or a fraction thereof;
- **team:** the group of swimmers performing a relay crossing;
- **observer:** the person who attends the entire crossing from the support boat and certifies its execution;
- **pilot:** the person responsible for the support boat and safety in the water;
- **body:** the association that maintains the records of a stretch and ratifies its crossings;
- **annotation:** the indication, recorded on the crossing, of a declared element or a documented condition that does not modify its category.

Art. 2 — Route

In full: [The routes](#).

2.1 The swimmer shall perform the crossing on a route whose points cannot be moved or shortened. A course delimited by buoys does not constitute a route.

2.2 The swimmer shall enter the water from the starting land and exit onto the arrival land in an upright position. Where this is not possible or permitted, the swimmer shall touch a solid and fixed surface with their hand. A crossing that ends in the water is not recognized.

2.3 The swimmer shall round each intermediate point of the route on the side opposite to the land. An intermediate point that the route does not round is not part of the route.

2.4 At mandatory landing points, the swimmer shall touch land and shall not remain there for more than 10 minutes, supported only by the land. The duration of the stop is included in the crossing time.

2.5 The circumnavigation of an island constitutes a route and shall begin and end on land; starting and finishing in the water are not permitted, even where access to the island is prohibited. The perimeter of a lake or a bay does not constitute a route. Islands located in a lake may constitute intermediate points of the route.

2.6 The official distance of the route is the minimum measurable distance between the lands that define it. Where a body ratifies the crossings of the stretch, the distance declared by it shall apply.

2.7 Routes traveled in the opposite direction are distinct routes. The clockwise and counter-clockwise circumnavigation of an island are distinct routes.

2.8 A swimmer who travels the same route multiple times consecutively shall touch land at each end and shall not remain there for more than 10 minutes, supported only by the land. The duration of the stop is included in the crossing time.

Art. 3 — Equipment and conduct

In full: [Equipment and conduct](#).

3.1 In the **Skin** category, the swimmer may wear exclusively: a textile swimsuit that, for men, does not extend below the knee or above the waist and, for women, does not extend below the knee, does not cover the neck, and does not extend beyond the shoulders; a latex or silicone cap; goggles, earplugs, nose clips; creams and grease; safety lights.

3.2 A crossing performed with a wetsuit, with a neoprene garment, or with a swimsuit that exceeds the limits of Art. 3.1 is entered in the **Wetsuit** category.

3.3 A crossing performed with any performance aid, including a device that sets the stroke rhythm and support from the boat, the safety buoy, or a person, is entered in the **Assisted** category.

3.4 The swimmer shall declare before the start the use of the following elements, which are permitted and recorded as an **annotation** on the crossing: a watch displaying time, duration, pace, distance, or frequency; a safety buoy; shark deterrents; an accompanying swimmer.

3.5 The swimmer shall not have physical contact with the boat, the buoy, or any person, and shall not swim in the wake of the boat or other swimmers.

3.6 Boarding the boat or exiting the water outside the route's landing points interrupts the crossing. A crossing resumed after an interruption is entered in the **stage swim** format.

Art. 4 — Format

4.1 In a **solo** crossing, the swimmer shall perform the entire route alone, without interruptions.

4.2 In a **stage swim** crossing, the swimmer shall resume each fraction from the point where the previous one ended or from a point prior to it. In full: [Stage swims](#).

4.3 In a **relay** crossing, the team shall maintain the composition, order, and duration of the turn unchanged from start to finish. In full: [Relays](#).

4.4 A crossing performed with a mass start as part of a race organized on a route is **in a race**.

4.5 Rankings are distinct for each combination of equipment and format.

Art. 5 — Evidence

In full: [Evidence](#).

5.1 The swimmer shall perform the crossing in the presence of an observer. A crossing performed without an observer is not recognized.

5.2 The observer shall be present on board the support boat for the entire duration of the crossing. Before the start, the observer shall read these regulations aloud to the swimmer and the pilot and sign the crossing declaration with the swimmer.

5.3 The observer shall complete the log at intervals not exceeding 30 minutes and, in any case, at least once every hour, and shall record the start time and arrival time to the second.

5.4 In the event of a discrepancy, the observer's log shall prevail over the GPS track.

5.5 The swimmer shall submit the crossing dossier, including the declaration, the log, the track, photographs, and videos, including a video of their stroke.

5.6 The dossier may be prepared on forms from other organizations, provided that it contains all the elements required by this article. The crossing shall be examined according to these regulations, except as provided by Art. 6.1.

Art. 6 — Bodies and races

6.1 Where a body maintains the records of a stretch and ratifies its crossings, the starting and arrival points and the distance established by it shall apply; crossings entered in its records are considered ratified by the body itself.

6.2 In the absence of a body, these regulations shall apply.

6.3 The results of a race held on a route are entered in the route ranking in the "In a race" category. Since in a mass start the wake of other swimmers is inevitable, such results do not constitute crossings performed in compliance with these regulations.

Art. 7 — Language

7.1 These regulations are drafted in multiple languages. In the event of a discrepancy between the versions, the English text shall prevail.

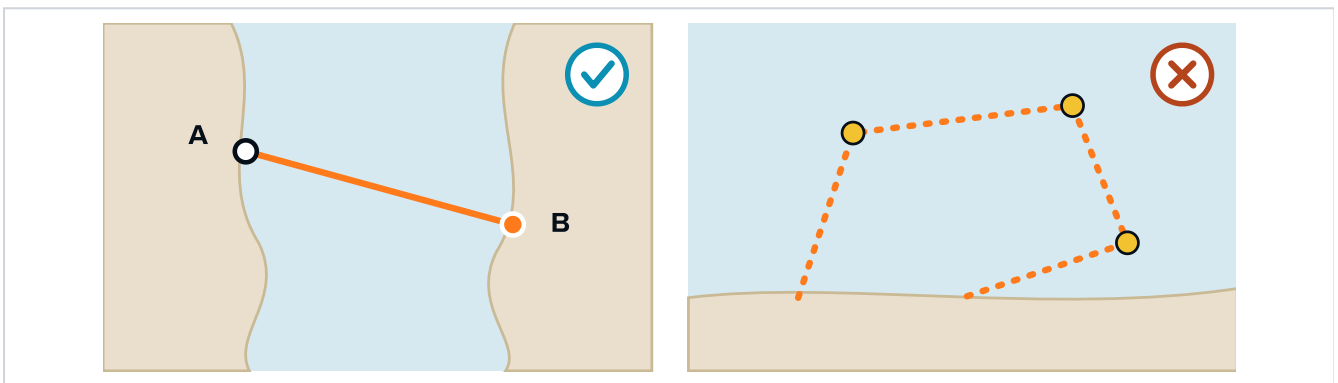
The routes

2.1 Fixed points

The swimmer shall perform the crossing on a route whose points cannot be moved or shortened: the starting land, the finishing land, and, between the two, exclusively permanent elements that the path must bypass, such as a point, a headland, an island, or a rock arch.

A path delimited by buoys does not constitute a route, regardless of its length and even when the start and finish are located in different places: a buoy can be moved, an island cannot. The repeatability of the route is the condition for crossings performed in different years to be comparable.

There is no minimum distance requirement.

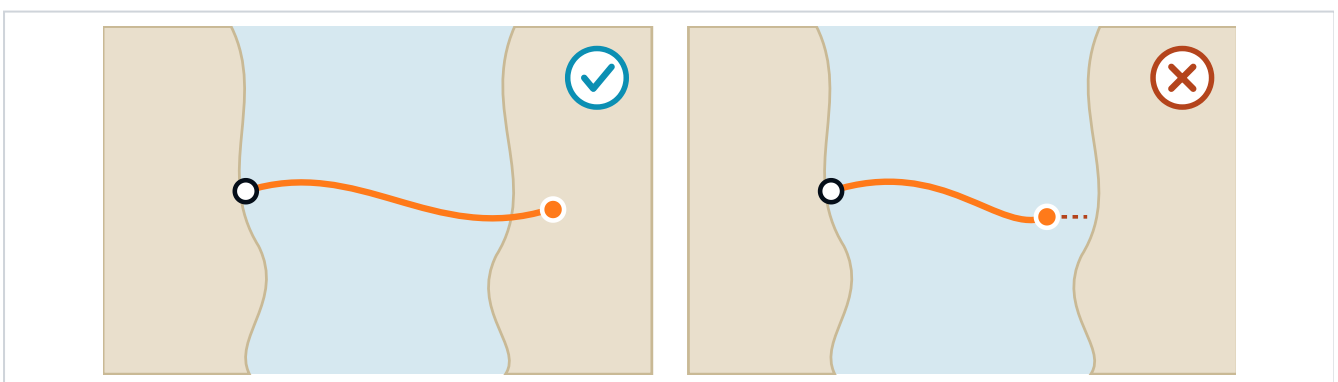


On the left a route between two coasts, compliant; on the right a path between buoys, which does not constitute a route

2.2 Start and finish

The swimmer shall enter the water from the starting land and exit onto the finishing land in an upright position, out of the water. Where this is not possible or permitted, particularly in the presence of cliffs, the swimmer shall touch a solid and fixed surface with their hand: the rock, a quay, or a wall.

A crossing that ends in the water, even at a short distance from the shore, shall not be recognized.

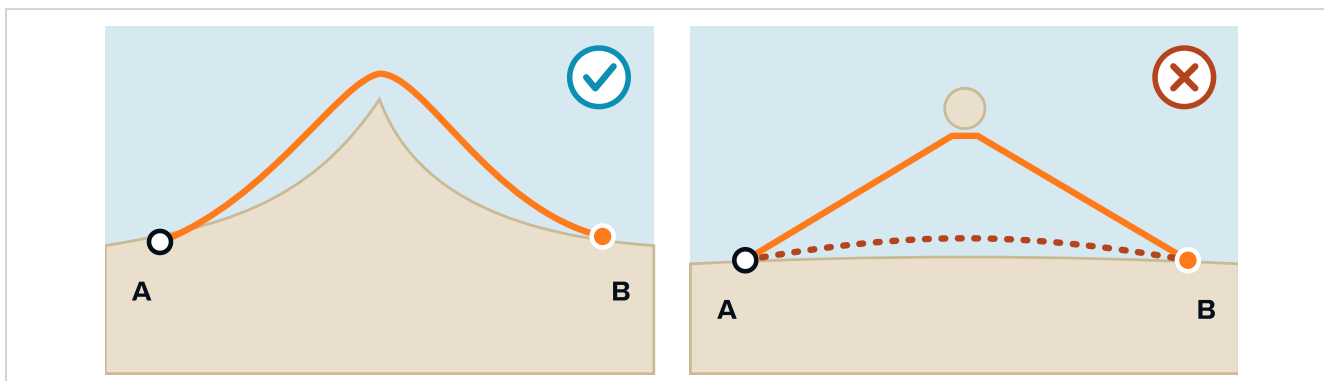


On the left the arrival on land, compliant; on the right an arrival in the water a few meters from the shore, not compliant

2.3 Intermediate points

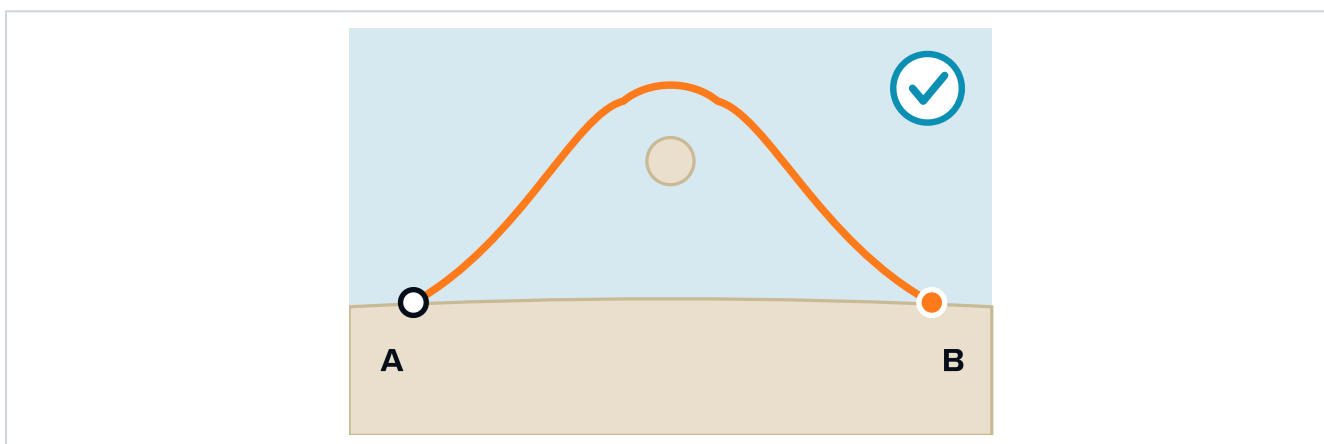
The swimmer shall bypass each intermediate point of the route by passing on the side opposite to the land, so that the path wraps around the point.

A point toward which the path merely deviates, and from which it is possible to move away before having reached it, is not part of the route, because the path can be shortened.



On the left the route bypasses a headland, compliant; on the right it deviates toward a rock and turns back, and can be shortened

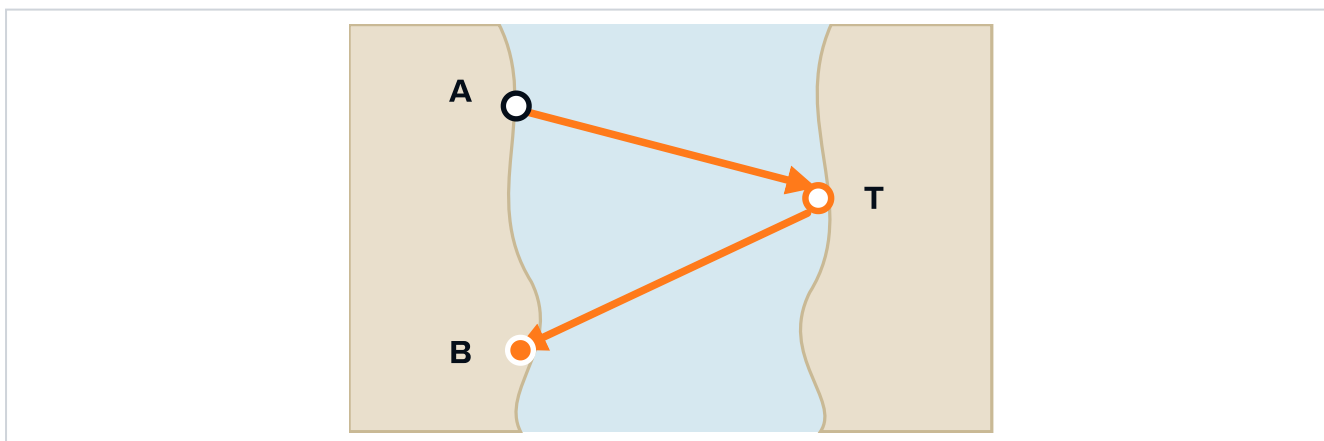
A rock that is entirely bypassed, remaining between the path and the coast, is a valid intermediate point.



The route bypasses the rock from A to B: the rock is a valid intermediate point

2.4 Mandatory landings

Where the route provides for mandatory landings, the swimmer shall touch them in the established order, in accordance with the procedures of Art. 2.2, and shall not remain there for more than 10 minutes, supported only by the land. The time spent resting shall be included in the crossing time. Example: on the route from Mortelle to Messina, the swimmer shall touch the Calabrian coast at Cannitello before returning to Sicily.



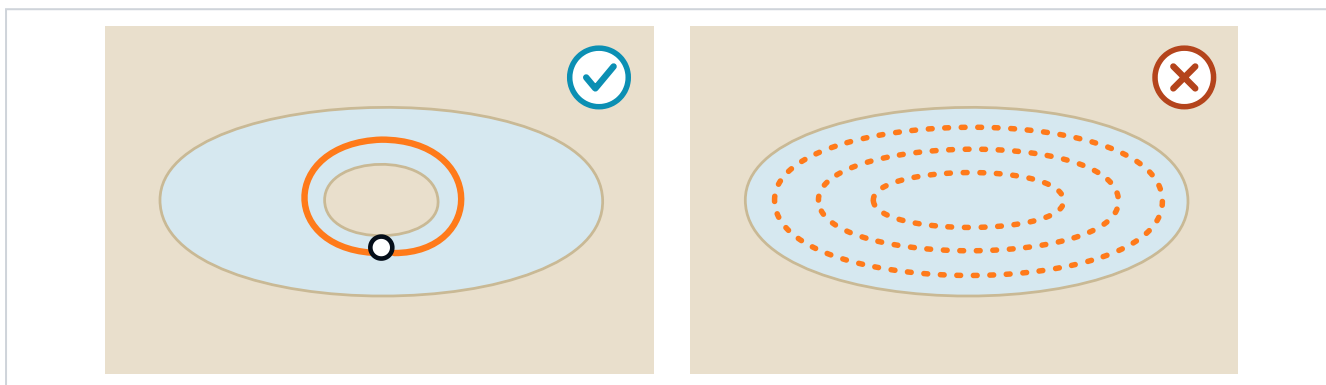
From A the swimmer touches the landing T on the opposite coast, then reaches B

2.5 Islands and lakes

The circumnavigation of an island constitutes a route. The perimeter of a lake or a bay does not constitute a route, as the distance from the shore at which it is performed is not determinable and the path is not repeatable.

The circumnavigation of an island shall begin and end on land, in accordance with Art. 2.2: on the island itself or on another land from which the swimmer reaches the island, bypasses it, and returns. Starting and finishing in the water are not permitted, even where access to the island is prohibited or impossible.

Islands located in a lake constitute fixed points: the circumnavigation of an island in a lake, and the route that starts from the shore, bypasses one or more islands, and returns to the shore, are compliant routes.



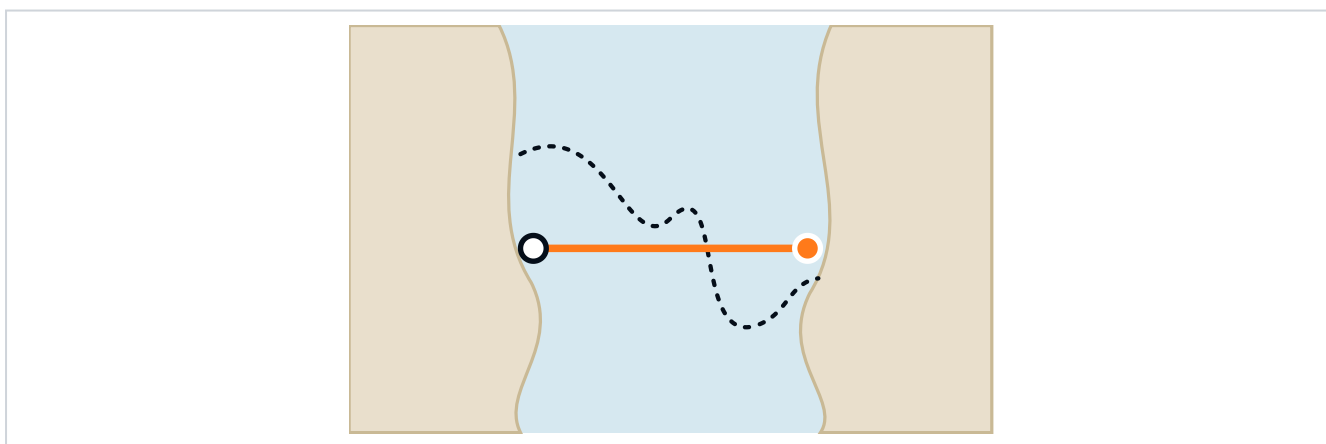
On the left the circumnavigation of an island in a lake, compliant; on the right the perimeter of the lake, not compliant

2.6 Distance

The official distance of the route is the minimum measurable distance between the lands that define it: between two coasts, the minimum stretch from coast to coast; in the presence of intermediate points or landings, the sum of the stretches; for the circumnavigation of an island, the minimum path in the water that wraps around it.

The distance actually swum does not modify the official distance. The GPS track documents the execution of the crossing but does not determine its distance.

Where an organization ratifies crossings of the stretch, the distance declared by it shall apply.



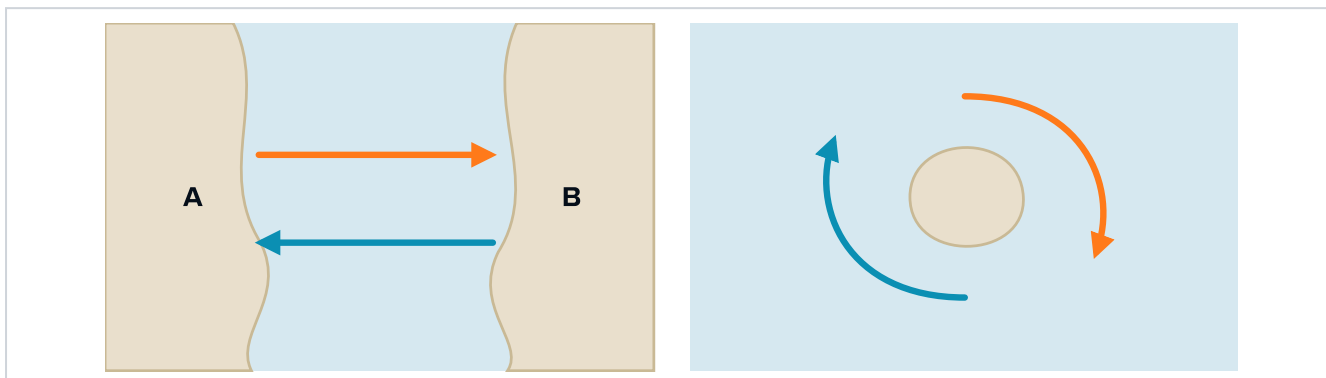
The official distance is the minimum stretch between the coasts, in a solid line; the swum path, in dots, does not modify it

2.7 Direction

Routes traveled in the opposite direction are distinct routes, with distinct rankings. The circumnavigation of an island in a clockwise direction and in a counter-clockwise direction are distinct routes.

2.8 Repeated crossings

A swimmer who travels the same route multiple times consecutively, in a round trip or for a greater number of times, shall touch the land at each end in accordance with the procedures of Art. 2.2 and shall not remain there for more than 10 minutes, supported only by the land. The time spent resting shall be included in the crossing time.



From A to B and from B to A are distinct routes; likewise the circumnavigation of an island in a clockwise and counter-clockwise direction

Equipment and conduct

3.1 Skin

In the Skin category, the swimmer may wear and use exclusively:

- a textile swimsuit that, for men, does not extend below the knee or above the waist and, for women, does not extend below the knee, does not cover the neck, and does not extend beyond the shoulders;
- a latex or silicone swim cap;
- goggles, earplugs, nose clips;
- sunscreen and grease;
- safety lights for nighttime hours;
- a watch, under the conditions of Art. 3.4.

Any other item shall result in registration in a different category or must be declared pursuant to Art. 3.4.

3.2 Wetsuit

A crossing performed with the following shall be registered in the Wetsuit category:

- a wetsuit;
- any neoprene garment, such as a cap, booties, or gloves;
- a swimsuit that exceeds the limits of Art. 3.1, including a full-body anti-jellyfish suit.

A swimsuit that exceeds the Skin limits is equated to a wetsuit because it increases thermal protection and buoyancy; the difference compared to a thin wetsuit is one of degree, not of nature.

3.3 Assisted

A crossing performed with any performance aid, including fins, hand paddles, pull buoys, a shark cage, the playing of music or a metronome, and devices that pace the stroke rate via vibrations or sounds, shall be registered in the Assisted category.

A crossing during which the swimmer leans on the boat, the safety buoy, or a person shall also be registered in the Assisted category.

The Assisted category does not constitute an evaluation of merit: it is a distinct category with its own ranking.

3.4 Elements to be declared

The swimmer shall declare before the start the use of the following elements, which are permitted, do not modify the category, and are recorded as an **annotation** on the crossing:

- **a watch** that displays time, elapsed time, pace, distance, or stroke rate. Such information may also be communicated to the swimmer from the support boat; access to it on the wrist therefore does not constitute an aid. A watch set to pace the stroke rate falls under Art. 3.3;
- **a tow-behind safety buoy**, with an indication of whether it is mandated by the local authority or adopted by the swimmer. The buoy serves the function of visibility;
- **shark deterrents**;
- **an accompanying swimmer**, under the conditions of Art. 3.5.

The **annotation** allows those consulting the ranking to know the conditions under which the crossing was performed.

3.5 Conduct in the water

The swimmer shall not have physical contact with the boat, the buoy, or any person.

The swimmer may receive drinks and food by means of a pole or a container secured to a line, provided that they do not lean on it and are not towed by it.

The accompanying swimmer shall remain beside or behind the swimmer, never in front, and shall not touch them.

The swimmer shall not swim in the wake of the boat or in that of other swimmers. In a mass start, the wake of other swimmers is inevitable: for this reason, race results are registered in the "In a race" category, distinct from crossings performed in accordance with these regulations (Art. 6.3).

The presence of the boat, the buoy, or an escort does not in itself have any consequence on the category: only the act of leaning is relevant, which the observer is required to record.

3.6 Interruption

Boarding the boat or exiting the water outside of the route's landing points shall interrupt the crossing. A crossing resumed after an interruption shall be registered in the stage swim format.

Decisions regarding safety are the responsibility of the pilot. Exiting the water as ordered by the pilot shall interrupt the crossing pursuant to the previous paragraph.

Stage swims

4.2.1 Definition

A stage swim is a crossing divided into segments, during which the swimmer exits the water, either onto land or onto the support boat, to rest, eat, or sleep.

The stage format is independent of the equipment used: a stage swim shall be registered, in accordance with Art. 3, in the **Skin**, **Wetsuit**, or **Assisted** category. A crossing performed without interruption with a performance aid is **Assisted** and **Solo**; a crossing performed in a swimsuit with stops on board is a **Skin** stage swim.

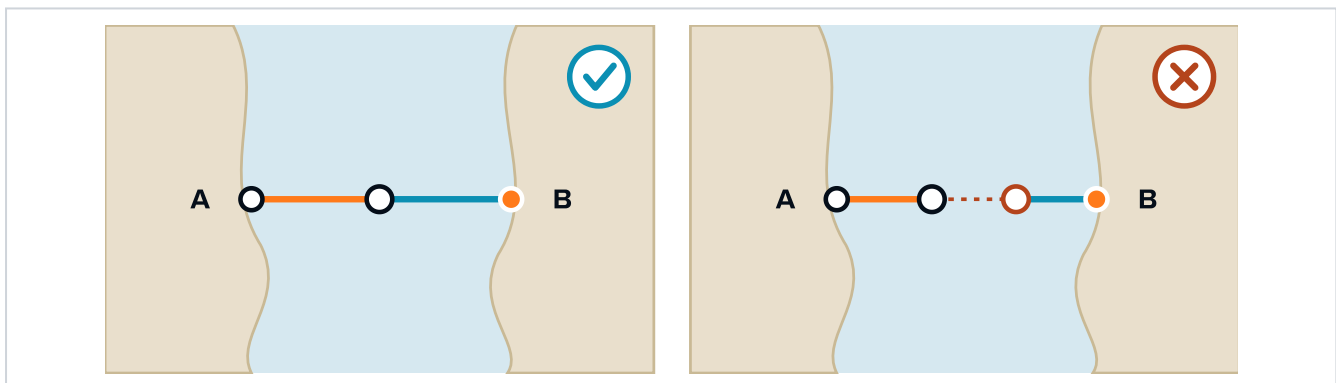
Boarding the boat or exiting the water outside of the route's landing points shall interrupt the crossing; a crossing resumed after such an interruption is a stage swim.

4.2.2 Resumption

The swimmer shall resume each segment from the exact point where the previous one ended, or from a point prior to it. During a stop, the boat may be carried by the current or wind: the distance covered in this manner has not been swum, and a segment resumed from a subsequent point shall not be recognized.

A segment that ended on land shall be resumed from the same land. A segment that ended in the water shall be resumed from the same coordinates, within a margin of a few meters.

The observer shall record the time and coordinates of the point where each segment ends and the point where the next one resumes.



On the left, the second segment resumes from the point where the first ended, compliant; on the right, it resumes further ahead, after the boat has been carried by the current, non-compliant

4.2.3 Duration of stops

The duration of stops is not limited. Each stop shall be recorded, and its duration shall be reported for the crossing.

4.2.4 Times and ranking

A stage swim is described by:

- **the number of segments;**
- **the time in the water**, equal to the sum of the times of the segments;
- **the total time**, from the first start to the final finish, including stops.

The ranking shall be ordered by the number of segments, in ascending order, and in the event of a tie in the number of segments, by time in the water. The total time shall always be indicated.

4.2.5 Stage relays

A relay may be performed in stages. In such a case, the entire team shall stop and resume from the point where it stopped, in accordance with Art. 4.2.2. A change of swimmers does not constitute a stop.

Relays

4.3.1 Definition

A relay is a crossing performed by a team whose members take turns, such that only one swimmer is in the water at any given time. The provisions regarding the route, distance, and trials established for each crossing shall apply to the relay.

4.3.2 Team

The team shall establish the number of members, between 2 and 6, and the order in which they swim before the start. The composition and the order may not be modified until the finish. If a member does not enter the water at their scheduled turn, the relay shall be terminated and shall not be recognized.

Relay rankings are categorized by composition: female, male, mixed.

4.3.3 Turn

Each member shall swim for a turn of fixed duration, equal for all and established before the start. The reference duration is one hour; the team may establish a different duration, which shall be recorded in the crossing documentation. A member who exits the water before the end of their turn terminates the relay.

Once the first rotation is completed, the order shall repeat unchanged until the finish. The final turn may be of shorter duration, as it concludes upon arrival on land.

4.3.4 Exchange

The exchange shall take place in the water. The incoming swimmer shall approach the swimmer in the water from behind and overtake them; only after the overtake may the outgoing swimmer reach the boat. The two swimmers shall not touch each other nor lean on the boat. The exchange shall be completed within 5 minutes of the scheduled time.

The first swimmer shall start from the departure land and the last swimmer shall arrive on the arrival land, in accordance with Art. 2.2.

4.3.5 Equipment

The relay shall be registered in a single equipment category. If even one member wears a **wetsuit**, the relay shall be registered in the **wetsuit** category; if even one member uses a performance aid, it shall be registered in the **assisted** category. The **annotations** provided for in Art. 3.4 shall be recorded for the member who makes use of them.

4.3.6 Exchange Log

The observer shall record, in addition to the log provided for in Art. 5, the time of each exchange and the name of the swimmer entering the water.

The attempts and the observer

5.1 Observer

The swimmer shall perform the crossing in the presence of an observer. A crossing performed without an observer shall not be recognized.

The observer shall remain on board the support boat for the entire duration of the crossing, from entry into the water until exit, and shall certify:

- that the route has been covered in its entirety;
- that these regulations have been complied with;
- that the recorded times correspond to the conduct of the crossing.

The observer shall possess attention to detail, knowledge of these regulations, and impartiality. It is not excluded that the observer may be a family member of the swimmer, but it is recommended that they not be.

5.2 Pre-departure requirements

Before departure, the observer shall:

- read these regulations aloud to the swimmer and the pilot;
- record the equipment and the elements declared pursuant to Art. 3.4;
- sign the crossing declaration with the swimmer.

5.3 Logbook

The observer shall complete the logbook at intervals not exceeding 30 minutes and, in any case, at least once every hour, recording:

- the time;
- the position, in coordinates;
- the stroke rate per minute;
- the water and air temperature;
- the wind and sea state;
- the feedings;
- in the notes, every relevant event: contact with jellyfish, current variations, cramps, sightings, the onset of night.

The observer shall record the departure time to the second, at the moment the swimmer enters the water from land or pushes off from a rock, and the arrival time, at the moment they exit the water onto land or touch it.

In the event of a discrepancy, the observer's logbook shall prevail over the GPS track.

5.4 Track

During the crossing, the GPS track of the support boat shall be recorded, preferably with two devices. The swimmer shall submit the original track file; a map image is not permitted. The track shall be compared with the logbook regarding the route, speed, and direction.

5.5 Photographs and videos

The swimmer shall submit at least:

- photographs or videos of the departure and arrival;
- a photograph approximately every hour and one at each notable point of the route;
- a video of their stroke, lasting no less than 15 seconds.

The photographs shall be submitted in their original format, including the date and location data of the shot. The originals are reserved for the party examining the dossier; a copy devoid of such data, with the indication of the author, shall be published on the page.

Conditions documented by photographs deemed suitable during the examination, such as jellyfish, rough seas, or a night arrival, shall be recorded as an **annotation** on the crossing.

5.6 Dossier

The swimmer shall submit the crossing dossier via Omniathlon OWS. The dossier shall include the signed declaration, the logbook, the track, the photographs, and the videos, and may include the swimmer's account. The examination of the dossier shall consist of the comparison between the track and the logbook, between times and route, and between photographs and timestamps.

5.7 Documentation prepared on other forms

The dossier may be prepared on forms other than those of Omniathlon OWS, including those of other organizations, provided that it contains all the elements required by Arts. 5.1-5.5. The crossing shall be examined according to these regulations.

A crossing ratified by an entity pursuant to Art. 6.1 shall be registered as ratified by said entity, subject to verification with its records, and shall not be subject to a new examination.

A ratification issued by an organization that does not maintain records of the stretch does not constitute ratification pursuant to Art. 6.1: the relative documentation shall be examined as a dossier pursuant to this article.

Crossing Declaration

Route _____

Direction _____ Date _____

Swimmer or team _____

Pilot _____ Boat _____

Observer _____

EQUIPMENT

☐ Skin ☐ Wetsuit ☐ Assisted

FORMAT

☐ Solo ☐ Relay ☐ Stages

DECLARED NOTES

- ☐ Watch showing time, pace or distance
- ☐ Safety buoy ☐ required by authority ☐ chosen
- ☐ Shark deterrent
- ☐ Pacer
- ☐ Other _____

☐ The rules were read aloud before the start, in front of the swimmer and the pilot.

Start (hours, minutes, seconds) _____ Start location _____

Finish (hours, minutes, seconds) _____ Finish location _____

Swimmer signature

Observer signature

Pilot signature

Swimmer or team Observer

[illegible]

OBSERVER FORMS

Relay Log

Route

Date

Team

Turn (minutes)

Observer

ORDER · SWIMMER

1

2

3

4

5

6

Composition, order and turn do not change until the finish. The change must be completed within 5 minutes of the planned time.

Change	Planned time	Change time	Out	In	Notes
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					

Stages Log

Route _____

Date _____

Swimmer or team _____

Observer _____

Each stage restarts from the point where the previous one ended, or further back.

Stage	Restart		End		Time in water	Rest location	Notes
	Time	Coordinates	Time	Coordinates			
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							