

## **Regulations**

**on the Second International Open Water Swim Competition**

**X-WATERS Thailand on February 13-15th, 2026**

Thailand, Phuket Island, 2026

## **General information.**

**1.1.** Executive Director of the swim: Elena Karmazin, Sergey Efimov.

**1.2.** The International swim X-WATERS Thailand is held on February 13-15th 2026 in Thailand, Phuket Island, Karon Beach.

**1.3.** Distances (details on the website [x-waters.com](http://x-waters.com)):

- 1 k;
- 3 k;
- 5 k;
- relay race 2x1 k;
- 1 k finswimming (it must be separate, the use of a tube is allowed);
- X-KIDS 200 m;
- X-JUNIORS 500 m.

It is possible to register and take part in several distances (max 4), acceptable combinations: 5 k + 1 k, 3 k + 1 k.

**1.4.** Control time of passing distances:

- 1 k - 30 min;
- 3 k - 1 hour 30 min;
- 5 k - 3 hours;
- relay 2x1 k - 60 min;
- 1 k finswimming - 30 min;
- X-JUNIORS 500 m - 15 min.

**1.5.** Maximum number of swim participants: 550 persons, distribution by distance. The Organizers have the right, but do not undertake, to increase or decrease the number of Participants.

**1.6.** 3 winners in the categories "Men" and "Women" in the absolute standings at all distances are subject to awarding. At distances where the number of registered Participants exceeds 60 people, diplomas (and/or medals) are awarded in age groups. The number of categories for awarding can be increased at the discretion of the Organizer. In the relay (if relevant in accordance with clause 1.3.), the teams that took the first 3 places in the absolute standings without division into "Men" or "Women" and age categories are subject to awarding.

**1.7.** Registration for the swim is made on the official website of the series: [x-waters.com](http://x-waters.com)

**1.8.** Cases not considered in the Regulation are considered by the Organizing Committee in the current order.

## **2. Goals and objectives.**

**2.1.** Popularization of a healthy lifestyle and swimming.

**2.2.** Attracting tourists from among sports fans to the region.

**2.3.** Stimulating the growth of sports achievements in long-distance swims.

## **3. Management.**

**3.1.** The organizer of the swim: Thailand Competition Manager and Representative ATUS & PE Efimov.

**3.2.** The management of the swim is carried out by the Organizing Committee.

#### **4. Venue and time of the event.**

**4.1.** The schedule of the swim events is published on the official website of the swim (item 1.7.) simultaneously with the appointment of the start time.

**4.2.** The distance scheme is posted on the swim website (p. 1.7.).

**4.3.** The Organizers have the right to change the distance schemes and the start time by notifying the Participants on the swim website (p. 1.7.) and / or in the official channel of the swim in Telegram. The decision to change is made by the Executive Director of the swim taking into account weather conditions, water temperature, as well as the orders of the control bodies, security services and other government agencies.

#### **5. Participants of the competition.**

**5.1.** The age of the Participant for admission to the swim is determined by the passport (or other identity document) on the day of the swim. Age limit for distances:

- 1 k, 3 k, 5 k, 2x1 k relay - from 18 years and older;
- 1 k finswimming - from 12 years and older;
- X-KIDS 50 m - from 7 to 10 years old (if relevant in accordance with clause 1.3.);
- X-KIDS 200 m - from 9 to 17 years old (if relevant in accordance with clause 1.3.);
- X-JUNIORS 500 m - from 14 to 17 years old (if relevant in accordance with clause 1.3.).

**5.2.** The age group of the Participant for the award is determined by the number of full years as of December 31 of the year of the swim. This paragraph does not cancel the requirements of clause 5.1.

**5.3.** The use of wetsuits:

- at water temperatures above 24 degrees - the use of neoprene wetsuits is prohibited at all distances;
- when the water temperature is above 18 degrees - the use of wetsuits is allowed at all distances;
- if the water temperature is below 18 degrees, the use of neoprene wetsuits is mandatory, at distances over 3 km, the use of full neoprene wetsuits is mandatory;
- if the water temperature is below 16 degrees - the use of neoprene full wetsuits is mandatory, changes in distances are possible up to cancellation;
- if the water temperature is below 14 degrees, there may be changes in distances up to cancellation, the use of neoprene full wetsuits and neoprene helmets is mandatory.

**5.4.** The number of Participants in the relay (if relevant in accordance with clause 1.3.) must be equal to the number of relay stages.

#### **6. Registration.**

**6.1.** Registration is carried out online on the official website (clause 1.7.). After registration, the Participant receives a confirmation letter to the specified email address and the slot for the swim appears in the Participant's personal account on the official website. In case of absence of a letter in the mail or a slot in your personal account, you must contact the Organizer by mail indicated on the official website of the swim.

**6.2.** When registering, the Participant is obliged to provide personal data in accordance with the identity document.

**6.3.** A participant is considered registered if he has filled out the registration form and paid the registration fee.

**6.4.** The registration fee is spent on organizational needs. The amount of the contribution can be found on the official website (clause 1.7.). All financial issues are regulated by the offer agreement published on the website.

**6.5.** The paid registration fee is not refundable.

**6.6.** The registration of the Participant is cancelled if the Participant provides false, inaccurate or incomplete data. In case of cancellation of registration, the funds will not be returned (for more details in the offer agreement, clause 5.).

**6.7.** The transfer of paid participation to other persons is regulated by the offer agreement posted on the website.

**6.8.** By registering, the Participant confirms his agreement with all the clauses of this Provision and the public offer agreement.

## **7. Admission to the swim.**

**7.1.** In order to be admitted to the swim and receive the starting kit before the start, Participants must provide:

- a passport or other identity document (a driver's license is not an identity document)
- a completed and signed "Application for participation in the swim", in which he relieves the Organizers of responsibility for possible damage to life and health that occurred during the swim (Appendix 1).

**7.2.** To be allowed to swim and receive a starting kit at all X-KIDS and X-JUNIORS distances (if relevant in accordance with clause 1.3.), as well as at distances (in accordance with clause 5.1.) where participation of minors (persons under the age of 18) is allowed, Participants must provide:

- a parent's passport or a child's birth certificate
- a completed and signed "Application for participation in the swim", in which the Legal Representative of the Participant relieves the Organizers of responsibility for possible damage to the life and health of the Participant that occurred during the swim (Appendix 2).

**7.3.** Starter packages are issued only to the Participant personally. Receiving packages for other persons and transferring packages to other persons is prohibited. When issuing the starter package, after checking all the documents, a Participant's bracelet is attached to the Participant's hand. It is forbidden to remove the bracelet before the end of the competition. The absence of a bracelet from a Participant for the competition leads to his disqualification.

**7.4.** All Participants are required to attend the pre-launch briefing. The exact information about the place and time of the briefing will be indicated on the website (item 1.7.).

**7.5.** All points of this section are mandatory, failure to comply with any of them entails the removal of the Participant from the swim without any refunds.

## **8. Starter pack and chip.**

**8.1.** Time measurement is performed at all distances.

**8.2.** The starter package includes:

- individual swimming cap;
- informational materials.

**8.3.** An individual safety buoy is issued together with the launch package or directly at the launch point. The exact information about the receipt of an individual insured buoy is announced at the pre-launch briefing. At distances over 9 km, it is allowed to swim with your orange safety buoy without the symbols of other swimming starts.

**8.4.** Participants are allowed to start the swim only with an electronic chip (when using electronic timing), a safety buoy and in the issued The organizers of the swimming cap. The chip and buoy should be secured in accordance with the instructions of the Organizers. Incorrect fixing of the chip can make it impossible to fix an individual result. At the end of the swim, the chip and the safety buoy must be handed over to the Organizers.

## **9. Awarding.**

**9.1.** Participants are to be awarded in accordance with clause 1.6.

**9.2.** Age groups (in accordance with clause 1.6. awarding in age groups is carried out at those distances where the number of registered Participants exceeds 60 people):

Age	Women	Men	Years old
born 2012-2011	F15	M15	14-15 years old
born 2010-2009	F17	M17	16-17 years old
born 1997-2008	F18	M18	18-29 years old
born 1987-1996	F30	M30	30-39 years old
born 1977-1986	F40	M40	40-49 years old
born 1967-1976	F50	M50	50-59 years old
born 1966 and older	F60	M60	60 years old and older

**9.3.** All finishers within the time limit are awarded the finisher's medal.

**9.4.** The participants who took the prize in the absolute do not participate in the awarding in the age categories. Awarding in age categories occurs with a shift of position by 1, 2 or 3 places, depending on whether someone from this category was awarded in absolute.

**9.5.** The winners in the absolute are determined by the principle of guntime, the winners in the age groups are determined by chiptime.

**9.6.** At the X-KIDS distances, all finishers are awarded a finisher's medal. Awards in absolute terms and in age groups are not made.

## **10. Withdrawal from the race.**

**10.1.** If a Participant decides to stop his participation in the swim, he must inform the Organizers about it and return the electronic chip and the safety buoy, this can be done in the starting town or at the starting point. The exact location of the starting town and the starting point are indicated on the website (p. 1.7.)

**10.2.** The medical staff, judges and/or other representatives of the Swim Organizer have the right to remove the Participant from the race at any time, if they deem it necessary, due to weather and/or other conditions that prevent the safe conduct of this swim.

**10.3.** If there is a mandatory individual escort at the distance and the individual escort cannot continue the distance for any reason, the Participant is subject to withdrawal and disqualification, without reimbursement of the registration fee for participation in the swim.

## **11. Disqualification.**

**11.1.** The Organizers have the right to disqualify a Participant if they have reasonable concerns about his health, if the Participant does not comply with the rules of the swim and the provisions of this Provision, interferes with other Participants, otherwise hinders the swim.

**11.2.** A control time is valid at all swimming distances (clause 1.4.). A participant may be removed from the swim if he does not meet the allotted limit of the control time. All participants who did not meet the allotted time limit will be disqualified in the finish protocols, points for the X-WATERS World Championship will not be awarded for this swim.

**11.3.** If the Participant does not comply with the request of the accompanying persons to board the boat, he is disqualified, the finisher's medal is not awarded, all responsibility for his health is removed from the Organizer.

**11.4.** The participant is removed from the swim if he does not cope with the current and turns out to be below the control marks (if they are in clause 1.4.). The Organizers explain the rules for passing the control marks at the pre-start briefing.

**11.5.** Each Participant during the swim must fasten an individual buoy provided by the Organizers on his belt. A participant finishing without a buoy is disqualified and reimburses the Organizers for the cost of the buoy.

**11.6.** The use of special devices, such as fins, paddles, mattresses, gloves with webbing, tubes, etc., with the exception of individual rescue buoys, wetsuits, neoprene gloves, socks, helmets, is prohibited at all distances, except those where it is allowed and described in clause 1.3.

**11.7.** Each Participant during the swim is obliged to wear a swimming cap issued by the Organizers. Participation in the swimming cap TOP 100 X-WATERS World Championship is allowed. A participant finishing without a cap may be disqualified.

## **12. Ensuring security.**

**12.1.** The overall responsibility for ensuring the safety of the swim is assigned to the Organizer.

**12.2.** In order to ensure the safety of Participants on the water, escort by boats, boats with rescue groups and/or other swimming facilities is organized.

**12.3.** Each Participant is given an individual safety buoy for the duration of the swim.

**12.4.** Medical support is provided by a team or ambulance teams with the necessary equipment in accordance with the regulatory legal acts in force on the territory of the swim.

**12.5.** The safety of Swim Participants and spectators at the venue of the main events of the swim on land is provided by the Organizer through the hiring of a private security company (PSC).

**12.6.** The Organizers are not responsible for the Participants who do not comply with the rules of the swim and the instructions of the Organizers.

### **13. Photo and video shooting.**

**13.1.** The Organizer has the right, without any notification, compensation to the Participant or liability, to make a photo and video recording of the Participant during the swim, to use photo, audio and / or video materials with the participation of the Swim Participant in promotional, advertising and other publications in the printing industry, on radio, television, the Internet and other sources without limitation of the terms and places of use of these materials, as well as the right to edit such materials and transfer them to third parties.

### **14. Personal data.**

**14.1.** The performance by the Swim Participant of actions to pay the registration fee automatically means the full and unconditional acceptance (acceptance) by the swim Participant of the terms of the public contract-offer, including consent to the processing of their personal data by the Organizer.

**14.2.** When filling out the registration web-form, the Swim Participant provides the Organizer with the following information, which is the personal data of the Swim Participant: surname, first name, patronymic, gender, date of birth, contact information (phone, email, city), company, club, phone of a relative to whom you can contact in case of an accident with the ParticipantM. When filling out the application for participation in the swim, the Participant provides the Organizer with information about passport data.

**14.3.** Personal data processing means: collection, systematization, accumulation, clarification, updating, modification, use, distribution, transfer, including cross-border, depersonalization, blocking, destruction, storage, and any other actions (operations) with personal data. The processing of personal data of the Swim Participant can be carried out with the help of automation tools and / or without the use of automation tools in accordance with the current legislation on the territory of the swim.

**14.4.** The processing of personal data of the Swim Participant is carried out solely for the purpose of fulfilling the terms of this public offer agreement and the Regulations on the swim, including for registration of the Participant in the swim, formation of start and finish protocols, sending e-mail messages and SMS notifications containing information about the swim and any other information to the Participant after the swim information concerning the Participant and the swim itself.

**14.5.** The Organizer takes the necessary legal, organizational and technical measures or ensures their adoption to protect personal data from unlawful or accidental access to them, destruction, modification, blocking, copying, provision, dissemination of personal data, as well as from other unlawful actions with respect to personal data, and also undertakes to maintain the confidentiality of personal dataParticipants of the swim. The organizer has the right to involve subcontractors for the processing of personal data of Swim Participants, and also has the right to transfer personal data for processing to its affiliates, while ensuring that such subcontractors and affiliates accept the corresponding obligations regarding the confidentiality of personal data.

**14.6.** The date of consent to the processing of personal data of the Swim Participant is the date when the Swim Participant performs actions to pay the registration fee. The consent is valid for 20 (twenty) years from the date of transfer of personal data.

**14.7.** Consent to the processing of personal data may be revoked by a Swim Participant on the basis of a written application in any form addressed to the Organizer and sent to him at: [welcome@x-waters.com](mailto:welcome@x-waters.com).

## **15. Protests.**

**15.1.** Claims based on the results of the swim are accepted during the day of the swim and two days after the swim.

**15.2.** If the Organizers have doubts about the validity of the claim, the claim is sorted out after the deposit of 1000 rubles / 20 Euro. The deposit is refunded if the assumptions set out in the claim are confirmed.

**15.3.** The protocols of the swim can be specified within three days after the swim, after that they are considered official and final.

**This Regulation may be changed or terminated by the Organizers unilaterally without prior notice to the Participants and without payment of any compensation in this regard.**

**This Regulation is an official invitation-call to participate in the swim.**



## Appendix 1

*Dear participant of the swim! It is highly unlikely that any of the risks listed below may happen, however, we are obliged to notify you of potential threats and make sure that you are ready to bear responsibility for your actions or inaction.*

Organizer of the swim, Thailand Competition Manager and Representative ATUS & IP Efimov.

### Application for participation in the swim

I, (Full name)

" \_\_\_\_ " \_\_\_\_\_ year of birth, resident(s) at: \_\_\_\_\_

passport (serial number) \_\_\_\_\_, issued " \_\_\_\_ " \_\_\_\_\_ year \_\_\_\_\_,

Issued by

whom \_\_\_\_\_

Tel. \_\_\_\_\_ The phone number of the next of kin for emergencies \_\_\_\_\_.

Having full freedom of expression, being in a state that allows you to fully realize and adequately assess your physical form, health and level of sports skills, adequately assessing the degree of risk, I ask to allow me to participate in the swim \_\_\_\_\_20\_\_ year.

I am fully INFORMED and HAVE REALIZED that open water swim can be a source of increased danger, injuries of varying severity and even death.

I am AWARE of the swim Regulations, I undertake to follow the rules of the swim, the instructions of the Organizers, judges and rescuers.

I undertake to provide all necessary documents, as well as mandatory to insure my life and health from accidents that may occur during the swim.

I ACCEPT full responsibility for all of my actions (or inaction) made within and in connection with the swim.

In the event that during my participation in the swim, or as a result of my participation in the swim, I get injured neither I, nor my family members, nor other executors WILL HAVE ANY CLAIMS (material or moral), neither to the judges, nor to the Organizers, nor to any other representative of Organizer nor to other participants of the swim, regardless of the circumstances under which this injury (or other harm to health) took place.

I agree that if a Participant does not obey the request of the accompanying persons to board the boat, he is disqualified, the finisher's medal is not awarded, all responsibility for his health is removed from the Organizer, and then such a Participant ceases to be Participants in this swim. I give my consent to the Organizer to use photos, videos and other materials with my participation created during the swim. I give the Organizer my consent to the collection, storage and processing of the personal data provided by me. I undertake to independently monitor my health and, in case of deterioration of health, immediately notify the Organizers and consult a doctor.

### Medical contraindications for participation in the swim

- clinically significant circulatory failure;
- exacerbation of chronic coronary insufficiency;
- myocardial infarction (less than 12 months ago);
- aneurysm of the heart and aorta;
- threat of thromboembolic complications;
- threat of bleeding;
- organic diseases of the nervous system with a violation of its functions;
- blood diseases;
- malignant neoplasms;
- cholelithiasis and urolithiasis with frequent pain attacks;
- acute inflammatory diseases of the kidneys;
- myocarditis of any etiology;
- majority of heart defects;
- acute infectious diseases and their exacerbations;
- arterial hypertension;
- cardiac hypertrophy;
- pulmonary insufficiency with a decrease in HD;
- pregnancy over 22 weeks;
- obesity, 3-4 degree;
- significant myopia with changes in the fundus;
- diabetes mellitus (severe form)

I AM AWARE with the above list of medical contraindications and I CONFIRM I have no such contraindications, as well as any other circumstances that may interfere with my safe participation in the swim.

I CONFIRM my voluntary desire to participate in the swim.

I have carefully studied this document on the withdrawal of claims and exemption from liability, fully understood and AGREED with its content and SIGNED it voluntarily.

(Full name): \_\_\_\_\_

Signature: \_\_\_\_\_

Date of completion: « \_\_\_\_ » \_\_\_\_\_ 20\_\_

## Appendix 2

*Dear participant of the swim! It is highly unlikely that any of the risks listed below may happen, however, we are obliged to notify you of potential threats and make sure that you are ready to bear responsibility for your actions or inaction.*

Organizer of the swim, Thailand Competition Manager and Representative ATUS & IP Efimov.

### **Application for participation in the swim at the X-KIDS and X-JUNIORS distances, as well as at distances where participation of minors (persons under the age of 18) is allowed**

I (Full name) \_\_\_\_\_

" \_\_\_\_ " \_\_\_\_\_ year of birth, resident(s) at: \_\_\_\_\_

\_\_\_\_\_ passport (serial number)

\_\_\_\_\_, issued « \_\_\_\_ » \_\_\_\_\_ year \_\_\_\_\_, by whom

\_\_\_\_\_ phone \_\_\_\_\_

Phone number of the next of kin for emergencies \_\_\_\_\_, the legal representative of the participant acting on the basis of \_\_\_\_\_, having full freedom of expression, being in a state that allows you to

fully realize and adequately assess the physical form, health status and level of sports skills of the participant, adequately

assessing the degree of risk, I ask to admit (Full name) \_\_\_\_\_,

« \_\_\_\_ » \_\_\_\_\_ year of birth, resident(s) at: \_\_\_\_\_

\_\_\_\_\_ (identity document)

\_\_\_\_\_ k participation in the swim \_\_\_\_\_ year.

I am fully INFORMED and REALIZED that swimming in open water can be a source of increased danger, injuries of varying severity and even death.

I am FAMILIAR with the Regulations of the swim, I undertake to comply with the rules of the swim, the requirements of the Organizers, judges and rescuers.

I undertake to provide all the necessary documents.

I TAKE full responsibility for all actions of the participant (or inaction) performed within and in connection with the swim.

If, while participating in the swim, or as a result of participation in the swim, the participant receives harm to health or

injuries of any severity, neither I, nor my family members, or other executors WILL HAVE ANY CLAIMS (material and

moral), neither to the judges, nor to the Organizers, nor to any to another representative of the Organizer, nor to other

participants of the swim, regardless of the circumstances under which this injury (or other harm to health) took place.

I agree that if a Participant does not obey the request of the accompanying persons to board the boat, he is disqualified, the

finisher's medal is not awarded, all responsibility for his health is removed from the Organizer, and then such a Participant

ceases to be Participants in this swim. I give my consent to the Organizer to use photos, videos and other materials with my

participation created during the swim. I give the Organizer my consent to the collection, storage and processing of the

personal data provided by me. I undertake to independently monitor my health and, in case of deterioration of health,

immediately notify the Organizers and consult a doctor.

### **Medical contraindications for participation in the swim**

- clinically significant circulatory failure;
- exacerbation of chronic coronary insufficiency;
- myocardial infarction (less than 12 months ago);
- aneurysm of the heart and aorta;
- threat of thromboembolic complications;
- threat of bleeding;
- organic diseases of the nervous system with a violation of its functions;
- blood diseases;
- malignant neoplasms;
- cholelithiasis and urolithiasis with frequent pain attacks;
- acute inflammatory diseases of the kidneys;
- myocarditis of any etiology;
- majority of heart defects;
- acute infectious diseases and their exacerbations;
- arterial hypertension;
- cardiac hypertrophy;
- pulmonary insufficiency with a decrease in HD;
- pregnancy over 22 weeks;
- obesity, 3-4 degree;
- significant myopia with changes in the fundus;
- diabetes mellitus (severe form)

I AM AWARE with the above list of medical contraindications and I CONFIRM I have no such contraindications, as well as any other circumstances that may interfere with my safe participation in the swim.

I CONFIRM my voluntary desire to participate in the swim.

I have carefully studied this document on the withdrawal of claims and exemption from liability, fully understood and AGREED with its content and SIGNED it voluntarily.

(Full name): \_\_\_\_\_

Signature: \_\_\_\_\_

Date of completion: « \_\_\_\_ » \_\_\_\_\_ 20 \_\_\_\_