

## **Regulations**

**on the Third International Open Water Swim Competition  
X-WATERS KAZAKHSTAN on August 07-09<sup>th</sup>, 2026**

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## **Goals and objectives.**

- To promote a healthy lifestyle and swimming.
- To attract sport-loving tourists to the region.
- To stimulate the growth of sporting achievements in long-distance swimming.

## **1. General information.**

**1.1.** The X-WATERS Kazakhstan International Open Water Swim Competition (hereinafter referred to as Swim) is held August 7-9<sup>th</sup>, 2026 in the Lake Borovoe, Burabai, Kazakhstan.

**1.2.** The Race Organizer: «Limitless SP». The management of Swim is carried out by the Organizing Committee. (hereinafter referred to as Organizer).

**1.3.** Race Director: Gordienko Denis Gennadievich.

**1.4.** Distances and time limits:

Distances	Time Limit	Checkpoints
500 m, 500 m fins	15 min	
Knockout 3x500	60 min	
1 k	30 min	
4 k	2 hours	
8 k	4 hours	
Relay 3x500 m	60 min	
X-KIDS 500 m	15 min	

Details on the website [x-waters.com](http://x-waters.com)): (hereinafter referred to as Website).

**1.5.** It is possible to register and participate in multiple distances, acceptable combinations: 1 k + 4 k, 1 k + 8 k, relay + 4 k, relay + 8 k, 500 m + 4 k, 500 m + 8 k, knockout + any distance; It cannot be combined: 500 m + 500 m fins.

**1.6.** Maximum number of Participants: 1395 persons. Organizer reserves the right to increase or decrease this number.

**1.7.** The age of the Participant for admission to the race is determined by the passport (or other identity document) on the day of the Swim.

Age limit for distances:

Distances	Age
500 m fins, knockout 3x500, 1 k, 4 k, relay 3x500 m	14 years and older
500 m, 8 k	18 years and older
X-KIDS 500 m	7 to 17 years old

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

**1.9.** In addition to clause 5.5., participation in the Swim is permitted with a personal safety buoy of orange color, without logos of other swimming events, for the 4 k and 8 k distances.

**1.10.** It must be separate, the use of a tube is allowed.

## **2. Admission to the Swim and Mandatory Requirements.**

**2.1.** To be admitted and receive the race kit, Participants must provide:

- a passport or other identity document (a driver's license is not an identity document);
- a completed and signed Waiver and Release of Liability form. By this form, Participant relieves the Organizers of responsibility for possible damage to life and health that occurred during the swimming (Appendix 1).

**2.2.** To be allowed to swim and receive race kit at all X-KIDS (if applicable as per clause 1.4.), as well as at distances (in accordance with clause 1.7.) where participation of minors (persons under the age of 18) is allowed, Participants must provide:

- a parent's passport, child's passport (if the child is over 14 years old) or a child's birth certificate;
- a completed and signed «Waiver and Release of Liability form», 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 swimming (Appendix 1).

**2.3.** Race kits are issued in person only. Receiving race kits for other persons and transferring kits to other persons is prohibited. Participant's wristband will be affixed to the Participant after document check. It is forbidden to remove the wristband before the end of the competition. Removing the wristband before the end of the event leads to disqualification.

**2.4.** Attendance at the pre-race safety briefing is required for all participants. Time and location of the safety briefing will be posted Website.

**2.5.** All points of this section are mandatory. Failure to comply with any point in this section results in removal from the competition without refund.

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### 3. Awards and Age Categories.

**3.1.** The top 3 finishers in the Men's and Women's categories for each distance will receive awards. For distances with over 60 registered participants, diplomas will be given in age Age categories. The Organizer may increase the number of award categories at its discretion.

**3.2.** In the Relay, if applicable (as per clause 1.4.), the top 3 teams in the overall standings (no gender or age division) will be awarded. The number of Participants in the relay must be equal to the number of relay stages.

**3.3.** All finishers within the time limit (clause 1.4) will receive a finisher's medal.

**3.4.** In the X-KIDS swims all finishers receive a medal.

**3.5.** Overall winners are excluded from age category awards. Age category rankings shift accordingly. Awarding in age category occurs with a position shift of 1, 2 or 3 places, depending on whether someone from this group was awarded in the overall standings.

**3.6.** Overall winners (except for 4 k) are determined by gun time (first out of the water). Age group winners and the 4 k distance are determined by chip time (personal time of individual chip).

**3.7.** The Age category of the Participant for the award is determined by the age as of December 31 of the year of the swimming competition. This does not override the requirements of clause 1.7

**3.8.** Age categories:

Year of birth	Women	Men	Years old
born 2019-2018	F8	M8	7-8 years old
born 2017-2016	F10	M10	9-10 years old
born 2015-2013	F13	M13	11-13 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

### 4. Registration.

**4.1.** Registration is carried out online on the official website: [x-waters.com](http://x-waters.com).

**4.2.** After registration, the Participant receives a confirmation email to the specified email address and the slot for the race appears in the Participant's personal account on Website. In case of absence of a confirmation email or a slot in your personal account, contact the Organizer by the email indicated on Website.

**4.3.** When registering, the Participant must provide personal data in accordance with the identity document and consent to the processing of personal data.

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**4.4.** Participant is considered registered if he/she has filled out the registration form and paid the registration fee, which is a service for electronic registration as Participant in a swimming competition at a selected distance and assigning a slot in the Participant's personal account on Website.

**4.5.** The organizational fee is used to cover the costs of organizing. The amount of the contribution can be found on Website. All financial issues are governed by the Offer Agreement posted on Website.

**4.6.** The paid registration fee is non-refundable. The service is considered rendered from the moment the slot is assigned to the Participant.

**4.7.** The registration of the Participant is cancelled if the Participant provides false, inaccurate or incomplete data.

**4.8.** The transfer of paid participation to other persons is governed by the Offer Agreement posted on Website.

**4.9.** By registering, the Participant agrees to all clauses of these Regulations and the Offer Agreement.

## **5. Swim Event Conduct.**

**5.1.** The event schedule will be published on Website simultaneously with the start time.

**5.2.** The distance schemes are posted on Website.

**5.3.** Organizer reserves the right to change the course layout or start times due to weather conditions, water temperature, as well as the orders of the control bodies, security services and other government agencies. Such decisions will be made by Race Director and communicated via Website and/or the event's Telegram channel. (The link to the Telegram chat is published Website).

**5.4.** The race kit includes:

- individual swimming cap;
- informational materials.

**5.5.** A personal swim safety buoy will be issued with the race kit or at the start. Details will be given at the briefing. For distances over 9 k, Participants may use their own orange safety buoy without logos of other events.

**5.6.** Timing is provided for all distances in Swim.

**5.7.** Participants are allowed to start Swim only with an electronic chip (when using electronic timing), an individual safety buoy (inflated) and a swimming cap issued by Organizer. The chip and buoy must be secured as instructed. Incorrect fixing of the chip may make it impossible to fix an individual result. The chip and buoy must be returned to Organizer after finishing.

**5.8.** All Participants must wear the swimming cap provided by Organizer during the Swim. Wearing the official TOP 100 X-WATERS World championship cap is also permitted. Participant finishing without a cap, or wearing any other swim cap, will be disqualified.

**5.9.** Organizer reserves the right to revise time limits (clause 1.4) for completing the distance(s) in the event of unforeseen weather conditions and/or other factors affecting the conduct of Swim and the completion times.

## **6. The use of wetsuits.**

**6.1.** Mandatory requirements:

- Water temperature is above 24 degrees - neoprene wetsuits is prohibited at all distances;

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- Water temperature is above 18 degrees - neoprene wetsuits is allowed at all distances;
- Water temperature is below 18 degrees - neoprene wetsuits is mandatory, at distances over 3 k, the use of full neoprene wetsuits is mandatory;
- Water temperature is below 16 degrees - full neoprene wetsuits is mandatory, changes in distances are possible up to cancellation;
- Water temperature is below 14 degrees - full neoprene wetsuits and neoprene helmets is mandatory. Distance changes or cancellation are possible.

## **7. Withdrawal from the Swim.**

**7.1.** Participant who decides to withdraw must notify Organizer and return the timing chip and buoy at the venue or starting area. The exact location of the venue and the starting area are posted on Website.

**7.2.** Medical staff, referees, or Organizer representatives have the right to remove Participant at any time from the Swim due to weather and/or other conditions that prevent the safe conduct of this swim.

**7.3.** If there is a mandatory individual escort at the distance and the individual escort cannot continue the distance for any reason, the Participant will be withdrawn and disqualified, without refund.

## **8. Disqualification.**

**8.1.** Organizer reserve the right to disqualify Participant on the following grounds: reasonable concerns about the Participant's health; violation of the Swim rules or these Regulations; interference with other Participants; or any action that impedes the event.

**8.2.** Time limit is in effect for all distances (clause 1.4.) Participant who exceeds the time limit will be removed from Swim. All Participants who fail to meet time limits will be assigned the status OTL (Out of Limit) in the official results. No points for the X-WATERS World Championship will be awarded for this Swim.

**8.3.** Failure to comply with requirements from swim safety personnel to board a support boat will result in Participant's disqualification, forfeiture of the finisher's medal, and a complete release of Organizer from any liability for Participant's welfare.

**8.4.** Participant will be removed from the Swim if Participant is unable to overcome the current and fail to pass the mandatory checkpoints (if applicable per clause 1.4.). The exact rules for navigating these checkpoints will be detailed at the pre-race briefing.

**8.5.** Each Participant must wear the personal safety buoy provided by Organizer, properly secured to the waist throughout the entire swim. Participant will be disqualified for finishing with a deflated buoy or without the buoy. In the latter case, Participant must also reimburse Organizer for the cost of the buoy.

**8.6.** 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 1.4.

**8.7.** The Participant is prohibited from holding onto another Participant's buoy, using other Participants' buoys and/or other external objects (equipment of other Participants, escort vessels, etc.) to move forward.

## **9. Safety.**

**9.1.** Overall responsibility for the safety of the event and Participants rests with Organizer.

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**9.2.** To ensure Participant safety on the water, Organizer will provide a safety escort by boats, boats with rescue groups and/ or other swimming facilities.

**9.3.** Each Participant will be provided with a personal swim safety buoy for use during Swim.

**9.4.** 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 Swim.

**9.5.** Organizer is responsible for safety on land at the event venue and will ensure this through a contracted private security service.

**9.6.** Organizer is released from all liability for Participants who violate the Swim rules or disregard official instructions.

## **10. Photography and Video Recording.**

**10.1.** The Organizer reserves 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 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.

## **11. Personal Data.**

**11.1.** All processing of Participant's personal data is carried out by Organizer in accordance with UAE PDPL-Personal Data Protection Law (Federal Decree-Law No. 45 of 2021).

**11.2.** Processing of the personal data provided by Participant during online registration on Website (including last name, first name, patronymic, date of birth, contact information) is carried out on the basis of the Consent to the processing of personal data granted by Participant at the time of such registration. Participant is obliged to review the Personal Data Processing Policy before providing Consent. The Policy is published on Website.

## **12. Protests.**

**12.1.** All protests concerning competition results will be accepted on the event date and for a period of two calendar days thereafter.

**12.2.** In case of doubts concerning a protest's validity, the Organizers reserve the right to request a deposit of 1000 RUB / 20 EUR before proceeding with the review. The deposit shall be refunded upon confirmation of the protest's grounds.

**12.3.** Competition results may be amended within three days following the event. After this period, they shall be considered definitive and official.

**The Organizers reserve the right to amend or terminate these Regulations unilaterally at any time, without prior notice to Participants and without any compensation. This document serves as the official invitation for participation in the event.**

### Waiver and Release of Liability form

Waiver and release of liability for Participants aged 18 and over):

Full name: \_\_\_\_\_

Address: \_\_\_\_\_

My phone number: \_\_\_\_\_ trusted person's phone number \_\_\_\_\_

In connection with my participation " « \_\_\_\_\_ (date) in competitions \_\_\_\_\_

I, the undersigned, hereby declare, recognize, and expressly agree to the terms set forth below:

1) The event in question involves significant inherent risks of injury. While adherence to established rules, technical standards, proper equipment use, and personal discipline can mitigate these risks, the potential for serious injury cannot be entirely eliminated. I hereby affirm that my physical fitness and level of training satisfy all requirements for participation in this competition. I fully acknowledge and accept that my involvement may result in serious injuries.

2) I knowingly and voluntarily assume all risks, both known and unknown, associated with my participation, including those arising from the negligence of the Released Parties or any other persons, and I accept full responsibility for my involvement in the event.

3) I agree to comply with all official rules, regulations, and conditions of the Event. Furthermore, I understand that I have a responsibility for my own safety. If I observe or become aware of any hazardous condition or significant safety concern, I will immediately cease participation and notify the nearest available event official.

4) I, on behalf of myself, my heirs, assigns, personal representatives, and next of kin, HEREBY RELEASE, WAIVE, DISCHARGE, AND COVENANT NOT TO SUE the Event Organizers, their affiliates, officers, directors, employees, volunteers, agents, sponsors, and other participants from ANY AND ALL LIABILITY, CLAIMS, DEMANDS, ACTIONS, AND CAUSES OF ACTION whatsoever arising out of or related to any loss, damage, illness, injury, or death, that may be sustained by me, or to any property belonging to me, while participating in the Event, WHETHER CAUSED BY THE NEGLIGENCE OF THE RELEASED PARTIES OR OTHERWISE, to the fullest extent permitted by law.

5) I hereby give my consent to the organizers of the event to photograph, record my voice and performances, as well as use my photographs, silhouette images and other materials involving the reproduction of my appearance and voice for marketing purposes within the framework of these competitions and competitions that will be held in subsequent years.

6) I acknowledge and agree that my participation may be subject to audio, visual, and photographic recording. By providing consent for such recording, I transfer all rights specified in Clause 5 to the event organizers on a gratuitous and non-compensatory basis.

I HAVE READ THIS Waiver and Release of Liability AND ACCEPTANCE OF RISKS. I FULLY UNDERSTAND THE MEANING AND SIGNIFICANCE OF ALL THE ABOVE CONDITIONS. I AM PHYSICALLY HEALTHY AND FAMILIAR WITH THE SITUATION. I AM RESPONSIBLE FOR MY LIFE AND HEALTH MYSELF. I AM SIGNING THIS DOCUMENT VOLUNTARILY AND WITHOUT ANY COMPULSION.

SURNAME \_\_\_\_\_ SIGNATURE \_\_\_\_\_ DATE: \_\_\_\_\_

**ШАҒЫМДАРДАН БАС ТАРТУ ТУРАЛЫ КЕЛІСІМ**

Жарысқа қатысушылар үшін шағымдардан бас тарту/жауапкершіліктен босату (18 жас және одан жоғары)

Ата-анасының аты-жөні: \_\_\_\_\_

Баланың аты-жөні: \_\_\_\_\_

Мекен-жайы: \_\_\_\_\_

Менің телефон нөмірім: \_\_\_\_\_ жауапты адамның телефон нөмірі: \_\_\_\_\_

« \_\_\_\_\_ » \_\_\_\_\_ ж өтетін \_\_\_\_\_ жарыстарына қатысуыма байланысты мен, төменде қол қоюшы, төменде көрсетілгендерді растаймын, мойындаймын және өз атымнан келісім беремін:

1. Аталған іс-шара жарақат алудың елеулі тәуекелдерінің болуын болжайды. Белгілі бір ережелерді, техникалық нормаларды сақтау, арнайы жабдықтарды пайдалану және жеке тәртіп осы тәуекелдерді төмендетуі мүмкін болғанымен, ауыр жарақат алу қаупі сақталады. Менің дене шынықтыру дайындығым осы жарыстарға қатысушыларға қойылатын талаптарға сәйкес келетінін растаймын. Бұл жарыстарда ауыр жарақат алатынымды түсінемін.

2. Мен осы белгілі және белгісіз тәуекелдер үшін, соның ішінде жауапкершіліктен босатылған адамдардың, басқа адамдардың әрекеттерінен туындаған тәуекелдер үшін жауапкершілікті саналы түрде және ерікті түрде өзіме аламын. Менің іс-шараға қатысқаным үшін толық жауапкершілікті өзіме қабылдаймын.

3. Мен барлық ресми бекітілген және жалпы қабылданған талаптарды, техникалық нормалар мен қатысу шарттарын сақтауға өз еркіммен келісемін. Егер мен іс-шараға қатысу кезінде стандартты емес елеулі қауіп-қатерді байқасам, өзімнің іс-шараға қатысуымды тоқтатуға және қауіп-қатер туралы ақпаратты жақын жердегі лауазымды адамның назарына дереу жеткізуге міндеттенемін.

4. Мен өз атымнан және өзімнің мұрагерлерімнің, құқық мирасқорларының, жеке өкілдерімнің және жақын туыстарымның атынан іс-шараны ұйымдастырушыларды, олардың қызметшілерін, лауазымды адамдарын, агенттерін және/немесе қызметкерлерін, басқа да қатысушыларды, қаржыландырушы ұйымдарды, демеушілерді, жарнама берушілерді, жауапкершіліктен босатылған адамдардың немқұрайлылығы себебінен немесе заңмен толық рұқсат етілген өзге де себеппен кез келген жарақат алу, еңбекке жарамсыздық, өлім адамға немесе мүлікке келтірілген зардап болған жағдайда жауапкершіліктен және сотпен қудалаудан босатамын.

5. Осымен мен іс-шараның ұйымдастырушыларына фотосуретке түсіруге, менің дауысым, сөйлеген сөздерімді жазуға, сондай-ақ келесі жылдары өткізілетін жарыстар шеңберінде маркетингтік мақсаттар үшін менің сыртқы келбетімді, дауысымды, менің фотосуреттерімді, силуеттік бейнелерімді және басқа да материалдарды пайдалануға келісім беремін.

6. Мен сөйлеген сөзімді аудио -, бейне -, кино - және/немесе фотоға түсіру жүргізілуі мүмкін екенін мойындаймын және фототүсірілімге және/немесе бейнетүсірілімге келісім бере отырып, жоғарыда 5-тармақта көрсетілген құқықтарды іс-шараларды ұйымдастырушыларға өтеусіз және тегін беремін.

ШАҒЫМДАРДАН БАС ТАРТУ ЖӘНЕ ТӘУЕКЕЛДЕРДІ ҚАБЫЛДАУ ТУРАЛЫ ОСЫ КЕЛІСІММЕН ТАНЫСТЫМ. МЕН ЖОҒАРЫДА КӨРСЕТІЛГЕН ТАЛАПТАРДЫҢ БАРЛЫҚ МАҒЫНАСЫ МЕН МАҒЫЗЫН ТОЛЫҚ ТҮСІНЕМІН. МЕНІҢ ДЕНІМ САУ, ШАРТТАРМЕН ТАНЫСТЫМ. МЕН ӨЗ ӨМІРІМ МЕН ДЕНСАУЛЫҒЫМ ҮШІН ЖАУАПТЫМЫН. МЕН ОСЫ ҚҰЖАТҚА ЕРІКТІ ТҮРДЕ ЖӘНЕ ЕШ МӘЖБҮРЛЕУСІЗ ҚОЛ ҚОЯМЫН.

Аты-жөні \_\_\_\_\_ қолы \_\_\_\_\_ « \_\_\_\_\_ » \_\_\_\_\_ 20 \_\_\_\_\_ ж