



## RULES

### Goals

- Moment of sharing and exchange between all the Mermaiding schools in Switzerland.
- Development of the Mermaiding discipline at national level.
- Development of a more sporting dynamic in a structured approach.
- Inclusive, benevolent, creative approach.

### Conditions of participation

Each school can present a maximum of 6 athletes (girl\* or boy\*).

Candidates must be accompanied by at least 1 coach.

### Registration

The organiser publishes the invitation no later than 6 months before the date of the competition.

Participants must submit their pre-registrations no later than 3 months before the competition.

Final registrations are made no later than 1 month before the competition.

### Categories

- Children: 8-10 years old (as of December 31 of the year of the competition)
- Young people: 11-13 years old (as of December 31 of the year of the competition)
- Teens: 14-17 years old (as of December 31 of the year of the competition)
- Adults: 18 years and over (as of December 31 of the year of the competition)

### Material

Athletes bring their own costumes and monofins for the competition.

For safety reasons, monofins must be a recognized brand.

**In addition, the monofin must be in the shape of a mermaid's tail otherwise it will not be accepted.**

For example: Mertailor, Mng Fins, FinFun, Mermaid Kat, Mermaid Linden, Aquamermaid, Mahina, Waterway Mermaid, Mermaid Tail Factory, Suntail, Kuaki, Magictail, etc.

No monofins from websites such as Alibaba or Wish will be accepted.



## Events

Each athlete must appear in the following 5 events:

1. **Figures** (draw 1 element from each of categories a., b. and c.)
  - a. Ripple
    - i. Undulations on the stomach (surface or underwater)
    - ii. Undulations on the back (surface or underwater)
    - iii. Lateral undulations (surface or underwater)
  - b. Flips
    - i. Front-flip
    - ii. Backflip
  - c. Various
    - i. Spin underwater
    - ii. Float 10 seconds on your back

For this event, a draw will take place in the morning of the competition during the meeting of the team leaders. The athletes will have prepared all the events but will only present 3 figures during the competition.

→ **ONLY** under water, no surface swimming

➤ Evaluation by the jury

### 2. Posing

Each athlete prepares a pose (on the surface or underwater) that he will present in front of the photographers.

The athlete must stay at least 5 seconds in the position, in front of the photographer.

➤ Evaluation of the photos by the jury

### 3. Speed

- Children's category: perform 15m on the belly and on the surface as quickly as possible
- Youth/Teens category: perform 25m on the stomach on the surface as quickly as possible
- Adult category: perform 50m on the stomach on the surface as quickly as possible

Make sure your athlete executes the discipline "Speed mermaiding" on the surface.

The start is done with at least one hand hanging on the wall, the monofin leaning against the wall. (Start of the athlete at the signal made by the jury)

The arrival is done with both hands against the wall. (The clock stops when the athlete's 2 hands touch the wall.)

➤ Rating: Stopwatch

### 4. Rescue

- Children's category: towing a mannequin on the surface for 10m
- Youth/teens category: look for a dummy at the bottom of the water, take it out and tow it for 15m
- Adult category: perform 25m of apnea, look for the dummy, take it out and tow it for 25m
  - Evaluation: quality of rescue, compliance with instructions



## 5. Ecology/Apnea

- Children's category: collect as much "waste" as possible from the bottom of the water in 1 minute, at a maximum depth of 2 meters
- Youth/teens category: fetch as much "waste" as possible from the bottom of the water in 1 minute 30 seconds, at a maximum depth of 2 meters
- Adult category: fetch as much "waste" as possible from the bottom of the water in 1 minute 30 seconds, at a depth of 3-4 meters

### Specific information about the discipline "Ecology"

- Each athlete receives a net before the start
  - Goggles or a mask are allowed
  - Athletes may breath during their time limit as many times as they want
  - Only 1 athlete at a time
  - Good (i.e. shells) and bad (i.e. waste) items are thrown in the water. The athletes should place only bad items in the net and bring the net back to the jury after the time limit ( 1 minute for kids, youth and teens, 1 minute 30 seconds for adults)
  - The jury will make a loud noise (the athlete hear it under water) after the time limit
- Evaluation: number of "waste" brought back

### Additional information

- You find videos on the homepage: <https://www.swissmerlympics.com/subscribe>
- The nose clip is not allowed
- Make-Up and accessories are allowed **ONLY** for the photoshooting
- Goggles or a mask are allowed **ONLY** for the discipline "Ecology"

### Meals

- Friday evening: meal will be served until 19.30 p.m. It's not possible to get dinner later.
- You will get the information for breakfast (Saturday and Sunday) when you arrive at the center.



### Departure fees

The departure costs differ depending on whether the delegation is accommodated at the Fiesch sports center on a full board basis (reservation through the organising committee).

	By booking full board	Without booking full board
Club/School - Children (8-10)	CHF 25.00	CHF 40.00
Club/School - Youth/teens (11-17)	CHF 30.00	CHF 45.00
Club/School - Adults (18+)	CHF 35.00	CHF 50.00
Individual (12-17)	CHF 35.00	CHF 50.00
Individual (18+)	CHF 45.00	CHF 60.00

### Starting order

The drawing of lots for the starting order is done before the start of the competition and is communicated to the schools/clubs and individual athletes\*participants.

### Jury

The jury is convened by the organising committee and is made up of experts in the field of mermaiding or water sports.

### Security

Safety freedivers will be present in the water. Lifeguards will be present at the edge of the pool

### Accidents or illness

Participants\* participate in the Merlympics at their own risk and under their own responsibility. Merlympics. The organiser declines all responsibility in the event of accident or illness.

Insurance is the responsibility of the participants. Each participant must be insured against accidents.

### Titles and awards

The 3 best athletes in each category are rewarded.