



DONOR GAMES OPEN RULES

1-Mile Swim

Workout Rules:

To be considered for the podium and cash prizes, all competitors in the 1-Mile Swim 2023 Open must adhere to the following rules and complete the workout within the 1-hour time cap.

- The clock starts once the athlete dives into the pool or pushes off the wall.
- Participants must touch the wall on every turn.
- Flip turns are permitted.
- Swimmers may use any swimming strokes and can switch strokes at any time.
- Swimmers cannot use the pool floor or lane dividers for assistance.
- Athletes cannot use speed-enhancement devices such as flippers.
- No flotation devices are allowed, including life jackets, floaties or wetsuits.
- No breathing apparatuses are allowed, such as snorkels.
- The athlete must swim the number of laps generated by the Donor Games 1-mile lap calculator.
- The participant's camera must be set up in a way where the entire lap is captured in the competition video, including both endpoints.

Competition Rules:

Registered athletes agree to and will comply with the following rules related to the Donor Games Open competition format.

1. Eligibility

- a. All athletes must be 18 years or older as of the close of registration for the competition.
- b. All athletes must agree to the Donor Games Consent Agreement and adhere to the Workout Rules and Competition Rules herein.
- c. Athletes must submit their full workout video during the competition window: from July 19 through July 25, 2023, at 11:59 EST

- d. Athletes may submit more than one workout video to improve their standings on the leaderboard. Competitors may submit no more than ONE (1) video within any 24-hour period.
 - i. Should an additional workout video be disqualified, it does not impact the rank/eligibility of a previously approved workout video.
- e. Athletes must accept prize winnings via ACH. Failure to provide ACH payment information within 1 week of the official prize-winning notification will result in forfeiture of the cash prize. All prize winnings will be dispersed within 2 weeks of the official prize-winning notification from the Donor Games.

2. Judging

- a. Failure to perform the mile swim according to the guidelines will result in disqualification.
- b. Judges' decisions are final.
- c. If a workout video is rejected, the competitor is allowed to submit a new competition workout video at any time during the competition window.
- d. Should the workout be disqualified on the last day of competition, athletes may be given an extension beyond the competition deadline at the discretion of the judges.
- e. If no new video is submitted before the extended deadline, the competitor is disqualified.