



54° TROFEO BERNETTI

presentt



1.8 | 3.6 KM

NUOTATA DELLE FALESIE SISTIANA

Sunday 28th, September 2025

OPEN WATER SWIMMING RACE RULES

1 Scope of application

These Rules contain the general provisions for the open water swimming competition called “Nuotata delle Falesie,” a collateral event of the 54th Bernetti Trophy. The race will take place on Sunday, September 28th, in the waters off the cliffs of Duino, starting from Sistiana Mare

This regulation is written in Italian and translated into English. In case of discrepancies or conflicting interpretations between the two versions, the Italian version shall prevail.

2 Organizer

The event is organized by Società Nautica Pietas Julia A.S.D. and Lifeguard Academy A.S.D. The event secretariat can be contacted at:

Società Nautica Pietas Julia - Sistiana Mare, 66/A - 34011 Duino-Aurisina TS

Email: swim@trofeobernetti.it | www.trofeobernetti.it/swim | ☎ +39.040.291.213



3 Tyypes of races

3.1 The event includes two separate competitions taking place on the same day:

1.8 km: race over a fixed distance of 1.8 km, corresponding to one lap of the course

3.6 km: race over a fixed distance of 3.6 km, corresponding to two laps of the course

Separate rankings will be issued for each competition.

3.2 Each participant may register for only one of the above-mentioned competitions.

3.3 To be admitted to the race, in addition to complying with the provisions of these rules, participants must:

- Have paid registrattion fee
- Hold a valid competitive sports medical certificate (for swimming
- Possess a valid ID document

3.4 Agli organizzatori compete la responsabilità esclusiva ed insindacabile nell'organizzazione della competizione.

4 Eligibility

4.1 Minimum age requirements to participate:

1.8 km: must be at least 14 years old

3.6 km: must be at least 16 years od

4.2 Men and women will compete together in both races, but separate rankings will be recorded.

5 Event schedule and regulation

5.1 The proposed event schedule is binding and may be modified at the sole discretion of the organizers in the event of adverse conditions, such as (but not limited to) epidemiological emergencies, dangerous weather or sea conditions, or risks to participant safety. The organizer may also set a maximum number of athletes admitted per race based on logistical and safety needs.

5.2 The preliminary schedule will be as follows:

8:30 am	Secretariat opens and athlete check-in at Pietas Julia headquarters, Sistiana Mare
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11:00 am	Races start
1:00 pm	Awards Ceremony and Pasta Party

Any changes will be officially communicated via the event website:
trofeobernetti.it/swim

6 Registraions

6.1 Registrattions will open on August 15th and close on September 26th.

6.2 Registration must be completed online using the form available at:

<https://forms.gle/iHTM9frot3wTi2Yv6>



6.3 The **registration fee is €20** and includes: a participation medal for all entrants, a personalized swim cap, and a pasta voucher redeemable at the Bernetti village at the Società Nautica Pietas Julia. Sports associations or groups registering six or more athletes in a single submission by September 7th will receive a discounted rate of €15 per athlete.

6.4 The registration fee must be paid by bank transfer to the following account:

Società Nautica Pietas Julia

IBAN IT56R0887736460000000317212

Description: Swim Race + *full name* (or club/team name for group registrations)

To finalize registration, the following documents must be sent via email to swim@trofeobernetti.it :

- Copy of the bank transfer receipt
- Valid competitive sports medical certificate (valid on the event date)
- Copy of a valid ID (and for minors, a copy of the legal guardian's ID)
- Parental authorization/accompanying adult form (for minors, available on the event website)





- 6.5 Once finalized, registrations cannot be modified or cancelled by the athlete. No refunds will be issued if the athlete decides not to participate or if the event is cancelled.

7 Awards

- 7.1 The top three finishers in each race will receive prizes. Separate male and female rankings will be published. The top three overall finishers will receive:

- 1st Overall: Free entry to one of the full “Hadria - Il Nuoto che Unisce 2026” circuits

- 2nd Overall: 75% discount on one of the full “Hadria - Il Nuoto che Unisce 2026” circuits

- 3rd Overall: 50% discount on one of the full “Hadria - Il Nuoto che Unisce 2026” circuits

- 7.2 The awards ceremony will be held after the last athlete finishes, at the Società Nautica Pietas Julia in Sistiana.
- 7.3 The organization reserves the right to award special prizes in addition to those listed.

8 Modifications or Additions to the Rules

- 8.1 The organizers reserve the right to modify or supplement the race rules as necessary due to unforeseen circumstances or safety reasons. Any such changes will be communicated to participants through the official event website: trofeobernetti.it/swim

TECHNICAL RULES

9 Race course

- 9.1 The race course follows a straight-line route, out-and-back for the 1.8 km race, and repeated twice for the 3.6 km race. The start line is located in front of the Caravella, heading toward Duino Castle and passing through the Falesie of Duino Nature Reserve.
- 9.2 A schematic map will be published on the event website by Thursday, September 25th.



10 Race attire and equipment

- 10.1 Athletes are required to wear swim caps and safety buoys for open water swimming. If needed, safety buoys may be purchased at the registration desk (cost: €15) while supplies last.
- 10.2 If the water temperature is between 16°C and 17.9°C, wetsuits are mandatory. Water temperature will be verified by the organizer, and the decision to require wetsuits is final and non-negotiable. Athletes without wetsuits under these conditions will be excluded.
- 10.3 Compliance with required equipment will be verified by the Referee.
- 10.4 If the Referee or a delegate determines before the race that a wetsuit is required but not worn, the athlete will be asked to wear one. Failure to comply will result in exclusion.
- 10.5 Wearing a swim cap is mandatory (maximum of two), and the one provided by the organization must be visible. Goggles, nose clips, and ear plugs are allowed.
- 10.6 The use of fins, snorkels, or any device that enhances speed, endurance, or buoyancy (except for approved buoys) is strictly forbidden. Wearing jewelry, watches, heart rate monitors, piercings, or any other item that may cause harm or provide undue advantage is also prohibited. Violation will result in exclusion.
- 10.7 Athletes must have neatly trimmed fingernails and toenails. The Referee may request trimming or exclude the athlete.

11 Start

- 11.1 There will be a single start for both competitions, and it will be from the water.
- 11.2 Start procedure foresees the following:
 - The Referee will announce the remaining time before the start at regular intervals. During the final three minutes, announcements will occur every minute.
 - The starter will raise a flag and blow the whistle twice as a signal that the start is imminent. Upon the command "ready", competitors must align at the starting line. If starting from a platform, at least one foot must be on its front edge.
 - The race will start when the starter deems all swimmers ready. The starting signal will be both acoustic (a whistle of at least 3 seconds) and visual (flag waved).



11.3 In case of a false or unfair start, the Referee may impose penalties.

11.4 If the number of athletes is high, staggered starts may be used, with a maximum interval of 5 minutes.

12 The Race

12.1 The competitions are freestyle open water races, and swimmers are required to complete the entire course, respecting all turning buoys and course boundaries, under penalty of disqualification for "irregular course."

12.2 Swimmers must not hold on to fixed or floating objects; they may not touch or be intentionally touched by the escort boat or its crew, under penalty—at the discretion of the Judge—of a penalty or disqualification for "intentional contact."

12.3 A swimmer who places their feet on the bottom during the race is not disqualified, but may neither walk nor push off before resuming swimming, under penalty—at the discretion of the Judge—of a penalty or disqualification for "irregular swimming."

12.4 Assistance provided by a lifeguard to a swimmer in evident difficulty is not considered grounds for disqualification due to "intentional contact."

12.5 Course judges must instruct any swimmer who, in their opinion, gains an advantage from the pace or wake of a support boat to move away from it.

12.6 No person is allowed to enter the water to pace or accompany a swimmer during the race, under penalty—at the discretion of the Chief Judge—of a penalty or disqualification for "unsportsmanlike conduct."

12.7 A swimmer who engages in unsportsmanlike behavior toward another swimmer may be penalized or disqualified from the race, at the discretion of the Judge.

13 Lead SUP, Rescue Boats, Operator Stations

13.1 A lead SUP with a lifeguard on board will guide and open the course to help spread out the swimmers and will stop at the first buoy.

13.2 There will be two inflatable boats, not bound to the course, designated for athlete rescue, each manned by a driver and a lifeguard.

13.3 Additional lifeguards involved in the race will be positioned by the Organizer according to the safety requirements of the event.



- 13.4 An additional support boat, also off-course and identified by an orange flag, will serve as a gathering and protection point in the event of sudden changes in weather conditions.

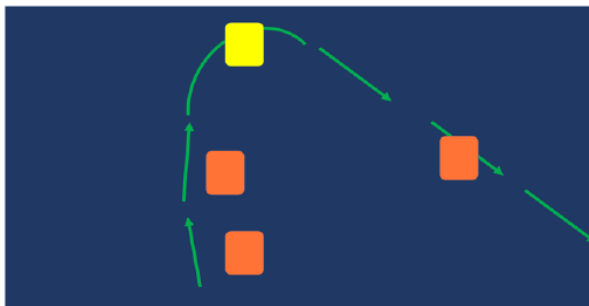
14 Color codes and buoys

- 14.1 Red buoys are “passage buoys” and serve as course indicators.

- 14.2 Yellow buoys are “turn buoys” and indicate a directional change at a certain angle to reach the next buoy. In the case of an out-and-back course, they mark the point where the athlete must turn around to head back.

Example:

Green arrows represent the correct route, with red buoys always on the right and yellow buoys marking the turns.



- 14.3 Along the course, there will be some fixed yellow buoys marked with an "X" that indicate the boundaries of the nature reserve. These are positioned along the race course and may be used to help verify the correct route, but they are NOT part of the official course buoys.



- 14.4 All course buoys must be kept on the RIGHT. If a buoy is passed on the wrong side, the competitor must return to the buoy and pass it on the correct side. Failure to do so will result in disqualification from the race.



15 Penalties, disqualifications and protest

15.1 For any rule violations committed by an athlete and directly observed by the Judge, the Judge may impose a time penalty or disqualification according to the following procedure:

- **Time penalty:** A variable time penalty between 3 and 10 seconds may be applied, depending on the severity and duration of the infraction.

- **Race disqualification:** In the case of a serious infraction or grossly unsportsmanlike conduct, immediate disqualification from the race may be imposed. This will be signaled to the swimmer during the race. In case of disqualification, the swimmer must immediately exit the water, board a support boat, and may no longer participate in the ongoing race (though they may take part in any subsequent races). An athlete who refuses to leave the water when instructed by the Judge will be reported to the Organizer and will not be allowed to continue in the competition.

15.2 Any protests regarding decisions made by the Judge must be brought to the attention of the Event Organizer within 30 minutes of the publication and official confirmation of the rankings. The Judge, together with the Event Organizer and the Legal Advisor of the event, will evaluate all submitted protests by majority vote and communicate their decision to the athlete concerned.

16 Discretionary exclusion for safety reasons

The Organizer, also upon recommendation from the Judge, reserves the right to discretionarily exclude from the competition any athlete who clearly lacks the physical or technical abilities required to complete the course.

17 Finish line

At the finish, there will be a designated finish marker that can be touched by the competitors, located in the water but not submerged. The swimmer's race is considered completed only when they touch the finish marker. Only at that moment—and not before—may the athlete receive assistance from others, under penalty of disqualification for “irregular finish.”

18 Race Interruption, Suspension, or Cancellation

The race may not take place or may be interrupted in the following cases:

a) adverse sea or weather conditions, or circumstances that do not ensure adequate safety levels;



- b) technical or logistical irregularities related to the event;
- c) suspension of authorization by the competent maritime authority for safety-related reasons.

19 Timing service

The timing service, along with data processing and ranking results, is entrusted by the Organizer to specialized operators. Manual timing is provided for all races of the event.

20 Organizational service

- 20.1 The Organizer shall provide an organizational service aimed at ensuring the safety of the participants and the regular conduct of the event. A pre-race meeting may be held, involving representatives of the organization, and will take place within 1 hour prior to the scheduled start of the race.
- 20.2 Each competitor will be assigned a participation number, which must be displayed on their swim cap and/or safety buoy.

21 Documentation

- 21.1 To participate in the event, the registration office must verify the availability and accuracy of the documents sent by email, namely:
 - a) proof of payment of the event registration fee
 - b) valid competitive medical certificate
 - c) valid identification document
 - d) authorization/consent form for minors and ID document of the legal guardian
- 21.2 The registration of a minor must be carried out by the individual holding parental authority. Minors must also be accompanied to the event by the person holding parental authority or by an adult who has been granted authorization by the latter. The accompanying adult must ensure constant supervision of the minor throughout the event. The Organizer assumes responsibility for the minor only during the actual sporting competition—from the athletes' check-in at the starting area to their exit from the water at the finish line.

22 Event postponement and cancellation

Postponement of the event is not foreseen. In case of cancellation, the event will be definitively cancelled for the current year.