

55° TROFEO BERNETTI

presents



1.8 | 3.6 KM

NUOTATA DELLE FALESIE SISTIANA

Saturday, 26 September 2026

SWIMMING RACE REGULATION

1 Scope

These Regulations set out the general provisions governing the open water swimming competition entitled "Nuotata delle Falesie" (Cliffs Swim), held as a side event of the 55th Trofeo Bernetti.

The race will take place on Saturday, 26 September 2026, in the waters off the Duino Cliffs, with the start located at Sistiana Mare.

These Regulations have been drafted in Italian and translated into English. In the event of any discrepancy or difference in interpretation between the two versions, the Italian version shall prevail.

2 Organizer

The event is organised by Società Nautica Pietas Julia A.S.D., with technical water safety support provided by Lifeguard Academy A.S.D.

Event Secretariat:

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 Race Categories

3.1 The event includes two separate competitions, both held on the same day:

1.8 km – one lap of the course

3.6 km – two laps of the course

Separate rankings will be published for each race.

3.2 Each participant may register for **only one** of the two races.

3.3 To be admitted to the competition, participants must:

- have paid the entry fee;
- hold a valid competitive medical certificate for swimming;
- present a valid identity document during race check-in.

3.4 The Organiser has sole and final authority over the organisation and management of the competition.

4 Eligibility

4.1 Minimum age requirements are:

1.8 km: 14 years old

3.6 km: 16 years old

4.2 Male and female athletes will compete together in each race, while separate men's and women's rankings will be produced.

5 Event Programme

5.1 The event programme established by the Organiser is binding and may be modified at its sole discretion in the event of adverse circumstances, including but not limited to:

- public health emergencies;
- dangerous weather or sea conditions;
- safety concerns affecting participants.

For logistical and safety reasons, the Organiser may also establish a maximum number of participants for each race.

5.2 The provisional programme is as follows:

8:30-10:15	Registration, race office opens at Società Nautica Pietas Julia, Sistiana Mare, timing chip collection
10:30	Pre-race briefing
11:00	Race start
13:00	Prize-giving ceremony and Pasta Party

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

6 Registration

6.1 Registration opens on **1 August** and closes on **24 September**.

6.2 Registration shall be completed **exclusively online** via the following website:

<https://live.idchronos.it/it/gara/8600/nuotata-delle-falesie>



6.3 The entry fee is €20.00 and includes: personalised swimming cap, Pasta Party voucher at the Bernetti Village hosted by Società Nautica Pietas Julia, timing chip rental.

6.4 During race check-in on the day of the event, participants shall pay a **cash deposit** (minimum **€5.00**) upon collection of the timing chip. The deposit will be refunded upon return of the chip at the end of the event.

6.5 Payment of the entry fee must be made exclusively through the online registration platform. To complete a valid registration, participants must also upload:

- a valid competitive medical certificate for swimming (valid on the date of the event);
- a parental consent/accompanying adult form (for minors only, available on the event website).

6.6 Once completed, registrations cannot be modified or cancelled by the athlete. The entry fee is non-refundable, including in the event that the athlete decides not to participate or if the event is cancelled, as the fee represents a contribution towards the organisational costs of the event and not payment for a service.

7 Awards

7.1 The first three finishers in each race will receive awards. Separate prize rankings will be established for men and women.

7.2 The prize-giving ceremony will take place after the last competitor has finished, at the premises of **Società Nautica Pietas Julia** in Sistiana.

7.3 The Organiser reserves the right to award additional special prizes.

8 Optional Participation in the MareCarso Cup

Only athletes participating in the 1.8 km race may also compete in the combined **MARECARSO Cup**, together with the trail running event scheduled for Sunday, 27 September, in Sistiana, known as the **Trofeo Generali-Conad SuperStore**. Participation in the combined ranking is optional and requires separate registration for both events.

When collecting the race pack for the Nuotata delle Falesie, athletes wishing to participate in the MARECARSO Cup must inform the Organiser so that their official swimming time can be forwarded to the organisers of the running race for inclusion in the combined classification.

Further information is available at: trofeobernetti.it/swim

9 Amendments to the Regulation

The Organiser reserves the right to amend or supplement these Regulations whenever necessary for organisational or safety reasons. Any amendments will be

communicated to participants through the official event website:
trofeobernetti.it/swim

TECHNICAL REGULATION

10 Race Course

10.1 The race course consists of a **straight out-and-back route**.

- The **1.8 km race** consists of one complete out-and-back lap.
- The **3.6 km race** consists of two consecutive laps.

The race starts in the waters in front of **La Caravella**, heading towards **Duino Castle** and passing through the **Duino Cliffs Nature Reserve**.

10.2 A schematic course map will be published on the event website no later than Thursday, 25 September.

11 Costumi di gara ed attrezzature

11.1 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.

11.2 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.

11.3 Compliance with required equipment will be verified by the Referee.

11.4 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.

11.5 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.

11.6 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.

11.7 Athletes must have neatly trimmed fingernails and toenails. The Referee may request trimming or exclude the athlete.

12 Start

12.1 There will be a single start for both competitions, and it will be from the water.

12.2 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).

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

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

13 The Race

13.1 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."

13.2 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."

13.3 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."

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

- 13.5 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.
- 13.6 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."
- 13.7 A swimmer who engages in unsportsmanlike behavior toward another swimmer may be penalized or disqualified from the race, at the discretion of the Judge.

14 Lead SUP, Rescue Boats, Operator Stations

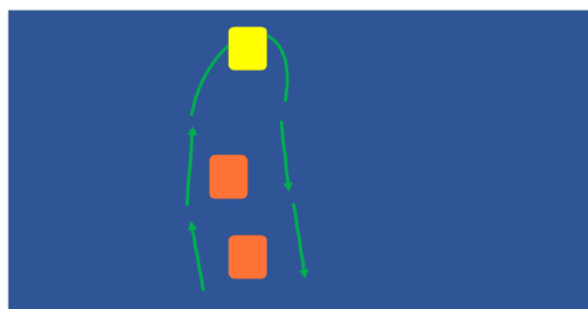
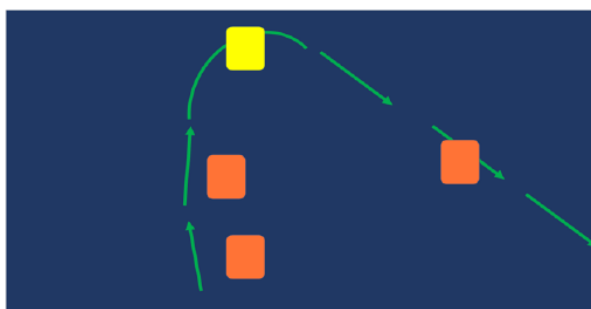
- 14.1 A lead SUP with a lifeguard on board will guide and open the course to help spread out the swimmers and will stop at the first buoy.
- 14.2 There will be two inflatable boats, not bound to the course, designated for athlete rescue, each manned by a driver and a lifeguard.
- 14.3 Additional lifeguards involved in the race will be positioned by the Organizer according to the safety requirements of the event.
- 14.4 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.

15 Color codes and buoys

- 15.1 Red buoys are "passage buoys" and serve as course indicators.
- 15.2 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.



- 15.3 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.



- 15.4 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.

16 Penalties, disqualifications and protest

- 16.1 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.
- 16.2 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.

17 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.

18 Finish Line

The finish line shall consist of a finish structure positioned above the water and capable of being touched by competitors. Where necessary, the finish line may instead be located on land and identified by a clearly marked strip on the ground. A swimmer shall be deemed to have finished only when they have touched the official finish line. Only after this moment may the swimmer receive assistance from others. Receiving assistance before crossing the finish line shall result in disqualification for irregular finish.

19 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.

20 Timing Service

The official timing service, together with the processing of results and rankings, shall be entrusted by the Organiser to a specialised timing company.

Electronic timing by means of a timing chip will be used for all races.

21 Organizational Service

- 21.1 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.

- 21.2 Each competitor will be assigned a participation number, which must be displayed on their swim cap and/or safety buoy.

22 Required Documentation

- 22.1 Before being admitted to the event, the Race Office shall verify that the following documents have been submitted through the online registration platform:

- a) proof of payment of the entry fee;
- b) a valid competitive medical certificate for swimming;
- c) for minors, a completed parental consent/accompanying adult form together with a copy of the identity document of the parent or legal guardian.

A valid identity document shall also be presented during on-site registration on the day of the event when collecting the race pack.

- 22.2 Registration of a minor must be completed by a parent or legal guardian. Minors must attend the event accompanied either by their parent/legal guardian or by an adult holding written authorisation from the parent or legal guardian.

The accompanying adult shall remain responsible for supervising the minor throughout the event, except during the actual competition itself, when responsibility shall rest with the Organiser from the moment athletes are assembled at the starting area until they have exited the water at the finish.

23 Postponement or Cancellation of the Event

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

24 Image Rights

By registering for the regatta, the competitors will grant full right and permission to the Organizing Committee to use, publication and transmission by any media means and without any compensation, of any photograph or video of persons or property taken during the entire event.