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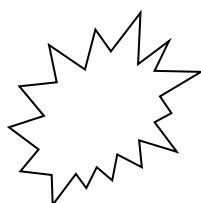
CONFEDERATION **ME**DITERRANEENNE DE **N**ATATION

FONDEE EN AOUT 1988

A ROME, ITALIE

ESTABLISHED IN AUGUST 1988

AT ROME, ITALY



HANDBOOK

FOR THE TIME PERIOD 2018 - 2021

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Part n. 1 COMEN BUREAU & TECHNICAL COMMITTEES

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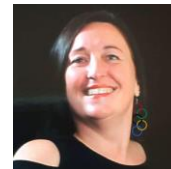
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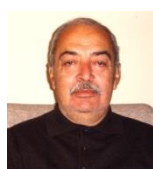


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Part n. 3

STATUTE

I - Definition, Name, Objectives, Legal Address, Official language, Amendments

Art.1 Definition

The **Confederation Mediterraneenne de Natation** referred in short as **COMEN** from now on to be referred as "**the Association**" is a non-profit organisation governed by the statutory rules and regulations as set forth here under.

The Association was constituted in 1988 by the Swimming Federations of the following countries: ALGERIA, ANDORRA, CYPRUS, EGYPT, FRANCE, GREECE, ITALY, MALTA, MONACO, MOROCCO, PORTUGAL, SAN MARINO, SPAIN, SYRIA, TUNISIA, TURKEY and YUGOSLAVIA (*).

Besides the above Swimming Federations of the Founding Members, the Association also embrace as its members Swimming Federations of those countries that border the Mediterranean Sea as well as countries whose borders are common with these same countries.

Swimming Federations may become Affiliated members of the Association if they qualify according to the Statute Rules set here under and are approved by the General Assembly.

Swimming Federations that do not qualify as Affiliated Members may be accepted as Associated Members.

Art.2 - Name

The official name of the Association shall be known as Confédération Méditerranéenne de Natation, and shall be referred to as COMEN. Only the General Assembly is empowered to change the name of the Association and this shall be subject to the Article n. 9 of the Statute.

Art.3 – Objectives

The objectives of COMEN are, to induce peaceful cooperation and understanding between its Members through the promotion and the development of aquatic sports. The Association shall organize competitions of all disciplines of swimming, and shall provide mutual technical assistance to its Members. Although the Association may organize

STATUTS

I - Définition, nom, objectifs, adresse et langue officielle, amendements

Art.1 Definition

La **Confédération Méditerranéenne de Natation** visés comme **COMEN** dorénavant à être dénommée « **l'Association** » est une organisation à but non lucratif régie par les règles statutaires et réglementaires énoncées ici sous bref.

L'Association a été constituée en 1988 par les fédérations de natation des pays suivants : ALGERIE, ANDORRA, CHYPRE, EGYPT, FRANCE, GRECE, ITALIE, MALTA, MONACO, MAROC, PORTUGAL, SAN MARINO, ESPAGNE, SYRIE, TUNISIE, TURQUIE et YUGOSLAVIE (*).

Outre les fédérations de natation ci-dessus des membres fondateurs, l'Association également embrasse comme ses fédérations de natation de membres de ces pays qui bordent la mer Méditerranée, mais aussi les pays dont les frontières sont communes avec ces mêmes pays.

Fédérations de natation peuvent devenir membres affiliés de l'Association, s'ils remplissent l'ensemble des règles de loi ici sous et sont approuvés par l'Assemblée générale.

Les fédérations qui ne sont pas admissibles comme membres affiliés peuvent être acceptés comme membres associés.

Article 2 – Nom.

Le nom officiel de « l'Association » peut être connu sous le nom de Confédération Méditerranéenne de Natation et référencée comme COMEN. Seule l'Assemblée générale a le pouvoir de changer le nom de l'Association selon l'Article 9 du statut.

Article 3 – objectifs

Les objectifs de la COMEN sont, pour induire une coopération pacifique et la compréhension entre ses membres par le biais de la promotion et le développement des sports aquatiques. L'Association organise des compétitions de toutes les disciplines de la natation et s'accordent mutuellement assistance technique à ses membres. Même si l'Association peut organiser des sportifs des activités et des événements pour tous les

sporting activities and events for all age groups, it shall primarily promote aquatic sports to the junior age groups.

Art.4 – Legal Address

The Legal Address or the Head Office of the Association shall be located at the premises of the Federation that hosts the elected President of COMEN throughout his term of office. The address may, however, be sited at another location following approval of a special resolution of the Bureau during a General Assembly or an Extraordinary General Assembly.

Art.5 – Official Language

The official language of the Association is the English language.

Each delegate, however, may express himself or herself during Assemblies and meetings of the Bureau in his or her native language provided that he or she shall arrange at his or her expense, translation in English.

All the Rules and Regulations, Bye-Laws, Procedures and other papers shall be drawn up in English and shall be delivered, by the fastest means, to the Secretariats of the Member Federations.

Art.6 – Amendments to the Statute

The Statute may be amended only during General Assemblies or Extraordinary Assemblies. Amendments must be submitted in writing to the Association's General Secretary two (2) months prior to the date set for the General Assembly or Extraordinary Assembly.

II – BOARDS, ADMINISTRATION, RESOURCES

Art.7 – Representation during Assemblies

The Assembly of the Member Federations shall be the supreme body of the Association. It shall resolve and decide upon matters both during General and Extraordinary Assemblies with decisions taking immediate effect.

During these sessions the Affiliated Members of the Association shall be represented by one (1) Delegate duly appointed in writing by the respective Federation and with the right to one (1) vote. The Associated Members shall also be represented by one (1) Delegate duly appointed in writing by the respective Federation but with no right to vote. A Bureau Member is not considered to be a Delegate of any Federation, unless if so appointed by the Federation.

âges, il encourage surtout sports aquatiques pour les groupes d'âge juniors.

Article 4 –Adresse juridique

L'adresse légale ou le siège social de l'Association doit être situé dans les locaux de la Fédération qui héberge le Président élu de la COMEN tout au long de son mandat.

L'adresse peut, toutefois, être placée à un autre endroit après approbation d'une résolution spéciale du Bureau par l'Assemblée générale ou extraordinaire.

Art. 5 –Langue Officielle

La langue officielle de l'Association est la langue anglaise.

Chaque délégué, cependant, peut-être s'exprimer au cours des assemblées et des réunions du Bureau dans sa propre langue maternelle pourvu qu'il ou elle doit organiser à ses frais, traduction en anglais.

Toutes les règles et les règlements, règlements, procédures et autres documents doivent être rédigés en anglais et seront remis, par les moyens les plus rapides, aux secrétariats des fédérations membres.

Article 6 – modification du statut

Les statuts ne peuvent être modifiés que lors des Assemblées Générales ou extraordinaires. Les amendements doivent être soumis par écrit au Secrétaire Général de l'Association deux (2) mois avant la date fixée pour l'Assemblée Générale ou Extraordinaire.

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II – CONSEILS, ADMINISTRATION, RESSOURCES

Art.7 – représentation lors des assemblées

L'Assemblée des Fédérations membres sera l'organe suprême de l'Association.

Elle doit résoudre et décider des sujets d'ordre général lors des assemblées générales et extraordinaires avec application immédiate.

Au cours de ces séances, chaque membre affilié doit être représenté par un délégué dûment désigné par écrit par sa Fédération qui lui donne le droit de vote.

Les membres associés doivent également être représentés par un délégué dûment assermenté, par écrit, par sa Fédération, mais sans droit de vote.

Un membre du Bureau ne peut être considéré comme délégué d'une Fédération, sauf si il a ainsi nommé par sa Fédération.

Art.8 – General Assemblies

The General Assembly shall meet once a year with the following Agenda:

- a) Approval of the Minutes of the previous Assembly
- b) Activity Report of the President and the Bureau
- c) Report of the Treasurer
- d) Amendments to the Statute
- e) Approval of the Venue and the Organizers of the next year Mediterranean Cups
- f) Choice of the Venue for the next General Assembly
- g) Other Business (Varia)

Every four years, on the occasion of the Mediterranean Games and 1 to 3 days prior to the opening ceremony, the COMEN General Assembly shall take place at the venue of the afore mentioned event, and shall be elective for a new Bureau.

All Federations shall be represented in accordance with the Rule set forth in Art.7. In case of circumstances beyond one's control, an Affiliated Member Federation may be represented by another Federation. Resolutions in writing to this effect are to be presented to the General Secretary prior to the start of the Assembly.

The quorum required shall be one third of the Affiliated Members.

Each resolution shall be adopted by means of a simple majority.

The host Federation shall provide free of any cost:

- Area where the General Assembly shall take place
- Transportation of the Delegates Airport/hotel/airport.
- Accommodation for the President and General Secretary of COMEN starting two days prior to the day of the Assembly till the day after
- Official Dinner for all the participants at the G. Assembly.

The travelling cost of the Delegates to and from the Host Country as well as their accommodation shall be covered by their Federations.

The venue of the General Assembly is preferred if possible to be chosen by rotation between the members of the northern and the southern coast of the Mediterranean. In case that no country submits candidacy, the General Assembly may nominate any other country to host the venue of the General Assembly.

Art.8 – Assemblées Générales

L'Assemblée générale se réunit une fois par an pour ordre du jour :

- a) Approbation du procès-verbal de l'Assemblée précédente
- b) Rapport d'activités du Président et rapport du Bureau
- c) rapport d'activités du trésorier
- d) Amendements des Statuts
- e) Approbation de la décision sur la tenue des Coupes Méditerranéennes
- f) Décision sur la tenue de la prochaine Assemblée Générale
- g) Affaires diverses (Varia)

Tous les quatre ans, à l'occasion des Jeux Méditerranéens et 1 à 3 jours avant la cérémonie d'ouverture, l'Assemblée Générale de COMEN aura lieu au lieu de l'événement susmentionné et sera élective pour un nouveau Bureau.

Toutes les fédérations seront représentées conformément à la règle énoncée à l'article 7. En cas de circonstances indépendantes de sa volonté, une Fédération affiliée peut être représentée par une autre Fédération. Un courrier doit alors être adressé en la circonstance au Secrétaire Général avant le début de l'Assemblée.

Le quorum requis sera un tiers des membres affiliés.

Chaque résolution est arrêtée au moyen d'une majorité simple.

La Fédération hôte doit fournir gratuitement :

- Le lieu de l'Assemblée Générale
- Le transport du délégué aéroport/hôtel/aéroport.
- L'hébergement pour le Président et le Secrétaire général de la COMEN, deux jours avant l'Assemblée + un jour après
- Le dîner officiel pour tous les participants à l'Assemblée générale.

Le coût de déplacement des délégués vers et depuis le pays d'accueil ainsi que leur hébergement relèvent de leurs fédérations.

Le lieu de l'Assemblée générale est préférable si possible d'être choisis par rotation entre les membres du Nord et la côte sud de la Méditerranée.

En cas qu'aucun pays ne soutient la candidature conformément à ce qui précède, l'Assemblée générale peut désigner n'importe quel autre pays d'accueillir la Conférence de l'Assemblée générale.

Art.9 – Extraordinary General Assemblies

Extraordinary General Assembly may be called to resolve and decide on issues pertaining to the provisions of this Statute. It may be called by the Bureau or by petition stating the reasons submitted to the General Secretary, signed by at least 50% of the Affiliated Members. The Extraordinary General Assembly shall be called within three (3) months from either occurrence and its Agenda shall comprise only of the matters for which the Assembly was called.

Art.10 – Honorary President /member

An Honorary Life President/member may be designated by the General Assembly after a proposal from the Bureau. He/she shall have the right to participate at the Assemblies without any right to vote.

Art.11 – Management (Administration)

The Management of the Association shall be entrusted to a Bureau elected by the Affiliated Members of the Association during a General Assembly, in accordance to the terms specified in the above Art.8 (General Assemblies). Candidacy for the position of the President or member of the Executive committee (Bureau), must be supported by at least one COMEN affiliated member whose financial obligations towards COMEN, are up to date. The appropriate form with the details of the candidate must be sent in writing to the General Secretary, the latest 60 days prior to the date of the opening ceremony of the Mediterranean Games.

The Members of the Bureau are elected for a period of four (4) years at the end of which they shall be eligible for re-election.

The Bureau shall consist of nine (9) members: the President, two Vice-Presidents, the General Secretary, the Treasurer and four (4) members. The President is elected from the Assembly, separately by direct vote, while the two Vice-Presidents the General Secretary and Treasurer are elected by and from within the elected Members of the Bureau. All of them shall also form the Executive Bureau. Only one Representative from each of the Affiliated Members Federations may be proposed for election at the COMEN Bureau.

The Federation of each elected member

Art.9 –Assemblées Générales extraordinaires

Une Assemblée générale extraordinaire peut être organisée pour résoudre et décider des questions relatives aux dispositions des présents statuts Il peut être appelé par le Bureau ou par requête motivée présentée au Secrétaire général, signé par au moins 50 % des membres affiliés.L'Assemblée Générale Extraordinaire sera convoquée dans les trois (3) mois de la demande avec en ordre du jour uniquement les questions liées à la demande initiale.

Article 10 – Président/membre honoraire

Un Président/membre honoraire à vie, peut être désigné par l'Assemblée Générale après une proposition du Bureau. Il/elle a le droit de participer aux assemblées sans aucun droit de vote.

Art.11 – Gestion (Administration)

La gestion de l'Association est confiée à un Bureau élu par les membres affiliés de l'Association au cours d'une Assemblée Générale, conformément aux modalités précisées dans l'Art.8 ci-dessus (Assemblées Générales).

Candidatures pour le poste de président ou membre du Comité exécutif (Bureau) doit être soutenue par au moins un membre affilié de COMEN dont obligations financières envers COMEN doivent être à jour.

Le formulaire approprié avec les détails du candidat doit être envoyé par écrit au Secrétaire général, au moins 60 jours avant la date de la cérémonie d'ouverture des Jeux méditerranéens.

Les membres du Bureau sont élus pour une période de quatre (4) ans à l'issue de laquelle ils seront rééligibles.

Le Bureau se compose de neuf 9 membres : le Président, deux Vice-présidents, le Secrétaire général, le trésorier et quatre 4 membres.

Le Président est élu par un vote direct séparé
aaaaaaaaaaaaaaaaaaaaaaaaaaaa Trésorier
sont élus par et au sein des membres élus du Bureau. Chacun d'eux aussi forme le Bureau exécutif.

Seul un représentant de chacune des fédérations membres affiliées peut-être proposé à l'élection au Bureau de la COMEN. Chaque membre élu du Bureau des Fédérations se doit de garantir à la COMEN sa participation à des réunions du Bureau et prendre en charge les frais ci-afférants.

of the Bureau must guarantee to COMEN his/her attendance at the scheduled meetings of the Bureau and the cover of the relative expenses.

Any Bureau Member failing to attend two subsequent Bureau meetings without a satisfactory reason shall be considered as having resigned. He/she shall be removed from office and shall not be eligible to attend the subsequent meetings of the Bureau.

The Bureau shall co-opt a new member and the nomination of the new Member shall be submitted, for approval, to the next General Assembly.

This shall also apply in the case that a Bureau Member, he/she is deceased during the respective term of office.

Art.12 – Resources

The COMEN financial resources shall derive from:

- a) Annual Membership fees payable by the Affiliated and Associated Member Federations. The respective amounts are fixed by the General Assembly. Failure to settle the Annual Membership fees shall automatically block the right to vote at Assemblies and may also result in the expulsion of the respective Federation from the Association if approved by a General Assembly.
- b) Event participation fees for COMEN events
- c) Third party contributions
- d) Receipts from sponsorships and advertising agreements
- e) Additional income raised in favour of COMEN

Art.13 – Winding Up

The Association may be wound up by:

- a) A Decision of the General Assembly, or
- b) Official resignation in writing by more than half of the Affiliated Members.

In the event of winding up, the COMEN activities shall be shown in an inventory drawn up by the Winding Up Committee. The resulting assets shall be allocated to the UNICEF for the pursuit of its goals.

Tout membre du Bureau qui n'assisterait pas successivement à deux réunions de Bureau, sans raison satisfaisante, serait considéré comme démissionnaire. Il/elle devrait être démis de ses fonctions et ne pourrait participer aux réunions de Bureau.

Le Bureau doit alors coopter un nouveau membre et la nomination du nouveau membre est soumise, pour approbation, à la prochaine Assemblée générale.

Ceci s'applique également dans le cas où un membre du Bureau est mort pour la durée de son mandat.

Art.12 – Ressources

Les ressources financières de la COMEN doivent émaner des :

- a) Cotisations annuelles payables par les affiliés et associés des fédérations membres. Les montants respectifs sont fixés par l'Assemblée Générale. Dans l'incapacité de régler les frais d'adhésion annuels le droit de vote est bloqué automatiquement ce qui peut également entraîner l'expulsion de la Fédération de l'Association si cette décision est approuvée par une Assemblée Générale.
- b) Fonds provenant des droits d'engagement aux compétitions COMEN
- c) 3ème partie contributive
- d) Recettes provenant des partenariats et mannes publicitaires
- e) Autres revenus supplémentaires en faveur de COMEN

Art. 13 –Liquidation

L'Association peut être liquidée par:

- a) Décision de l'Assemblée Générale, ou
- b) Démission officielle écrite par plus de la moitié des membres affiliés.

En cas de liquidation, les activités de la COMEN doivent figurer dans un inventaire, dressé par les hautes instances. Les fonds qui en découlent seront redistribués à l'UNICEF pour la poursuite de ses objectifs.

Art.14 – Expulsion

Any person or Member who is found by a definitive verdict, guilty for any wrongdoing action or crime or who puts into action initiatives or facts which are prejudicial to the interests and dignity of COMEN may be expelled.

The motion for expulsion is to be submitted to the General Assembly and shall be submitted to the General Secretary three (3) months before the Assembly, by the President, the Bureau Members and the Member Federations who must do all that is necessary to inform the person or Member concerned. The person or Member who shall be proposed for expulsion has the right to appear at the Bureau in person, or by a representative, a report in his or the Member's defence, two months before the Assembly which shall be dealing with the matter.

Art.15 - Miscellaneous

All matters that are not regulated by the Statute shall be referred to the Bureau and to the General Assembly.

Article 14 – Expulsion

Toute personne ou tout membre coupable d'actions et/ou d'actes répréhensibles et/ou de crime, portant préjudices aux intérêts et à la dignité de la COMEN peut être expulsée.

La motion d'expulsion doit être soumise à l'Assemblée Générale et au Secrétaire général, trois (3) mois avant l'Assemblée, par le Président, les membres du Bureau et les fédérations qui devront tout faire pour en informer la personne ou le membre concerné. La personne ou le membre qui devrait être expulsé a le droit de se présenter au Bureau, en personne ou de se faire représenter. Un rapport circonstancié de défense de l'accusé ou de son défenseur devra être soumis deux mois avant l'Assemblée.

Article 15 - Divers

Toutes les questions qui ne relèvent pas des Statuts doivent être étudiées par le Bureau et ou l'Assemblée générale.

Part n. 4

RULES OF PROCEDURE

I – Organisation

Art. 1 – Federations

- 1) Federations wishing to organize competitions within the framework of COMEN must be members of COMEN, thereby complying with article 1 of the Statutes.
- 2) Admission to COMEN implies the responsibility on the part of the Federations and their Managers, Coaches, Athletes and Officials to abide by the Statute, Rules of Procedures and all norms as set forth by the Bureau and the General Assembly.
- 3) National Directors of COMEN Member Federations shall be obliged and compelled to facilitate the administrative and visitor documentation procedures necessary for access by their guests to and into Countries at the times of the event which they organize.
- 4) They shall ensure the safety and well-being of their guests during the latter's stay and until their departure, and shall welcome and safeguard, to the best of their ability, all guests prior to, during and after the course of events which they organize.

Art. 2 – Athletes

Athletes participating in COMEN competitions must apply and respect the rules of COMEN and FINA.

Art. 3 – Competition and Technical Directors and Officials

- 1) The officials, competition directors and technicians shall be required to display proper and loyal behaviour, both in general and at the competition sites. All COMEN competitions shall be directed by a Delegate appointed by the Bureau, under whose authority the technical committee shall supervise the running of the same, with the assistance of the ad hoc Officials and Judges, graded in their disciplines, by the relevant International Federations.
- 2) Subject to the opinions of the Technical Committees, the

REGLEMENT INTERIEUR

I - Organisation.

Art. 1 – Fédérations

- 1) Fédérations souhaitent organiser des concours dans le cadre du COMEN doivent être membres de la COMEN, donc conforme à l'article 1 des statuts.
- 2) Admission à la COMEN implique la responsabilité de la part des fédérations et leurs Managers, entraîneurs, athlètes et officiels de respecter par la Loi, de règlement de procédure et de toutes les normes énoncées par le Bureau et l'Assemblée générale.
- 3) Les fédérations nationales de membres directeurs de COMEN sera obligées et contraint à faciliter les procédures de documentation administratives et visiteur nécessaires à l'accès de leurs clients et dans les pays au moment de l'événement qu'ils organisent.
- 4) Ils doivent assurer la sécurité et le bien-être de leurs hôtes pendant séjour leur et jusqu'à leur départ et bienvenue et protéger, au mieux de leurs capacités, tous les invités avant, pendant et après le cours des événements qu'ils organisent.

Art. 2 – Athlètes

Les athlètes participant à des compétitions de la COMEN doivent appliquer et respecter les règles de la COMEN et FINA.

Art. 3 – Fonctionnaires et directeurs techniques et officiels

- 1) Les fonctionnaires, les directeurs de compétition et les techniciens doit afficher un comportement correct et loyal, en général et sur les sites de compétition. Toutes les compétitions COMEN doivent viser un délégué nommé par le Bureau, sous l'autorité duquel le Comité technique supervise le fonctionnement de la même chose, avec le concours des fonctionnaires ad hoc et des juges, classés dans leur discipline, par le Fédérations internationales.
- 2) Sous réserve de l'avis des commissions techniques, le classement des compétitions et des records établis dans le bassin

ranking of competitions and records set within the Mediterranean Basin shall be ratified every year by the Bureau of COMEN. The events shall take place with the assistance of the host Federation.

II – COLLEGIATE BODIES

Art. 4 – Assemblies

- 1) The Regular or Extraordinary Assemblies shall be chaired by the President, or in his absence, by the oldest serving Vice President, or by a delegate duly appointed by the President, failing which, the Members that are present shall appoint a Chairperson from their ranks.
- 2) The post of Secretary of these Assemblies shall be held by the Secretary General of COMEN, or in his absence, any other person appointed by the Bureau.
- 3) In accordance with the Statutes, the president shall summon the COMEN Members to the Assemblies in writing, at least thirty days prior to the dates when they are to take place, informing them of the agenda set by the Bureau. Changes to the Agenda must be submitted in writing to the Secretary of the Bureau 15 days prior to the date of the Assembly.
The Bureau shall be the sole judge whether to approve or reject these changes and shall inform the Assembly of its decision at the start of the meeting.
- 4) The President and the Members of the Bureau may be elected by acclamation or by show of raised hands.
- 5) In the case of several candidates having accepted nomination for the office, election shall take place by secret ballot.
- 6) Only Affiliated Member Federation shall participate in the elections of the President and the Members of the Bureau.
- 7) All Members of the Bureau and the Committees must be, respectively, from different Countries.
- 8) All requests for admission to COMEN as a «Member Federation» must be referred to the Bureau, who shall submit them to the General Assembly. Such requests must be placed on the Agenda of the General Assembly in advance.
- 9) In the case of a tied voting except in the event of elections, the President shall have the right to the casting vote.

méditerranéen sera ratifié chaque année par le Bureau de la COMEN. Les événements ont lieu avec l'aide de l'hôte de la Fédération.

II –COLLEGES

Art. 4 – Assemblées

- 1) la régulière ou assemblées extraordinaires sont présidées par le Président ou en son absence, par la portion plus ancienne Vice Président, ou par un délégué dûment nommé par le Président, faute de quoi, les membres présents doivent nommer un président de leurs rangs.
- 2) au poste de Secrétaire de ces assemblées se tiennent par le Secrétaire général de la COMEN, ou en son absence, toute autre personne nommée par le Bureau.
- 3) En conformité avec les statuts, le président convoque les membres COMEN aux assemblées par écrit, au moins trente jours avant la date où ils doivent avoir lieu, pour les informer de l'ordre du jour fixé par le Bureau. Modification de l'ordre du jour doit être soumise par écrit au Secrétaire des Bureau 15 jours avant la date de l'Assemblée

Le Bureau doit être le seul juge, s'il faut approuver ou refuser ces modifications et informe l'Assemblée de sa décision au début de la réunion.
- 4) le Président et les membres du Bureau peuvent être élus par acclamation ou par démonstration de mains surélevées.
- 5) Dans le cas de plusieurs candidats ayant accepté le poste, l'élection aura lieu au scrutin secret.
- 6) Affiliated seules les Fédération membre doit participer aux élections du Président et les membres du Bureau.
- 7) tous les membres du Bureau et les commissions doivent être, respectivement, de différents pays.
- 8) toutes les demandes d'admission à la COMEN en tant que « Membre Fédération » doivent être renvoyées au Bureau, qui les soumet à l'Assemblée générale. Ces demandes doivent être placés à l'avance l'ordre du jour de l'Assemblée générale.
- 9) dans le cas d'une égalité vote, sauf en cas d'élections, le Président aura le droit de son droit de vote.

10) General Voting may be made by show of raised hands, however, a secret vote may be requested by any Delegate present, during the Assembly.

Art. 5 – Amendments to the Statute

The following have the right to propose amendments to the Statute:

- a) The President and members of the Bureau
- b) Member Federations

Any proposal of amendment to the Statute must be first submitted to the Secretariat within two calendar months before the Assembly is due to be held, for approval by the Bureau by a simple majority, and then to be forwarded to the General Assembly for deliberation. The rejection by the Bureau of a proposal for an amendment must be made known to its sponsor before the Assembly is held.

Proposal approved by the Assembly shall be deemed to carry immediate effect, unless arrangements to the contrary have been made.

Art. 6 – The President

1. The President shall be the legal and Judicial representative of COMEN.
2. He shall have the task of managing activities, signing official acts or delegating a signature thereto, calling and presiding the Ordinary, Extraordinary General Assemblies and Bureau meetings and to represent COMEN at all the International and local institutions.
3. The President may take urgent Measures, subject to the ratification by the Bureau.
4. He shall keep the COMEN's flag, which he must deliver to the Assembly at the end of his term.

Art. 7 – The Vice Presidents

The most senior Vice President shall represent the President when he/she is not available to preside a meeting unless the President nominates any other member from the Bureau to preside the meeting in his absence. The term "most senior" is to be interpreted as the longest serving as Vice-President, and in case of parity the oldest in age.

10) vote général peut être fait par le spectacle des mains surélevées, cependant, un vote secret peut être demandé par les délégués présents, au cours de l'Assemblée.

Art. 5 – Modification des statuts

Suivantes ont le droit de proposer des amendements à la Loi :

- a) le Président et les membres de fédérations membres
- b) Bureau toute proposition d'amendement à la Loi doit d'abord être soumise au Secrétariat pendant deux mois avant l'Assemblée qui se tiendra, pour approbation par le Bureau à la majorité simple et puis être transmis à l'Assemblée générale pour délibération.

Le rejet par le Bureau d'une proposition d'amendement doit être fait connaître à son parrain avant la tenue de l'Assemblée.

Proposition approuvée par l'Assemblée est réputée pour exercer un effet immédiat, à moins que les dispositions ont été prises à l'effet contraire.

Art. 6 – Le Président

1. le Président doit être le représentant légal et judiciaire de la COMEN.
2. Il a la tâche de gestion des activités, signature des actes officiels ou déléguer une signature s'y rapportant, convoquer et présider les réunions du Bureau, assemblées générales extraordinaires et ordinaires et pour représenter la COMEN à tous les internationales et les institutions locales.
3. le Président peut prendre des mesures urgentes, sous réserve de la ratification par le Bureau.
4. il doit tenir le drapeau de la COMEN, qui il doit remettre à l'Assemblée à la fin de son mandat.

Art. 7 – Les Vice-Présidents

Le plus ancien Vice Président représentera le Président lorsqu'il/elle n'est pas disponible pour présider une réunion, à moins que le Président désigne un autre membre du Bureau à la présidence de la réunion en son absence. Le terme « plus haut » doit être interprété comme le plus ancien titre de vice-président et en cas de parité la plus ancienne de l'âge.

Art. 8 - The General Secretary

The Secretariat of COMEN shall be entrusted to a member of the Bureau who shall be nominated as the General Secretary. The General Secretary shall attend the meetings of the Assembly and the Bureau and shall prepare and draw the proceedings thereof.

- a) He/she shall execute the resolutions of the Assembly, instructions of the President and the policy set by the Bureau.
- b) He/she shall sign acts relevant to his domain.
- c) He/she shall execute the administrative directions of COMEN.
- d) He/She shall supervise the "proper" execution of the Mediterranean Cups and other sport or social events.

Art. 9 – The Treasurer

The Treasurer is responsible for the financials of COMEN, the safe keeping of its resources, and the control and management of the Bank accounts. He is also responsible to collect the annual affiliation fees and any other receivable amounts.

Art. 10 - The Bureau

The Bureau shall oversee the execution of all decisions and policies set by the Assemblies in the time-frames established. It shall direct and administer the interests of COMEN including the drawing up of the calendar events.

It shall meet, as many times as it shall be necessary, at least, twice a year, following an invitation sent by the President or with his/her consent by any Affiliated or Associated Federation member who shall be obliged to host the meeting.

When an extra meeting is called by a member, full board accommodation for the Bureau Members must be provided by the same being the host Federation. The Bureau shall have the authority:

- a. to request the President to summon the Assemblies and draw up their agenda as set forth by the Statutes;
- b. To summon Extraordinary Assemblies in accordance with the rules as set forth in art.9, paragraph 2 of the Statutes.

Art. 8 - Le Secrétaire General

Le Secrétariat de la COMEN est confiée à un membre du Bureau qui est désigné comme le Secrétaire général.

Le Secrétaire général doit assister aux réunions de l'Assemblée et du Bureau et prépare et dessiner la procédure celle-ci.

- a) Il/elle devra signer les résolutions de l'Assemblée, les instructions du Président et de la stratégie définie par le Bureau.
- b) Il/elle devra signer les actes pertinents à son domaine.
- c) Il/elle devra signer les directions administratives de la COMEN.
- d) Il/elle supervisera l'exécution « correcte » de la Méditerranée tasses et autres sport ou événements sociaux.

Art. 9 – Le Trésorier

Le trésorier est responsable pour les résultats financiers de la COMEN, la conservation de ses ressources, ainsi que le contrôle et la gestion des comptes bancaires. Il est également chargé de collecter les cotisations annuelles et tous les autres montants recevables.

Art. 10 Le Bureau

Le Bureau supervise l'exécution de toutes les décisions et les stratégies définies par les assemblées dans les délais prescrits. Il doit diriger et administrer les intérêts de la COMEN, y compris le dessin place les événements de calendrier.

Il se réunit, autant de fois qu'il sera nécessaire, au moins, deux fois par an, suite à une invitation envoyée par le Président ou avec son consentement par un membre affilié ou associé Fédération qui sera obligé d'accueillir la réunion.

Lorsqu'une réunion supplémentaire est appelée par un membre, hébergement en pension complète pour les membres du Bureau doit être fourni par le même être l'hôte de la Fédération.

Le Bureau a le pouvoir :

- a. de demander au Président de convoquer les assemblées et établir leur ordre du jour comme prévu par les Statuts;
- b. de provoquer des assemblées extraordinaires conformément aux règles énoncées à l'art. 9, alinéa 2 des Statuts.

c. To oversee the observance to the Statutes and the Regulations. d. To establish and coordinate all sports and technical activities of COMEN, as well as all promotional and development programmes; e. To see that qualified technicians are dispatched to member countries in order to promote the development of aquatic sports; f. Should the need arises in order to accomplish particular goals, to set up additional committees as it considers necessary, establishing their task and their duration. g. To co-opt new Members in accordance with art. 10, par. 7 of the Statutes. h. The Bureau shall be deemed to be Dissolved when the Assembly does not approve its annual report. However it shall remain in control in order to expedite pending business and to summon the Extraordinary Assembly within a maximum of 60 days for the purpose of electing a new Bureau.	c. de superviser le respect des Statuts et des Règlements. d. D'établir et de coordonner toutes les activités sportives et techniques de la COMEN, ainsi que toute promotion et programmes de développement e. De voir que des techniciens qualifiés sont distribués aux pays membres afin de promouvoir le développement du sport; f. Si nécessaire de mettre en place des commissions jugées utiles dans le but d'objectifs particuliers, établissant leur mission ainsi que leur durée; g. De coopter les nouveaux membres conformément à l'art. 10, paragraphe 7 des statuts. h. Le Bureau est sensé être dissout lorsque l'Assemblée n'approuve pas son rapport annuel. Toutefois il reste à sa tête dans l'attente d'une Assemblée extraordinaire- dans un délai maximum de 60 jours pour élire un nouveau Bureau.
Art. 11 - The Honorary Life President The Honorary Life President shall be selected from a panel of previous Presidents of COMEN, who have served as such for at least two terms. He shall be designated by the General Assembly for his contribution to the COMEN and for his value and his personal radiation. He may be invited to attend the meetings of the Bureau and the COMEN General Assemblies with a consultative voice only and he shall not have the right to vote.	Art. 11 - Président honoraire Le Président honoraire à vie doit être choisi parmi un panel d'ex-présidents de la COMEN élu au moins sur deux mandats. Il est désigné par l'Assemblée Générale pour sa contribution à la COMEN, sa valeur et son rayonnement personnel. Il peut être invité à assister aux réunions du Bureau et aux assemblées générales de LA COMEN avec une voix seulement consultative. Il n'a pas le droit de vote.
Art. 12 – Technical Committees The Committee of each discipline shall be composed of an odd number of Members, in accordance to the needs of the discipline, varying from 3 to 7. The Members and the Coordinator for each Committee shall be appointed by the newly elected Bureau at its first normal meeting, from the list of candidates submitted by the member Federations, to the General Secretary. When needed, the Coordinator of a committee, may name a Secretary	Art. 12 – Commissions techniques Le Comité de chaque discipline seront composé d'un nombre impair de membres, conformément aux besoins de la discipline, variant de 3 à 7. Le Bureau nouvellement élu à sa première réunion normale, dans la liste des candidats présentés par les fédérations a Secrétaire général, désigne les membres et le coordonnateur pour chaque Comité. Lorsque nécessaire, le coordinateur d'un Comité peut nommer un Secrétaire au cours

during the course of the first meeting of a Committee. Should a Member be absent for one meeting, without force majeure reason, the Bureau shall have the power to terminate his membership in accordance with the Coordinator's report. The Committee shall guarantee the technical running of the events in their discipline. Upon the Bureau's approval they shall meet at least once a year during the time and at the venue of the Mediterranean Cup of their particular discipline. The members' travelling expenses shall be the responsibility of the Federation to which they belong, whereas lodging and local transportation costs shall be borne by the host Federation. III – EVENTS Art. - 13 Any COMEN Federation (Affiliated and Associated) may organize Events open to COMEN member Federations. However, non member Federations may also participate provided that their participation shall be confirmed by the Secretariat. After the LEN annual Congress, the Secretary General must ensure that a Federations organizing the following year a Mediterranean Cup, registers the details of the event in the LEN calendar for the following year. Commitments to organize a Mediterranean Cup of the following year shall be assigned to Federations by the General Assembly of the running year and may be withdrawn no less than six calendar months prior to the opening date of the said cup. Any member wishing to stage a competition shall be required to inform the COMEN Secretary at the time when the members shall be invited to do so, stating the relevant details (type of competition, venue, date, competition programs, mode of transportation, etc.). Art. - 14 The general organization related regulations as shown here below shall be deemed to be applicable to the Swimming, Diving, Synchronized Swimming, Water Polo and Long	de la première réunion d'un Comité. Si un membre devrait s'absenter pour une réunion, sans raison de force majeure, le Bureau a le pouvoir de mettre fin à son adhésion selon le rapport du coordonnateur. Le Comité devra garantir le fonctionnement technique des événements dans leur discipline. Suite à l'approbation du Bureau, ils doivent satisfaire au moins une fois par an au cours de l'heure et au lieu de la coupe de la Méditerranée de leur discipline particulière. Frais de déplacement des députés sera la responsabilité de la Fédération à laquelle ils appartiennent, alors que le logement et transport local frais sont supportés par l'hôte de la Fédération. III – CHAMPIONNATS Art. 13 Toute Fédération COMEN (affiliés et associés) peut organiser des événements ouverts aux fédérations membres COMEN. Toutefois, les fédérations peuvent également participer sous réserve que leur participation doit être confirmée par le Secrétariat. Après le Congrès annuel de la LEN, le Secrétaire général doit s'assurer qu'une fédérations organisant l'année suivante, une tasse de Méditerranée, registres les détails de l'événement dans la LEN calendar pour l'année suivante. Les engagements d'organiser une coupe de la Méditerranée de l'année suivante seront attribués aux fédérations par l'Assemblée générale de l'année en cours d'exécution et peuvent être retirés pas moins de six mois avant la date d'ouverture de la coupe de ladite. Les membres qui souhaitent mettre en scène un concours doit informer le Secrétaire COMEN au moment où les membres sont invités à le faire, précisant les détails pertinents (type de lieu, date, programmes des compétitions, concours, mode de transport, etc.). Art. 14. L'organisation générale des règlements connexes comme le montre ici ci-dessous est réputée s'appliquer à la natation, plongée, natation synchronisée, Water-Polo et événements de natation de longue Distance.
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Distance Swimming Events.

Unless arrangements contrary to the regulations of the Event have been made, the organization shall be overseen by the host Federation, the latter being the party answerable to COMEN who is represented by a Delegate of the Bureau, with collaboration of the COMEN Technical Committee.

- In all disciplines the competition sites are under the responsibility of the Organising Federation.
- The Competition sites must be provided and equipped with adequate and efficient equipment with respect to the pool, locker rooms, electronic panels, -sound system, floodlight system, structures for the judges, as well as drug-testing facilities, if previously required.
- Teams must be present at the competition site at the Jury's disposal one hour before the commencement of the Event.
- The Host Federation must make the competition site available for practise of the participating athletes at least 2 days before and throughout the event.
- The Jury shall consist of COMEN competition officials from Federations duly associated to COMEN, duly certified by LEN or FINA.
- The designated competition Officials must be at the competition site one hour before the scheduled starting time of the event.
- The Organisers obligation shall be to oversee the maintenance of public order and the safety of the participants before, during and after the competition, and until their departure.

IV – ADMINISTRATIVE REGULATIONS

Art. 15 – Management and Administration

a. The funds of COMEN shall be kept in bank accounts. Financial dealings shall be ordered and signed by the President, or the Treasurer who shall oversee administration thereof.

Sauf dispositions contraire au règlement de l'événement ont été prises, l'organisation doit être supervisée par l'hôte de la Fédération, cette dernière étant la partie responsable devant COMEN qui est représentée par un délégué du Bureau, avec la collaboration de la COMEN Comité technique.

- Dans toutes les disciplines, les sites de compétition sont sous la responsabilité de la Fédération organisatrice.
- Les sites de compétition doivent être fournis et équipés d'un équipement adéquat et efficace en ce qui concerne la piscine, les vestiaires, les panneaux électroniques, système de son, projecteur système, structures pour les juges, ainsi que des installations de dépistage des drogues, si auparavant Obligatoire.
- Équipes doivent être présentes sur le site de compétition à disposition du Jury une heure avant le début de l'événement.
- La Fédération hôte doit accorder le site de la compétition pour pratique des athlètes participants au moins 2 jours avant et tout au long de l'événement.
- Le Jury est composée de représentants de concurrence COMEN de fédérations dûment associées à la COMEN, dûment certifiée par LEN ou FINA.
- Les responsables de la concurrence désigné doivent être sur le site de compétition une heure avant la date heure de début de l'événement.
- L'obligation d'organisateur sera chargé de superviser le maintien de l'ordre public et la sécurité des participants avant, pendant et après la compétition et jusqu'à leur départ.

IV – REGLEMENTS ADMINISTRATIFS

Art. 15 – Fonds gestion et Administration

- a. Les fonds de la COMEN seront maintenus dans des comptes bancaires. Transactions financières doivent être commandées et signées par le Président ou le trésorier qui supervise

b. The COMEN membership fees, which shall be set by the General Assembly, must be paid till March 31st, of each year. c. Upon expiry of the said deadline, the defaulting Federation shall be excluded from participation in all the activities until receipt of the fees, and any other eventual arrears, without prejudice to other sanctions which the Board may impose. d. The readmission depends on the Bureau's deliberation or, if strictly necessary, on the President's decision expressed through the Secretary General who is charged to guarantee the observance of the rules. e. These same sanctions as in para. "C" may be imposed on Federations which are fined for failure to give proper 3 month minimum notice for the cancellation of their participation in COMEN competitions or other events. f. All costs and contributions to the benefit of third parties must be approved by the Bureau or, in case of emergency, by the President the latter being requested to have them ratified by the Bureau at the time of its next meeting. g. The Treasurer is responsible for the Financial Report and must ensure that expenditures do not exceed the limits of the available funds. h. The annual Financial Report must be approved by the Bureau, which shall submit the same to the Assembly for its final approval, accompanied by an administrative report. Art. 16 – Inventory The Secretary General shall keep an inventory ledger of COMEN's movable and immovable properties. This inventory shall include: - The name of the property - Its location - Its classification: new, used, not in use any longer - Its current market value.	l'administration de celle-ci. b. les frais d'inscription COMEN, qui seront fixés par l'Assemblée générale, doivent être payés jusqu'au 31 mars de chaque année. c. A l'expiration de ce délai, la Fédération défaillante doit être exclue de la participation dans toutes les activités jusqu'à l'encaissement des taxes et tous les autres arriérés éventuelles, sans préjudice d'autres sanctions que le Conseil peut imposer. d. Sa réadmission dépend de la délibération du Bureau ou, si strictement nécessaire, de la décision du Président exprimée à travers le Secrétaire général qui est chargé de garantir le respect des règles. e. ces mêmes sanctions qu'en para. « C » peut-être être imposée sur les fédérations qui sont condamnées à une amende pour défaut de donner un avis minimal de bon 3 mois pour l'annulation de leur participation aux compétitions COMEN ou autres événements. f. tous les coûts et les contributions au profit de tiers doivent être approuvées par le Bureau ou, en cas d'urgence, par le Président ce dernier étant prié des pour avoir ratifié par le Bureau lors de sa prochaine réunion. g. le trésorier est responsable du rapport financier et doit veiller à ce que les dépenses ne dépassent pas les limites des fonds disponibles. h. le rapport financier annuel doit être approuvé par le Bureau, qui doit présenter le même à l'Assemblée pour approbation définitive, accompagnée d'un rapport administratif. Art. 16 – L' Inventaire Le Secrétaire général tient un livre d'inventaire des biens mobiliers et immobiliers de la COMEN. Cet inventaire doit comprendre: - le nom de la propriété - son emplacement - son classement : nouveau, utilisé, ne plus l'utiliser - sa valeur de marché actuel.
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Art. 17 – Specific measures

a) All competitive activities shall take place in accordance with the FINA, LEN & COMEN competition rules.

b) In case of disagreement between two or more Federations, it is up to the Bureau to resolve thereon in compliance with the Statutes and Rules of Procedure; This decision shall be final.

c) In cases where the litigating Federations have representatives within the Board, the Member involved may express his opinion, but without the right to resolve the issue;

d) COMEN is an institution which, by its sports activities, fosters the bringing of together of and understanding between the peoples.

Together with other Associations of the Region, it contributes to the making of the Mediterranean Sea into a lake of peace.

Art. 18 – Obligations of Federations Hosting a Mediterranean Cup

The Federations hosting a Mediterranean Cup must offer to the participants, the necessary assistance for the issue of entry visas by their Government, if required.

For the smooth running of the cup, the Organising Federations are obliged to provide at their cost, the following:

- a) Transfer from the airport or station to the hotel and vice-versa to those delegations who shall book their accommodation through the organizers.
- b) Transfer of all Teams, from the Hotel/Swimming pool/Hotel for training and competition.
- c) Transfer of the Delegate and the members of the Technical Committee, by separate means of transportation.
- d) Training time at the pool where the competition will take place, for at least two days before the Event.
- e) All the facilities and spaces required for the Jury, the Press (Media) and the meetings of the Technical Committees.

Art. 17 – Mesures spécifiques

a) Toutes les activités concurrentielles aura lieu conformément aux règles de la concurrence de FINA, LEN & COMEN.

b) en cas de désaccord entre deux ou plusieurs fédérations, il appartient au Bureau de résoudre à ce sujet, en conformité avec les statuts et le règlement intérieur ; Cette décision sera finale.

c) dans les cas où les fédérations procéduriers ont des représentants au sein du Conseil, le membre participant peut exprimer son opinion, mais sans droit de résoudre le problème ;

d) COMEN est une institution qui, par ses activités sportives, favorise l'introduction d'ensemble d'et la compréhension entre les peuples. Ainsi que d'autres

Associations de la région, elle contribue à la réalisation de la mer Méditerranée dans un lac de paix.

Art. 18 – Les obligations des fédérations hébergement une coupe Méditerranée

Les fédérations accueillant une coupe Méditerranée doivent offrir aux participants, l'assistance nécessaire pour la délivrance de visas d'entrée par leur gouvernement, si nécessaire. Pour le bon déroulement de la coupe, les fédérations de l'organisation sont tenues de fournir à leurs frais, ce qui suit :

- a) Transfert de l'aéroport ou la gare à l'hôtel et vice versa aux délégations qui doivent réserver leur hébergement par les organisateurs.
- b) Transfert de toutes les équipes, de l'hôtel/piscine/hôtel pour l'entraînement et de compétition.
- c) Transfert du délégué et les membres du Comité technique, par des moyens de transport distincts.
- d) Temps d'entraînement à la piscine où la concurrence va prendre place, pendant au moins deux jours avant l'événement.
- e) Tous les équipements et les espaces nécessaires pour le Jury, la presse (médias) et les réunions des comités techniques.

f) Economy class Air ticket and full board accommodation at a first class 4* hotel plus remuneration of €70 (seventy Euros) per day from two days prior and one day after the end of the competition, to the official Delegate of COMEN, and the President of the Technical Committee. The remuneration must be handed to the beneficiaries, at the Technical Meeting. g) Accommodation expenses at the same hotel, for all the Members of the relevant Technical Committee.	f) Classe économique Air billet pension complète des chambres et une première classe 4 * hôtel ainsi que remuneration de €70 (soixante-dix Euros) par deux jours avant et un jour après la fin de la compétition, et le délégué officiel de la COMEN et le Président de la technique de commettre tee. La rémunération doit être remise à la fiducie, à la réunion technique. g) Frais de logement dans le même hôtel, pour tous les membres de la Commission technique concernée
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2019 MEDITERRANEAN CUPS

SWIMMING	
Date	21 - 23 June, 2019
Venue	BOURGAS – BULGARIA
Organizer	Bulgarian Swimming Federation
Email address	bgr_swimm17@hotmail.com - Phone: +35929300617/618
Participating countries	COMEN members & invitational Federations
Age groups	Boys 15 + 16 years old (born 2003/2004) Girls 13 + 14 years old (born 2005/2006)
SYNCHRONIZED SWIMMING	
Date	01 -04 August, 2019
Venue	GENEVA - SWITZERLAND
Organizer	Swiss Swimming Federations
Email address	artistic-swimming@swiss-swimming.ch - Phone: +41313597275
Participating countries	COMEN members & invitational Federations
Category	Girls 13 – 15 Years old (born 2004/2006) – mixed Duet (Boys born 2004/2006).
Events	Figures, Solo, Duet, Mixed Duet, Team, Free, all 100%
DIVING	
Date	25 – 28 July, 2019
Venue	BELGRADE– SERBIA
Organizer	Serbian Diving Federation
Email address	savezskokovi@mts.rs - Phone: +381113573009
Participating countries	COMEN members & invitational Federations
Age group	Boys & Girls Junior B,C,D
Heights Boys & Girls	Springboards 1m & 3m, Platform
WATER POLO	
Date	01 – 04 August, 2019
Venue	MERANO – ITALIA
Organizer	ITALIAN SWIMMING FEDERATION
Email	international@federnuoto.it +390636200406
Participating countries	COMEN members & invitational Federations
Age group	Men Born 2002 and after
OPEN WATER SWIMMING	
Date	05 - 06 October 2019
Venue	LARNACA– CYPRUS
Organizer	Cyprus Swimming Federation
Email	koek@logos.cy.net Phone: +357 22449842
Participating countries	COMEN members & invitational Federations
Age Groups:	"A" = Boys & Girls 14-15 years old (born 2005/2004) "B" = Boys & Girls 16-17 years old (born 2003/2002)
Distances: individuals	5 km for group "A" & 7.5 km for group "B"
Team	5km (4 x 1.250mts) mixed relay 2 Boys + 2 Girls

2019 ANNUAL COMEN MEETINGS

GENERAL ASSEMBLY & BUREAU The Date & Venue to be announced early in 2019

TSWC, TWPC, TSSC, TDIVC, TOWSC Meeting at the venue/time of each discipline cup

MEDICAL COMMITTEE Meeting at the same venue/time of the TOWSC cup

CONTEST RULES

2019

INDIVIDUAL CONTEST RULES
FOR EACH
MEDITERRANEAN CUP



MEDITERRANEAN SWIMMING CUP

1. DEFINITION

a) Participating Countries

All Comen Members Affiliated & Associated, and also Federations requesting to participate in writing and admitted by the organizers and COMEN Secretariat.

b) Age Groups

A. Girls 13 & 14 years old

B. Boys 15 & 16 years old.

If the number of participating countries is greater than the number of lanes in the competition pool, heats shall be swum in each event.

2. ELIGIBILITY Eligible to participate are swimmers from COMEN member Federations of the above age groups (checked as per FINA rules).

Passports, identity cards or certificates of birth of all swimmers, must be presented to the Jury of Appeal for age-check, at the Technical meeting. However, the organizers at their discretion **as per above paragraph n. 1(a), may also invite non member Federations to participate**, against payment of enrolment fee of 10 euro per athlete per entry.

A Federation wishing to participate must send a request of participation to the organisers at least two (2) months before the date of the Competition, and copy to the COMEN General Secretary who has the right to accept or reject it.

It is the duty of the organizers to collect the enrolment fee during the Technical Meeting and to hand over the relative list with the collected amount, to the official Delegate of COMEN or if not present, to the Coordinator of the Technical Committee, to be deposited at the Bank account of COMEN.

3. FINA RULES

The competition shall be held under FINA-Rules.

The starting commands shall be in English.

4. VENUE & DATE OF MEDITERRANEAN CUPS

The venue and date of the Mediterranean cups are set and assigned by the Comen Bureau and proposed to the General Assembly for confirmation and then are circulated to the members of COMEN by the Secretariat.

The Mediterranean Swimming Cup, if possible, must be organised during the last 3 days of the 3rd weekend of June.

5. SUBSCRIPTION

- The organising country may ask for a preliminary declaration concerning the number of swimmers, delegates, etc., prior to the starting date of the competition.
- The final declaration of participation, must reach the organising country not later than 10 days before the competition with mentioning of:
 - The name & year of birth of the swimmers for each event (except relays)
 - List with their record (best) times;
 - Names of the coaches and officials;
- Note:
 - Change of declared swimmers can be made until 60 minutes before the beginning of each session;
 - The names and the order of the relay swimmers must be handed before the beginning of each session;

6. TRAVEL AND LODGING

Each country shall pay its own travel and lodging expenses. The organising countries shall provide assistance to the other countries for the booking of accommodation.

7. PROGRAM (See Annexe 1)

- The program is executed during 3 (three) consecutive days (Friday, Saturday & Sunday) of the third week of June.
- There will be 15 minutes rest immediately after the end of the last event and before the start of the relay events.
- **Each country may enter 16 boys and 16 girls maximum.**
- **Two participants per event and one relay team shall represent each country.**
- All events shall be held in final heat where the classification shall be decided according to times achieved.
- Vacant lanes may be filled up by general consent at the technical meeting. Time trials may be held if the majority of the delegates agree.

8. STARTING TIME OF THE COMPETITION

The first event of each day shall not start before 09:00 AM.

The host country shall decide the times of the competition, but between the two sessions of each day there shall be a rest of at least **four hours**.

9. LANES

The placement of the swimmers in the lanes shall be decided according to the times announced by the Federations. These times must be officially recorded in a 50m pool in the period which starts right after the previous Comen Mediterranean Swimming Cup. If asked, the Delegate of the Team has to present proof of the times by presenting the results of the meeting where the times have been swum.

10. SWIMMING POOL

The swimming pool must be 50 meters in length.

The competition pool must be available to the participating countries for two training sessions the day before the tournament.

11. AUTOMATIC ELECTRONIC TIMEKEEPING

The competition must be controlled by an official electronic timekeeping, recognised by FINA.

12. OPENING CEREMONY

The opening ceremony shall be held on the first day before the start of the afternoon events. Only the national anthem of the organising country will be played.

13. VICTORY CEREMONY

The victory ceremony shall involve the first, second and third swimmer of each event and shall take place after the following event (victory ceremony for one event after the event that follows, etc.)

14. AWARDS

The first three swimmers of each event shall receive a medal. Gifts are allowed.

A Cup shall be awarded to the boys winning team and separately to the girls winning team.

The National flags of the 3 winners may be hoisted but only the National Anthem of the country of the winner shall be played.

15. COMEN TROPHY

After the last victory ceremony, the organisers shall present the Comen Trophy to the winning team (1st in the total points of boys and girls).

16. AWARD OF POINTS

For **individual events**:

- 1st place 17 points
- 2nd place 15 points
- 3rd place 14 points
- 4th place..16th place 13 points..1 point

For **relays**:

- The awarded points for relays are as above but multiplied X 2.
- In case of disqualification no points are awarded.
- In case of dead heat in the overall points, the winner shall be decided according to the number of first places. If a dead heat still remains, the winner shall be decided according to the number of second places, and so on.

17. JURY

The organising country is responsible to provide the officials. However officials from participating countries may be accepted only if proven that they are qualified to officiate. Countries wishing to propose officials must inform in advance the organizers, the details of their officials with proof of their qualifications.

One member from each country shall compose the jury of appeal. The chairman of this jury will be the COMEN Delegate or the coordinator of the TSC or in their absence a member of the organising country and shall have casting vote in case of equal voting.

18. DOPING CONTROL

Doping control is allowed to be performed, but if it shall be performed it is necessary to be announced at the Technical Meeting, of the competition.

19. CHANGING OF RULES

Changing of the rules is done only by the Comen General Assembly.

However, temporary modifications or changes, may be done by unanimous decision of the official delegates of the participating delegations at the technical meeting prior to the start of the Cup.

20. SOCIAL EVENT

The organizers are requested to organise and offer a free social event (dinner) to the Officials and Coaches of the participating teams.

21. OBLIGATIONS OF THE HOST FEDERATION

The organising Federation is obliged to provide whatever is included, described and specified in the Art.18 of the Rules of Procedure

Teams that chose to book their accommodation with hotels directly and not through the organizers, are not eligible to any free transportation facilities, even if they book at the official hotels of the organisers.

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Any item not covered by these Regulations, shall be examined by the Bureau, or, in urgent cases, by the Delegate assisted by the Technical Committee.

# DAILY PROGRAM

## Day 1 // Friday // Morning

- |    |                  |                    |            |
|----|------------------|--------------------|------------|
| 1. | 100m             | Freestyle          | Girls      |
| 2. | 100m             | Freestyle          | Boys       |
| 3. | 400m             | Ind. Medley        | Girls      |
| 4. | 400m             | Ind. Medley        | Boys       |
|    | Break 15 minutes |                    |            |
| 5. | 4X50m            | Medley Mixed Relay | Boys/Girls |

## Day 1 // Friday // Afternoon

- |    |                  |                 |       |
|----|------------------|-----------------|-------|
| 1. | 200m             | Backstroke      | Girls |
| 2. | 200m             | Backstroke      | Boys  |
| 3. | 400m             | Freestyle       | Girls |
| 4. | 400m             | Freestyle       | Boys  |
|    | Break 15 minutes |                 |       |
| 5. | 4X100m           | Freestyle Relay | Girls |
| 6. | 4X100m           | Freestyle Relay | Boys  |

## Day 2 // Saturday // Morning

- |    |                  |            |       |
|----|------------------|------------|-------|
| 1. | 50m              | Freestyle  | Girls |
| 2. | 50m              | Freestyle  | Boys  |
| 3. | 100m             | Backstroke | Boys  |
| 4. | 100m             | Backstroke | Girls |
| 5. | 100m             | Butterfly  | Girls |
| 6. | 100m             | Butterfly  | Boys  |
|    | Break 15 minutes |            |       |
| 7. | 4X200m           | Freestyle  | Girls |
| 8. | 4X200m           | Freestyle  | Boys  |

## Day 2 // Saturday // Afternoon

- |    |                  |              |       |
|----|------------------|--------------|-------|
| 1. | 800m             | Freestyle    | Girls |
| 2. | 200m             | Breaststroke | Girls |
| 3. | 200m             | Breaststroke | Boys  |
| 4. | 100m             | Backstroke   | Girls |
| 5. | 100m             | Backstroke   | Boys  |
|    | Break 15 minutes |              |       |
| 6. | 4X100m           | Medley relay | Girls |
| 7. | 4X100m           | Medley relay | Boys  |

## Day 3 // Sunday // Morning

- |    |                  |                       |            |
|----|------------------|-----------------------|------------|
| 1. | 200m             | Butterfly             | Girls      |
| 2. | 200m             | Butterfly             | Girls      |
| 3. | 200m             | Freestyle             | Girls      |
| 4. | 200m             | Freestyle             | Boys       |
|    | Break 15 minutes |                       |            |
| 5. | 4X50m            | Freestyle Mixed relay | Boys/Girls |

## Day 3 // Sunday // Afternoon

- |    |                  |                       |            |
|----|------------------|-----------------------|------------|
| 1. | 1500m            | Freestyle             | Boys       |
| 2. | 200m             | Ind. Medley           | Girls      |
| 3. | 200m             | Ind. Medley           | Girls      |
|    | Break 15 minutes |                       |            |
| 4. | 4X100m           | Freestyle Mixed relay | Boys/Girls |



# **MEDITERRRANEAN CUP WATER POLO**

## **INTRODUCTION**

The Federation of each Member Country acts on the name of the Club or national selection that the Fed represents, and is responsible for all articles contained in these regulations as well as for all commitments, expenses and fees required.

### **Article 1**

Each Federation shall nominate its representative Team at the time of the enrolment. **The following Federations: FRANCE, GREECE, ITALY, CROATIA, SPAIN, SERBIA, MONTENEGRO, SLOVENIA, TURKEY and FYROM** may be represented by a club. Other Federations may be represented by their national team, a selection or a club.

The age of the players who are allowed to participate in the Mediterranean W.Polo cups, is set every year by the Bureau, and it is based on the age that FINA & LEN set for their Junior championships of the same year.

### **Article 2**

The tournament shall take place once a year.

Eligible to participate are the COMEN member Federations, but the organizers at their discretion, **may also invite non member Federations to participate, who must pay an enrolment fee of €200 (two hundred euro) per team. The organizers must collect the enrolment fee during the Technical Meeting and hand it over to the official Delegate, to deposit it to the Bank account of COMEN.**

### **Article 3**

The Member Federations wishing to organize this competition for the next year, may send their BID to the General Secretary when they shall be invited to do so, in the 1<sup>st</sup> Quarter of each Year.

### **Article 4**

FINA's technical rules shall be enforced.

## **Article 5**

In the event of a Team's withdrawal, after the start of the Tournament, the Team shall be disqualified and its results annulled. If a Team is disqualified for one of more matches its opponents will be declared as the winners with 5-0 score.

## **Article 6**

The dimensions of the playing field shall be 30 metres by 20 and its depth no less than 1.80 metres.

Electronic devices must be provided able to control the following functions:

- Time of playing.
- Period of playing
- Intermediate time (30 seconds)
- Score
- Personal fouls
- Manual 30 seconds chronometer.

## **Article 7**

The Technical Meeting of the Heads of Delegation and Referees, together with the COMEN Delegate, the Chairman and the Members of the Technical Committee, shall take place the day before the starting of the matches of the Tournament; During this Meeting, the Delegates shall deliver the list of names of their Team members (13 players) to the Chairman of the Technical Committee; This list must be certified by the President or the Secretary of the National Federation of the Country of each team. Newly transferred players are allowed to participate in the competition.

Each federation must certify that the players and Officials included in the said list are not subjected to any penalty as provided by the FINA Regulations.

## **Article 8**

After the closing of the enrolments, the Teams shall be divided to form 2 groups (if possible). In the event of this not being possible, due to the number of teams, the Technical Committee may take an appropriate decision. Independently of the groups formed, the division of the Teams shall be decided according to the classification results of the previous (COMEN) MEDITERRANEAN CUP (considering Country per Country and outsiders).

Each team must indicate the name of its captain before the beginning of the competition. The duty of the team captain for all competitions may be fulfilled by a team manager participating in the event. The captain must be an athlete who is a member of the team. At the competition site, it is the captain's responsibility to see to the order and discipline of his team Members.

## **REFEREES AND OFFICIALS**

### **Article 9**

**Each Team shall be accompanied by the National Referee of its own Federation.** If a team is not accompanied by a National Referee, the team shall pay a **penalty of EUROS 1000 (one thousand)**; Payment of the penalty shall be made directly to the Bureau Delegate or at his absence to the Technical Committee Coordinator, during the Technical Meeting.

### **Article 10**

The Organizing Federation shall provide the Officials as well as minimum 2 (two) FINA or LEN certified Referees.

### **Article 11**

The Water Polo Technical Committee shall meet on the occasion of the MEDITERRANEAN Cup. This Committee will be responsible for the Technical Meeting of the Teams, and the application of the regulations and the nomination of the Referees of the Tournament.

### **Article 12**

The Organizers must provide the medals & Cups for the awards. Each team classified from 1st to 3rd place shall be awarded 15 medals (gold, silver and bronze).

The winner between the Comen member teams, shall be awarded a Trophy engraved **“COMEN Water Polo Cup 20xx”**

All other teams shall be awarded participation souvenirs.

### **SOCIAL EVENT**

The organizers must organize and offer a free social event (dinner) to the Officials and Coaches of the participating teams.

### **OBLIGATION OF THE HOST FEDERATION**

The organising Federation shall provide whatever is included, described and specified in the Art.18 of the Rules of Procedure.

Teams that choose to book their accommodation directly with hotels and not through the organisers are not eligible to any free transportation facilities, even if they book at official hotels listed in the “participation invitation” issued and sent by the organisers.

Any item not covered by these Regulations, shall be examined by the Bureau, or, in urgent cases, by the Delegate assisted by the Technical Committee.



## **MEDITERRANEAN DIVING CUP**

### **ENTRIES**

Eligible to participate are the members (Affiliated & Associated) of COMEN. Each Nation (not Club) can participate with maximum 4 athletes/event, with the exception of the Host Country which can participate with max 6 divers/ event.

However, the organizers at their discretion, **may also invite non member Federations to participate**, who shall be allowed to participate against payment of an enrolment fee of 10 euro per athlete per entry.

The organizers must collect the enrolment fee during the Technical Meeting hand and to hand it to the official Delegate of COMEN or if not present to the Coordinator of the Technical Committee, to be deposited to the COMEN Bank account.

### **COMPETITION RULES**

New rules may be reconsidered and established by the Technical Committee, for the categories B+C+D, taking care the development and promotion of the diving discipline in young ages.

### **COMPETITION**

The FINA competition format for these ages are applicable for the Ages B+C. For the Age D, please follow the proposed competition format.

#### **GROUP B**

Age: 14, or 15 years on December 31<sup>st</sup> of the year of the competition.

#### **Competition Format**

##### **DAG 3.2.2 Girl's Springboard ~ 1 metre and 3 metre**

This competition shall comprise eight (8) different dives; five (5) dives each selected from a different group, the total degree of difficulty shall not exceed and 9.5 for 3 metre events and 9.0 for 1 metre events and three (3) dives without limit of degree of difficulty, each dive selected from a different group.

**Girl's Platform ~ 5 metre ~ 7.5 metre ~ 10 metre**

This competition shall comprise seven (7) different dives; four (4) dives each selected from a different group, the total degree of difficulty shall not exceed 7.6, and three (3) dives without limit of degree of difficulty, each dive selected from a different group. At least five (5) different groups must be used.

**Boys Springboard ~ 1 metre and 3 metre**

This competition shall comprise nine (9) different dives; five (5) dives each selected from a different group, the total degree of difficulty shall not exceed and 9.5 for 3 metre events and 9.0 for 1 metre events and four (4) dives without limit of degree of difficulty, each dive selected from a different group.

**Boys Platform ~ 5 metre ~ 7.5 metre ~ 10 metre**

This competition shall comprise eight (8) different dives; four (4) dives each selected from a different group, the total degree of difficulty shall not exceed 7.6, and four (4) dives without limit of degree of difficulty, each dive selected from a different group. At least five (5) different groups must be used.

**DAG 3.3 Group C**

**DAG 3.3.1 Age:** 12 or 13 years on December 31<sup>st</sup> of the year of the competition.

**DAG 3.3.2 Competition Format****Girl's Springboard ~ 1 metre and 3 metre**

This competition shall comprise seven (7) different dives; five (5) dives each selected from a different group, the total degree of difficulty shall not exceed events 9.5 for 3 metre events and 9.0 for 1 metre events and two (2) dives without limit of degree of difficulty, each dive selected from a different group.

**Girl's Platform ~ 5 metre or 7.5 metre**

This competition shall comprise six (6) different dives; four (4) dives each selected from a different group, the total degree of difficulty shall not exceed 7.6, and two (2) dives without limit of degree of difficulty, each dive selected from a different group.

**Boys Springboard ~ 1 metre and 3 metre**

This competition shall comprise eight (8) different dives; five (5) dives each selected from a different group, the total degree of difficulty shall not exceed 9.5 for 3 metre events and 9.0 for 1 metre events and three (3) dives without limit of degree of difficulty, each dive selected from a different group.

**Boys Platform ~ 5 metre or 7.5 metre**

This competition shall comprise seven (7) different dives; four (4) dives each selected from a different group, the total degree of difficulty shall not exceed 7.6, and three (3) dives without limit of degree of difficulty, each dive selected from a different group.



## **GROUP D**

### **Competition Format**

Age: 10 or 11 years on December 31<sup>st</sup> of the year of the competition.

#### **Girl's Springboard ~ 1 metre and 3 metre**

This competition shall comprise six (6) different dives; (3) dives each selected from a different group, the total degree of difficulty shall not exceed 5.4 for 3 metre and 1 metre events and three (3) dives without limit of degree of difficulty, each dive selected from a different group.

#### **Girl's Platform ~ 5 metre**

This competition shall comprise five (5) different dives; three (3) dives each selected from a different group, the total degree of difficulty shall not exceed 5.4, and two (2) dives without limit of degree of difficulty, each dive selected from a different group.

#### **Boys Springboard ~ 1 metre and 3 metre**

This competition shall comprise six(6) different dives; three (3) dives each selected from a different group, the total degree of difficulty shall not exceed 5.4 for 3 metre and 1 metre events and three (3) dives without limit of degree of difficulty, each dive selected from a different group.

#### **Boys Platform ~ 5 metre**

This competition shall comprise six (6) different dives; three (3) dives each selected from a different group, the total degree of difficulty shall not exceed 5.4, and three (3) dives without limit of degree of difficulty, each dive selected from a different group.

## **RANKING**

Medals will be awarded to the 3 best finalists per each event and a Trophy engraved “**COMEN Diving Cup 20xx**” will be awarded to the best ranking Comen member team. Separate trophy to be awarded to the overall team “**(name of the organizer or sponsor) Diving Cup 20xx**”

Divers shall be awarded the points as on the following table.

For the Final classification only the two best divers per Nation (per category and event) will be considered.

The Final Classification per Nation will be based on the total points collected by the divers (boys-girls) in all the above age groups.





## **MEDITERRANEAN ARTISTIC SYNCHRONISED SWIMMING CUP**

### **SY 1. ORGANIZATION**

- COMEN Cup-SY 1 FINA Technical Artistic Swimming Rules are applied
- COMEN Cup-SY 1.1 The Cup shall be held every year, in 4 (four) days.
- COMEN Cup-SY 1.2 The organizing Federation, the date and the place where the Cup shall be held are decided by the Bureau, confirmed by the General Assembly and published by the Comen Secretariat.
- COMEN Cup-SY 1.3 The COMEN official Delegate together with the Coordinator of the Technical Synchronised Swimming Committee (Comen TSSC), shall be responsible to supervise the organisation and the correct conduct of the competitions according to Comen Rules and Regulations. They shall decide on all matters arising on site at the competitions which require an immediate decision.
- COMEN Cup-SY 1.4 In addition the Comen TSSC shall nominate: a) one (1) referee; b) one (1) Chief Recorder; c) one (1) Evaluator.

### **S Y 2. PARTICIPATION AND EVENTS**

Age Group: 13 to 15

- COMEN Cup-SY 2.1 Events are Solo, Duet, Mixed Duet, Team and Free Combination.
- COMEN Cup-SY 2.2 Federations may submit entries for: a) one (1) solo with one (1) reserve; b) one (1) duet with maximum one (1) reserve; c) one (1) team of four to eight (4-8) members with maximum four (4) reserves; d) one (1) free combination of four (4) to ten (10) members with maximum two (2) reserves and one (1) mixed duet.

Note: one (1) reserve refers to one (1) swimmer.

COMEN Cup-SY 2.3      Maximum number of competitors, twelve (12). The total number of competitors entered by each Federation (unless otherwise specified) may not exceed fourteen (14) competitors including maximum two (2) male competitors only if the Federation enters Mixed Duets.

### **SY 3. FORMAT**

COMEN Cup-SY 3.1      Solo, Duet, mixed Duet & Team shall be held with Preliminaries and Finals. The Preliminaries & Finals shall include Figures (100%) and Free Routine (100%).

COMEN Cup-SY 3.2      Only Final in Free Combination shall be held. Preliminaries and Finals may be held when there are 14 or more Free combinations.a

COMEN Cup-SY 3.3      The FINA figures for Age Group 13,14,15 and the FINA time limits for Age Group 13,14,15 shall apply (see FINA Synchronised Swimming Age Group Rules).

COMEN Cup-SY 3.4      Solos, Duets, Mixed Duets, Team and Free Combination (if held) ranked 1st to 12th (the best 8 Comen countries & the best 4 non-Comen countries) shall qualify for the Finals. The Finals shall start with zero points for the Free Routine (100%). The Final Result includes the Figure Result (100%).

COMEN Cup-SY 3.5      The composition of Solos, Duets, Mixed Duets, Teams and Free Combinations shall be declared no later than two hours before the commencement of the session in which the event shall take place.

COMEN Cup-SY 3.6      Withdrawals from any Final, shall be announced no later than one (1) hour after the end of the Preliminaries concerned; otherwise they shall be fined (see Rule E 16.5)

### **SY 4. AWARDS**

**There will be separate awards for COMEN and for non COMEN Countries.**

COMEN Cup-SY 4.1      Medals shall be awarded to the competitors placed first, second and third in each event including the figures.

COMEN Cup-SY 4.2      Not applicable

COMEN Cup-SY 4.3      The added scores achieved by a Federation in each event shall decide the ranking in the Cup Competition. For finalists, the score of the finals shall be used.

- COMEN Cup~SY 4.4 In case of a tie the highest classification shall be awarded to the Federation having obtained the highest score in the Team event. If there is still a tie, the higher ranked in the event "Free Combination" shall determine the place, and if there is still a tie, the higher ranked in the Duet event.
- COMEN Cup~SY 4.5 The Federation ranked 1st shall be awarded a Trophy engraved "Comen Synchronised Swimming Trophy 20xx". The Federations ranked 2nd and 3rd shall be awarded a Cup. Trophy and Cups are on the costs of the organising Federation.

## **SY 5. ENTRIES**

- COMEN Cup~SY 5.1 Preliminary Entries shall be submitted to the organising Federation, with copy to the Comen Office, no later than the date circulated by the Comen Office. A Federation having made a Preliminary Entry may withdraw up to the date circulated by the COMEN Office.
- COMEN Cup~SY 5.2 Named Entries shall be submitted to the organising Federation, with copy to the COMEN Office, no later than ten (10) days before the first day of the competition, if not announced otherwise.

## **SY 6. OFFICIALS**

- COMEN Cup~SY 6.1 Each participating Federation is obliged to enter at least one (1) judge qualified in category "G" (General) from FINA or LEN list. A second judge from FINA or LEN list category "B" or "G" may be entered.
- COMEN Cup~SY 6.2 Non participating Federations may enter a judge qualified in category "G".
- COMEN Cup~SY 6.3 Nominations shall be submitted to the COMEN Office no later than the date circulated by the COMEN Office.
- COMEN Cup~SY 6.4 Entered judges shall be approved by the COMEN TSSC.
- COMEN Cup~SY 6.5 Officials approved by the COMEN TSSC are on the costs of the nominating Federation.

- COMEN Cup-SY 6.6      the organising Federation shall provide all other officials.
- COMEN Cup-SY 6.7      for each part of a competition, the COMEN Technical Delegate shall nominate the judges panels and the other officials.
- COMEN Cup-SY 6.8      acting judges shall be evaluated.

## **SY 7. PARTICIPATING FEDERATIONS**

Each participating Federation shall be financially responsible for the expenses for accommodation and travel of its team.

Eligible to participate, are the COMEN member Federations, but the organizers at their discretion, **may also invite non member Federations to participate**, who shall be obliged to pay an enrolment fee of 10 euro per athlete per entry.

The organizers must hand over the collected enrolment fee, to the official Delegate of COMEN or if not present, to the Coordinator of the Technical Committee, during the Technical Meeting to be deposited at the COMEN Bank account.

## **SY 8. SOCIAL EVENT**

The organizers must organize and offer a free social event (dinner) to the Officials and Coaches of the participating teams.

## **SY 9. OBLIGATION OF HOST FEDERATION**

The organising Federation shall provide whatever is included, described and specified in the Art.18 of the Rules of Procedure

Teams that arrange and book their accommodation directly with hotels and not through the organisers are not eligible to any free transportation facilities, even if they book at official hotels listed in the “participation invitation” issued and sent by the organisers.

The organizing Federations must issue and provide accreditations with details and photo for each competitor.

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Any item not covered by these Regulations, shall be examined by the Bureau, or, in urgent cases, by the Delegate assisted by the Technical Committee.

# COMPETITION PROGRAM

## The Day before the Start of the Competition Program

|       |                               |
|-------|-------------------------------|
| 10.00 | Meeting TSSC                  |
| 16:00 | Team Managers Meeting / Draws |
| 17:30 | Judges Meeting                |
| 18:30 | Clinic for Coaches & Judges   |

Training according to the Schedule

### 1st Day

|         |                          |
|---------|--------------------------|
| Morning | Duet preliminaries       |
| “       | Mixed Duet preliminaries |
| Evening | Team preliminaries       |

### 2nd Day

|           |                                |
|-----------|--------------------------------|
| Morning   | Solo Preliminaries             |
| Afternoon | Free Combination Preliminaries |
| Evening   | Free Combination Final         |

### 3<sup>rd</sup> Day

|       |                            |
|-------|----------------------------|
| 09.00 | Figure Competition         |
| 19.00 | Duet and Mixed Duet Finals |

### 4<sup>th</sup> Day

|           |            |
|-----------|------------|
| 10.00     | Solo Final |
| 12.00     | Team Final |
| Afternoon | Pool Party |



## **MEDITERRANEAN OPEN WATER SWIMMING CUP**

### **OWS – 1**

#### **ELIGIBILITY**

Eligible to participate, are the COMEN member Federations, but the organizers at their discretion, **may also invite non member Federations to participate**, who shall be obliged to pay an enrolment fee of 10 euro per athlete per entry.

The organizers must hand over the collected enrolment fee, to the official Delegate of COMEN or if not present to the Coordinator of the Technical Committee, during the Technical Meeting to be deposited to the COMEN Bank account.

### **OWS – 2**

#### **COMPETITION**

The Open Water competition shall be a Freestyle swimming event for male & female swimmers 14 – 17 years old separated in 2 Age Groups, as follows:

##### **Individual swimming:**

- Age Group “A” (Boys & Girls 14 – 15 years old) distance 5 kilometers
- Age Group “B” (Boys & Girls 16 – 17 years old) distance 7.5 Kilometers

##### **Mixed relay swimming (2 boys + 2 girls):**

- Age groups “A” & “B” ~ total distance of 5 km (4x1250 mts)

The competition program shall be executed in 2 consecutive days.

- a) Day 1            5 km swimming group “A” (Boys & Girls)  
                         Mixed relay age group “B”
- b) Day 2            7.5 km swimming group “B” (Boys & Girls)  
                         Mixed relay age group “A” OW 2.1 Mixed relay event rules

- Composition of each team: 2+2 male/female.
- Each swimmer shall complete swimming one lap of 1.25 km
- Swimmers may swim in any sequence, but may swim only once.
- All teams will start together & the starting order will be by random draw.
- There shall be a relay change-over zone of a minimum of 5 m in width.
- Change-overs shall be made with the following swimmer in the water in the starting position.  
The change-overs shall be made with an obvious visible touch between the swimmers making the change.
- Swimmers may enter the change-over zone when the previous swimmer is approaching the zone and leave the water immediately at the conclusion of their lap.
- Swimmers shall all wear team caps of the same colour and style.

There is no limit in the number of athletes that may participate, per Federation.



### **OWS – 3**

#### **COURSE**

The course is preferred to be of an oblong shape where applicable, running along and near the coast line, clearly marked by floating buoys anchored at the ends as well as the middle distance of the course. The floating buoys must be of a distinctive color, seen from a distance of at least 200mts.

### **OWS – 4**

#### **VENUE**

The venue shall be in the Sea (coastal area), River, or Lake (natural or artificial) free of currents.

### **OWS – 5**

#### **START**

The start signal may be given either from a platform (fixed or floating) or boat or by aligning the athletes in the water (standing), at a depth of no less than 1.20mt.

The starting signal can be given with a starting pistol, whistle, or horn (air or electric).

### **OWS – 6**

#### **FINISH**

The finish must be clearly defined by buoys of different color than those defining the course.

The order of finish at the finish line must be controlled by a jury (finish judge, time controller and secretary) and wherever possible electronically.

An audio signal must be given from the jury to each swimmer finishing the race, except when an electronic finish is available.

### **OWS – 7**

#### **POINTS:**

The points count shall be the points awarded only to 3 swimmers per team, the names of which must be declared at the technical meeting.

The point system is: 9 points to the winner, 7 points to the 2<sup>nd</sup> .....down to 1 point to the swimmer finishing 8th.

## AWARDS

Awards shall be offered by the organizers at their cost as follows:

- Trophy engraved **“COMEN Open Water Swimming Cup 20....”** to the 1<sup>st</sup> winning team of the COMEN member Federations and cups to the 2<sup>nd</sup> & 3<sup>rd</sup> COMEN member Federations (total points boys & girls).
- If non members Federations participate, a Trophy engraved **“International Open Water Swimming 20... (title of cup & venue)”** to the overall winner of all teams (Comen and others) based on the total points of boys & girls, and Cups to the 2<sup>nd</sup> & 3<sup>rd</sup>. winners.
- Cups & medals to the event winners of COMEN Federations (females)
- Cups & medals to the event winners of COMEN Federations (males)
- Cups & medals to the event winners of non Comen countries (females)
- Cups & medals to the event winners of non Comen countries (males)

## OWS – 8

### SOCIAL EVENT

The organizers must organize and offer to all the Officials and Coaches of the participating teams, a free social event (dinner).

## OWS – 9

### OBLIGATION OF HOST FEDERATION

The organising Federation shall provide whatever is included, described and specified in the Art.18 of the Rules of Procedure.

Teams that arrange to book their accommodation directly with hotels and not through the organisers are not eligible to any free transportation facilities, even if they book at official hotels listed in the “participation invitation” issued and sent by the organisers.

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Any item not covered by these Regulations, shall be examined by the Bureau, or, in urgent cases, by the Delegate assisted by the Technical Committee.

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