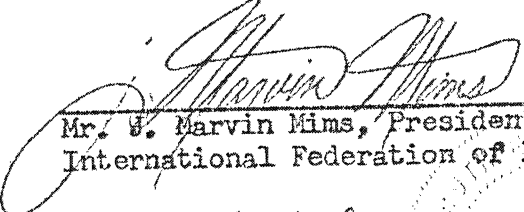


RULES AND REGULATIONS FOR OCEAN SWIMMING IN THE GULF STREAM

- ( 1 ) The shark cage in which you swim must be at least 10' wide, 25' long and at least 8' deep.
- ( 2 ) The shark cage should be at least 50' behind the boat that is towing it.
- ( 3 ) An authenticator must be in a dingy behind the shark cage where there is clear visability of the swimmer.
- ( 4 ) Fins, and a snorkel to counteract the sickness of the salt water will be allowed.
- ( 5 ) The swimmer ( s ) will not be allowed out of the water unless his life is endangered from shark attacks, Portuguese men-of-war or salt sickness.  
\* Then only fifteen minutes will be allotted ~~at one given time~~ to be out of the water for medication, oxygen and other medicinal purposes.  
\*\* This time allotment will apply only to swims of fifty miles or more.
- ( 6 ) The swimmer's arms and legs must be in motion at all times, no floatation is to be tied on the arms, legs or feet to aid the swimmer. \* There will be no floatation of any kind permitted.
- ( 7 ) No more than two minutes will be allowed for the feeding period, feeding periods will not be less than every one hour thirty minutes.
- ( 8 ) Authenticators of a ocean swim must meet with the approval of J. Marvin Mims ( founder of the International Federation of Professional Ocean Swimmers and Divers ) to be recognized by the International Federation of Professional Ocean Swimmers and Divers.
- ( 9 ) At least two strangers, unrelated and unaquainted with the swimmer must accompany the swim.
- ( 10 ) The swimmer's feet should be at least four feet from the back of his shark cage and the swimmer should swim in the middle of his cage as accurate as possible.
- ( 11 ) Any swimmer wanting to receive credit for open ocean swimming ( that is to be documented and authenticated by I. F. of P. O. S. D. ) must adhere to the aforementioned rules and regulations.

  
Mr. J. Marvin Mims, President  
International Federation of Professional Ocean Swimmers and Divers

June 16, 1978

Ruth E. Bauer