



# Race Rules and Regulations

Our goal at TriTanium is to not alienate any competitor from our event due to equipment restrictions, but at the same time we need to create a fair and competitive playing field for everyone.

Please read and understand the rules and regulations.

As we are a multiday, multistage race we do not fall under any governing body and therefore the rules and regulations of other events do not always apply to us.

Having said that, in order for a race to be successful we do need some rules and regulations.

### **GENERAL RULES:**

These are rules that apply to all athletes throughout the entire event. These rules are non-negotiable and will result in instant disqualification from the entire event.

1. No seconding or outside assistance allowed;
2. No earphones or headsets allowed;
3. No communication devices allowed - this will be constituted as outside assistance;
4. No taking of prohibited drugs, be it in the form of sport enhancement or recreational;
5. No public nudity or indecent exposure during the event;
6. No cameras or filming devices allowed, unless permission has been granted by the race organisers;
7. No swearing or abusive behaviour towards race organisers, officials, staff or other athletes will be tolerated;
8. No littering outside of the designated area at the water points or transition area;
9. Athletes must participate and compete in the age-group division corresponding to the athlete's age as of December 31 of the year of the event;
10. Athletes must be 18 years or older on the day of the event;
11. Athletes must follow the predetermined route;
12. Friends, family members, and/or other spectators are not permitted to cross the finish line or enter the finish chute with participating athletes.

### **SWIMMING**

#### **SWIMMING RULES AND REGULATIONS:**

These rules and conditions will apply to both swim legs of the event.

**GENERAL:**

1. Each swimmer must wear an official swim cap provided by the Race Organiser. Failing to wear a swim cap at all times during the swim segment of the race may result in a time penalty enforced by Race Director after the swim segment;
2. Wearing swim goggles or a face mask is highly recommended but not required;
3. The use of snorkels, fins, gloves, paddles, or flotation devices of any kind (including pull buoys) is prohibited;
4. Neoprene or any other booties are prohibited unless the water temperature is 16 degrees Celsius or colder;
5. No seconding allowed during the swim event;
6. Any assistance during the swim will result in disqualification if forward progress was made. Athletes are permitted to use the life guard kayaks and boats as aid, as long as no forward progress is made;
7. The Race Director and medical personnel reserve the right to remove athletes from the course if such removal is determined medically necessary;
8. It is the sole responsibility of each athlete to know and follow the prescribed swimming course. No adjustments in times or results will be made, for any reason whatsoever, for athletes who fail to follow the proper course;
9. Swim course cut-off times will be enforced, more so for the sea swim. Should you not make the cut off, you will be permitted to continue with the race.

**WETSUIT POLICY:**

1. Wetsuits cannot measure more than 5 millimeters thick;
2. A standard variance will be allowed to account for seams and jersey material (non-buoyant);
3. Wetsuits are permitted if the water temperature is up to and including 25 degrees Celsius or colder. Full wetsuits are permitted (arms and legs covered);
4. Wetsuits are prohibited in temperatures over 25 degrees Celsius;
5. If the water temperature is 16 degrees Celsius or colder, the use of wetsuits becomes compulsory;
6. A wetsuit may cover any part of the body except the face, hands and feet.

The announcement will be made on the morning of each event whether or not wetsuits are permitted or enforced.

**SWIM WEAR:**

1. Swimwear must be 100% textile material, which is defined as materials consisting of natural and/or synthetic, individual and non-consolidated yarns used to constitute a fabric by weaving, knitting and/or braiding (this generally refers to suits made only from nylon or lycra that do not have any rubberized material such as polyurethane or neoprene);
2. Swimwear may contain a zipper;
3. Wetsuit (neoprene) shorts/bottoms are prohibited;

4. Swimwear must not cover the neck, must not extend past the elbow, and must not extend past the knees;
5. A textile race kit may be worn as your swim wear i.e. trisuit, provided it is aligned with all the regulations.

## **CYCLING AND MOUNTAIN BIKING**

### **RIDING RULES AND REGULATIONS:**

#### **GENERAL:**

1. The bicycle shall be propelled solely through a chainset, by the legs moving in a circular movement, without electric or other assistance, other than pushing or carrying the bicycle;
2. Any propulsive action brought on by use of the hands is prohibited;
3. Athletes must not make any forward progress unaccompanied by their bicycle. If a bicycle is rendered inoperable, an athlete may proceed on the cycling course, running or walking, while pushing or carrying the bicycle, so long as the bicycle is pushed or carried in a manner that does not obstruct or impede the progress of other athletes;
4. It is the sole responsibility of each athlete to know and follow the prescribed cycling course. No adjustments in times or results will be made, for any reason whatsoever, for athletes who fail to follow the proper course;
5. All athletes must obey all traffic laws while on the cycling course unless otherwise specifically directed by a Race Director or race marshal with actual authority;
6. Cycling with a bare torso is prohibited;
7. Bike course cut-off times will be stated in advance;
8. During the road stage, riders are to keep left at all times. During an overtaking maneuver, riders are to pull out, overtake and pull back in – see drafting rules;
9. Athletes must wear their TriTanium issued bib number on the back of the athlete's person and the bib must be clearly visible at all times on the ride or mountain bike course;
10. Riders are to ensure their TriTanium issued race number is mounted on the front of their mountain bike during the mountain bike stage;
11. When racking your bicycle, the bicycle must be racked in a manner such that the majority of the bicycle is on the athlete's side of the bike rack;
12. Each athlete's equipment must be placed either in the athlete's transition bags, on the athlete's bike, or in the designated transition spot, depending on the policy stated at the briefing or in the race info pack;
13. Athletes must not interfere with another athlete's equipment in the transition area;
14. Athletes must not impede the progress of other athletes in the transition area;
15. A mount and dismount line will be clearly designated at the entrance and exit of the transition area. Mounting the bike before the designated mount-line is prohibited. Dismounting after the dismount line is prohibited.

## **THE BICYCLE:**

As this is a multistage race of two different disciplines there are a few basic rules. For the Road stage, any tri-bike, time trial bike or road bike may be used. On the Mountain Bike stage, any mountain bike may be used, whether it is hard tail, full suspension or single speed. There are some restrictions listed below.

1. The front wheel must be of spoke construction and must not be solid;
2. The rear wheel may be either spoke or solid construction (disc wheel);
3. Wheels of spoke construction may consist of an aero rim with spokes (spokes may be bladed, round, flattened, or oval);
4. No wheel may contain any mechanism capable of accelerating or artificially causing the continued rotation of the wheel.

## **HELMETS:**

1. Helmets must be approved by a national accredited testing authority;
2. A helmet must be worn by athletes who are riding a bike during the event;
3. The helmet must be securely fastened at all times when the athlete is in possession of the bike, which means from the time they remove their bike from the rack at the start of the bike segment of the race, until after the athlete has placed the athlete's bike on the rack at the finish of the bike segment of the race;
4. If an athlete moves their bike off the race course for any reason, the athlete may not unfasten or remove the helmet;
5. Cameras, phone cameras, and video cameras are prohibited unless permission is given by the Race Director. Cameras may not be mounted on the helmet or chest of the rider. They may only be mounted on the handlebar or seat post.

## **DRAFTING AND POSITION RULES:**

1. Drafting during the road stage is prohibited. This rule will not be enforced on the mountain bike stage;
2. Drafting means to remain within the draft zone (slipstream) of another athlete for a period longer than 20 seconds;
3. The bicycle draft zone is 6 bicycle lengths (12 meters) measured from the leading edge of the front wheel and extending towards the back of the bike;
4. Athletes may enter the draft zone of another athlete when passing and must continuously progress through the draft zone. A maximum of 20 seconds will be allowed to pass through the zone of another athlete;
5. Prior to entering the draft zone of another athlete, athletes must move to the side of the athlete being overtaken (i.e. no slipstreaming);
6. Athletes must remain outside the draft zone (6 bike lengths between bikes) except when passing;

7. A “pass” occurs when the overtaking athlete’s front wheel passes the leading edge of the front wheel of the athlete being overtaken;
8. The overtaking athlete may not back out of a draft zone after entering into it. Once an overtaking athlete enters the draft zone of another athlete, a pass must be completed;
9. An overtaken athlete must immediately drop out of the draft zone of the passing athlete and must continuously make rearward progress out of the draft zone of the passing athlete. Re-passing by the overtaken athlete prior to dropping out of the draft zone will result in an overtake violation;
10. Overtaken athletes who remain within the draft zone of the passing athlete for more than 20 seconds will be given a drafting violation;
11. Athletes must ride single-file on the far-left side of the bike course road except when passing another athlete (or for reasons of safety);
12. Side by-side riding is not permitted.

**RUNNING:**

**GENERAL:**

1. Athletes may run, walk, skip or crawl;
2. It is the sole responsibility of each athlete to know and follow the prescribed running course. No adjustments in times or results will be made, for any reason whatsoever, for athletes who fail to follow the proper course;
3. All athletes must obey all traffic laws while on the road running stage unless otherwise specifically directed by a race official or marshal with actual authority. Unless otherwise directed in accordance with the preceding sentence, all athletes must come to a complete stop when required by a traffic sign or traffic control device and must not proceed through any intersection unless such intersection is clear of oncoming traffic;
4. Running with a bare torso is prohibited;
5. Athletes must wear their TriTanium issued bib number in front of the athlete’s person and the bib must be clearly visible at all times on the run course;
6. Each athlete’s equipment must be placed either in the athlete’s transition bags or in the designated transition spot, depending on the policy stated at the briefing or in the race info pack.
7. Athletes must not interfere with another athlete's equipment in the transition area;
8. Athletes must not impede the progress of other athletes in the transition area.