



Rules and Regulations

2017/18 season



RULES AND REGULATIONS – SWIM

- Each competitor must wear the swim cap provided by the race organisers.
- No fins, aqua socks, gloves, paddles or flotation devices of any kind are permitted.
- Swim goggles or face masks may be worn.
- No individual paddlers or escorts are allowed. The course will be adequately patrolled by, canoes and paddleboards.
- Wetsuits are mandatory up to 17 degrees.
- Wetsuits are optional and permitted up to and including 23 degrees.
- Wetsuits are not permitted if the water temperature is above 23 degrees.
- Wetsuits must be 5mm thick or less.
- Swim skins or similar swimwear are permitted. Swimsuits and/or tri-suits (including branded and two piece) are permitted provided they conform to the below points:
 - Material used for swimwear must be 100% textile material. This 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 refer to suits made only from nylon or lycra that do not have any rubberized material such as polyurethane or neoprene.



RULES AND REGULATIONS

- Swimwear may not cover the neck, extend past the elbow and knees (this includes compression socks and compression sleeves). Swim suits and/or tri-suits may contain a zipper.
- No covering of hands or feet in the swim is permitted.
- Any assistance required during the swim will result in disqualification if forward progress is made. Competitors are permitted to use kayaks and boats as aids, so long as no forward progress is made. Course Officials and medical personnel reserve the right to remove competitors from the course if determined medically necessary.
- All competitors must cross the timing mats on entrance to transition or they may be disqualified.
- Competitors shall at all times swim so they do not deliberately obstruct or interfere with other competitors. Making contact other than by accident may incur a time penalty.



RULES AND REGULATIONS – TRANSITION

- Helmets must be a recognized design and a standard model and will be checked by officials prior to entry into transition.
- Transition is a competitor and officials only area. No family, children, friends or pets are permitted.
- No public nudity.
- No cycling before the mount line in transition. Any cycling in these areas will incur a penalty.
- Bikes must be placed in their correct allotted area within transition.
- No bags may be left in transition. Only items that will be used during the race may be placed in your allotted area.
- Bikes should be racked by either the seat pin or handlebars/brake levers, unless other arrangements are provided.
- Bikes that are incorrectly racked may be determined a hindrance to other competitors and may incur a penalty.
- Competitors must not interfere with another competitors' equipment in the transition area. This could result in a penalty or disqualification.
- Competitors must not use any device to mark their position in transition. Any device or marker will be removed by the official. If this is not possible, a penalty may be incurred.



RULES AND REGULATIONS

TRANSITION ONE

- When leaving transition, competitors may only mount their bike once all parts of the bike have left the mount line which will be clearly marked at the beginning of the bike course.
- Race numbers must be clearly displayed on the competitors' back before the start of the bike section.

TRANSITION TWO

- When returning to transition, competitors must dismount their bike before any part of the bike reaches the dismount line, this will be clearly marked before the end of the bike course. Competitors may then walk or run with their bike to its allotted area.
- Race numbers must be clearly displayed on the competitors' front before the start of the run.



RULES AND REGULATIONS – BIKE

- Bikes must be well maintained, roadworthy and have the following characteristics: the front wheel may be a different diameter than the rear wheel but must be of spoke construction, wheel covers or disc wheels are permitted on the rear wheel only.
- No fixed wheels are permitted. There must be a brake on each wheel and both wheels must be classified as free.
- Handlebars and tri-bars must be plugged.
- Add-ons, such as computers or lighting brackets and mounting points, must be positioned so as to prevent injury in the event of a crash or collision with other competitors or spectators.
- Any unusual or unorthodox bikes must be presented to the Technical Officer prior to the event. Straight forward clip-on handlebars must not carry forward-facing brake levers.
- No drafting of another bike or any other vehicle is allowed.
- The draft zone is a rectangle 3 meters wide by 12 meters, which extends backwards from the leading edge of the front wheel of the bike ahead. Entering this zone and not passing the bike in front will result in an overtaking penalty.
- The draft zone, with respect to a motor vehicle, is a rectangle 5 meters to each side of the vehicle by 35 meters behind the vehicle. It is the competitor's responsibility to continually communicate to the vehicle to move away.



RULES AND REGULATIONS

- Competitors must ride single file on the right hand side of the road except when passing another competitor. Side-by-side riding is not allowed and will result in a blocking or position violation.
- Competitors must move to the left upon entering the 12m draft zone. In other words, no slipstreaming of the competitor ahead is allowed when passing.
- Competitors are allowed 20 seconds to pass. A pass occurs when the passing competitor's front wheel overtakes the passed competitor's front wheel. Failure to complete a pass within 25 seconds will result in a drafting violation.
- An overtaken competitor must fall back 12 meters before attempting to re-pass. Failure to immediately fall back will result in a drafting violation. Immediately re-passing will result in an overtaking violation.
- Violations will be noted and where possible communicated at the end of the race.
- Competitors will be disqualified if they receive three drafting penalties or as listed under penalties.
- Each competitor must be individually responsible for repair and maintenance of their own bike. Assistance by anyone other than Race Personnel will be grounds for immediate disqualification. Each competitor should be prepared to handle any possible mechanical malfunction.
- All competitors must follow the normal rules of the road, obey all traffic signals and follow any instructions given by the police. Any infringement of the law and subsequent legal action is the sole responsibility of the competitor



RULES AND REGULATIONS

- Competitors shall at all times ride so they do not deliberately obstruct or interfere with other competitors. Making contact other than by accident shall be declared unsporting impedance and may incur a penalty.
- Any part of the bike course may be covered on foot, but on these occasions, the competitors must carry or push their own bike.
- Approved helmets are required during the entire bike section. Helmets must be securely fastened at all times when on the bike, and must not be unfastened until the bike is racked within Transition.
- Any competitor riding without an approved helmet or chinstrap securely fastened may be disqualified. Alterations to helmets, which affect its integrity, are not permitted.
- No individual support is allowed. Friends, family members, coaches or supporters of any type may not bike, drive or run alongside a competitor, may not pass food or other items to a competitor and should be notified to stay completely clear of all competitors to avoid the disqualification of the competitor. It is incumbent upon each competitor to immediately reject any attempt to assist, follow or escort.



RULES AND REGULATIONS – RUN

- No form of locomotion other than running or walking is allowed. Crawling is not allowed.
- A shirt must be worn at all times. Failure to wear either shoes or a shirt may result in disqualification.
- Competitors shall, at all times, run so they do not deliberately obstruct or interfere with other competitors. Making contact other than by accident shall be declared unsporting impedance and may incur a penalty.



RULES AND REGULATIONS – RACE NUMBERS

RACE NUMBERS

- Additional body markings may be provided by the Race Organiser, but this is not a substitute for, or replacement of, an official race number.
- Race numbers must be worn on your back during the bike and on your front during the run.
- Race numbers issued by the Race Organiser identify the official competitors in the Race. Folding, cutting, intentional alteration of any kind or failure to wear the race number is strictly prohibited and may result in disqualification.



RULES AND REGULATIONS – GENERAL RULES

GENERAL RULES

- Competitors are responsible for counting their own laps. Any competitor who does not complete the official course may be disqualified.
- Headsets, headphones or any items which obstruct hearing such as mobile phones are not permitted during any section of the event.
- Any littering of the course will result in a penalty. Bins are located around the course for your use.
- Competitors are expected to heed directions and instructions of all Race Officials and public authorities. Failure to do so may result in disqualification.
- The decisions of the officials are final.
- If you are involved in an accident with another person please ensure that a Race Official is notified before leaving the scene.
- If not specified then ITU rules apply.

