

Hardman Triathlon race specific regulations

RACE RULES

1.0 GENERAL RULES AND REGULATIONS (APPLYING TO ALL SECTIONS)

1. The event will be run under the terms of the Triathlon Ireland Manual of Guidance, the International Triathlon Union Competition Rules and these specific race regulations. Where a conflict between the rules can be proven the regulations the ITU Competition Rules will take precedence
2. The primary purpose of these rules & regulations is to:
 - * to ensure the safety of the competitors
 - * to ensure unfair advantage is not gained by any competitor
 - * to ensure the reputation of the sport or the sponsors is not threatened by the actions of any competitor
 - * to ensure fair application of any penalties
3. The Hardman Triathlon race committee reserves the right to make rules changes at any time up to the final pre-race briefing.
4. The Race Director, Race Referee and Technical Officials have the authority to disqualify competitors.
5. Medical personnel have ULTIMATE AND FINAL authority to remove a participant from the race if the participant is judged to be physically incapable of continuing the race without risk of serious injury or death. Competitors who receive any product by Intravenous Treatment (IV) treatment during the event will be withdrawn from the race.
6. No competitor may use alcohol or any illegal, detrimental or dangerous drugs, stimulants, depressants or other substances with the intent to improve their performance, eliminate the sense of fatigue or for any other purpose.
7. Good sportsmanship will be demanded of all competitors. Fraud, theft and acts of unsporting conduct are grounds for immediate disqualification. Such disqualifications will be reported to Triathlon Ireland and to the triathlon federation of the participant's home nation if applicable.
8. If a competitor decides to withdraw from the race at any time, it is their responsibility to notify the race timing centre, a race official or the Information Centre.
9. No headphones, headsets, earpieces or any means of communication with others may be worn during the race.
10. Race entrants may not compete with a bare torso.
11. Each competitor must wear a race number at all times while on the course. Race numbers issued by the Hardman Triathlon identify the official competitors in the race. Folding, cutting race numbers, intentional alteration of any kind, or failure to wear race numbers is STRICTLY PROHIBITED and may result in disqualification.
12. Competitors must know and follow the correct course. Any competitor who leaves the course and fails to return to it at the point of exit will be disqualified
13. At no stage in the race may a competitor impede the progress of another by any means.
14. There are to be no discards of any kind on the course except at designated areas as outlined in the event manual – this includes banana peels, gel wrappers etc. Discards may result in disqualification.
15. No outside assistance is allowed except from technical officials. Ample support stations will be provided. Friends, family members, coaches or supporters of any type may NOT cycle, drive or run alongside competitors, they may not pass food or other items to competitors. Competitors disobeying this regulation will be disqualified. A non-participant escort runner includes competitors who have withdrawn from the race, have been disqualified or have finished the race. It is each competitor's

responsibility to immediately reject any attempt to assist, follow or escort them. It is permissible for competitors who are still competing to run with other competitors who are also still competing.

16. Competitors are expected to heed directions and instructions of all race officials and public authorities

17. Any protests regarding decisions made by Race Officials must be made in person and received by the Race Referee or Race Director within two hours of finishing the event. Such a complaint must be made in writing and be accompanied by a fee of €30, which will be returned if the protest is upheld. The Race Referee and the Race Director may be contacted through the information centre. A Competition Jury will hear any appeals against Technical Officials rulings, and protests by a competitor against another competitor for rule infringements.

18. The Competition will be chaired by one of the appointed Technical Officials who will appoint the remaining 3 members who must be triathlon Ireland members not connected with the organisation of the event. The Technical Official will not have a vote and must not have been involved in the matter being appealed against/protected about

19. Swim Course closes at 8.50am (2 hours 20 minutes after the race start)

20. Bike Course closes at 4.50pm (10 hours and 20 minutes after the race start)

21. Run Course closes at 11.00pm (16 hours and 30 minutes after the race start)

2.0 SWIM COURSE - OFFICIAL RULES AND REGULATIONS

1. Swim course will be closed 2 hours 20 minutes after the race start.
2. Each swimmer must wear the cap provided at Registration.
3. No fins, paddles, snorkels, flotation devices of any kind are permitted.
4. Swim goggles or face masks may be worn.
5. No individual paddlers or escorts allowed. The course will be adequately patrolled by safety vessels and kayaks.
6. Nudity outside of the changing area will result in disqualification.
7. Wetsuits are compulsory.
8. After the swim, competitors must dress for the bike section of the race in designated dressing areas only. No dressing will be allowed in the bike holding areas as it impedes traffic through the bike lanes.

3.0 BIKE COURSE - OFFICIAL RULES AND REGULATIONS

1. The bike course will close at 4.50pm, 10 hours 20 minutes after the start of the race.
2. Numbers must be placed on the lower left hand side of the back of the cyclist upper clothing. A frame number (a numbered tag) will also be placed on the bike frame (on the seat post with the number horizontal) and must remain on the bike throughout the race. If a race belt is used the number must be turned to the back for the cycle.
3. No tandems, recumbents, fairings or any devices designed exclusively to reduce air resistance are permitted.
4. Handle bar ends must be plugged. Where tubular tyres are used they must be well glued to prevent rolling. Helmets must be of an approved hard shell design and be sound. Wheel and seat-post skewers must be tight. Wheels must be true and free of buckles. Each wheel must have a functioning brake.
5. All bikes will be inspected prior to race day to insure that minimum safety standards are met. Race officials will make final judgement as to soundness of bikes. If a bike does not meet safety standards, the competitor will be required to correct the problem before participating in the race. The fact that a bicycle is approved at scrutiny is not an assessment of the soundness of the machine. Scrutiny will assess the following items: the head set, the bottom bracket, the seat post the wheels and determine

there is a functioning on each wheel. Each helmet will be subject to a visual examination to determine that it is of a hard shell construction. The assessment is not a safety check of the helmet of its soundness.

6. Helmets must be worn at all times during the cycle section. Helmets must be available commercially and without any further modifications. Leather or vinyl hairnet helmets will NOT be allowed. Competitors not wearing approved helmets with chinstrap secured during any section of the bike leg will be disqualified.

7. The following helmet standards are required:

- A CE mark complying with European standard EN 1078
- American National Standard ASTM F1447-1994
- Snell Memorial Foundations B90 or B95
- Both New Zealand and Australian standard AS/NZS 2063:1996, NZS 5439 or AS2063.2

8. Bags will be provided for the Special Needs Station located at Waterville. Competitors must stop and collect their own bag. All unclaimed bags will be discarded after the station is closed.

9. Each participant will be INDIVIDUALLY RESPONSIBLE for repair and maintenance of his/her own bike. Assistance by anyone other will be grounds for immediate disqualification. This disallows the use of spare wheels and back-up bikes and requires that each competitor be prepared to handle any possible mechanical malfunction.

10. Participants may run/walk their bike if necessary.

11. Competitors are individually responsible for adhering to the Irish Rules of the Road and are solely responsible for the consequences of any infractions. KEEP TO THE LEFT. DO NOT UNDER ANY CIRCUMSTANCES CROSS WHITE CENTRE LINES – this will result in immediate disqualification. Obey traffic signals and junction signs.

12. Blocking or restricting the ability of cyclists to pass is prohibited. Cyclists must ride as close to the left hand side of the road as possible, unless passing. Failure to do so will result in a five minute stand-down on the course – this sanction cannot be appealed.

13. All riding is on left side of the road. The “normal lane” is that on the left and the “passing lane” is between the normal lane and the centre line. The passing lane should only be entered for passing or for safety reasons. After completing an overtaking manoeuvre the rider must return to the normal/left lane and remain there until attempting to pass another rider.

14. No drafting is permitted. The cycle draft zone is a 7 metre by 3-metre rectangle (23ft by 10ft) which must be maintained between riders and only entered into when the rear rider wishes to overtake. When overtaking, a competitor has 15 seconds to pass through this zone. The cyclist that has been overtaken then has 15 seconds to drop out of the draft zone. If the manoeuvre fails because the lead rider speeds up, the challenging rider must immediately drop back out of the zone and may not challenge again until 15 seconds has lapsed. A first violation will result in a five-minute stand down penalty; a second violation will result in disqualification. A five-minute stand down time penalty will be incurred for all drafting and blocking infringements imposed by race technical officials. This time penalty will be served on the course.

In summary the zone requires a rider to ride single file with at least 3 bike lengths between the lead and the following bikes; measured from the rear wheel of lead bike and front wheel edge of following.

A drafting penalty cannot be appealed.

15. Vehicle drafting – Any attempt by a rider to draft a motorcycle or and other vehicle on the course will draw a drafting penalty. The draft zone for a vehicle is 35 metres by 5 metres.

16. A rider mounting their machine before the start line will be subject to a five-minute stand-down penalty.

18. A rider mounting their bike before the start line will be subject to a 5 minute stand down penalty at the start line.

19. A rider failing to dismount at or before the dismount will be subject to a 5 minute stand down penalty before entering Transition 2

4.0 RUN COURSE - OFFICIAL RULES AND REGULATIONS

1. The Hardman Triathlon course will close at 11:00pm, 16 hours and 30 minutes after the start of the race. Any competitor still on the course after later than this will be asked to withdraw from the race for his or her own safety.
2. No form of locomotion other than running or walking is allowed.
3. Runners must wear the race number at all times on the course. Race number must be placed on the front of the runner's upper clothing where it is clearly visible and must not be obscured from view. If a race belt is used the number must be turned to the front
4. As competitors may still be on the course after Official Lighting Up Time (9:39pm), ALL runners will be REQUIRED to carry reflective materials on their shoes and clothing. Competitors MUST PROVIDE reflective materials.
5. Every competitor arriving at the Hydration Station at the start of the run loop after 8:15pm will have to wear a head torch. Such torches may be handed to the run course coordinator at race registration. These will be available at the Hydration Station at the start of the run loop. Failure to wear head torch from 8:15pm, from the Hydration Station at the start of the run loop and for the remainder of the run course will result in immediate disqualification.
6. In the interests of safety, competitors who have not started their final lap before 10:00pm will be asked to withdraw from the course. Their time will be recorded but will not appear in the final list of results.

TECHNICAL OFFICIALS

Technical Officials and a Race Referee certified by Triathlon Ireland will monitor the application of the rules. The referee will review all penalties. They will all be clearly identified and monitor all segments of the race including the transitions.

PENALTIES APPLICABLE TO THE RACE

There are no warnings given during the race by Technical Officials. If they pass you and they think you are likely to breach a rule, they may draw your attention to the issue and you should heed the comment.

The penalty for violating any rule is generally a disqualification. If you are disqualified from the event, you are permitted to return to transition or if you intend to appeal the decision then you may continue in the race. An appeal must be lodged within two hours of completing the event. Please note a stand down penalty cannot be appealed

Breaches of the drafting and blocking rules will incur a five-minute stand-down period on the course. More than one breach anytime during the race will incur disqualification.

PROCEDURE FOR BREACH OF RULES

To impose a penalty, relating to drafting or blocking on the cycle course, the technical official will stop the competitor and notify them of the breach using a yellow bat. A coloured band will be fixed to the competitor's bicycle and details of the penalty will be recorded whilst standing alongside the competitor on the roadside for the five-minute penalty. After this time has elapsed, the competitor may continue in the race. The exception to this is if a competitor receives two yellow cards or a disqualification during any part of the race. Those who are disqualified for a drafting, blocking or obstruction penalty, in the race will be asked to leave the course immediately and race headquarters will be notified to withdraw any race bags at transition.

Those who are disqualified for reasons other than those above, at any time during the event, at any place on the course, may continue in the race if they intend to file an appeal against the penalty. Disqualification may be applied where more than two warnings (yellow cards) are identified later in the event.