

Laguna Phuket Triathlon - Competition Rules

1. INTRODUCTION TO COMPETITION RULES

Section 1.01 INTENTION

Competition Rules are intended to:

- (a) Facilitate fair play, equality, and sportsmanship;
- (b) Support ingenuity and skill without unduly limiting athletes; and
- (c) Penalize athletes who gain, or seek to gain, an unfair advantage.

Section 1.02 RACE PERSONNEL DEFINITIONS

- (a) "Race Director" is the person appointed by the event owner to be in charge of the Event;
- (b) "Head Referee" is the person appointed by the event to be in charge of rule enforcement for the Race;
- (c) "Head Timer" is the person appointed by the event to be in charge of timing for the Race;
- (d) "Race Officials" or are each person appointed by the event to manage and/or supervise the Event; and
- (e) "Race Referees" are the Head Referee and each person appointed by the Head Referee to enforce rules for the Race.

Section 1.03 PRIZE MONEY

- (a) This year LPT allows Thai and non-Thai pros and amateurs to compete for prize money by register for the elite league and choosing the "Elite Category" instead of age group. (However, you will not be eligible to participate in the age group division) 1st place overall Thai winners are still accessible.
- (b) The prize money will be offered equally between male and female athletes in both amount and depth. For each placing where prize money is offered for one gender, there must be a corresponding and equal place for the other gender offering the same amount of prize money.

Section 1.04 COMPETITION AGE

All age-group 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.

2. CONDUCT OF ATHLETES

Section 2.01 GENERAL BEHAVIOR

Each athlete must:

- (a) Practice good sportsmanship at all times;
- (b) Be responsible for his/her own safety and the safety of others;
- (c) Know, understand, and follow all Competition Rules, as stated herein, in the Event-specific Athlete Information Guide, and at the Event-specific athlete briefings;
- (d) Obey traffic regulations and instructions from Race Officials;
- (e) Treat referees, officials, volunteers, spectators, the public, and other athletes with respect and courtesy;
- (f) Obey laws and local ordinances and avoid any type of demonstration of political, religious, or racial propaganda. Failure to obey laws or local ordinances and/or failure to refrain from demonstration will result in disqualification;
- (g) Avoid the use of abusive language;
- (h) Inform a Race Official promptly after withdrawing from the Race. Failing to do so may result in temporary suspension or permanent expulsion from other Events;
- (i) Compete without receiving assistance from other parties (other than from Race Referees, Race Officials, and other athletes in accordance with Section 2.02;
- (j) Not dispose of trash or equipment on the course (except at aid stations or other designated trash-disposal points). Intentional or careless littering will result in a time penalty or disqualification;
- (k) Not gain or attempt to gain any unfair advantage from any external vehicle or object;
- (l) Follow the prescribed course. It is the athlete's responsibility to know the course. Athletes must cover the prescribed course in its entirety. Failure to do so will result in a disqualification. If an athlete must exit the course, he or she shall re-enter the course at the same point of departure before continuing; and (m)
- (m) Avoid indecent exposure and public nudity at all times during to Event. Indecent exposure/public nudity may result in a disqualification.

Section 2.02 OUTSIDE ASSISTANCE

- (a) Assistance provided by Race Referees or Race Officials is allowed but such assistance is limited to: providing drinks, nutrition, mechanical and medical assistance, and other necessary assistance (as may be approved by the Event Director or Head Referee). Athletes competing in the same Race may assist each other with incidental items such as, but not restricted to: nutrition and drinks after an aid station and pumps, tires, inner tubes, and puncture repair kits; and
- (b) Athletes may not provide any item of equipment to an athlete competing in the same Race if it results in the donor athlete being unable to continue with his/her own Race. Such equipment includes but is not restricted to: shoes, complete bicycle, frame, wheels, or helmet. The penalty for this will be disqualification of both athletes.

Section 2.03 ANTI DOPING

- (a) Each athlete acknowledges notice of the Anti-Doping Rules (as such term is defined below), and acknowledges that he/she is bound by, confirms he/she shall comply with, and voluntarily consents to all provisions of the Anti-Doping Rules.
 - (i) Anti-Doping Rules" means all anti-doping rules adopted set by the World Anti-Doping Code (the "WADA Code"), all associated International Standards, including, without limitation the List of Prohibited Substances and Prohibited Methods (the "Prohibited List") as issued by the World Anti-Doping Agency ("WADA"), and all other rules, policies, and/or procedures adopted by the event.
- (b) Each athlete acknowledges that event's Anti-Doping Rules may be amended from time to time and at any time by the event without notice to athlete other than, as the case may be, posting such amendments on events's www.lagunaphukettri.com;

- (c) Each athlete acknowledges that the WADA Code and International Standards, including WADA's Prohibited List, may be amended from time to time and at any time by WADA without notice to athlete other than, as the case may be, posting such amendments on WADA's website;
- (d) Each athlete is personally responsible for knowing what constitutes a violation of the Anti-Doping Rules (including, without limitation, all substances and methods that have been included on the Prohibited List). Certain medications, common beverages, supplements and other "over-the-counter" or otherwise legal products may contain banned substances. Each athlete is fully responsible for knowing what substances are banned in accordance with the Prohibited List and for monitoring his/her own compliance with the Anti-Doping Rules;
- (e) Each athlete is required to inform applicable third parties (e.g., including, without limitation, medical personnel and athlete support personnel) of athlete's obligations under the Anti-Doping Rules (including, without limitation, (i) restrictions against the use of prohibited substances and prohibited methods and (ii) it is the athlete's responsibility to make sure that any medical treatment received does not violate the Anti-Doping Rules); and
- (f) Any athlete using or intending to use a prohibited substance or prohibited method, for a legitimate medical reason, must seek a Therapeutic Use Exemption ("TUE") from their National Anti-Doping Organization ("NADO") or Regional Anti-Doping Organization ("RADO") as applicable in accordance with the policies and procedures of the applicable NADO and RADO organizations and the Anti-Doping Rules.

Section 2.04 ELIGIBILITY

- (a) An athlete's racing age is determined by their age on December 31st in the year of the Event;
- (b) The minimum racing age for the LPT and duathlon distance is 18 years of age, for the sprint triathlon is 16 years of age as of the race date.
- (c) An athlete who competes in a category different from his/her age will be disqualified from the Event(s) in which he/she participated in. Any awards, prizes, and/or points will be revoked;
- (d) Any athlete that commits fraud by entering any Event under an assumed name or age, falsifying an affidavit or giving false information will be disqualified and risk suspension or expulsion from other Events;

Section 2.05 RACE FINISH, TIMING, AND RESULTS

- (a) An athlete will be judged as finished the moment any part of his/her torso crosses a vertical line extending from the leading edge of the finish line;
- (b) A Race will be won by the athlete who has the shortest time from the applicable start signal to the moment when the athlete finishes the Race;
- (c) The Head Referee, in consultation with the Head Timer, will use all resources reasonably available to decide the final position of every athlete. Information from technology may be used to assist in the decision-making process. The Head Referee or Head Timer may decide, based on the available evidence, that a Race is tied if there is no reasonable way of clearly determining which athlete crossed the line first. Results of tied athletes will be sorted according to Race bib numbers, provided, however, that athletes who finish in a contrived tie situation (e.g., where no effort is made by either athlete to separate the athlete's finish time from the finish time of the other athlete) will be disqualified;
- (d) Results will be official once the Race Director signs them. Incomplete results can be declared official at any time; and
- (e) Results will include athletes who do not finish the Race ("DNF"), and those who are disqualified ("DQ"). All available splits will be listed for DNF athletes.

3. PENALTIES

Section 3.01 GENERAL

- (a) Failure to comply with any of the Competition Rules may result in an athlete being punished with a Stop-and-Go Time Penalty, a 4:00 Minute Time Penalty, disqualification from the Event, suspension from multiple Events, or expulsion for life from all Events;
- (b) Race Referees will notify athletes of a rule violation by showing the athlete a colored card in combination with a verbal directive. Penalty card colors and their associated penalty is as follows:
 - (i) Yellow Card: Stop - and - Go Time Penalty;
 - (ii) Blue Card: 4:00 Minute Time Penalty; and
 - (iii) Red Card: disqualification;
- (c) The nature of the rule violation will determine the type of penalty;
- (d) A suspension or an expulsion will occur for serious violations of the Competition Rules (the severity of Competition Rule violations shall be determined by the Race Director in consultation with the Head Referee, in their sole and absolute discretion);
- (e) The most common rule violations and penalties are set forth in Appendix A; and
- (f) In any circumstance where a Race Referee deems an unfair advantage has been gained by an athlete, or if a Race Referee determines that an athlete has intentionally or recklessly created a dangerous situation, such Race Referee may, at the Race Referee's discretion, assess penalties to or disqualify athletes (even if such violations by the athlete are not expressly set forth in the Competition Rules).

Section 3.02 TIME PENALTIES

- (a) For purposes of clarity and for the athlete's convenience, certain Competition Rules may expressly cite a corresponding time penalty being expressly cited herein or disqualification penalty. However, the absence of a corresponding penalty with respect to any rule does not preclude Race Referees from issuing a penalty for the violation of any such rule. Each applicable penalty (if one is expressly stated in these Competition Rules) may be stated within the context of the rule or may be stated in parentheses following the rule (e.g., "Stop-and-Go Time Penalty", "4:00 Minute Time Penalty", or disqualification "DQ");

- (b) Race Referees are not required to give athletes a warning before issuing a penalty;
- (c) Swim-course time penalties will be served in the swim-to-bike transition area ("T1") under instructions from a Race Referee;
- (d) Bike-course time penalties will be served in the penalty tent ("PT") at the bike-to-run transition area ("T2"). It is the athlete's responsibility to report to the PT. Failure to stop at the PT on the bike course will result in disqualification;
- (e) Run-course time penalties will be served at the point of the rule violation, under instructions from a Race Referee (there are no PTs on the run course);
- (f) A blue card will be used for drafting violations and intentional littering, and a yellow card will be used for certain other rule infringements;
- (g) When a rule violation is issued by a Race Referee with respect to conduct on the bike course, the Race Referee will:
 - (i) Notify the athlete that the athlete has received a yellow card, blue card, or red card and will show the athlete the corresponding card; and
 - (ii) Instruct the athlete to report to the PT at T2
- (h) When cited for a rule violation on the bike course, the athlete must:
 - (i) Report to the PT and tell the PT official the color of the card received. If the athlete fails to report to the next PT or fails to report the correct color of the card, the athlete will be disqualified;
 - (ii) Have bike numbers marked by the PT official with a slash (/);
 - (iii) Register on the PT sign-in sheet;
 - (iv) Upon receiving a yellow card, resume the Race only after completion of (ii) and (iii) above; and
 - (v) Upon receiving a blue card, resume the Race only after remaining in the PT for 4:00 Minutes (and only after completion of (ii) and (iii) above).

Section 3.03 DISQUALIFICATION

- (a) Any athlete who accumulates three (3) blue cards will be disqualified. If disqualified, an athlete may finish the Race unless otherwise instructed by a Race Referee;
- (b) A red card may be issued to an athlete for severe rule violations including, but not limited to, repeated rule violations, disregard for directives given by Race Referees or Race Officials, or dangerous or unsportsmanlike conduct;

Section 3.04 SUSPENSION

- (a) A suspension may be issued for fraudulent conduct or certain rule violations including, but not limited to, illegal transfer of entries, repeated rule violations, intentional course cutting, or dangerous or unsportsmanlike conduct;
- (b) Suspensions will be assessed by the Race Director based on information submitted by the Head Referee or other race officials;
- (c) Suspensions from future events will be issued by the Race Director for periods of no less than one year up to life time depending on the severity of the violation(s);
- (d) Suspended athletes will be prohibited from competing in the Event during the suspension period;
- (e) Suspended athletes will be notified, in writing, by the Race Director. and
- (f) A list of common rule violations that may result in a suspension are set forth in Appendix A.

Section 3.05 RIGHT OF PROTEST OR APPEAL

- (a) The athlete's right to protest or appeal, if any, will be governed and handled by the Event's sanctioning body, and/or the competition rules of the relevant National Federation;
- (b) No protest may be filed with respect to matters which were observed by or previously ruled upon by a Race Referee. No person may file a protest which requires a judgment call. A "judgment call," as used in these Competition Rules, means the resolution of a dispute involving one or more material facts that cannot be determined with certainty solely through the production of tangible physical evidence. The term "judgment call" shall include but shall not be limited to a resolution of:
 - (i) any purported violation of the cycling position foul rules (including alleged drafting violations);
 - (ii) allegations of blocking, obstruction, or interference; or
 - (iii) allegations of unsportsmanlike conduct.
- (c) Appeals by athletes penalized for judgment calls will not be considered.

4. SWIM CONDUCT

Section 4.01 GENERAL

- (a) Each swimmer must wear an official swim cap provided by the Race Officials. 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 Referees after the swim segment in T1.
- (b) Wearing swim goggles or a face mask is neither prohibited nor required;
- (c) The use of snorkels, fins, gloves, paddles, or flotation devices of any kind (including pull buoys) is prohibited; (DQ)
- (d) The use of a cast or splint must be pre-approved by the Event specific Head Referee; (Stop- and-Go Time Penalty or DQ)
- (e) Neoprene or any other booties are prohibited.
- (f) Clothing covering any part of the arms below the elbows and clothing covering any of the leg below the knee is deemed illegal and is not permitted during the swim segment of the Race but may be worn after completion of the swim segment; (DQ)
- (g) Individual paddlers or escorts are prohibited; (DQ)
- (h) Any assistance during the swim will result in disqualification if forward progress was made. Athletes are permitted to use kayaks and boats as aid, as long as no forward progress is made. Race Officials and medical personnel reserve the right to remove athletes from the course if such removal is determined medically necessary;
- (i) 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;
- (j) Indecent exposure/public nudity is prohibited at all times during an Event; (DQ) and
- (k) Swim course cut-off times will be stated in the Event-specific Athlete Information Guide.

Section 4.02 WETSUIT RULES

- (a) Due to the warm sea conditions in Phuket year round, wetsuits are prohibited for the event.

Section 4.03 SWIMWEAR POLICY WHEN THE USE OF WETSUITS IS PROHIBITED

- (a) 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); (DQ)
- (b) Swimwear may contain a zipper;
- (c) Sleeves that extend from shoulder to elbow may be worn;
- (d) Wetsuit (neoprene) shorts/bottoms are prohibited (DQ);
- (e) Swimwear must not cover the neck, must not extend past the elbow, and must not extend past the knees; (DQ) and
- (f) A textile race kit may be worn underneath swimwear, provided, however, that the textile race kit must not extend past the elbow and must not extend past the knees. (DQ)

Section 4.04 ILLEGAL EQUIPMENT

- (a) Headsets or headphones are prohibited during the swim segment of the Race. (Stop-and-Go Time Penalty, DQ if not remedied promptly)
- (b) Unless pre-approved by the Head Referee, communication devices of any type, such as cell phones and two-way radios are strictly prohibited during the swim segment of the Race; (DQ) and

5. BIKE CONDUCT

Section 5.01 GENERAL

- (a) 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 a bicycle, any propulsive action brought on by use of the hands is; (DQ and indefinite suspension)
- (b) 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 not to obstruct or impede the progress of other athletes; (DQ)
- (c) 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;
- (d) All athletes must obey all traffic laws while on the cycling course unless otherwise specifically directed by a Race Referee or Race Official 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. In no case can a cyclist cross a solid yellow line indicating a no passing zone; (Stop-and-Go Time Penalty or, depending upon severity of violation, DQ)
- (e) No cyclist shall endanger herself/himself or another athlete. Any cyclist who intentionally or recklessly presents a danger to any athlete or who, in the judgment of the Head Referee, appears to present a danger to any athlete will be disqualified;
- (f) All athletes must exercise extreme caution and decrease speed if necessary in passing the site of any cycling or other accident; (DQ)
- (g) Cycling with a bare torso is prohibited. Athletes must wear a shirt, jersey, or sport-op at all times during the cycling segment of the Race; (Stop-and-Go Time Penalty, DQ if not remedied promptly)
- (h) Athletes must wear a bike helmet number on the front of their helmet; (Stop-and-Go Time Penalty)
- (i) The athletes' bike frame sticker must be securely attached to the bike and must be visible from both sides; (Stop-and-Go Time Penalty)
- (j) Any item that needs to be discarded, including but not limited to water bottles, gel wrappers, bar wrappers, broken bike parts, or clothing items, may be discarded only in the designated trash drop zones at each aid station. Discarding any item outside of the trash drop zones is prohibited; (4:00 Minute Time Penalty) in disqualification
- (k) Headsets or headphones are prohibited during the Race; (Stop-and-Go Penalty, DQ if not remedied promptly)
- (l) Except as set forth below in Section 5.02(b), additional equipment that has the effect of reducing wind resistance is prohibited during the bike segment of the Race (whether such equipment is worn under the athlete's clothing, over the athlete's clothing, or is otherwise attached to the athlete's body or the athlete's bike); (DQ) and (m) Bike course cut-off times will be stated in the Event-specific Athlete Information Guide.

Section 5.02 EQUIPMENT

- (a) Wheels
 - (i) The front wheel must be of spoke construction (aero rim with spokes is permitted) and must not be solid; (DQ)
 - (ii) The rear wheel may be either spoke or solid construction (disc wheel). Wheel covers are permitted only on the rear wheel.
 - (iii) Wheels of spoke construction may consist of an aero rim with spokes (spokes may be bladed, round, flattened, or oval); and
 - (iv) No wheel may contain any mechanism capable of accelerating or artificially causing the continued rotation of the wheel. (DQ)
- (b) Helmets
 - (i) A helmet must be worn by athletes who are riding a bike during the Event: (e.g., including but not limited to the Race competition, familiarization of Race course, and training sessions); (Stop-and-Go Time Penalty, DQ if not remedied promptly)
 - (ii) An alteration to any part of the helmet, including the chin strap, or the omission of any part of the helmet, is prohibited; (DQ)

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- (iii) 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; (Stop-and-Go Time Penalty, DQ if not remedied promptly) and
- (iv) If an athlete moves the athlete's bike off of the Race course for any reason, the athlete may not unfasten or remove the helmet until after the athlete has moved outside the boundary of the bike course route and has dismounted from the bike. Before returning onto the bike course or before remounting the bike the athlete must fasten the helmet securely on the athlete's head. (Stop-and-Go Time Penalty, DQ if not remedied promptly)
- (c) **Illegal Equipment**
 - (i) Helmet mirrors or mirrors attached to the bike or body are prohibited (unless needed for a verifiable medical reason and pre-approved by the Head Referee). Athletes granted permission to use a mirror will be ineligible for to receive awards including, without limitation, World Championship entry slots. Athletes using a mirror without prior approval, will be disqualified;
 - (ii) Unless pre-approved by the Head Referee, communication devices of any type, such as cell phones and two-way radios are prohibited during the Race. Use of such devices during the Race will result in disqualification;
 - (iii) Headsets or headphones are prohibited during the Race; (Stop-and-Go Penalty, DQ if not remedied promptly); and
 - (iv) Bike or parts of the bike not complying with the bike specifications (as set forth in Section 5.03) are prohibited; (Stop and Go Time Penalty or DQ depending on severity).

Section 5.03 POSITION RULES

- (a) "Drafting" means to remain within the draft zone (as described below) of another athlete for a period longer than 25 seconds. Drafting during the Race is prohibited; (4:00 Minute Time Penalty)
- (b) The bicycle draft zone is 7 meters long, measured from the leading edge of the front wheel and extending towards the back of the bike (4 bike lengths of the draft zone of another athlete when passing and must continuously progress through the draft zone. A maximum of 25 seconds will be allowed to pass through the zone of another athlete; (4:00 Minute Time Penalty)
- (c) Prior to entering the draft zone of another athlete, professional athletes must move to the side of the athlete being overtaken (i.e., no slipstreaming). Failure to do so will result in a drafting violation; (4:00 Minute Time Penalty)
- (d) Athletes must remain outside of the draft zone (4 bike lengths between bikes) except when passing. Failure to do so will result in a drafting violation; (4:00 Minute Time Penalty)
- (e) A "pass" occurs when the overtaking athlete's front wheel passes the leading edge of the front wheel of the athlete being overtaken;
- (f) 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; (4:00 Minute Time Penalty)
- (g) 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 overtaken violation; (Stop-And-Go Time Penalty)
- (h) Overtaken athletes who remain within the draft zone of the passing athlete for more than 25 seconds will be given a drafting violation; (4:00 Minute Time Penalty)
- (i) 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). Side-by-side riding is not permitted and may result in a drafting or blocking violation; (4:00 Minute Time Penalty or Stop-and-Go penalty)
- (j) Exceptions: An athlete may enter the drafting zone without penalty only under the following conditions:
 - (i) If an athlete enters the drafting zone and completes a pass within 25 seconds;
 - (ii) For safety reasons;
 - (iii) Entering and exiting an aid station or transition area;
 - (iv) An acute turn; and
 - (v) If a Race Official exempts a section of the course because of narrow lanes, constructions, detours, or for other safety reasons.
- (k) Athletes who impede the forward progress of other athletes will be given a blocking violation; (Stop and Go Time Penalty) and
 - (l) Athletes violating rules under this Section 5.04 will be notified "on the spot" by a Race Referee. Please note: if a safety hazard prevents a referee from notifying an athlete "on the spot" (e.g., heavy traffic, narrow roads, congested area, etc.) the referee will notify the penalized athlete when the safety hazard no longer exists.

Section 5.04 PENALTY TENT

- (a) All bike-course time penalties will be served in a designated Penalty Tent at the Bike-Run transition ("T2") ("PT"). After a rule violation is issued to the athlete, it is the athlete's responsibility to report to the next PT on the course. Failure to stop at the PT will result in disqualification;
- (b) While in the PT, athletes can consume only the food and/or water that is on the athlete's bike or person; (DQ)
- (c) Athletes are prohibited from using the restroom while serving a penalty in the PT. Using the restroom while serving a time penalty will result in disqualification; and
- (d) Making adjustments to equipment or performing any type of bike maintenance while serving a penalty in the PT is prohibited. (DQ)

6. RUN CONDUCT

Section 6.01 GENERAL

- (a) Athletes may run, walk, or crawl;
- (b) 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 (e.g., if the athlete runs in the wrong direction or runs more than necessary, time will not be subtracted from the athlete's final Race time);
- (c) All athletes must obey all traffic laws while on the running course unless otherwise specifically directed by a Race Referee or Race Official 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. Any violation of this Section will result in a time penalty or disqualification (depending upon severity of the violation);
- (d) Running with a bare torso is prohibited. Athletes must wear a shirt, jersey, or sport-top at all times during the run segment of the Race; (Stop-and-Go Time Penalty, DQ if not remedied promptly)
- (e) Any item that needs to be discarded, including but not limited to water bottles, gel wrappers, bar wrappers, broken bike parts, or clothing items, may be discarded only in the designated trash drop zones at each aid station. Discarding any item outside of the trash drop zones is prohibited (4:00 Minute Time Penalty)
- (f) Athletes must wear their event issued bib number in front of the athlete's person and the bib must be clearly visible at all times on the run course. Bib numbers identify the official athletes in the Race. Folding, cutting the bib number, intentional alteration of any kind, or failure to wear bib number is prohibited and may result in disqualification; and
- (g) Run course cut-off times will be stated in the Event-specific Athlete Information Guide.

Section 6.02 ILLEGAL EQUIPMENT

- (a) Headsets or headphones are prohibited during the run segment of the Race. (Stop-and-Go Time Penalty, DQ if not remedied promptly)
- (b) Unless pre-approved by the Head Referee, communication devices of any type, such as cell phones and two-way radios are strictly prohibited during the run segment of the Race; (DQ) and

7. TRANSITION AREA CONDUCT

Section 7.01 GENERAL

- (a) Bicycles must be racked in a manner such that the majority of the bicycle is on the athlete's side of the bike rack; (Stop-and-Go Time Penalty)
- (b) 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 in the Event-specific Athlete Information Guide; (Stop-and-Go Time Penalty)
- (c) Athletes must not interfere with another athlete's equipment in the transition area; (Stop-and-Go Time Penalty)
- (d) Athletes must not impede the progress of other athletes in the transition area; (Stop-and-Go Time Penalty)
- (e) 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; (Stop-and-Go Time Penalty)
- (f) Athletes cannot stop in the flow zones of the transition area; (Stop-and-Go Time Penalty) and
- (g) Public nudity or indecent exposure is prohibited. (DQ)

8. RACE OFFICIATING

Section 8.01 POWERS OF THE HEAD REFEREE

The Race Director and Head Referee have the power to:

- (a) To interpret and enforce the Competition Rules and any other regulations or policies;
- (b) To supervise and control the general conduct of all athletes, and to intervene during the Race at any stage to ensure that the Competition Rules are observed;
- (c) To enforce the Competition Rules and impose penalties for violations of the Competition Rules;
- (d) To make decisions with respect to any Race-related situation before, during, and/or after the Race (including situations not specifically covered in the Competition Rules);
- (e) To instruct, direct, assign duties to, and delegate authority to all other Race Referees;
- (f) To overrule any Judge, Marshal, or other Race Official on any point of interpretation of the Competition Rules;
- (g) To examine the equipment or other items of any athlete at any time to check compliance with the Competition Rules, and to make the final and binding decision as to whether any equipment or other item is improper or unauthorized; and
- (h) To establish all aspects of protest procedures (including the time and place of hearing), to impose sanctions for noncompliance with established procedures, and to assess penalties in accordance with the resolution of any protests.

Section 8.02 RACE REFEREES

Race Referees will follow all instructions of the Head Referee and Race Director. Race Referees shall have jurisdiction over all persons in their respective areas of assignment and shall enforce these Competitive Rules by reporting, in writing, violations to the Head Referee.

Section 8.03 HEAD TIMER

The Head Timer is responsible for collecting and processing all data relevant to the calculation and determination of official Race results.

APPENDIX A: Common Competition Rule Violations and Penalties

The following is a summary of the most common Competition Rule violations and penalties and is not intended to be an all-inclusive list of violations and penalties ("Summary"). In any instance where this Summary is inconsistent with or otherwise contradicts the Competition Rules set forth in Articles I-X, the Competition Rules set forth in Articles I-X shall govern. Each athlete is responsible for knowing and understanding all Competition Rules (including without limitation any additional rules set forth in the Event-specific Athlete Information Guide).

SUMMARY OF GENERAL COMPETITION

**RULES	PENALTIES
Public nudity or indecent exposure	DQ
Littering outside of the trash/rubbish drop zones	4:00 Minute Time Penalty
Using unsportsmanlike behavior	DQ and potential suspension
Failure to follow the prescribed course	DQ
Failure to wear a shirt or sport top during the bike or run	Stop-and-Go if remedied, DQ if not remedied promptly
Accepting assistance from anyone other than Race Referees, Race Officials or other Race participants in accordance with the Competition Rules	If it is possible to amend and return to the original situation then a Stop-and-Go Time Penalty will be assessed, If not: DQ
Giving another athlete a complete bike, frame, wheel(s), helmet, bike shoes, running shoes or any other item equipment which results in the donor athlete being unable to continue with their own Race	DQ of both athletes
Fraud by entering under an assumed name or age, falsifying an affidavit, or giving false information	DQ and potential suspension
Not stopping in the next penalty tent after being obliged to do so	DQ
Unless pre-approved by the Head Referee, using communication devices of any type during Race competition	DQ
**SUMMARY OF SWIM RULES	PENALTIES
In a non-wetsuit swim, wearing clothing covering any part of the arms below the elbow and/or clothing covering any part of the legs below knee	DQ
In a non-wetsuit swim, wearing swimwear that is not 100% textile material.	DQ
Wearing a wetsuit that measures more than 5mm thick	DQ
Using a snorkel	DQ
**SUMMARY OF BIKE RULES	PENALTIES
Drafting violation	4:00 Minute Time Penalty
Blocking (side by side riding)	Stop-and-Go Time Penalty
Once overtaken, re-passing prior to dropping out of the draft zone	Stop-and-Go Time Penalty
Once overtaken, remaining in the draft zone for more than 25 seconds	4:00 Minute Time Penalty
Failure to wear a shirt or sport top during the bike portion	Stop-and-Go if remedied, DQ if not remedied promptly
During the bike segment, wearing the helmet unfastened or insecurely fastened	Stop-and-Go if remedied, DQ if not remedied promptly
Wearing headsets or headphones during competition	Stop-and-Go if remedied, DQ if not remedied promptly
Not wearing a helmet during all Event activities when the athlete rides the bike: e.g., competition, familiarization, and training sessions	Stop-and-Go if remedied, DQ if not remedied promptly
Make forward progress without bike during the bike segment	Stop-and-Go if remedied, DQ if not remedied promptly
**SUMMARY OF RUN RULES	PENALTIES
Wearing headsets or headphones during competition	Stop-and-Go if remedied, DQ if not remedied promptly
Failure to wear a shirt or sport top during the run portion	Stop-and-Go if remedied, DQ if not remedied
Crossing the finish line with a non-participating individual	DQ
**SUMMARY OF TRANSITION AREA RULES	PENALTIES
Blocking the progress of other athletes	Stop-and-Go Time Penalty
Interfering with another athlete's equipment	Stop-and-Go Time Penalty