



2019 COMPETITION RULES



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Article I. INTRODUCTION TO COMPETITION RULES

Section 1.01 PURPOSE

To provide a consistent set of competition rules (“Competition Rules”) for all IRONMAN® and IRONMAN® 70.3®-branded triathlon race competitions (the “Races” and together with all programs, activities, ceremonies, receptions, and exhibitions authorized by IRONMAN in connection with the Races (the “Events”)).

Section 1.02 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 1.03 RACE PERSONNEL DEFINITIONS

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

Section 1.04 EXCEPTIONS

- (a) Competition Rules may vary from venue to venue due to certain sanctioning requirements, laws, local ordinances, and/or Race course surroundings;
- (b) Event-specific Athlete Information Guides will provide further guidance to athletes and will specifically address any Competition Rule exceptions (if any) for each Event venue;
- (c) Competition Rules specifically applicable to the Physically Challenged (“PC”) Open Division are set forth in Article VIII; and
- (d) Competition Rules specifically applicable to the Handcycle (“HC”) Division are set forth in Article IX.



Section 1.05 INTELLECTUAL PROPERTY

The Events are the exclusive property of World Triathlon Corporation (“WTC”), WTC’s subsidiaries, and, with respect to certain Events that are licensed by WTC to third-party licensees, WTC’s authorized third-party licensees (collectively, “IRONMAN”). IRONMAN owns all rights associated with the Events including, without limitation, the rights to organize, exploit (commercially or non-commercially), broadcast and reproduce the Events. IRONMAN’s rights include, but are not limited to, any type of digital media, whether photographic, audio, or video in nature, captured in connection with any Event or venue (including, without limitation, the Race course) and regardless of ownership of the capturing device. All personal data provided by athletes or spectators for each Event and the data produced from the Event (including, without limitation, the Race results) are the exclusive property of IRONMAN.

Section 1.06 PRIZE MONEY

- (a) Prize Money is only available for professional triathletes who, at the start of the Race, are members in good standing of the Ironman Pro Membership program (“Pro Members”);
- (b) When prize money is available for any Event, no restrictive rules or conditions that have the effect of impeding performance may be placed upon any one category of Pro Members unless such rules or conditions are imposed equally upon all those Pro Members who are eligible for prize money;
- (c) Prize money for any Event shall be offered equally between Pro Member males and females in both amount and depth. For each placing where prize money is offered for one gender, including any bonus for swim, bike, or run placement, there must be a corresponding and equal place for the other gender offering the same amount of prize money;
- (d) Where the depth of prize places exceeds the number of Pro Member official finishers in either gender, that portion of prize money designated for the places for which there are no Pro Member official finishers will not be distributed; and
- (e) Pro Members and any other professional triathletes are not eligible to receive age-group awards and age-group athletes are not eligible to receive prize money.

Section 1.07 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.

Article II. 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). Receiving assistance (other than in accordance with Section 2.02) will result in disqualification;
- (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) Not use any device that will distract the athlete from paying full attention to their surroundings. Using a device in a distracting manner will result in **disqualification**.
- (m) 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
- (n) Avoid indecent exposure and public nudity at all times during an Event. Indecent exposure/public nudity may result in a **disqualification**.

Section 2.02 ASSISTANCE

- (a) Assistance provided by Race Referees or Race Officials (including official Event volunteers) 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).
- (b) 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, pumps, tires, inner tubes, and puncture repair kits;
- (c) 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, and helmet. The penalty for this will be **disqualification** of both athletes; and



- (d) Unless otherwise pre-approved by the Event Director or Head Referee, no athlete shall intentionally cause the physical forward progress of another athlete on any part of the course during the Race. The penalty for this will be **disqualification**.

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 by IRONMAN including, without limitation, 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 IRONMAN.
- (b) Each athlete acknowledges that IRONMAN’s Anti-Doping Rules may be amended from time to time and at any time by IRONMAN without notice to athlete other than, as the case may be, posting such amendments on IRONMAN’s website www.ironman.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) Athletes must meet all requirements of the Event’s sanctioning body (e.g., including but not limited to the sanctioning bodies’ licensing and/or insurance requirements). Licensing and/or insurance requirements will be stated in the Event-specific Athlete Information Guide;
- (b) Athletes under suspension by IRONMAN are not allowed to compete in any Event;
- (c) An athlete’s racing age is determined by their age on December 31st in the year of the Event;
- (d) Minimum racing age will be stated in the Event-specific Athlete Information Guide;
- (e) 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;
- (f) 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;
- (g) Any athlete who has completed or plans to initiate a gender transition, or identifies as gender non-conforming, including those in the process of taking hormones (collectively hereinafter referred to as “Transgender Athletes”) must comply with IRONMAN’s rules, policies, and guidelines for Transgender Athletes (collectively, the “Transgender Policies”). The following is a link to IRONMAN’s Transgender Policies: www.ironman.com/TransgenderPolicy. Eligibility of Transgender Athletes is generally based on the guidelines set forth by the International Olympic Committee (the “IOC Transgender Guidelines”), provided, however, that in the event any terms of the IOC Transgender Guidelines are inconsistent (or become inconsistent) with IRONMAN’s Transgender Policies, the terms of IRONMAN’s Transgender Policies shall control to the extent necessary to resolve such inconsistency. Athletes acknowledge that IRONMAN’s Transgender Policies may be amended from time to time and at any time by IRONMAN without notice to athletes other than, as the case may be, posting such amendments on IRONMAN’s website www.ironman.com;
- (h) The Physically Challenged (“PC”) Open Division (eligibility requirements are specifically set forth in Article VIII; and
- (i) The Handcycle (“HC”) Division eligibility requirements are specifically set forth in Article IX.

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 Head Referee 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 ("DSQ"). All available splits will be listed for DNF athletes.

Article III. PENALTIES

Section 3.01 GENERAL

- (a) Failure to comply with any of the Competition Rules may result in an athlete being punished with a 30 Second Time Penalty (for the IRONMAN® 70.3®-branded Races), a 60 Second Time Penalty (for the IRONMAN®-branded Races), a 5:00 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**: means, as applicable, a Thirty (30) Second Time Penalty for IRONMAN® 70.3®-branded Races and a Sixty (60) Second Time Penalty for IRONMAN®-branded Races;
 - (ii) **Blue Card**: 5:00 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 Head Referee in consultation with the Global 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 include a corresponding time penalty or disqualification penalty indication in parenthesis following the Competition Rule. 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., "30 or 60 Second Time Penalty (as applicable)", "5:00 Minute Time Penalty", or disqualification "DSQ");
- (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 a designated Penalty Tent ("PT"). The location of the PTs will be stated in the Event-specific Athlete Information Guide. It is the athlete's responsibility to report to the next PT on the course. Failure to stop at the next 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 next PT on the course.
- (h) When cited for a rule violation on the bike course, the athlete must:
 - (i) Report to the next 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 remaining in the PT for the 30 or 60 Second Time Penalty (as applicable) (and 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 5:00 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; and
- (c) Disqualified athletes will not be eligible for age-group awards including, without limitation, IRONMAN World Championship slots or IRONMAN 70.3 World Championship slots. Neither timing splits nor Race results will be listed for disqualified athletes.

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 Global Head Referee based on information submitted by the Head Referee or the Event Director;
- (c) Suspensions will be issued by the Global Head Referee for periods of no less than three (3) months and not exceeding four (4) years, depending on the severity of the violation(s);
- (d) Suspended athletes will be prohibited from competing in any Event and any other event affiliated with IRONMAN during the suspension period;
- (e) Suspended athletes will be notified, in writing, by the Global Head Referee. IRONMAN will notify the International Triathlon Union and the relevant National Federation of the athlete's suspension; and
- (f) A list of common rule violations that may result in a suspension are set forth in **Appendix A**.

Section 3.05 EXPULSION

- (a) An athlete may be expelled for life from competing in any Events or any other IRONMAN affiliated events if the athlete repeatedly violates the Competition Rules, is repeatedly disqualified from Events, or if the athlete is repeatedly suspended from Events;
- (b) Expelled athletes will be notified, in writing, by the Global Head Referee;
- (c) Expulsions issued for Anti-Doping Rule violations will be dealt with in accordance with the Anti-Doping Rules; and



- (d) The International Triathlon Union and relevant National Federation will be notified of the athlete's expulsion.

Section 3.06 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, provided, however, that if no formal process exists for the applicable National Federation then IRONMAN may elect to handle protests and appeals for such Event in a manner that is substantially similar to the process set forth by the then-current International Triathlon Union Competition Rules;
- (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.

Section 3.07 REINSTATEMENT

Following any suspension period, the suspended athlete must request, in writing to the Global Head Referee, and receive IRONMAN's approval prior to resuming participation in any Event.

Article IV. 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; **(DSQ)**
- (d) The use of a cast or splint must be pre-approved by the Event specific Head Referee; **(30 or 60 Second Time Penalty (as applicable) or DSQ)**
- (e) Neoprene or any other booties are prohibited unless the water temperature is 18.3 degrees C/65.0 degrees F, or colder; **(30 or 60 Second Time Penalty (as applicable))**



- (f) When the use of wetsuits is prohibited (see Section 4.03), 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; **(DSQ)**
- (g) Individual paddlers or escorts are prohibited; **(DSQ)**
- (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; **(DSQ)** and
- (k) Swim course cut-off times will be stated in the Event-specific Athlete Information Guide.

Section 4.02 WETSUIT RULES

- (a) For age-group athletes, wetsuits may be worn in water temperature up to and including 24.5 degrees C/76.1 degrees F **(DSQ)** (**Please note: If the water temperature is above 24.5 degrees C/76.1 degrees F (but is less than or equal to 28.8 degrees C/83.8 degrees F) then, with respect to certain Events (e.g., Events sanctioned by USA Triathlon ("USAT")), IRONMAN may, in its sole discretion, allow age-group athletes to wear wetsuits and participate in a separate non-competitive wetsuit wave/division, provided, however, that such athletes participating in the designated non-competitive wetsuit wave/division will not be eligible for age-group awards including, without limitation, IRONMAN World Championship slots or IRONMAN 70.3 World Championship slots;*
- (b) For professional athletes, wetsuits may be worn in water temperatures up to and including 21.9 degrees C/71.5 degrees F; **(DSQ)**
- (c) A wetsuit may cover any part of the body except the face, hands, or feet;
- (d) A race kit may be worn underneath the wetsuit;
- (e) The thickness of the wetsuit may not exceed 5mm. If the wetsuit consists of two or more pieces then the combined thickness of the overlapping pieces may not exceed 5 mm; **(DSQ)** and
- (f) Wetsuits are mandatory for professional athletes and age-group athletes for water temperatures below 16 degrees C/60.8 degrees F. **(DSQ)**

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); **(DSQ)**
- (b) Swimwear may contain a zipper;
- (c) Sleeves that extend from shoulder to elbow may be worn;
- (d) Wetsuit (neoprene) shorts/bottoms are prohibited **(DSQ)**;
- (e) Swimwear must not cover the neck, must not extend past the elbow, and must not extend past the knees; **(DSQ)** 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. **(DSQ)**

Section 4.04 ILLEGAL EQUIPMENT

- (a) Headsets or headphones are prohibited during the swim segment of the Race. **(30 or 60 Second Time Penalty (as applicable), DSQ if not remedied promptly)**
- (b) Athletes may not use communication devices of any type, including but not limited to cell phones, smart watches, and two-way radios, in any distracting manner during the Race. A “distracting manner” includes but is not limited to making and receiving phone calls, sending and receiving text messages, playing music, using social media, and taking photographs. Using a communication device in a distracting manner during the Race will result in **disqualification**; and
- (c) Cameras, phone cameras, and video cameras are prohibited unless permission is given by IRONMAN. If such permission is given by IRONMAN, it is the athlete’s responsibility to notify the Head Referee of such permission prior to the start of the Race. Athletes seen with an unauthorized camera, phone camera, or video camera will be **disqualified**.

Article V. 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 prohibited (except with respect to PC Open athletes and HC athletes in accordance with Article VIII and Article IX); **(DSQ 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; **(DSQ)**



- (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; **(30 or 60 Second Time Penalty (as applicable) or, depending upon severity of violation, DSQ)**
- (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; **(DSQ)**
- (g) Cycling with a bare torso is prohibited. Athletes must wear a shirt, jersey, or sport-top/sports bra at all times during the cycling segment of the Race; **(30 or 60 Second Time Penalty (as applicable), DSQ if not remedied promptly)**
- (h) Uniforms with a front zipper may be unzipped to any length, provided, that (i) the zipper should be connected at the bottom of the uniform at all times, and (ii) the top of the uniform should cover the shoulders at all times; **(DSQ if not remedied promptly)**
- (i) Athletes must wear a bike helmet number on the front of their helmet; **(30 or 60 Second Time Penalty (as applicable))**
- (j) The athletes' bike frame sticker must be securely attached to the bike and must be visible from both sides; **(30 or 60 Second Time Penalty (as applicable))**
- (k) 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; **(5:00 Minute Time Penalty)** **Please note: due to the local laws and ordinances at select Event venues, intentional littering will result in **disqualification** (See Event-specific Athlete Information Guide for more information).*
- (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); **(DSQ)** 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; **(DSQ)**
- (ii) The rear wheel may be either spoke or solid construction (disc wheel). Wheel covers are permitted only on the rear wheel. For reasons of safety, solid (disc) rear wheels are prohibited at the IRONMAN World Championship; **(DSQ)**
- (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. **(DSQ)**

(b) Helmets

- (i) Helmets must be approved by a national accredited testing authority and such authority must be recognized by the International Triathlon Union and the relevant National Federation. *(Please note: at all Events sanctioned by USA Triathlon (“USAT”), USAT requires all USA age-group athletes to wear a helmet approved by the USA CPSC); (DSQ)*
- (ii) 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); **(30 or 60 Second Time Penalty (as applicable), DSQ if not remedied promptly)**
- (iii) An alteration to any part of the helmet, including the chin strap, or the omission of any part of the helmet, is prohibited; **(DSQ)**
- (iv) 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; **(30 or 60 Second Time Penalty (as applicable), DSQ if not remedied promptly)** and
- (v) 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. **(30 or 60 Second Time Penalty (as applicable), DSQ if not remedied promptly)**

(c) Illegal Equipment



- (i) Helmet mirrors or mirrors attached to the bike or body (collectively, “mirrors”) may be used by athletes during the Race, provided, however, that **(A)** prior to the Race, the athlete must first notify the head official of athlete’s intent to use or possess such mirrors during the Race, and **(B)** any athlete using or possessing a mirror during the Race will be ineligible to receive awards including, without limitation, World Championship entry slots. Using or possessing mirrors during the Race without providing prior notification to the head referee will result in **disqualification**;
- (ii) Cameras, phone cameras, and video cameras are prohibited unless permission is given by IRONMAN. If permission is given by IRONMAN, it is the athlete’s responsibility to notify the Head Referee of such permission prior to the start of the Race. Athletes seen with a camera, phone camera, or video camera will be **disqualified**;
- (iii) Athletes may not use communication devices of any type, including but not limited to two-way radios, cell phones, smart watches, smart helmets (i.e., helmets enabled with Bluetooth® technology), in any distractive manner during the Race. A “distractive manner” includes but is not limited to making and receiving phone calls, sending and receiving text messages, playing music, using social media, taking photographs, and mounting the device to a bike for purposes of using the device like a bike computer. Using a communication device in a distractive manner during the Race will result in **disqualification**;
- (iv) Headsets or headphones are prohibited during the bike segment of the Race; **(1:00 Minute Penalty, DSQ if not remedied promptly)**; and
- (v) Bike or parts of the bike not complying with the bike specifications (as set forth in Section 5.03) are prohibited; **(30 or 60 Second Time Penalty (as applicable) or DSQ depending on severity)**.

Section 5.03 BIKE SPECIFICATIONS

- (a) All bicycles and bicycle equipment must conform to the specifications set forth in this Section. Any athlete (other than an athlete competing in the HC Division or the PC Open Division) using a nonconforming bicycle or otherwise violating this Section will be **disqualified**:
 - (i) Length cannot exceed two meters, and width cannot exceed 75 centimeters;
 - (ii) The distance from the ground to the center of the chain wheel axle must measure at least 24 centimeters;
 - (iii) A vertical line touching the front most point of the saddle may be no more than 5 centimeters in front of and no more than 15 centimeters behind a vertical line passing through the center of the chain wheel axle. The cyclist must not have the capability of adjusting the saddle beyond these limits during the Race;

- (iv) The "front-to-center" distance, which is defined as the distance between a vertical line passing through the center of the chain wheel axle and a vertical line passing through the center of the front axle, must measure not less than 54 centimeters, except where the distance between the center of the chain wheel axle and the top of the saddle is less than 71 centimeters (in this case the front-to-center distance cannot be less than 50 centimeters). The "front-to-center" distance must not measure more than the 65 centimeters, or seven eighths of the distance between the center of the chain wheel axle and the top of the saddle, whichever is greater. Applicability of the two foregoing exceptions is determined by measuring from a point on top of the saddle which is 14 centimeters behind the front most point of the saddle.
- (b) Fairings are prohibited. Any device added or blended into the structure that may decrease, or that has the effect of decreasing, resistance to air penetration, or that may artificially accelerate propulsion, such as a protective screen, fuselage form fairing or the like, is prohibited; **(DSQ)**
- (c) Except as otherwise determined by the Event Director in the interest of safety, the front wheel may be of a different diameter than the rear wheel;
- (d) Handlebars and stem must be fashioned to prevent any danger. All handlebar ends must be solidly plugged to lessen the possibility of injury; **(30 or 60 Second Time Penalty (as applicable), DSQ if not remedied promptly)**
- (e) There must be one working brake on each of the two wheels; **(DSQ)**
- (f) There must be a free-wheeling mechanism between the crank and the rear wheel that allows the bicycle to roll forward while the pedals remain stationary; **(DSQ)**
- (g) All aspects of the bicycle must be safe to the rider and to other athletes in the Race. Minimum safety standards include, but are not limited to, properly glued and sealed tires, tight headset and handlebars, and true wheels; and
- (h) Non-traditional or unusual bikes or equipment are illegal unless, prior to the start of the Race, approval has been granted from the Event-specific Head Referee. **(DSQ)**

Section 5.04 DRAFTING AND 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; **(5:00 Minute Time Penalty)**
- (b) The bicycle draft zone is 12 meters long, measured from the leading edge of the front wheel and extending towards the back of the bike (6 bike lengths of clear space between bikes). Athletes may enter 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; **(5:00 Minute Time Penalty)**



- (i) 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; **(5:00 Minute Time Penalty)**
- (c) Athletes must remain outside of the draft zone (6 bike lengths between bikes) except when passing. Failure to do so will result in a drafting violation; **(5:00 Minute Time Penalty)**
- (d) A “pass” occurs when the overtaking athlete’s front wheel passes the leading edge of the front wheel of the athlete being overtaken;
- (e) 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; **(5:00 Minute Time Penalty)**
- (f) 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; **(30 or 60 Second Time Penalty (as applicable))**
- (g) Overtaken athletes who remain within the draft zone of the passing athlete for more than 25 seconds will be given a drafting violation; **(5:00 Minute Time Penalty)**
- (h) Athletes must ride single file on the far-right side (or left side depending on local law) 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; **(5:00 Minute Time Penalty or 30 or 60 Second Time Penalty (as applicable))**
- (i) 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.
- (j) Athletes who impede the forward progress of other athletes will be given a blocking violation; **(30 or 60 Second Time Penalty (as applicable))** and
- (k) 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 5.05 PENALTY TENT



- (a) All bike-course time penalties will be served in a designated Penalty Tent (“PT”). The location of the PTs will be stated in the Event-specific Athlete Information Guide. 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 next PT on the bike course 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; **(DSQ)**
- (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. **(DSQ)**

Article VI. 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/sports bra at all times during the run segment of the Race; **(30 or 60 Second Time Penalty (as applicable), DSQ if not remedied promptly)**
- (e) Uniforms with a front zipper may be unzipped to any length, provided, that (i) the zipper should be connected at the bottom of the uniform at all times, and (ii) the top of the uniform should cover the shoulders at all times; **(DSQ if not remedied promptly)**. The uniform should be fully zipped when crossing the finish line;



- (f) 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 **(5:00 Minute Time Penalty)** *Please note: due to the local laws and ordinances at select Event venues, intentional littering will result in **disqualification** (See Event-specific Athlete Information Guide for more information);*
- (g) Athletes must wear their IRONMAN 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
- (h) 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. **(1:00 Minute Penalty, DSQ if not remedied promptly)**
- (b) Athletes may not use communication devices of any type, including but not limited to two-way radios, cell phones, smart watches, smart helmets (i.e., helmets enabled with Bluetooth® technology), in any distracting manner during the Race. A "distracting manner" includes but is not limited to making and receiving phone calls, sending and receiving text messages, playing music, using social media, and taking photographs. Using a communication device in a distracting manner during the Race will result in **disqualification**; and
- (c) Cameras, phone cameras, and video cameras are prohibited unless permission is given by IRONMAN. If such permission is given by IRONMAN, it is the athlete's responsibility to notify the Head Referee of such permission prior to the start of the Race. Athletes seen with an unauthorized camera, phone camera, or video camera will be **disqualified**.

Section 6.03 FINISH LINE CONDUCT

Friends, family members, and/or other spectators are not permitted to cross the finish line or enter the finish chute with participating athletes. *(Please note: IRONMAN desires for each athlete to be able to celebrate his/her accomplishment without risking the safety of other Event participants, volunteers, and/or spectators).* Athletes who choose not to respect the foregoing finish line policy will be **disqualified**.

Article VII. 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; **(30 or 60 Second Time Penalty (as applicable))**



- (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; **(30 or 60 Second Time Penalty (as applicable))**
- (c) Athletes must not interfere with another athlete's equipment in the transition area; **(30 or 60 Second Time Penalty (as applicable))**
- (d) Athletes must not impede the progress of other athletes in the transition area; **(30 or 60 Second Time Penalty (as applicable))**
- (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; **(30 or 60 Second Time Penalty (as applicable))**
- (f) Athletes cannot stop in the flow zones of the transition area; **(30 or 60 Second Time Penalty (as applicable))** and
- (g) Public nudity or indecent exposure is prohibited. **(DSQ)**

Article VIII. PHYSICALLY CHALLENGED ("PC") OPEN DIVISION

Section 8.01 GENERAL

- (a) Participation in the PC Open Division is available to athletes with a medically verified Visual Impairment (as such term is defined below) or a medically verified physical or neurological impairment that substantially limits one or more major life activities. Athletes with other miscellaneous medical conditions such as, but not limited to, intolerance to temperature extremes, organ transplants, joint replacements (endoprosthetics), kidney dialysis, hearing impairments, and/or cognitive impairment are not eligible to participate in the PC Open Division;
 - (i) For the purposes of this Section the term "Visual Impairment" means either **(A)** a visual acuity of 20/200 (6/60 meters) or less in the better-seeing eye with best conventional correction (meaning with regular glasses or contact lenses) or **(B)** a visual field (the total area an individual can see without moving the eyes from side to side) of 20 degrees or less (also called tunnel vision) in the better-seeing eye;
 - (ii) Visually impaired athletes must **(A)** use only one (1) guide throughout the entire Race, **(B)** be tethered during the swim segment of the Race, **(C)** ride a tandem bicycle during the bike segment of the Race, and **(D)** during the run segment of the Race, use either an elbow lead or a tether lead;
- (b) Except as set forth above in (a), PC athletes are not required to request or receive any formal paratriathlon classification;



- (c) Except with respect to the exceptions listed in (i) – (iii) below, adaptive equipment used in the PC Open Division must conform to the equipment specifications listed in the “International Triathlon Union (“ITU”) Paratriathlon Rule Modifications” or as otherwise specified in these Competition Rules with the following exceptions:
 - (i) PC athletes with disabilities that affect the athlete’s ability to remain balanced may use stabilizer wheels during the bicycle segment of the Race. *(Please note: The BIKE USA, Inc. Stabilizer Wheel Kit is an adult training wheel kit and has been approved for use in Events. For information and pictures of the product, see <http://www.stabilizerwheels.com/>);*
 - (ii) Recumbent style tricycles are permitted; and
 - (iii) Hand-cycles that do not meet the ITU Paratriathlon measurement restrictions (e.g., for length, wheel size, seat angle, and/or safety bars) are permitted.
- (d) Any request by a PC athlete to use other adaptive equipment (equipment not defined in the ITU Paratriathlon Rules or in the exceptions above) must be submitted to the Event Director or the Head Referee at least 14 days prior to the Event;
- (e) The PC Open Division is a non-competitive, participatory division; and
- (f) Conduct and standards for handlers of PC athletes is governed by the ITU Paratriathlon Rules.

Section 8.02 SWIM CONDUCT

- (a) Except as set forth in this Article VIII, each PC athlete’s swim conduct shall be consistent with Article IV of the Competition Rules
- (b) IRONMAN reserves the right to seed PC Open Division athletes at the swim start of the Race (i.e., early start, late start, designated wave, etc.);
- (c) PC Athletes may use wetsuits during the swim segment of the Race at any given water temperature;
- (d) Prior to the start of the Race athletes must obtain prior approval from the Event Director with respect to all special requests related to swimwear and/or accessories to be used during the swim segment of the Race. Any change thereafter will be grounds for **disqualification**;
- (e) The use of snorkels is prohibited; **(DSQ)** and
- (f) The use of any flotation devices is prohibited. **(DSQ)**

Section 8.03 BIKE CONDUCT

- (a) Each PC athlete’s cycling conduct shall be consistent with Article V of the Competition Rules;
- (b) Standard bicycles are subject to specifications set forth in Article V of the Competition Rules. Adaptations not specified in Article V must be pre-approved by the Head Referee prior to Race day;



- (c) Race Officials reserve the right to reject any bicycle/handcycle not meeting IRONMAN's safety standards;
- (d) Each PC athlete is required to maintain control of his/her bicycle and to operate at a reasonable speed so as not to threaten the safety and well-being of aid station volunteers, other competitors, Race Officials and/or spectators. Operation of a bicycle/handcycle in a dangerous or reckless manner will be grounds for **disqualification**; and
- (e) An approved helmet is required during the entire bike segment of the Race (including in and out of the transition area). Any athlete riding without an approved helmet or chinstrap fastened will be **disqualified**.

Section 8.04 RUN CONDUCT

- (a) Each PC athlete's running conduct shall be consistent with Article VI of the Competition Rules; and
- (b) For PC athletes using wheelchairs, standard racing chairs must be used. An approved helmet is required during the entire wheelchair (run) segment (including in and out of the transition area). Any athlete riding without chinstrap fastened will be **disqualified**.

Article IX. HANDCYCLE ("HC") DIVISION

Section 9.01 GENERAL

- (a) A Handcycle Division may be offered at the Event, provided, however, that, based on certain safety and operational constraints, the Event Director (in the Event Director's sole and absolute discretion) may prohibit the occurrence of an HC Division at any Event;
- (b) Handcycle athletes must use a recumbent handcycle on the bike course and a racing wheelchair on the run course;
- (c) Conduct and standards for handlers and guides of HC athletes is governed by the ITU Paratriathlon Rules.
- (d) The HC Division is a competitive division; and
- (e) Race awards with respect to the HC Division will not be based upon age-groups within the HC Division, but will be given to the top female and male finishers of the HC Division.

Section 9.02 SWIM CONDUCT

- (a) Except as set forth in this Section, each HC athlete's swim conduct shall be consistent with Article IV of the Competition Rules;
- (b) IRONMAN reserves the right to seed HC Division athletes at the swim start of the Race (i.e., early start, late start, designated wave, etc.);
- (c) HC athletes may use wetsuits during the swim segment of the Race at any given water temperature;



- (d) Prior to the start of the Race, HC athletes must obtain prior approval from the Event Director with respect to all special requests related to swimwear and/or accessories to be used during the swim segment of the Race. Any change thereafter will be grounds for **disqualification**;
- (e) The use of snorkels is prohibited; **(DSQ)** and
- (f) The use of any flotation devices is prohibited. **(DSQ)**

Section 9.03 BIKE CONDUCT

- (a) Except as set forth in this Section, each HC athlete's cycling conduct shall be consistent with Article V of the Competition Rules;
- (b) Handcycles must meet the specifications outlined in Section 17.13 of the International Triathlon Union Competition Rules;
- (c) Race Officials reserve the right to reject any bicycle/handcycle not meeting IRONMAN's safety standards;
- (d) HC Athletes are required to maintain control of his/her handcycle and to operate at a reasonable speed so as not to threaten the safety and well-being of aid station volunteers, spectators, the public, Race Officials, and other athletes. Operation of a handcycle in a dangerous or reckless manner will be grounds for **disqualification**; and
- (e) An approved helmet is required during the entire bike segment of the Race (including in and out of the transition area). Any HC athlete riding without an approved helmet or chinstrap fastened will be **disqualified**.

Section 9.04 RUN CONDUCT

- (a) Except as set forth in this Section, each HC athlete's running conduct shall be consistent with Article VI of the Competition Rules;
- (b) Standard racing chairs are required. The standard racing chair requirements are set forth in Section 17.14 of the International Triathlon Union Competition Rules; and
- (c) An approved helmet is required during the entire wheelchair (run) segment of the Race (including in and out of the transition area). Any HC athlete riding without chinstrap fastened will be **disqualified**.

Article X. RACE OFFICIATING

Section 10.01 POWERS OF THE HEAD REFEREE

The Head Referee has the power to:

- (a) To interpret and enforce the Competition Rules and any other regulations or policies of IRONMAN;
- (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 10.02 RACE REFEREES

Race Referees will follow all instructions of the Head Referee. 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 10.03 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 Follows this Page]



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	DSQ
Littering outside of the trash/rubbish drop zones	5:00 Minute Time Penalty
Using unsportsmanlike behavior	DSQ and potential suspension
Failure to follow the prescribed course	DSQ
Failure to wear a shirt or sport top during the bike or run	30 or 60 Second Time Penalty (as applicable) if remedied, DSQ 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 30 or 60 Second Time Penalty (as applicable) Time Penalty will be assessed, If not: DSQ
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, or assisting the physical forward progress of another athlete on any part of the course during the Race	DSQ of both athletes
Fraud by entering under an assumed name or age, falsifying an affidavit, or giving false information	DSQ and potential suspension
Not stopping in the next penalty tent after being obliged to do so	DSQ
Use of communication devices of any type, including but not limited to two-way radios, cell phones, smart watches, smart helmets (i.e., helmets enabled with Bluetooth® technology), in any distracting manner, during the Race.	DSQ
Use of any device that will distract the athlete from paying full attention to their surroundings, including but not limited to making and receiving phone calls, sending and receiving text messages,	DSQ



using social media, taking photographs, and using a device as a bike computer.	
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	DSQ
In a non-wetsuit swim, wearing swimwear that is not 100% textile material.	DSQ
Wearing a wetsuit that measures more than 5mm thick	DSQ
Using a snorkel	DSQ
**SUMMARY OF BIKE RULES	PENALTIES
Drafting violation	5:00 Minute Time Penalty
Blocking (side by side riding)	30 or 60 Second Time Penalty (as applicable)
Once overtaken, re-passing prior to dropping out of the draft zone	30 or 60 Second Time Penalty (as applicable)
Once overtaken, remaining in the draft zone for more than 25 seconds	5:00 Minute Time Penalty
Failure to wear a shirt or sport top during the bike portion	30 or 60 Second Time Penalty (as applicable) if remedied, DSQ if not remedied promptly
Front zipper of uniform is not connected at the bottom <u>or</u> if the top does not cover the shoulders	DSQ if not remedied promptly
During the bike segment, wearing the helmet unfastened or insecurely fastened	30 or 60 Second Time Penalty (as applicable) if remedied, DSQ if not remedied promptly
Wearing headsets or headphones during competition	30 or 60 Second Time Penalty (as applicable) if remedied, DSQ 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	30 or 60 Second Time Penalty (as applicable) if remedied, DSQ if not remedied promptly
Make forward progress without bike during the bike segment	30 or 60 Second Time Penalty (as applicable) if remedied, DSQ if not remedied promptly
SUMMARY OF RUN RULES	PENALTIES
Wearing headsets or headphones during competition	30 or 60 Second Time Penalty (as applicable) if remedied, DSQ if not remedied promptly
Failure to wear a shirt or sport top during the run portion	30 or 60 Second Time Penalty (as applicable) if remedied, DSQ if not remedied
Front zipper of uniform is not connected at the bottom <u>or</u> if the top does not cover the shoulders	DSQ if not remedied promptly
Crossing the finish line with a non-participating individual	DSQ



SUMMARY OF TRANSITION AREA RULES	PENALTIES
Blocking the progress of other athletes	30 or 60 Second Time Penalty (as applicable)
Interfering with another athlete's equipment	30 or 60 Second Time Penalty (as applicable)

Notes:

1. *Please note: due to the local laws and ordinances at select Event venues, intentional littering will result in **disqualification** (See Event-specific Athlete Information Guide for more information).
2. **Please note: at select Event venues athletes are required to wear their athlete bib number on both the bike and run segments of the Race (See Event-specific Athlete Information Guide for more information).