



URBAN-ULTRA TRIATHLON - GENERAL RULES & REGULATIONS

Competitors will please:

- a) Practice good sportsmanship at all times
- b) Be responsible for their own safety and the safety of others.
- c) Treat other competitors, Officials, volunteers and spectators with respect and courtesy.
- d) Inform race Officials after withdrawing from the race.
- e) Be responsible for knowing and staying on the course.
- f) Not have bare torsos, headsets, headphones or glass containers on course.

III. Discipline of Competitors

1. Warning

- a) It is not necessary for an official to give a warning prior to issuing a more serious penalty. The purpose of a warning is to proactively alert competitors to possible rule violations.
- b) Warnings may be given when:
 - i) A rule violation appears unintentional and can be corrected after warning;
 - ii) A race marshal believes a violation is about to occur.

2. Disqualification

- a) A competitor may be disqualified for:
 - i) Failing to follow the prescribed course
 - ii) Blocking, charging, obstructing or interfering with another competitor
 - iii) Accepting assistance from anyone other than race Officials; illegal equipment
 - iv) Not wearing their unaltered race number provided in the proper way.
 - v) Using abusive language or behavior, or unsportsmanlike conduct
 - vi) Wearing items deemed a hazard to oneself or others (e.g. - a cast, headphones)
 - vi) Not wearing a buckled helmet

IV. Swimming Conduct

1. Rules

- a) A competitor may stand on the bottom or rest by holding an inanimate object such as a buoy, but there must not be any forward progression (e.g. walking or dolphining)
- b) In an emergency, a competitor should raise an arm overhead and call for assistance.

2. Equipment

- a) Water temperature (22degrees C) allows the use of wetsuits but are not compulsory.

3. Illegal Equipment

- a) Artificial propulsion devices (e.g. - fins, socks, gloves, paddles, flotation devices)

V. Cycling Conduct

1. General Rules:

- a) Competitors who have established the right-of-way must not block others
- b) Competitors must obey traffic laws unless otherwise directed by an official
- c) Bare torsos are not permitted.

2. Drafting:

- a) Drafting off another competitor is forbidden. All competitors must reject any attempt by others to draft
- b) Draft zone: defined as a rectangle 5 meters long by 2 meters wide surrounding every competitor. The trailing edge of the leading bicycle's back wheel defines the beginning of the 5 meter length, which ends at the leading edge of the trailing bicycle's front wheel. The 2 meter width is calculated from the pedal axle of each bicycle
- c) A competitor may enter the draft zone of another competitor, but must be seen to be progressing through that zone. A maximum of 15 seconds will be allowed to pass through the zone of another competitor
- d) If a competitor is unable to pass within the allotted time, they must immediately move out of the draft



zone. They may then attempt another pass if they wish.

e) Draft zones may not overlap

3. Equipment

a) Bicycles must have the following characteristics:

i) Covers are allowed on the rear wheel

iii) Bike in general good condition and repair.

iv) There must be a well functioning brake on each wheel.

b) Bicycle helmets are compulsory

i) The helmet must be approved by an officially recognized testing authority (e.g. ANSI or Snell).

ii) Alterations to the helmet are forbidden

iii) The helmet must be securely fastened at all times when the competitor is in possession of the bicycle

iv) Headsets, headphones and glass containers are forbidden

VI. Transition Area Conduct

1. General Rules:

a) All competitors must have their helmet securely fastened from the time they remove their bicycle from the rack at the start of the cycle until after they have placed their bicycle on the rack at the finish of the cycle.

b) Competitors must use only their designated bicycle rack, and rack their own bike.

c) Competitors must not impede the progress of other competitors in the transition area.

d) Competitors must not interfere with another competitor's equipment.

e) Competitors must mount and dismount their bicycle at the designated area or line.

f) Cycling is not permitted in the transition area.

g) Nudity or indecent exposure is forbidden