

Main rules for athletes

1. An athlete will treat other athletes, officials, volunteers and spectators with respect and courtesy, obey traffic regulations and instructions from race officials. An athlete doesn't dispose of rubbish or equipment around the course except at clearly identified places.
2. Race number must be visible on the back during the bike segment and on the front during the run segment. Race number may be worn for the wetsuit swim segment but is forbidden in a non wetsuit swim segment.
3. An athlete is not permitted to cycle and run with a bare torso. The uniform must be worn over both shoulders for the duration of the competition. Indecent exposure or nudity may result in disqualification.
4. Wetsuit use is allowed if water temperature is 21,9°C or less (sprint and standard distance). If water temperature is 11,9 °C or less, swim will be cancelled. If water temperature is 15,9 °C or less, it's mandatory to use wetsuit. Official water temperature will be measured one hour prior to the start.
5. Compression calf sleeves are allowed during swim segment only if wetsuit use is allowed. If wetsuit use is forbidden, compression calf sleeves are forbidden too. Compression socks are not allowed during swim segment.
6. Bicycle's handlebar must be plugged and there must be a brake on each wheel.
7. During bike segment athletes must keep to the side of the course and not create a blocking incident. Blocking is where an athlete who is behind cannot pass due to the leading athlete being poorly placed on the course. Blocking may result in time penalty.
8. Athletes must mount their bicycles after the mount line by having one complete foot contact with the ground after the mount line. Athletes must dismount their bicycles before the dismount line by having one complete foot contact with the ground before the dismount line.
9. For draft-legal competitions, only traditional drop handlebars are permitted, clip-ons are not allowed. Water bottles and water bottle holders may not be mounted onto the handlebars. Wheels shall have at least 12 spokes, disc wheels are not allowed.
10. For draft-illegal competitions, covers are allowed on the rear wheel. Handlebars and clip-on bars not extending beyond the leading edge of the front wheel will be permitted. Clip-on bars in two pieces do not need to be bridged.
11. Bicycle draft zone will be 10 meters long measured from the leading edge of the front wheel. Motorbike draft zone will be 15 meters long and applies also for draft legal events. Vehicle draft zone will be 35 meters long and applies to every vehicle on the bike segment. A maximum of 20 seconds will be allowed to pass through the zone of another athlete. An athlete is passed when another athlete's front wheel is ahead of theirs. Once overtaken, an athlete must move out of the draft zone of the leading athlete.
12. An athlete may enter a bike draft zone to progress through it within 20 seconds in the overtaking manoeuvre, for safety reasons, at an acute turn, 100 meters before and after an aid station or transition area.
13. The helmet must be securely fastened and fit properly at all times when the athlete is in possession of the bike. During run segment it's not allowed to run with a bike helmet on.
14. During run segment athletes will run or walk, crawling is not allowed. The athletes will not be accompanied by team members, team managers or other pacemakers on the course.

15. Cycling in transition area is forbidden at all times.
16. Only athletes are allowed to enter transition area by showing their race number. During check-in race number, bike and helmet will be checked. Only equipment to be used during the competition can be left in transition. If check-in time is over, the officials have a right to not allow any athletes to transition area.
17. Athletes need to have a race number with them for check-out. Athletes will respect check-out schedule.
18. For a traditional bike rack, the bike must be racked in an upright position with both sides of the handlebar, both brake levers or the saddle within 0,5m of the rack number or name plate.
19. During the competition the athletes will not dispose of equipment around the course nor give it to spectators. All applicable and used equipment must be at the transition spot (helmet, glasses and bike shoes can be on the bike). If the bins are provided, all used equipment must be deposited in the bin.
20. Marking positions in the transition area is forbidden. Marks, towels and objects used for marking purposes will be removed and the athletes will not be notified.
21. Outside assistance is forbidden. Athletes competing in the same race may assist each other with incidental items. If this results in the donor athlete being unable to continue the race, both athletes will be disqualified.
22. Penalties received during bike segment must be served in bike penalty box. It is the athlete's responsibility to report to the next penalty box on the bike course after receiving notification. Not stopping in the next penalty box being obliged to do so will result in disqualification.
23. An athlete may finish the race if a technical official issues a disqualification.
24. An athlete will inform a technical official after withdrawing from the race.
25. Cameras, mobile phones, headsets or technical earplugs which are inserted or covering the ears are forbidden. Athletes will not use any device that will distract the athlete from paying full attention to their surroundings.