

# Rules



## 1. General

- 1.1. Make sure you are aware of the rules.
- 1.2. The organization carries no responsibilities to third parties, before, during or after the race. Participants take part on own risk.
- 1.3. The organization carries no responsibilities of theft, before, during or after the race.
- 1.4. The triathlon is not organized in by any (triathlon) bond or union
- 1.5. Participants should report themselves 45 min before their race.
- 1.6. Make sure your starting number and swimming cap are visible.
- 1.7. No earphones or headsets are allowed during any stage of the race.
- 1.8. Not following the rules will lead in a time punishment of 20 seconds, if the case is severe then disqualification will be discussed by the organization.
- 1.9. Instructions by the committee/oraganisation should always be followed to keep everything running smoothly.
- 1.10. Objections and / or irregularities should be reported to the competition secretariat as soon as possible after participation.
- 1.11. In cases for which the regulations do not provide, the competition management decides.
- 1.12. The competition management reserves the right to change the rules until the day of the race.
- 1.13. Do not leave any clutter or items on the course at locations that are specially designated for this purpose, such as changing stations or refuse stations. Participants take all things with them to the switch zone.
- 1.14. The acquired chip must be handed in to the competition secretariat after participation. A locking system will be used.
- 1.15. The organization is not responsible for accidents or other inconveniences during the event.
- 1.16. The use of prohibited means or methods to increase sports performance is not permitted.

## 2. Parcours

- 2.1. The distances for the eighth (1 / 8th) triathlon are 500 m swimming, 20 km cycling and 5 km running.
- 2.2. The distances for the fourth (1 / 4th) triathlon are 1000 m swimming, 45 km cycling and 10 km running.
- 2.3. The organization plans a course that approaches these distances as well as possible.
- 2.4. Participants must stay on the course.
- 2.5. Where the course contains marked turning points, participants must go round the turning point.
- 2.6. Where the course runs along the public road, participants must adhere to the applicable traffic rules.
- 2.7. It cannot be excluded that other traffic is on the course.
- 2.8. Participants are responsible for their behavior in traffic.
- 2.9. In the case of oncoming cyclists, runners must deviate from the roadside.

### **3. Wisselzone**

- 3.1. Only participants may be in the switch zones.
- 3.2. Ensure a good flow in the switch zones.
- 3.3. Participants are not allowed to impede the passage of others in the switch zones.
- 3.4. It is not allowed to cycle in the switch zones from the mark marked on the road.
- 3.5. Each participant must have firmly fastened the helmet from the moment he or she takes the bicycle from the rack at the beginning of the bicycle part until after the moment he / she puts the bicycle back into the rack at the end of the bicycle part.
- 3.6. Participants may only use the bike rack assigned to them and must put their bicycle in the rack;
- 3.7. Participants must place their bicycle, helmet and other attributes that they want to leave with their assigned number.
- 3.8. Participants may not receive assistance from assistants in the switch zones.

### **4. Swimming**

- 4.1. Participants may use any swimming stroke to move through the water. It is permitted to deposit at the bottom and at the beginning of each runway.
- 4.2. Participants may stand on the bottom or hang on a buoy to rest.
- 4.3. In case of emergency, a participant must turn on their back, raise his/her arm and call for help.

- 4.4. The maximum time in the water is 25 minutes at the 1 / 8th and 50 minutes at the 1 / 4th. After this you will be taken out of the water and disqualified.
- 4.5. Wearing a swimming cap with a starting number is mandatory, the organization provides the correct bathing caps.
- 4.6. Wearing socks, water shoes, swimming fins or paddles is not permitted. Glasses, earplugs, nose clips and the like are allowed.
- 4.7. Athletes may not use:
- 4.7.1. Tools for (artificial) propulsion,
  - 4.7.2. Driving attributes (wetsuits are allowed),
  - 4.7.3. Snorkels.

## **5. Biking**

- 5.1. The bike of the participants must be provided with proper brakes.
- 5.2. After the inspection, a starting number for the bicycle is provided which must be attached to the bicycle in such a way that it is visible and legible from the left.
- 5.3. The race number must be worn on the back.
- 5.4. Wearing a shirt and a suitable, undamaged bicycle helmet is mandatory.
- 5.5. Bringing a sports bottle or water filled bottle of at least 0.5 liters is mandatory.
- 5.6. In case of overtaking give room to ascending participant.
- 5.7. Hindering and staying are not allowed. Outside of overtaking maneuvers, at least 10 meters distance to the predecessor must be kept
- 5.8. Keep the course free for (material) bad luck.
- 5.9. The changing zone may only be left at the moment the helmet is worn correctly.
- 5.10. It is not allowed to cycle in the changing area, get off for the line marked on the ground.

## **6. Lopen**

- 6.1. Wearing a shirt and shoes is mandatory.
- 6.2. It is not allowed to walk with a helmet.

6.3. The race number must be worn on the stomach.

6.4. Participants must keep to the left on the bike path.

## **7. Estafette**

7.1. The substitution at relay from one team member to another takes place in the transition zone.

7.2. The participant of a next part may be ready in the transition zone to leave.

7.3. The switch consists of passing the ankle strap and the start number. The participant in a subsequent part may then leave the transition zone.

7.4. The participants in the descending part are allowed to help the participants in the next part.