



Rules & Regulations

Rules and regulations for the Ironman Austria competition are based on the common regulations of the TRIANGLE events. These uniform frame conditions have been established for the participants of the TRIANGLE Ironman/Ironman 70.3 races in Europe. Every TRIANGLE-event reserves its right to adapt certain clauses because of special organizational requirements.

The following rules and regulations comprise the common body of rules of the European TRIANGLE-events as well as specific rules for Ironman Austria. Every clause that is not covered by this body of rules shall be governed by the Austrian Triathlon Federation's (ATF).

I. GENERAL COMPETITION RULES

1. In addition to the above-mentioned regulations, the ATF general competition rules shall prevail.
2. Athletes participating in the Ironman Austria have to complete the following distances:
Swimming: 3.8 km
Cycling: 180.0 km
Running: 42.195 km (with slight variations depending on geographic course length)
3. Time limits (Cut-Off)
The time limits are defined as followed:
Swimming: 2:20
Cycling: 10:15
Total race: 17:00
4. Participation at the race briefing is mandatory for every athlete.
5. Every participant is responsible for the measurement of his split time and end time. The IRONMAN Timing-Chip, necessary for time measurement, has to be worn around the right ankle during the whole competition. In case of a defective or a lost chip, the athlete has to obtain a new chip in the penalty box located in the transition areas.
6. It is strictly prohibited to reduce the size of the race number or to change it in any other way.
7. Leaving the race track is only permitted in case of relieving oneself. The athlete must re-enter the track at exactly the same place.
8. Unsporting behaviour: Obstructing other athletes as well as insulting other participants or referees will immediately be sanctioned.

9. External assistance of any kind is prohibited.
10. It is not allowed to get food outside the official refreshment stations. Personal catering can only be effected at the self-service stations from the personal coaches.
11. Coaching in terms of cheering to support the athletes is permitted with the following restrictions:
 - It is not allowed to accompany the athlete during the race (motor vehicle, bike, inline skates, running...). Furthermore, pace making is generally prohibited and shall not be accepted by the athlete.
 - Coaching is only allowed outside the race course.
 - Support in terms of providing food at the official self-service stations is allowed. In this case, it is as well permitted to accompany the athlete during the race for some steps in order to hand over the food.
12. I-Pods, MP3-players and mobile phones (headphones) are strictly prohibited during the race. In addition, the athlete is not allowed to take glass bottles with him.
13. Pollution: The athlete must dispose of waste (packaging, bottles, cups) in the designated waste disposal areas (next to the refreshment stations, etc). Violation of this rule will lead to sanctions.
14. If athletes want to quit, they have to report to the penalty box after the swimming competition, inform a referee on the bike or run track or proceed to the closest refreshment station.
15. Material prizes or honorary awards which are not collected on the day of the award ceremony shall no longer be receivable.
16. The organiser reserves the right to reject applications or enact suspensions for good reasons.
17. If participants are disqualified because of obvious deception, they shall be suspended for two years from Ironman Austria as well as from any other TRIANGLE-events.

II. START

1. For the swimming competition, the athletes cannot warm up in the starting area, but in the areas besides the starting area.
2. Athletes shall follow the referees' instructions on the starting process and starting positioning.
3. A jump start will result in instant disqualification.

III. SWIMMING

1. Swimming caps will be distributed by the organizer and shall be worn throughout the competition.
2. It is not permitted to wear the race number underneath the wetsuit.
3. Wetsuits are mandatory up to a water temperature of 16.0°.
4. Wetsuits may be worn up to a water temperature of 24.5°.

5. In case of a water temperature, where wetsuits are prohibited, only swift suits with a FINA certification shall be worn. Wearing of several swift suits is not permitted.
6. The wetsuits shall only be stripped off completely in the changing tent. Additionally, they have to be put in the clothing bag by the athlete himself.
In order to avoid confusion or loss, the name and the athlete's phone number shall be written on the wetsuit.
7. Wearing socks or gloves is prohibited during the swimming competition.
8. Only ambulance service and race management boats are allowed to enter the course.
9. If weather conditions (hurricanes etc.) do not allow the swimming discipline to take place, the race is to be carried out as "bike and run".
In order to do so, the course for biking and running shall not be changed in any way. Athletes will start according to time intervals, determined on short notice by the organizer.

IV. TRANSITION AREA

1. The cycle helmet shall be placed inside the bike bag.
2. Cycling shoes may be attached to the bike or stored in the bike bag, as they cannot be placed beside the bike.
3. Athletes themselves are required to take out and put back all utensils in the bike bag.
4. When leaving the transition area, the bike bag should be submitted to the drop off zone.
5. From the beginning of the check-in until the end of the check-out, only registered participants, competition officials, rescue- and security forces, as well as media representatives accredited by the organizer, shall have access to the transition area. Registered athletes shall respect the time windows fixed by the organizer.

V. BIKE PARK

1. Athletes themselves shall take the bike out of the bicycle rack.
2. Athletes must follow the directions.
3. In the transition area, the bike has to be wheeled. Thus, athletes shall mount their bike only when exiting the transition area (visible marks on the ground).
4. Before driving into the transition area, athletes are required to get off the bike and wheel it into the transition area.
5. According to his number, the athlete shall place his bike into the bike rack.

VI. BIKING

1. Exiting the bike course or taking a short cut to obtain a competitive advantage is prohibited.
2. Road traffic regulations shall apply for the entire bike course.
3. Drafting:

Basically, drafting is prohibited during Ironman Austria competitions.

The distance to the person in the front shall not be less than **10 meters** and 1.5 meters sideways, except for:

- steep inclines
- narrow curves

Drafting will result in a black card penalty.

4. It is mandatory to drive on the right side. Do not cut into curves.
5. Overtaking has to be effected within 30sec. The overtaking athlete has 15sec to finish his manoeuvre (overtaking athlete's front wheel in front of the overtaken athlete's rear wheel) and the overtaken athlete shall have 15sec to fall back to the mandatory distance of **10 meters**.
6. Lateral distance during a passing manoeuvre is 1.5 meters. No more than two athletes are allowed to drive side by side.
7. Blocking rule:
A warning shall be issued by the referee as soon as the athlete leaves the right side of the road for longer than 30sec. Leaving the right side of the road is allowed only during overtaking (exception: road damage).
The overtaken athlete has to fall back to the mandatory distance of 10 meters as soon as the overtaking athlete has passed him with his front wheel. Only when overtaking has been completed, the overtaken athlete may attempt his own overtaking manoeuvre.
Overtaking on the right side will result in an immediate disqualification.
8. Crossing the white line in the Rosegg-area where oncoming traffic might cause a dangerous situation will result in immediate disqualification.
9. Cycling without an approved cycling helmet (TÜV, CE, SNEL, ANSI) is prohibited on the entire length of the race track.
10. The chin-strap has to be closed as long as the athlete is in contact with the bicycle. It must be closed along the entire length of the race track. Opening the chin-strap and taking off the helmet is only allowed after dismounting the bicycle.
11. Participants have to wear their starting numbers on the back of their tricots. Starting numbers shall be visible at all times and may be attached to the belt.
12. The bicycle number provided by the organizer shall be placed on the bicycle so that it can be read from either side of the bicycle (if not possible, it must be visible from the left side). Resizing the bicycle number is strictly prohibited.
13. The starting number stickers shall be fixed at the front and on either side of the helmet.
14. Cycling with bare torso is prohibited. The tricot shall cover both shoulders and may only be zipped open as far down as the breastbone.
15. Repairs are only allowed when done by the athlete with carried-along tools and spare parts. The organizer will provide a bicycle-service team (2 vehicles), that is moving alongside the race track and will assist athletes with spare parts in case of bicycle defects.
16. Accompanying vehicles (cars, motorcycles, bicycles...) and help is prohibited.
17. Penalties

17.1. The following penalties shall apply:

a) *Oral warning*

Misdemeanours

No direct consequences, but the referee's orders shall be followed.

Penalty cards

b) *Yellow card*

Minor or foreseeable violations (e.g. blocking)

c) *Black card*

Drafting

d) *Red card*

Major violations, such as:

- leaving the race track to obtain an advantage
- accepting help
- ignoring the referee's orders
- altering or misusing starting numbers
- unsportsmanlike behaviour or insults
- use of prohibited equipment
- violations of traffic regulations
- wearing the body race number during the swimming competition
- driving over the white line in the Rosegg-area

The red card can be issued without warning!

17.2 It is prohibited:

- to whistle or to establish eye contact with the athletes
- to shout the race number in German or English. The race number will be called as two-digit number.
- to shout the cause of the penalty
- to show the penalty card (yellow, black, red). The athlete has to proceed to the next penalty box regardless of the penalty card he has received.

17.3 Penalties may be issued to several athletes at the same time.

It is in the athletes' own responsibility to follow the sanctions/penalties. Excuses, such as "I did not hear anything" will not be accepted.

17.4 Despite receiving a penalty card, it is in the athlete's own responsibility to proceed to the next penalty box without delay.

In case of missing the first penalty box, the athlete will be given an additional time penalty of 10 minutes, which will be added to his overall time.

If the athlete also misses the second penalty box, he will be automatically disqualified.

If the athlete does not stop at any of the penalty boxes, he will be disqualified. Should the athlete leave the penalty box without official release from the referees, he will be disqualified.

17.5 Receiving the third penalty card (any combination of yellow and black) will automatically lead to the athlete's disqualification.

17.6 The penalty box

There are five penalty boxes on the bike course altogether.

The athlete shall proceed to the penalty box and announce the color of the card shown to him by the referee.

When receiving the yellow card, the athlete is allowed to continue the race as soon as the referee has written down his race number and gives permission to continue the race.

When receiving the black card, the athlete must serve a time penalty of six minutes in the penalty box. The referee will give permission to continue the race after having marked his race number.

When receiving a red or the third penalty card, irrespective of its color, the athlete will be deprived of his race number and timing chip in the penalty box and will directly be disqualified.

18. Regardless of the disqualification, athletes are allowed to finish the competition and to file a protest.

ATTENTION: Competition referees are allowed to sanction every violation of rules by an immediate penalty.

VII. RUNNING

1. The athletes are prohibited:
 - to abandon or shorten the run course to obtain a competitive advantage
 - to accept accompaniment (bike, scooter, runner,...) or assistance by third parties
2. In case of accepting assistance by third parties or violating the rules otherwise (using a pace maker service), the Stop&Go-Rule, including a time penalty of one minute, will be applied. This penalty may be imposed repeatedly and has no connection to the penalties on the bike course.
3. The race number must be worn on the front of the body and must be clearly visible at all times. The race number belt has to be worn around the waistline.
4. It is mandatory to wear a race top during the run. Triathlon tops shall not be opened further than to the breast bone.

VIII. FILING A PROTEST

1. Disqualifications will be regularly announced at the "Info Point" in the event area. Availability of the chief referee will be announced as well.
2. A protest against the disqualification or the official result list is possible. However, the protest is only allowed if the rules and regulations are violated by the judges panel. The final decisions of the referee regarding the sanctioning are final and may not be challenged. Athletes cannot protest against a time penalty/disqualification due to a drafting or blocking as well (a decision on a matter of conscience according to the competition rules of Austrian Triathlon Federation).
3. The official protest form available at the "Info Point" has to be used. A protest shall be registered in written form only with the referee-in-chief. The protest form shall be filed in English or German clearly indicating the reason for the protest.
4. A protest fee of € 50 has to be paid in cash. If the protest is granted, the fee will be refunded.
5. Protest time: The protest against disqualifications and penalties has to be filed until the Monday after the competition at 9.30 a.m. at the latest.
6. In order to determine the final race results, the judges panel will hold a meeting from 9.30 a.m. onwards and deliberate about the received protests which are admissible.

The judges panel will consist of the following persons:

- the race director or a deputy to be appointed
- the referee-in-chief or a deputy to be appointed
- another person preferably with legal qualifications and knowledge of rules and regulations of the organiser and the Austrian Triathlon Federation

7. In a non-public hearing before the panel of judges, all athletes concerned can present their own point of view. If necessary and adequate to the situation, witnesses may be heard. Based on the statements and the available documents, the panel advises and decides with simple majority. The athlete concerned will be informed immediately about the decision.
8. The judges panel determines the official race results, subject to doping results. The official race results are final and cannot be challenged.