

## Race instructions & Racing by the rules

### Venue, date & course

Venue: GEMS Modern Academy, Nad Al Sheba 3, Dubai, UAE

Date: Saturday, January 30<sup>th</sup> 2016

Gun time: 08.30am

Swim: 25m laps in a 25m school swimming pool.

Bike: 2km laps on closed public road in front of the school.

Run: 2km laps on school premises.

### What is a triathlon

A triathlon is a multiple-sport competition involving the completion of three continuous and sequential endurance disciplines (swimming – cycling – running).

An individual registered athlete has to complete all 3 stages of the race. The athlete completes all 3 endurance disciplines.

A team of 3 registered athletes has to complete all three stages of the race. Each athlete completes 1 endurance discipline.

A team of 2 registered athletes has to complete all three stages of the race. One athlete completes 2 endurance disciplines and the other athlete completes 1 endurance discipline.

When participating in a triathlon, it is important to have rules that help us ensure a fair race and to help us avoid participants from getting hurt or hurting others. It is important to follow the rules, failure to do so may result in disqualification.

### Races

		Swim	Bike	Run
Age	5-9	75M (3 laps)	4KM (2 laps)	2KM (1 lap)
Age	10-12	175M (7 laps)	8KM (4 laps)	4KM (2 laps)
Age	13-15	225M (9 laps)	12KM (6 laps)	4KM (2 laps)
Age	16-18	375M (15 laps)	16KM (8 laps)	6KM (3 laps)
Age	Adults	425M (17 laps)	16KM (8 laps)	6KM (3 laps)

Athletes are responsible for counting their own laps and completing the full course.

The races will start at 08.30am in waves of 8 athletes. Each 90 seconds the next wave of athletes will start. All athletes have to be at the starting line latest by 08.15am.

The race official will call the athletes to the front of the starting line.

### **Safety**

- The course is monitored by 30 marshals.
- The pool is monitored by 4 life-guards.
- The bike ride is on public roads. The road will be closed for traffic during the race.
- An ambulance and paramedics will be on stand-by at the venue.
- It is compulsory to wear a helmet during the bike ride. **No Helmet - No Ride!**
- Headsets, headphones or any items, which obstruct hearing such as mobile phones, are NOT permitted during any section of the event.
- Glassware is not permitted on the course, including the transition area.

### **Approvals**

The event is approved by the UAE Athletics Federation, Dubai Sports Council, and RTA.

### **Race pack collection & bike racking**

Race pack collection and bike racking will be on **Friday, 29<sup>th</sup> January at the venue from 10.00am until 7.00pm.**

If you are planning to use the Umm Suqeim and / or Al Qudra road, kindly observe that these roads are closed until 12.00noon due to the Ironman 70.3 Dubai triathlon.

Athletes travelling from an Emirate outside of Dubai, are allowed to collect the race pack and rack the bike on Saturday, 30<sup>th</sup> January. From 6.00am until 7.30am.

### **Parking on race day**

The road in front of the venue will be closed from 06.00am on race day. Sufficient parking is available next to Repton school. Allow ample time to walk from the car park to the venue (1.5km walk).

### **Water stations, breakfast & refreshments**

- 2 MonViso water stations will be available on the course for athlete hydration.
- All athletes will receive a complimentary breakfast coupon (available in the race pack).
- Other refreshments (for spectators) will be available at a charge.

### **Race / BIB numbers**

- Race/BIB numbers issued by the race organiser identify the official athletes in the race. Folding, cutting, intentional alteration of any kind or failure to wear the race number is not permitted.
- Race/BIB numbers must be worn on the back.
- The race organiser may provide additional body markings, but this is not a substitute for, or replacement of, an official race/BIB number.
- No race number to be worn during the swim stage of the event.
- When participating as a team, each team member will receive his / her own race number.

### **Course marking**

The course is marked with orange route markers on the ground. Always keep the markers on your right-hand side.

### **Automated timing**

The MyLaps ChampionChip system will be used to time the race. Each athlete will be issued with an ankle strap and timing chip (available in the race pack). For teams, 1 timing chip per team.

- The chip has to be worn on the left ankle.

- Teams to handover the ankle strap and timing chip to the next athlete in the transition area.

### **General Rules**

- Any littering of the course will result in a penalty. Bins are located around the course for athlete's use.
- Athletes are expected to follow directions and instructions of all race officials and public authorities.
- Lifeguards, course officials, and medical personnel will adequately monitor the course. These officials reserve the right to remove athletes from the course if determined medically necessary.
- If an athlete is involved in an accident with another person, ensure that a race official is notified before leaving the scene.
- The decisions of the officials are final.
- If not specified, then ITU rules apply.

### **Post race celebrations**

- All finishing athletes will receive a participation medal.
- There are no certificates.
- Podium places for each 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> age category / gender winner and teams.

### **General Transition**

- Helmets must be a recognized design and a standard model and will be checked by officials prior to entry into transition. **No helmet – No ride!**
- The transition area is an athlete and officials only area. No friends, family members, coaches, supporters, or pets are permitted.
- Only bikes and race related items can be placed in transition. Minimal loose items to be kept underneath the bike.
- Bikes should be placed and racked in the correct allotted area within transition. Bikes that are incorrectly racked may cause obstruction to other athletes and may incur a penalty.

- Athletes must not interfere with another athlete's equipment in the transition area.
- Athletes must not use any device to mark their position in transition. Any device or marker will be removed and may incur a penalty.

### **Swim**

- The following swimming strokes are allowed: front crawl, butterfly-, breast-, and back- stroke.
- Swims caps, goggles, or facemasks are optional.
- Fins, aqua socks, gloves, paddles, or flotation devices of any kind are not permitted.
- Wetsuits, swim skins or similar swimwear are not permitted.
- Swimsuits and/or tri-suits (including two piece) are permitted and optional provided the material used is 100% textile material; in general, use suits that are made only from nylon or lycra and that do not have any rubberized material such as polyurethane or neoprene.
- Swimwear may not cover the neck; extend past the shoulder or knees (this includes compression socks and compression sleeves). Swimsuits and/or tri-suits may contain a zipper.
- No covering of hands or feet in the swim is permitted.
- No individual escorts are allowed and any assistance provided during the swim will result in disqualification if forward progress is made.
- All athletes must cross the timing mats on entry and exit of the pool or they may be disqualified.
- Athletes shall at all times swim so they do not deliberately obstruct or interfere with other athletes. Making contact other than by accident may incur penalty.

### **Transition One (Swim to Bike)**

- **No helmet – No ride!**
- Helmets must be securely fastened prior to mounting the bike, at all times when on the bike, and must not be unfastened until the bike is racked within

transition. Any athlete riding without an approved helmet or chinstrap securely fastened may be disqualified.

- Alterations to helmets, which affect its integrity, are not permitted.
- No cycling before the mount line, which will be clearly marked at the beginning of the bike course, in transition. Any cycling in transition will incur a penalty.
- Race/BIB numbers must be clearly displayed on the athlete's back before the start of the bike section.

### **Bike**

- All types of bike are allowed as long as the bike is well maintained and roadworthy.
- There must be a brake on each wheel, and both wheels must be classified as free.
- Handlebars and tri-bars must be plugged.
- Add-ons, such as computers or lighting brackets and mounting points, must be positioned so as to prevent injury in the event of a crash or collision with other athletes or spectators.
- Any unusual or unorthodox bikes must be presented to the race director prior to the event.
- Drafting of another bike is permitted; however drafting of any other vehicle is not permitted.
- Athletes must ride single file on the right hand side of the road except when passing another athlete. Side-by-side riding is not permitted and may incur a penalty.
- Each athlete must be individually responsible for repair and maintenance of their own bike. Assistance by anyone other than race personnel may result in disqualification.
- All athletes must follow the normal rules of the road, obey all traffic signals and follow any instructions given by the police. Any infringement of the law and subsequent legal action is the sole responsibility of the athlete.
- Athletes shall at all times ride so they do not deliberately obstruct or interfere with other athletes. Making contact other than by accident shall be declared unsporting obstruction and may incur a penalty.

- Any part of the bike course may be covered on foot, but on these occasions, the athletes must carry or push their own bike.
- No individual support is allowed. Ample aid and hydration stations will be provided. Friends, family members, coaches or supporters may not bike, drive or run alongside an athlete, may not pass food & beverages, or other items to an athlete. Individual support may result in disqualification.

### **Transition Two (Bike to Run)**

- When returning to transition, athletes must dismount their bike before any part of the bike reaches the dismount line, which will be clearly marked before the end of the bike course.
- Athletes may then walk or run with their bike to its allotted area.
- Race/BIB numbers must be clearly displayed on the athlete's back before the start of the run section.

### **Run**

- No form of locomotion other than running or walking is allowed. Crawling is not allowed.
- A shirt must be worn at all times.
- Athletes shall, at all times, run so they do not deliberately obstruct or interfere with other athletes. Making contact other than by accident shall be declared unsporting obstruction and may incur a penalty.

### **Penalties**

Athletes will be notified of any penalties incurred during the swim at swim exit where a race official will hold them for the duration of the penalty.

Race officials may only penalize athletes. Officials can impose any of the the following types of penalty:

- Verbal warning
- 30 second time penalty
- Disqualification

Disqualification may be as a result of, but not limited to:

- Not behind the start line when the race starts

- Threatening, abusive or insulting words or conduct
- Breaking road-traffic regulations
- Dangerous conduct/riding
- Failing to obey race officials or the police
- Nudity
- Outside assistance or individual support.
- Tampering with the equipment of other athletes
- Unsporting obstructions

A 5-minute penalty will be incurred for a drafting violation of any other vehicle except a bike. A second drafting violation will incur a further 5-minute penalty. A third drafting violation may result in disqualification.

Penalties may be issued or disqualifications given at any time up to the announcement of the final results.

Retrospective penalties may be imposed if rule infringements are later discovered.

**HAVE A GREAT RACE, ENJOY, AND HAVE FUN!**