

RACE RULES & REGULATIONS

MAKE SURE YOU READ THE REGULATIONS CAREFULLY IN ORDER TO HAVE A FUN, FAIR, AND SAFE RACE. FAILURE TO ADHERE TO THESE REGULATIONS WILL RESULT IN DISQUALIFICATION.

GENERAL RACE RULES

Course Knowledge & Completion:

It is the participant's responsibility to know the course. Participants must cover the prescribed course in its entirety. Athletes should attend the Race Briefing; not doing so puts them at risk of not understanding the course.

Wave Starts:

All participants shall start in and with their correct wave or group. It is the athlete's responsibility to know which wave they fall into, and to be present at that time. Joining another wave is not permitted.

Re-entry:

Upon leaving the course, (toilet stops/ bike maintenance/illness) a participant shall re-enter the course at the exact same point and continue from there.

Unfair Advantage:

A participant shall not use his/her body, head, arms, or legs to gain an unfair advantage, or to push, pull, hold, strike, or force through other participants.

Unsportsmanlike Conduct:

Participants shall refrain from unsportsmanlike conduct, including the improper use of language or behaviour directed toward an official or another athlete.

Obstruction & Endangerment:

Participants shall refrain from intentionally or accidentally blocking, charging, obstructing, or interfering with the progress of another participant. Participants shall also refrain from committing any act which may cause endangerment to themselves, other athletes, or spectators. Obstructing or endangering another competitor will result in direct disqualification.

Unauthorised Assistance:

Participants shall not accept from any person (other than a race official or from a nutrition station) physical assistance in any form, including food, drink, equipment, support, pacing, or otherwise, unless a specific exception has been made.

Accessories:

Authorised electronic devices are heart rate monitors, sports watches, and bike computers. Mobile phones may be used during the cycling segment only if securely fastened to either the athlete or the bicycle. During the run section, mobile phones can be used to track the run. Participants shall not – at any time during the event – insert headphones into their ears, use or wear a headset, radio, personal audio device, music device, or other unauthorised electronic device. Listening to music is prohibited.

Abandoned Equipment and Littering:

Participants shall not leave any equipment or personal gear on the race course. This includes empty water bottles and discarded items of clothing. All litter is to be disposed of in the designated areas.

Glass Containers:

The use of glass containers is strictly forbidden. Broken glass can seriously harm athletes.

Unregistered Participants:

Any person who participates in any portion of a sanctioned event without first properly registering and paying the required registration fee shall be disqualified and banned from future races

Cut-off Times:

There are no cut-off times. However, in the event that the Head Referee deems an athlete unfit, unwell, or unable to complete the race safely, the athlete will be disqualified and will not be allowed to continue the race.

SWIMMING CONDUCT

Permissible Strokes:

Swimmers may use any stroke to propel themselves through the water and may tread water or float.

Bottom Contact and Resting:

A participant may stand on the bottom or rest by holding an inanimate object such as a buoy, boat, rope, or floating object. A participant shall not use any object to gain forward progress. Participants can rest as long as they need, provided they do not obstruct fellow participants and do not move forward.

Emergencies:

A swimmer experiencing difficulty and in need of assistance shall raise an arm overhead, and call or seek assistance. A swimmer who has received official assistance, whether voluntary or involuntary, must retire and withdraw from the remainder of the race unless such assistance did not aid the swimmer in making forward progress. A swimmer shall not return to the race if the official rendering assistance decides that he/she is unwell and/or requires medical assistance.

Official Equipment:

Swimmers shall wear the official race swim cap as provided by The TriFactory. Participants are allowed to wear any kind of swim-suits, t-shirts or long sleeves, or leggings. Wet-suits are permitted, pending water temperature tests on-the-day of the race.

Goggles:

Swimmers may wear swim goggles, but are not required to.

Illegal Equipment:

Artificial propulsion devices are not permitted, including but not limited to fins, gloves, paddles, or floatation devices of any kind. Breathing devices are also illegal, including snorkels, oxygen masks, or other breathing aids.

CYCLING CONDUCT

General Conduct:

Participants must use a bicycle to complete the cycling segment of the race. In the event of a bike failure, a participant should step out of the race course with the bike, and fix the bike. In the event of a permanent bike failure, the participant may continue on foot, with their bike in tow.

No helmet, no ride:

Participants must securely fasten their helmet before getting on their bike, and the helmet must remain on for the entire bike course, with the athlete taking it off once safely off the bike and back in the transition area. Removal of the helmet will result in direct disqualification.

Bicycle types:

Participants may use any bike to complete the cycling segment, provided it is entirely human-powered. TT bikes, mountain bikes, hybrid bikes, and road bikes are all permitted. Electric or motorised bikes are not permitted and will result in immediate disqualification.

Equipment:

Headphones, headsets, radios, headphones, and personal audio devices are prohibited. Cycling computers or telephones can be used only if strapped to the participant or to the bike. Failure to adhere to this rule will be considered endangerment and will result in disqualification.

Mount Line:

Cyclists can only ride their bicycle after leaving the transition area and crossing the mount line. After completion of the bike course, athletes must dismount their bicycle outside the transition area and before crossing the mount line. Riding the bicycle inside the transition area or into the transition area will result in disqualification.

Riding Rules:

Cyclists must only pass other competitors

on the left-hand side. As such, cyclists should ride on the right-hand side of the road, and only move to the left-hand side to overtake an athlete. Overtaking a cyclist on the right-hand side is considered endangerment and will result in direct disqualification. In the event that an athlete stops due to mechanical failure, illness, or fatigue, his/her bike must be removed from the road and placed on the sidewalk.

Drafting:

Drafting is illegal. Cyclists will maintain a 10 meter gap between other cyclists, except when overtaking.

RUNNING CONDUCT

General Conduct:

A participant must run or walk the entire run course distance. Gaining forward progression by any means other than walking or running is illegal.

TRANSITION AREA

Placement of Equipment:

All participants shall place their gear and equipment in their properly designated and individually assigned areas, and shall at all times keep their equipment confined to such properly designated areas.

Personal Space:

It is illegal to handle the equipment of any other athlete, to obstruct another athlete from reaching their equipment, to cover or hide another athlete's equipment, or to make the transition area confusing or unclear for another athlete.

TIMING CHIPS

The timing chip measures your race time and splits. You do not need to press anything to activate it – it will begin calculating automatically once the race begins.

All race participants must securely attach their timing chip to their left ankle. This is important so as not to get tangled with the gearshifts on the right hand side of the bike.

Once an athlete crosses the finish line, they must return their timing chip and collect their finishers t-shirt from the Finish Line Booth.

Loss, damage, or destruction of the timing chip will result in DISQUALIFICATION and a FINANCIAL PENALTY.

FINISH LINE CONDUCT

The finish line must be unobstructed at all times. Access is only permitted to organisers and the athletes crossing the finish line. The electronic timing equipment is extremely sensitive, and any disturbance caused or crowding of the finish line can affect an athlete's time. Furthermore, every competitor deserves their moment of glory and is entitled to cross a clear and unobstructed finish line. Thank you for your understanding.

SPECTATOR RULES

Spectators cannot provide assistance (electronic, nutritional, or otherwise) to athletes during the course of the race. Spectators are also prohibited from joining the athletes on the race course, running alongside an athlete, or pulling or pushing an athlete.

Spectators may celebrate with their competing friends and family only after they have crossed the finish line. Crossing the finish line with them is prohibited. Other athletes who have completed their race already and are spectating are warned that obstructing another competitor will result in disqualification.