



# 2009 Ironman & Ironman 70.3 Race Rules Overview

Ironman and Ironman 70.3 events are sanctioned by USA Triathlon (USAT). Ironman has been granted certain rule dispensations so please read the following information carefully as the rules may differ slightly from other USAT-sanctioned events.

Athletes should be aware of the serious consequences of violating **USAT Competitive Rule 3.5 - Unregistered participants**, which states:

- a. Any person who participates in any portion of a sanctioned event without first properly registering and paying any required registration fee shall be suspended or barred from membership in USAT and barred from participation in any sanctioned event for a period of up to one year.
- b. Any person who in any way assists another athlete to violate Section 3.5a by providing or selling a race number to that athlete shall be suspended or barred from membership in USA Triathlon and barred from participation in any sanctioned event for a period of up to one year.

Anyone who violates this may be banned for life from any Ironman event. Violating this rule puts insurance coverage for this event at risk.

NOTE: ANY VERBAL ABUSE OF MARSHALS, RACE OFFICIALS OR VOLUNTEERS IS GROUNDS FOR IMMEDIATE DISQUALIFICATION.

## **SWIM RULES**

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1. Each athlete must wear cap provided by race.
2. No fins, aqua socks, gloves, paddles, snorkels, or flotation devices of any kind are allowed.
3. Swim goggles or face masks may be worn.
4. No individual paddlers or escort allowed. The course will be adequately patrolled by boats, canoes and paddleboards.
5. Wetsuits are allowed for all athletes if the water is 78 degrees Fahrenheit or colder.
6. Any assistance required during the swim will result in disqualification if forward progress was made. Athletes are permitted to use kayaks and boats as aid, so long as no forward progress is made. Special provisions are made for wheelchair athletes. Course officials and medical personnel reserve the right to remove athletes from the course if determined medically necessary.
7. The time limit for the swim is 1:10 from the start of your individual wave. The swim course will officially close at 9:18am.

## **BIKE RULES**

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1. Absolutely NO DRAFTING of another bike or any other vehicle is allowed.
2. Athletes must keep 7 meters (~4 bike lengths) distance between bikes except when passing. Failure to do so will result in a **drafting violation**.
3. A pass occurs when the overtaking athlete's front wheel passes the front wheel of the athlete being overtaken.
4. Overtaking athletes may pass on the left for up to 20 seconds, but must move back to the right side of the road, after passing. Failure to complete a pass within 20 seconds will result in a **drafting violation**. Once you start the pass, you must complete it. Athletes may not back out of

the 7-meter draft zone once it is entered or you will receive a **drafting violation**.

5. An overtaken athlete must immediately fall back 7 meters (~4 bike lengths) from the athlete that just passed them before attempting to regain the lead from a front running bike. Immediately re-passing prior to falling back 7 meters will result in an **overtaken violation**.
6. An overtaken athlete who remains within 7 meters (~4 bike lengths) of the athlete that just passed them for more than 20 seconds will be given a **drafting violation**.
7. Athletes must ride single file on the far right side of the road except when passing another rider, or for reasons of safety. Sidebyside riding is not allowed and will result in a **position violation**.
8. Athletes who impede the forward progress of other athletes will be given a **blocking violation**.
9. Athletes committing rules violations will be notified "on the spot" by a Race Official.
10. Do not attempt to discuss the penalty with the official.

**11. The Official will:**

- a. Call out your bib number, notify you that you have received either a **RED CARD** for drafting, or a **YELLOW CARD** for any other penalty. The official will show you the corresponding colored card.
- b. Instruct you to report to the next penalty tent (PT) on the course. There will be at least two PTs on the course. THE EXACT LOCATION OF THE PTs WILL BE STATED AT THE PRE RACE MEETING.

**12. The athlete will:**

- a. Report to the next PT and tell the PT Official whether you were shown a **RED CARD** or a **YELLOW CARD**. If you fail to report to the next PT, you **WILL BE DISQUALIFIED**.
  - b. Have race numbers marked by the PT Official with a "I" for drafting or a "P" for all other penalties.
  - c. Register, via the sign in sheet.
  - d. Resume the race immediately, upon having your numbers marked with a "P" and registering, for all non-drafting violations **YELLOW CARD**.
  - e. Remain in the PT for four (4) minutes for each drafting violation **RED CARD**.
  - f. Be disqualified if you receive any combination of three penalties. If you are disqualified, you may finish the bike course but may not start the run.
13. No tandems, recumbents, fairings, or any add-on device designed exclusively to reduce resistance are allowed. Any new, unusual, or prototype equipment will be subject to a determination of legality by the event organizer and/or Head Referee.
  14. The sole responsibility of knowing and following the prescribed cycling course rests with each athlete. No adjustments in times or results shall be made for athletes who fail to follow the proper course for any reason whatsoever.
  15. Athletes must obey all traffic laws while on the cycling course unless otherwise specifically directed by an official, race monitor or designee with actual authority. Failure to do so may result in disqualification.
  16. No athlete shall endanger himself or another participant. Any athlete, who intentionally presents a danger to any athlete or who, in the judgment of the Head Referee, appears to present a danger to any athlete may be disqualified.
  17. Shoes and shirt must be worn at all times.
  18. Each athlete must wear the officially issued bib number at all times while on the course. The bib number must be placed low on the BACK of athlete's jersey where it is clearly visible. Folding or cutting bib number or intentional alteration of any kind is STRICTLY PROHIBITED. Race belts may be worn.  
Each athlete must wear a bike helmet number on the front of their helmet, if a bike helmet number is provided by the race organizer.
  19. Each athlete must have a bike frame number fixed to their bike and the entire number must be clearly visible from the left side.
  20. CPSC-approved helmet is required during the entire bike portion including in and out of transition area. Any athlete riding without an approved helmet or chinstrap not fastened will be disqualified. Alterations to hard-shell helmet, which affect its integrity, are not allowed.

21. No individual support is allowed. Ample aid and food stations will be provided. Friends, family members, coaches, or supporters of any type may NOT bike, drive, or run alongside athlete, may not pass food or other items to athlete and should be warned to stay completely clear of all athletes to avoid the disqualification of a athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort.

NOTE: BIKE AID STATIONS ARE LOCATED APPROXIMATELY EVERY 10 MILES. IT IS YOUR RESPONSIBILITY TO SLOW FOR SAFE NUTRIENT PICK-UP. CALL OUT YOUR REQUIREMENTS CLEARLY AND IN ADVANCE. CREWS ARE INSTRUCTED NOT TO STEP ACROSS THE WHITE LINE FOR HANDOFFS. THERE WILL BE WATER AND GATORADE ENDURANCE AT THE BIKE AID STATIONS. IT IS IMPERATIVE THAT YOU DON'T TOSS BIKE BOTTLES, CUPS, OR NUTRIENT BAGS ON THE ROADSIDE ALONG THE COURSE. **BIKE BOTTLES MUST BE TOSSED TOWARD THE BOTTLE DROP AT THE ENTRANCE AND/OR EXIT OF EACH AID STATION. A PENALTY WILL BE ASSESSED FOR DISCARDING A BIKE BOTTLE OR ANY OTHER LITTER/TRASH OUTSIDE THE DESIGNATED DROP ZONE.**

22. Each athlete must be individually responsible for repair and maintenance of their own bike. Each athlete should be prepared to handle any possible mechanical malfunction. Assistance from official race personnel is permitted.
23. Athletes may walk bike, if necessary, but may not make progress on the bike course unaccompanied by their bicycle.
24. Bike inspection is not mandatory and will not be provided at bike check-in, although technicians will be available. Athletes are ultimately responsible for their own bikes. However, race officials may at their discretion make final judgment as to the soundness of bikes. In the event of foul weather, large plastic bags, which cover the entire bike, will be permitted as long as the bags are securely fastened to the bike.
25. HEADSETS OR HEADPHONES ARE NOT ALLOWED DURING ANY PORTION OF THE EVENT.
26. MEDICAL SUPPORT. If you need minor medical assistance, Sag Wagons will pick you up and take you to the medical tent, where you shall receive treatment. Alternatively, depending upon medical emergency, ambulances will take you to the nearest hospital to receive treatment. If you have a technical problem or have bonked, the Sag Wagons will take you to the next aid station. At every bike and run aid station, there will be rest areas and medical personnel to assist in any medical problem. Additionally, there will be radios to contact ambulances and medical assistance. If you have a problem, please go to an aid station for further assistance.
27. The time limit for the bike is 5:30 from the start of your individual wave. The bike course will officially close at 1:38pm.

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## ***RUN RULES***

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1. No form of locomotion other than running, walking or crawling is allowed.
2. Athletes must wear their officially issued bib number in front of them clearly visible at all times on the course. Bib numbers identify the official athletes in the race. Folding, cutting the bib number, intentional alteration of any kind, or failure to wear race number is STRICTLY PROHIBITED and will result in disqualification.
3. NO INDIVIDUAL SUPPORT VEHICLES OR NON-PARTICIPANT ESCORT RUNNERS ARE ALLOWED. This is an individual endurance event. Teamwork as a result of outside assistance, which provides an advantage over single competitors, is not allowed. Individual support vehicles or non-participant escort runners will result in disqualification. A non-participant escort runner includes athletes who have withdrawn from the race, have been disqualified or have finished the race. Friends, family, members, coaches or supporters of any type may not bike, drive or run alongside athlete, may not pass food or other items to athlete and should be warned to stay completely clear of all athletes to avoid the disqualification of a athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort. It IS permissible for an athlete who is still competing to run with other athletes who are still competing.

4. Athletes are expected to follow the directions and instructions of all race officials and public authorities.
5. The sole responsibility of knowing and following the prescribed running course rests with each athlete. No adjustments in times or results shall be made for athletes who fail to follow the proper course for any reason whatsoever.
6. The run course will officially close at 4:38 p.m. Athletes still on the course after that time will be given the opportunity to unofficially finish the race.

### ***TRANSITION RULES***

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1. Public nudity is prohibited and will result in disqualification.

Ironman reserves the right to make changes to these rules at any time. Notification of any change will be in accordance with USAT procedures.