

# Race Rules



Ironman 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.

Contestants 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.**

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

## GENERAL RULES

1. Contestants may not cross the finish line with anyone, including but not limited to friends, family members, or children, unless that person is a registered race participant. The penalty is disqualification.
2. Notwithstanding anything to the contrary in these Rules, the Head Referee has the discretion to determine the appropriate penalty (including a time penalty or disqualification) for any rule violation.

## SWIM RULES

1. Contestants must wear swim cap provided by race management
2. No fins, gloves, paddles, or flotation devices of any kind are allowed.
3. No Aqua socks (neoprene booties) unless the water temperature is 65 degrees Fahrenheit or colder.
4. Swim goggles or face masks may be worn.
5. No individual paddlers or escort allowed. The course will be adequately patrolled by boats, canoes and paddleboards.
6. Wetsuits are allowed for all contestants if the water temperature is 76.1 degrees Fahrenheit or colder. Contestants choosing to wear a wetsuit in water that is between 76.2 and 83.8 degrees Fahrenheit will not be eligible for awards nor qualification spots. **NOTE: Any contestant that chooses to wear a wetsuit when the water temperature is between 76.2 and 83.8 degrees will be required to swim in the last wave, which will be designated for athletes that wear wetsuits. BE ADVISED THAT IT IS AT THE SOLE DISCRETION OF THE RACE DIRECTOR TO ALLOW WETSUITS WHEN THE WATER TEMPERATURE IS OVER 76.1 DEGREES FAHRENHEIT.**
7. Wetsuits must be 5mm thick or less.
8. Material used for swimwear must be 100% textile material, which is defined as materials consisting of natural and/or synthetic, individual and non-consolidated yarns used to constitute a fabric by weaving, knitting, and/or braiding. Simply put, this would generally refer to suits made only from nylon or Lycra that do not have any rubberized material such as polyurethane or neoprene. Swimwear (including speed suits and tri suits) may not cover the neck, extend past the shoulder, nor extend past the knees. Swimwear may contain a zipper.
9. Any assistance required during the swim will result in disqualification if forward progress was made. Contestants 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 contestants from the course if determined medically necessary.

## BIKE RULES

1. Position Rules:
  - a. Absolutely NO DRAFTING of another bike or any other vehicle is allowed.
  - b. Contestants must keep 7 meters (~4 bike lengths) distance between bikes except when passing. Failure to do so will result in a **drafting violation**.
  - c. A pass occurs when the overtaking contestant's front wheel passes the leading edge of the contestant's front wheel being overtaken.
  - d. Overtaking contestants 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**. Contestants may not back out of the 7 meter draft zone once it is entered (**drafting violation**). So, if you start a pass, you must complete it or receive a drafting violation.
  - e. Overtaken contestants must immediately fall back 7 meters (~4 bike lengths) before attempting to re-pass. Immediately re-passing prior to falling back 7 meters will result in an **overtaken violation**.
  - f. Contestants who are passed and remain within 7 meters (~4 bike lengths) of the passing contestant for more than 20 seconds, will be given a **drafting violation**.
  - g. Contestants must ride single file on the far right side of the road except when passing another rider, or for reasons of safety. Side-by-side riding is not allowed and will result in a **position violation**.
  - h. Contestants who impede the forward progress of other contestants will be given a **blocking violation**.
  - i. Contestants committing rules violations will be notified "on the spot" by an official.
  - j. Do not attempt to discuss the penalty with the official.
  - k. The official will:
    - i. Call out your race number and 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.
    - ii. 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.
  - l. The contestant will:
    - i. 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 may be disqualified.
    - ii. Have race numbers marked by the PT Official with a "/" for drafting or a "P" for all other penalties.
    - iii. Register, via the sign-in sheet.
    - iv. Resume the race immediately, upon having your numbers marked with a "P" and registering, for all non-drafting violations (**YELLOW CARD**).
    - v. Remain in the PT four (4) minutes for each drafting violation (**RED CARD**).
    - vi. 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.
    - vii. Be disqualified for not reporting to the PT.
2. The down tire must be on the side in which the contestant's bib number is placed on the bike rack. This is the side in which you will remove the bike from the rack during the race. All your race gear is to be setup on the same side of the rack as the down tire.
3. A shirt or sport top must be worn at all times. Contestants caught without a shirt or sport top may be disqualified.
4. 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.
5. The sole responsibility of knowing and following the prescribed cycling course rests with each contestant. No adjustments in times or results shall be made for contestants who fail to follow the proper course for any reason whatsoever.
6. Contestants 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.

7. No contestant shall endanger himself or another participant. Contestants who intentionally present a danger to any contestant or who, in the judgment of the Head Referee, appear to present a danger to any contestant may be disqualified.
8. Contestants must wear the Eagleman Ironman issued bib number at all times while on the course. The bib number must be placed low on the BACK of contestant'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.
9. Contestants must wear a bike helmet number on the front of their helmet, if a bike helmet number is provided by the race organizer.
10. Contestants must have a bike frame number fixed to their bike and the entire number must be clearly visible from the left side.
11. CPSC-approved helmet is required during the entire bike portion including in and out of transition area. Contestants riding without an approved helmet or chinstrap not fastened will be disqualified. Alterations to hard-shell helmet, which affect its integrity, are not allowed.
12. No individual support 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 contestant, may not pass food or other items to contestant and should be warned to stay completely clear of all contestants to avoid the disqualification of a contestant. It is incumbent upon each contestant to immediately reject any attempt to assist, follow, or escort.
13. Do not litter. Any item that needs to be discarded, including but not limited to: water bottles, gel wrappers, energy bar wrappers, broken bike parts, or clothing items, may only be discarded in the trash drop zones, located at each aid station. Discarding any item outside of the trash drop zones will result in a penalty.
15. Contestants must be individually responsible for repair and maintenance of their own bike. Contestants should be prepared to handle any possible mechanical malfunction. Assistance from official race personnel is permitted.
16. Contestants may walk bike, if necessary, but may not make progress on the bike course unaccompanied by their bicycle.
17. Bike inspection is not mandatory and will not be provided at bike check-in, although technicians will be available. Contestants 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.
18. HEADSETS OR HEADPHONES ARE NOT ALLOWED DURING ANY PORTION OF THE EVENT. Contestants caught using a headset or headphones may be disqualified.
19. 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.

## **RUN RULES**

1. No form of locomotion other than running, walking or crawling is allowed.
2. Contestants must wear their Eagleman Ironman issued bib number in front of them clearly visible at all times on the course. Bib numbers identify the official contestants in the race. Folding, cutting the bib number, intentional alteration of any kind, or failure to wear race number is STRICTLY PROHIBITED and may 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 contestants 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 contestant, may not pass food or other items to contestant and should be warned to stay completely clear of all contestants to avoid the disqualification of a contestant. It is incumbent upon each contestant to immediately reject any attempt to assist, follow, or escort. It IS permissible for a contestant who is still competing to run with other contestants who are still competing.
4. Contestants 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 contestant. No adjustments in times or results shall be made for contestants who fail to follow the proper course for any reason whatsoever.
6. A shirt or sport top must be worn at all times. Contestants caught without a shirt or sport top may be disqualified.

## **TRANSITION RULES**

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