



# IUTA Rules 2026

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## 1. SCOPE

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2 These rules are adopted by the International Ultra Triathlon Association (IUTA)  
3 and govern the administration of races and events sanctioned by the IUTA.

4 These rules are binding on all persons who enter or participate in, or organize  
5 any IUTA event.

6 In that rule, the male form is always used for the sake of simplicity. The IUTA  
7 explicitly addresses all genders.

8 The IUTA makes no implied warranty regarding the degree of safety, which may  
9 or may not result from compliance with these rules.

10 Every participant, team member of the participant, race official or race volunteer  
11 should consider all safety issues and make related decisions prudently without  
12 reliance upon these rules.

13 Examinations or inspections of equipment at sanctioned events are undertaken  
14 solely to monitor compliance with these rules and do not guarantee or ensure  
15 safety from personal injury or property damage.

16 The safety of the racing equipment is the sole responsibility of each individual  
17 participant.

18 For any particular event, a race director may request from IUTA a specific  
19 exception or addition to these rules. All exceptions or additions to these rules  
20 must be expressly approved in writing by the IUTA Committee and must be  
21 announced to all participants prior to the event.

22 The event organizer has the obligation to implement this set of rules consistently  
23 in IUTA sanctioned races. He can take the help of IUTA responsible persons.

## 24 2. DEFINITIONS

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25 An **Ultra Triathlon (UT)** is a long-distance endurance race consisting of  
26 swimming, cycling and running in that order. It combines 3.86 kilometers of  
27 swimming, 180.25 kilometers of cycling and 42.195 kilometers of running  
28 (UK/US: 2.4 - 112 - 26.2 miles) in a so-called „Longdistance Triathlon” or a  
29 multiple of these distances. There are different cut-off times for each discipline  
30 and each UT or multiple of an UT.

31 IUTA distinguishes the following types of Ultra Triathlons (UT) respectively  
32 challenges, which can take place on lap courses but also as point-to-point races.  
33 Overlapping seconds between disciplines, transition and competition days are to  
34 be interpreted to the advantage of the athlete and/or the event organizer.

35 1) A **UT or UT (Continuous) or continuous UT** combines one swim part, one  
36 bike part and one run part without a break. There is one start and one finish;  
37 the time starts once with the beginning of the swim part and ends once after  
38 crossing the finish line at the end of the run part. A continuous UT is at least  
39 twice as long as a „Longdistance Triathlon”. In this document, the different



40 distances of a continuous UT are referred as a „Double UT”, a „Triple UT”, a  
41 „Quadruple UT”, a „Quintuple UT”, a „Deca UT”, a „Double Deca UT” or a  
42 „Triple Deca UT”.

- 43 2) A **UT (Day)** or **per day UT** combines a „Longdistance Triathlon” per day on  
44 consecutive days with the same start time each day and a maximum cut-off  
45 time of 24 hours a day. There is one start and one finish each day; the time  
46 starts once with the beginning of the swim part and ends once after crossing  
47 the finish line on each day. An athlete who finished the daily run part is forced  
48 to do a break til the next day’s start time. In that rule, the different distances  
49 of an UT are referred as a „Double UT (Day)”, a „Triple UT (Day)” and so forth  
50 for UT in per day format.
- 51 3) A **UT (Split)** or **combined UT** is a strict combination of one per day UT  
52 directly followed by a continuous UT over the same distance in that order  
53 (e.g., a Deca per day UT followed by a Deca continuous UT). The start of the  
54 continuous UT must be 24 hours plus/minus one hour after the start of the  
55 last day of the per day UT. If the athlete fails to complete one of the two  
56 parts (per day part/continuous part), the whole race is considered as DNF.
- 57 4) A **UT (Staged)** combines in a minimum one swim, one bike and one run part  
58 in that order. More parts in each discipline are possible. There is a limitation  
59 of kilometers/miles each day followed by a break until the next day’s start  
60 time. Not all disciplines or parts of disciplines must be done on a day. Usually  
61 a UT (Staged) comprises on day one a 10k-swim and a 145k-bike ride, on day  
62 two a 276k-bike ride and on day three a 84,4k-run - in summary 515  
63 kilometers. Other distances are possible. (Just as information: If the rules are  
64 interpreted consistently, this variant is not a triathlon in the true sense of the  
65 word because of the defined breaks between the disciplines.)
- 66 5) A **UT (NonStop)** is a mixture of a UT (Day) and a UT (Continuous). A fixed  
67 number of Single Ultratriathlons must be completed consecutively. The time  
68 limit for the race must not exceed the number of Single Ultratriathlons  
69 multiplied by 24 hours. There is only one start and one finish in the whole  
70 race, i.e., the next following long distance may be started directly after the  
71 completion of the previous long distance in compliance with the respective  
72 regulations of the event organizer. The time between the end of the run  
73 portion and the start of the next swim portion must be recorded as  
74 „Transition 3” or „T3”.  
75 Example: In a Deca UT (NonStop), 10 long distances must be finished in  
76 direct succession. The time limit for the race must not exceed 240 hours. For  
77 each finisher, nine several times must be recorded for „Transition 3”.
- 78 6) A **UT (Step)** consists of a fixed number of UT (Continuous), which are to be  
79 completed consecutively and in ascending order of distance. In this case, a  
80 „Step” refers to one of the UT Continuous to be completed, regardless of the  
81 distance. This format always starts with a Single UT. The distances increase  
82 from „Step” to „Step” by one Single UT. The total cut-off times for each  
83 „Step” are set to 24 hours or multiples of 24 hours, so that the start time of  
84 each „Step” is always the same. The cut-off of the last „Step” can be freely  
85 selected.



86 **IUTA World Championships (WC)** can be organized if the event organizer  
87 respects the IUTA standards. Rules are described in the corresponding section.

88 IUTA organizes an **IUTA World Cup Challenge (WCC)**. Rules are described in  
89 the corresponding section.

90 **IUTA Grand Prix Races** are not part of another challenge, but a possibility for  
91 event organizers to be part of IUTA WCC. The possibility exists for event  
92 organizers who are not able or have not been able to fully comply with all quality  
93 requirements from the concluded contract.

94 In IUTA Grand Prix Races the achieved points for the IUTA WCC will be reduced  
95 by 50%. In IUTA Grand Prix Races no World Records and no Continental Records  
96 can be achieved. A change of this status (World Cup Race/Grand Prix Race) in  
97 both directions can be determined by IUTA up to one month before the start of  
98 the corresponding event/race. Classification as an IUTA Grand Prix Race can also  
99 be determined by IUTA after the completion of an event. Rules are described in  
100 the corresponding sections.

101 Races that are suspected of having been organized as a private challenge can  
102 also subsequently be classified as IUTA Grand Prix Races by the IUTA. Without  
103 claiming to be exhaustive, criteria for the assessment include a short registration  
104 period, few starters/finishers, unusually high entry fees or very short cut-offs.

## 105 **3. IUTA RESPONSIBILITIES**

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106 The IUTA is responsible for the promotion of the Ultra-Triathlon. It represents the  
107 interests of its organisers and athletes, i.e., its members, equally with all means  
108 at its disposal.

109 The IUTA issues an official competition calendar and organises international  
110 classifications such as a World Cup. In addition, IUTA publishes this  
111 comprehensive set of rules for the organisation and conduct of ultra-triathlons.  
112 This set of rules is regularly adapted to the needs and wishes of the members.

113 The IUTA sets the requirements for the inclusion of new events in the racing  
114 calendar, for the awarding of World Championships or for the recognition of  
115 World Records, such as certified track surveying or even anti-doping tests in  
116 accordance with WADA specifications.

## 117 **4. PARTICIPANTS**

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118 All participants in events sanctioned by IUTA must be of adult age with regard to  
119 the country where the event take place and with regard to the startday of the  
120 event. All competitors, which means participants at the start line of an IUTA  
121 sanctioned race, will be automatically a member of IUTA but the participants  
122 must pay the required fee requested by the organizer and comply with all the  
123 requirements determined by IUTA.



124 Participation of para-athletes in any IUTA event remains subject to the decision  
125 of the event organizer. This decision shall only be based on safety considerations  
126 for the athlete himself.

127 Participants have the obligation to know and follow the IUTA rules in its entirety,  
128 the traffic laws applicable at the place of the event and the rules given by the  
129 event organizer. All participants commit to recognize the rules, regulations and  
130 policies of the WADA in its entirety. If there is a conflict between the rules of the  
131 event organizer and the rules of IUTA, the IUTA rules supersedes. If there is a  
132 conflict between the rules of the WADA and the rules of IUTA, IUTA rules  
133 supersedes.

134 IUTA is entitled to revoke or suspend the participant's membership in IUTA after  
135 having given written notice containing the charges or allegations made against  
136 the athlete, offered the opportunity to respond to the charges and to appeal the  
137 decision.

## 138 **5. CATEGORIES/AGE GROUPS**

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139 A male and a female category are established and divided in age groups as  
140 follows. Athletes compete in the age group division corresponding their age on  
141 December 31st of the year of the event.

<b>Age</b>	<b>Male Age Group</b>	<b>Female Age Group</b>	<b>Age</b>	<b>Male Age Group</b>	<b>Female Age Group</b>
18 - 24 years	M18	W18	50 - 54 years	M50	W50
25 - 29 years	M25	W25	55 - 59 years	M55	W55
30 - 34 years	M30	W30	60 - 64 years	M60	W60
35 - 39 years	M35	W35	65 - 69 years	M65	W65
40 - 44 years	M40	W40	70 - 74 years	M70	W70
45 - 49 years	M45	W45	75+ years	M75	W75

142 *IUTA - Rules 1: different age groups for male and female*

143 There will be one handicap category. The organizer determines whether the  
144 athlete is considered a handicap athlete.

145 In principle, the IUTA is open to all genders. There is no uniform, globally valid  
146 regulation for the sport. Rather, the legislation of the respective country is  
147 decisive. Some countries recognize more than two genders, others do not.  
148 Therefore, we have decided: If an athlete feels that he belongs neither to the  
149 female category nor to the male category, the organizer can introduce a separate  
150 category for this athlete in compliance with the valid legislation of the venue. The  
151 organizer must explicitly list this category in the results lists of the event.

## 152 **6. GENERAL CONDUCT AND SANCTIONS**

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153 All participants must act in compliance with the IUTA rules in its entirety. If a  
154 participant does not respect the IUTA rules or does not respect the safety  
155 requirements, he or she exposes himself/herself to the following timing and  
156 administrative sanctions:



- 157 ▪ 1st offense: Verbal warning and if necessary, a «stop and go» procedure
- 158 ▪ 2nd offense: Yellow card equivalent to 30 minutes penalty
- 159 ▪ 3rd offense: Red card equivalent to 120 minutes penalty
- 160 ▪ 4th offense and for the cases expressively mentioned thereafter: Black Card
- 161 ▪ bringing to immediate disqualification. The disqualified participant shall be
- 162 ▪ required to immediately withdraw from the race and vacate the course.

163 When a competitor receives a time penalty, the competitor must remain stopped  
164 under the direction of the race official for the prescribed period of time. The  
165 location of the stop will be determined by the race official. When the official  
166 indicates that the time penalty has expired, the athlete may continue the race.  
167 While in a penalty zone, an athlete may not accept any form of assistance or  
168 support from any other person. Any violation of these rules will result in  
169 disqualification.

170 Participants must cover the prescribed race in its entirety. It is the participant's  
171 responsibility to know the race course (does not apply to point-to-point races)  
172 and to follow the tracks defined by the organizer. Upon leaving the course, a  
173 participant shall re-enter the course and continue at the same point of departure.  
174 Participants intentionally short cutting the race shall be sanctioned of an  
175 immediate disqualification.

176 Participants shall refrain from unsportsmanlike conduct, including the improper  
177 use of language or conduct directed toward an official, other participants,  
178 volunteers and spectators. The sanction will be the disqualification.

179 Participants shall refrain from intentionally or accidentally blocking, charging,  
180 obstructing, or interfering with the forward progress of another participant. The  
181 sanction will be the disqualification.

182 Participants must wear their start numbers clearly visible during the race and  
183 keep the start number in an unchanged and legible condition during the race.  
184 The participant must wear the swim cap and start number provided by the  
185 organizer. The start number must be worn at the back of the bike course and at  
186 the front of the running course. Further start numbers can be attached to the  
187 bike at the organizer's discretion. Participants will be warned if their number is  
188 not visible and must stop to put it in the correct position.

189 A rule-consistent behavior of the participants and their teams must be ensured  
190 by the organizer. For the duration of any reprimand or rule declaration of the  
191 competitor by the organizer, the athlete must interrupt his race. This stop counts  
192 as warning. Should the participant not comply with the organizer's request, he  
193 will be disqualified.

194 No participant shall endanger himself or other persons. Any participant, who  
195 intentionally presents a danger to any person or who, in the judgment of the  
196 event organizer, appears to present a danger to himself or other persons shall  
197 result in a penalty as described in this section. In the last consequence this can  
198 lead to disqualification.



199 No participant shall use any equipment which could be determined to be  
200 improper, including but not limited to equipment which might provide an unfair  
201 advantage or endanger other participants.

202 Participants will be excluded from the race until corrective actions are  
203 undertaken. The level of possible corresponding sanction rests on the  
204 responsibility of the event organizer.

205 Participants shall notify a race official prior to any pause conforming to race  
206 director instructions and immediately after a withdrawn from a race.

207 In unsafe (weather) conditions (e.g., a thunderstorm) during the race the event  
208 organizer has the authority to pull the athletes off the course. The organizer has  
209 the last word.

## 210 **7. ACTS OF WARRANTING SUSPENSION AND PROTEST**

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211 The following acts may be reasons for suspension for a period of time designated  
212 by the IUTA Committee:

- 213 ▪ Flagrant or intentional violation of the IUTA rules
- 214 ▪ Gross or continued unsportsmanlike conduct
- 215 ▪ Physical violence directed toward a race official, participant, volunteer,  
216 spectator or other persons
- 217 ▪ Any fraudulent act, such as falsifying name or age etc. or providing false  
218 information to IUTA, event organizer or race officials
- 219 ▪ Repetitive or recurring violations of the IUTA rules
- 220 ▪ Refusal to abide by the final determination by IUTA of any matter relating to  
221 the IUTA rules
- 222 ▪ Any act which disgraces or brings discredit to IUTA or our sports

223 All protests regarding race results must be submitted to the event organizer and  
224 to IUTA within two weeks after the official time limit of the respective race.

225 Violations of the IUTA/WADA Anti-Doping Rules and/or the IUTA Technology  
226 Fraud Rules will result in a disqualification. In both cases the IUTA will impose a  
227 temporary penalty that will exclude the convicted athlete from all IUTA  
228 sanctioned competitions. The minimum duration of this penalty is two years. The  
229 start of the penalty is the day on which the offense is detected, e.g. in the case  
230 of a positive doping test, the day of the (urine) test. In case of repeated violation  
231 of the same rule, the IUTA can impose a life ban for IUTA sanctioned races.

232 A suspended athlete is not entitled to a refund for entry fees already paid for  
233 future IUTA events.

234 A banned athlete loses all IUTA World Cup points for the calendar year in which  
235 cheating was detected. His participation in corresponding races is to be scored  
236 with "0" points.

237 A banned athlete loses his/her IUTA membership (at least) for the duration of  
238 the ban until the next start at an IUTA sanctioned race.



239 Any person reprimanded or suspended from IUTA shall be entitled to receive  
240 reasonable notice of such disciplinary action. IUTA has the right to publish on its  
241 website any reprimand or suspension and the reason for it.

## 242 **8. SWIMMING CONDUCT**

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243 Swimmers may use any stroke to propel themselves through the water.  
244 Swimmers may stand on the ground, but not walk. Exceptions to this are the  
245 areas specified by the event organizers where swimming is not possible, such as  
246 the exit and entrance at the so-called „Australian Exit”. In a pool, a swimmer  
247 when turning shall make physical contact with the end of the pool. The turn must  
248 be made from the wall, and it is not permitted to take a stride or step from the  
249 bottom of the pool.

250 Each participant shall be permitted to wear a wet suit irrespective of the water  
251 temperature. The wetsuit may be single or multiple layers, as long as a thickness  
252 of 12 mm is not exceeded, and must keep hands and feet exposed.

253 If provided by the event organizer, the swimmer shall wear the proper official  
254 swim cap. If no official cap is provided; all swimmers should wear their own  
255 brightly colored swim cap. Swimmers may wear, but shall not be required to  
256 wear, swim goggles or face masks.

257 Any swimmer wearing any artificial propulsion device, including but not limited to  
258 fins, gloves, booties, paddles, snorkels or floating devices of any kind shall be  
259 disqualified.

260 Use of gloves and/or booties without propulsive features may be exceptionally  
261 authorized at discretion of the event organizer for water temperatures

- 262 • below 20° Celsius and cumulative race distances < 19 km or
- 263 • below 21° Celsius and cumulative race distances >= 19 km.

264 If it is absolutely necessary for the safety of the athletes to cover hands and/or  
265 feet, the event organizer has to do a written request to IUTA for an exception  
266 from the temperature thresholds. In any case, it requires the consent of the IUTA  
267 as part of the contract between IUTA and the event organizer.

268 The event organizer has to determine the temperature by a measurement made  
269 within two hours of the race start. A water temperature measurement should  
270 also be taken prior to any pre-race meetings in order to forecast to the athletes  
271 as early as possible the likely water temperature on race day.

272 A participant may stand on the bottom or rest by holding an inanimate object  
273 such as a buoy, boat, rope or floating object. Excluding the bottom, a participant  
274 shall not use any inanimate object to gain forward progress. A violation of these  
275 rules shall result in a penalty as described in section [General Conduct and](#)  
276 [Sanctions](#).

277 The swimmer is authorized to leave the swimming part due to exhaustion, for  
278 medical check-up, massage, etc. Upon leaving the course, a participant shall re-



279 enter the course and continue at the same point. The athlete or a member of his  
280 support crew must notify the race director or staff before exiting and re-entering  
281 swim.

282 A swimmer experiencing difficulty and in need of assistance shall wave his arms,  
283 and call or seek assistance. A swimmer, who has received official assistance,  
284 whether voluntary or involuntary, must retire and withdraw from the remainder  
285 of the race unless such assistance did not aid the swimmer in making forward  
286 progress. No swimmer shall return to the race if the official rendering assistance  
287 requests that the participant withdraws from the race or receives medical  
288 assistance.

289 Swimming can take place either in open water or in a swimming pool. In open  
290 waters, boat assistance shall be provided at each turning buoy and/or every 250  
291 meters (820 ft).

292 Swimming is not authorized with or against current higher than 0,3  
293 meters/second (1,08 km/h). The proportions of swimming with and against the  
294 current (for example in a river) must be the same. For example: For a swimming  
295 at a Double UT distance the part with the current must be 3800 meters long and  
296 the part against the current must be 3800 meters long.

297 The number of swimmers per lane is the responsibility of the event organizer.  
298 The organizer must guarantee a fair swim for all participants. Swimmers shall be  
299 regrouped in their swimming lane according to their best estimated swimming  
300 time.

301 When all the swimmers cannot be accommodated in the same swimming pool, a  
302 second swimming pool can be used. If two pools are used the start of the race  
303 will have obligatorily to be given at the same time.

304 The event organizer may alternatively consider staggered starts for his event if  
305 only one pool is available, but only for different races (distances). Different start  
306 waves within the same race (distance) are prohibited. All athletes within the  
307 same race (distance) must start at the same time.

308 Overtaking is authorized. The overtaken swimmer shall not block the overtaking.  
309 It is obligatory to touch the wall with a part of the body during the turns. Failure  
310 to do so shall result in penalty as described in section [General Conduct and](#)  
311 [Sanctions](#).

312 The time for a possible shuttle service between the pool, lake or sea to the bike  
313 track has to be added to „Transition 1” in the timetable. The clock does not stop.

314 If a swim must be canceled during an event or before the event starts (e.g., for  
315 safety reasons) the organizer has the right to switch to an ultra duathlon. The  
316 length of the first run part is the responsibility of the organizer. The race (ultra  
317 duathlon) will still be a part of the IUTA world cup and the point system for the  
318 IUTA world cup challenge (WCC) stays unchanged. In cases of switching to an  
319 ultra duathlon, records will be unrecognized. The ultra duathlon will not count as  
320 an ultra triathlon or a part of an ultra triathlon.



## 321 9. TRANSITION

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322 A participant must reduce cycling speed to an acceptable and safe level when  
323 exiting and entering the transition areas and the support crew area. Failure to do  
324 so shall result in a penalty as described in section [General Conduct and](#)  
325 [Sanctions](#). When defined by the race organizer, all participants shall place  
326 equipment only in the properly designated and individually assigned bicycle  
327 corral and shall at all times keep their equipment confined to such properly  
328 designated areas.

329 All participants have to pick up and to return their bike from/into the properly  
330 designated positions in the corresponding transition zones by their own. Any  
331 violation of this rule shall result in a penalty as described in section [General](#)  
332 [Conduct and Sanctions](#).

333 No participant shall impede the forward progress of another participant or  
334 interfere with another participant's equipment while in the transition area. Any  
335 violation of this rule shall result in a penalty as described in section [General](#)  
336 [Conduct and Sanctions](#) unless such obstruction or interference renders another  
337 participant unable to complete the event, in which case the penalty shall be  
338 disqualification.

339 Assistance to participants in the designated transition areas is allowed but  
340 restricted to one single person per participant. Para-Triathletes can take the  
341 assistance of two persons.

## 342 10. CYCLING CONDUCT

---

343 All bicycles shall be propelled only by human force. Other than pushing a bicycle,  
344 any propulsive action brought on by use of the hands is prohibited unless  
345 participants are physically challenged. Any violation of this section shall result in  
346 a disqualification.

347 All bicycles and bicycle equipment used in Ultra triathlon sanctioned events must  
348 conform to the specifications set forth in this section. Any participant using a  
349 nonconforming bicycle or otherwise violating this section shall be disqualified.

- 350 ▪ Length cannot exceed two meters, and width cannot exceed 75 centimeters.
- 351 ▪ The distance from the ground to the center of the chain wheel axle must  
352 measure at least 24 centimeters.
- 353 ▪ A vertical line touching the front most point of the saddle may be no more  
354 than 5 centimeters in front of and no more than 15 centimeters behind a  
355 vertical line passing through the center of the chain wheel axle. The cyclist  
356 must not have the capability of adjusting the saddle beyond these limits  
357 during competition.
- 358 ▪ The "front-to-center" distance, which is defined as the distance between a  
359 vertical line passing through the center of the chain wheel axle and a vertical  
360 line passing through the center of the front axle, must measure not less than  
361 54 centimeters, except where the distance between the center of the chain  
362 wheel axle and the top of the saddle is less than 71 centimeters. In this case



363 the front-to-center distance cannot be less than 50 centimeters. The "front-to-center" distance must measure not more than 65 centimeters, or seven  
364 eighths of the distance between the center of the chain wheel axle and the  
365 top of the saddle, whatever is greater. Applicability of the two foregoing  
366 exceptions is determined by measuring from a point on top of the saddle  
367 which is 14 centimeters behind the front most point of the saddle.

- 368 ▪ There must be no protective shield, fairing, or other device on any part of the  
369 bicycle (including frame, wheels, handlebars, chain wheel, and accessories)  
370 which has the effect of reducing resistance. Aerodynamic carriers for food,  
371 water, and or cycling provisions may be attached to or be an integral part of  
372 the aero-handlebars if they meet the following guidelines:  
373
  - 374 a) The carrier can pass from front to rear, through a rectangular loop with  
375 dimensions of 10 inches (25 cm) in width and 8 inches (20 cm) in height.
  - 376 b) The front of the carrier is behind the cyclist's hands when the hands are  
377 placed in their customary position on the end of the aero bars, and
  - 378 c) The length of the carrier is no greater than 10 inches (25 cm) front to  
379 rear.

380 When the carrier is an integral part of the aero bar, this integrated unit must  
381 be able to pass through the rectangular loop defined in (a) above and the  
382 carrier portion of the unit must meet criteria (b) and (c). In the event that  
383 compliance with this section is in doubt with respect to any particular carrier  
384 or integrated unit, a member of IUTA or Race Director may submit the carrier  
385 or integrated unit to IUTA for evaluation.

- 386 ▪ No additional equipment, whether it is worn under the competitor's clothing,  
387 over the competitor's clothing, or is otherwise attached to the athlete's body,  
388 which has the effect of reducing wind resistance is permitted. An exception is  
389 the use of safety helmets. Such helmets may have the effect of reducing the  
390 wind resistance of the head only.
- 391 ▪ Except as otherwise determined by the race director in the interest of safety,  
392 the front wheel may be of a different diameter than the rear wheel, but the  
393 front wheel must be of spoke construction. The rear wheel may be either  
394 spoke or solid construction. Wheel covers shall only be permitted on the rear  
395 wheel.
- 396 ▪ No wheel may contain any mechanism which is capable of accelerating the  
397 wheel.
- 398 ▪ Handlebars and stem must be fashioned to prevent any danger. All handlebar  
399 ends must be solidly plugged to lessen the possibility of injury.
- 400 ▪ There must be one working brake on each of the two wheels. Disc brakes are  
401 allowed.
- 402 ▪ There must be a free-wheeling mechanism between the crank and the rear  
403 wheel that allows the bicycle to roll forward while the pedals remain  
404 stationary.
- 405 ▪ All aspects of the bicycle must be safe to the user and to other participants in  
406 the event. Minimum safety standards include, but are not limited to, properly  
407 glued and sealed tires, tight headset and handlebars, and true wheels.

408 Participants shall not make any forward progress unaccompanied by their  
409 bicycle. If a bike is not working, no matter at what point of the track, the



410 participant is allowed to accept help from his team, the event organizer or other  
411 competitors. The participant may be brought spare parts or even a spare bike.  
412 Should the participant not be able to continue the race immediately despite the  
413 help, the point of exit must be marked. A continuation of the race must take  
414 place at the exit point.

415 All participants must obey all traffic laws while on the cycling course. Unless  
416 otherwise directed by the event organizer, all participants shall come to a  
417 complete stop when required by a traffic sign or traffic control device and shall  
418 not proceed through any intersection unless such intersection is clear of  
419 oncoming traffic. In no case shall a cyclist cross a solid yellow/white line  
420 indicating a no passing zone.

421 All participants shall exercise extreme caution and shall decrease speed, if  
422 necessary, in passing the site of any accident.

423 All participants are required to provide immediate assistance to other participants  
424 in case of any accident and to inform the event organizer of any such accident.  
425 Any violation of this rule shall result in disqualification.

426 A participant may dismount but shall not interfere with other cyclists.

427 All participants shall wear a protective head cover, undamaged and unaltered,  
428 which meets or exceeds the safety national standards of the country where the  
429 race takes place. Any violation of this rule shall result in disqualification.

430 The helmet must be fastened before the participant mounts the bicycle, at all  
431 times when the participant is on the bicycle and must not be unfastened until the  
432 participant has dismounted. A participant shall not be sanctioned if the helmet  
433 strap unintentionally and temporarily becomes unattached, and the participant  
434 immediately comes to a full stop and repairs the strap and replaces the helmet  
435 while fully stopped with both feet on the ground.

436 A participant is not permitted to position his bicycle in the proximity of another  
437 moving vehicle so as to benefit from reduced air resistance.

438 While on the cycling course, participants shall not work together to improve  
439 performance, efficiency, or position by teamwork or other joint conduct. Pacing  
440 an athlete by cycling alongside behind or in front of him is strictly forbidden.

441 While on the cycling course, no participant shall permit his drafting zone to  
442 intersect with or remain intersected with the drafting zone of a leading cyclist or  
443 that of a motor vehicle. With respect to a motor vehicle (including authorized  
444 race vehicles); it is the athlete's responsibility to move out of the vehicle's  
445 drafting zone or to continually communicate to the vehicle to move away.

446 The term "drafting zone" refers to a rectangular area twelve meters long and one  
447 meters wide around each bicycle. The longer sides of the zone begin at the  
448 leading edge of the front wheel and run backward parallel to the bicycle; the  
449 front wheel divides the short side of the zone into two equal parts. With respect  
450 to a moving motor vehicle, the "drafting zone" is a rectangular area extending  
451 meters to each side of the vehicle and 35 meters behind the vehicle.



452 Cyclists must not block or obstruct the progress of another participant.

453 A participant who approaches another cyclist from the rear or from another  
454 unfavorable position bears primary responsibility for avoiding a position foul even  
455 if the cyclist being approached alters speed.

456 A participant must not attempt to pass another cyclist unless adequate space is  
457 available and the athlete is confident of his/her ability to pass the other cyclist.  
458 All passing is to be done to the left of the cyclist being overtaken (unless  
459 otherwise ruled in the event country).

460 Except for reasons of safety, all cyclists shall keep their right unless passing  
461 (unless otherwise ruled in the event country).

462 A cyclist who has been overtaken bears primary responsibility for avoiding a  
463 position foul and must immediately move to the rear and out of the drafting zone  
464 of the passing cyclist. The overtaken cyclist shall first move completely out of the  
465 drafting zone of the other cyclist before attempting to re-pass the other cyclist.

466 A participant may enter the drafting zone without penalty only under the  
467 following conditions:

- 468 ▪ When entering the drafting zone from the rear, closing the gap, and  
469 overtaking all within no more than 30 seconds.
- 470 ▪ When cyclists reduce speed for safety reasons, for course blockage, for an aid  
471 station, for an emergency, entering or exiting a transition or supporting area  
472 or making a turn of 90 degrees or more.

473 All bicycles and bicycle equipment used in IUTA events must conform to the  
474 specifications defined thereafter. Any participant using a non-conforming bicycle  
475 or otherwise violating these rules shall be disqualified unless the participant can  
476 immediately bring back his/her bicycle in conformity with these rules and if these  
477 non-conformities have not brought an unfair competitive advantage to the  
478 participant.

479 Any unusual bicycle construction or equipment shall be illegal unless prior  
480 approval is received from the event organizer before the equipment is used in  
481 the event. This applies in particular to specifically designed material for para-  
482 athletes. Any violation of this rule shall result in disqualification.

483 The bicycle will have obligatorily to carry the race number, if given by the  
484 organizer.

485 At the race director's discretion participants may use non-standard equipment  
486 (such as a recumbent bicycle) providing that doing so does not impact course  
487 safety. A participant using non-standard equipment will not be eligible for IUTA  
488 points and will not be given an official placing in the results against participants  
489 using standard equipment.

490 The participant is allowed to use a second bicycle and as many wheels as he  
491 wishes during the race.



492 At nights, when the conditions of visibility are weak and as soon as deemed  
493 necessary by the event organizer, participants have to wear reflective clothes  
494 and/or reflective apparels and has his/her bike equipped of frontal and rear lights  
495 that allow for a proper security of the athletes...

496 Participants shall have at their disposal sufficient spare batteries to allow for the  
497 proper respect of this rule all along the night. The use of frontal flashing lights is  
498 not considered as sufficiently safe in itself. Any violation of these rules shall  
499 result in disqualification unless immediate corrective action is given by the  
500 participant.

501 It is the responsibility of the event organizer to mark correctively the bike race,  
502 to use cones, reflective lamps and / or any sign to signal any danger for the  
503 safety of the participants.

504 The event organizer shall define the zone of supply. This zone shall be clearly  
505 identified. Support crew members can only give supplies to participants within  
506 this designated zone of supply. Unless otherwise ruled by the event organizer for  
507 point-to-point UT, support from car vehicles not belonging to the organization is  
508 strictly forbidden. Any violation of this rule shall result in disqualification.

509 For point-to-point UT, no more than one vehicle can be accepted per participant.  
510 The vehicle will have to stay at a minimum 25 meters behind the participant.  
511 Supplies to the participant, medical and mechanical assistance shall only be  
512 provided by participant's crew members from a stationary vehicle.

513 If the corresponding traffic regulations of the event location (country) don't  
514 prohibit and the event organizer don't prohibit, any participant is allowed to use  
515 or wear a hard cast, headset audio device, ear phone or bone conduction technic  
516 during the cycling stage. The athlete has the responsibility to ensure that he is  
517 able to hear warning signals at any time. The athlete must also be accessible at  
518 all times.

519 It is allowed to use a mobile phone, but only if the cyclist stops at the wayside.  
520 The athlete has the responsibility not to hinder other athletes or race officials.

521 Any violation that does not lead to direct disqualification must be punished with a  
522 penalty as described in section [General Conduct and Sanctions](#).

## 523 **11. RUNNING CONDUCT**

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524 Participants must run or walk (crawling and jumping is allowed) the entire  
525 portion of the run course on their own. A participant who moves forward in  
526 another way violates these rules and has to be disqualified.

527 The use of walking sticks is prohibited, except the run course has trail character  
528 and/or it serves the safety of the athletes. For the use of walking sticks, the  
529 event organizer must apply for an exception from IUTA in written form. In any  
530 case, it requires the consent of the IUTA as part of the contract between IUTA  
531 and the organizer.



532 The thickness of the soles of running shoes and the number of carbon plates  
533 included is not regulated. The free choice of shoes applies.

534 Pacing an athlete in front of him is strictly forbidden. Any violation of this rule  
535 shall result in a disqualification.

536 Pets are not allowed on the race course. Pacing using pets is strictly forbidden.

537 If the corresponding traffic regulations of the event location (country) don't  
538 prohibit and the event organizer don't prohibit, any participant is allowed to use  
539 or wear a hard cast, headset audio device or ear phone during the running stage.  
540 The athlete has the responsibility to ensure that he is able to hear warning  
541 signals at any time. The athlete must also be accessible at all times.

542 It is the responsibility of the event organizer to mark correctively the run race, to  
543 use cones, reflective lamps and / or any sign to signal any danger for the safety  
544 of the participants.

545 Participants must cover primary genitals with clothing. Female participants must  
546 also cover their breasts. Any violation of this rule shall result in a disqualification.

547 For races organized on roads open to car traffic and races for which biking and  
548 running sections are on common roads, the participants will have to wear  
549 reflective clothes and/or reflective apparels at nights and eventually equipped of  
550 frontal and rear lamps, when the conditions of visibility are weak and as soon as  
551 deemed necessary by the event organizer.

552 Participants shall have at their disposal sufficient spare batteries to allow for the  
553 proper respect of this rule all along the night. Any violation of these rules shall  
554 result in disqualification unless immediate corrective actions are given by the  
555 participant.

556 Unless otherwise ruled by the event organizer for point-to-point UT, support from  
557 car vehicles not belonging to the organization is strictly forbidden. Any violation  
558 of this rule shall result in disqualification.

559 For point-to-point UT, no more than one vehicle can be accepted per participant.  
560 The vehicle will have to run at a minimum 10 meters behind the participant.  
561 Supplies to the participant, medical and mechanical assistance shall only be  
562 provided by participant's crew members from a stationary vehicle.

563 Any violation that does not lead to direct disqualification must be punished with a  
564 penalty as described in section [General Conduct and Sanctions](#).

## 565 **12. ACCOMPANIMENT ON THE RACE TRACK**

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566 Accompaniment during the swim part is forbidden. During open water swims, the  
567 organizer has the final say. He can allow accompaniment e.g. in a boat, but any  
568 form of pace making is strictly forbidden.

569 Accompaniment during cycling and running is not forbidden, but any character of  
570 pacing is strictly prohibited. The following rule applies:



571 Accompaniment during cycling means that a supporter is only allowed to ride  
572 behind his athlete. The supporter must also comply with the road traffic  
573 regulations of the respective country. The supporter is forbidden to hand over  
574 food, drink, clothing or other utensils during the ride. The accompaniment is for  
575 safety purposes only. Accompaniment while cycling is allowed for a maximum of  
576 every three hours for two laps or every three hours for a maximum of 20  
577 kilometers. Whichever limit (two laps or 20 kilometers) is reached first is  
578 decisive.

579 The last remaining athlete on the bike course may be accompanied continuously  
580 until the end of the bike course for safety reasons.

581 Accompaniment during the run means that a supporter is allowed to run next to  
582 or behind his athlete. Accompaniment by a cyclist is allowed in the same way,  
583 should the course be suitable for it. The supporter is prohibited from handing  
584 over food, drink, clothing or other utensils during the accompaniment. An  
585 exception for the handover is the zone designated by the organizer, usually the  
586 "pit lane" of the athletes/supporters. This zone must be clearly designated by the  
587 organizer in the briefing or the announcement; ideally it should also be marked.

588 The first athlete on the run course may be accompanied continuously for safety  
589 reasons until another athlete joins the run course.

590 The last athlete on the run course may be accompanied continuously for safety  
591 reasons until the end of the run.

592 The organizer has the final decision for his races. He can prohibit the  
593 accompaniment on the bike and run course completely, if there are compelling  
594 reasons for it.

## 595 **13. LITTERING**

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596 An athlete who does not dispose of his waste in the bins or zones designated for  
597 this purpose shall be asked to remedy the deficiency as per the event organizer's  
598 request. If no bins or zones are designated, the athlete is required to use his/her  
599 own suitable bin for waste disposal. A deficiency arises when the event organizer  
600 determines that an athlete is polluting the environment. Correction of the  
601 deficiency can be done in two ways:

- 602 1. The athlete concerned can instruct his team to collect the waste and dispose of  
603 it properly. The athlete must be stopped by the event organizer in a (flying)  
604 penalty zone for the entire duration of the removal of the deficiency.
- 605 2. The athlete concerned can remove the deficiency himself. For this purpose, he  
606 may, if necessary, leave the official race track.

607 In both cases the official clock continues to run. The duration associated with the  
608 removal of the deficiency represents a time penalty for an unlimited period of  
609 time. The event organizer alone decides whether the deficiency has been  
610 eliminated.

611 In case of repetition the athlete has to be disqualified by the event organizer.



## 612 **14. IUTA TRIATHLON MODIFICATIONS FOR PARA-TRIATHLETES**

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### 613 **14.1. GENERAL**

614 Para-triathletes (PT), as defined below shall be governed by all IUTA Competitive  
615 Rules with the following modifications.

616 Para-triathlete categories shall be instituted and maintained as follows:

- 617 ▪ Prosthetic users - In both bike and run segments, the athlete may use  
618 approved prosthesis or other supportive devices.
- 619 ▪ Wheelchair users - Athletes shall use a recumbent hand cycle on the bike  
620 course and a racing wheelchair on the run segment
- 621 ▪ Visual impairment - one guide of the same sex may be used for each leg of  
622 the race. Athlete is tethered during the swim portion, must ride a tandem  
623 bicycle, and may choose an elbow lead or tether lead.

624 Each para-triathlete shall be required to:

- 625 ▪ Provide medical evidence and documentation describing his/her disability.
- 626 ▪ Be available to the classifier for assessment prior to competition.
- 627 ▪ Meet the minimum impairment criteria.

628 Athletes with miscellaneous conditions such as, but not limited to: intolerance to  
629 temperature extremes, organ transplants, joint replacements (endoprosthetics),  
630 kidney dialysis, hearing impairments, and or cognitive impairment are not  
631 eligible for paratriathlon competition or categories.

### 632 **14.2. SWIMMING CONDUCT**

633 Wetsuits are allowed for PT participants at any water temperature.

634 In multiple loop swim courses competitors are not required to exit the water  
635 before completing additional loops.

636 Prosthetic and orthotic devices are considered propulsive devices and are not  
637 allowed for any category. The use of floating devices for para-athletes is allowed,  
638 but the device must be worn completely under the wetsuit. It must not be  
639 visible.

### 640 **14.3. CYCLING CONDUCT AND EQUIPMENT, NON-WHEELCHAIR USERS**

641 Para-triathletes shall be governed by the following with regard to cycling  
642 conduct:

- 643 ▪ All bicycles and tricycles shall be propelled by human force.
- 644 ▪ Rigid prosthetic adaptations that are mounted or affixed to any part of the  
645 cycle are not allowed.
- 646 ▪ A rider shall be supported solely by the pedals, the saddle and the  
647 handlebars.
- 648 ▪ Competitors not wearing prosthesis may use a support for the thigh only if  
649 the thigh is not affixed to the bicycle.
- 650 ▪ No guide dogs will be allowed on the bike course at any time.



## 651 14.4. CYCLING CONDUCT AND EQUIPMENT, WHEELCHAIR USERS

652 Competitors must use a hand cycle with the following specifications:

- 653 ▪ A hand cycle shall be an arm powered, three wheeled vehicles with an open  
654 frame of tubular construction which conforms to the general principles of  
655 International Cycling Union (UCI) construction for bicycles (except that the  
656 chassis frame tubes need not be straight.) For the seat or backrest  
657 construction, the maximum frame tube diameter may not exceed the  
658 maximum defined by the general principles of UCI.
- 659 ▪ The single wheel may be of a different diameter to the double wheels. The  
660 front wheel or wheels shall be steerable; the single wheel, either front or rear,  
661 shall be driven through a system comprising handgrips and a chain. The hand  
662 cycle shall be propelled solely through a chain set and conventional cycle  
663 drive train, of crank arms, chain wheels, chain and gears, with handgrips  
664 replacing foot pedals. It shall be propelled by the hands, arms and upper  
665 body only.
- 666 ▪ The hand cycle must have a working brake system on the front wheel.
- 667 ▪ The horizontal of the rider's eye line must be above the crank housing (crank  
668 set) when the rider's hands are on the handlebars facing forward at full  
669 extent, the tip of both shoulder blades are in contact with the backrest and  
670 the head is in contact with the headrest (when applicable).
- 671 ▪ From the seated recumbent position described above (P1.7, d), conforming  
672 measurements are calculated as follows; (#1) the distance from the ground  
673 to the center of the rider's eyes and (#2) the distance from the ground to the  
674 center of the crank housing (crank set). Measurement #1 (from the eyes to  
675 the ground) must be equal or greater than measurement #2 (from the center  
676 of the crank housing to the ground.)
- 677 ▪ The rider shall remain seated in the recumbent position with bodyweight  
678 supported through the seat and backrest. The seat angle must be a minimum  
679 of 30° and a maximum of 45°, measured between the horizontal and the  
680 back of the rider.
- 681 ▪ All hand cycles must have a mirror fixed either to the helmet of the rider or at  
682 some point on the front of the bike to ensure rear-view vision.
- 683 ▪ Wheels of the hand cycle may vary in diameter between a minimum 406 mm  
684 and a maximum of 622 mm. Modified hub attachments may be used if  
685 necessary. The width of hand cycle double wheels may vary between 55 cm  
686 minimum and 70 cm maximum, measured at the center of each tire where  
687 the tires touch the ground. Wheels must be of spoke construction. Solid disc  
688 wheels and wheel covers are not allowed.
- 689 ▪ A hand cycle shall not measure more than 250 cm in length. Its maximum  
690 width shall be 70 cm.
- 691 ▪ The shifting device may be located within the extremities of the handlebars,  
692 or to the side of the participant's body.
- 693 ▪ The largest chain ring shall have a guard securely fitted to protect the rider.  
694 The protection shall be made of a sufficiently solid material which fully covers  
695 the chain ring over the half of its circumference (180°) on the side facing the  
696 rider.



- Maximum frame tube dimension shall be 80 mm, irrespective of tube material or profile. Any fillets or ribs, inserted at joins between tubes, shall be for strengthening purposes only. Non-functional, aerodynamic devices are not permitted for competition.
- A quick release body harness is permitted.
- A hand cycle with two rear wheels shall be fitted with a safety bar that prevents the front wheel of a following bicycle, tricycle or hand cycle from entering the space between the two wheels. The bar may not extend outside the width of the two wheels and the bar ends must be closed or plugged. The bar shall be a round tube with a minimum diameter of 18 mm and must be fitted no less than 13 mm nor more than 17 mm behind the rear wheels. The distance from the ground to the center of the bar axis must measure no less than 270mm nor more than 290 mm. The structure and assembly of the bar must ensure that safe functioning is not affected by normal road conditions.
- It is the responsibility of the competitor that the hand cycle conforms to all the above rules
- Competitors shall wear CPSC approved bicycle helmets at all times while seated in the hand cycle.

## 14.5. RUNNING CONDUCT, NON-WHEELCHAIR USERS

Para-triathletes shall be governed by the following with regard to running conduct:

- Approved prosthetic devices on affected limbs and/or crutches are allowed.
- No footwear other than running shoes or approved prosthetics shall be allowed.
- Prosthetic devices are not allowed for any limb that does not meet the minimum impairment standard.
- No Guide dogs are allowed on the run course.

## 14.6. RUNNING CONDUCT AND EQUIPMENT, WHEELCHAIR-USERS

PTWC competitors must use a racing wheelchair during the run portion.

The racing wheelchair must conform to the following specifications:

- The wheelchair shall have two large rear wheels and one small front wheel.
- A brake shall be attached to the front wheel.
- No part of the body of the chair may extend forward beyond the hub of the front wheel and be wider than the inside of the hubs of the two rear wheels. The maximum height from the ground of the main body of the chair shall be 50cm.
- The maximum diameter of the large wheel including the inflated tire shall not exceed 70cm. The maximum diameter of the small wheel including the inflated tire shall not exceed 50cm.
- Only one round hand rim is allowed for each large wheel. This rule may be waived for persons requiring a single arm drive chair, if so stated on their medical qualification cards.
- No mechanical gears or levers shall be allowed that may be used to propel the chair.



- 741 ▪ Only hand operated, mechanical steering devices will be allowed.
- 742 ▪ Competitors must be able to turn the front wheel(s) manually both to the left
- 743 and the right.
- 744 ▪ Mirrors are permitted but are not required.
- 745 ▪ No part of the chair may protrude behind the vertical plane of the back edge
- 746 of the rear tires.
- 747 ▪ It is the responsibility of the competitor that the wheelchair conforms to all
- 748 the above rules and no event shall be delayed while the competitor makes
- 749 adjustments to the chair.
- 750 ▪ Competitors must ensure that no part of their lower limbs can fall to the
- 751 ground during the event.
- 752 ▪ Competitors shall wear CPSC approved bicycle helmets at all times while
- 753 seated in the chair.
- 754 ▪ Propulsion by any method other than pushing on the wheels or push-rims
- 755 shall result in disqualification. An overtaking para-triathlete bears
- 756 responsibility of ensuring full clearance of the chair before moving laterally
- 757 across the path of the overtaken participant. A para-triathlete being
- 758 overtaken shall not obstruct or impede the passing athlete once the front
- 759 wheels of the passing chair are within sight.
- 760 ▪ PTWC athletes shall be judged as finished when any part of the torso reaches
- 761 the perpendicular plane extending from the leading edge of the finish line.

## 762 14.7. VISUALLY-IMPAIRED PARA-TRIATHLETE AND GUIDE CONDUCT

763 The following additional rules apply to PTIV Para-triathletes and their guides:

- 764 ▪ Competitors must furnish and use one guide of the same gender in
- 765 competition.
- 766 ▪ Guides must be a minimum of 16 years of age on the day of the event.
- 767 ▪ The competitor may choose to use an elbow lead or tether lead.
- 768 ▪ All competitors must be tethered during the swim. The tether may be used
- 769 around the waist, leg or foot.
- 770 ▪ During the run portion, competitors may receive verbal instruction only from
- 771 their guide.
- 772 ▪ Bicycles, paddle boards or any other mechanical means of transport may not
- 773 be used by guides on the swim or run.
- 774 ▪ Competitors must use a tandem bicycle. The specifications of the tandem
- 775 bicycle are:
  - 776 ○ The tandem bicycle is a vehicle for two riders, with two wheels of equal
  - 777 diameter, which conforms to the general principles of UCI construction
  - 778 for bicycles. The front wheel shall be steerable by the front rider, known
  - 779 as the "pilot". The guide shall be the front rider and the PTIV competitor
  - 780 will ride in the rear. Both riders shall face forward in the traditional
  - 781 cycling position and the rear wheel shall be driven by both cyclists
  - 782 through a system comprising pedals and chains.
  - 783 ○ The tandem top tube, and any additional strengthening tubes, may slope
  - 784 to suit the morphological sizes of the riders.



- The tandem bicycle shall measure no more than 2.70 meters in length and 0.5 meters in width. At no time shall the guide lead or pace the athlete or propel the athlete forward by pulling or pushing.
- Whether or not a tether is being used, the athlete and guide shall not be more than 0.5 meters apart at all times.
- As the PTIV athlete crosses the finish line, the guide must maintain no more than the required 0.5 meters maximum separation distance and may not precede the athlete.
- Guides shall be subject to all IUTA Competitive Rules, including membership requirements.

Infringement of any these rules shall result in a penalty as described in section [General Conduct and Sanctions](#).

## 15. STANDARDIZED/MINIMUM DISTANCES AND TOLERANCES

An event organizer of an UT (Continuous) or UT (Day) or UT (NonStop) is allowed to shorten the standardized swim distance by a maximum of 0,06 kilometers (0.037 miles) per longdistance and/or the standardized bike distance by a maximum of 0,25 kilometers (0.155 miles) per longdistance.

standardized distances	Swim		Bike		Run	
	km (lanes*)	miles	km	miles	km	miles
<b>Longdistance</b>	3,86 (155/78)	2.4	180,25	112	42,195	26.2
<b>Double UT</b>	7,72 (309/155)	4.8	360,50	224	84,390	52.4
<b>Triple UT</b>	11,58 (464/232)	7.2	540,75	336	126,585	78.6
<b>Quadruple UT</b>	15,44 (618/309)	9.6	721,00	448	168,780	104.8
<b>Quintuple UT</b>	19,30 (772/386)	12.0	901,25	560	210,975	131.0
<b>Deca UT</b>	38,60 (1544/772)	24.0	1802,50	1120	421,950	262.0
<b>Double Deca UT</b>	77,20 (3088/1544)	48.0	3605,00	2240	843,900	524.0
<b>Triple Deca UT</b>	115,80 (4632/2316)	72.0	5407,50	3360	1265,850	786.0
<b>Quad Deca UT</b>	154,40 (6176/3088)	96.0	7210,00	4480	1687,800	1048.0

IUTA - Rules 2: Standardized Distances of an Ultra Triathlon

\* lanes = calculated lanes in a 25-meters- and a 50-meters pool

minimum distances	Swim		Bike		Run	
	km (lanes*)	miles	km	miles	km	miles
<b>Longdistance</b>	3,80 (152/76)	2.36	180	111.85	42,195	26.2
<b>Double UT</b>	7,60 (304/152)	4.72	360	223.70	84,390	52.4
<b>Triple UT</b>	11,40 (456/228)	7.08	540	335.55	126,585	78.6
<b>Quadruple UT</b>	15,20 (608/304)	9.44	720	447.40	168,780	104.8
<b>Quintuple UT</b>	19,00 (760/380)	11.80	900	559.25	210,975	131.0
<b>Deca UT</b>	38,00 (1520/760)	23.60	1800	1118.50	421,950	262.0
<b>Double Deca UT</b>	76,00 (3040/1520)	47.20	3600	2237.00	843,900	524.0
<b>Triple Deca UT</b>	114,00 (4560/2280)	70.80	5400	3355.50	1265,850	786.0
<b>Quad Deca UT</b>	152,00 (6080/3040)	94.40	7200	4474.00	1687,800	1048.0

IUTA - Rules 3: Minimum Distances of an Ultra Triathlon

\* lanes = calculated lanes in a 25-meters- and a 50-meters-pool



806 An event organizer of an UT (Continuous) or UT (Day) or UT (Split) or UT  
807 (NonStop) or UT (Step) is allowed to expand the distances on each discipline, but  
808 he has the commitment to get as close as possible to the standardized distances  
809 for each discipline.

810 An event organizer of an UT (Continuous) or UT (Day) or UT (Split) or UT  
811 (NonStop) or UT (Step) is not allowed to undercut the minimum distances on  
812 each discipline.

813 An event organizer of an UT (Staged) is allowed to expand the distances the way  
814 he wants. All finishers get the world cup points for the covered ultra distance  
815 (the minimum for the corresponding ultra distance must be covered in each  
816 discipline) regarding the world cup points table in the section [IUTA World Cup](#)  
817 [Challenge \(IUTA WCC\)](#). The same applies to point-to-point races whose course  
818 lengths differ from Ultratriathlon standards.

819 Example: To get the points for a Double UT, the minimum of the swim part must  
820 be 7,6 km, the minimum for the bike part must be 360 km and the minimum for  
821 the run part must be 84,39 km.

## 822 **16. TIME LIMITS AND BREAKS/RESTARTS**

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823 IUTA recommends time limits in hours for each segment and overall, as follows.

Distance	Swim	Swim + T1 + Bike	Overall
<b>Double UT</b>	4h	23h	39h (1,63 days)
<b>Triple UT</b>	6h	36h	61h (2,54 days)
<b>Quadruple UT</b>	9h	56h	90h (3,75 days)
<b>Quintuple UT</b>	12h	84h	146h (6,08 days)
<b>Deca UT</b>	30h	192h	336h (14,00 days)
<b>Double Deca UT</b>	72h	432h	720h (30,00 days)
<b>Triple Deca UT</b>	108h	720h	1080h (45,00 days)
<b>Quad Deca UT</b>	144h	960h	1440h (60,00 days)

824 *IUTA - Rules 4: recommended time limits*

825 For UT in day-format the time limit recommendation is 24 hours per day.

826 There is no obligation for event organizers to adopt these time limits. Depending  
827 on e.g., the severity of the course or safety requirements, the time limits for  
828 each segment as well as the total cut-off can be freely chosen. The time limits of  
829 each section and the overall cut-off, set by the event organizer, must be  
830 announced on the event organizer's website before the competition.

831 The total cut-off is considered the definitive end of a race. The cut-off for the  
832 swim segment may be extended by the event organizer during the race as long  
833 as the safety of the athletes, supporters and volunteers is ensured. The  
834 extension of the cut-off of the swim segment is at the expense of the time for  
835 the bike segment and does not affect the cut-off for swim + transition 1 + bike  
836 and does not affect the total cut-off.



837 The event organizer may also allow a participant to complete the event outside  
838 the total cut-off. In such a case, the participant is classified as a DNF (Did Not  
839 Finish) participant. Outside the total cut-off, the athlete is solely responsible for  
840 his actions.

841 The official race time will be measured from the start of the race to when it ends.  
842 In UT (Day) every day has one start and one end. Any stoppages to the race,  
843 e.g. due to inclement weather, will not stop the clock. If any stoppage occurs no  
844 records will be possible in the affected race.

845 Breaks and the following restarts during an UT are the responsibility of the event  
846 organizer. A break means that the event organizer collects all athletes at the  
847 same point and records the current time for each collected athlete accurate to  
848 the second.

849 No athlete shall be favoured or disadvantaged by the interruption, restart and in  
850 relation to any other athlete. The cut-off time for the interrupted segment and  
851 the race cut-off time must be adjusted by adding the time for the interruption(s).  
852 For events with a time limit of 24 hours, e.g., on a day UT, the race cut-off time  
853 may not be extended.

854 The restart could be done in two ways:

- 855 ▪ All athletes restart at the same time: That means the organizer has to add  
856 the difference time from the first collected athlete to each other collected  
857 athlete on their individual segment time. (recommended for bigger laps  
858 and/or at per day UT where the daily cut-off could be a possible elimination  
859 criterion)
- 860 ▪ The organizer does a „hunting start“: That means that the athletes start in  
861 turn depending on the time differences recorded at the collection point,  
862 starting with the first collected one. (recommended for shorter laps and  
863 where the time limit is not an elimination criterion)

864 If an extension of the total or split cut-off times is necessary because athletes  
865 are affected by a longer unforeseen interruption of the race, this can be decided  
866 in extraordinary cases by the event organizer. In those cases the IUTA has to be  
867 informed as soon as possible to create a clear and unequivocal situation for the  
868 athletes. An extraordinary case shall be deemed to exist if any externally  
869 implicated hazardous situation beyond the control of the organizer with a direct  
870 possible impact on the athletes' safety occurs. In case of divergent positions the  
871 final decision rests with the IUTA.

872 The event organizer commits to set the time limit of the corresponding race and  
873 the date/time of the award ceremony of the corresponding race in a way that no  
874 athlete will be excluded from the corresponding ceremony.

## 875 **17. ANTI DOPING POLICY**

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876 IUTA adheres to the rules, regulations and policies of the World Anti-Doping  
877 Agency (WADA). With regard to penalties for doping violations, the IUTA  
878 reserves the right to follow its own rules, which are described in the section [Acts](#)



879 [of warranting Suspension and Protest](#). All participants and event organizers of  
880 IUTA sanctioned races commit to recognize the rules, regulations and policies of  
881 WADA and IUTA in its entirety. It is the responsibility of each participant and  
882 event organizer of IUTA sanctioned races to know and to comply with the  
883 applicable anti-doping IUTA-Rules and WADA rules, regulations and policies.

884 If there is a conflict between WADA rules and IUTA rules, IUTA rules supersedes.

885 Event organizers are obliged to have anti-doping controls and analyses carried  
886 out exclusively by WADA-accredited national anti-doping agencies or by WADA-  
887 accredited full-service partners such as PWC ([www.pwc-gmbh.de](http://www.pwc-gmbh.de)) or IDTM  
888 ([www.idtm.se](http://www.idtm.se)).

889 Testing of athletes may take place at any place or any time. If an athlete refuses  
890 and/or prevents an anti-doping test for any reason whatsoever, the process shall  
891 be considered a positive result. An athlete with a positive result in the anti-  
892 doping test must be disqualified immediately. The athlete concerned must be  
893 listed as DQF (disqualified) in the official results lists for the race in question. The  
894 convicted athlete must return all trophies and prize money received during the  
895 event at which the violation occurred. In addition, the convicted athlete shall  
896 bear all costs of anti-doping controls that have convicted him/her of cheating,  
897 should the organizer so require. The possible opening of the B-sample is also  
898 fully at the athlete's expense.

899 Any athlete tested positive must be aware that his/her national anti-doping  
900 agency will ask IUTA for all documents. The national sports authorities will decide  
901 on further sanctions (e.g., duration of the suspension and/or exclusion from  
902 competitions). The decisions of national anti-doping agencies have no influence  
903 on the decisions of IUTA.

904 IUTA will enforce and, where appropriate, publish any sanction resulting from the  
905 conviction of a doping violation in accordance with WADA rules, regulations and  
906 policies and the IUTA rules.

907 Athletes who are currently serving a ban from sport or competition by WADA or  
908 any other inter-governmental organizations, governments, public authorities, and  
909 other public and private bodies fighting doping in sport will not be allowed to  
910 participate in IUTA events.

911 An athlete whose case is under investigation by a national anti-doping agency or  
912 is being heard in court will be excluded from IUTA-sanctioned competitions until  
913 the official announcement of the test result/judgment. It does not matter  
914 whether the case resulted from an IUTA-sanctioned competition or an external  
915 event.

916 Should the IUTA become aware that an athlete banned by the IUTA is  
917 participating in an ultratriathlon during the period of his penalty, the penalty will  
918 be immediately converted into a permanent exclusion from IUTA sanctioned  
919 races.



920 Which and how many athletes of an event an event organizer has to test will be  
921 an individual part of the contract between the event organizer and IUTA. The  
922 same applies to the substances to test. It is recommended to test the winners  
923 and 10% of the rest of the participants randomly.

## 924 **18. TECHNOLOGY FRAUD**

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925 The event organizer has the right to check the athlete's bike(s) by detection  
926 methods like magnetic scanning tablets or thermal imaging cameras or a method  
927 of his choice at any point and any time at the event.

928 The mere presence of an engine (even without use) leads to an immediate  
929 disqualification.

930 The athlete who objects to a technology fraud control or is convicted as a cheater  
931 by a technology fraud control exposes himself to an immediate disqualification  
932 and a removal of all IUTA attributed results of the current calendar year. The  
933 convicted athlete must return all trophies and prize money received during the  
934 event at which the violation occurred.

## 935 **19. SUPERVISION AND CONTROL**

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936 The event organizer shall designate a general marshal and race officials. If IUTA  
937 can provide a representative he will act as general marshal.

938 The race officials shall conduct each event in accordance with the IUTA rules and  
939 shall uphold and enforce these rules in an impartial manner.

940 Race officials are empowered:

- 941 ▪ to supervise and control the conduct of all participants, to require that a  
942 participant withdraw from an event, and to intercede during a competition at  
943 any stage to ensure that the IUTA rules are observed
- 944 ▪ to impose penalties for violations and penalize participants
- 945 ▪ to make decisions on any point not specifically covered in these rules
- 946 ▪ to examine the equipment or other items of any participant at any time to  
947 check compliance with the IUTA rules, and to make the final and binding  
948 decision as to whether any equipment or other item is improper or  
949 unauthorized.

950 Race officials shall be assigned to the swim, cycle, and run portions of the event  
951 and to the transition areas. Race officials shall wear distinctive clothing or other  
952 means of identification.

953 The general marshal represents the IUTA. He inspects the road of the courses  
954 with the other race officials. He has the right to require any change deemed  
955 necessary for the safety of the athletes, any change deemed necessary for the  
956 enforcement of the IUTA rules and has the right to suspend a race.



957 The Official can stop the race for bad weather or any other reason as he deems  
958 necessary or as requested by the race director but this will not stop the race  
959 clock.

960 In an extraordinary situation the organizer should contact an IUTA official.

## 961 **20. MEDICAL SUPPORT**

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962 Unless otherwise agreed between IUTA and the event organizer, the permanent  
963 presence of a medical doctor is mandatory during all IUTA sanctioned events.

964 The medical doctor can temporarily or definitively withdraw an athlete from the  
965 event for medical reason. Opposing to this decision is a reason for an immediate  
966 disqualification.

967 Recourse of any intravenous injection (including but not restricted to salts,  
968 endurolytes and glucose) is prohibited in any IUTA event unless medically  
969 required. In such event, the athlete has to be immediately withdrawn from the  
970 race.

## 971 **21. AWARDS AND PRIZES**

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972 Event organizers have to offer trophies and/or presents and/or finisher tee-shirt  
973 and/or diplomas and/or prize money.

974 Finisher tee-shirts and diplomas must bear the IUTA official logo.

975 IUTA offers medals to finishers of any IUTA event and distinctive medals to the  
976 first three men and women of the scratch results for individual racers.

977 In the event of anti-doping controls, prize money is only given after receipt of  
978 their favorable results.

979 No discrimination should be applied for the recompenses and prize money  
980 between men and women, irrespective of the number of athletes competing in  
981 these two categories.

## 982 **22. SPECIAL RULES FOR THE IUTA WORLD CHAMPIONSHIPS**

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983 To obtain the IUTA World Championship label, the event organizer has to make a  
984 written request to the IUTA Committee the year preceding the event at the latest  
985 in October.

986 The World Championship organizer is required to provide prize money, according  
987 to the following basic amounts, regardless of the track length and depending on  
988 the number of all participants in the world championship race at the startline:

- 989 ▪ 1st man and woman: 25 EUR \* number of participants = prize money in EUR
- 990 ▪ 2nd man and woman: 15 EUR \* number of participants = prize money in EUR
- 991 ▪ 3rd man and woman: 10 EUR \* number of participants = prize money in EUR



993 The minimum prize money regardless the number of participants at the startline  
994 is:

995 

- 996 • 1st man and woman: 1000 EUR
- 997 • 2nd man and woman: 600 EUR
- 3rd man and woman: 400 EUR

number of starters	1st (wo)man in EUR	2nd (wo)man in EUR	3rd (wo)man in EUR	number of starters	1st (wo)man in EUR	2nd (wo)man in EUR	3rd (wo)man in EUR
up to 40	1000	600	400	56	1400	840	560
41	1025	615	410	57	1425	855	570
42	1050	630	420	58	1450	870	580
43	1075	645	430	59	1475	885	590
44	1100	660	440	60	1500	900	600
45	1125	675	450	61	1525	915	610
46	1150	690	460	62	1550	930	620
47	1175	705	470	63	1575	945	630
48	1200	720	480	64	1600	960	640
49	1225	735	490	65	1625	975	650
50	1250	750	500	66	1650	990	660
51	1275	765	510	67	1675	1005	670
52	1300	780	520	68	1700	1020	680
53	1325	795	530	69	1725	1035	690
54	1350	810	540	70	1750	1050	700
55	1375	825	550	71	and so on ...		

998 *IUTA - Rules 5: World Championship Prize Money*

999 An organizer is allowed to pay more prize money.

1000 A podium is to be offered for the first three women and men of the event. The  
1001 national anthem is to be played for the first woman and man of the event.

## 1002 **23. IUTA WORLD CUP CHALLENGE (IUTA WCC)**

1003 The IUTA World Cup Challenge is established for the four best point results of an  
1004 athlete obtained in a calendar year. Women and men are counted separately.

1005 If two or more athletes have the same number of points at the end of the  
1006 calendar year, the next criteria in the following order will be used to determine  
1007 the better ranking:

1008 

- 1009 • The athlete who needed fewer participations in races (including DNF) in the  
calendar year
- 1010 • The athlete who needed fewer finished long distances in the calendar year
- 1011 • A further criterion is only used to determine the podium placings (rank 1-3):  
1012 The athlete who is ranked better in the IUTA five-years ranking which can be  
1013 viewed on IUTA's website.



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1014 If, after evaluation of these criteria, there is a tie between athletes, the athletes  
1015 concerned will be assigned the same rank.

1016 Within an event only one race per athlete is considered in the IUTA WCC. The  
1017 race with the most points achieved in that event is the one that counts.

1018 In IUTA Grand Prix Races, indicated on our website, the points at the end of the  
1019 following calculation are reduced by 50% for each finisher.

1020 The complete formula = (points from **Standard Points Table** + **Bonus Points**)  
1021 x **Additional Number of Starters Factor**, which is described as follows.  
1022 Decimal values are rounded to whole numbers for each individual race.

Ultra Triathlon	Rank/Points									
	1	2	3	4	5	6	7	8	9	10
<b>Double (2)</b>	220	190	160	140	120	110	105	100	97	94
<b>Triple (3)</b>	230	200	170	150	130	120	115	110	107	104
<b>Quadruple (4)</b>	240	210	180	160	140	130	125	120	117	114
<b>Quintuple (5)</b>	250	220	190	170	150	140	135	130	127	124
<b>Hextuple (6)</b>	260	230	200	180	160	150	145	140	137	134
<b>Septuple (7)</b>	270	240	210	190	170	160	155	150	147	144
<b>Octuple (8)</b>	280	250	220	200	180	170	165	160	157	154
<b>Nonuple (9)</b>	290	260	230	210	190	180	175	170	167	164
<b>&gt;= Deca (10)</b>	300	270	240	220	200	190	185	180	177	174
	11	12	13	14	15	16	17	18	19	20
<b>Double (2)</b>	92	90	88	86	84	82	80	79	78	77
<b>Triple (3)</b>	102	100	98	96	94	92	90	89	88	87
<b>Quadruple (4)</b>	112	110	108	106	104	102	100	99	98	97
<b>Quintuple (5)</b>	122	120	118	116	114	112	110	109	108	107
<b>Hextuple (6)</b>	132	130	128	126	124	122	120	119	118	117
<b>Septuple (7)</b>	142	140	138	136	134	132	130	129	128	127
<b>Octuple (8)</b>	152	150	148	146	144	142	140	139	138	137
<b>Nonuple (9)</b>	162	160	158	156	154	152	150	149	148	147
<b>&gt;= Deca (10)</b>	172	170	168	166	164	162	160	159	158	157

1023 IUTA - Rules 6: World Cup Challenge Standard Points Table – Distance/Rank/Points

1024 The preceding **Standard Points Table** shows the points for the first 20 finishers  
1025 from a Double (2) to a Deca UT (10). Finisher of races > a Deca UT always get  
1026 the points of a Deca UT, no matter how long the race is. The Deca UT represents  
1027 the maximum number of points that can be scored in a single race.

1028 It is not differentiated between UT Continuous, UT Day, UT Split, UT NonStop, UT  
1029 Step and UT Staged.

1030 The 18th finisher and all subsequent finishers each get one point less than their  
1031 predecessor. All finisher will get in a minimum one point as standard. If an  
1032 athlete does not reach the finish line in a race, he will not receive any points, not  
1033 even partially.



1034 The points for a UT (Split) are based on the total number of long distances of the  
1035 corresponding race, for example 4 for a combined Double UT (or Quadruple UT  
1036 Split).

1037 The points for a UT (Step) are based on the total number of long distances of the  
1038 corresponding race, for example 10 long distances for finishing the Single,  
1039 Double, Triple and Quadruple UT ( $1+2+3+4 = 10$ ) of a Deca UT (Step).

1040 For finishing an UT (Staged) all athletes get the points corresponding to the  
1041 number of finished long distances, e.g., for an UT (Staged) with a 10km swim,  
1042 421 km bike ride and 84,39 km run the athlete will get the points for a Double  
1043 UT.

1044 If two or more athletes in a race finish with the same time (in same place) the  
1045 corresponding world cup rank points will be added and divided through the  
1046 number of finishers at the same time (place). Example: Two athletes finish a  
1047 "Double" in 5th place at the same time. The points for rank 5 and rank 6 will be  
1048 added and divided through 2 (for 2 athletes) => (120 points + 110 points) / 2  
1049 athletes = 115 points for each athlete.

1050 Possible **Bonus Points** per athlete in each race:

- 1051 ▪ +20 points for each finisher of an IUTA World Championship race
- 1052 ▪ +40 points for the athlete achieving a new world record
- 1053 ▪ +20 points for the athlete achieving a new race record (not in races that were  
1054 held for the first time and not if there was no finisher in the corresponding  
1055 category yet and not if the corresponding athlete has broken a world record)
- 1056 ▪ +5 points for the athlete(s) achieving the fastest time at the swim, the bike  
1057 and the run part, but only if the athlete finishes the race

1058 **Additional Points** per athlete according to the **number of athletes at the**  
1059 **start line** in each race, no matter which format (Cont., Day, Split or Staged).

1060 Formula for additional points = **1 + Athlete's Rank + Race Distance Factor**  
1061 Explanation for "1":

1062 The number "1" serves to ensure that additional points or that the total value of  
1063 the 2nd factor in the complete multiplication calculation is always above 1.

1064 Explanation for "Athlete's Rank":

1065 The calculation for the athlete's factor =

1066  $(\text{Number of starters in a race} - \text{Ranking of the corresponding athlete}) / 100$

1067 The athlete factor is based on the respective ranking and the total number of  
1068 starters in a race. In addition, the placement flows decisively into the calculation  
1069 as a factor in which the winner of a race with 50 starters has left 49 athletes  
1070 behind him (factor 0,49), the second placed 48 (factor 0,48) and so on.

1071 Explanation for "Race Distance Factor":

1072 Experience shows that there are fewer starters with increasing race length. This  
1073 is compensated by the race distance factor. It starts with 0,02 for a Double Ultra  
1074 and increases by 0,01 with each additional long distance.

Number of Long Distances	2	3	4	5	...	10	...	20	...
Race Distance Factor	0,02	0,03	0,04	0,05	...	0,1	...	0,2	...

1075 *IUTA - Rules 7: World Cup – Race Distance Factor*



1076 **Example 1 for the complete calculation** of a male athlete at a Double UT,  
1077 who finished 7<sup>th</sup> out of 38 male participants and achieved the fastest bike split:  
1078

1079 **Points from Standard Table = 105**

1080 **Bonus Points** for fastest bike split = **5**

1081 **Additional Number of Starters Factor** =  $1 + (38 - 7) / 100 + 0,02 = 1,33$

1082 Race total points for the IUTA World Cup =  $(105 + 5) \times 1,33 = 146,3 = 146$   
world cup points as rounded value.

1083 **Example 2 for the complete calculation** of a male athlete at a Deca UT, who  
1084 finished 7th out of 12 male participants and achieved the fastest swim split:  
1085

1086 **Points from Standard Table = 185**

1087 **Bonus Points** for fastest swim split = **5**

1088 **Additional Number of Starters Factor** =  $1 + (12 - 7) / 100 + 0,1 = 1,15$

1089 Race total points for the IUTA World Cup =  $(185 + 5) \times 1,15 = 218,5 = 219$   
world cup points as rounded value.

1090 IUTA offers trophies and presents prize money to the first three athletes overall  
1091 of the men and women categories after addition of the point's results obtained  
1092 during a calendar year. If there are more than three athletes on the podium, the  
1093 athletes have to share the prize money for their corresponding podium place.

1st woman and man	2nd woman and man	3rd woman and man
750 EUR	500 EUR	250 EUR

1094 *IUTA - Rules 8: World Cup Challenge Prize Money*

1095 The prize money depends on the number of events (an event can include several  
1096 races) and the number of participations in the current calendar year.

1097 If there are less than four events in a calendar year, the IUTA WCC is cancelled.

1098 If there are fewer than 300 entries (an athlete may participate in more than one  
1099 race), the prize money will be reduced by 1% for each missing entry of 300.

1100 Example: If there are 290 entries, the winner receives 750 EUR - 10% = 675  
1101 EUR. The minimum limit is a 50% reduction in prize money, which applies to 250  
1102 entries per calendar year.

## 1103 24. RECOGNITION OF ULTRA TRIATHLON RECORDS

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1104 Requirements for recognition of (world) records:

- 1105 ▪ The record must be achieved in an IUTA World Cup Race.
- 1106 ▪ The record must be achieved on measured tracks (bike and run) by an  
1107 independent authority. The measurement protocol must be handed over to  
1108 IUTA.
- 1109 ▪ There must be an electronic time system, which counts the number of laps  
1110 and the time for each participant during the bike and run part. The event  
1111 organizer has to provide the IUTA with the laps and times of the athlete, who  
1112 achieved a new record.
- 1113 ▪ A negative doping test of the corresponding athlete, executed according to  
1114 the rules of WADA and to the rules of IUTA.
- 1115 ▪ In point-to-point races no records can be achieved.



1116 ▪ In IUTA Grand Prix Races no records can be achieved.

## 1117 **25. RACE CONTRACTS**

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1118 Specific issues such as financial contribution or special rules are defined by  
1119 contract between the different parties, namely the event organizer and the IUTA.

1120 This contract shall provide a clear description of the race event in particular with  
1121 aspects governing circuits and security rules.

1122 This contract is defined for a specified time and is subject to revisions and  
1123 revoking clause as mutually agreed in the contract itself.

## 1124 **26. APPLICATION**

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1125 IUTA rules are applicable in their entirety as of 1st January 2026.

1126 If individual regulations of these official IUTA rules should be whole or partially  
1127 ineffective, then this does not affect the effectiveness of the remainder section or  
1128 the remaining section.