



## **INTERNATIONAL ULTRATHLON RULES**

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# **International Ultratriathlon Association**

## **Rules:**

The International Ultratriathlon Association, with the purpose of conforming one base that will enable the Association to work within a legal framework, clearly establishing rights and responsibilities of the different members of the Association, regulating the competitions that the organisation sponsors and establishing a context of reference to regulate the life within the Ultratriathlon competition, has agreed on the following rules and bylaws:

### **I.- DEFINITION**

An Ultra-distance Triathlon is a combined-endurance sport in which the Ultra-Triathlete performs one after the other three sports: swimming, cycling and running.

Other additional Ultradistance sports can be introduced within the IUTA, according to the season and/or the weather conditions. These should always be disciplines performed by athletes in the Ultra-Distance sports. A specific name will be given to this new combination, describing its particular nature. By making a proposal to the President who will, in turn, submit it to the Technical Committee for approval.

The rules established by the IUTA will be applied to the possible variations newly announced, honouring, in each case, its particularities and making the necessary rule adjustments to such singularity. The general rule will be applied whenever possible, and the IUTA, through the Technical Committee, must approve the modifications in each case.

### **II.- THE IUTA RESPONSIBILITY**

The IUTA is responsible for:

- PROMOTING the ULTRA-TRIATHLON by organising world-wide events.
  
- SETTLE:
  - An official calendar of the competitions.
  - The World Classification.
  - The roll of the high-standing athletes.
  - Award the World Certificates.
  - Apply the IUTA Rules during the events.

### III.- DISTANCE

Recognised Ultradistance Triathlons are those which have, at least, the following measurements: 3.8 km. swimming, 180 km. cycling and 42.195 km. running, its multiples and all distances which go beyond the ones established by the Iron Ultratriathlon mentioned above. National, Continental and World championships may be organised if they fulfil the requirements established by the IUTA.

### IV.- REQUIREMENTS TO PARTICIPATE

\* Ultra Triathletes (males and females), who are, at least, 21 years old the day of the event, may participate.

\* Competitors should show a medical certificate that confirms that he/she does not present any health risks and is in good health to participate in the Ultra-Triathlon.

\* The Ultradistance Triathlon organisers reserve the right to require the medical exams they may judge convenient, and reserve the right to admission.

\* The IUTA circuit event organiser will give the IUTA a contribution of \$ 5.00 U.S. DLLs. or 5 Euro per competitor.

\* In World-wide competitions, the organiser will give the IUTA a contribution of \$ 10.00 U.S. DLLs. or 10 Euro per competitor.

### V.- CATEGORIES BY AGE :

21- 39

40-49

50 and over.

### VI.- GENERAL RESPONSIBILITIES

\* It is the competitor's responsibility to be well trained for the race.

\* He/she has the obligation of knowing and following the competition rules for the Ultra-Triathlon, as well as knowing and being respectful of the traffic laws and instructions given by the organisers responsible for the competition.

\* In case of competitions organised or certified by the IUTA, a IUTA license must be obtained and updated yearly for each event.

## VII. EQUIPMENT

The competitor is responsible for his/her own equipment in terms of safety and legality.

### VII. 1) MANDATORY EQUIPMENT GIVEN BY THE ORGANIZING COMMITTEE

Swimming cap: The competitor must bring the swimming cap and the number, both given by the Organising Committee. The number cannot be folded or hidden. The competitor will be sanctioned by disqualification if he/she does not bring the number and cap.

Bicycle number: The number must be placed visibly on the bicycle frame. It should not exceed 150 square cm. The number should also go on the competitor's back. These numbers should not exceed 400 square cm. Sanction for not placing it correctly will be disqualification.

Running number: During the running stage, the number must be in front. It should not exceed 400 square cm. It should be completely visible. The competitor will be informed if the number is not visible and the competitor will have to stop until the number is correctly placed. If this is not done, the competitor will be disqualified.

The organiser is not responsible for any equipment other than the aforementioned: swimming cap, a number to be placed on the bicycle, and the competitor's number for the running stage.

### VII.2) CLOTHES

The minimum equipment for the swimming stage for men is swimming suit, and for women, complete swimming suit.

At all times, the body must be adequately covered. The sanction given for not observing or following this rule, is a warning, making the competitor stop until he/she modifies the deficiency at that same moment. If this is not done, the competitor will be disqualified.

## VIII.- DISCIPLIN

### VIII.1) DISCIPLINARY ACTIONS

Any person consuming, or promoting, doping substances, or incurring in violation of the applicable ITU or IUTA rules, will be subject to disciplinary actions, being automatically excluded from all events sanctioned by the ITU and the IUTA.

The Ultra-Triathlete has the right to be heard by the IUTA Discipline Commission before this Commission takes a final and definite decision.

The Ultra-Triathlete will be left out of the IUTA competitions until decided by the IUTA Discipline Committee. The IUTA will give an additional penalty and will decide on duration of disqualification depending on each case.

The National Federation or State Association to whom the sanctioned Ultra-Triathlete belongs to, will request, by writing, reinstatement of Ultra-Triathlete. (Athlete Doping Infraction Report - ADIR). A minimum period of 18 months will have to pass before this petition is accepted.

### VIII. 2) GENERAL RULES

#### Blocking:

The competitor is not allowed to block, carry or do any rough or rapid movement that interferes with the progression of another competitor, being done on purpose or by accident. The sanction will be disqualification.

#### Shortcuts.

Cutting the path (taking short-cuts) in benefit of the infringing competitor in any of the three tasks will be sanctioned with immediate disqualification.

If a competitor is disqualified by violating the rules or by leaving voluntarily the race, he must and in his or her number to the judge.

The IUTA will give an additional penalty and will decide on duration of disqualification depending on each case.

If a competitor does not respect the general rules and does not use safety protection, he/she may be exposed to the following sanctions:

- 1) Verbal warning
- 2) Yellow card equivalent to a penalty of 20 minutes for each Ironman.

3) A red card equivalent to two yellow cards.

4) A red card, meaning immediate disqualification, depending on the gravity of the fault.

### VIII.3) DOPING

It is prohibited to dope yourself.

It is prohibited to use certain substances consumed by the athlete, and/or to distribute them among themselves, which may cause an artificial physical and/or mental progress, and consequently improve their athletic performance.

The doping substances considered by these rules are registered by the I.O.C. (International Olympic Committee).

It is essential to apply the Anti-doping policy as established by IUTA

Doping control will also be applied in other competitions or championships where the organisers require it.

Every Ultra-Triathlete that takes part in a competition or championship must submit to a doping analysis, especially if there is a written request from the official in charge. Refusing to submit to doping test results in a disqualification.

To assist in the analysis, any medicine taken 2 days prior to competition or championship must be declared before the General Judge.

If one or more doping substances are found in the competitor in an Ultra-Triathlon event, he/she will be disqualified and the case will be informed to the IUTA.

### IX.- SUPERVISION AND CONTROL

#### IX. 1) GENERAL

The organiser can in all time request the president of IUTA or his representative to attend the world championship. In that case he must cover the total expenses for the IUTA President, or his representative. If it is not possible for the organiser to pay the full amount the organiser must take arrangement with the IUTA committee. The president or his representative could also act as general event judge.

The IUTA Circuit event organiser will give the IUTA a contribution of \$5.00 U.S. DLLs. Or 5 Euro /competitor.

In world-wide competitions, the organiser will give the IUTA a contribution of \$10.00 DLLs. or 10 Euro /competitor (in a world-wide competition).

#### IX.2) FUNCTIONS OF THE GENERAL EVENT JUDGE:

Represent the IUTA.

Inspect the route of the tasks with the other judges. He has the right to request the necessary provisions, from the organisation, for safety of all athletes.

Show and assign the other Judges their tasks, having total authority over them.

Review the organisation, the results and events progress together with the rest of the Judges. When the competition has finished, he will send a report to the organising committee and to the IUTA.

Review with the rest of the Judges the sanctions incurred through the competition.

Has the right to suspend the event or restructure it with the object of placing it within the regulation form.

Has the right to take decisions to resolve any sudden changes or unexpected matter.

Will inform the organising committee of any lack of discipline attitudes with the object of establishing sanctions.

Will approve final results before being published, except the doping exam.

#### IX.3) JUDGES

The Judges are the only ones allowed to point out faults and agree upon corresponding sanctions.

Judges must exercise their authority and be objective.

They must assure themselves of the existence of a violation to the rules before sanctioning it.

They must provide, the General event judge, with a written form with multiple sanctions.

#### IX.4) WARNINGS AND DISQUALIFICATION



The General Event Judge is the only one who can disqualify a competitor.

The judges should be easily identified.

Disqualification can be announced at any moment before publishing final results.

Disqualification will be announced verbally or by showing a red card to the competitor.

#### IX.5) PROTEST JURY

The Protest Jury, settled before the competition, consists of:

General event Judge.

Representative from the IUTA's technical, named specifically to manage the case.

Representative from the organising committee.

One Triathlete

#### IX.6) APPEALS

Protests may be done concerning:

- a) A competitor's behaviour.
- b) Competitors implicated in the violation of a rule.
- c) Irregularities in the Organising Committee and Judges decisions.

This may be done by the competitors or by their accredited representative.

Appeals must be done only during the hour that follows withdrawal from or completion of competition or after receiving the disqualification notice, not later.

Appeals must be formulated through a written document and given to a member of the Appeal Jury, including 50% of the registration amount. This fee will be given back in case the protest proceeds. After receiving the protest, the Appeal Jury will get together to listen to all sides concerned. After analysing the available evidence, the jury will step aside to consider the verdict, which will be final and irrevocable. The verdict will be sent to the competitor's manager or director and to the Federation or Association to whom the competitor belongs.

#### X.- MEDICAL COMMISSION

The competition doctor can momentarily or definitely stop a competitor from continuing the race due to medical reasons. Opposing, is a reason for disqualification.

Medical check-ups should be performed during competition, if estimated necessary by the Medical Commission.

All competitors must have a medical insurance policy for accidents. This is given by the Organising Committee and is either paid by this Committee or by the competitor.

## XI.- TECHNICAL RULES APPLIED TO EACH TASK

### XI.1 SWIMMING

#### XI. 1.1) General

All swimming styles are authorised.

Goggles and swimming caps are obligatory.

Protection accessories may cover the eyes and nose, but never the mouth.

Any equipment that interferes or modifies the progression and speed of the swimmer is prohibited. (Floating devices, breathing aides, propelling force, water shoes, any kind of footwear, gloves, etc.)

A wet suit is permitted. Its maximum thickness should be 5 mm.

Starting from outside the pool is not permitted.

Water course depth.: the minimum water level (be it in a swimming pool, lake, sea, etc.) is of one meter throughout the lane.

Water temperature chart: The organisers must announce water temperature before starting. The minimum water temperature must be 23 °C and the maximum or 30°C, according to the following table:

MINIMUM	ULTRATRIATHLON	MAXIMUM
20 °C	Iron Ultratriathlon	30 °C

20 °C Double Iron Ultratriathlon 30 °C  
22 °C Triple Iron Ultratriathlon 30 °C  
26 °C Quadruple Iron Ultratriathlon 30 °C  
27 °C Quintuple Iron Ultratriathlon 30 °C  
28 °C Decatriathlon 30 °C  
28 °C Mexican 15 30 °C  
28 °C Double Decatriathlon 30 °C

#### XI.1.2) Swimming in a pool:

Swimming can be done in open waters, but the Triple Iron Ultratriathlon and all subsequent competitions must take place in a swimming pool. Exceptions can be made to this rule, prior agreement of the IUTA Board.

When not all competitors are able to swim in the same pool, another pool must be used, giving only one starting for all. If another pool was not obtained, 2 or 3 starting hits may be done to avoid having too many competitors in one pool. The hits will be done according to competitors' times: first the slower competitors then the faster competitors.

No more than 3 (three) swimmers, per row, are allowed in a semi-Olympic pool with official standards. A maximum of 4 (four) swimmers, per row, in an Olympic pool with official standards or measures.

The competitor is allowed to rest, to grab from the pool edge or buoys, to get out from the pool because of tiredness, sickness, medical checks-up, sleep, massage, etc...

During turns in the pool, it is obligatory to touch the wall with a body part. The sanction will be disqualification.

#### XI.1.3) Swimming in open waters:

Swimming can be done in open waters, but the Triple Iron Ultratriathlon and all subsequent competitions must take place in a swimming pool. Exceptions can be made to this rule, prior agreement of the IUTA Board.

It is suggested to swim clockwise in open water, or in the best way to guard the maximum security and integrity of the competitors.

The organisation must allow the competitor to be accompanied by a canoe or a small boat or launch.

The swimmer is allowed to grab or to hold on to a small boat, only if it is still or motionless.

Severe weather: in case of an electric storm, swimming must be temporarily suspended until weather conditions improve.

If a constant current flows in the same direction as the swimmers, the distances increase according to the following table:

Velocity	DISTANCE					
(1 Knot=	IRON	2	3	4	5	10
(1,852 km/h)						
0	3800	7600	11400	15200	19000	38000
0.1	3980	7960	11940	15920	19900	39800
0.2	4160	8320	12480	16640	20800	41600
0.3	4340	8680	13020	17360	21700	43400
0.4	4520	9040	13560	18080	22600	45200
0.5	4700	9400	14100	18800	23500	47000
0.6	4880	9760	14640	19520	24400	48800
0.7	5060	10120	15180	20240	25300	50600
0.8	5240	10480	15720	20960	26200	52400

0.9	5420	10840	16260	21680	27100	54200
1.0	5600	11200	16800	22400	28000	56000
1.1	5780	11560	17340	23120	28900	57800
1.2	5960	11920	17880	23840	29800	59600
1.3	6140	12800	18420	24560	30700	61400
1.4	6320	12640	18960	25279	31600	63200
1.5	6500	13000	19500	26000	32500	65000
1.6	6680	13360	20040	26720	33400	66800
1.7	6860	13720	20580	27400	34300	68600
1.8	7040	14080	21120	28160	35200	70400
1.9	7280	14440	21720	29000	36280	72200
2	7400	14800	22200	29600	37000	74000

SWIMMING IS NOT PERMITTED IF COUNTERCURRENTS EXCEED 0.3 KNOT

## XI.2) CYCLING

### XI.2.1) General

In an open circuit event, it is the organiser's responsibility to provide cones, lights reflectors and/or any warning signals throughout the cycling stretch, for competitor's safety

Competitors must only be pushed, exclusively, by human force. (Assistance can only be accepted in front of support group station. The station should be located within line of sight of the judges, at a distance not exceeding 100 meters.)

The cycling race must be performed individually without any help from a support vehicle. Support crew and mechanical assistance can be received only when bicycle needs fixing.

The use of a protective helmet is obligatory. Competitors must use official helmets wearing them at all times while performing the cycling.

#### XI.2.2) Bicycle standards

The bicycle must follow the general permitted norms, must have quadratic form based on three points, seat, handle and pedalling axle.

Any kind of propulsion not common, such as a cycling system using hand assistance, drafting or any other system that affects any part of the bicycle (except the tires), with the purpose of reducing air resistance, is prohibited.

Any element found inside the disc, in the disc tire, or in the radius (in conventional tires), that contributes to accelerate tire movement, cannot be used. To avoid this, internal inspection of the discs must be easily performed.

The handle must be designed in such a way that it will not represent any danger, and the outermost section must be closed and protected.

Bicycles that do not have a free wheel must use, at least, a brake in good conditions. It is mandatory to count with 2 brakes in good condition in bicycles with free wheels.

The bicycle must be marked with the number given by the organiser.

The penalty given for the violation of any rule described above is immediate disqualification.

The competitor may use a second bicycle and as many wheels as desired.

#### XI.2.3) Night light.

At night and when visibility is poor, competitors should use bicycle lights, mounted in the front and back.

If the cycling circuit is closed to traffic and illuminated, then lights are not obligatory, but, however, advised

#### XI.2.4) Drafting and Passing

Drafting among competitors is prohibited, as well as protecting themselves behind their assistance vehicle. Holding on to a moving vehicle or accompanying another competitor is also prohibited. Violating this rule penalises the competitor with disqualification.

Passing: To avoid collisions there should be, at least, 10 meters between two competitors and two lateral meters when passing another competitor.

#### XI.2.5) Assistance vehicle.

No more than one vehicle is allowed to follow each competitor

It is prohibited to have an assistance vehicle in a closed traffic circuit, but it is mandatory to have one when the competition takes place on an open road.

In an open circuit event, support vehicle must drive at least 25 meters behind competitor, during the cycle stage, never in front or in any position that reduces the air resistance for the competitor. Support vehicle can go alongside competitor only to provide food, drink, or medicine for a period of 1 (one) minute only.

Host country traffic laws must be respected during the competition.

#### XI.2.6) Mechanical assistance.

It is permitted to have external help when bicycle parts need to be changed or repaired. The competitor must continue the competition from the same place where he/she stopped.

### XI.3) RUN

#### XI.3.1) General.

It is the organiser responsibility to provide cones, lights, reflectors and/or any warning signals throughout the running stretch, for competitor's safety.

This is an individual race versus the clock. Walking is permitted.

Competitors are allowed to receive help from their support crew and medical assistance, but it is prohibited to lean on or be held by another person or object during the route.

#### XI.3.2) Poor visibility.

In case of poor visibility, the competitor must wear a reflecting jacket and carry a hand flashlight, except when it is a closed traffic and illuminated circuit.

### XI.3.3) Support vehicle

When the competitor runs on a road or an open traffic circuit, traffic laws must be followed and a support vehicle must protect the runner.

During the cycling and running stages, support vehicle must drive at least 10 meters behind the competitor, during the running stage, never in front or in any position that reduces the air resistance for the competitor. Support vehicle can go alongside competitor only to provide food, drink, or medicine for a period of 1 (one) minute only.

The runner must always wear the number in front. If the organisers require it, he/she should wear it on the back also.

No more than two persons are allowed to follow each competitor, one on foot or one the bicycle.

Support crew should not follow, or lead, competitor throughout the entire race.

## XII- TIME LIMIT

Limit time on each task depends on the organiser, or it might also be set for the entire competition.

The swimming, cycling and running stretches should be shown before the day of the competition, including all explanations by the organisers.

The organisers must also take provisions for the safety and integrity of all Ultra-Triathletes.

The organisation may modify a clause from the regulations only when allowed by the IUTA.

The organiser must clarify rules and explanations to the competitors in a meeting prior to the competition. By default, the general IUTA rules should apply.

## XIII- PRIZES AWARDS

There will be trophies and goods or cash given according to the arrival order, stipulated previously by the Organising Committee.



In World Championships, the IUTA will approve the prices prior to the Awards Ceremony.

The IUTA representative at the competition site will resolve any item not considered within these regulations. He should inform the Board, hence the bylaws can be amended.

#### XIV SPECIAL RULES FOR WORLD CHAMPIONSHIPS

##### GENERAL RULES

It is the organiser's obligation to give a diploma, trophy, IUTA medal and official event T-shirt. Pants are optional.

It is not the organiser's obligation, but it is recommended to give a prize for each category, men and women, of \$10,000.00 U.S. DLLs. It may be in cash or species (articles).

Medical support should be present permanently.

There should be insurance against accidents, either paid by competitor or by organiser.

Anti doping will be practice on men and women's first places, as well as on one or more competitors chosen at random. The organisation's doctor will decide this.

The organisation must provide tables, chairs and sunshades for the support crew.

There must be inspectors and security guards at all times.

The organiser must provide a place for the support crew, which includes a stove, refrigerator, utensils, microwave and freezer.

The organisation should, at least, provide the following food for the competitor and support crew: purified water, club soda, cokes, coffee, tea, bananas, ice, sugar and salt. For World Championships it is also advisable de provide spaghetti, rice, chicken, ham, eggs, vegetables, bread, cookies etc...

It is recommended to take pictures and video of the official event.

The organiser must facilitate the presence of the IUTA representative and if possible support is expense for lodging and travelling.

The IUTA Circuit event organiser will give the IUTA a contribution of \$ 10.00 U.S. DLLs./ competitor.

There must be event coverage by the mass media.

Competitors interested in participating in a World championship have to be affiliated to the IUTA and have their official credentials up-dated.

The organisers should give a \$10 US discount on the registration fee for every competitor that shows his/her credential.

## TECHNICAL RULES

### SWIMMING.

The conditions of the water temperature and of the tasks in swimming pool and/or in open water are definite in the chapter "XI.1 SWIMMING"

If swimming takes place in a 25-meter swimming pool, only 2 (two) competitors are allowed per lane. If it is a 50-meter swimming pool, only 3 (three) competitors are allowed per lane. The lanes must each be 2.4 meters wide (minimum).

If swimming takes place in an open lake, the organisers must provide a canoe for the support crew.

The lake must count with sufficient platforms so the support crew can supply the competitor with all the provisions.

If swimming takes place in a closed lake, the minimum depth must be 1.20 meters.

The lanes must be marked with balloons or buoys, making it perfectly visible.

The water must not be contaminated.

The stretch must be certified and illuminated, if necessary.

The trajectory must be certified and illuminated if necessary.

### CYCLING

The circuit must be closed to vehicular traffic, and must count with illumination, security and protection for the spectators and the competitors.

The circuit surface must be in good conditions.

The organisation will provide a mechanic that will give a general cleaning maintenance, adjustment and greasing to the bicycle of each competitor without any cost, and will also have the necessary spares to sell in case if solicited.

## RUN

The running track must be closed to vehicular and walking traffic, with illumination security and protection.