

INTERNATIONAL ULTRA TRIATHLON ASSOCIATION RULES
effective as from 1 February 2016

INTERNATIONAL ULTRA TRIATHLON ASSOCIATION RULES

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R1: Revision 10 June 2014 (type Ctrl "R1" to find the revised text)

R2: Revision 26 March 2015

R3 : Revision 1st December 2015

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1. SCOPE

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

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

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

Every participant, official, volunteer and spectator should consider all safety issues and make related decisions prudently without reliance upon these rules.

Examinations or inspections of equipment at sanctioned events are undertaken solely to monitor compliance with these rules and do not guarantee or ensure safety from personal injury or property damage. The safety of race equipment is the sole responsibility of each and every participant.

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

2. DEFINITIONS

An Ultra Triathlon (UT) is a long distance endurance event consisting of swimming, cycling and running. It combines more than 3.8 kilometers of swimming, 180 kilometers of cycling, 42.195 kilometers of running or a multiple of these distances (US/UK: 2.635 - 111.149 - 26,385 miles).

In the latter, an UT is referred as a "Double UT", a "Triple UT", a "Quinta UT", a "Deca UT" and so forth. An UT could either consist in a continuous or one triathlon per day ~~event~~.

World Championships could be organized if they respect the IUTA standards.

3. IUTA RESPONSIBILITIES

IUTA is responsible for promoting Ultra Triathlon by regulating an official calendar of competitions, an international classification of athletes, the delivering of international attestations and for establishing rules for IUTA UT sanctioned events.

IUTA denies any responsibility resulting from any incident occurring during an IUTA sanctioned event.

4. PARTICIPANTS

To obtain the IUTA label, the event organizer has to make a written request to the IUTA Committee the year preceding the event at the latest in November.

All participants in events sanctioned by IUTA being at least 21 years old the day of the competition is automatically a member of IUTA but the participants must pay the required fee requested by the organizer and comply with all the requirements determined by IUTA.

Participants shall present a valid medical certificate confirming their capacity to take part in UT dated less than one year before the event. This medical certificate shall contain the distances to be covered during the event(s). The event organizer has the right to ask for a complementary medical examination if it judges that a participant presents a certain risk.

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

Participants have the obligation to know and follow the IUTA rules, the traffic laws applicable at the place of the event and the rules given by the event organizer.

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

Athletes can participate as a team in a double Ultra only. The rules to participate each member of the team have to complete two portion it could be 3.8 km swim plus 180 km bike or 3.8 km swim plus 42.2 km run or 180 km run plus 42.2 km run.

5. CATEGORIES

A male and a female category are established and divided in 3 age groups as follows: 21 - 39 years; 40 - 59 years; 60 years and more. Athletes compete in the age group division corresponding their age on December 31 of the year of the event. Team categories should be composed of three person's men, women or mixte.

6. GENERAL CONDUCT AND SANCTIONS

All participants must act in compliance with the IUTA rules.

If a participant does not respect the IUTA rules or does not respect the safety requirements, he or she exposes him/herself to the following timing and administrative sanctions:

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- 1st offense: Verbal warning and if necessary a «stop and go» procedure
- 2nd offense: Yellow card equivalent to 5 minutes per UT covered during the race (for example, for a Double UT, the penalty will be 10 minutes for the 2nd offense, whereas the 2nd offense for a Triple UT will be 15 minutes and so on)
- 3rd offense: Red Card equivalent to 10 minutes per Ultra distance covered during the race
- 4th offense and for the cases expressly mentioned thereafter: Black Card bringing to immediate disqualification. The disqualified participant shall be required to immediately withdraw from the race and vacate the course.

In the event that a participant is assigned a time penalty, the participant shall remain stopped under the direction of the race official for a period of time equal to the applicable variable time penalty. When the official indicates that the time penalty has expired, the athlete may continue with the race.

While in a penalty area, no athlete shall accept any form of aid or assistance, including food, drink, or equipment, from any other person, including race officials. Any violation of these rules shall result in disqualification.

Participants must cover the prescribed race in its entirety. It is the participant's responsibility to know the race. Upon leaving the course, a participant shall re-enter the course and continue at the same point of departure. Participants intentionally short cutting the race shall be sanctioned of an immediate disqualification.

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

Participants shall refrain from intentionally or accidentally blocking, charging, obstructing, or interfering with the forward progress of another participant. The sanction will be the disqualification. Participants shall plainly display their race numbers at all times, and shall maintain the race number in an unaltered, unobstructed and readable state at any time during the race. The participant shall wear the swim cap and the number, provided by the event organizer. Race numbers shall be worn in the back during the bike leg and in the front during the running leg. Additional race numbers may be added on the bike at the discretion of the event organizer. Participants will be warned if their number is not visible and will have to stop to give it a correct position.

Participant will have to be decently covered. The sanction given for non-observation or respect of the rules will be a warning with stop of the participant during when he or she /it will have to modify his behavior. In the event of refusal, the athlete will be disqualified.

No participant shall use or wear a hard cast or headset audio device during the entire competition. Use of these items could be authorized by event organizer during the running stage providing that the running tracks are closed to car and bike traffic.

No participant shall use any equipment which could be determined to be improper, including but not limited to equipment which might provide an unfair advantage or endanger other participants. Participants will be excluded from the race until corrective actions are undertaken. The level of possible corresponding sanction rests under the responsibility of the event organizer.

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

7. ACTS WARRANTING SUSPENSION

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

1. Flagrant or intentional violation of the IUTA rules;
2. Gross or continued unsportsmanlike conduct;
3. Physical violence directed toward a race official, participant, volunteer, spectator, or other person;
4. Any fraudulent act, such as falsifying name or age, filing a false affidavit or protest, or providing false information to IUTA, event organizer or race officials;
5. Repetitive or recurring violations of the IUTA rules;
6. Refusal to abide by the final determination by IUTA of any matter relating to the IUTA rules;
7. Any act which disgraces or brings discredit to the sport of UT.

Violation of the IUTA doping policy controls rules, as detailed thereafter under Chapter 13, is sanctioned of an immediate disqualification, a permanent and life time suspension from IUTA membership and aremoval of all IUTA attributed results and trophies.

Any person suspended from membership in IUTA shall be ineligible to participate in any IUTA sanctioned event and shall be disqualified from any IUTA sanctioned event during the suspension period

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and until such time as that person has applied for and received written notice of reinstatement from the IUTA Committee.

Any person who has been suspended must apply in writing to IUTA for reinstatement after or immediately preceding expiration of the suspension period.

Any person reprimanded, censured, suspended, or expelled from IUTA shall be entitled to receive reasonable notice of such disciplinary action.

IUTA will enforce and publish on its website any suspension and the reasons for this suspension.

8. SWIMMING CONDUCT

Swimmers may use any stroke to propel themselves through the water.

If provided by the event organizer, the swimmer shall wear the proper official swim cap. If no official cap is provided; all swimmers should wear their own brightly colored swim cap.

Swimmers may wear, but shall not be required to wear, swim goggles or face masks.

Any swimmer wearing any artificial propulsion device, including but not limited to fins, gloves, booties, paddles, or floating devices of any kind shall be disqualified. Use of gloves and booties may be exceptionally authorized at discretion of the event organizer for water temperatures below 15°C.

Each participant shall be permitted to wear a wet suit irrespective of the water temperature.

The event organizer has to determine the temperature by a measurement made within 2 hours of the race start. A water temperature measurement should also be taken prior to any pre-race meetings in order to forecast to the athletes as early as possible the likely water temperature on race day.

A participant may stand on the bottom or rest by holding an inanimate object such as a buoy, boat, rope or floating object. Excluding the bottom, a participant shall not use any inanimate object to gain forward progress. A violation of these rules shall result in a variable time penalty.

The swimmer is authorized to leave the swimming part due to exhaustion, for medical check-up, massage, etc. Upon leaving the course, a participant shall re-enter the course and continue at the same point.

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

Swimming can take place in either in open waters or in a swimming pool.

In open waters, a boat assistance shall be provided at each turning buoy and/or every 250 meters (820 ft).

Swimming is not authorized with or against current higher than 0.3 m/s.

If the current is in the same direction that the athletes, the distance will be lengthened per Ultra distance depending on the current velocity and according to the table below:

Current velocity m/s	0	0,1	0,2	0,3
Distance to be covered per UT	3800	4160	4520	4880

In swimming pools of 50 meters length, there could not be more than 7 swimmers per lane. In

swimming pools of 25 meters length, there could not be more than 4 swimmers per lane.

Swimmers shall be regrouped in their swimming lane according to their best estimated swimming time.

When all the swimmers cannot be accommodated in the same swimming pool, one-second swimming pool can be used. The start of the race will have obligatorily to be given at the same time.

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The event organizer may alternatively consider staggered starts if only one pool is available. The slowest Ultratriathletes will leave in the first waves, the fastest in the last waves. Swimmers must keep their right in their swimming lane. Overtaking is authorized. The overtaken swimmer shall not block the overtaking. It is obligatory to touch the wall with a part of the body during the turns. Failure to do so is sanctioned of a variable time penalty.

9. TRANSITION

A participant must reduce cycling speed to an acceptable and safe level when exiting and entering the transition areas and the support crew area. Failure to do so shall result in a variable time penalty. When defined by the race organizer, all participants shall place equipment only in the properly designated and individually assigned bicycle corral and shall at all times keep their equipment confined to such properly designated areas.

All participants must return their bicycles to an upright position in the properly designated bicycle corral after completion of the cycling course and before beginning the next segment of the event. Any violation of this rule shall result in a variable time penalty.

No participant shall impede the forward progress of another participant or interfere with another participant's equipment while in the transition area. Any violation of this rule shall result in a variable time penalty, unless such obstruction or interference renders another participant unable to complete the event, in which case the penalty shall be disqualification.

Assistance to participants in the designated transition areas is allowed but restricted to one single person per participant.

10. CYCLING CONDUCT

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

Participants shall not make any forward progress unaccompanied by their bicycle. If a bicycle is rendered inoperable, a participant may proceed on the cycling course, running or walking, while pushing or carrying the bicycle, so long as the bicycle is pushed or carried in a manner not to obstruct or impede the progress of other participants. Any violation of this rule shall result in disqualification.

All participants must obey all traffic laws while on the cycling course. Unless otherwise directed by the event organizer, all participants shall come to a complete stop when required by a traffic sign or traffic control device and shall not proceed through any intersection unless such intersection is clear of oncoming traffic. In no case shall a cyclist cross a solid yellow/white line indicating a no passing zone. Any violation of this rule shall result in disqualification or a variable time penalty as determined by the Event organizer.

No cyclist shall endanger himself or another participant. Any cyclist, who intentionally presents a danger to any participant or who, in the judgment of the event organizer, appears to present a danger to any participant shall be subject in disqualification or a variable time penalty as determined by the event organizer.

All participants shall exercise extreme caution and shall decrease speed if necessary in passing the site of any cycling accident. Any violation of this rule shall result in disqualification.

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

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

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

The helmet must be fastened before the participant mounts the bicycle, at all times when the participant is on the bicycle, and must not be unfastened until the participant has dismounted. Any violation of this rule shall result in a variable time penalty. Notwithstanding the preceding sentence, a participant shall not be sanctioned if the helmet strap unintentionally and temporarily becomes unattached, and the participant immediately comes to a full stop and repairs the strap and replaces the

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helmet while fully stopped with both feet on the ground.

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

While on the cycling course, participants shall not work together to improve performance, efficiency, or position by teamwork or other joint conduct. A variable time penalty shall be imposed for any violation of this rule pacing an athlete by cycling alongside behind or in front of him is strictly forbidden. Any violation of this rule shall result in disqualification.

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

The term "drafting zone" refers to a rectangular area 10 meters long and 2 meters wide surrounding each bicycle. The longer sides of the zone begin at the leading edge of the front wheel and run backward parallel to the bicycle; the front wheel divides the short side of the zone into two equal parts. With respect to a moving motor vehicle, the "drafting zone" is a rectangular area extending 2 meters to each side of the vehicle and 20 meters behind the vehicle.

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

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

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

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

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

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

- When entering the drafting zone from the rear, closing the gap, and overtaking all within no more than 15 seconds;
- When cyclists reduce speed for safety reasons, for course blockage, for an aid station, for an emergency, when entering or exiting a transition or supporting area, or when making a turn of 90 degrees or more.

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

There must be one working brake on each of the two wheels.

There must be a free-wheeling mechanism between the crank and the rear wheel that allows the bicycle to roll forward while the pedals remain stationary.

All aspects of the bicycle must be safe to the user and to other participants in the event. Minimum safety standards include, but are not limited to, properly glued and sealed tires, tight headset and handlebars, and true wheels.

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

The bicycle will have obligatorily to carry the race number, if given by the organizer. Any violation of this rule shall result in a variable time penalty.

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

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

Participants shall have at their disposal sufficient spare batteries to allow for the proper respect of this

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rule all along the night. The use of frontal flashing lights is not considered as sufficiently safe in itself. Any violation of these rules shall result in disqualification unless immediate corrective action are given by the participant.

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

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

For point to point UT, no more than one vehicle can be accepted per participant. The vehicle will have to stay at a minimum 25 meters behind the participant. Supplies to the participant, medical and mechanical assistance shall only be provided by participant's crew members from a stationary vehicle. No participant shall use or wear a hard cast or headset audio device during the cycling stage.

11. RUNNING CONDUCT

Participants must run or walk the entire portion of the run course. A participant who gains forward progress by crawling or otherwise violates these rules shall be disqualified.

Pacing an athlete, should it be by running or cycling alongside, behind or in front of him is strictly forbidden for crew members. Any violation of this rule shall result in disqualification. Pets are not allowed on the race course. Pacing using pets is strictly forbidden. The responsibility of knowing and following the prescribed course rests with each participant.

No participant shall use or wear a hard cast or headset audio device during the running stage unless otherwise authorized by the event organizer on tracks on roads closed to car and bike traffic.

It is the responsibility of the event organizer to mark correctively the run race, to use cones, reflective lamps and / or any sign to signal any danger for the safety of the participants. Participants are not permitted to run naked chest. In the event of non-compliance with this rule the participant will be automatically disqualified. For races organized on roads open to car traffic and races for which biking and running sections are on common roads, the participants will have to wear reflective clothes and/or reflective apparels at nights and eventually equipped of frontal and rear lamps, when the conditions of visibility are weak and as soon as deemed necessary by the event organizer.

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

The event organizer shall define the zone of supply. This zone shall be clearly identified. Support crew members can only give supplies to participants within this designated zone of supply.

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

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

12. TIME LIMITS

For races belonging to the IUTA world cup challenge, the following overall time limits are recommended:

- Double UT 36 hours -
- Triple UT: 60 hours)
- Quadruple UT: 76 hours
- Quintuple UT 100 hours
- Deca-UT (continuous): 336 hours.

The time limits of each section are defined by the event organizer. These time limits have to be specified before the competition. The event organizer, at his/her own discretion, may choose to lengthen these time limits but the cut-off times of each segment will allow an athlete to continue as an official racer only if they complete the last lap of a given segment before the cut-off time. He / She may also allow a participant to complete the event outside these time limits above specified. In such a case, the participant is classified as a DNF (Did

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Not Finish) participant and is rewarded according to section 18 of these rules. IUTA recommend that the bike time limit be two third of overall time limit including swim portion.

13. ANTIDOPING POLICY

IUTA adheres to the rules, regulations and policies of the World Anti-Doping Agency (WADA).

It is the responsibility of each member of IUTA to comply with the applicable anti-doping WADA rules, regulations and policies.

Testing of athletes may take place at any place or any time. The athlete who objects to an official IUTA anti-doping control or found positive after any control exposes himself to an immediate disqualification, a permanent suspension from IUTA membership and a removal of all IUTA attributed results and trophies. The athlete will have to return any trophy and/or prize-money eventually received. IUTA will enforce and publish any sanction resulting from adjudication of a doping violation under the WADA rules, regulations and policies.

14. SUPERVISION AND CONTROL

The event organizer shall designate a general marshal and race officials.

If IUTA can provide a representative he will act as general marshal.

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

Race officials are empowered:

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

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

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

15. MEDICAL SUPPORT

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

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

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

16. RECOMPENSES AND PRIZE MONEY

Event organizers have to offer trophies and/or presents and/or finisher tee-shirt and/or diplomas and/or prize money and/or rebates for further races in IUTA sanctioned events. For the later, rebates should be made available for a period of two calendar years. After that date, no refund can be offered. The rebate shall amount 100% of the race entry fee for the first athlete, 50% for the second and 33% for the third one.

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

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

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

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

17. SPECIAL RULES FOR THE IUTA WORLD CHAMPIONSHIPS

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

In addition to recompenses and prize money defined under Article 16 of these rules, when the event organizer offers prize monies, he has to offer them according to the following amounts:

- More than 50 starters:

	1st Overall Man 1st Overall Woman	2nd Overall Man 2nd Overall Woman	3rd Overall Man 3rd Overall Woman
Double UT	1000 euros	600 euros	300 euros
Triple UT	1500 euros	900 euros	450 euros
Quadruple UT	2000 euros	1200 euros	600 euros
Quintuple UT	2500 euros	1500 euros	950 euros
Deca-UT	5000 euros	2000 euros	1200 euros

- 40 to 49 starters: 90% of the above mentioned prize money
- 30 to 39 starters: 80% of the above mentioned prize money
- 20 to 29 starters: 70% of the above mentioned prize money
- Less than 20 starters: 40% of the above mentioned prize money

The ceremony of handing-over the rewards will have to respect the opposite order of arrival of the athletes.

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

A podium is to be offered per age category.

18. IUTA WORLD CUP CHALLENGE

An UT world cup challenge is established for the 4 best point results obtained in a calendar year if an athlete is doing more than 4 races he will receive a bonus of 20 points per additional race completed. Race points are attributed as follows:

Basic points

Race type	Rank												
	1	2	3	4	5	6	7	8	9	10	11	12	13
Double Ultra triathlon	120	110	100	85	80	75	70	65	60	55	54	53	52
Triple Ultra triathlon	130	120	110	95	90	85	80	75	70	65	64	63	62
Quadruple Ultra triathlon	140	130	120	105	100	95	90	85	80	75	74	73	72
Quintuple Ultra Triathlon	150	140	130	115	110	105	100	95	90	85	84	83	82
Deca Ultra Triathlon	200	190	180	165	160	155	150	145	140	135	134	133	132
Double Deca Ultra Triathlon	400	380	360	330	320	310	300	290	280	270	268	266	264
Triple Deca Ultra Triathlon	500	480	460	430	420	410	400	390	380	370	368	366	364
Double Day Ultra Triathlon	100	90	80	75	70	65	60	55	50	45	44	43	42
Triple Day Ultra Triathlon	110	100	90	85	80	75	70	65	60	55	54	53	52
Quadruple Day Ultra Triathlon	130	120	110	95	90	85	80	75	70	65	64	63	62
Quintuple Day Ultra Triathlon	140	130	120	105	100	95	90	85	80	75	74	73	72
Deca Day Ultra Triathlon	180	170	160	145	140	135	130	125	120	115	114	113	112
Double Deca Day Ultra Triathlon	360	340	320	290	280	270	260	250	240	230	228	226	224
Triple Deca Day Ultra Triathlon	460	440	420	390	380	350	381	351	382	352	350	320	318

Points attributed for finishing only the swim part or the swim and the bike parts:

Race	IUTA race	IUTA Championship race
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Double UT	10 % or 20 % of Points of last finisher	15 % or 25 % of Points of last finisher
Triple UT	10 % or 20 % of Points of last finisher	15 % or 25 % of Points of last finisher
Quadruple UT UTUUTUT	10 % or 20 % of Points of last finisher	15 % or 25 % of Points of last finisher
Quinta UT	10 % or 20 % of Points of last finisher	15 % or 25 % of Points of last finisher
Deca-UT	10 % or 20 % of Points of last finisher	15 % or 25 % of Points of last finisher
Double Deca UT	10 % or 20 % of Points of last finisher	15 % or 25 % of Points of last finisher
Triple Deca UT	10 % or 20 % of Points of last finisher	15 % or 25 % of Points of last finisher
Double Ultra Day	% of Day	% of Day
Triple Ultra Day	% of Day	% of Day
Quadruple Ultra Day	% of Day	% of Day
Quintuple Ultra Day	% of Day	% of Day
Deca Ultra Day	% of Day	% of Day
Double Deca Ultra Day	% of Day	% of Day
Triple Deca Ultra Day	% of Day	% of Day

Specific rules for multiple day events (one triathlon per day): In the case an athlete didn't finish all days he will get points from the percentage of the days he had finished.

Additional points:

- World championship race: 40 additional points are attributed to every finisher;
- Best swim or bike or run split during a race: 5 points for each discipline providing that the athlete complete the whole event; In case of Ultra day race the total of each day in each discipline will determine the best split providing the athlete complete the whole event he register.
- Race world record: 40 additional points.
- Race record: 20 additional points

When a world record is awarded, the athlete will not be awarded with points for course records

The points are attributed according to the following formula:

[(Finishers or non-finishers points) + World Championship points (+40 if applicable) + Best swim/bike/run split points (+5, 10, 15 if applicable)] + Race world record points if applicable + Race record points if applicable

19. IUTA WORLD CUP CHALLENGE: PRIZE MONEY

IUTA offers trophies and/or presents and/or prize money to the first three athletes of the man and woman categories after addition of the point's results obtained during a calendar year.

1st Overall Man / 1st Overall Woman	2nd Overall Man / 2nd Overall Woman	3rd Overall Man / 3rd Overall Woman
600 euros	400 euros	200 euros

20. TEAMS

IUTA encourages enrolment of teams to compete in UT events recognizing therefore that achieving the swim, bike and run sections of an UT as a personal achievement in itself. Event organizers are encouraged to promote participation of teams.

For the IUTA Team World Cup Challenge athletes can participate as a team in a double Ultra only the rules are define as follow:

1. Every team must consist of 3 members from the same country (3 males, 3 females or mixed)
2. The total distance each team must cover is double ultra triathlon (7,6 km swim, 360 km bike and 84,4 km run)
3. Every team member must cover:
 - a. 3,8 km swim and 42,2 km run
 - b. 3,8 km swim and 180 km bike
 - c. 180 km bike and 42,2 km run.
4. Only one team member must be on track at the time and must complete is full segment.
5. All other team members must be in transition area during the race (when they are not racing).

INTERNATIONAL ULTRA TRIATHLON ASSOCIATION RULES

effective as from 1 February 2016

6. The race is adopted to IUTA Rules (<http://www.iutasport.com>)

Relay between team members shall obligatory be done in the zone defined by the event organizer.

Others IUTA rules remain plainly applicable.

Event organizers may offer trophies and/or presents and/or finisher tee-shirt and/or diplomas and/or Prize money. Finisher tee-shirts, diplomas ... shall bear the IUTA official logo.

All teams participating to the IUTA Team World Cup Challenge will be classified in one category with the same point system as individual in case two team have cumulate the same number of points the finishing time will be used to determine the World cup team Champion.

21. RACE CONTRACTS

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

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

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

22. APPLICATION

IUTA rules are applicable in their entirety as of 1st February 2016.