



Rules

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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.

In this set of rules, the male form is always used for the sake of simplicity. We explicitly address all genders.

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 in that order. It combines 3.86 kilometers of swimming, 180.25 kilometers of cycling and 42.195 kilometers of running (UK/US: 2.4 - 112 - 26.2 miles) in a so-called „Single UT“ or a multiple of these distances. There are different cut-off times for each discipline and each UT or multiple of an UT.

IUTA distinguishes two types of Ultra Triathlons:

- A continuous UT combines one swim part, one bike part and one run part without a break.
- A per day UT combines a „Single UT“ per day on consecutive days with the same starttime each day and a maximum cut-off time of 24 hours a day. An athlete who finished the daily run part is forced to do a break til the next day's starttime. There are no breaks between the three daily disciplines (Single UT).

In this rules, the different distances of an UT are referred as a „Double UT“, a „Triple UT“, a „Quadruple UT“, a „Quintuple UT“, a „Deca UT“, a „Double Deca UT“ and as a „Triple Deca UT“ for UT in continuous format or a „Double UT Day“, a „Triple UT Day“ and so forth for UT in per day format.



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World Championships (WC) could be organized if the event organizer respect the IUTA standards.

IUTA organizes a World Cup Challenge (WCC) and a Long Distance Challenge (LDC) in each calendar year.

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 must be of adult age with regard to the country where the event take place and with regard to the startday of the event. All competitors will be 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.

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.

5. CATEGORIES

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



Age	Male Agegroup	Female Agegroup	Age	Male Agegroup	Female Agegroup
21 - 29 years	M1	F1	50 - 59 years	M4	F4
30 - 39 years	M2	F2	60 - 69 years	M5	F5
40 - 49 years	M3	F3	70 - 79 years	M6	F6

IUTA - Rules 1: Different Agegroups for male and female

There will be one handicap category. The organizer will determine if the athlete is considered a handicap athlete.

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:

- 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 expressively 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.

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

7. ACTS OF WARRANTING SUSPENSION AND PROTEST

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

- Flagrant or intentional violation of the IUTA rules
- Gross or continued unsportsmanlike conduct
- Physical violence directed toward a race official, participant, volunteer, spectator, or other person
- 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
- Repetitive or recurring violations of the IUTA rules
- Refusal to abide by the final determination by IUTA of any matter relating to the IUTA rules
- Any act which disgraces or brings discredit to the sport of UT



All protests regarding race results must be submitted to the race director and to IUTA within one week after the event.

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 a removal 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 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 withdraws from the race or receives medical assistance.

Swimming can take place in either in open water or in a swimming pool (25 or 50 yards or meters). In open waters, 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 meters/second. 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	0 m/s	0.1 m/s	0.2 m/s	0.3 m/s
distance to be covered per UT	3800 m	4160 m	4520 m	4880 m

IUTA - Rules 2: Swim with the current

The number of swimmers per lane is the responsibility of the event organizer. The organizer must guarantee a fair swim for all participants. 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. If two pool are used the start of the race will have obligatorily to be given at the same time.

The event organizer may alternatively consider staggered starts if only one pool is available. The slowest triathletes 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.

The time for a possible shuttle service between the pool, lake or sea to the bike track has to be added to „Transition 1“ in the time table. The clock doesn't stop.

If a swim must be canceled during an event or before the event starts (e.g. for safety reasons) the organizer has the right to switch to an ultra duathlon. The length of the first run part is the responsibility of the organizer. The race (ultra duathlon) will still be a part of the IUTA world cup and the point system for the IUTA world cup challenge stays unchanged. In cases of switching to an ultra



duathlon records will be unrecognized. The ultra duathlon will not count as an ultra triathlon or a part of an ultra triathlon.

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. 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.

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

- Length cannot exceed two meters, and width cannot exceed 75 centimeters.
- The distance from the ground to the center of the chain wheel axle must measure at least 24 centimeters.
- A vertical line touching the front most point of the saddle may be no more than 5 centimeters in front of and no more than 15 centimeters behind a vertical line passing through the center of the chain wheel axle. The cyclist must not have the capability of adjusting the saddle beyond these limits during competition.
- The "front-to-center" distance, which is defined as the distance between a vertical line passing through the center of the chain wheel axle and a vertical line passing through the center of the front axle, must measure not less than 54 centimeters, except where the distance between the center of the chain



wheel axle and the top of the saddle is less than 71 centimeters. In this case 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 eighths of the distance between the center of the chain wheel axle and the top of the saddle, whatever is greater. Applicability of the two foregoing exceptions is determined by measuring from a point on top of the saddle which is 14 centimeters behind the front most point of the saddle.

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

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

- No additional equipment, whether it is worn under the competitor's clothing, over the competitors clothing, or is otherwise attached to the athlete's body, which has the effect of reducing wind resistance is permitted. An exception is the use of safety helmets. Such helmets may have the effect of reducing the wind resistance of the head only.
- Except as otherwise determined by the race director in the interest of safety, the front wheel may be of a different diameter than the rear wheel, but the front wheel must be of spoke construction. The rear wheel may be either spoke or solid construction. Wheel covers shall only be permitted on the rear wheel.
- No wheel may contain any mechanism which is capable of accelerating the wheel.
- Handlebars and stem must be fashioned to prevent any danger. All handlebar ends must be solidly plugged to lessen the possibility of injury.
- 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.

Participants shall not make any forward progress unaccompanied by their bicycle. If a bicycle is rendered inoperable, a participant may proceed on the



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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 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.



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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 too 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.

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

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 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, headset audio device or ear phone during the cycling stage.



It is the responsibility of the participants to know the race course and to follow the road defined by the organizer.

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, headset audio device or ear phone 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. IUTA TRIATHLON MODIFICATIONS FOR PARA-TRIATHLETES

12.1 GENERAL

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

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

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

Each para-triathlete shall be required to:

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

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

12.2 SWIMMING CONDUCT

Wetsuits are allowed for PT participants at any water temperature.

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

Prosthetic and orthotic devices are considered propulsive devices and are not allowed for any category.

12.3 CYCLING CONDUCT AND EQUIPMENT, NON-WHEELCHAIR USERS

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

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



12.4 CYCLING CONDUCT AND EQUIPMENT, WHEELCHAIR USERS

Competitors must use a hand cycle with the following specifications:

- A hand cycle shall be an arm powered, three wheeled vehicle with an open frame of tubular construction which conforms to the general principles of International Cycling Union (UCI) construction for bicycles (except that the chassis frame tubes need not be straight.) For the seat or backrest construction, the maximum frame tube diameter may not exceed the maximum defined by the general principles of UCI.
- The single wheel may be of a different diameter to the double wheels. The front wheel or wheels shall be steerable; the single wheel, either front or rear, shall be driven through a system comprising handgrips and a chain. The hand cycle shall be propelled solely through a chain set and conventional cycle drive train, of crank arms, chain wheels, chain and gears, with handgrips replacing foot pedals. It shall be propelled by the hands, arms and upper body only.
- The hand cycle must have a working brake system on the front wheel.
- The horizontal of the rider's eye line must be above the crank housing (crank set) when the rider's hands are on the handlebars facing forward at full extent, the tip of both shoulder blades are in contact with the backrest and the head is in contact with the headrest (when applicable).
- From the seated recumbent position described above (P1.7, d), conforming measurements are calculated as follows; (#1) the distance from the ground to the center of the rider's eyes and (#2) the distance from the ground to the center of the crank housing (crank set). Measurement #1 (from the eyes to the ground) must be equal or greater than measurement #2 (from the center of the crank housing to the ground.)
- The rider shall remain seated in the recumbent position with bodyweight supported through the seat and backrest. The seat angle must be a minimum of 300 and a maximum of 450, measured between the horizontal and the back of the rider.
- All hand cycles must have a mirror fixed either to the helmet of the rider or at some point on the front of the bike to ensure rear-view vision.
- Wheels of the hand cycle may vary in diameter between a minimum 406 mm and a maximum of 622 mm. Modified hub attachments may be used if necessary. The width of hand cycle double wheels may vary between 55 cm minimum and 70 cm maximum, measured at the center of each tire where the tires touch the ground. Wheels must be of spoke construction. Solid disc wheels and wheel covers are not allowed.
- A hand cycle shall not measure more than 250 cm in length. Its maximum width shall be 70 cm.
- The shifting device may be located within the extremities of the handlebars, or to the side of the participant's body.
- The largest chain ring shall have a guard securely fitted to protect the rider. The protection shall be made of a sufficiently solid material which fully covers the chain ring over the half of its circumference (180°) on the side facing the rider.



- Maximum frame tube dimension shall be 80 mm, irrespective of tube material or profile. Any fillets or ribs, inserted at joints 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.

12.5 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.

12.6 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.
- Only hand operated, mechanical steering devices will be allowed.
- Competitors must be able to turn the front wheel(s) manually both to the left and the right.
- Mirrors are permitted but are not required.
- No part of the chair may protrude behind the vertical plane of the back edge of the rear tires.
- It is the responsibility of the competitor that the wheelchair conforms to all the above rules and no event shall be delayed while the competitor makes adjustments to the chair.
- Competitors must ensure that no part of their lower limbs can fall to the ground during the event.
- Competitors shall wear CPSC approved bicycle helmets at all times while seated in the chair.
- Propulsion by any method other than pushing on the wheels or push-rims shall result in disqualification. An overtaking para-triathlete bears responsibility of ensuring full clearance of the chair before moving laterally across the path of the overtaken participant. A para-triathlete being overtaken shall not obstruct or impede the passing athlete once the front wheels of the passing chair are within sight.
- PTWC athletes shall be judged as finished when any part of the torso reaches the perpendicular plane extending from the leading edge of the finish line.

12.7 VISUALLY-IMPAIRED PARA-TRIATHLETE AND GUIDE CONDUCT

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

- Competitors must furnish and use one guide of the same gender in competition.
- Guides must be a minimum of 16 years of age on the day of the event.
- The competitor may choose to use an elbow lead or tether lead.
- All competitors must be tethered during the swim. The tether may be used around the waist, leg or foot.
- During the run portion, competitors may receive verbal instruction only from their guide.
- Bicycles, paddle boards or any other mechanical means of transport may not be used by guides on the swim or run.
- Competitors must use a tandem bicycle. The specifications of the tandem bicycle are:
 - The tandem bicycle is a vehicle for two riders, with two wheels of equal diameter, which conforms to the general principles of UCI construction for bicycles. The front wheel shall be steerable by the front rider, known as the 'pilot'. The guide shall be the front rider and the PTIV competitor will ride in the rear. Both riders shall face forward in the traditional cycling position and the rear wheel shall be driven by both cyclists through a system comprising pedals and chains.



- The tandem top tube, and any additional strengthening tubes, may slope 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. Time penalty.
- Whether or not a tether is being used, the athlete and guide shall not be more than 0.5 meters apart at all times. Time penalty.
- As the PTIV athlete crosses the finish line, the guide must maintain no more than the required 0.5 meter maximum separation distance and may not precede the athlete. Time penalty.
- Guides shall be subject to all IUTA Competitive Rules, including membership requirements.

Infringement of any these rules shall result in a disqualification (DQ) unless otherwise indicated.

13. STANDARDIZED/MINIMUM DISTANCES AND TOLERANCES

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

An organizer is allowed to expand the distances on each discipline, but he has the commitment to get as close as possible to the standardized or the minimum distances for each discipline.

standardized distances	Swim		Bike		Run	
	kilometers	miles	kilometers	miles	kilometers	miles
Single UT	3,86	2.4	180,25	112	42,195	26.2
Double UT	7,72	4.8	360,50	224	84,390	52.4
Triple UT	11,58	7.2	540,75	336	126,585	78.6
Quadruple UT	15,44	9.6	721,00	448	168,780	104.8
Quintuple UT	19,30	12.0	901,25	560	210,975	131.0
Deca UT	38,60	24.0	1802,50	1120	421,950	262.0
Double Deca UT	77,20	48.0	3605,00	2240	843,900	524.0
Triple Deca UT	115,80	72.0	5407,50	3360	1265,850	786.0

IUTA - Rules 3: Standardized Distances of an Ultra Triathlon



minimum distances	Swim		Bike		Run	
	kilometers	miles	kilometers	miles	kilometers	miles
Single UT	3,80	2.36	180	111.85	42,195	26.2
Double UT	7,60	4.72	360	223.70	84,390	52.4
Triple UT	11,40	7.08	540	335.55	126,585	78.6
Quadruple UT	15,20	9.44	720	447.40	168,780	104.8
Quintuple UT	19,00	11.80	900	559.25	210,975	131.0
Deca UT	38,00	23.60	1800	1118.50	421,950	262.0
Double Deca UT	76,00	47.20	3600	2237.00	843,900	524.0
Triple Deca UT	114,00	70.80	5400	3355.50	1265,850	786.0

IUTA - Rules 4: Minimum Distances of an Ultra Triathlon

14. TIME LIMITS AND BREAKS/RESTARTS

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

- Double UT: 36 hours (1.5 Days)
- Triple UT: 60 hours (2.5 Days)
- Quadruple UT: 90 hours (3.75 Days)
- Quintuple UT 156 hours (6.5 Days)
- Deca UT: 350 hours (14.6 Days)
- Double Deca UT: 700 hours (29.2 Days)
- Triple Deca UT: 1050 hours (43.8 Days)

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 the last lap of a given segment is started before the cut-off time.

The event organizer 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 Not Finish) participant.

The official race time will be measured from the start of the race to when it ends. Any stoppages to the race due to inclement weather or other conditions will not stop the clock.

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

No athlete should be (dis-) advantaged by the interruption, the restart and towards another athlete. The cut-off time for the segment that was interrupted and the race cut-off time must be adjusted by adding the time for the break(s). The cut-off time does not have to be extended in events with a time limit of 24 hours e.g. at per day UT.



The restart could be done in two ways:

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

15. ANTI DOPING 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.

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

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

16. TECHNOLOGY FRAUD

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

The athlete who objects to a technology fraud control or is convicted as a cheater by a technology fraud 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.



17. 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.

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

In an extraordinary situation the organizer should contact an IUTA official who is not participating in the race.

18. 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.



19. AWARDS AND PRIZES

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

Finisher tee-shirts and diplomas must 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.

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.

20. SPECIAL RULES FOR THE IUTA WORLD CHAMPIONSHIPS

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 October.

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

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

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

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

An organizer is allowed to pay more 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.



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 ...		

IUTA - Rules 5: World Championship Prize Money

21. IUTA WORLD CUP CHALLENGE

An IUTA World Cup Challenge is established for the four best point results obtained in a calendar year. Women and men are counted separately.

Possible sum of points per athlete in each race:

- standard points as shown in the table below for all finisher depending on the race type and the achieved rank
- +20 points for each finisher of an IUTA world championship race
- +40 points for the athlete achieving a new world record
- +20 points for the athlete achieving a new race record (not in races that are held for the first time and not if the athlete brokes a world record)
- +5 points for the athlete(s) achieving the fastest time at the swim, the bike and the run part, but only if the athlete finishes the race

Ultra Triathlon	Rank									
	1	2	3	4	5	6	7	8	9	10
Double	220	190	160	140	120	110	105	100	97	94
Triple	230	200	170	150	130	120	115	110	107	104
Quadruple	240	210	180	160	140	130	125	120	117	114
Quintuple	250	220	190	170	150	140	135	130	127	124
Deca	300	270	240	220	200	190	185	180	177	174
Double Deca	400	370	340	320	300	290	285	280	277	274
Triple Deca	500	470	440	420	400	390	385	380	377	374



	11	12	13	14	15	16	17	18	19	20
Double	92	90	88	86	84	82	80	79	80	81
Triple	102	100	98	96	94	92	90	89	90	91
Quadruple	112	110	108	106	104	102	100	99	100	101
Quintuple	122	120	118	116	114	112	110	109	110	111
Deca	172	170	168	166	164	162	160	159	160	161
Double Deca	272	270	268	266	264	262	260	259	260	261
Triple Deca	372	370	368	366	364	362	360	359	360	361

IUTA - Rules 6: World Cup Challenge Standard Points Table

The standard points table above shows the points for the first 20 finishers from a Double to a Triple Deca UT. It isn't differentiated between continuous and day format UT. The 18th finisher and all subsequent finishers each get one point less than their predecessor. All finisher get in a minimum one point as standard.

22. IUTA WORLD CUP CHALLENGE: PRIZE MONEY

IUTA offers trophies and presents prize money to the first three athletes overall of the men and women categories after addition of the point's results obtained during a calendar year.

1st woman and man	2nd woman and man	3rd woman and man
600 EUR	400 EUR	200 EUR

IUTA - Rules 7: World Cup Challenge Prize Money

23. IUTA LONG DISTANCE CHALLENGE

IUTA offers a Long Distance Challenge in a calendar year. It is a challenge for the athletes who finished the most long distances: A Double UT counts as two long distances, a Triple UT as three long distances and so on, no matter if continuous- or per-day-format. Non finished races don't count, not even partially. Included in this challenge are all IUTA sanctioned races in a calendar year.

Should two athletes come to the same number of long distances the longer finished race (number of long distances) decides on the victory. If this is also the same the athlete with the least number of participations (participations mean finished or unfinished races) will win. If all criteria are the same there are more than one winner.

The IUTA offers trophies for the best man and woman.

24. 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.

25. APPLICATION

IUTA rules are applicable in their entirety as of 1st January 2019.

Previous revisions:

1. September 2006
2. September 2013
3. 10. June 2014
4. 26. March 2015
5. 01. December 2015
6. 01. January 2017
7. 01. January 2018

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