



# IUTA Rules 2025

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## 1. SCOPE

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

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

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

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

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

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

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

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

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

## 24 2. DEFINITIONS

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

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

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



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



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

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

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

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

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

### 105 **3. IUTA RESPONSIBILITIES**

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

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

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

### 117 **4. PARTICIPANTS**

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



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

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

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

## 138 5. CATEGORIES/AGE GROUPS

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

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

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

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

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

## 152 6. GENERAL CONDUCT AND SANCTIONS

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



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

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

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

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

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

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

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

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





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

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

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

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

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

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

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

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

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

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

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

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



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

## 242 **8. SWIMMING CONDUCT**

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243 Swimmers may use any stroke to propel themselves through the water. Each  
244 participant shall be permitted to wear a wet suit irrespective of the water  
245 temperature. The wetsuit may be single or multiple layers, as long as a thickness  
246 of 12 mm is not exceeded, and must keep hands and feet exposed.

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

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

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

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

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

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

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

271 The swimmer is authorized to leave the swimming part due to exhaustion, for  
272 medical check-up, massage, etc. Upon leaving the course, a participant shall re-  
273 enter the course and continue at the same point. The athlete or a member of his  
274 support crew must notify the race director or staff before exiting and re-entering  
275 swim.

276 A swimmer experiencing difficulty and in need of assistance shall wave his arms,  
277 and call or seek assistance. A swimmer, who has received official assistance,  
278 whether voluntary or involuntary, must retire and withdraw from the remainder





279 of the race unless such assistance did not aid the swimmer in making forward  
280 progress. No swimmer shall return to the race if the official rendering assistance  
281 requests that the participant withdraws from the race or receives medical  
282 assistance.

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

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

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

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

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

302 Overtaking is authorized. The overtaken swimmer shall not block the overtaking.

303 It is obligatory to touch the wall with a part of the body during the turns. Failure  
304 to do so shall result in penalty as described in section [General Conduct and](#)  
305 [Sanctions](#).

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

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

## 315 **9. TRANSITION**

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316 A participant must reduce cycling speed to an acceptable and safe level when  
317 exiting and entering the transition areas and the support crew area. Failure to do  
318 so shall result in a penalty as described in section [General Conduct and](#)



319 [Sanctions](#). When defined by the race organizer, all participants shall place  
320 equipment only in the properly designated and individually assigned bicycle  
321 corral and shall at all times keep their equipment confined to such properly  
322 designated areas.

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

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

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

## 336 **10. CYCLING CONDUCT**

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

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

- 344 ▪ Length cannot exceed two meters, and width cannot exceed 75 centimeters.
- 345 ▪ The distance from the ground to the center of the chain wheel axle must  
346 measure at least 24 centimeters.
- 347 ▪ A vertical line touching the front most point of the saddle may be no more  
348 than 5 centimeters in front of and no more than 15 centimeters behind a  
349 vertical line passing through the center of the chain wheel axle. The cyclist  
350 must not have the capability of adjusting the saddle beyond these limits  
351 during competition.
- 352 ▪ The "front-to-center" distance, which is defined as the distance between a  
353 vertical line passing through the center of the chain wheel axle and a vertical  
354 line passing through the center of the front axle, must measure not less than  
355 54 centimeters, except where the distance between the center of the chain  
356 wheel axle and the top of the saddle is less than 71 centimeters. In this case  
357 the front-to-center distance cannot be less than 50 centimeters. The "front-  
358 to-center" distance must measure not more than 65 centimeters, or seven  
359 eighths of the distance between the center of the chain wheel axle and the  
360 top of the saddle, whatever is greater. Applicability of the two foregoing



- 361 exceptions is determined by measuring from a point on top of the saddle  
362 which is 14 centimeters behind the front most point of the saddle.
- 363 ▪ There must be no protective shield, fairing, or other device on any part of the  
364 bicycle (including frame, wheels, handlebars, chain wheel, and accessories)  
365 which has the effect of reducing resistance. Aerodynamic carriers for food,  
366 water, and or cycling provisions may be attached to or be an integral part of  
367 the aero-handlebars if they meet the following guidelines:
    - 368 a) The carrier can pass from front to rear, through a rectangular loop with  
369 dimensions of 10 inches (25 cm) in width and 8 inches (20 cm) in height.
    - 370 b) The front of the carrier is behind the cyclist's hands when the hands are  
371 placed in their customary position on the end of the aero bars, and
    - 372 c) The length of the carrier is no greater than 10 inches (25 cm) front to  
373 rear.

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

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

402 Participants shall not make any forward progress unaccompanied by their  
403 bicycle. If a bike is not working, no matter at what point of the track, the  
404 participant is allowed to accept help from his team, the event organizer or other  
405 competitors. The participant may be brought spare parts or even a spare bike.  
406 Should the participant not be able to continue the race immediately despite the



407 help, the point of exit must be marked. A continuation of the race must take  
408 place at the exit point.

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

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

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

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

486 At nights, when the conditions of visibility are weak and as soon as deemed  
487 necessary by the event organizer, participants have to wear reflective clothes



488 and/or reflective apparels and has his/her bike equipped of frontal and rear lights  
489 that allow for a proper security of the athletes...

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

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

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

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

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

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

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

## 517 **11. RUNNING CONDUCT**

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

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

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





- 528 Pacing an athlete in front of him is strictly forbidden. Any violation of this rule  
529 shall result in a disqualification.
- 530 Pets are not allowed on the race course. Pacing using pets is strictly forbidden.
- 531 If the corresponding traffic regulations of the event location (country) don't  
532 prohibit and the event organizer don't prohibit, any participant is allowed to use  
533 or wear a hard cast, headset audio device or ear phone during the running stage.  
534 The athlete has the responsibility to ensure that he is able to hear warning  
535 signals at any time. The athlete must also be accessible at all times.
- 536 It is the responsibility of the event organizer to mark correctively the run race, to  
537 use cones, reflective lamps and / or any sign to signal any danger for the safety  
538 of the participants.
- 539 Participants must cover primary genitals with clothing. Female participants must  
540 also cover their breasts. Any violation of this rule shall result in a disqualification.
- 541 For races organized on roads open to car traffic and races for which biking and  
542 running sections are on common roads, the participants will have to wear  
543 reflective clothes and/or reflective apparels at nights and eventually equipped of  
544 frontal and rear lamps, when the conditions of visibility are weak and as soon as  
545 deemed necessary by the event organizer.
- 546 Participants shall have at their disposal sufficient spare batteries to allow for the  
547 proper respect of this rule all along the night. Any violation of these rules shall  
548 result in disqualification unless immediate corrective actions are given by the  
549 participant.
- 550 Unless otherwise ruled by the event organizer for point-to-point UT, support from  
551 car vehicles not belonging to the organization is strictly forbidden. Any violation  
552 of this rule shall result in disqualification.
- 553 For point-to-point UT, no more than one vehicle can be accepted per participant.  
554 The vehicle will have to run at a minimum 10 meters behind the participant.  
555 Supplies to the participant, medical and mechanical assistance shall only be  
556 provided by participant's crew members from a stationary vehicle.
- 557 Any violation that does not lead to direct disqualification must be punished with a  
558 penalty as described in section [General Conduct and Sanctions](#).

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

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- 560 Accompaniment during the swim part is forbidden. During open water swims, the  
561 organizer has the final say. He can allow accompaniment e.g. in a boat, but any  
562 form of pace making is strictly forbidden.
- 563 Accompaniment during cycling and running is not forbidden, but any character of  
564 pacing is strictly prohibited. The following rule applies:
- 565 Accompaniment during cycling means that a supporter is only allowed to ride  
566 behind his athlete. The supporter must also comply with the road traffic



567 regulations of the respective country. The supporter is forbidden to hand over  
568 food, drink, clothing or other utensils during the ride. The accompaniment is for  
569 safety purposes only. Accompaniment while cycling is allowed for a maximum of  
570 every three hours for two laps or every three hours for a maximum of 20  
571 kilometers. Whichever limit (two laps or 20 kilometers) is reached first is  
572 decisive.

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

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

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

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

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

### 589 **13. LITTERING**

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

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

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

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



## 606 14. IUTA TRIATHLON MODIFICATIONS FOR PARA-TRIATHLETES

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### 607 14.1. GENERAL

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

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

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

618 Each para-triathlete shall be required to:

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

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

### 626 14.2. SWIMMING CONDUCT

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

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

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

### 634 14.3. CYCLING CONDUCT AND EQUIPMENT, NON-WHEELCHAIR USERS

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

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



## 645 14.4. CYCLING CONDUCT AND EQUIPMENT, WHEELCHAIR USERS

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

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



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

#### 709 14.5. RUNNING CONDUCT, NON-WHEELCHAIR USERS

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

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

#### 718 14.6. RUNNING CONDUCT AND EQUIPMENT, WHEELCHAIR-USERS

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

720 The racing wheelchair must conform to the following specifications:

- 721     ▪ The wheelchair shall have two large rear wheels and one small front wheel.
- 722     ▪ A brake shall be attached to the front wheel.
- 723     ▪ No part of the body of the chair may extend forward beyond the hub of the  
724     front wheel and be wider than the inside of the hubs of the two rear wheels.  
725     The maximum height from the ground of the main body of the chair shall be  
726     50cm.
- 727     ▪ The maximum diameter of the large wheel including the inflated tire shall not  
728     exceed 70cm. The maximum diameter of the small wheel including the  
729     inflated tire shall not exceed 50cm.
- 730     ▪ Only one round hand rim is allowed for each large wheel. This rule may be  
731     waived for persons requiring a single arm drive chair, if so stated on their  
732     medical qualification cards.
- 733     ▪ No mechanical gears or levers shall be allowed that may be used to propel the  
734     chair.



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

## 756   14.7. VISUALLY-IMPAIRED PARA-TRIATHLETE AND GUIDE CONDUCT

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

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





- 779   ▪ The tandem bicycle shall measure no more than 2.70 meters in length and
- 780   0.5 meters in width. At no time shall the guide lead or pace the athlete or
- 781   propel the athlete forward by pulling or pushing.
- 782   ▪ Whether or not a tether is being used, the athlete and guide shall not be
- 783   more than 0.5 meters apart at all times.
- 784   ▪ As the PTIV athlete crosses the finish line, the guide must maintain no more
- 785   than the required 0.5 meters maximum separation distance and may not
- 786   precede the athlete.
- 787   ▪ Guides shall be subject to all IUTA Competitive Rules, including membership
- 788   requirements.

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

## 791   **15. STANDARDIZED/MINIMUM DISTANCES AND TOLERANCES**

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

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

796   IUTA - Rules 2: Standardized Distances of an Ultra Triathlon  
 797   \* lanes = calculated lanes in a 25-meters- and a 50-meters pool

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

798   IUTA - Rules 3: Minimum Distances of an Ultra Triathlon  
 799   \* lanes = calculated lanes in a 25-meters- and a 50-meters-pool



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

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

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

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

## 816 16. TIME LIMITS AND BREAKS/RESTARTS

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

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

818 *IUTA - Rules 4: recommended time limits*

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

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

825 The total cut-off is considered the definitive end of a race. The cut-off for the  
 826 swim segment may be extended by the event organizer during the race as long  
 827 as the safety of the athletes, supporters and volunteers is ensured. The  
 828 extension of the cut-off of the swim segment is at the expense of the time for  
 829 the bike segment and does not affect the cut-off for swim + transition 1 + bike  
 830 and does not affect the total cut-off.



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

835 The official race time will be measured from the start of the race to when it ends.  
836 In UT (Day) every day has one start and one end. Any stoppages to the race,  
837 e.g. due to inclement weather, will not stop the clock.

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

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

847 The restart could be done in two ways:

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

857 If an extension of the total cut-off is necessary because all athletes or most of  
858 them are affected by a longer unforeseen interruption of the race, this can be  
859 decided in exceptional cases by the event organizer together with the IUTA.

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

## 863 **17. ANTI DOPING POLICY**

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864 IUTA adheres to the rules, regulations and policies of the World Anti-Doping  
865 Agency (WADA). With regard to penalties for doping violations, the IUTA  
866 reserves the right to follow its own rules, which are described in the section [Acts  
867 of warranting Suspension and Protest](#). All participants and event organizers of  
868 IUTA sanctioned races commit to recognize the rules, regulations and policies of  
869 WADA and IUTA in its entirety. It is the responsibility of each participant and  
870 event organizer of IUTA sanctioned races to know and to comply with the  
871 applicable anti-doping IUTA-Rules and WADA rules, regulations and policies.



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

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

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

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

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

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

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

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

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



## **912 18. TECHNOLOGY FRAUD**

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

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

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

## **923 19. SUPERVISION AND CONTROL**

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

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

928 Race officials are empowered:

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

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

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

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

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



## 949 **20. MEDICAL SUPPORT**

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

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

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

## 959 **21. AWARDS AND PRIZES**

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

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

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

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

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

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

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

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

- 977 ▪ 1st man and woman: 25 EUR \* number of participants = prize money in EUR
- 978 ▪ 2nd man and woman: 15 EUR \* number of participants = prize money in EUR
- 979 ▪ 3rd man and woman: 10 EUR \* number of participants = prize money in EUR

980

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

- 983 ▪ 1st man and woman: 1000 EUR
- 984 ▪ 2nd man and woman: 600 EUR
- 985 ▪ 3rd man and woman: 400 EUR





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

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

987 An organizer is allowed to pay more prize money.

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

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

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

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

- 996 • The athlete who needed fewer participations in races (including DNF) in the  
997 calendar year
- 998 • The athlete who needed fewer finished long distances in the calendar year
- 999 • A further criterion is only used to determine the podium placings (rank 1-3):  
1000 The athlete who is ranked better in the IUTA five-years ranking which can be  
1001 viewed on IUTA's website.

1002 If, after evaluation of these criteria, there is a tie between athletes, the athletes  
1003 concerned will be assigned the same rank.

1004 Within an event only one race per athlete is considered in the IUTA WCC. The  
1005 race with the most points achieved in that event is the one that counts.



# International Ultra Triathlon Association

1006 In IUTA Grand Prix Races, indicated on our website, the points at the end of the  
1007 following calculation are reduced by 50% for each finisher.

1008 The complete formula = (points from **Standard Points Table** + **Bonus Points**)  
1009 x **Additional Number of Starters Factor**, which is described as follows.

1010 Decimal values are rounded to whole numbers for each individual race.

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

1011 IUTA - Rules 6: World Cup Challenge Standard Points Table – Distance/Rank/Points

1012 The preceding **Standard Points Table** shows the points for the first 20 finishers  
1013 from a Double (2) to a Deca UT (10). Finisher of races > a Deca UT always get  
1014 the points of a Deca UT, no matter how long the race is. The Deca UT represents  
1015 the maximum number of points that can be scored in a single race.

1016 It is not differentiated between UT Continuous, UT Day, UT Split, UT NonStop, UT  
1017 Step and UT Staged.

1018 The 18th finisher and all subsequent finishers each get one point less than their  
1019 predecessor. All finisher will get in a minimum one point as standard. If an  
1020 athlete does not reach the finish line in a race, he will not receive any points, not  
1021 even partially.

1022 The points for a UT (Split) are based on the total number of long distances of the  
1023 corresponding race, for example 4 for a combined Double UT (or Quadruple UT  
1024 Split).

1025 The points for a UT (Step) are based on the total number of long distances of the  
1026 corresponding race, for example 10 long distances for finishing the Single,  
1027 Double, Triple and Quadruple UT (1+2+3+4 = 10) of a Deca UT (Step).



1028 For finishing an UT (Staged) all athletes get the points corresponding to the  
 1029 number of finished long distances, e.g., for an UT (Staged) with a 10km swim,  
 1030 421 km bike ride and 84,39 km run the athlete will get the points for a Double  
 1031 UT.

1032 If two or more athletes in a race finish with the same time (in same place) the  
 1033 corresponding world cup rank points will be added and divided through the  
 1034 number of finishers at the same time (place). Example: Two athletes finish a  
 1035 "Double" in 5th place at the same time. The points for rank 5 and rank 6 will be  
 1036 added and divided through 2 (for 2 athletes) => (120 points + 110 points) / 2  
 1037 athletes = 115 points for each athlete.

1038 Possible **Bonus Points** per athlete in each race:

- 1039 ▪ +20 points for each finisher of an IUTA World Championship race
- 1040 ▪ +40 points for the athlete achieving a new world record
- 1041 ▪ +20 points for the athlete achieving a new race record (not in races that were  
 1042 held for the first time and not if there was no finisher in the corresponding  
 1043 category yet and not if the corresponding athlete has broken a world record)
- 1044 ▪ +5 points for the athlete(s) achieving the fastest time at the swim, the bike  
 1045 and the run part, but only if the athlete finishes the race

1046 **Additional Points** per athlete according to the **number of athletes at the**  
 1047 **start line** in each race, no matter which format (Cont., Day, Split or Staged).

1048 Formula for additional points = **1 + Athlete's Rank + Race Distance Factor**

1049 Explanation for "1":

1050 The number "1" serves to ensure that additional points or that the total value of  
 1051 the 2nd factor in the complete multiplication calculation is always above 1.

1052 Explanation for "Athlete's Rank":

1053 The calculation for the athlete's factor =

1054 (Number of starters in a race – Ranking of the corresponding athlete) / 100

1055 The athlete factor is based on the respective ranking and the total number of  
 1056 starters in a race. In addition, the placement flows decisively into the calculation  
 1057 as a factor in which the winner of a race with 50 starters has left 49 athletes  
 1058 behind him (factor 0,49), the second placed 48 (factor 0,48) and so on.

1059 Explanation for "Race Distance Factor":

1060 Experience shows that there are fewer starters with increasing race length. This  
 1061 is compensated by the race distance factor. It starts with 0,02 for a Double Ultra  
 1062 and increases by 0,01 with each additional long distance.

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

1063 *IUTA - Rules 7: World Cup – Race Distance Factor*

1064 **Example 1 for the complete calculation** of a male athlete at a Double UT,  
 1065 who finished 7<sup>th</sup> out of 38 male participants and achieved the fastest bike split:

1066 **Points from Standard Table = 105**

1067 **Bonus Points** for fastest bike split = **5**

1068 **Additional Number of Starters Factor** = 1 + (38 – 7) / 100 + 0,02 = **1,33**



1069 Race total points for the IUTA World Cup =  $(105 + 5) \times 1,33 = 146,3 = 146$   
1070 world cup points as rounded value.

1071 **Example 2 for the complete calculation** of a male athlete at a Deca UT, who  
1072 finished 7th out of 12 male participants and achieved the fastest swim split:

1073 **Points from Standard Table = 185**

1074 **Bonus Points** for fastest swim split = **5**

1075 **Additional Number of Starters Factor** =  $1 + (12 - 7) / 100 + 0,1 = 1,15$

1076 Race total points for the IUTA World Cup =  $(185 + 5) \times 1,15 = 218,5 = 219$   
1077 world cup points as rounded value.

1078 IUTA offers trophies and presents prize money to the first three athletes overall  
1079 of the men and women categories after addition of the point's results obtained  
1080 during a calendar year. If there are more than three athletes on the podium, the  
1081 athletes have to share the prize money for their corresponding podium place.

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

1082 *IUTA - Rules 8: World Cup Challenge Prize Money*

1083 The prize money depends on the number of events (an event can include several  
1084 races) and the number of participations in the current calendar year.

1085 If there are less than four events in a calendar year, the IUTA WCC is cancelled.

1086 If there are fewer than 300 entries (an athlete may participate in more than one  
1087 race), the prize money will be reduced by 1% for each missing entry of 300.

1088 Example: If there are 290 entries, the winner receives  $750 \text{ EUR} - 10\% = 675$   
1089 EUR. The minimum limit is a 50% reduction in prize money, which applies to 250  
1090 entries per calendar year.

## 1091 **24. RECOGNITION OF ULTRA TRIATHLON RECORDS**

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1092 Requirements for recognition of (world) records:

- 1093 ▪ The record must be achieved in an IUTA World Cup Race.
- 1094 ▪ The record must be achieved on measured tracks (bike and run) by an  
1095 independent authority. The measurement protocol must be handed over to  
1096 IUTA.
- 1097 ▪ There must be an electronic time system, which counts the number of laps  
1098 and the time for each participant during the bike and run part. The event  
1099 organizer has to provide the IUTA with the laps and times of the athlete, who  
1100 achieved a new record.
- 1101 ▪ A negative doping test of the corresponding athlete, executed according to  
1102 the rules of WADA and to the rules of IUTA.
- 1103 ▪ In point-to-point races no records can be achieved.
- 1104 ▪ In IUTA Grand Prix Races no records can be achieved.



## 1105 **25. RACE CONTRACTS**

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1106 Specific issues such as financial contribution or special rules are defined by  
1107 contract between the different parties, namely the event organizer and the IUTA.

1108 This contract shall provide a clear description of the race event in particular with  
1109 aspects governing circuits and security rules.

1110 This contract is defined for a specified time and is subject to revisions and  
1111 revoking clause as mutually agreed in the contract itself.

## 1112 **26. APPLICATION**

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1113 IUTA rules are applicable in their entirety as of 1st January 2025.

1114 If individual regulations of these official IUTA rules should be whole or partially  
1115 ineffective, then this does not affect the effectiveness of the remainder section or  
1116 the remaining section.