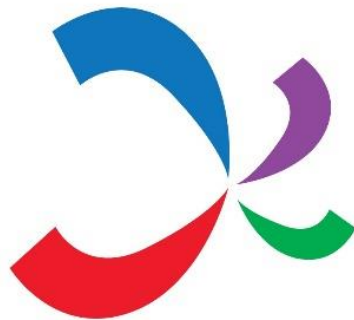


PARIS 2018

TRIATHLON RULES



PARIS 2018

GAY GAMES 10



ALL EQUAL

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I. Introduction

Triathlon of the Gay Games 2018 is subject to the regulations of the International Triathlon Union (https://www.triathlon.org/uploads/docs/itusport_competition-rules_2017.pdf). Each competitor agrees to respect this regulation. All registrations to the competition implies the respect of this Regulation.

II. Insurance

The organizer will be duly covered by liability insurance for Organizer, which covers civil liability and those registered competitors from the starting line to the finish line of the competition, for personal injury or materials that they might accidentally cause to others or cause to themselves. Competitors must be fully aware of the risks in this type of sporting event, which requires prior training and excellent physical condition. The organizer shall have no liability whatsoever for any accident / injury / disability / death occurring on a competitor, except of course to accidents directly caused by a breach by the organizer to its legal obligations and regulations. In addition, the organizer shall have no liability for any damage, loss, theft of any property / equipment / personal equipment; it is for competitors to take out insurance to cover, if necessary, this type of risk.

III. Registration and bib withdrawal

Registration fees cover only participation in the competition, excluding any costs of transportation, accommodation or meals or any medical expenses (care on site, repatriation ...), that remain to the competitor. A competitor must provide when registering online:

- a photocopy of their license FFTRI 2018 (or equivalent from a foreign Triathlon)
- For non-redundant, they must complete the fitness certificate, downloadable from the website **Paris2018**, or provide a medical certificate of non-cons to the triathlon (2018)

Otherwise, any-participation in the competition is excluded.

The withdrawal bib must imperatively be done before the day of the competition and **only at the city of fashion and design**. No possibility of bib withdrawal can be done on the day of the competition.

IV. Cancellation of the event

In the event of a cancellation for safety reasons (public health, weather), the competition will be transformed into duathlon. If the event still would be impracticable, competitors renounce already to any claim or refund of any kind.

Pursuant to the rules of the ITU, and in particular Article 4.3, the swim can be reduced or canceled in consideration of the following information:

Distance of origin to swim	Water temperature						
	Above 32,0 °C	Between 31,9 °C et 31,0°C	Between 30,9 °C et 15,0 °C	Between 14,9 °C et 14,0 °C	Between 13,9 °C et 13,0 °C	Between 12,9 °C et 12,0 °C	Under 12,0 °C
750 m	Cancel	750 m	750 m	750 m	750 m	750 m	Cancel
1500 m	Cancel	750 m	1500 m	1500 m	1500 m	750 m	Cancel

		Air temperature							
		15 °C	14 °C	13 °C	12 °C	11 °C	10 °C	9 °C	8 °C
Water temperature	22 °C	21.0 °C	20.5 °C	20.0 °C	19.5 °C	19.0 °C	18.5 °C	18.0 °C	17.5 °C
	21 °C	20.5 °C	20.0 °C	19.5 °C	19.0 °C	18.5 °C	18.0 °C	17.5 °C	17.0 °C
	20 °C	17.5 °C	17.0 °C	16.5 °C	16.0 °C	15.5 °C	15.0 °C	14.5 °C	14.0 °C
	19 °C	17.0 °C	16.5 °C	16.0 °C	15.5 °C	15.0 °C	14.5 °C	14.0 °C	13.5 °C
	18 °C	16.5 °C	16.0 °C	15.5 °C	15.0 °C	14.5 °C	14.0 °C	13.5 °C	13.0 °C
	17 °C	16.0 °C	15.5 °C	15.0 °C	14.5 °C	14.0 °C	13.5 °C	13.0 °C	Cancel
	16 °C	15.5 °C	15.0 °C	14.5 °C	14.0 °C	13.5 °C	13.0 °C	Cancel	Cancel
	15 °C	15.0 °C	14.5 °C	14.0 °C	13.5 °C	13.0 °C	Cancel	Cancel	Cancel
	14 °C	14.0 °C	14.0 °C	13.5 °C	13.0 °C	Cancel	Cancel	Cancel	Cancel

V. Distance for competition

The triathlon Gay Games have 2 events Sunday, August 5, 2018: Sprint Distance or S and Olympic Distance or M. the precise distances trials respect the distances specified in the ITU.

For S: 750 m swim, one loop 20 km cycling and 5 km running

for M: 1500 m swimming, two loops 20 km cycling and 2 loops 5 km running.

VI. Identify competitors

The organization will provide each participant:

- 1 ID bracelet with the bib number
- 1 chip
- 1 bib (bibs may in no case be folded or obscured in whole or in part) for running and Cycling
- 4 safety pins
- 1 bathing cap
- 1 sheet of stickers for identification of triathletes and their material



VII. Safety of the competition

Any triathlete detecting an anomaly on the course of the competition, which would impair the safety of triathletes, is required to inform the organizer. Competitors are required to comply with any directive or instruction which is given by the organizer.

VIII. Specific rules for the Swimming part

Wearing the suit is required if the water temperature is below 16 ° C and prohibited if the temperature is above 24 ° C. The wearing of bathing cap given by the organizer, to the exclusion of any other, is mandatory. Athletes must respect the instructions of the referees regarding the establishment and the starting position. Any false start (before the signal) results in immediate disqualification. In case of bad weather, the decision to take the swim start will be made ¼ hour before departure. The start may be shifted by 2 x 30 minutes before cancellation of swimming. If the swim is to be canceled due to weather conditions (storms, etc.), the race will compete in the cycling event and running. The bike path and jogging will not be changed. Bathing cap of the organization is mandatory. The buoyancy aids are prohibited (tuba, etc.).

IX. Specific rules for the cycling part

For all events, the drafting is not allowed. In case of non-compliance with this rule, participants will be inflicted a black card. Therefore, the minimum distance between bikes is 7m, between the rear wheel of the bicycle and the front wheel following. Wearing bib on the back of the competitor is mandatory. All types of bikes are allowed on the competition, if they meet the conditions set by this regulation.

Not allowed:

- Electric bike, recumbent bike, or fixie single wheel (bicycle without brakes)
- bike without brakes on one wheel

Each bike will be checked by the referees at the entrance to the bike park. Helmet use is mandatory with the chinstrap. Competitors agree to respect the rules of the road, especially, roll right and do not cut corners. None of the competitors can receive outside assistance, whether for assistance or support by a car or a motorcycle.

X. Specific rules for the running part

Participants must wear their bib numbers visibly on their chest. If participants wish to wear it via a belt, it must be attached to waist height by three minimum points. The running attire must comply: no shirtless or straps on shoulders, trisuit open to the sternum maximum. None of the competitors can receive outside assistance, whether for assistance or support by a car, a motorcycle or a bicycle.



XI. Transitions

Two transitions occur on the competition:

- From swimming to cycling - Transition # 1
- From cycling to running - Transition # 2

Triathletes will keep in the transition area their belongings/products supplies (cereal bars, gels or other) and are allowed to carry them for cycling events and running.

At each transition, the triathlete will change its dress next to its bike, where a specific tray will allow to gather the belongings for the competition. Only competitive material will be accepted in the bike park. The organization can not be held responsible in case of loss of clothing or equipment triathlete.

Transition 1:

- The wetsuit must not be removed before entering the bike park
- Helmet with the chinstrap must be set before taking the bike;
- The bike must be pushed to exit the bike park (bounded by a line);

Transition 2:

- The descent of the bike must be at the entrance of the bike park materialized by a line;
- The bike must be pushed to the place of the triathlete.

XII. The Bike Park

In general, only the triathletes, the organization and the referees are allowed to enter and travel in the bike park and in the transition area. Each triathlete sees an assigned spot corresponding to their bib number. No other material should be in the bike park. Triathletes will be identified by their ID bracelets. This will be cut at the final output of the bike park after the competition.

The deposit of the material must be the day before the race Saturday, August 4. The bike park opening hours are from 10: 00 to 15: 30. No possibility to deposit the material can be done the day of the competition.

XIII. The time limits

For each event, time limits are provided beyond which the participants will be disqualified from the competition. The organization and referees reserve the right to disqualify a triathlete if his time is too important and endangered.



Time limit after the start:

	SWIMMING	BICYCLE	RUNNING
TRIATHLON S	0 : 45	2 : 15	3 : 00
TRIATHLON M	1 : 00	3 : 30	5 : 00

XIV. Penalties

The referees procedures (verbal warning, sanction, or disqualification) apply to the competitors before, during and after the event, from the bib withdrawal until the end of the announcement of results.

During a competition, a competitor can be:

- Prompted verbally
- Punished for: remission in accordance with yellow card, penalty with a black card and for disqualification with a red card. A competitor may be disqualified without having been previously concerned by the warning procedures or punishment. Only official referees of the organization, duly assigned to the test and bearing the official chasuble can apply these procedures. It is the competitor's responsibility to carry out his penalty. The referees' decisions are final.

XV. Order by age category and prize

Leaderboards will be available on the competition site. Triathletes will be classified by gender, race and age category. Participation in the award is mandatory: no competitor will be entitled to receiving his trophy if absent.

The age categories will be as follows:

Class 1	18 years – 29 years	Class 7	55 years – 59 years
Class 2	30 years – 34 years	Class 8	60 years – 64 years
Class 3	35 years – 39 years	Class 9	65 years – 69 years
Class 4	40 years – 44 years	Class 10	70 years – 74 years
Class 5	55 years – 59 years	Class 11	75 +
Class 6	50 years – 54 years		

XVI. Authorized and unauthorized equipment

1. Swimming

a. Authorized equipment

- Triathlon trisuit
- Trifunction or neoprene suit with or without hood. The combination is mandatory if the temperature of the water drops below 16°; prohibited if the temperature is over 24°
- Trunk
- Swimming cap
- Swimming goggles or mask
- Nose Clip

1 trash bag (to put your wetsuit on your back and do not soak your other suit)

b. Unauthorized equipment

- Fins
- Pads
- Gloves
- Slippers
- Snorkel
- Vest or buoyancy aids

2. Cycling

a. Authorized equipment

- Road bike, city or mountain biking: All types of bikes authorized
- Rigid cycling helmet in compliance with safety standards **MANDATORY**
- Handlebar extenders
- Bike shoes or basketball
- Bottle plastic
- Belt holder bib (bib rear)

b. Unauthorized equipment

- Electric bike, recumbent bike, or fixie single wheel (bike without brakes)
- Bike without brakes on one wheel
- Nonspecific Helmet bike (bike, climbing ...)
- Containing glass,
- Radios cell phones, MP3 players, music players or other earpiece

3. Race walking

a. Authorized equipment

- Cap
- Belt - (bib front)

b. Unauthorized equipment

- Bicycle helmet
- Radios, cell phones, MP3 players, music players or other earpiece

XVII. Frequently Asked Questions

What kind of bike is allowed on the race?

Road bikes, city and mountain bikes are allowed. Fixies (bike without brakes) and electric bicycles are not allowed.

Is wetsuit mandatory?

The use of the wetsuit result of the water temperature on day D:

- If less than 16 °, the combination is mandatory.
- If between 16 ° and 24 °, the combination is allowed but not mandatory. We recommend all the same, it will help you float!
- If greater than or equal to 24 °, it will be prohibited.

Is helmet use mandatory?

Wearing a helmet is mandatory during the cycling event. Rigid and naïve shock, it must be in compliance with the safety standards for the French territory

How to fix my bib? Is it mandatory in the water?

Wearing bib given by the organizer is mandatory. It will be worn perfectly visible from taking up cycling and crossing the finish line. It will be positioned on the lower back cycling and belly in running. It must not be cut, kinked, hidden. A bib must be fixed in three points minimum including a carrier belt bib. It is recommended not to put the bib on the swimming part.

Is The drafting allowed on the bike course?

No, the drafting is not allowed on both distances



- Sprint or size S
- Olympic distance or size M

Can I use my MP3 or smartphone during the race?

The use of MP3 is prohibited. The smartphone can be used on stop and only in an emergency.

GoPro type of board cameras are they allowed?

Yes board cameras are allowed, but it is forbidden to attach them to the bicycle helmets and they shall not constitute any danger to the athlete or other competitors. The images may in no case be used to challenge an arbitration decision.