

RULES AND REGULATIONS

SWIM RULES:

1. Each swimmer must wear the swim cap provided by the race organisers, as per the allocated wave.
2. Wearing swim goggles is recommended, but optional.
3. Wear your chip on the left ankle.
4. No individual paddlers or escorts will be allowed. The Swim Course will be adequately patrolled by lifeguards.
5. Swimmers must stay on course and keep all buoys to the right shoulder.
6. A swimmer having trouble and who needs assistance **MUST** raise an arm and wave when able to be seen by the water safety marshals.

BIKE RULES:

1. **It is the athlete's responsibility to know the course.**
2. Conventional bikes (road bikes, mountain bikes, triathlon time-trial bikes, and hybrids) are allowed.
3. No tandems, recumbent, E-bikes and fairings or any add-on devices designed exclusively to reduce resistance are allowed.
4. Solid disc wheels are allowed. Any new, "unusual" or prototype equipment will be subject to a determination of legality by the Race Director and/or the Head Race Referee.
5. All bikes and helmets will be checked by Race Referees prior to the race. Bike handlebars will be checked for "end plugs." Race officials reserve the right to **reject any bike/helmet** not meeting safety standards. If the bike/helmet does not meet safety standards, the Athlete will be required to correct the problem before participating in the race.
6. Torso must be always covered on the bike.
7. **NO Cell phones allowed.**
8. **NO** Audio / MP3 players are permitted during the cycle leg.
9. All Athletes must mount and dismount in the marked zones outside the Transition area.
10. Athletes are expected to heed the directions and instructions of all race officials and public authorities.
11. No littering. You may discard of your trash at the aid stations located along the course.
12. Athletes may walk with their bike, if necessary, but may not make progress on the bike course unaccompanied by their bicycle.
13. Under no circumstances may a participant ride his/her bike inside the Transition area.
14. Any unreturned Timing Chips will be charged to the athlete(s) account

RUN RULES:

1. Your upper body must be always covered on the run portion of the race.
2. You must always wear your race number on the run course. Run number must be placed on the **FRONT** of the runner.
3. Running, walking, or crawling is allowed.
4. Follow the directions and instructions of all race officials and public authorities.
5. **NO Cell phones allowed.**
6. **NO** Audio / MP3 players are permitted during the run leg.
7. Do not litter on the racecourse (except at the Aid Station). This offense could result in your disqualification.