



RULES OF THE DEAUVILLE NORMANDY TRIATHLON 2023

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Article 1. FRENCH TRIATHLON FEDERATION

The Deauville Normandy Triathlon is governed by the rules of the French Triathlon Federation (FFTRI) (available on <http://www.fftri.com/reglementation-sportive>). All competitors must abide by those rules. Registration for the competition also implies acceptance to adhere to the rules herewith.

Article 2. RACES

Deauville Normandy Triathlon consists of 5 adult races and 4 junior races:

| RACES | FFTRI | Accepted categories as solo | Starts | DISTANCE Swimming/Cycling/ Running |
|----------------------|-------|-----------------------------------|--|--|
| Full Distance | XXL | Senior / Veteran | Saturday, 17 th of June - 9:00 am | 3.8km/180km/42km |
| Long Distance | L | Senior / Veteran | Saturday, 17 th of June - 1:30 pm | 1,9km/90km/21km |
| Olympic Distance | M | Junior / Senior / Veteran | Sunday, 18 th of June - 3:00 pm | 1.5km/40km/10km |
| Olympic Distance 750 | M | Junior / Senior / Veteran | Sunday, 18 th of June - 8:30 am | 750m/38km/10km |
| Sprint Triathlon | S | Cadet / Junior / Senior / Veteran | Saturday, 17 th of June - 8:30 am | 300m/23km/5km |
| MiniKids | - | Poussin | Saturday, 18 th of June | 50m/2km/200m |
| MiniKids | - | Pupille | Saturday, 18 th of June | 100m/2km/400m |
| TriKids | - | Benjamin | Saturday, 18 th of June | 200m/4km/1,6m |
| TriKids | - | Minime | Saturday, 18 th of June | 200m/4km/1,6m |

Article 3. RACE SECURITY

Any triathlete who detects an anomaly on the competition course that may affect the safety of participants is required to inform the organiser. Competitors must comply with all instructions given by the event organiser.

Safety at the events is provided by the Organiser under the control of the competent State services. The medical service is provided by civil protection associations.

They can decide to disqualify a participant for medical reasons. Under no circumstances can the Organiser be held liable by the participant who was unable to finish his race, following a decision to disqualify him from the race taken by these general services.

Article 4. RACE BRIEFS

The event organiser will arrange one brief per race (except for the MiniKids and TriKids) to present the races to competitors. These briefs will also be sent by email. Participants are strongly advised to take part in the briefs on-site at the Deauville Normandy Triathlon, or failing that, to read very carefully the documents placed at their disposal.

Article 5. COMPETITOR IDENTIFICATION

The organiser will provide each participant with:

- an ID bracelet with bib number
- 1 timing chip
- 2 bibs (the bibs must under no circumstances be folded or hidden in part or in whole) for the running and cycling segments
- 1 swimming cap
- 1 set of stickers for the identification of the triathletes and their equipment

Article 6. BIKE PARK

Generally, only the triathletes, organisational staff and Officials are allowed to enter and move around the bike park and transition area.

Each triathlete is allocated a placement that corresponds to their bib number. Except during children's triathlons, all belongings must be placed in the container supplied in the bike park, and not on the ground. Triathletes will be identifiable by their ID bracelets, which will be cut off when leaving the bike park at the end of the competition.

Article 7. TRANSITIONS

Two transitions take place during the races:

- from the swim to cycle segments – Transition n°1
- from the cycle to run segments – Transition n°2

During each transition, triathletes must get changed next to their bike, where a marked container will serve to gather their competition gear. Only competition gear is authorised in the bike park.

A tent is available where the triathletes can get changed if they so wish. The event organiser cannot be held if any of the triathlete's clothing or equipment goes missing.

Transition n°1:

- the wetsuit must not be taken off before entering the bike park;
- the helmet must be put on and the chin strap fastened before taking hold of the bike;
- the bike must be walked to the bike park exit (marked by a line).

Transition n°2:

- competitors must get off the bike at the entrance to the bike park, marked by a line;
- the bike must be walked to the triathlete's placement.

Article 8. SPECIFIC RULES FOR THE SWIM SEGMENT

A wetsuit must be worn if the water temperature is below 16°C, but it is prohibited if the temperature is above 24,5 °C. The wearing of the bathing cap provided by the event organiser, to the exclusion of any other, is mandatory. In June the water temperature in Deauville is generally between 16 and 18°C.

Triathletes must abide by instructions given by Officials with regards the set-up of the start line. An invalid start (before the signal) will entail immediate disqualification.

The wearing of the event organiser's bathing cap is mandatory.
Buoyancy aids are forbidden (snorkel, flippers, etc.).

In case of bad weather, the decision to go ahead with the swim segment will be taken 15 minutes before the start time.

The start time can be delayed 2 x 30 minutes before the cancellation of the swim segment. If the swim segment is cancelled because of weather conditions (storm, etc.), a run segment will replace the swim segments.

The competition can continue based on the cycle and run segments. The cycle and run course will not be modified.

Article 9. SPECIFIC RULES FOR THE CYLCE SEGMENT

During all races, no drafting is allowed. If this rule is violated, participants will be penalised with a blue card. Hence, the minimum distance between bicycles is 7m or 12m, being measured between the bicycle's front wheel and the front wheel of the bicycle following behind.

For children's races, drafting is authorised.

The bib must be worn facing the rear.

All types of bicycle are authorised for the races, as long as they abide by the rules in the FFTRI regulations. Upon its entry to the bike park, each bicycle will be checked over by an Official.

Important: extenders are prohibited for all of the young competitor races.

It is mandatory to wear a helmet with the chin strap fastened.

Competitors must abide by the highway code and notably ride on the right hand side and not cut corners.

No competitors may receive any outside support on the course, whether it is assistance or escort by a motorised vehicle or not.

Article 10. SPECIFIC RULES FOR THE RUN SEGMENT

Participants' bibs must be worn facing forwards and be clearly visible. If participants wish to use a bib belt, the bib must be affixed in a minimum of **three places** and be at waist level.

Clothing worn for the run must be in accordance with the rules: no bare torso, straps over the shoulders, zipper only undone as far as the sternum.

No competitors may receive any outside support on the course, whether it is assistance or escort by a motorised car or motorbike.

Article 11. TIME LIMITS

Cut off times are established for each race, above which participants will be disqualified from the competition. They are available in the FAQ section of the event organiser's web site via the following link: <http://triathlondeauville.com/faq/>.

There are no time limits for children's races: the organiser and Officials reserve the right to disqualify a child if their time is too slow.

Article 12. PENALTIES

The Officials' procedures (verbal warning, sanction, disqualification or removal from the event) are applicable to competitors before, during and after the race, from the time they withdraw their bib until the end of the result announcements.

During a race, a competitor can be:

- Warned: verbally;
- Sanctioned: for requirement to comply by yellow card, for penalty by blue card, for disqualification by red card.

A competitor can be disqualified without having previously been concerned by a warning or sanction. Only the FFTRI Officials duly assigned to the race and wearing the official vest can apply these procedures.

It is the responsibility of the competitor to carry out their penalty.

All decisions made by the Officials are final.

Article 13. SPECIFIC RULES FOR TEAM PARTICIPATION

All of the rules herewith apply to team participations.

Only the "adult" races can be participated in by a team. A team consists of a minimum of 2 persons, of which one person can participate in two segments. Maximum of 3 persons in a team.

The relay exchange can only take place in the bike park. No exchange can be made during a segment.

Team members must use the timing chip exchange zone, located between the bike park and the transition area, or will be disqualified. Team participants must always give way to solo triathletes.

Article 14. RANKING AND AWARD CEREMONY

Ranking will be made available on internet after the competition, and also displayed on-site. Triathletes will have a delay of one month within which to contest the results.

The list of prizes is left to the discretion of the event organiser, independent of the age categories of FFTRI.

Presence at the award ceremony is mandatory – competitors cannot subsequently claim their prize if they are absent.