2021 COMPETITION RULES
IRONMAN 70.3 AIX EN PROVENCE
COVID
Article I. INTRODUCTION TO COMPETITION RULES

Section 1.01 PURPOSE
IRONMAN® 70.3® Aix en Provence, organized under the aegis of FFTRI, is in compliance with ITU rules and regulations. Nevertheless, every triathlon has its own distinctive features. The purpose is to provide a consistent set of competition rules specific to IRONMAN® 70.3® Aix en Provence.

If a subject is not displayed here, Federation rules of the country where the race takes place will apply.

This 2021 season is still marked by the global pandemic, COVID-19; we have therefore set up rules for a Safe Return to Racing that will be displayed and detailed in this document. Please make sure to review them and understand them before arriving on site to race.

Section 1.02 INTENTION
Competition Rules are intended to:

(a) Facilitate fair play, equality, and sportsmanship;
(b) Penalize athletes who gain, or seek to gain, an unfair advantage.

ATTENTION: Organizers have the right to refuse registrations and/or forbid the event to take place for any case of force majeure.

Section 1.03 RACE PERSONNEL DEFINITIONS
(a) “Race Director” is the person appointed by IRONMAN to be in charge of the event;
(b) “Head Referee” is the person appointed by IRONMAN to be in charge of rule enforcement for the Race;
(c) “Head Timer” is the person appointed by IRONMAN to be in charge of timing for the Race;
(d) “Race Referees” are the Head Referee and each person appointed by the Head Referee to enforce rules for the Race.

Section 1.04 THE RACE
− Swim: 1.9 KM; 1 loop
− Bike: 90 KM; 1 loop
− Run: 21.1 KM; 3 loops
Article II. CONDUCT OF ATHLETES

Section 2.01 GENERAL BEHAVIOR
Each athlete must:

(a) Practice good sportsmanship at all times
(b) Be responsible for his/her own safety and the safety of others
(c) Know, understand, and follow all Competition Rules, as stated herein, and in the Event-specific Athlete Information Guide
(d) Obey traffic regulations and instructions from Race Officials
(e) Treat referees, officials, volunteers, spectators, the public, and other athletes with respect and courtesy during the whole week of IRONMAN® 70.3® Aix en Provence from Registration to Awards collection.
(f) Inform a Race Official promptly after withdrawing from the Race
(g) Compete without being provided with food or drinks by a third party. They must only use the aid stations provided by the Organizing Committee in the areas foreseen for that purpose. They may also use any personal supplies that they brought along with them at the beginning of the race
(h) Self-service at Aid Stations is strictly forbidden. Our volunteers will hand out food and drinks
(i) Not dispose of trash or equipment on the course (except at aid stations or other designated trash-disposal points called Eco-zones). Intentional or careless littering will result in a disqualification and unintentional littering will result in a yellow card
(j) Race without any assistance from a third party
(k) Not use any device that will distract the athlete from paying full attention to their surroundings. Using a device in a distracting manner will result in disqualification (examples: radios, cell phones, cameras, phone cameras, music players or any other kind of earphones or communication devices...) Using such a device will result in a disqualification
(l) Follow the prescribed course. It is the athlete’s responsibility to know the course. No short cuts allowed: Athletes must cover the prescribed course in its entirety. Failure to do so will result in a disqualification
(m) Avoid indecent exposure and public nudity at all times during the Event. Indecent exposure/public nudity may result in a disqualification
Section 2.02 ASSISTANCE

(a) Athletes competing in the same Race may not assist each other with incidental items such as, but not restricted to: pumps, tires, inner tubes, and puncture repair kits.

(b) Athletes may not provide any item of equipment to an athlete competing in the same Race if it results in the donor athlete being unable to continue with his/her own Race. Such equipment includes but is not restricted to: shoes, complete bicycle, frame, wheels, and helmet. The penalty for this will be disqualification of both athletes.

(c) Unless otherwise pre-approved by the Event Director or Head Referee, no athlete shall intentionally cause the physical forward progress of another athlete on any part of the course during the Race. The penalty for this will be disqualification.

Section 2.03 ELIGIBILITY

(a) Athletes must meet all requirements of the IRONMAN 70.3 Aix en Provence competition rules (e.g., including but not limited to the sanctioning bodies’ licensing and/or medical certificate requirements). Licensing and/or medical certificate requirements will be stated in the Event-specific Athlete Information Guide.

(b) Athletes under suspension by IRONMAN are not allowed to compete.

(c) An athlete’s racing age is determined by their age on December 31st in the year of the Event.

(d) Minimum racing age is 18 years old on race day.

(e) Any athlete that commits fraud by entering the Event under an assumed name or age, falsifying an affidavit or giving false information will be disqualified and will be forbidden to participate in any other IRONMAN® triathlon in Europe for the following two years.
Section 2.04 RACE FINISH, TIMING, AND RESULTS

(a) Athletes are responsible for their intermediate and final race time.

(b) All athletes must wear the race chip on their left ankle throughout the whole race.

(c) Athletes who lose their race chip or have a malfunctioning race chip are responsible for getting a new one at one of the following places:
   – At the “SOS CHIPS” point near swim start
   – At the “SOS CHIPS” point when exiting the bike park

(d) When athletes are at less than 200m from the finish line, they must zip up their tri-suit to the top.

(e) For security reasons, it is strictly forbidden to cross the finish line with your child (children) or any other non-participating person. Athletes can’t be accompanied by any non-competing person in the finish line chute. Any violation to this rule will result in disqualification.

(f) The PRO race will be won by the PRO athlete who has the shortest time from the applicable start signal to the moment when the athlete finishes the Race.

(g) Age group athletes will be ranked on their actual race time, each age group athlete time will start as they enter the water and will end when crossing the finish line

(h) The Head Referee, in consultation with the Head Timer, will use all resources reasonably available to decide the final position of every athlete. Information from technology may be used to assist in the decision-making process. The Head Referee or Head Timer may decide, based on the available evidence, that a Race is tied if there is no reasonable way of clearly determining which athlete crossed the line first. Results of tied athletes will be sorted according to Race bib numbers. However, the athletes who finish in a contrived tie situation (e.g., where no effort is made by either athlete to separate the athlete’s finish time from the finish time of the other athlete) will be disqualified.

(i) Results will be official once the Head Referee signs them.

(j) Results will include athletes who do not finish the Race (“DNF”), and those who are disqualified (“DSQ”). All available splits will be listed for DNF athletes.

(k) Once the referee committee determines the final race results, they are then official and final and it is not possible to appeal to the courts.
Article III. PENALTIES

Section 3.01 GENERAL

(a) Failure to comply with any of the Competition Rules may result in an athlete being punished with a 30 Second Time Penalty, a 5:00 Minute Time Penalty, disqualification from the Event, suspension from multiple Events, or expulsion for life from all Events;

(b) Race Referees will notify athletes of a rule violation by showing the athlete a colored card in combination with a verbal directive. Penalty card colors and their associated penalty is as follows:

- **YELLOW CARD** = 30 second penalty
  When issued a yellow card, no matter the segment, the athlete must correct the fault (when possible) and **serve the 30-second penalty on spot with the referee who issued the penalty**.

- **BLUE CARD** = Used to punish athletes for drafting
  1 blue card = 5:00 Minute Time Penalty
  2 blue cards = 10:00 Minute Time Penalty
  3 blue cards= **Disqualification**
  When issued a blue card, the athlete must stop at the Blue Card Penalty Area, located prior to the Bike Park (Avenue des Belges) in order to implement the time penalty.

  **WARNING**: No matter the circumstances, if the athlete does not serve the drafting time penalty before starting the run segment, he/she is automatically disqualified.

  Athletes are responsible for paying out their time penalties. They must approach the referee at the Penalty Area. After having served the time penalty, the referee will give the athlete the authorization to continue the competition. The referee, who will be wearing gloves, will mark or punch holes in the athlete’s BIB number. **It is the athlete’s responsibility to ensure that the BIB number is marked/punched before going back into the race.**

- **RED CARD** = disqualification
  If the athlete is issued a red card, he/she is immediately disqualified. When issued a red card, the athlete must stop his race once the current discipline is over.
(c) The nature of the rule violation will determine the type of penalty.

(d) A suspension or an expulsion will occur for serious violations of the Competition Rules (the severity of Competition Rule violations shall be determined by the Head Referee in consultation with the Global Head Referee, in their sole and absolute discretion).

(e) The most common rule violations and penalties are set forth in Appendix A.

Section 3.02 DISQUALIFICATION

(a) Any athlete who accumulates three (3) blue cards will be disqualified.

(b) A red card may be issued to an athlete for severe rule violations including, but not limited to, repeated rule violations, disregard for directives given by Race Referees or Race Officials, or dangerous or unsportsmanlike conduct.

(c) Disqualified athletes will not be eligible for age-group awards including, without limitation, IRONMAN 70.3 World Championship slots. Neither timing splits nor Race results will be listed for disqualified athletes.
Article IV. RACE PACKAGE

COVID: Wearing a face cover is MANDATORY
Athletes must wear face coverings as soon as they enter our race venues for registration (Race village, Athlete Check-in, Bike Check-in, Bike Park...) and after the race (Finish line, Post-finish line area, checkout...). Failure to comply is punishable. Referees can punish competitors before, during and after the event, from registration until final results have been published.

Section 4.01 GENERAL

Athletes receive a « Race Package » including an ATHLETE bracelet. Athletes MUST attach the bracelet to their own wrist during registration in front of our volunteers and the bracelet MUST always be worn throughout the race weekend. Only the athlete in person will be able to pick up their own “race package”. Third parties are not allowed to pick up another athlete’s “Race Package”.

The « Race Package » will also include:

- One sticker that must be placed on the athlete’s bike tube
- One sticker that must be placed on the front of the athlete’s helmet
- 1 BIB
- 1 swim cap
- 3 stickers for transition bags
- Race number tattoos: Athletes are responsible for sticking the race number tattoos on their swim cap as well as on their left arm and left calf before entering the Bike-Park on race day

WARNING: The size of the race number (BIB) and the race stickers can’t be reduced or changed in any way and race numbers must be clear and visible throughout the entire race. Manipulating the race number or race stickers will result in a red card, which means disqualification.

Athletes must wear a race belt, and the bib must be attached by minimum three points and worn at the lowest part of the waist. If the race belt is not correctly worn, the athlete will be issued a 30-second penalty (yellow card).

At Bike Check-in, athletes will receive their race chip. It is the athlete’s responsibility to wear the race chip on his/her left ankle on race day. If, for any reason, the athlete shows up at the start area without the race chip, he/she has to immediately inform our organizers and get a new race chip at the “SOS RACE CHIPS” (in French, SOS PUCES) point in the swim start area.
Article V. RACE EVENTS

Athletes’ Briefing: Due to COVID-19, we will not be able to do athletes’ briefings. You must know, understand, and follow all Competition Rules, as stated herein, and in the Event-specific Athlete Information Guide.

Awards: Sunday September 19 starting at 6pm – Amphithéâtre de la Verrière, 8-10 rue des Allumettes – 13100 Aix en Provence
Only winning athletes will have access to the venue and will have to wait their turn while social distancing. Face coverings are mandatory.
Warning: Any prizes that are not claimed during this time frame cannot be claimed at a later stage.

Slot Allocation:
Sunday September 19 starting at 6pm – Amphithéâtre de la Verrière, 8-10 rue des Allumettes – 13100 Aix en Provence
Warning: Your presence is mandatory if you would like to redeem a slot.
Article VI. SWIM CONDUCT
Section 6.01 GENERAL

COVID: Wearing a face cover is MANDATORY on Sunday morning all the way up to the start line. Garbage receptacles will be implemented at swim start so athletes can remove their face covers before entering the water. Failure to comply is punishable.

(a) If the swim leg is cancelled because of bad weather conditions (storm, etc.) or for any case of force majeure, athletes will compete on bike and run segments. Bike and run courses won’t be modified. A rolling start will be implemented for the bike start.

(b) It is COMPULSORY for athletes to wear the official swim cap provided by the Organizing Committee during the swim segment. Athletes must place their BIB number on their swim cap (the tattoo is provided in your race package).

(c) Athletes ARE NOT ALLOWED to wear BIB numbers during the swim segment (DSQ).

(d) The use of snorkels, fins, gloves, socks, paddles, or flotation devices of any kind (including pull buoys) is prohibited; (DSQ)

(e) On race day, only our official boats and emergency boats can sail during the swim course.

(f) Athletes are not allowed to push off the ground to propel (except at the beginning of the swim lap) or hang on to a moving boat.

(g) Athletes are not allowed to give a part of or all their gear to a third party when getting out of the water.

(h) Cut-off time for the swim segment is 1h10 (race chip time).

Section 6.02 WATER TEMPERATURE

Neoprene wetsuits may only be worn for the swimming part and only according to the water and air temperature conditions, in accordance with the accurate FFTri. (see article 6.4.2. Water temperature).
Section 6.03 WETSUIT RULES
(a) For professional athletes, neoprene wetsuits/outfits or any other neoprene equipment are forbidden (for both men and women) if water temperature is 22°C or above.
(b) For all age-group athletes, neoprene wetsuits/outfits or any other neoprene equipment are forbidden (for both men and women) if water temperature is 24.6°C or above.
(c) De Soto Water Rover and Speedo Elite Triathlons wetsuits with forearm reinforcement are strictly FORBIDDEN.
(d) Athletes must not fully remove their wetsuits until they have entered the Transition Zone.
(e) Athletes must then put their wetsuits in their transition bag themselves. In order to avoid losing uniforms, we kindly advise athletes to write their name on the inside of their belongings. (The organizer cannot be held responsible for any loss)

Section 6.04 SWIMWEAR POLICY WHEN THE USE OF WETSUITS IS PROHIBITED
(a) Swimwear must be 100% textile material, which is defined as materials consisting of natural and/or synthetic, individual and non-consolidated yarns used to constitute a fabric by weaving, knitting and/or braiding (this generally refers to suits made only from nylon or lycra that do not have any rubberized material such as polyurethane or neoprene); (DSQ)
(b) Sleeves that extend from shoulder to elbow may be worn
(c) Wetsuit (neoprene) shorts/bottoms are prohibited (DSQ)
(d) Swimwear must not cover the neck, must not extend past the elbow, and must not extend past the knees; (DSQ)
(e) A textile race kit may be worn underneath swimwear, provided, however, that the textile race kit must not extend past the elbow and must not extend past the knees. (DSQ)
(f) Female athletes can wear the suits mentioned above, plus a sport bra or normal bra.
Section 6.05 RACE START

(a) Athletes are not allowed to wear sandals, flip flops etc. to the Start Area (on the beach)

(b) Athletes are not allowed to warm-up before the swim start

(c) Face coverings are mandatory at swim start up to the timing mat. Athletes must dispose of their face coverings in the specific trash-disposal point

(d) Athletes must respect referees’ instructions on how to place themselves for swim start.

(e) When the official swim start is given, you MUST cross the timing mat before entering the water, with your chip attached to your left ankle. If you do not follow this rule, your official times will not be accounted for and this may result in athlete disqualification.

(f) The official swim start will be given at:
   - 8:00am for PRO Men athletes
   - 8:02am for PRO Women athletes
   - 8:10am for Age Group athletes

(g) A rolling-start system will be implemented for all age-group athletes. Therefore, start corrals will be set up so that athletes can seed themselves depending on their estimated swimming time

   Due to the swim start configuration for IRONMAN 70.3 Aix en Provence, there will only be 3 start corrals set up at once.

   As a result, the first 3 swim corrals to be set up will be:
   - Less than 30 minutes,
   - 30/32 minutes
   - 33/34 minutes

   Once one of the corrals is completely empty, the following corral will move forward allowing next corral to line up, in the following order:
   - 35/36 minutes
   - 37/38 minutes
   - 39/40 minutes
   - 41/42 minutes
   - 43/45 minutes
   - 45/50 minutes
   - 50 and +

The rolling start system will let 6 athletes start every 15 seconds.
Article VII. BIKE CONDUCT

Section 7.01 GENERAL

(a) The bicycle shall be propelled solely, through a chainset, by the legs moving in a circular movement, without electric or other assistance. Other than pushing or carrying a bicycle, any propulsive action is prohibited; (DSQ)

(b) Athletes must not make any forward progress unaccompanied by their bicycle. If a bicycle is rendered inoperable, an athlete may proceed on the cycling course, running or walking, while pushing or carrying the bicycle, so long as the bicycle is pushed or carried in a manner not to obstruct or impede the progress of other athletes; (DSQ)

(c) It is the sole responsibility of each athlete to know and follow the prescribed cycling course. No adjustments in times or results will be made, for any reason whatsoever, for athletes who fail to follow the proper course

(d) All athletes must obey all traffic laws while on the cycling course unless otherwise specifically directed by a Race Referee or Race Official with actual authority.

(e) Athletes must always ride on the right-hand side of the right lane on the bike course.

(f) No cyclist shall endanger herself/himself or another athlete. Any cyclist who intentionally or recklessly presents a danger to any athlete or who, in the judgment of the Head Referee, appears to present a danger to any athlete will be disqualified.

(g) Athletes must wear a uniform in compliance with the rules.

(h) Athletes must wear a bike helmet number on the front of their helmet which must not be altered in any way; (DSQ)

(i) The bike frame stickers must be placed on the seat-post of the athlete’s bicycle, without any alteration. The stickers need to be visible on both sides of the bike. Any adjustment is strictly forbidden and subject to disqualification.

(j) BIB numbers must be clear and visible (not folded, not cut) on the athlete’s back during the bike segment. Athletes may not alter their BIB number in any way, otherwise the athlete can be issued a red card (DSQ).

(k) **Athletes must have passed the KM68 (bottom of Col du Cengle) on the bike course before 1:35pm.**

(l) If the athlete is cut off time, he shall be immediately disqualified by the Referee in charge of split times (DNF). He shall then stop his race and wait for the broom bus set up by the organization in order to bring him back at the transition area.
Section 7.02 EQUIPMENT

(a) Disc wheels are strictly forbidden

(b) Helmets

   - Helmets must be approved by a national accredited testing authority and such authority must be recognized by the International Triathlon Union; (DSQ)
   - An alteration to any part of the helmet, including the chin strap, or the omission of any part of the helmet, is prohibited; (DSQ)
   - The helmet must be securely fastened at all times when the athlete is in possession of the bike, which means from the time they remove their bike from the rack at the start of the bike segment of the Race, until after the athlete has placed the athlete’s bike on the rack at the finish of the bike segment of the Race

(c) FRANCE BIKE RENTAL will implement a BIKE SERVICE point in the Bike Park by

Section 7.03 DRAFTING AND POSITION RULES

(a) “Drafting” means to remain within the draft zone (as described below) of another athlete for a period longer than 25 seconds. Drafting during the Race is prohibited; (Blue card)

(b) The bicycle draft zone is 12 meters long, measured from the leading edge of the front wheel and extending back to the front wheel of the bicycle behind.

(c) A maximum of 25 seconds will be allowed to pass through the zone of another athlete.

(d) When overtaking several athletes, the athlete must pass all of the athletes and will have 25 seconds to overtake each one of those athletes.

(e) An overtaken athlete must immediately drop out of the draft zone of the passing athlete, and must continuously make rearward progress out of the draft zone of the passing athlete. A “pass” occurs when the overtaking athlete’s front wheel passes the leading edge of the front wheel of the athlete being overtaken.

(f) Re-passing by the overtaken athlete prior to dropping out of the draft zone will result in an overtaken violation, which means a blue card; (5 minute penalty)
Section 7.04 TIME PENALTIES ON BIKE COURSE

(a) In the event of receiving a Time Penalty, the athlete MUST stop at the Blue Card Penalty Area, placed 50m prior to transition. (1 blue card = 5-minute penalty | 2 blue cards = 10 min. | 3 blue cards = disqualification) The athlete needs to ensure that the referee takes note of the penalty being served.

(b) After a rule violation is issued to the athlete, it is the athlete’s responsibility to report to the Penalty Area. Failure to stop at the Penalty Area will result in disqualification.

(c) Athletes are prohibited from using the restroom while serving a penalty in the Penalty Area. Using the restroom or urinating while serving a time penalty will result in disqualification.

(d) Making adjustments to equipment or performing any type of bike maintenance while serving a penalty in the Penalty Area is prohibited. (DSQ)

Article VIII. RUN CONDUCT

Section 8.01 GENERAL

COVID:
Competitors must not run directly one behind the other, they must keep a minimum of 4 meters in between each other. Not complying with this rule is punishable by our referees.

(a) Athletes may run, walk, or crawl

(b) It is the sole responsibility of each athlete to know and follow the prescribed running course. No adjustments in times or results will be made, for any reason whatsoever, for athletes who fail to follow the proper course (e.g., if the athlete runs in the wrong direction or runs more than necessary, time will not be subtracted from the athlete’s final Race time);

(c) Athletes must wear a uniform in compliance with the rules.

(d) Athletes must wear the official race number. BIB number must be placed on the front of the t-shirt, it must be clear, perfectly visible and attached in a minimum of 3 points. Folding, cutting the bib number, intentional alteration of any kind, or failure to wear bib number is prohibited and will result in disqualification
Section 8.02 COACHING  
(a) Coaching is defined as the support given to an athlete during the race by cheering, clapping or shouting; Coaching is generally accepted, exception made for the following cases:
   − The use of electronic devices or voice amplifiers is forbidden.
   − Any other form of coaching including supporters walking/running along with the athlete or overtaking the athlete (by car, by bike, by rollers, or running etc.) is forbidden.
(b) Only assistants can give advice and information at specifics points.
(c) Coaching is authorized as long as the supporters are alongside of the racecourse; this means that coaching is not allowed on the course and the supporters are not allowed to walk or run with the athlete.
(d) Athletes cannot be accompanied by any-noncompeting person and cannot accept any outside assistance given by a person on foot or in a car. Please note that athletes cannot be followed by another person.

Section 8.03 FINISH LINE CONDUCT
Friends, family members, and/or other spectators are not permitted to cross the finish line or enter the finish chute with participating athletes. Athletes who choose not to respect the foregoing finish line policy will be disqualified.
The athlete’s uniform must be completely zipped up for the last 200 meters of the run.

COVID: Wearing a face cover is MANDATORY in the Finish Area
Athletes must wear face coverings as soon as they enter our race venues for registration (Race village, Athlete Check-in, Bike Check-in, Bike Park...) and after the race (Finish line, Post-finish line area, checkout...). Failure to comply is punishable by our referees. Referees can punish competitors before, during and after the event, from registration until final results have been published.
Article IX. TRANSITION AREA CONDUCT

Section 9.01 GENERAL

COVID: Wearing a face cover is MANDATORY
Athletes must wear face coverings as soon as they enter our race venues for registration (Race village, Athlete Check-in, Bike Check-in, Bike Park...) and after the race (Finish line, Post-finish line area, checkout...). Failure to comply is punishable by our referees. Referees can punish competitors before, during and after the event, from registration until final results have been published.

(a) Bicycles must be racked by the saddle post.
(b) Each athlete’s equipment must be placed in the athlete’s transition bags, with the exception of the athlete’s cycling shoes, which can be attached to the athlete’s bike.
(c) Bike gear bag (blue) must be placed on the right-hand side of the bike in T1 and the Run gear bag must be placed on the right-hand side of the bike in T2. Nothing should be on the ground except for gear bags, not complying with this rule will result in a yellow card.
(d) For the swim/bike transition, athletes will have to take their bike equipment out of the bike gear bag (Blue bag), put their swim equipment in it, and put the bag back to its place on the right-hand side of the bike. No help is allowed; athletes must do it themselves.
(e) For the bike/run transition, athletes will have to take their run equipment out of the run gear bag (Red bag), put their bike equipment in it, and put the bag back to its place on the right-hand side of the bike. No help is allowed; athletes must do it themselves.
(f) Athletes must not interfere with another athlete’s equipment in the transition area.
(g) Athletes must not impede the progress of other athletes in the transition area.
(h) Athletes cannot stop in the flow zones of the transition area.
(i) Athletes can replace their uniforms in the transition area only. Due to COVID-19, we will not be able to install changing tents in the transition areas. Please keep in mind that nudity is forbidden.
(j) It is the athlete’s responsibility to put their belongings back into their transition bag and put it back in its’ place; The organization cannot be held responsible for any loss or damage.
(k) Athletes must not mark their transition bags in any way (DSQ)
Article X. BIKE PARK CONDUCT

Section 10.01 GENERAL

**COVID:** Wearing a face cover is MANDATORY in the Finish Area
Athletes must wear face coverings as soon as they enter our race venues for registration (Race village, Athlete Check-in, Bike Check-in, Bike Park...) and after the race (Finish line, Post-finish line area, checkout...). Failure to comply is punishable by our referees. Referees can punish competitors before, during and after the event, from registration until final results have been published.

(a) Athletes must wear their BIB, have their helmets on and securely fastened and have their stickers placed on their equipment for Bike Check In

(b) After checking-in, athletes cannot leave their helmets on their bikes (they must be placed inside Bike Gear Bags).

(c) During Bike Check In, the mathlete can attach their cycling shoes to their bicycle.

(d) It is strictly forbidden for athletes to modify their bike wheels on race day morning before the swim start.

(e) Athletes must remove their bikes from the rack themselves. Help is not allowed.

(f) Athletes must respect traffic circulation inside of the bike park.

(g) A mount and dismount line will be clearly designated at the entrance and exit of the transition area. Mounting the bike before the designated mount-line is prohibited. Dismounting after the dismount line is prohibited; (30 Second Time Penalty — YELLOW CARD)

(h) In the bike park, athletes are not allowed to ride their bikes. They must walk while pushing their bikes. Athletes must always wear their helmets and have the chin strap attached while in the Bike Park.

(i) When entering the Bike Park, athletes must place their bikes back on the rack based on their BIB number. Help is not allowed; athletes will have to do it themselves.

(j) Athletes are not allowed to cover their bikes in the Bike Park.

(k) Between check-in and check-out, only athletes, organizers, doctors, emergency services, security teams, referees, coaches appointed by IRONMAN® and accredited journalists are allowed to enter the transition area and the Bike park.
ARTICLE XI. CUT OFF TIMES

(a) Athletes must complete the 1.9km swim segment in **1h10m** (race chip time)
(b) Athletes must complete the 1.9km swim segment, Transition 1 and 90 km Bike segment in **5h30** (race chip time)
(c) Athletes must have passed the KM68 on the bike course before **1:35pm**.
(d) Athletes must complete the entire race (swim + bike + run) in **8h30**.

Article XII. BIKE – RUN ATHLETES

(a) Athletes who select to race as Bike-Run athletes agree to not participate in the swim leg of the event. Therefore they can only race on the bike course and the run course.
(b) Bike-Run athletes that attempt to enter the swim course on race day will be **disqualified**.
(c) Athletes who select to race as Bike-Run athletes will not be eligible for age group awards and cannot qualify for IRONMAN 70.3 World Championship slots.
(d) The starting time will be defined and established according to the specificities of each of our events. Bike-Run athlete will start after PRO athletes have passed and at a time where the density of the Age-Group athletes is lower.
(e) Bike-Run athletes will be staged just next to the transition area and when it is time for the Bike-Run athletes to start, athletes will be released into the transition area in a rolling start format to get their bike and start the race.
(f) Cut-off times will remain the same for the bike and run course.
Article XIII. RELAY TEAMS

(g) A relay team is composed of 2 or 3 athletes.

(h) Each segment (swimming, cycling and running) must be completed by one member of the relay team. It is not possible to skip one of these 3 segments.

(i) All members of the relay team must have registered and completed their information 10 days before race day. If the team does not do so, the organizer has the right to refuse the participation of the team without any compensation. Up to 10 days prior to Race day changes can be made to team members. No changes will be accepted after this deadline.

(j) Only one member of the relay team can come and collect the race package during Athlete Check-in. In order to do so, the designated athlete will need to bring all the necessary documents for all their team members as set forth in the Athlete Guide.

(k) Only one member of the relay team may go through Bike Check-in. However, it is the responsibility of the relay member who picks up the timing chip during the check-in to give it to the swimmer before the swim start.

(l) Relays are not required to leave their transition bags at the check-in. However, all other Bike Park and Transition rules previously mentioned apply.

(m) Team members are allowed to cross the finish line together; they will be able to enter the Relay access at : La Rotonde on Boulevard Napoléon side (approx 100 meters from the finish line).

(n) Due to COVID-19, we will not be able to have a Relay specific transition zone set up in the bike park for Race Day. Relay team members must wait their turn where their bike is racked in the bike park.

(o) **The same rules apply for « Relays » and individual competing athletes at the IRONMAN® 70.3® Aix en Provence race.**
Article XIV. HC/PC ATHLETES

(a) HC (Hand Cycle) athletes are defined as:
   a. Athletes required to use a lying handcycle on the bike course and a running wheelchair on the run course.
   b. HC athletes may have up to two (2) personal attendants, who are authorized to assist in the transition area and are not registered for the race.

(b) PC (Physicaly Challenged) athletes are defined as:
   a. Athletes with a medically verified physical, visual or neurological impairment that significantly limits one or more major life activities.
   b. Athletes suffering from other miscellaneous conditions such as, but not limited to, intolerance to extreme temperatures, organ transplants, joint replacements (stents), kidney dialysis, hearing and/or cognitive impairments are not eligible to participate in the PC division.
   c. PC athletes are entitled to a personal attendant, who is authorized to assist in the transition area and is not registered for the race.

(c) Special Team Athletes are defined as:
   a. The joint participation of a para-athlete and an athlete. This category is not for athletes whose physical disability requires a sighted guide or minimal assistance to move from one segment to another.
   b. Visually impaired athletes who require a guide for the entire event are considered to be a Team Special. Their personal escort must be registered for the race (free entry) and must accompany the athlete throughout the course from start to finish.
   c. Special Team athletes may have up to two (2) personal escorts, who are authorized to assist in the transition and are not registered for the race.

Article XV. TRANSFERS & WITHDRAWALS

Please refer to our policy and process for transfers and withdrawals by clicking here
APPENDIX A: Common Competition Rule Violations and Penalties

The following is a summary of the most common Competition Rule violations and penalties and is not intended to be an all-inclusive list of violations and penalties.

<table>
<thead>
<tr>
<th>*SUMMARY OF GENERAL COMPETITION RULES</th>
<th>PENALTIES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Failure to wear the unaltered race number in the proper way, but it is still possible to be brought into conformity</td>
<td>Yellow Card / 30 Second Time to be served on spot with referee</td>
</tr>
<tr>
<td>Wearing an altered race number, with no possibility of correction</td>
<td>DSQ</td>
</tr>
<tr>
<td>Use of communication devices of any type, including but not limited to two-way radios, cell phones, smart watches, smart helmets (i.e., helmets enabled with Bluetooth® technology), in any distractive manner, during the Race.</td>
<td>DSQ</td>
</tr>
<tr>
<td>Non-compliant uniforms: tri-suit unzipped, shoulder straps are not on your shoulders, bare torso…</td>
<td>Yellow Card / 30 Second Time Penalty to be served on spot with referee</td>
</tr>
<tr>
<td>Unintentionally taking a shortcut, but it is possible to be brought into conformity</td>
<td>Yellow Card / 30 Second Time Penalty to be served on spot with referee</td>
</tr>
<tr>
<td>Public nudity or indecent exposure</td>
<td>DSQ</td>
</tr>
<tr>
<td>Littering outside of the trash/rubbish drop zones: Ecozones</td>
<td>DSQ</td>
</tr>
<tr>
<td>Using unsportsmanlike behavior</td>
<td>DSQ</td>
</tr>
<tr>
<td>Failure to follow the prescribed course, with no possibility of correction</td>
<td>DSQ</td>
</tr>
<tr>
<td>Accepting assistance from anyone</td>
<td>DSQ</td>
</tr>
<tr>
<td>Fraud by entering under an assumed name or age, falsifying an affidavit, or giving false information</td>
<td>DSQ</td>
</tr>
<tr>
<td>Refusing to be brought into compliance with the rules</td>
<td>DSQ</td>
</tr>
<tr>
<td>Receiving food or drinks outside the aid stations</td>
<td>DSQ</td>
</tr>
<tr>
<td>Equipment or gear non-compliant with the rules</td>
<td>DSQ</td>
</tr>
<tr>
<td>Violating traffic regulations</td>
<td>DSQ</td>
</tr>
<tr>
<td>Exceeding cut-off times</td>
<td>DSQ</td>
</tr>
</tbody>
</table>

**SUMMARY OF SWIM RULES |

<table>
<thead>
<tr>
<th>PENALTIES</th>
</tr>
</thead>
<tbody>
<tr>
<td>DSQ</td>
</tr>
</tbody>
</table>

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<table>
<thead>
<tr>
<th>Incorrect placement on the start line</th>
<th>Yellow Card / 30 Second Time to be served on spot with referee</th>
</tr>
</thead>
<tbody>
<tr>
<td>In a non-wetsuit swim, wearing clothing covering any part of the arms below the elbow and/or clothing covering any part of the legs below knee</td>
<td>DSQ</td>
</tr>
<tr>
<td>In a non-wetsuit swim, wearing swimwear that is not 100% textile material.</td>
<td>DSQ</td>
</tr>
<tr>
<td>Using a snorkel or any flotation device</td>
<td>DSQ</td>
</tr>
<tr>
<td>Making forward progress by holding on to a boat or a paddle boat that is moving</td>
<td>DSQ</td>
</tr>
<tr>
<td>Taking shortcuts</td>
<td>DSQ</td>
</tr>
</tbody>
</table>

**SUMMARY OF BIKE RULES**

<table>
<thead>
<tr>
<th>PENALTIES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drafting violation</td>
</tr>
<tr>
<td>1 Blue card = 5:00 Minute Time Penalty</td>
</tr>
<tr>
<td>2 Blue cards = 10 Minute Time Penalty</td>
</tr>
<tr>
<td>Keeping another athlete from overtaking</td>
</tr>
<tr>
<td>Wearing an unfastened helmet or insecurely fastened</td>
</tr>
<tr>
<td>Intentionally interfering the forward progress of another athlete</td>
</tr>
<tr>
<td>Receiving 3 Blue Cards</td>
</tr>
<tr>
<td>Violating traffic regulations</td>
</tr>
<tr>
<td>Refusing to serve a penalty</td>
</tr>
<tr>
<td><strong>SUMMARY OF RUN RULES</strong></td>
</tr>
<tr>
<td>-----------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Exiting the T2 transition area with helmet on</td>
</tr>
<tr>
<td>Crossing the finish line with a non-participating individual</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>SUMMARY OF TRANSITION AREA RULES</strong></th>
<th><strong>PENALTIES</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Blocking the forward progress of another athlete</td>
<td>Yellow Card / 30 Second Time to be served on spot with referee</td>
</tr>
<tr>
<td>Touching another athlete’s material/equipment</td>
<td>Yellow Card / 30 Second Time to be served on spot with referee</td>
</tr>
<tr>
<td>Failure to respect the Mounting/Dismounting lines</td>
<td>Yellow Card / 30 Second Time to be served on spot with referee</td>
</tr>
<tr>
<td>Riding bike while inside Transition Area</td>
<td>Yellow Card / 30 Second Time to be served on spot with referee</td>
</tr>
<tr>
<td>Not having the helmet strap fastened in the Bike Park</td>
<td>Yellow Card / 30 Second Time to be served on spot with referee</td>
</tr>
<tr>
<td>Failure to deposit all equipment inside the proper bag provided by the Local Organizing Committee on the events where bag drop system is in place. Racking the bike improperly, outside the athlete’s own space</td>
<td>Yellow Card / 30 Second Time to be served on spot with referee</td>
</tr>
<tr>
<td>Urinating while in a transition area</td>
<td>DSQ</td>
</tr>
</tbody>
</table>

Notes:

1. Athletes are not allowed to protest the decision of disqualification taken by a referee.
2. WARNING: Race referees can punish an irregularity at any given moment of the event.