
REGULATION



TriStar Competition Rules

2010 Edition

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For general information about TriStar races visit www.star-events.cc

INTRODUCTION

Purpose.

- ✦ Star Events has agreed on a frame of conjoint rules and regulations. Its purpose is to ensure that athletes find identical conditions regarding these rules at all TriStar races.
- ✦ Tristar regulations is mainly respecting the ITU regulations.
- ✦ The TriStar Competition Rules specify the conduct and behavior of athletes during TriStar competitions. Where the TriStar Competition Rules do not specify, the rules of FINA, UCI, FIS and IAAF will apply in their specific segment.
- ✦ In case of a specific triathlon regulation point is missing, the rules of national boards shall apply.

Intention.

- ✦ These Competition Rules are intended to:
 - Create an atmosphere of sportsmanship, equality, and fair play.
 - Provide safety and protection.
 - Emphasize ingenuity and skill without unduly limiting the athlete's freedom of action.
 - Penalize athletes who gain an unfair advantage.

General

1. Each athlete undertakes to respect all the aspects of the regulation.
2. Each athlete is responsible for his/her own intermediate and end time registration. The timing chip must be worn throughout the entire race around the ankle.
3. In case of loss or malfunctioning of the timing chip, the athlete is responsible to get a new chip in the transition area.
4. Start numbers may not be reduced in size or altered AND must be visible at all times.
5. The competitors must take race provisions only at the designated aid stations provided by the organizers.
6. From Check In to Check Out only athletes, officials, doctors, rescue and security staff, and accredited journalists are allowed to enter the transition area and the bike park.
7. The athletes receive two wristbands in their "Starter Pack". The first one must be constantly worn by the athlete. The second one must be attached, thanks to a tie, on the upper tube of your bike's frame.

8. Material prizes which are not collected during the Awards Ceremony are forfeited.
9. The organizers reserve the right to reject applications for reasons important to them.
10. Competitors MUST respect rules and be respectful with marshals, volunteers and organizers.
11. Competitors MUST respect eco-zones for throwing away their waste (any wastes in any case).

Race

- ⊗ Swim course: Length 1 Km.
- ⊗ Bike course: Length 100 Km.
- ⊗ Run Course: Length 10 Km ; 2,5 laps on the Formula 1 circuit.

Start

1. The swim warm-up before the start has to take place on the both sides of the start line between 7.30 am and 7.45 am.
2. The start is initially programmed at 8.00 am (subject to modifications) on the Larvotto beach. In case of bad weather, the decision to take or not the swim start will be taken 15 minutes before the start (7.45 am). The start could be reported of 2 x 30mn before the cancellation of the swim.
3. Athletes have to respect the instructions of the marshals concerning the set up and the start positions.
4. Any break away start (early start) will lead to immediate disqualification.

Swim

1. Should a swim not be possible due to weather conditions (thunder storm, etc.), the race shall be conducted as a "Bike & Run". The course for the bike and run course shall not be altered.
2. It is permitted to swim in an isothermal wet-suit when the water temperature is inferior to 24,9°C. When the water temperature is inferior to 15°C, the isothermal wet-suit is obligatory. Between 15 and 24,9°C, no restriction imposed about isothermal or no isothermal wet-suit.

Keep in mind: the water temperature in Monaco on September is usually between 21°C and 23°C.

The wetsuit must be taken off only in the transition tent. The athlete him/herself must put it into the clothing bag. To avoid the mixing up or loss of the wetsuit please write your name on the wetsuit.

3. In case it is forbidden to swim in a wet-suit, the athletes may only wear a swim suit with FINA certification. Wearing more than one swim suit is forbidden.
4. It is not permitted to wear socks or gloves during the swim.
5. Official Swim caps issued by the organizer MUST be worn.

6. Only official boats and rescue boats are allowed on the race course.
7. Race numbers MUST NOT be worn during the swim.
8. It is not allowed to take a short cut.

Transition

1. The bike helmet must be put into the BIKE bag.
2. The bike shoes can be either in the BIKE bag or clipped onto the bike.
3. Athletes have to take their things out of the BIKE bag and put them back themselves.
4. On exiting the transition area, athletes will have to place their bag in the DROP OFF zone.
5. No access to transition area (BIKE and RUN bags) on Sunday morning before the start.

Bike Park

1. After the Check-in, no helmet can be left on the bike.
2. During the Check-in you can leave your bike shoes clipped on the bike.
3. Athletes have to get their bike from the rack themselves.
4. Athletes have to follow the sense of circulation in the bike park.
5. Push your bike to the bike park exit. Athletes are allowed to mount their bike only after having left the bike park; until the line.
6. The athlete has to dismount the bike before he enters the bike park; until the line.
7. On entering the bike park, athletes have to give the bike to a volunteer who will rack it.

Bike

1. Drafting is forbidden.
2. The athletes must ride mostly on the right of the right side of the road at all times.
3. The minimum distance between the bikes is 7 m, measuring from the back wheel of the bike in front to the front wheel of the bike at the back.
4. A breach of this rule results in a black card and a time penalty of 3 mn.
5. If the athlete receives a black card, a "P" will be marked on his race number, in the penalty box by the referee. The athlete must stop at the next penalty box to effectuate his penalty (black card = 3 minutes).
6. There penalty box is located in the transition Bike/Run.
7. Wearing a sanctioned hard shell helmet with the chinstrap closed is compulsory on the entire bike course.

8. Each athlete must wear his/her start number perfectly visibly (not folded, not cut) on their back. Any modification of that start number is strictly forbidden.
9. Athletes are allowed to repair their bikes only with their own tools and replacement parts, except in the assistance area provided by the organization.
10. The frame-start number must be fixed in such a way on the bike that it can be seen from both sides.
11. The helmet numbers must be attached to the front of the helmet and on both sides.
12. Blocking rule: The overtaken athlete has to fall back the drafting distance as soon as the overtaking athlete's front wheel passes him to respect the distance.
13. A passing maneuver has to be completed within 30 seconds. The athlete being passed is responsible for re-establishing the distance allowed, even if he intends to start a passing maneuver himself.
14. The athlete **MUST** respect wastes areas located 1 before and 1 after each aid station (ecozones). Please respect this rule and consider that gels and bars papers are really polluting the nature. You can easily keep it with you and throw it when coming back to the TA. Throwing away of any rubbish (papers, bottles, cups) outside of the dedicated eco zones is prohibited and will lead to immediate disqualification.

Run / Coaching

1. Coaching is defined as support of an athlete during the race by acclamation or shouting encouragement. Coaching is generally allowed with the following restrictions:
 - It is not permitted to use electronic or other amplifying devices.
 - All other forms of coaching where the supporting person moves with or passes the athlete (via vehicle, bicycle, inline skates, running, etc.) are not permitted. A distance of 10m must be respect between the athlete and the supporting person.
 - Coaching is permitted only from the side of the course, meaning the coaching person is not allowed to be on the race course and/or moving with the athlete.
 - Athletes are not allowed to accept accompaniment or pace maker services by foot or vehicle. This also includes following the athlete.
2. It is forbidden to leave the run course or take a short cut.
3. The start number must be perfectly visible and on the front of your body.
4. If the hair bands ("chouchous") are distributed at each end of the loop to prove that the athletes passed the different loops, it's the athlete responsibility to ensure he collects the bands himself. Before entering the finish line, the athlete must have collected 2 "chouchous".
5. Running without a top (singlet, shirt) is forbidden.

Cut-off times

1. Cut-off for the swim is 0:45 (08:45 for a start at 08:00).
2. Cut-off time for the swim and bike split is 5:30 (13:30 for a start at 08:00).
3. Participants arriving in La Turbie (87,5km) later than 5:00 after the start (13:00 for a start at 08:00) will be excluded from the race and their start number will be taken away.
4. Cut-off for the complete race is 7:30 (15:30 for a start at 08:00).

Penalty card management

1. The referees can show red, yellow and black cards.

Red card → immediate disqualification.

- Grossly unsportsmanlike behavior.
- Bad attitude with marshals.
- Refuse to be in conformity.
- Start number cut and no possibility to change it.
- Shortcut without possibility of coming back to conformity.
- Assistance or repair by a person.
- Non respect of the Highway Code (e.g. to cut a band).
- Serious drafting.

Black card → time penalty of 3 minutes.

- Drafting.

Yellow card → warning or stop & go.

- Bad position on the start line.
- Wearing compression socks during the swim.
- Biking in the transition area.
- Helmet chinstrap not closed in the transition area.
- Accompaniment by a person in the transition area.
- Bad storage of the bike and/or equipment in the transition area.
- Urinating from the bike or in transition zones outside of the Dixi toilets.
- Blocking.
- Crossing of the line on the bike at the entry of the transition Bike/Run.
- Leaving the transition area by walking without the helmet on the head.
- Accompaniment of a third person (moto, VTT, by walk).
- Shortcut with possibility of coming back to conformity.
- Food supplies out of an aid station.
- Running topless.
- Absence of start number or damaged start number.
- Bad position of the start number.
- Equipment not in conformity.
- Dress not in conformity: opened tri function, lowered shoulder strap...
- Presence of a distinctive mark.
- Use MP3, mobile phone, radio.

2. No protest is allowed against a marshal's disqualification decision.

ATTENTION: The race marshals are instructed to punish any irregularity at once

Procedure warning / time penalty

1. The referee drives up to the athlete, makes eye contact with the athlete and calls his number in French and English. The number is called out as a double-digit number, e.g. 2134 will be called as „21“ – „34“, or as a single digit and double digit number, e.g. 954 will be called as “9”-“54”. The card (red, black, yellow) is shown accordingly. When an athlete receives a red or black card, he must approach the next penalty box.
 - If the athlete receives a black card, the race number will be marked with a "P" by the referee in the penalty box. He must stay 3 minutes in the penalty box, time measurement by computer.
 - If the athlete receives a red card, the referee in the penalty box will take his race number. The athlete is then directly disqualified and must end the race. He will receive his race number when picking up his transition bags.
 - Receiving a third black card results in immediate disqualification.
2. It is in the athlete's own responsibility to approach the penalty box and effectuate his penalty. If he fails to do so he will have a 5 minutes penalty.
3. If an athlete receives a time penalty on the run course, the Stop & Go-Rule will apply. This means the referee demands the athlete to come to a complete stop, points out the violation of rules to him. The athlete may then continue the race.
4. In case an athlete is disqualified on the bike course, it will be communicated directly from the penalty box on the course to the penalty box in the transition Bike/Run.

Disqualifications

All disqualifications will be announced on an Info-Board at the Bike Check-Out and/or at the Information Desk and/or in other highly visible and accessible locations.

Anti-pollution

1. The start of the swim on the beach must be taken barefoot: sandals, flip-flops, etc are forbidden.
2. Throwing away of any rubbish (papers, bottles, cups) outside of the dedicated eco zones is prohibited and will lead to an immediate disqualification.

Court of arbitration

1. Those persons directly affected by a sanction have the right to file a protest. It is possible to file a protest against a disqualification, an immediate disqualification or the official race results. The protest may only be filed on the ground that there has been an infringement of rules by the judges panel but not that the actual decision (factual decision) by the judges panel is incorrect.
2. The protest (which must be deposit the race day before 5.00 pm, at the Info booth) must be filed in English or French and must name the reason for the protest upon payment of 50 € (cash). If the protest is granted, the payment will be returned.
3. In order to determine the final race results, there will be a session of court of arbitration the race day before 8.00 pm at the “Chapiteau Fontvieille”. Venue is the organizations office. The court of arbitration consist of the following persons:
 - The race director of the race or a personally named and determined deputy person.

- The Head of Referee of the race or a personally named and determined deputy person.
 - A person with the qualification of a judge or similar juridical education.
4. In the hearing before the court of arbitration the affected persons have an adequate amount of time to present their point of view. It is not a public hearing. If necessary and appropriate, witnesses may be heard. On the grounds of the presented statements and the existing documents, the court of arbitration will again consult (privately) and then decide with simple majority. The affected person is to be immediately notified of the decision.
 5. The court of arbitration determines the final race results, subject to doping reports still outstanding. The determined results are final. They are not subject to appeal in a court of law.

Team Relay Challenge

1. The rules for the individual race and the Team Relay Challenge are identical *except for the cut off times*.
2. The start of the Team Relay Challenge is initially programmed at 8:15 am (subject to modifications) at the Larvotto beach.
3. For security reasons, the cut off times for the cycling and the running are shortened by 15 minutes in order to have the same time of day as the individual race.
4. Cut off time for the swim portion for the Team Relay Challenge is 0:45 (9:00 am for a race start at 8:15 am). Participants finishing the swim after the cutoff will be excluded from the race and their start number will be taken away.
5. The Cut off time to enter the bike park after the bike leg is 5:15 (1:30 pm for a start at 8:15 am). Athletes arriving after the cutoff will be excluded from the race and their start number will be taken away.
6. The Cut off time to cross the Finishline is 7:15 (3:30 pm for a start at 8:15 am).
7. The relay participants must pass on the timing chip in the dedicated area located between the bike park and the transition area. Not respecting this zone will result in disqualification.
8. The participants of the Team Relay Challenge must always give way to individual athletes.