



Duathlon China - Shanghai Triathlon Club

两项赛 — 上海铁人三项运动俱乐部

2008 Shanghai Duathlon Rules

These Competition Rules are intended to provide for the orderly and consistent administration of events and are not designed to establish standards of care for the safety of Athletes or other persons.

Examinations or inspections of equipment at Shanghai Duathlon (SHANGHAI DUATHLON ORGANIZATION) is undertaken solely to monitor compliance with the Competitive Rules and do not guarantee or ensure safety from personal injury or property damage. The safety of race equipment is the sole responsibility of each and every Athlete.

1. Scope, Purpose and Construction

The statement and application of these Rules are intended to create a level race course for all athletes while recognizing that Duathlon is a lifestyle event in which many athletes participate just for the challenge of finishing.

In the spirit of Duathlon competition, SHANGHAI DUATHLON ORGANIZATION believes that, while all athletes are subject to the same rules, the penalties for violations of the rules should depend upon a number of factors, including the athlete's race classification, competitive advantage gained by the violation and intent.

1.1 The official language of SHANGHAI DUATHLON is English and all competitors are responsible for reading and understanding these Rules, *official race communications* and all official race signs, directions, and oral instructions.

"*Official race information*" means these Rules and any rules, rule interpretations or other information contained in athlete newsletters, athlete information books, the official race web site, pre-race meetings and any other official communication made to athletes.

1.2 Athletes are solely responsible for knowing and complying with all laws of the country of China.

1.3 SHANGHAI DUATHLON ORGANIZATION has complete discretion in formulating and applying rules and penalties. These Competition Rules may be modified at any time.

General Rules

2. Entire Course

2.1 Athletes must cover the prescribed course in its entirety. While the race course will be marked in a manner that allows a reasonably alert and careful athlete to follow the course, it is the responsibility of the athlete to know and understand all course descriptions, instructions, directions and maps provided in official race information, and to be reasonably alert and careful on the course to find and follow course directional markers and signs.

2.2 Any athlete leaving the race course for any reason, including confusing or absent course markings, must return to the course in exactly the same place as he/she left it. Leaving the race course for any reason, including confusing or absent course markings, is not ground for protest or time adjustment.

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2.3 The race course will be closed 4 hours after the actual start of the race.

2.4 The Race Committee reserves the right to shorten or cancel any segment of the race for weather, safety, or any other reason.

3. Unsportsmanlike Conduct

3.1 Athletes shall, at all times while at the race venue, conduct themselves in a sportsman-like manner.

3.2 Athletes shall immediately and respectfully comply with the directions of any race official or volunteer. Athletes may not make any public protest or display of disgust with regard to the application of these Rules or any decision of any race marshal or official.

3.3 No Athlete shall make a bad-faith protest against any other athlete.

4. Conduct & Interference

4.1 At all times during the event, Athletes will act with due consideration of the safety and rights of athletes. Regardless of the circumstances or competitive disadvantage, no athlete will commit any act that endangers any other athlete.

4.2 Athletes shall not accidentally or intentionally obstruct, impede or interfere with the forward progress of another athlete.

5. Equipment

5.1 At all times on the race course, Athletes shall plainly display their race numbers at all times as required in official race materials, and shall not alter or obstruct race numbers in any way.

5.2 All Athletes shall wear an "Approved" helmet with the chinstrap properly fastened are required at all times when riding a bicycle, including entering and exiting transition areas. Alterations affecting the integrity of a helmet are prohibited. Athletes violating this section outside a transition area shall be disqualified.

"Approved" helmet means a helmet in good condition that meets or exceeds the standards of a national accredited testing Authority recognized by the athlete's home country federation, or the ITU.

"Riding a bicycle" means any time some or all of the athlete's weight is supported by the bicycle.

5.3 Except as stated below Athletes must use Approved Bicycles. All athletes are required to ride road/racing bikes.

"Approved Bicycles" means bicycles that meet the standards of ITU for long distance races.

5.4 Any unusual bicycle construction or equipment shall be illegal unless prior approval is received from the Head Referee before the equipment is used in the event. In determining the legality of any such unusual equipment the Head Referee shall follow the following guidelines:

a. Equipment that is a prototype, modified or manufactured by a person or entity whose products are not widely available for retail purchase shall be presumed to be unsafe;

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b. Equipment that may provide a substantial competitive advantage and not widely available for retail purchase may not be used even if manufactured, invented or branded by an established bicycle or bicycle component company; and

c. Tandems, recumbents, fairings, wheel covers or any add-on device designed exclusively to reduce resistance are prohibited. Solid or disc wheels are allowed.

5.5 The following equipment may not be used during all or portions of the race as indicated: Voice or video communications device, or headset, radio or music player of any kind at any time during the race; Hard cast during the swim; Helmet mounted mirrors or any other mirrors on the bike

5.6 Athletes may not use or bring any glass bottles or glass containers on the race course or in the transition areas at any time during the event.

5.7 All bikes must be checked in before the race during the hours indicated in race communications. Race officials reserve the right to reject any bike not meeting safety or rule standards. Bikes inside the transition area may be weather protected by small covers on the seat and/or computer.

5.8 While at all times on the bike course athletes must wear the official race number, securely attached to their low BACK. Numbers may be attached to race belts. Bike race numbers must be securely attached to the bike frame as instructed in official race communications.

5.9 While at all times on the run course athletes must wear the official race number, securely attached to their FRONT. Numbers may be attached to race belts.

5.10 Shoes and shirts are required at all times on the bike and run courses.

Rules Governing Specific Disciplines

6. Cycling

6.1 All Athletes must obey all traffic laws while on the cycling course unless otherwise specifically directed by a SHANGHAI DUATHLON official, race monitor or policeman. Unless otherwise directed in accordance with the preceding sentence, all Athletes shall come to a complete stop when required by a traffic sign or traffic control device and shall not proceed through any intersection unless such intersection is clear of oncoming traffic.

6.2 All Athletes shall exercise extreme caution and shall decrease speed if necessary in passing the site of any cycling accident. Any violation of this Section shall result in disqualification.

6.3 Riders may not draft off another competitor or a motor vehicle

a) The draft zone is a rectangle 7 meters long by 3 meters wide measured from the position of the back wheel of the bike.

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b) Riders entering into the draft zone of another competitor must be seen to be passing the other competitor. Given conditions and speed, riders will have a reasonable period, at least 15 seconds, to pass through the draft zone of another competitor.

c) In addition to passing, a rider may enter another competitor's draft zone as required by any of the following circumstances:

i) For safety reasons;

ii) At an aid station;

iii) At the exit or entrance of a transition area;

iv) At an acute turn;

v) If race officials exclude a section of the course from the drafting rule because of narrow lanes, construction or for other safety reasons.

d) A pass is complete when a rider's front wheel is ahead of another competitor's front wheel.

Once passed, a rider must immediately move out of the draft zone of the leading competitor. When not passing, riders must ride to the right hand side of the curb (right) lane. Riders, who are not riding on right hand side of the curb lane and interfere with another competitor's progress, are "blocking" and will be penalized.

6.4 Riders may walk their bike but may not make progress on the bike course without his or her bicycle.

7. Running

7.1 Athletes must run, walk or crawl the entire run course.

8. Transition Area

8.1 Athletes must reduce cycling speed to an acceptable and safe level when exiting and entering the transition area.

8.2 Athletes must walk their bike in the transition area. Transition area lines will be clearly marked and violators will be penalized.

8.3 Athletes shall rack their bikes only on the rack corresponding to their race number. All equipment shall be tightly confined to the athlete's designated rack position.

Penalties

Penalties, including disqualification, declassification may be imposed for violations of these Rules. Except as otherwise provided in these Rules, the specific penalty to be imposed in any given case shall depend on the circumstances, nature, and severity of the violation as determined by race marshals, the Head Referee or SHANGHAI DUATHLON ORGANIZATION in their sole discretion.

9. Penalties

Race marshals, in their sole discretion, may penalize Rule violators as follows:

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Time Penalty. For Position Fouls, Marshals may issue Stop-and-Mark or time penalties as follows:

1st Offense	2nd Offense	3rd Offense
3:00 min	5:00 min	Disqualification

9. 1 Time penalties are cumulative and an Athlete may be assessed more than one time penalty for violation of the same rule.

9. 2 Any time served in the Penalty Area is included in shall become incorporated into the athlete's official time for the event.

9. 3 **Three Strikes.** Athletes receiving three penalties of any kind shall be immediately disqualified.

10. Penalty Review

16.1 The Head Referee may reconsider and adjust any penalty, other than position penalties, issued on the course at any time prior to the publication of the Official Results.

11. Protests

11.1 Any athlete wishing to lodge a protest regarding a decision of a race official or marshal or the conduct of another competitor must file a written protest with the Race Director within 30 minutes of completing or withdrawing from the race.

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