

Race Rules and Regulations

**It is the responsibility of each participant to be aware of and follow these rules.
Failure to do so may result in disqualification.**

Swim

1. Participants must wear the swim cap provided in the race kit.
2. Swim will be a wave or rolling start. Participants will wait in pre-selected corresponding swim start area. Start areas with predicted finish times will be set up on the beach area before the swim start arch. Age Group Participants will be released in a continuous flow, based on the following predicted finish times.
3. Each participant's start time will begin when they cross the start line timing mat.
4. Any stroke of a forward motion can be used.
5. Participants must not at any time use the buoy ropes to propel them forward. This will result in disqualification.
6. Participants are allowed to use kayaks, boats and rafts as flotation aids, as long as no forward progress is made. Any forward progress will result in disqualification.
7. Participants must have their race number displayed on at least one of their upper arms prior to the start of the swim.
8. Participants must complete the entire swim course unassisted. Failure to complete the course correctly will result in disqualification.
9. Participants may not use fins, snorkels, flotation devices, gloves, socks or booties at any time during the swim. Calf sleeves (compression sleeves / socks) will NOT be allowed during the swim. Use of these items at any time during the swim will result in disqualification.
10. No individual escorts or paddlers are allowed at any time during the swim.
11. Wetsuits may be worn in water temperature up to and including 24.5 degrees C/76.1 degrees F.
12. When water temperature is above the threshold, Swimwear must not cover the neck, extend past the elbow, or extend past the knees. Sleeves may be worn but cannot extend past the elbow. Swimwear may contain a zipper. A race kit may be worn underneath swimwear, as long as it does not extend past the elbow or below the knees. Illegal swimwear will result in disqualification.
13. A swimmer experiencing difficulty and in need of assistance shall raise an arm overhead, pump it up and down, and call or seek assistance. A swimmer, who has received assistance, whether voluntary or involuntary, must retire and withdraw from the remainder of the race, unless such assistance did not aid the swimmer in making forward progress. No swimmer shall return to the race if the official rendering assistance requests that the participant withdraws from the race or receive medical assistance.
14. Follow the instructions of race marshals and race officials at all times.
15. After the swim, changing tents will be available. No changing will be allowed in the transition area. Public nudity is prohibited throughout the entire event.
16. Upon the swim start being closed by officials, no participant will be allowed to begin the swim (this includes relay participants).

Bike

1. Triathlon, road bikes and mountain bikes are allowed. (including modified mountain bikes or hybrid bikes), However beach cruisers, fixed-wheel bikes, folding bikes, and bikes with coaster-type brakes are prohibited.
2. No tandems, recumbent, fairings or any add-on device designed to reduce resistance is allowed. Any new, 'usual', or prototype equipment will be subject to a ruling of legality by the race director and technical director.
3. All bikes must have one operational brake on each wheel.
4. No wheel may contain a mechanism that is capable of accelerating the wheel.

5. Bike Wheels: Disc wheels or wheel covers may be used only on the rear wheel. However, this provision may be changed by the Race Director in the interest of safety, i.e. high-winds.
6. Shoes and a shirt (cycling jersey, triathlon top, or sports top) must be worn at all times while on the bike course - failure to wear will result in a **YELLOW CARD**.
7. Helmet must be clipped before the bike is removed from the bike rack and cannot be unclipped until the bike is securely racked in transition. Failure to wear a helmet will result in disqualification. Unclipping the helmet before the bike is racked will result in a **YELLOW CARD**.
8. All bikes must be checked into transition Saturday (Check official event schedule for times). Please ensure you arrive at the bike check in on time - there will be no extension or late check in. Only the participant will be allowed to check in the bike. For a participant to check in their bike, they must have the seat post sticker attached to their bike and show their race ID band as identification. No race ID band, no check in.
9. Participants will have full access to their bikes on race morning but will not be allowed to remove the bike from transition 1 until the start of the bike leg.
10. Mount and Dismount at the designated areas only.
11. No riding inside transition at any time.
12. Failure to acknowledge a race official who asks a cyclist to stop for a penalty will result in disqualification.
13. This is a non-drafting race.

Drafting rules for **ALL Participants**:

- Drafting Distance - 10 meters from front wheel to front wheel
 - Overtaking Time - rider has 20 seconds to complete a pass, failure to complete a pass in 20 seconds will result in a drafting penalty (**BLUE CARD**)
15. It is the overtaken riders immediate responsibility to drop out of the drafting zone, failure to do so will result in a drafting penalty (**BLUE CARD**).

16. Drafting Penalty (**BLUE CARD**) –1 minute (Sprint) or 2 minutes (5150) for each penalty (serve at penalty tent)

** Cyclists violating rules on drafting will be notified by officials at the location of the violation. Officials will do the following:

- a. Call out to the rider to get their attention.
- b. Notify the rider that they have received a penalty for drafting and show a BLUE CARD.
- c. Instruct the rider to report to the penalty tent at Transition before beginning the run course.
- d. Record rider's race number for verification at Transition.

** Cyclists penalized for drafting must do the following:

- a. Report to the penalty tent at Transition and inform the race official they received a BLUE CARD.
- b. Indicate race number, sign the penalty tent registration sheet and serve the 1 minute (Sprint) or 2 minutes (5150) time penalty.
- c. Do not attempt to discuss or argue with an official over a penalty.
- d. Any biker who reports an incorrect card color to the Race Official at the penalty tent will be disqualified.
- e. Any biker who fails to report to the penalty tent will be disqualified.

17. Drafting will be allowed in the following situations:

- i. 50 meters from a hydration or aid station
- ii. 50 meters exit and entrance to transition
- iii. 50 meters from a sharp turn or U-turn
- iv. Steep uphill climbs

18. Blocking violation: participants who impede the forward progress of other participants will be given a blocking violation (**YELLOW CARD**).

** Cyclists violating rules on blocking will be notified by officials at the location of the violation. Officials will do the following:

- a. Call out the rider's race number.
- b. Notify that the rider has received a penalty for blocking and show a YELLOW CARD.
- c. For blocking violations, participants will report to the penalty tent at transition, inform the Race Official they received a **YELLOW CARD**,

19. Two drafting penalties (**BLUE CARD**) will result in disqualification. Participants will be allowed to complete the bike course but will not be permitted to run.
20. Always ride on the right side of the road. Overtake on the left and return to the right as soon as it is safe to do so.
21. Side-by-side riding is not allowed at any time. Riders must remain in single file and respect the drafting zone at all times.
22. Follow the instructions of race marshals and traffic enforcers at all times.
23. Respect local traffic rules and other vehicles on the road at all times. Do not cross the centerline of the road at anytime.
24. No individual or team support vehicle may follow riders around the course. This will result in disqualification to the offending rider.
25. Outside assistance from a non-participant or spectator is not allowed at any time on the bike course. This means no receiving food, hydration, tools, or replacement wheels from any person not directly involved in the event. (Example of non-participants: family members, friends, spectators, photographers, personal drivers, and coaches.) Receiving outside assistance will result in disqualification to the offending rider.
26. Participants may not provide any item of equipment to another participant competing in the same race which results in the donor participant being unable to continue their own race. This includes but is not restricted to shoes, complete bicycle, frame, wheels and helmet. The penalty for this will be disqualification of both participants.
27. Pacing from a non-competitor or any kind of motorized vehicle is not allowed at any time on the bike course. This will result in disqualification to the offending rider.
28. Participants may walk their bike if needed but cannot complete the course without their bike.
29. All participants are responsible for their own bike care, maintenance, and repair. An official technical crew will rove around the racecourse and may assist with repairs but should not be expected to fix basic flats.
30. A sweeper vehicle will sweep the course behind the last athlete collect any riders who are unable to complete the course because of exhaustion or mechanical failure. Any participant who rides the sweeper vehicle will be considered DNF (did not finish).
31. Participants must complete the entire bike course unassisted. Failure to complete the course correctly will result in disqualification.
32. The sole responsibility of knowing and following the prescribed bike course rests with each participant. No adjustments in times or results shall be made for participants who fail to follow the proper course for any reason whatsoever.

Run

1. Shoes and shirt / top are required at all times on the run course. Failure to wear will result in disqualification.
2. Uniforms with a front zipper may be unzipped to any length, provided, that (i) the zipper should be connected at the bottom of the uniform at all times, and (ii) the top of the uniform should cover the shoulders at all times; The uniform should be fully zipped when crossing the finish line; **(DSQ if not remedied promptly)**
3. Race number must be clearly visible on the front of the runner at all times. A race belt may be used to secure the race number. Failure to wear will result in disqualification.
4. A runner may run, walk or crawl to complete the course.
5. Outside assistance from a non-participant or spectator is not allowed at any time on the run course. This means no receiving food, hydration, or water/ice/sponges for cooling off from any person not directly involved in the event. (Example of non-participants: family members, friends, spectators, photographers, personal drivers, and coaches.) Receiving outside assistance will result in disqualification to the offending runner.
6. Pacing from a non-participant or any kind of motorized vehicle is not allowed at any time on the run course. This will result in disqualification to the offending runner.
7. No individual or team support vehicle may follow runners around the course. This will result in disqualification to the offending runner.
8. Littering on the run course will result in a **YELLOW CARD**.

9. Follow the instructions of race marshals and traffic enforcers at all times.
10. Respect local traffic rules and other vehicles on the road at all times.
11. Participants must complete the entire run course unassisted. Failure to complete the course correctly will result in disqualification.
12. A sweeper vehicle will begin sweeping the course behind the runner to collect any participants still on the course. At that time, for safety reasons, runners will not be allowed to complete the run course and will register as DNF (did not finish).

Penalties and Disqualifications

1. Race Referees will notify participants of a rule violation by showing the participant a colored card in combination with a verbal directive. Penalty card colors and their associated penalties are as follows:
 - I. **Yellow Card:** 10 seconds (Sprint) or 15 seconds (5150) Stop-and-Go Time Penalty;
 - II. **Blue Card:** 1 minute (Sprint) or 2 minutes (5150) Time Penalty;
 - III. **Red Card:** *Disqualification;*
2. **BLUE CARD** - drafting violations.
3. **YELLOW CARD** - blocking, obstruction, or interference violations, and littering on the bike course, littering on the run course.
4. When a participant receives a **YELLOW CARD on the bike course**, they must report to the penalty tent at Transition for a 10 second (Sprint) or 15 seconds (5150) Stop-and-Go Time Penalty. Once the participant reaches the penalty tent they must report the correct card color to the Race Official and sign the penalty tent registration sheet. The participant may then continue on the run course.
5. When a participant receives a **YELLOW CARD on the run course**, the stop-and-go penalty will be served at the point of the violation (there will be no penalty tent on the run course).
6. When a participant receives a **BLUE CARD on the bike course**, they must report to the penalty tent at Transition, report the correct card color to the Race Official, sign the penalty tent registration sheet, and serve a 1 minute (Sprint) or 2 minute (5150) time penalty. During the time penalty, participants may not use the toilet or receive any food, nutrition, or hydration other than those they were carrying when they entered the penalty tent.
7. Race Referees and Race Officials are not required to give athletes a warning before issuing a penalty.
8. Any participant who accumulates two BLUE CARDS will be disqualified. If a participant is disqualified while on the swim course, they may finish the swim course but may not start the bike course. If a participant is disqualified while on the bike course, they may finish the bike course but may not start the run course. If a participant is disqualified while on the run course, they may finish the run course but will not be eligible for awarding.
9. 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, dangerous or unsportsmanlike conduct.
10. Disqualified participants will not be eligible for age-group awards. Timing splits and race results will NOT be listed for disqualified athletes.

General

1. Participants must wear their race ID band for identification purposes at all times. No athlete will be allowed to enter transition or any restricted race areas without a race ID band.
2. Participants must ensure their timing chip is securely fastened to their left ankle for the entire race.
3. A race number sticker must be placed on the seat post of the bike (before bike check in) and on the front of the bike helmet before the race begins. Failure to attach will result in a **YELLOW CARD** and may result in disqualification.
4. Participants will give way to all medical and emergency personnel on the course regardless of their race standing.
5. All participants will surrender their timing chip to race officials immediately after crossing the finish line.

6. A participant must complete all three legs of the race in full before each of the cut off times or be disqualified. A participant who is disqualified (or cut off after the swim or the bike) will not be permitted to continue the race.
7. If for any reason a participant cannot finish the race, they must report to the finish line area and return their timing chip. This will result in a DNF (did not finish) result.
8. In Transition, it is the responsibility of the participant to ensure all race gear is placed at the base of their respective bike rack position.
9. Only participants wearing the official event wristband and race officials will be allowed to enter transition before, during and after the race. No family members, support staff, personal bike mechanics or photographers will be allowed in transition at any time.
10. Do not place any items (shoes, towels, clothing, etc.) beyond the front wheel of your bike inside transition. No glass containers of any kind will be allowed inside transition.
11. Bike and Bag collection will open at assigned time in the event schedule for collection of bikes and transition bags. Any bikes or bags remaining in transition after assigned closing time in the event schedule will be left unsecured as the transition area will be closed and race security removed from the area. Bikes and bags can only be collected by the **PARTICIPANT** - family members, support staff, coaches, and drivers will **NOT** be allowed to check out bikes and bags from transition. Participants must show their race ID band as identification to check out their bike.
12. Relay participants must remain in their respective waiting tents at transition until their teammates arrive. They cannot leave the waiting tent unless given permission by a race official. Once a relay participant has completed their leg of the race they may leave the waiting tents but may not reenter transition.
13. All medical expenses occurred during the course of the race or as a result of the race are the sole responsibility of the participant.
14. MP3 players or any kind of personal music / listening devices with headset are not allowed at any time during the race. Use of a headset at any time during the race will result in disqualification.
15. Non-racers, including the relay swimmer and biker, and family members cannot run or walk alongside a runner in the finishing chute - this includes participants carrying children in their arms as they cross the finish line. Please make every attempt to cross the finish line individually, not in a group to ensure your time is correctly recorded.
16. If a participant loses or forgets their timing chip prior to the swim start, they must report immediately to a race official at the swim start area. If the timing chip is lost during the course of the race, the participant must report the loss to a race official and pay a replacement fee upon completing the race.
17. Full disclosure of a participant's medical condition(s), general health and surgical procedure within the previous 12 months is required. Medical consultation/clearance may be necessary from an attending physician prior to acceptance into the race. In all cases, the final decision of medical consideration is at the discretion of the event Medical Director.
18. Participants may be requested to undergo drug-testing procedures before and after the event. If you are requested to do so, you hereby agree to abide by such testing procedures. If a participant tests positive to any banned or illegal substance they will be disqualified.
19. Medical personnel shall have **ULTIMATE** and **FINAL** authority to remove a participant from the race if the participant is judged to be physically incapable of continuing the race without risk of serious injury or death. Medical transport of any participant will result in disqualification.
20. Age group classification is based on the participant's age as of December 31, 2024.
21. Relay teams must consist of 2 or 3 participants. A relay participant may only race for one team. An individual participant cannot compete as part of a relay team.
22. Consider the safety of yourself and other participants at all times during the race. Treat other participants, race officials, race marshals, medical staff, traffic enforcers, and spectators with respect and courtesy before, during, and after the race.
23. Foul, harsh, argumentative or abusive language, or other unsportsmanlike conduct directed at race officials, another participant, race marshal, medical staff, traffic enforcer, or spectator will not be tolerated before, during, or after the race and will result in disqualification.
24. Any protests relating to race results must be submitted in writing to the Race Director within one hour of the final race cutoff.

25. In case of severe weather on race day, IRONMAN reserves the right to make the necessary adjustments to the race course to ensure the safety of all participants. These decisions will be made on race morning and announced at transition and the swim start.
26. Race numbers and race registration are non-transferable. Any attempt to transfer registration will result in disqualification.
27. IRONMAN reserves the right to make rule changes at any time provided all athletes are notified in writing and/or at the pre-race athlete briefing meeting.