



INFORMATION AND RULES 2019

SWIMMING AND WETSUIT USE

- Use of wetsuit is mandatory below 16°C (water temperature).
- Use of wetsuit is forbidden above 24,6°C (water temperature).
- Swimming is cancelled below 12°C (water temperature).
- An athlete must wear the swim cap provided by officials at all times during the swimming. In case when the athlete decides to wear an additional swim caps, the one provided by the LOC must be the external one.

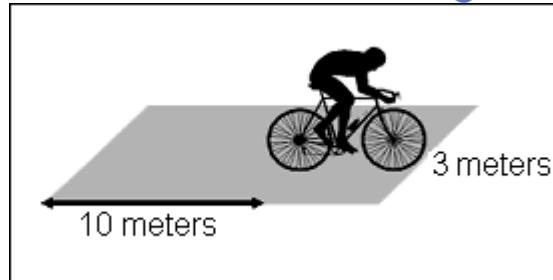
CYCLING COURSE

- **Bike course is not fully closed for traffic! The organizer ensures only partial closure and every competitor is obliged to adhere to the traffic regulations, police instructions and organizers.**
- Helmets must be approved by a national accredited testing authority recognized by a NF that is an affiliate of the ITU.
- **The helmet must be securely fastened at all times** when the athlete is in possession of the bike. Which means from the time, when you remove your bike from the rack at the start of the bike course, until you place your bike on the rack after you finish the bike course.
- The racers can ride on the bicycle, after pass the finish line of transition area.
- Centerline override is prohibited.

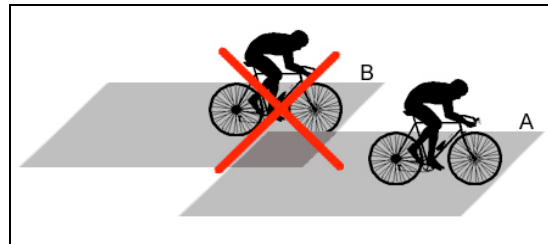
DRAFTING and BLOCKING are FORBIDDEN

- An athlete rides on the right side of the road, an unwarranted **ride on the left** (or even passing the centerline) **is considered BLOCKING** and is punished.
- Each athlete has a DRAFTING zone around him 1.5 m to the left, 1.5 m to the right and **10 meters** to the rear (measured from the rear wheel).
- Any ride in the drafting zone of another competitor or motor vehicle (even when overtaking) is considered to be DRAFTING.
- If an athlete wants to pass a competitor in front of him, he must first check if he is no longer overtaken by another competitor, **MOVE to the left** outside the drafting zone of the competitor in front of him and start overtaking.
- An athlete has **20 seconds** to overtake each competitor, if the overtaking takes longer or overtaking does not occur and the competitor goes in parallel or returns behind the competitor, then he is followed by a penalty.
- In case, when an athlete is overtaken by another competitor, **CAN NOT accelerate and prevent overtaking - BLOCKING.**
- An athlete who is overtaken must visibly slow down and leave the drafting zone of the competitor who has passed it within **5 seconds**. When the overtaking is over, then can **ACTIVELY** race again.
- Overtaking the riders from the right is PROHIBITED.
- As DRAFTING is also considered to ride behind any motor vehicle at a distance of less than **35 meters**.
- Ride of two or more athletes next to each other is also **PROHIBITED**.

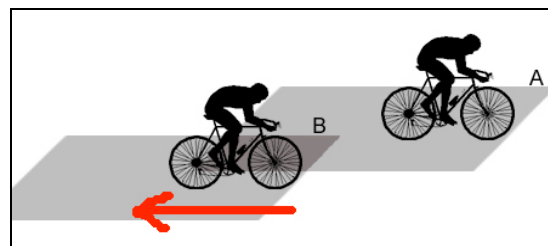
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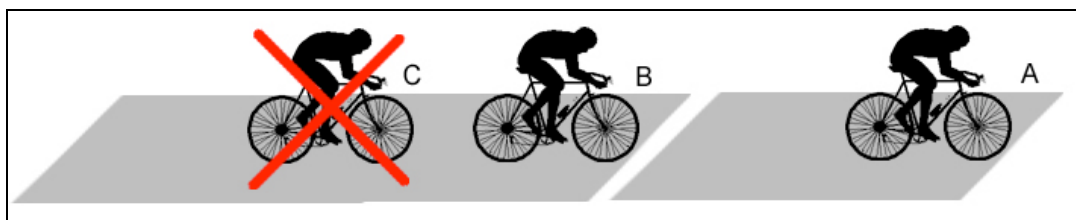
Drafting zone of each athlete.



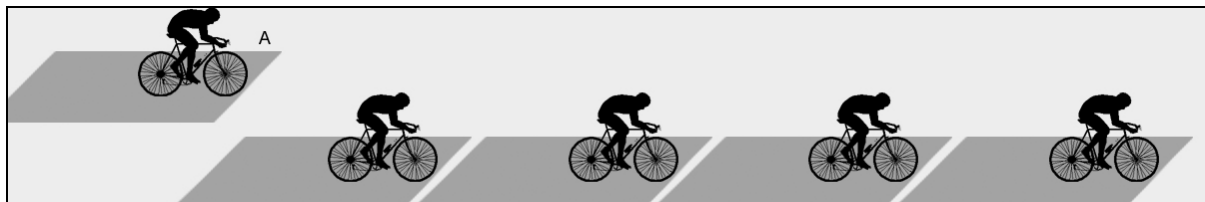
Athlete B overtakes an athlete A through his drafting zone – **DRAFTING**.



Athlete B is overtaken and has to leave drafting zone of athlete A, athlete A has to move to right side after.

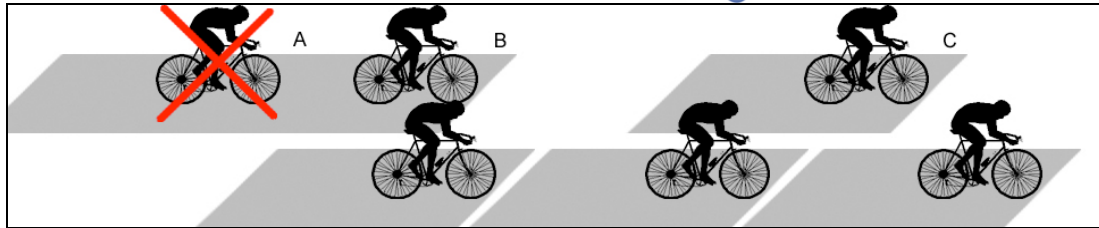


Athlete C breaks the **DRAFTING** rule.

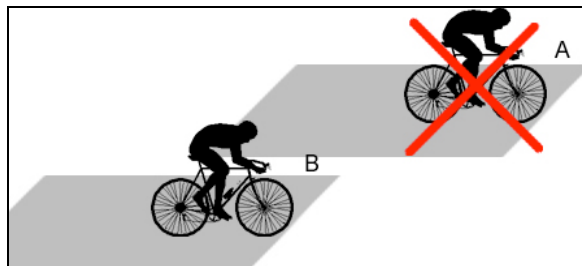


Athlete A has to move ahead of all competitor. If he goes between any two competitors, he will break the DRAFTING rule. He has **20 seconds** to overtake each of these four athletes. 80 seconds in total.

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Athletes B and C overtake correctly, athlete A breaks **DRAFTING** rule.



If athlete A does not overtake, then he breaks **BLOCKING** rule.

„YELLOW CARD“

- Breaking blocking rule
- Causeless ride on the left side
- Overtaking longer than 20s
- Incomplete overtaking (return)
- Interference to be overtaken
- **Breaking drafting rule inadvertently includes the TIME PENALTY**
- Overtaking another competitor through his drafting zone
- Don't leave the drafting zone of athlete, who was overtaken by

If an athlete breaks this rules, referee uses the rule **STOP AND GO**. It means: after telling athlete's number and calling „**STOP!**“, referee shows to athlete „**YELLOW CARD**“.

Athlete's obligation:

1. Stop safely on the right side.
2. Have both legs on the ground and lift up bicycle for short moment.
3. Continue ride after telling „**GO!**“ by referee.

If an athlete breaks the **DRAFTING** rule, then he gets the time penalty.

„BLUE CARD“

- „**BLUE CARD**“ is awarded as follows:
 1. Whistle on the whistle
 2. Showing „**BLUE CARD**“ and notifying the athlete's number

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„**BLUE CARD**“ may be awarded retrospectively, at any time during the bicycle course. An athlete who receives blue card will continue the race without stopping and is required to stop in the nearest cycling penalty box.

First „**BLUE CARD**“ = 5 minutes in first penalty box

Second „**BLUE CARD**“ = 5 minutes in first penalty box

Third „**BLUE CARD**“ = **DISQUALIFICATION**

Penalty box will be placed near transition area and has to be stopped there, if he has a strikeout after bicycle finish, otherwise follows disqualification.

„**RED CARD**“

- Purposely breaking of drafting rule
- Not following referee's instruction
- Insulting referee, other competitors or organizers
- Distance's abbreviation
- Not fair-play behaviour

„**RED CARD**“ can be given immediately without getting „**YELLOW CARD**“ before.

RACE NUMBER

- The start number provided by the organizer must not be edited in any way and must be used in such a way that its entire area is visible.
- Visible backwards throughout the bicycle course.
- When running, the number must be clearly visible at front.

HELP DURING THE RACE

- An athlete can't accept any help from others.
- An athlete can't be followed or lead by car, motorbike, bicycle or runner.
- Information can be given to athletes just from the side of the tracks.

TRANSITION AREA

- The late arrival to transition area for bike check is followed by **YELLOW CARD + 15 sec. penalization** in the 1st transition area.
- Nudism is forbidden, breaking the rule follows **YELLOW CARD + 15 sec. penalization**
- Cycling in the transition area is **FORBIDDEN!**
- Access to the transition area is allowed **ONLY** for marked athletes (red wristband attached to the wrist), referee, persons marked "PRESS" and organizers.
- *Only cycling shoes and helmet + glasses can be together with bicycle in the transition area.*
- *Other things must be stored in a bag supplied by the organizer, which each competitor himself hangs in stands in the transition area.*
- *The blue "BIKE" bag is used for cycling and after the swimming part, athletes have to put in swimming things and wetsuit.*
- *The red "RUN" bag is used for things for running course.*

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- Stands for cycling and running bags are separate.
- Only athletes with the starting number and the red wrist strap are allowed to get the bicycle and material from the transition area after the race.

GENERAL RULE

- Usage of headset and mobile device is prohibited.

BICYCLE COURSE – FOOD AND BEVERAGES

At km **21** ; **46** ; **66**

- Water
- Iont drink **NUTREND - UNISPORT**
- Energy bars **NUTREND - POWERBIKE**
- Bananas

RUN COURSE – FOOD AND BEVERAGES

At Km **1,0** ; **3,5** ; **5,5** ; **7,5** ; **9,0** ; **11,5** ; **13,5** ; **15,5** ; **17,0** ; **19,5**

- Water
- Iont drink **NUTREND – UNISPORT**
- Energy gels **NUTREND - CARBOSNACK**
- Magnesium **NUTREND – MAGNESLIFE STRONG**
- **COCA COLA**
- **RED BULL**
- Bananas

OWN FOOD AND BEVARAGES

- Self-catering to athletes can only be done at places designed by the organizer.
- The place will be determined during the prerace briefing.



LITTERING

- Disposal of garbage (packaging from gels, energy bars, bicycle bottles, etc.) outside the refreshment station is **PROHIBITED**
- The breaking of this rule will be punished by the **STOP-AND-GO rule - YELLOW CARD**

PARKING

- Please use the parking area "A" on the peninsula and "B" for the entrance and exit of the vehicles CLOSED from 11.00 to 19.00 hours !!!
 - Parking space "C", the access road from the village of Hrádek will be free to exit during the whole event. Observe the organizers' order.
 - Only use reserved areas for parking. Do not park on the access roads!
- Parking can be paid - these are private land!

Local Organizing Committee *CZECHMAN Triatlon 2018*

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Parkování-Parking

