



INFORMATION AND RULES

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2026

PRESENTATION

To collect the starting package, you must present an identity document or an unverified power of attorney + a copy of identity document of registered athlete.

CZECH TRIATHLON ASSOCIATION LICENSE

Competitors who do not have an annual triathlon license from CTA for 2026 or the international WT federation must purchase a daily license worth 200 CZK. Payment can be made in cash or by credit card.

RACE BRIEFING

- Race briefing is mandatory for all athletes – starts at 11:05am.

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.
- Swimming warm-up will be finished 10 minutes before the start of the race.
- An athlete can wear the race number during swimming part only if he/she is swimming in neoprene.
- If a competitor withdraws from the race before or during the swimming part, he is obliged to immediately inform the referee of the race!

START

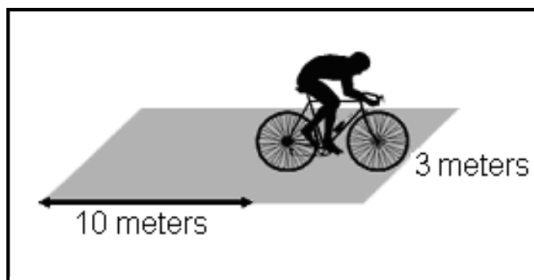
- Bulk from the water, as directed by the Main referee.
- One-minute-to-start signal will be sounded.
- Then the referee will say, “Get ready to start” and the race will begin with the starting signal – the sound of a trumpet.
- For women, there will be a dedicated corridor on the right side, with a voluntary start.

CYCLING COURSE

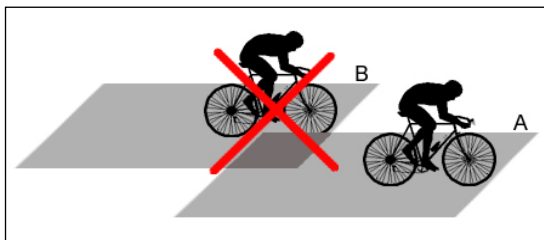
- Bike course is not fully closed for traffic! The organizer ensures only partial closure and every competitor is obliged to follow the traffic regulations, police instructions and organizers.
- Helmets must be approved by a national accredited testing authority recognized by a NF that is an affiliate 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.
- **Please use the helmet also during cycling warm-up.**
- The racers can ride on the bicycle, after pass the finish line of transition area.
- Centreline override is prohibited.

DRAFTING and BLOCKING are FORBIDDEN

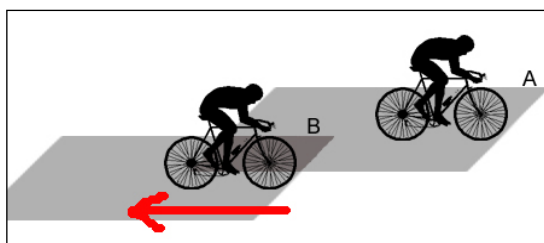
- An athlete rides on the right side of the road, an unwarranted **ride on the left** (or even passing the centreline) **is considered BLOCKING** and is punished.
- Each athlete has a DRAFTING zone around him 1.5 m to the left, 1.5 m to the right and **10 meters** to the back (measured from the rear wheel).
- 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. It is forbidden to overtake a competitor by running into their rear wheel and then swerving.
- An athlete has **25 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 **10 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 less than **35 meters**.
- Ride of two or more athletes next to each other is also **PROHIBITED**.



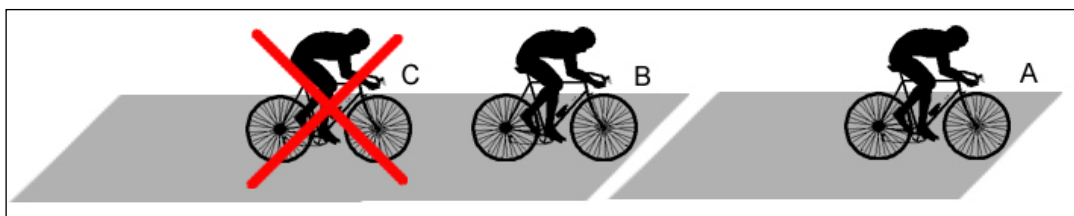
Drafting zone of each athlete.



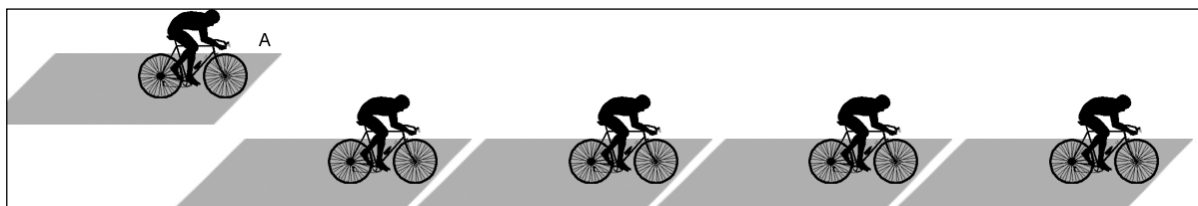
Athlete B overtakes an athlete A through his drafting zone – **DRAFTING**.



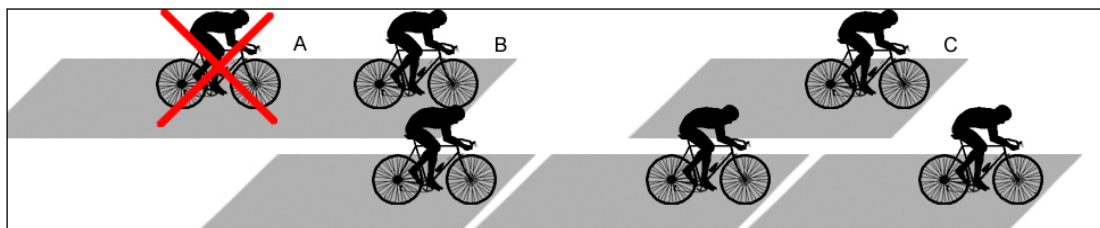
Athlete B is overtaken and must leave drafting zone of athlete A, athlete A must move to right side after.



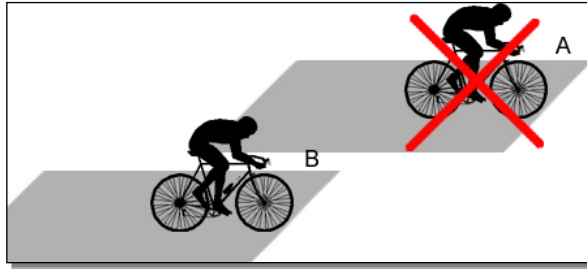
Athlete C breaks the **DRAFTING** rule.



Athlete A must move ahead of all competitors. If he goes between any two competitors, he will break the **DRAFTING** rule. He has **25 seconds** to overtake each of these four athletes. **100 seconds** in total.



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



Athlete B rides correctly (if he is not overtaking rider A from right side). If athlete A does not overtake, then he breaks **BLOCKING** rule.

The following penalties are possible for violations of the Czech Triathlon Association rules:

ORAL WARNING

- The referee whistles on a whistle and asks the athlete for a reparation, an athlete must obey the referee but does not have to stop during the remedy.

YELLOW CARD "STOP & GO"

- The referee whistles, shows the yellow card and says "**STOP**". An athlete must stop and obey the referee's instructions. An athlete continues the race only after the referee tells "**GO**".

BLUE CARD

- The referee will show the competitor a blue card (applies only to the drafting rule violation). An athlete will not stop immediately but must stop at the nearest penalty box during the cycling session, where he is serving a penalty for violating of the drafting rule.
1. BLUE CARD = 2 minutes in **cycling** penalty box (can be found on maps).
 2. BLUE CARD = 2 more minutes **cycling** in penalty box.
 3. BLUE CARD = **DISQUALIFICATION**.
- The penalty box will be placed on the cycling track. If an athlete has received a BLUE CARD, he/she is obliged to stop in cycling penalty box, otherwise he will be disqualified.

TIME PENALIZATION

- This penalty is signaled to athlete on the board in the penalty box on the running part. An athlete is obliged to check each of the running circuits whether his number has appeared on the board. We recommend reviewing the placement and appearance of the board before the start. This way the violation in the transition area and in each discipline are punished, except for drafting, which is punished through a blue card directly on a cycling part.
- The penalty for not stopping in the running penalty box is not disqualification for the year 2025, but ten times the time penalty that the competitor should have served.

RED CARD = DISQUALIFICATION

- Deliberate violation of the drafting rule.
- Failure to obey the referee's instructions.
- Verbal insults to other competitors, organizers and referees.
- Failure to complete the entire course.
- Unsportsmanlike behaviour.

RED CARD may be given immediately and may not be preceded by **YELLOW CARD**.

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 on the **BACK** side throughout the bicycle course.
- When running, the number must be clearly visible at **FRONT**.
- Loss of starting number may result in time penalty.

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

- Access to the transition area is **ONLY** for marked athletes (coloured wrist bracelet), referees, "MEDIA" and designated organizers.
- Transition area acceptance is from 9:00am till 11:00am.
- When entering the transition area, you must have the helmet on your head, the numbers stuck to your helmet in the front and on the side, bike must be marked with the starting number and have both bags "RUN" and "BIKE".
- Hang the bike by the saddle with the front wheel facing you, even when you arrive from the bike section of the race.
- Changing clothes in the transition area is forbidden, always use tents in the transition area for changing clothes
- Cycling in the depot is **PROHIBITED!**
- In the transition area there can only be your cycling shoes on the bicycle.
- Other items must be placed in a bag delivered by the organizer, which each competitor will hang into the racks in the transition area.



- Blue "**BIKE**" bag is used for cycling things and the swimming part the competitor must put swimming stuff and neoprene in it. Bottom on stands.
- The red "**RUN**" bag is used for things for the running part. Top on stands.
- 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 RULES

- Usage of headset and mobile device is prohibited.
- The use of radar and taillight is prohibited.
- It is prohibited to have drinking containers with a total volume greater than 2L on the handlebar structure and 2 containers with a maximum volume of 1L per bottle/container are allowed behind the saddle.

BICYCLE COURSE – REFRESHMENT

- At km **25 / 46 / 66**
- Water – cycling bottle
- Iso drink **Penco IONOGEN**, cycling bottle
- Energy bars **Penco Ultra energy bar**
- Energy gels **Penco ENERGY GEL LONG TRAIL 35 g**
- Bananas

RUN COURSE – REFRESHMENT

- Every **2,5 kms**
- Water
- Iso drink **Penco IONOGEN**
- Energy gels **Penco ENERGY GEL LONG TRAIL 35 g**
- **AC SALTS** anti cramps
- **COCA COLA**
- **RED BULL**
- Bananas

OWN FOOD AND BEVARAGES

- Competitors may only be provided with refreshments by their escorts at designated locations by the organizer near the refreshment stations, only on the running part. 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.

TIME MEASUREMENT AND RESULT SERVICE

- Provided by company IRONTIME by use of chips that each competitor receives during a presentation or when entering transition area.
- More at www.iron-time.cz

COURSE MAPS

- Course maps on: www.czechman.cz/proposition_courses

PARKING

- Parking area "A" will be closed between 10:15 am till 6:00 pm.
- Parking area "B", the access road from the village "Hrádek" will be free to exit during the whole event. Please observe the organizer's orders.
- Only use reserved areas for parking. Please do not park on the access roads.
- **Parking can be paid - these are private land.**
- **Map 10th page**

TIME SCHEDULE OF CZECHMAN TRIATHLON 2026

Friday 6th of June 2026

CZECHMAN Triathlon 2026 – main race

17:00 – 20:00 Athlete Check-in (Race kit collection)

CZECHMAN Swim 2026 – swimming race

17:00 - 18:15 Athlete Check-in (Race kit collection)

18:25 Race briefing – racetrack description

18:30 START of CZECHMAN SWIM

19:45 Award ceremony CZECHMAN SWIM

Saturday 7th of June 2026

CZECHMAN Triathlon 2026 – main race

08:00 - 10:00 Athlete Check-in (Race kit collection)

09:00 - 11:00 Transition area opening

11:05 - 11:30 Race briefing for – Mandatory

11:50 Finish of swimming warm-up

12:00 START of CZECHMAN Triathlon – Individuals

12:10 START of Relays – CZECHMAN Relay

15:50 The Winner's finish

17:00 - 19:30 Bike pick-up from transition area

19:15 Award ceremony of CZECHMAN Triathlon

