

## INFORMATION AND RULES 2024

### 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 always provided by officials during the swimming. In case when the athlete decides to wear an additional swim cap, the one provided by the LOC must be the external one.
- 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 is swimming in neoprene.

### START

- Bulk from the water, as directed by the Main referee.
- For women, there will be a dedicated corridor on one side, with a voluntary start.

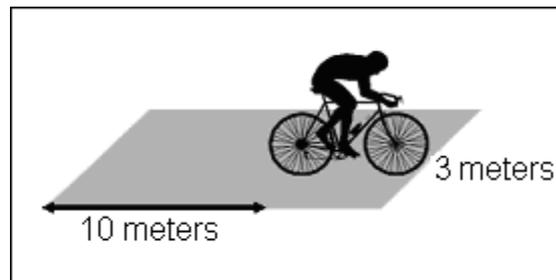
### CYCLING COURSE

- **Bike course is not fully closed for traffic! The organizer ensures only partial closure, and every competitor is obliged to 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. *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.

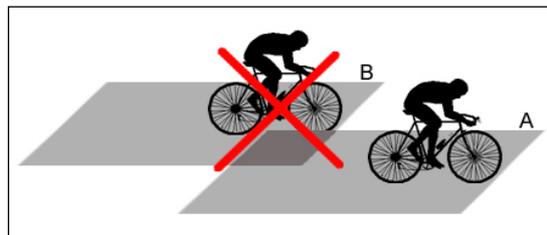
### DRAFTING and BLOCKING are FORBIDDEN.

- 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 rear (measured from the rear wheel).

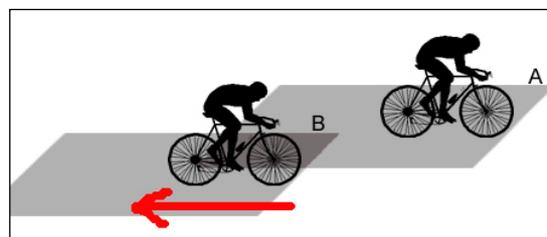
- If an athlete wants to pass a competitor in front of him, he must first check if he is no longer overtaken by another competitor, **MOVE to the left** outside the drafting zone of the competitor in front of him and start overtaking.
- An athlete has **25 seconds** to overtake each competitor, if the 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 distance less than **35 meters**.
- Ride of two or more athletes next to each other is also **PROHIBITED**.



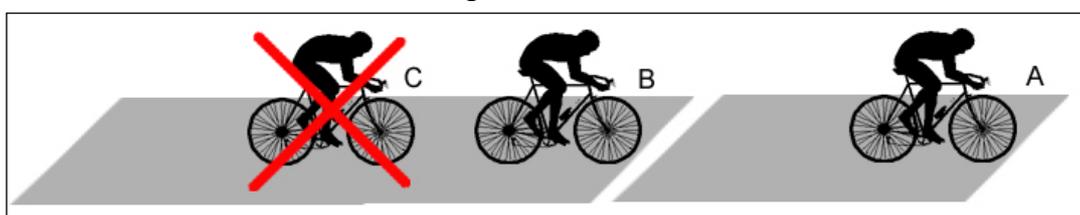
Drafting zone of each athlete.



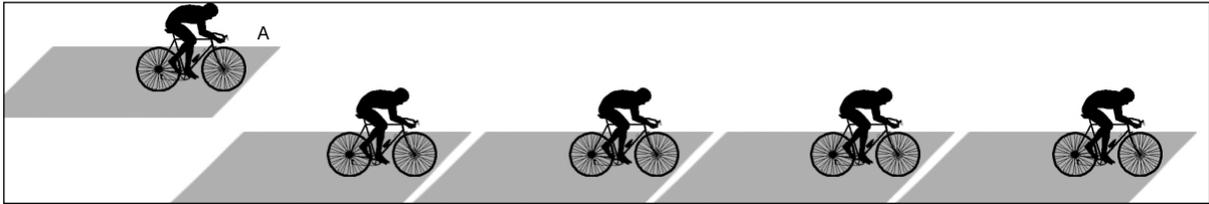
Athlete B overtakes an athlete A through his drafting zone – **DRAFTING**.



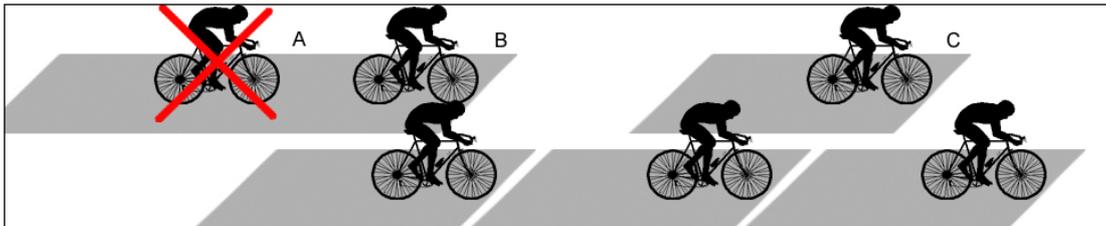
Athlete B is overtaken and must leave drafting zone of athlete A, athlete A must move to right side after.



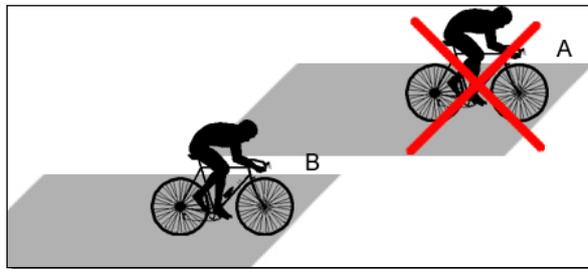
Athlete C breaks the **DRAFTING** rule.



Athlete A has to 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.



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.

**“STOP & GO”**

- The Referee whistles, shows the yellow card and says “**STOP**”. An athlete must stop and obey the referee's instructions.

**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** = 5 minutes in the first penalty box.
  2. **BLUE CARD** = 5 more minutes in the first 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 is obliged to stop himself in the 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.

### **YELLOW CARD = "STOP & GO"**

- Bestowal procedure: The referee shows the **YELLOW CARD** to an athlete and tells an athlete his number and "STOP". The competitor must stop racing and follow the referee's instructions. He continues the race only after the referee tells him "GO".

### **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.

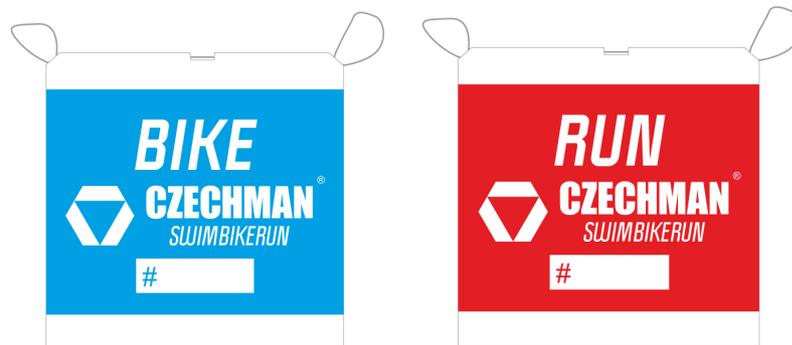
### **HELP DURING THE RACE**

- 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 to have both bags "RUN" and "BIKE".
- Hang the bike by the saddle with the front wheel facing to 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 you can have on the bicycle just your cycling shoes.
- Other items must be placed in a bag delivered by the organizer, which each competitor will hang himself 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 RULE

- Usage of headset and mobile device is prohibited.

### BICYCLE COURSE – FOOD AND BEVERAGES

- At km **25; 46; 66**
- Water
- Iso drink **Penco IONOGEN**
- Energy bars **Penco SPORT JELLYBAR**
- Energy gels **Penco ENERGY GEL LONG TRAIL 35g**
- Bananas

### RUN COURSE – FOOD AND BEVERAGES

- Every 2,5 kms
- Water
- Iso drink **Penco IONOGEN**
- Energy bars **Penco SPORT JELLYBAR, Ultra energy bar**



- Energy gels **Penco ENERGY GEL LONG TRAIL 35g**
- **AC SALTS anti cramps**
- **COCA COLA**
- **RED BULL**
- Bananas

### **OWN FOOD AND BEVARAGES**

- Self-catering to athletes can only be done at places designed by the organizer, only on run course.
- 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 **YELLOW CARD = "STOP & GO"**.

### **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.irontime.cz](http://www.irontime.cz)

### **COURSE MAPS**

Course maps on: [https://www.czechman.cz/proposition\\_courses](https://www.czechman.cz/proposition_courses)

### **PARKING**

- Parking area "A" will be closed between 11:15 am till 7:00 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.**
- Please see map at page 8.



## **TIME SCHEDULE OF CZECHMAN TRIATHLON 2024**

### **Friday 31st of May 2024**

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

### **Saturday 1st of June 2024**

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

