

## **Competition rules**

All participants are individually responsible for starting the race in a well-trained, physically healthy condition. Both, the existing regulations of the ITU, and these here written competition rules are to be strictly observed. Traffic control regulations must be adhered to and instructions from referees, judges and race officials are to be complied with.

## **Race Briefing**

The race briefing will take place on Saturday, September 1, 2018 at the "Stadtsaal". Attendance is compulsory for all participants of the Powerman Long Distance (10/150/30) and beneficial for the participants of the Powerman Short Distance because the same rules are applied for this race.

## **ITU Elite**

11:30 in English

## **Age Groups**

13:00 in German

13:45 in English

14:30 in French / Spanish

## **Bike deposit**

The bike and helmet check-in for the participants Sunday, September 2, 2018 from 06:30 to 07:30 and 08:10 (relays).

## **Racing Gear/Starting Numbers**

The participants are responsible for their own racing gear. Racing with an unclothed upper body is strictly forbidden on the run as well as on the bike courses. The changing of clothing is allowed only in the official transition area. The start number has to be clearly visible on the front of the body during the running course and on the back of the body during the bike course. The number must neither be folded nor concealed by clothing. The three helmet number stickers must be fitted in the front, on the left and on the right side. The bike start number has to be attached in a way that it is well visible from the left side during the race. ITU rule: in case of rain, please only use transparent rain coats without logos. The national dress and the starting number must be clearly visible. Printed jackets must be turned inside-out.

## **Attention!**

Brake levers must be turned backwards, but bar end shifters for clip-ons can be turned forwards. The «Champion» timer chip is issued on a loan basis. Private chips are not permitted. The chip should be returned when collecting your bicycle. Otherwise CHF 50.- has to be paid. It is forbidden to consume music from iPods or similar gadgets (discman, MP3-player,...) during the race.

## **Transition Area**

The transition area may only be entered by race participants and officials with an admission card! Trainers, coaches and spectators have no admittance to this area. Within the transition zone, bikes are to be pushed only and are to be parked in the numbered stands. Do not lay bikes on the ground. Running Courses: due to safety reasons and equal treatment, the running courses are exclusive areas for participants. Any form of mobile escort is strictly forbidden.

## **Cycling/Drafting**

Cycling is an individual time trial without any personnel assistance. Drafting (Slipstream cycling behind or next to another cyclist) is forbidden. The minimal distance between the two bikes must be 12m (front wheel to front wheel), the lateral distance at least 2m, and the time to pass another participant must not exceed 25sec. Drafting rules apply for elite and age group.

Participants who violate these regulations can be disqualified immediately by a race steward, or can be charged with a blue card (penalty) or the red card.

### **Yellow or blue card**

Whistle or horn from race steward/referee. Show of yellow or blue card. Call of number. Information of penalty to the athlete.

1 blue card (drafting) = 5 minutes penalty, max. 2 blue cards, 3 blue cards = DSQ  
1 yellow card (blocking and other offences) = 1 minute penalty

The sentence (penalty time) has to be served in the penalty box at km 50, 100 and 150.

### **Red card**

Disqualification

A hard shell helmet has to be worn. It is mandatory to wear the helmet (apron must be closed) from the moment you get the bicycle until you depose your bike again. There is oncoming traffic on the bike course. The traffic rules have to be obeyed. E.g. a crossed safety line leads to a disqualification. Dangerous downhill sections will be marked with a yellow flag. That means the speed has to be adapted immediately.

### **Food and Drink**

There are sufficient food and drink stations around the race course (see course maps). Drinks are: water and hypotonic drinks. Food on the Long Distance circuit are: bananas, energy bars and gels. Self food supply on the wheel distance has to take place in each case 50m before or after an official food supply post or in the specially marked coaching zone.

### **“Bike Doctor”**

An official repair station will operate at the entry to the transition area on the day before the race and on the race day. In addition, two fix repair stations will operate during the race.

### **Permitted finishing times / time limits**

#### **Short Distance**

The permitted finishing time for bike – 2nd run is at 13:15 in the transition area

The permitted time to finish the race is 14:00

Long Distance

The permitted finishing time for the 2nd bike loop (100 km) is at 14:00 (latest begin for the 3rd loop).

The permitted finishing time for bike (150 km) – 2nd run transition is at 16:00 in the transition area.

The permitted finishing time for the 1st running loop (km 15) is at 18:00 in the transition area

The permitted time to finish the race is 20:00

### **Doping**

Doping is prohibited. The organizer is allowed to make doping controls.

### **Finisher-Shirts/Medals**

The finisher-shirts for the participants and the medals for the participants of the Powerman Long Distance will be handed over after the finish line.

### **Award Ceremony**

The award ceremony for the Short Distance Duathlon will take place on Sunday afternoon in the Powerman expo arena, and the Long Distance award ceremony at 20:00 in the town hall ("Stadtsaal"). Prizes will be handed over to winners in person only. Not collected prizes become property of the organizer.

### **Post Race Party**

The Post Race Party will take place on Sunday at 19:00 in the town hall ("Stadtsaal"). Inclusive free dinner for Powerman Long Distance Duathlon finishers.

**Results**

The results will be published on our web site: [www.powerman.ch](http://www.powerman.ch) The results will not be mailed to the athletes.

**Liability**

The organizer cannot be held liable for accidents, damages or theft. Insurance coverage is upon the athlete, the organizer cannot be held responsible. Each participant has to sign an exemption of responsibility for the organizer at the registration.

Waiver (pdf, EN)

Haftungsausschluss (pdf, DE)

Renonciation (pdf, FR)

**Protest**

Protests can be related to the behavior of race stewards, other athletes, to mistakes in the organization of the competition, or to race steward's decisions. The protest, including a deposit of CHF 50.-, must be submitted at the OSR no later than 15 minutes after the athlete's arrival.

All further points are mentioned in the match regulation from Swisstriathlon (Download/PDF only D/F).