

2011 WTC RULES FOR IRONMAN AND IRONMAN 70.3 RACES

SWIM COURSE RULES & INSTRUCTIONS:

1. Athletes must wear cap provided by race.
2. No fins, gloves, paddles, or flotation devices of any kind are allowed.
3. No Aqua socks (neoprene booties) unless the water temperature is 65.0 degrees Fahrenheit or colder.
4. Swim goggles or facemasks may be worn.
5. No individual paddlers or escort allowed. The course will be adequately patrolled by boats, canoes and kayaks.
6. Any assistance required during the swim will result in disqualification if forward progress was made. Athletes are permitted to use kayaks and boats as aid, as long as forward progress is not made. Special provisions are made for physically challenged athletes. Course officials and medical personnel reserve the right to remove athletes from the course if determined medically necessary. *Note: Any athlete electing not to race must notify timing station immediately. Above all, the safety of each swimmer is our prime concern. A full sweep of the course will be made directly behind the last swimmer. Visual aid will be provided by the lifeguards, divers, canoes, and kayaks, buoys and aquatic crafts that line the course.

WETSUIT RULES:

1. Wetsuits cannot measure more than 5 mm thick.
2. Wetsuits may be worn in water temperatures up to and including 24.5 degrees Celsius/ 76.1 degrees Fahrenheit. Athletes who choose to wear a wetsuit in water temperatures between 24.5 degrees Celsius/76.1 degrees Fahrenheit and 28.8 degrees Celsius/ 83.8 degrees Fahrenheit will not be eligible for awards, including World Championship slots. Wetsuits will be prohibited in water temperature greater than 28.8 degrees Celsius/ 83.8 degrees Fahrenheit.
3. Full wetsuits are permitted (arms and legs covered).
4. Prohibited Wetsuit: De Soto Water Rover

BIKE COURSE RULES & INSTRUCTIONS:

Please understand that based on permits for the roads on the course and the safety of athletes involved, cutoff times must be respected for all Ironman events.

1. Position Rules:
 - a. Absolutely NO DRAFTING of another bike or any other vehicle is allowed.
 - b. Athletes must keep 7 meters (~4 bike lengths) distance between bikes except when passing. Failure to do so will result in a drafting violation.
 - c. A pass occurs when the overtaking athlete's front wheel passes the leading edge of the athlete being overtaken.
 - d. Overtaking Athletes may pass on the left for up to 20 seconds, but must move back to the right side of the road, after passing. Failure to complete a pass within 20 seconds will result in a drafting violation. Athletes may not back out of the 7 meter draft zone once it is entered (drafting violation).
 - e. Overtaken Athletes must immediately fall back 7 meters (~4 bike lengths) before attempting to regain the lead from a front running bike. Immediately re-passing prior to falling back 7 meters will result in an overtaken violation.
 - f. Overtaken Athletes who remain within 7 meters (~4 bike lengths) for more than 20 seconds will be given a drafting violation.
 - g. Athletes must ride single file on the far right side of the road except when passing another rider, or for reasons of safety. Side-by-side riding is not allowed and will result in a position violation.
 - h. Athletes who impede the forward progress of other Athletes will be given a blocking violation.
 - i. Athletes committing rules violations will be notified "on the spot" by an official.
 - j. Do not attempt to discuss the penalty with the official.

- k. The official will:
 - i. Call out your race number and/or notify you that you have received either a **RED CARD** for drafting or a **YELLOW CARD** for any other penalty. The official will show you the corresponding colored card.
 - ii. Instruct you to report to the next penalty tent (PT) on the course. There will be at least two PTs on the course. **THE EXACT LOCATION OF THE PTs WILL BE STATED AT THE PRE-RACE MEETING.**
- l. The athlete will:
 - i. Report to the next PT and tell the PT Official whether you were shown a **RED CARD** or a **YELLOW CARD**. If you fail to report to the next PT, you may be disqualified.
 - ii. Have race numbers marked by the PT Official with a “/” for drafting or a “P” for all other penalties.
 - iii. Register, via the sign-in sheet.
 - iv. Resume the race immediately, upon having your numbers marked with a “P” and registering, for all non-drafting violations (**YELLOW CARD**).
 - v. Remain in the PT for the time indicated in the table below, for each drafting violation (**RED CARD**):

Race Distance	1st Offense	2nd Offense	3rd Offense
Sprint/Olympic	2:00	4:00	DQ
Ironman 70.3	4:00	4:00	DQ
Ironman	4:00	4:00	DQ

- vi.
 - vii. Be disqualified if you receive any combination of three penalties. If you are disqualified, you may finish the bike course but may not start the run.
 - viii. Be disqualified for not reporting to the PT.
2. Bicycles must be racked in a manner such that the majority of the bicycle is on the athlete’s side of the bike rack.
 3. No tandems, recumbents, fairings, or any add-on device designed exclusively to reduce resistance are allowed. Any new, unusual, or prototype equipment will be subject to a determination of legality by the event organizer and/or Head Referee.
 4. The sole responsibility of knowing and following the prescribed cycling course rests with each athlete. No adjustments in times or results shall be made for Athletes who fail to follow the proper course for any reason whatsoever.
 5. Athletes must obey all traffic laws while on the cycling course unless otherwise specifically directed by an official, race monitor or designee with actual authority. Failure to do so may result in disqualification.
 6. No athlete shall endanger himself or another participant. Athletes who intentionally present a danger to any athlete or who, in the judgment of the Head Referee, appear to present a danger to any athlete may be disqualified.
 7. Cycling Shoes and helmet may be clipped or attached to the bicycle. Shoes and shirt must be worn at all times.
 8. Athletes must wear the Ironman issued bib number at all times while on the course. The bib number must be placed low on the **BACK** of athlete’s jersey where it is clearly visible. Folding or cutting bib number or intentional alteration of any kind is **STRICTLY PROHIBITED**. Race belts may be worn.
 9. Athletes must wear a bike helmet number on the front of their helmet.
 10. Athletes must have a bike frame number fixed to their bike and the entire number must be clearly visible from the left side.
 11. CPSC-approved helmet is required during the entire bike portion including in and out of transition area. Athletes riding without an approved helmet or chinstrap not fastened may be disqualified. Alterations to hard-shell helmet, which affect its integrity, are not allowed.
 12. No individual support allowed. Ample aid and food stations will be provided. Friends, family members, coaches, or supporters of any type may **NOT** bike, drive, or run alongside athlete, may not pass food or other

- items to athlete and should be warned to stay completely clear of all Athletes to avoid the disqualification of a athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort.
13. Do not litter. Any item that needs to be discarded, including but not limited to water bottles, gel wrappers, energy bar wrappers, broken bike parts, or clothing items, may only be discarded in the trash drop zones at each aid station. Discarding any item outside of the trash drop zones will result in a penalty.
 14. Athletes must be individually responsible for repair and maintenance of their own bike. Athletes should be prepared to handle any possible mechanical malfunction. Assistance from official race personnel is permitted.
 15. Athletes may walk bike, if necessary, but may not make progress on the bike course unaccompanied by their bicycle.
 16. Bike inspection is not mandatory and will not be provided at bike check-in, although technicians will be available. Athletes are ultimately responsible for their own bikes. However, race officials may at their discretion make final judgment as to the soundness of bikes. In the event of foul weather, large plastic bags, which cover the entire bike, will be permitted as long as the bags are securely fastened to the bike.
 17. HEADSETS OR HEADPHONES ARE NOT ALLOWED DURING ANY PORTION OF THE EVENT.
 18. MEDICAL SUPPORT. If you need minor medical assistance, Sag Wagons will pick you up and take you to the medical tent, where you shall receive treatment. Alternatively, depending upon medical emergency, ambulances will take you to the nearest hospital to receive treatment. If you have a technical problem or have bonked, the Sag Wagons will take you to the next aid station. At every bike and run aid station, there will be rest areas and medical personnel to assist in any medical problem. Additionally, there will be radios to contact ambulances and medical assistance. If you have a problem, please go to an aid station for further assistance.
 19. Cyclists still on the course 5 hours and 30 minutes after the final wave start will be disqualified and will not be permitted to continue in the event.

*Note: Bike aid stations are located approximately every 10 miles. It is your responsibility to slow for safe nutrient pick-up. Call out your requirements clearly and in advance. Crews are instructed not to step across the white line for handoffs. It is imperative that you don't toss bike bottles, cups, or nutrient bags on the roadside along the course. A penalty will be assessed for discarding litter outside the designated drop zone.

*Note: Technical support vans will be on the course to assist with emergency repairs whenever possible; such as replacement tubes, tires, chains, etc. Technical vans will be on the course throughout the day, but are limited in number. Please be self-sufficient.

RUN COURSE RULES & INSTRUCTIONS:

1. No form of locomotion other than running, walking or crawling is allowed.
2. Athletes must wear their Ironman issued bib number in front of them clearly visible at all times on the course. Bib numbers identify the official athletes in the race. Folding, cutting the bib number, intentional alteration of any kind, or failure to wear race number is **STRICTLY PROHIBITED** and may result in disqualification.
3. **NO INDIVIDUAL SUPPORT VEHICLES OR NON-PARTICIPANT ESCORT RUNNERS ARE ALLOWED.** This is an individual endurance event. Teamwork as a result of outside assistance, which provides an advantage over single competitors, is not allowed. Individual support vehicles or non-participant escort runners will result in disqualification. A non-participant escort runner includes Athletes who have withdrawn from the race, have been disqualified or have finished the race. Friends, family, members, coaches or supporters of any type may not bike, drive or run alongside athlete, may not pass food or other items to athlete and should be warned to stay completely clear of all Athletes to avoid the disqualification of a athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort. It IS permissible for an athlete who is still competing to run with other athletes who are still competing.
4. Athletes are expected to follow the directions and instructions of all race officials and public authorities.
5. The sole responsibility of knowing and following the prescribed running course rests with each athlete. No adjustments in times or results shall be made for athletes who fail to follow the proper course for any reason whatsoever.

6. A shirt or racing top must be worn at all times.
7. The run course will officially close 8 hours and 30 minutes after the final wave start.

ERROR: undefined
OFFENDING COMMAND:

STACK: