

WTC AUSTRALIA – IRONMAN 70.3 RACE RULES

Swim Course Rules

1. Each athlete must wear the swim cap provided in their Check-In bag.
2. No fins, aqua socks, gloves, paddles, snorkels or floatation devices of any kind are allowed.
3. Swim goggles and face masks may be worn.
4. No individual paddlers or escorts allowed.
5. The water temperature will be taken 24-hours before race start and the reading plus the interim ruling on wetsuit use will be announced at Bike Check-In. The water temperature will again be taken on race morning and the final ruling on wetsuit use will be continuously announced up to the time Transition closes.
6. If the water temperature is not greater than 24.5°C/76.1°F wetsuits are optional.
 - Wetsuits must NOT be thicker than 5mm. A standard variance will be allowed to account for seams and jersey material (non-buoyant). **The De Soto Water Rover wetsuit is banned.**
 - Full wetsuits covering arms and legs are allowed.
7. If the water temperature is greater than 24.5°C/76.1°F wetsuits are banned.
 - Swimwear must be 100% textile material which generally refers to swimsuits made only from nylon or Lycra that do not have any rubberised material such as polyurethane or neoprene.
 - Swimwear may not cover the neck, extend past the shoulder nor extend past the knees.
 - Swimsuits and/or trisuits may contain a zipper.
8. Any assistance required will result in disqualification if forward progress was made. Athletes are permitted to hold on to water safety craft so long as no forward progress is made.
9. Water safety and/or medical personnel reserve the right to remove an athlete from the course if deemed medically necessary.
10. If an athlete is reported for an infringement during the Swim they may be required to serve a three (3) minute time penalty in a designated area prior to entering the Swim/Bike transition tent.
11. Athletes found not to have completed the entire swim course will be disqualified.

The World Triathlon Corporation has established a policy regarding the use of speed suits and wetsuits at its events effective after 1 September 2010 and this information can be viewed at www.ironman.com/faq/rulesfaq.

Bike Course Rules

1. Athletes may walk their bike if necessary but may not make progress on the bike course unaccompanied by their bicycle.
2. Shoes and a top must be worn at all times while cycling.
3. Athletes must wear their race number bib on the back of their cycle top or race belt and the number must be visible at all times on the course.
4. Absolutely NO DRAFTING of another bicycle or any other vehicle is allowed.
5. A pass occurs when the leading edge of the overtaking athlete's front wheel passes the leading edge of the front wheel of the athlete being passed.
6. Athletes have 25-seconds to complete a pass.
7. Athletes must pass on the right hand side of the athlete being passed otherwise the athlete making the pass will receive an **illegal pass infringement**.
8. The draft distance is **12-metres** (7 bike lengths) **between** bikes measured from the back edge of the rear wheel of the leading bicycle to the leading edge of the front wheel of the following bicycle.

As a guide, on roads with broken line markings each line is 3-metres in length and the distance between lines is 9-metres.
9. Athletes must keep 12-metres between bicycles unless making a pass. Athletes not complying will receive a **drafting infringement**.
10. Athletes who enter the 12-metre draft distance of a forward bike must complete the pass in 25-seconds. Athletes who fail to complete the pass will receive a **drafting infringement**.
11. Athletes overtaken who fail to drop back 12-metres will receive a **drafting infringement**.
12. Athletes must ride single file on the far left side of the bike course at all times unless making a pass or for safety reasons. Athletes who fail to keep left will receive an **illegal position infringement**.
13. Side-by-side riding unless making a pass is not allowed and athletes will receive a **blocking infringement**.
14. An athlete's draft distance may overlap the draft distance of another athlete in the following circumstances:
 - In passing the forward athlete and at all times passing through but for a period of no more than 25-seconds;
 - For safety reasons;
 - Far an Aid Station;

WTC AUSTRALIA – IRONMAN 70.3 RACE RULES

- For leaving or entering the transition area; and
 - Making an acute turn.
15. An athlete observed deliberately discarding equipment, bidons or rubbish/trash on the course other than when entering or leaving an Aid Station will receive a **littering infringement**.
 16. Athletes found not to have completed the entire bike course will be disqualified.

Run Course Rules

If an athlete receives an infringement during the Run they may be required to serve a three (3) minute time penalty on the course with the Technical Official where the infringement occurred.

1. No form of locomotion other than running, walking or crawling is allowed.
2. Athletes must wear their race number bib on the front of their run top or race belt and the number must be visible at all times on the course.
3. No individual support vehicles or non-participant runners are allowed. A non-participant escort runner includes supporters, coaches, athletes who have withdrawn from the race, athletes who have been disqualified or athletes who have finished the race. It IS permissible for an athlete who is still competing to run with other athletes who are still competing.
4. An athlete observed deliberately discarding equipment, bidons, cups or rubbish/trash on the course other than when entering or leaving an Aid Station will receive a **littering infringement**.
5. A shirt or racing top must be worn at all times.
6. Athletes found not to have completed the entire course may be disqualified.

Rules Applying To All Segments of Race

1. It is the athlete's responsibility to know all aspects of the swim, bike and run courses.
2. Once an athlete competes in the Professional/Elite category in the Ironman qualifying race series season, the athlete cannot compete in that year's Ford Ironman World Championship or Ironman World Championship 70.3 as an age grouper.
3. Athletes are expected to follow the directions and instructions of all race officials and public authorities.
4. Medical personnel shall have ULTIMATE and FINAL authority to remove an athlete from the race if the athlete is judged to be physically incapable of continuing the race without risk of serious injury or death. Medical transport of any athlete will result in the athlete being classified as Did Not Finish (DNF).
5. No athlete can use a Performance Enhancing drug or procedure. Athletes may be requested to undergo drug testing before and after the event. If you are requested to do so, you hereby agree to abide by such testing procedures. Athletes should refer to the Ironman Anti-Doping Policy below.
6. The Medical Control Rules set forth by Triathlon Australia, in harmony with WTC Anti-Doping regulations and policies on banned substances, will be binding on all athletes. In addition, other rules and regulations, even if not yet recognised by the WTC Anti-Doping, may be instituted, which if such occurs, you agree to abide by.
7. Should any athlete have an Adverse Analytical Finding according to the WTC Anti-Doping code, all procedures with regards to handling of the sample, notification, testing of the B Sample, adjudication and suspensions will be in accordance with WTC rules.
8. Fraud, theft, abusive treatment of volunteers or others and acts of poor sportsmanship are grounds for immediate disqualification and will result in an athlete being suspended from competing in any IRONMAN event in the future.
9. If an athlete decides to withdraw from the race at any time, it is the responsibility of the athlete to report to race organisers in the finish line precinct and turn in their timing band chip immediately. It is essential that race officials know where athletes are on the course at all times. Failure to comply after withdrawing from the race may result in an athlete being prevented from competing in any IRONMAN event in the future.
10. IRONMAN reserves the right to make rule changes at any time provided all athletes are notified in writing and/or at the pre-race briefing meetings.
11. Communication devices of any type are strictly forbidden during competition. Use of such devices may result in disqualification.
12. IRONMAN does not allow the transfer of an athlete's registration – no exceptions will be made to this rule. Any attempt to transfer registration will result in disqualification and suspension from future participation in any IRONMAN event.

Anti-Doping Policy

1. In accordance with the World Triathlon Corporation Anti Doping Policy, all athletes accepting qualifying slots for the Ironman World Championship 70.3 will be required to sign a condition of Entry, Release and Indemnification waiver, by which they agree to be placed into the WTC

WTC AUSTRALIA – IRONMAN 70.3 RACE RULES

Registered Testing Pool for both in and out of competition testing, and voluntarily consent to be governed by the published rule: <http://www.ironmanusa.com/wtc-antidoping-rules.pdf>.

2. We encourage all athletes to be familiar with the most current 2010 WADA Prohibited list: http://www.wada-ama.org/Documents/World_Anti-Doping_Program/WADP-Prohibited-list/WADA_Prohibited_List_2010_EN.pdf.
3. According to the World Anti-Doping Agency and the 2010 International Standard for Therapeutic Use Exemptions, there are some substances which require a Declaration of Use. The WTC recommends completing this in two ways:
 - Filing a Declaration of Use directly to your NADO or through your secured ADAMS login. The WTC Declaration of Use form can be found at: <http://www.ironmanusa.com/wtc-declarationofuse.pdf>.
 - On the Doping Control Official Record at the time of testing should you be selected for Doping Control.