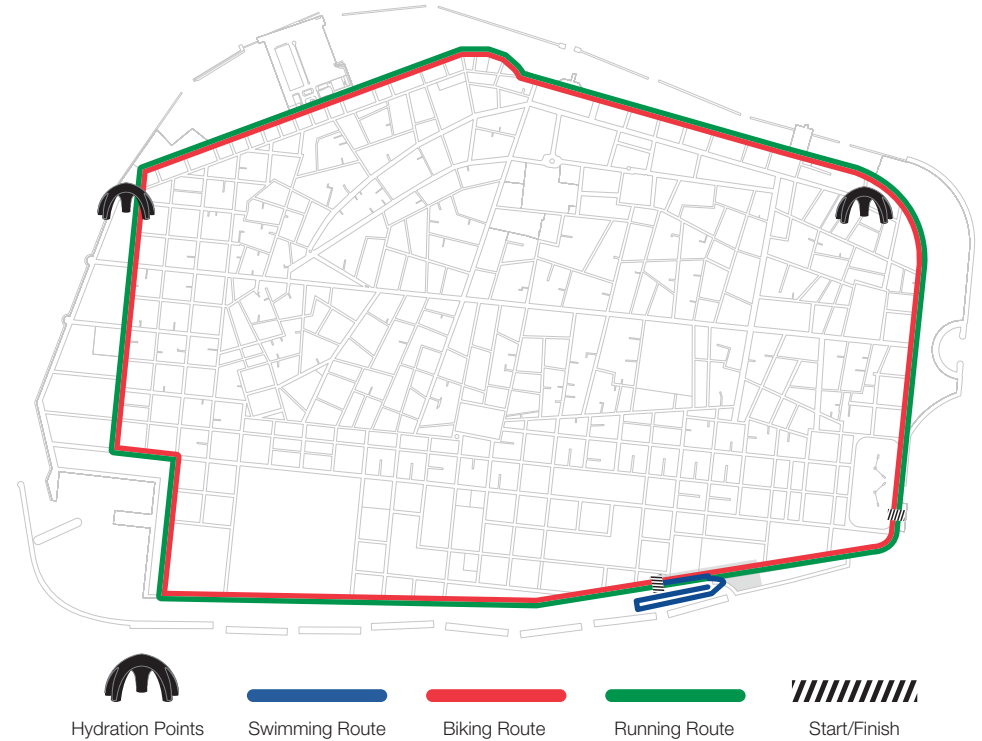


Rules/Guidelines To Participants

ROUTE MAP

SWIM 400M . BIKE 10KM . RUN 5KM



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Rules/Guidelines

To Participants

Purpose

This race rules are intended to create an atmosphere of sportsmanship, equality and fair play and to optimize safety and protection.

GENERAL CONDUCT

These rules are applicable across the entire course.

1. ALL COMPETITORS MUST:

- a. Practice good sports conduct at all times;
- b. Be responsible for their own safety, the safety of their own equipment and be considerate of the safety of others;
- c. Obey instructions from event officials;
- d. Obey traffic regulations unless otherwise instructed by an event official;
- e. Treat other competitors, officials, volunteers and spectators with respect and courtesy;
- f. Avoid the use of abusive language;
- g. Be responsible for keeping on the designated course
- h. Not wear, use or carry items deemed to be a hazard to self or others (e.g., jewellery, music equipments, mobile phones);
- i. Not obstruct or interfere with the forward progress of another competitor, or jeopardise the safety and welfare of another competitor or race official or spectator or member of the public;
- j. Not accept assistance from anyone other than an event official;
- k. Not discard any equipment on the course, except at the approved dedicated locations;
- l. Not cause offence to others through deliberate acts of nudity, or personal toilet which might be seen in public;

These types of sports are strenuous activities, and the health and welfare of competitors is of paramount importance.

- a. Competitors must withdraw immediately from the race if deemed and informed by the event medical personnel that the competitor appears to present a danger to the health or welfare of either the competitor or others
- b. Time limits for the swim leg (20mins), bike leg (50 minutes), run and overall finish time (2 hours).

2. SWIMMING CONDUCT

- a. A competitor may use any swimming stroke for propulsion through the water. It is permissible to tread water or float.
- b. A competitor may not make use of the bottom or an object to make forward progress.
- c. In an emergency, a competitor should raise an arm overhead and call for assistance. Once assistance is rendered beyond the provision of an object on which to rest, the competitor must withdraw from the event.

3. CYCLING CONDUCT

- a. Any type of non-motorized bicycle is acceptable to race in.
- b. A competitor is not permitted to cycle without appropriate footwear or with a bare torso.
- c. Bicycle helmets are highly recommended (non-wearing competitors must take responsibility for him/herself);
- d. A competitor must clearly display the race identification number(s) at all times on the bicycle course. Those not complying may be disqualified.

4. RUNNING CONDUCT

- a. A competitor may not run with a bare torso or without shoes on any part of the run course of an event.
- b. A competitor must clearly display the race identification number, on their front at all times on the run course. Those not complying will incur disqualification.

5. COMPETITION WEAR

- a. Swimming wear – tight or shorts any appropriate swimming wear.
- b. Bike/ Run- the t-shirt given by the race coordinators

6. TRANSITION AREA CONDUCT

- a. A competitor may only have a bare torso when moving from the swim exit to their designated transition area.
- b. A competitor must mount and dismount the bicycle at the respective designated mounting and dismounting zones.
- c. A competitor must at all times rack his/her own bicycle only at their designated bicycle rack location and leave it in a stable position. It must be racked by either the seat or both brake hoods.
- d. A competitor must at all times place all their equipment at their designated transition area.

6. DISQUALIFICATION

Each competitor must follow the race rules stated above and in case, any competitor does not comply the race rules, will be disqualified immediately from the race.