



USAT Rule Amendments for 2006 Ironman/Ironman 70.3 Events

- The option to conduct your event with a mass start is available
- Snorkels are not allowed for any competitor
- Athletes will race at the age they are on day of competition
- Swimmers not meeting the 2-hour and 20-minute time limit for Ironman events or the 1-hour 15-minute swim time limit for Ironman 70.3 events will be disqualified and not permitted to continue the event.
- Athletes disqualified during the bike portion will not be allowed to continue on to the run course.
- In other parts of the course (i.e. transition, run), the official will stop the athlete and mark the athlete's bib number on the spot when issuing a penalty.
- Only road/triathlon style bikes will be permitted. No mountain bikes, beach cruisers or bikes with coaster brakes will be allowed.
- Cyclists not meeting the 10-hour 30-minute time limit following the start of their swim (5:30 P.M.) will be disqualified and not permitted to continue the event at Ironman events. (NOTE: minute (10-hour 15 minute / 5:15 P.M. for Ford Ironman Florida)
- Cyclists not meeting the 5-hour 30-minute time limit following the start of their swim will be disqualified and not permitted to continue the event at 70.3 events.
- Shoes and covered torsos are required on the bike and run course.
- Alcohol use during the race is prohibited (penalty: disqualification).
- Communication devices of any type are strictly prohibited during competition. Use of such devices may result in disqualification.
- Athletes not meeting the 17-hour time limit following the start of their race will be disqualified from Ironman events.
- Athletes not meeting the 8-hour 30-minute time limit following the start of their race will be disqualified from 70.3 events.

Drafting and Penalty Protocols

- a. Absolutely **NO DRAFTING** of another bike or any other vehicle is allowed.
- b. Contestants must ride single file on the far right side of the road near the white line except when passing another rider. Side-by-side riding is not allowed.
- c. Overtaking riders may pass on the left for up to 20 seconds, but must move back to the right side of the white line after passing or if the challenge fails.
- d. Riders must keep a 7-meter distance (approximately 4 bike lengths) between bikes except when passing.
- e. An overtaken rider must fall back 7 meters before attempting to regain the lead from the lead bike.
- f. Athletes committing rule violations will be notified on the spot by an official.
- g. The official will do the following:
 - i. Call out the athlete's race number and display either a **RED CARD** (drafting) or a **YELLOW CARD** (any other penalty).
 - ii. Race directors should place penalty tents (PTs) evenly throughout course. A minimum of three penalty tents will be evenly placed on the bike course, one tent on the run course and one tent in bike-to-run transition. An official will instruct you to report to the next penalty tent (PT) on the course.
 - iii. The official will take your photograph for verification of the penalty.
- h. The athlete will do the following:
 - i. Report to **next** PT and tell the official in the PT whether you received a **RED CARD** or a **YELLOW CARD**. If you fail to report to the **next** PT, you may be disqualified.
 - ii. Have race number marked by the PT official with a red **"/** (slash mark) for drafting or a red **"P"** for other penalties.
 - iii. **Resume** the race immediately upon having your number marked with a **"P"** for non-drafting violations.
 - iv. **Remain** in the PT for four minutes if you were shown a red card and received a red **"/** (slash mark) on your race number.
 - v. Be required to register, via a sign-in sheet.
 - vi. Be disqualified if you receive any combination of three penalties.
 - vii. Risk disqualification for not reporting to the PT

A MESSAGE FROM THE HEAD REFEREE:

We will be using a modified version of the USAT Competitive Rule set. In summary, these rules operate under the three strikes and you are out principle. Drafting is the only violation that incurs a time penalty (to be served in a penalty tent, located at various spots located on the bike course). Any and all violations count toward your 3-strikes.

Example:

1. Drafting Call (4 minutes to be served in penalty tent on the bike course)
2. Helmet Chinstrap Call
3. Littering- this is the 3rd Call and a disqualification (DQ).

In other words, any combination of 3 rule violations will result in a DQ. In order to minimize athletes' misunderstanding on race day, please take the time to read the following summary of rules and review the USAT Competitive Rulebook.

- RIDE ON THE RIGHT SIDE OF YOUR LANE
- KEEP FOUR BIKE LENGTHS BETWEEN YOURSELF AND THE CYCLIST IN FRONT OF YOU
- PASS ON THE LEFT OF THE CYCLIST IN FRONT, NEVER ON THE RIGHT
- COMPLETE YOUR PASS WITHIN 20 SECONDS
- IF PASSED, DROP BACK FOUR BIKE LENGTHS BEFORE RE-PASSING

There are trained officials on the course to ensure safety and fairness. Triathlon is an individual event and it is that athlete's responsibility to fully understand the rules and avoid penalties. The Marshal's ruling is final in the case of Position Violations and there are no protests or appeals. Following are the most common rules violations:

- ILLEGAL POSITION OR BLOCKING - RIDING ON THE LEFT SIDE OF THE LANE WITHOUT PASSING
- ILLEGAL PASS - PASSING ON THE RIGHT
- OVERTAKEN - AFTER BEING PASSED, FAILING TO DROP BACK FOUR BIKE LENGTHS BEFORE RE-PASSING
- DRAFTING - FOLLOWING A LEADING CYCLIST CLOSER THAN FOUR BIKE LENGTHS AND FAILING TO PASS WITHIN 20 SECONDS
- CHIN STRAP - ALWAYS HAVE YOUR CHINSTRAP SECURELY FASTENED! THE CHINSTRAP RULE IS THE EASIEST TO FOLLOW, BUT SOME ATHLETES ALWAYS SEEM TO FORGET.

Other violations include failure to wear race number, riding or running with an IPOD, Thump, or any other musical device and littering. It's important to remember that while drafting is the only violation to incur a time penalty, **you must go to a penalty tent for all violations to have your number marked and all violations count towards your three strikes. There will be no penalty tents on the run. If you are penalized on the run, the official will mark your number on the spot.**

Remember to treat other athletes, volunteers and officials with courtesy and consideration. Failure to do so is Unsportsmanlike Conduct and may result in disqualification.

I sincerely hope you have a great race, lots of fun, and achieve all your goals.

Jimmy Riccitello
Head Referee
Ironman and Ironman 70.3