

The Regulations of “Polesie Cup 2019” Triathlon Competition

Please note, that this is a technical translation of the Competition Regulations based on the original Competition Regulations of " Polesie Cup 2019 Triathlon-2019" composed in Russian language. It means that in case of interpretation problems, the Competition Regulations in Russian Language are legally superior to technical translations prepared in other languages!

1. Objectives of the Race

Race is held with the aim of: - Promoting a healthy lifestyle and involvement of various groups of population in active physical education and sports, - Development and strengthening sports relations between countries and organizations, - Development of mass sports and encouraging people to lead active lifestyles, as well as improvement of sports skills of professional and amateur triathletes.

2. Organizer and organization of the Race

2.1. General leadership and organization of the Race is carried out by the Organizing Committee (hereinafter referred to as the "Organizers"), which include representatives of the ГГССО «Спортивный клуб «Yellow Submarine» при содействии ОО «Белорусская федерация плавания», управления спорта и туризма Гомельского облисполкома, Гомельского областного общественного объединения «Ветераны спорта и физической культуры».

The direct and main organization of the Competition is entrusted to the Organizers.

3. Date and place of the Race

3.1. The Competition will be held on June 22, 2019. The venue of the Race is near to State Institution "Specialized Children and Youth School of Olympic Reserve No. 6 for rowing in the city of Gomel".

4. Race Participants

4.1. Competition will be held in 3 formats:

- main start:
 - “Triathlon” (400 m swimming + 12 km bicycle race + 3 km run),
 - “Duathlon” (2 km run + 12 km bicycle race + 3 km run),
 - “Ultrathlon” (400 m swimming + 12 km bicycle race + 3 km run + 400 m swimming + 12 km bicycle race + 3 km run);
- children balance bike race.

4.2. Participation in the competition is open to anyone at the age of 18 years old and older.

4.3. The age of the participant is determined at the year of birth.

4.4. By taking part in the Competition, the participant confirms that he regularly undergoes medical examinations, does not have any medical or other health restrictions that may jeopardize or limit his participation in the Competition, including no contraindications to prolonged physical exertion and his health condition allows him to participate in the Competition, and that he assumes all the risks and negative consequences associated with the violation of this condition.

4.5. The total limit of participants at all distances is 100 people.

5. Registration

5.1. Electronic registration of the participants of the Competition will be open from 10:00 25.03.2019 to 23.59 19.05.2019.

5.1.1. At registration the participant is obliged to indicate personal data in accordance with his passport.

5.1.2. The participant is considered registered if he filled out the registration form.

5.2. Additional registration of participants to the Competition will be held from 11.05.2019.

6. Admission to the Competition. Age groups.

6.1. The participant is allowed to take part in the Competition and can receive his starting package by collecting it in person from the Organizers. Following documents are needed:

- original identity card/ Passport;
- original and signed declaration of their own personal responsibility for their health during the Competition;

6.2. In the absence of identity card and signed the participant will not be allowed to compete. In this case the starting number and the starting package of the participant will not be handed out.

6.3. Personal classification will be conducted in the following groups:

- Men Open M (male 18 and older);
- Women Open W (women 18 and older);
- M 18-29 (men from 18 to 29 years old);
- M 30-39 (men from 30 to 39 years old);
- M 40-49 (men from 40 to 49 years old);
- M 50-59 (men from 50 to 59 years old);
- M 60+ (men 60 years old and older);
- W 18-29 (women from 18 to 29 years old)
- W 30+ (women 30 years old and older).

6.4. Depending on the number of registered participants, the Organizers reserve the right to establish additional groups or a combination of existing ones.

6.5. The costs of awards are covered by the organizing committee of the Competition, sponsors and partners.

7. Charitable Registration Fee

7.1. Participation in the Competition is not free. The collected funds will be used to cover organizational expenses and for the formation of a prize fund for the Race winners. The organizing committee of the Race is responsible for collecting the funds and covering Race spending.

7.2. Registration fee is 30 BYN for male participation in age from 18 to 59 years old for Duathlon & Triathlon, 40BYN for Ultrathlon. Participation for all women and men 60 years old and older – is free of charge.

7.3. Discount in size of 5 BYN for registration is provided for participants with registration finished before 23.559 10.05.2019 and for participation from sport Club “Yellow Submarine”.

7.4. Payment of the registration fee is carried out by cash on Competition day.

8. General Competition Rules

8.1. The set of Competition rules, presented below is intended to familiarize the participants with the rules governing the Race, with the purpose of keeping them safe and ensuring fair refereeing.

8.2. When registering for the Competition, the participant accepts the regulations and rules set out in this document. Observance and acceptance of these rules is the basic requirement for participation in the Competition. The main rules specified in this document will also be announced at the pre-launch briefing.

8.3. The main principles of the Competition are fairness and compliance with the rules. Athletes are prohibited from gaining an advantage over other athletes in violation of the rules. Athletes can not hinder or threaten other competitors or interfere with the work of the Organizers of the Race. Athletes should be polite towards other athletes, volunteers, judges and health professionals. Athletes are required to comply with traffic rules and follow the instructions of the Organizers, judges and medical personnel. Athletes should show respect for the environment and avoid littering and contamination.

8.4. Any participant who poses a danger to other participants may be removed from the Competition by the decision of the Main Judge.

8.5. The use of doping is prohibited.

8.6. The Organizer reserves the right to change the rules and regulations regarding the conduct of the Competition at any time.

9. Ensuring the safety conditions

9.1. The organizer together with UGAI in the Gomel region provides closure and regulation for the car traffic, as well as control over the correct movement of vehicles

in the designated sections of the roads, to ensure the safety for all Race participants during bicycle and running stages of the competition. In the event of unforeseen or force majeure circumstances, alternative types of security for participants at a distance will be adopted.

9.2. Each athlete himself is responsible for the condition and technical safety of his sports equipment and must ensure that when using it other athletes, volunteers and spectators will not be exposed to any danger.

9.3. If the equipment of an athlete does not meet the safety requirements, then the athlete is not allowed to compete. It will be necessary for him to eliminate this discrepancy before the start of the Competition in the transition zone.

9.4. During the competition it is prohibited to use technical devices, which in any case can be described as "means of communication and entertainment." These include mobile phones, communicators, pagers, mp3 players, etc. Failure to do so may result in the disqualification of the athlete.

9.5. The Competition Organizing Committee and distance referees have the right to remove the athlete from the Competition.

9.6. Providing of medical assistance to participants of the Competition is entrusted to the Organizing Committee.

9.7. Participants will be accompanied by escort boats. In the event of an unforeseen situation (cramp, choking, general deterioration of condition), the participant should stop, wave his hand over his head and using his voice draw the attention of the nearest escort boat.

9.8. If a competitor enters an escort boat, this does not lead to his automatic disqualification. In the boat, he can rest, regain strength and continue to participate, if the judges in the boat decide that further swimming will not damage his health.

10. Rules related to distances

10.1. The swimming phase takes place in the water area of rowing channel of State Institution "Specialized Children and Youth School of Olympic Reserve No. 6 for rowing in the city of Gomel".

10.2. Swimming caps are provided by the Organizers. They must be worn before the start of the swimming stage. Use of other swimming caps, as well as swimming without a cap - is prohibited.

10.3. It is prohibited to put on the participant's number for the swimming stage. It is designed for cycling and running.

10.4. The start is made from water.

10.5. The water temperature at this time of the year can range from + 20C to + 25C. The use of wetsuits is allowed at temperatures up to + 24 ° C. At temperatures above + 24C, wetsuits are prohibited

10.6. Participants can overcome the distance using any convenient style of swimming. It is forbidden to use any improvised means that facilitate swimming (fins, armllets, gloves, etc.).

10.7. In case of impossibility of carrying out the swimming stage due to the occurrence of force majeure circumstances (flood, wind speed over 15 m / s, contamination of water by substances hazardous for the health of athletes, etc.), the Race will be held in the format "Running stage 2 km - Bicycle stage 12 km - Running stage 3 km.

10.8. After the end of the swimming phase, all accessories used in it (wetsuit, glasses, hat, etc.) should be placed in special bags in a specially designated area.

10.9. The bicycle stage is carried out over rough terrain between former village Yacubovka and rowing channel. The scheme of the cycle stage will be available in May 2019. Responsibility for the knowledge of the route of the race lies solely on the participant. If a participant does not follow the race route, he may be disqualified.

10.10. Participants can overcome the cycle stage only on a bicycle of a traditional design, driven only by the muscular strength of a person's legs (using mopeds and mokiks is strictly prohibited). The use of MTB bikes is recommended.

10.11. At the bicycle stage, the athlete must always drive his bicycle with other bicycle users. In the event of a bicycle crash, one can continue the race by running or

walking, but only when holding the bicycle and without interfering with the movement of other athletes.

10.12. Specific technical requirements for the bicycle:

10.12.1. Wheel size 26" – 29";

10.12.2. It is forbidden to use any mechanisms that enhance or artificially support the rotation of the wheel;

10.12.3. On each wheel there must be at least one working brake.

10.12.4. The use of any non-standard equipment on a bicycle must be explicitly authorized by the judges.

10.13. Throughout the entire bicycle phase, participants must be in a bicycle helmet. The bike helmet strap must be fastened tightly under the chin. It is allowed to remove the bike helmet only at the end of the bicycle stage in the transition zone and only after the bicycle is installed in the bicycle rack.

10.14. The number sticker should be placed on the bicycle frame on the left side and be visible to the judges and volunteers.

10.15. It is forbidden to ride a bicycle with a bare torso.

10.16. In the event of a breakdown, participants must repair their bicycles using their spare parts. Help from spectators, trainers are carried out only in special technical zones located near food point areas.

10.17. Assistance from other participants is allowed.

10.18. After the completion of the bike stage, the athlete must put all the things that were used at the bicycle stage into the special bag and leave it in the transition area in a specially designated place.

10.19. The run stage is carried out over rough terrain between former village Yacubovka and rowing channel. The scheme of the cycle stage will be available in May 2019.

10.20. The surface of the running route is even.

10.21. The athlete can overcome the running stage running or walking. It is forbidden to use any motor vehicles (rollers, bicycles, scooters, etc.)

10.22. At the running stage, the competitor's number must be placed in front to be visible to the judges and volunteers.

10.23. It is forbidden to participate in the running stage with a bare torso.

10.24. Consuming athlete's own food is allowed only in the food serving area.

10.25. Help (including giving food to athletes) from other competitors and audience is allowed.

11. Transition zone

11.1. Only athletes who left their bicycles in the transition zone, volunteers and Organizers can stay in the transition zone. Trainers, relatives and spectators cannot stay there.

11.2. Traffic within the transition zone is strictly defined. When moving it is necessary to follow the transition zone scheme, painted signs and instructions of volunteers.

11.3. The entrance and exit from the transition zone are separate.

11.4. All of the athlete's belongings must be put in special bags. All bags with things should be placed on special stands strictly in accordance with the number. The marking of bags in any way other than that provided by the organizers of a sticker with a number is strictly prohibited. Athletes must collect and put things themselves in bags.

11.5. Dressing must take place in specially designated areas for dressing.

11.6. Bicycle shoes (if attached to pedals) and a helmet are allowed on the bike. However, in the event of possible unfavorable weather conditions (strong wind, rain, etc.), Organizers can at their discretion introduce a requirement for placing bicycle shoes and a helmet exclusively in a bag.

11.7. The bicycle is located on the bicycle rack strictly in the place designated by the participant number. The bicycle is hung over the saddle.

11.8. After passing the 1th stage, athletes must find their own bicycle in the transition area and remove it from the bicycle rack.

11.9. Riding on a bicycle within the transition zone is prohibited, athletes can only move walking or running alongside the bicycle. Athletes can get on a bicycle only outside the transition zone. The place of start is marked with a line on the ground, next to it there will be a volunteer who will inform about the end of the transition zone.

11.10. Similarly, riding a bicycle in the transition zone is prohibited. Before entering, you need to get off the bike and go into transition zone wheeling the bicycle next to you.

11.11. After passing the bicycle finishline, the bicycle must be placed in the transition zone on the bicycle rack from which it was earlier taken.

12. Timing

12.1. The system uses electronic timing. Each participant before the start will need to collect his personal electronic chip which will be issued during the collection of a start package.

12.2. The participant is responsible for the issued chip and must take it to the competitions after receiving it.

12.3. The chip must be fixed in the lower part of the left leg with an elastic band (provided by the Organizers) and not removed during the entire Competition.

12.4. In case of chip loss, the participant must immediately notify the Organizers of the Competition. Further participation of the athlete is possible only upon the positive decision of the members of the organizing committee. In this case, the participant will be obliged to compensate the Organizers for the cost of the lost chip.

12.5. When leaving the Race participants are obliged to return the chip to the Organizers.

12.6. To further control the progress of the participants of the Race, it is possible to use other methods of timing.

13. Penalties

13.1. In case of non-observance by the participants of the above rules of the Competition, participants will be fined.

14. Rewarding

14.1 The participants in the categories described in p 6.3 are awarded with prizes from the Organizers. All participants who completed the Race are rewarded with honorary medals of finishers.

These provisions constitute official Regulations of the Competition