

INTERNATIONAL ULTRA TRIATHLON ASSOCIATION RULES
effective as from 1 January 2014

INTERNATIONAL ULTRA TRIATHLON ASSOCIATION RULES

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2 **1. SCOPE**

3 These rules are adopted by the International Ultra Triathlon Association (IUTA) and govern the
4 administration of races and events sanctioned by the IUTA.

5 These rules are binding on all persons who enter or participate in, or organise any IUTA event.

6 The IUTA makes no implied warranty regarding the degree of safety, which may or may not result from
7 compliance with these rules.

8 Every participant, official, volunteer and spectator should consider all safety issues and make related
9 decisions prudently without reliance upon these rules.

10 Examinations or inspections of equipment at sanctioned events are undertaken solely to monitor
11 compliance with these rules and do not guarantee or ensure safety from personal injury or property damage.

12 The safety of race equipment is the sole responsibility of each and every participant.

13 For any particular event, a race director may request from IUTA a specific exception or addition to these
14 rules.

15 All exceptions or additions to these rules must be expressly approved in writing by the IUTA Committee
16 and must be announced to all participants prior to the event.

17 **2. DEFINITIONS**

18 An Ultra Triathlon (UT) is a long distance endurance event consisting of swimming, cycling and running. It
19 combines more than 3.8 kilometres of swimming, 180 kilometres of cycling, 42.195 kilometres of running
20 or a multiple of these distances (US/UK: 2.635 - 111.149 - 26,385 miles).

21 In the latter, an UT is referred as a “Double UT”, a “Triple UT”, a “Quinta UT”, a “Deca UT” and so forth.

22 An UT could either consist in a unique stage event or in a multiple day event.

23 National, Continental and World Championships could be organised if they respect the IUTA standards.

24 **3. IUTA RESPONSIBILITIES**

25 IUTA is responsible for promoting Ultra Triathlon by regulating an official calendar of competitions, an
26 international classification of athletes, the delivering of international attestations and for establishing rules
27 for IUTA UT sanctioned events.

28 IUTA denies any responsibility resulting from any incident occurring during an IUTA sanctioned event.

29 **4. PARTICIPANTS**

30 To obtain the IUTA label, the event organizer has to make a written request to the IUTA Committee the
31 year preceding the event at the latest in November.

32 All participants in events sanctioned by IUTA must be members of IUTA.

33 Membership is available to all persons being at least 21 years old the day of the competition who submit a
34 completed application, pay the required membership fee, and comply with all the requirements determined
35 by IUTA.

36 Participants shall present a valid medical certificate confirming their capacity to take part in UT dated less
37 than one year before the event. This medical certificate shall contain the distances to be covered during the
38 event(s). The event organizer has the right to ask for a complementary medical examination if it judges that
39 a participant presents a certain risk.

40 Participation of para-athletes in any IUTA event remains subject to the decision of the event organiser. This
41 decision shall only be based on safety considerations for the athlete himself.

42 Participants have the obligation to know and follow the IUTA rules, the traffic laws applicable at the place
43 of the event and the rules given by the event organizer.

44 IUTA is entitled to revoke or suspend the participant's membership in IUTA after having given written
45 notice containing the charges or allegations made against the athlete, offered the opportunity to respond to
46 the charges and to appeal the decision.

47 **5. CATEGORIES**

48 A male and a female category are established and divided in 3 age groups as follows: 21 - 39 years; 40 - 59
49 years; 60 years and more.

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50 Athletes compete in the age group division corresponding their age on December 31 of the year of the
51 event.

52 **6. GENERAL CONDUCT AND SANCTIONS**

53 All participants must act in compliance with the IUTA rules.

54 If a participant does not respect the IUTA rules or does not respect the safety requirements, he or she
55 exposes him/herself to the following timing and administrative sanctions:

- 56 - 1st offense: Verbal warning and if necessary a «stop and go» procedure
- 57 - 2nd offense: Yellow card equivalent to 5 minutes per UT covered during the race (for example, for
58 a Double UT, the penalty will be 10 minutes for the 2nd offense, whereas the 2nd offense for a Triple
59 UT will be 15 minutes and so on)
- 60 - 3rd offense: Red Card equivalent to 10 minutes per Ultra distance covered during the race
- 61 - 4th offense and for the cases expressly mentioned thereafter: Black Card bringing to immediate
62 disqualification. The disqualified participant shall be required to immediately withdraw from the
63 race and vacate the course.

64 In the event that a participant is assigned a time penalty, the participant shall remain stopped under the
65 direction of the race official for a period of time equal to the applicable variable time penalty. When the
66 official indicates that the time penalty has expired, the athlete may continue with the race.

67
68 While in a penalty area, no athlete shall accept any form of aid or assistance, including food, drink, or
69 equipment, from any other person, including race officials. Any violation of these rules shall result in
70 disqualification.

71 Participants must cover the prescribed race in its entirety. It is the participant's responsibility to know the
72 race. Upon leaving the course, a participant shall re-enter the course and continue at the same point of
73 departure. Participants intentionally short cutting the race shall be sanctioned of an immediate
74 disqualification.

75 Participants shall refrain from unsportsmanlike conduct, including the improper use of language or conduct
76 directed toward an official, other participants, volunteers and spectators. The sanction will be the
77 disqualification.

78 Participants shall refrain from intentionally or accidentally blocking, charging, obstructing, or interfering
79 with the forward progress of another participant. The sanction will be the disqualification.

80 Participants shall plainly display their race numbers at all times, and shall maintain the race number in an
81 unaltered, unobstructed and readable state at any time during the race. The participant shall wear the swim
82 cap and the number, provided by the event organiser. Race numbers shall be worn in the back during the
83 bike leg and in the front during the running leg. Additional race numbers may be added on the bike at the
84 discretion of the event organiser. Participants will be warned if their number are not visible and will have to
85 stop to give it a correct position.

86 Participant will have to be decently covered. The sanction given for non-observation or respect of the rules
87 will be a warning with stop of the participant during when he or she /it will have to modify his behaviour.
88 In the event of refusal, the athlete will be disqualified.

89 No participant shall use or wear a hard cast or headset audio device during the cycling stage. Use of these
90 items could be authorised by the event organiser during the running stage providing that the running tracks
91 are closed to car and bike traffic.

92 No participant shall use any equipment which could be determined to be improper, including but not
93 limited to equipment which might provide an unfair advantage or endanger other participants. Participants
94 will be excluded from the race until corrective actions are undertaken. The level of possible corresponding
95 sanction rests under the responsibility of the event organiser.

96 Participants shall notify a race official prior any pause conforming to race director instructions and
97 immediately after a withdrawn from a race.

98 **7. ACTS WARRANTING SUSPENSION**

99 The following acts may be grounds for suspension for a period of time designated by the IUTA Committee:

- 100 1. Flagrant or intentional violation of the IUTA rules;
- 101 2. Gross or continued unsportsmanlike conduct;

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- 102 3. Physical violence directed toward a race official, participant, volunteer, spectator, or other person;
103 4. Any fraudulent act, such as falsifying name or age, filing a false affidavit or protest, or providing
104 false information to IUTA, event organiser or race officials;
105 5. Repetitive or recurring violations of the IUTA rules;
106 6. Refusal to abide by the final determination by IUTA of any matter relating to the IUTA rules;
107 7. Any act which disgraces or brings discredit to the sport of UT.
108 Violation of the IUTA doping policy controls rules, as detailed thereafter under Chapter 13, is sanctioned of
109 an immediate disqualification, a permanent and life time suspension from IUTA membership and a removal
110 of all IUTA attributed results and trophies.
111 Any person suspended from membership in IUTA shall be ineligible to participate in any IUTA sanctioned
112 event and shall be disqualified from any IUTA sanctioned event during the suspension period and until
113 such time as that person has applied for and received written notice of reinstatement from the IUTA
114 Committee.
115 Any person who has been suspended must apply in writing to IUTA for reinstatement after or immediately
116 preceding expiration of the suspension period.
117 Any person reprimanded, censured, suspended, or expelled from IUTA shall be entitled to receive
118 reasonable notice of such disciplinary action.
119 IUTA will enforce and publish on its website any suspension and the reasons for this suspension.

120 **8. SWIMMING CONDUCT**

- 121 Swimmers may use any stroke to propel themselves through the water.
122 If provided by the event organiser, the swimmer shall wear the proper official swim cap. If no official cap
123 is provided, all swimmers should wear their own brightly coloured swim cap.
124 Swimmers may wear, but shall not be required to wear, swim goggles or face masks.
125 Any swimmer wearing any artificial propulsion device, including but not limited to fins, gloves, booties,
126 paddles, or floating devices of any kind shall be disqualified. Use of gloves and booties may be
127 exceptionally authorised at discretion of the event organiser for water temperatures below 15°C.
128 Each participant shall be permitted to wear a wet suit irrespective of the water temperature.
129 The event organiser has to determine the temperature by a measurement made within 2 hours of the race
130 start. A water temperature measurement should also be taken prior to any pre-race meetings in order to
131 forecast to the athletes as early as possible the likely water temperature on race day.
132 A participant may stand on the bottom or rest by holding an inanimate object such as a buoy, boat, rope or
133 floating object. Excluding the bottom, a participant shall not use any inanimate object to gain forward
134 progress. A violation of these rules shall result in a variable time penalty.
135 The swimmer is authorized to leave the swimming part due to exhaustion, for medical check-up, massage,
136 etc. Upon leaving the course, a participant shall re-enter the course and continue at the same point.
137 A swimmer experiencing difficulty and in need of assistance shall raise an arm overhead, and pump it up
138 and down, and call or seek assistance. A swimmer, who has received official assistance, whether voluntary
139 or involuntary, must retire and withdraw from the remainder of the race unless such assistance did not aid
140 the swimmer in making forward progress. No swimmer shall return to the race if the official rendering
141 assistance requests that the participant withdraw from the race or receive medical assistance.
142 Swimming can take place in either in open waters or in a swimming pool.
143 In open waters, for distances equalling or exceeding Triple UT, a boat assistance shall be provided at each
144 turning buoy and/or every 250 meters (820 ft).
145 Swimming is not authorized with or against current higher than 0.3 m/s.
146 If the current is in the same direction that the athletes, the distance will be lengthened per Ultra distance
147 depending on the current velocity and according to the table below:
- | | | | | |
|-------------------------------|------|------|------|------|
| Current velocity m/s | 0 | 0,1 | 0,2 | 0,3 |
| Distance to be covered per UT | 3800 | 4160 | 4520 | 4880 |
- 148 In swimming pools of 50 meters length, there could not be more than 7 swimmers per lane. In swimming
149 pools of 25 meters length, there could not be more than 4 swimmers per lane.
150 Swimmers shall be regrouped in their swimming lane according to their best estimated swimming time.
151 When all the swimmers cannot be accommodated in the same swimming pool, one-second swimming pool
152 can be used.
153 The start of the race will have obligatorily to be given at the same time.

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154 The event organizer may alternatively consider staggered starts. The slowest swimmers will leave in the
155 first waves, the fastest in the last waves.
156 Swimmers must keep their right in their swimming lane.
157 Overtaking is authorised. The overtaken swimmer shall not block the overtaking.
158 It is obligatory to touch the wall with a part of the body during the turns. Failure to do so is sanctioned of a
159 variable time penalty.

160 **9. TRANSITION**

161 A participant must reduce cycling speed to an acceptable and safe level when exiting and entering the
162 transition areas and the support crew area. Failure to do so shall result in a variable time penalty.
163 When defined by the race organiser, all participants shall place equipment only in the properly designated
164 and individually assigned bicycle corral and shall at all times keep their equipment confined to such
165 properly designated areas.
166 All participants must return their bicycles to an upright position in the properly designated bicycle corral
167 after completion of the cycling course and before beginning the next segment of the event. Any violation of
168 this rule shall result in a variable time penalty.
169 No participant shall impede the forward progress of another participant or interfere with another
170 participant's equipment while in the transition area. Any violation of this rule shall result in a variable time
171 penalty, unless such obstruction or interference renders another participant unable to complete the event, in
172 which case the penalty shall be disqualification.
173 Assistance to participants in the designated transition areas is allowed but restricted to one single person per
174 participant.

175 **10. CYCLING CONDUCT**

176 All bicycles shall be propelled only by human force and human power. Other than pushing a bicycle, any
177 propulsive action brought on by use of the hands is prohibited unless participants are physically-challenged.
178 Any violation of this section shall result in disqualification.
179 Participants shall not make any forward progress unaccompanied by their bicycle. If a bicycle is rendered
180 inoperable, a participant may proceed on the cycling course, running or walking, while pushing or carrying
181 the bicycle, so long as the bicycle is pushed or carried in a manner not to obstruct or impede the progress of
182 other participants. Any violation of this rule shall result in disqualification.
183 All participants must obey all traffic laws while on the cycling course. Unless otherwise directed by the
184 event organiser, all participants shall come to a complete stop when required by a traffic sign or traffic
185 control device and shall not proceed through any intersection unless such intersection is clear of oncoming
186 traffic. In no case shall a cyclist cross a solid yellow/white line indicating a no passing zone. Any violation
187 of this rule shall result in disqualification or a variable time penalty as determined by the event organiser.
188 No cyclist shall endanger himself or another participant. Any cyclist, who intentionally presents a danger to
189 any participant or who, in the judgment of the event organiser, appears to present a danger to any
190 participant shall be subject in disqualification or a variable time penalty as determined by the event
191 organiser.
192 All participants shall exercise extreme caution and shall decrease speed if necessary in passing the site of
193 any cycling accident. Any violation of this rule shall result in disqualification.
194 All participants are required to provide immediate assistance to other participants in case of any accident
195 and to inform the event organiser of any such accident. Any violation of this rule shall result in
196 disqualification.
197 A participant may dismount, but shall not interfere with other cyclists.
198 All participants shall wear a protective head cover, undamaged and unaltered, which meets or exceeds the
199 safety national standards of the country where the race takes place. Any violation of this rule shall result in
200 disqualification.
201 The helmet must be fastened before the participant mounts the bicycle, at all times when the participant is
202 on the bicycle, and must not be unfastened until the participant has dismounted. Any violation of this rule
203 shall result in a variable time penalty. Notwithstanding the preceding sentence, a participant shall not be
204 sanctioned if the helmet strap unintentionally and temporarily becomes unattached, and the participant
205 immediately comes to a full stop and repairs the strap and replaces the helmet while fully stopped with both

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206 feet on the ground.

207 A participant is not permitted to position his bicycle in the proximity of another moving vehicle so as to
208 benefit from reduced air resistance.

209 While on the cycling course, participants shall not work together to improve performance, efficiency, or
210 position by teamwork or other joint conduct. A variable time penalty shall be imposed for any violation of
211 this rule. This rule does not apply to off-road UT.

212 Pacing an athlete by cycling alongside or cycling in front of him is strictly forbidden. Any violation of this
213 rule shall result in disqualification.

214 While on the cycling course, no participant shall permit his drafting zone to intersect with or remain
215 intersected with the drafting zone of a leading cyclist or that of a motor vehicle. With respect to a motor
216 vehicle (including authorised race vehicles); it is the athlete's responsibility to move out of the vehicle's
217 drafting zone or to continually communicate to the vehicle to move away.

218 The term "drafting zone" refer to a rectangular area 10 meters long and 2 meters wide surrounding each
219 bicycle. The longer sides of the zone begin at the leading edge of the front wheel and run backward parallel
220 to the bicycle; the front wheel divides the short side of the zone into two equal parts. With respect to a
221 moving motor vehicle, the "drafting zone" is a rectangular area extending 2 meters to each side of the
222 vehicle and 20 meters behind the vehicle.

223 Cyclists must not block or obstruct the progress of another participant.

224 A participant who approaches another cyclist from the rear or from another unfavourable position bears
225 primary responsibility for avoiding a position foul even if the cyclist being approached alters speed. A
226 participant must not attempt to pass another cyclist unless adequate space is available and the athlete is
227 confident of his/her ability to pass the other cyclist. All passing is to be done to the left of the cyclist being
228 overtaken (unless otherwise ruled in the event country).

229 Except for reasons of safety, all cyclists shall keep their right unless passing (unless otherwise ruled in the
230 event country).

231 A cyclist who has been overtaken bears primary responsibility for avoiding a position foul and must
232 immediately move to the rear and out of the drafting zone of the passing cyclist. The overtaken cyclist shall
233 first move completely out of the drafting zone of the other cyclist before attempting to re-pass the other
234 cyclist.

235 A participant may enter the drafting zone without penalty only under the following conditions:

236 - When entering the drafting zone from the rear, closing the gap, and overtaking all within no more than
237 15 seconds;

238 - When cyclists reduce speed for safety reasons, for course blockage, for an aid station, for an
239 emergency, when entering or exiting a transition or supporting area, or when making a turn of 90
240 degrees or more.

241 All bicycles and bicycle equipment used in IUTA events must conform to the specifications defined
242 thereafter. Any participant using a non-conforming bicycle or otherwise violating these rules shall be
243 disqualified unless the participant can immediately bring back his/her bicycle in conformity with these rules
244 and if these non-conformities have not bring an unfair competitive advantage to the participant.

245 There must be one working brake on each of the two wheels.

246 There must be a free-wheeling mechanism between the crank and the rear wheel that allows the bicycle to
247 roll forward while the pedals remain stationary.

248 All aspects of the bicycle must be safe to the user and to other participants in the event. Minimum safety
249 standards include, but are not limited to, properly glued and sealed tires, tight headset and handlebars, and
250 true wheels.

251 Any unusual bicycle construction or equipment shall be illegal unless prior approval is received from the
252 event organiser before the equipment is used in the event. This applies in particular to specifically designed
253 material for para-athletes. Any violation of this rule shall result in disqualification.

254 The bicycle will have obligatorily to carry the race number, if given by the organizer. Any violation of this
255 rule shall result in a variable time penalty.

256 The participant is allowed to use a second bicycle and as many wheels as he wish during the race.

257 At nights, when the conditions of visibility are weak and as soon as deemed necessary by the event
258 organiser, participants have to wear reflective clothes and/or reflective apparels and has his/her bike
259 equipped of frontal and rear lights that allow for a proper security of the athletes..

260 Participants shall have at their disposal sufficient spare batteries to allow for the proper respect of this rule

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261 all along the night. The use of frontal flashing lights is not considered as sufficiently safe in itself.
262 Any violation of these rules shall result in disqualification unless immediate corrective action are given by
263 the participant.
264 It is the responsibility of the event organiser to mark correctively the bike race, to use cones, reflective
265 lamps and / or any sign to signal any danger for the safety of the participants.
266 The event organizer shall define the zone of supply. This zone shall be clearly identified. Support crew
267 members can only give supplies to participants within this designated zone of supply. Unless otherwise
268 ruled by the event organiser for point to point UT, support from car vehicles not belonging to the
269 organisation is strictly forbidden. Any violation of this rule shall result in disqualification.
270 For point to point UT, no more than one vehicle can be accepted per participant. The vehicle will have to
271 stay at a minimum 25 meters behind the participant. Supplies to the participant, medical and mechanical
272 assistance shall only be provided by participant's crew members from a stationary vehicle.
273 No participant shall use or wear a hard cast or headset audio device during the cycling stage.

274 **11. RUNNING CONDUCT**

275 Participants must run or walk the entire portion of the run course. A participant who gains forward progress
276 by crawling or otherwise violates these rules shall be disqualified.
277 Pacing an athlete, should it be by running or cycling alongside or in front of him is strictly forbidden for
278 crew members. Any violation of this rule shall result in disqualification.
279 Pets are not allowed on the race course. Pacing using pets is strictly forbidden.
280 The responsibility of knowing and following the prescribed course rests with each participant.
281 No participant shall use or wear a hard cast or headset audio device during the running stage unless
282 otherwise authorised by the event organiser on tracks on roads closed to car and bike traffic.
283 It is the responsibility of the event organiser to mark correctively the run race, to use cones, reflective
284 lamps and / or any sign to signal any danger for the safety of the participants.
285 Participants are not permitted to run naked chest. In the event of non-compliance with this rule the
286 participant will be automatically disqualified.
287 For races organised on roads open to car traffic and races for which biking and running sections are on
288 common roads, the participants will have to wear reflective clothes and/or reflective apparels at nights and
289 eventually equipped of frontal and rear lamps, when the conditions of visibility are weak and as soon as
290 deemed necessary by the event organiser.
291 Participants shall have at their disposal sufficient spare batteries to allow for the proper respect of this rule
292 all along the night. Any violation of these rules shall result in disqualification unless immediate corrective
293 actions are given by the participant.
294 The event organizer shall define the zone of supply. This zone shall be clearly identified. Support crew
295 members can only give supplies to participants within this designated zone of supply.
296 Unless otherwise ruled by the event organiser for point to point UT, support from car vehicles not
297 belonging to the organisation is strictly forbidden. Any violation of this rule shall result in disqualification.
298 For point to point UT, no more than one vehicle can be accepted per participant. The vehicle will have to
299 run at a minimum 10 meters behind the participant. Supplies to the participant, medical and mechanical
300 assistance shall only be provided by participant's crew members from a stationary vehicle.

301 **12. TIME LIMITS**

302 For races belonging to the IUTA world cup challenge, the following overall time limits are applicable:
303 - Double UT: 34 hours
304 - Triple UT: 54 hours
305 - Quadruple UT: 76 hours
306 - Quintuple UT 100 hours
307 - Deca-UT (continuous): 336 hours.
308 The time limits of each section are defined by the event organiser. These time limits have to be specified
309 before the competition.
310 The event organiser, at his own discretion, may allow a participant to complete the event outside the time
311 limits above specified. In such a case, the participant is classified as a DNF (Did Not Finish) participant and
312 is rewarded according to section 18 of these rules.

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313 13. ANTIDOPING POLICY

314 IUTA adheres to the rules, regulations and policies of the World Anti-Doping Agency (WADA).
315 It is the responsibility of each member of IUTA to comply with the applicable anti-doping WADA rules,
316 regulations and policies.
317 Testing of athletes may take place at any place or any time. The athlete who objects to an official IUTA
318 anti-doping control or found positive after any control exposes himself to an immediate disqualification, a
319 permanent suspension from IUTA membership and a removal of all IUTA attributed results and trophies.
320 The athlete will have to return any trophy and/or prize-money eventually received.
321 IUTA will enforce and publish any sanction resulting from adjudication of a doping violation under the
322 WADA rules, regulations and policies.

323 14. SUPERVISION AND CONTROL

324 The event organiser shall designate a general marshal and race officials.
325 The IUTA representative acts as general marshal unless he participates himself to the event.
326 The race officials shall conduct each event in accordance with the IUTA rules and shall uphold and enforce
327 these rules in an impartial manner.
328 Race officials are empowered:
329 - to supervise and control the conduct of all participants, to require that a participant withdraw from
330 an event, and to intercede during a competition at any stage to ensure that the IUTA rules are
331 observed;
332 - to impose penalties for violations and penalise participants;
333 - to make decisions on any point not specifically covered in these rules;
334 - to examine the equipment or other items of any participant at any time to check compliance with
335 the IUTA rules, and to make the final and binding decision as to whether any equipment or other
336 item is improper or unauthorized.
337 Race officials shall be assigned to the swim, cycle, and run portions of the event and to the transition areas.
338 Race officials shall wear distinctive clothing or other means of identification.
339 The general marshal represents the IUTA. He inspects the road of the courses with the other race officials.
340 He has the right to require any change deemed necessary for the safety of the athletes, any change deemed
341 necessary for the enforcement of the IUTA rules and has the right to suspend a race.

342 15. MEDICAL SUPPORT

343 Unless otherwise agreed between IUTA and the event organiser, the permanent presence of a medical
344 doctor is mandatory during all sanctioned IUTA event.
345 The medical doctor can temporarily or definitively withdraw an athlete from the event for medical reason.
346 Opposing to this decision is a reason for an immediate disqualification.
347 Recourse of any intravenous injection (including but not restricted to salts, endurolytes and glucose) is
348 prohibited in any IUTA event unless medically required. In such event, the athlete has to be immediately
349 withdrawn from the race.

350 16. RECOMPENSES AND PRIZE MONEY

351 Event organisers have to offer trophies and/or presents and/or finisher tee-shirt and/or diplomas and/or
352 prize money and/or rebates for further races in IUTA sanctioned events. For the later, rebates should be
353 made available for a period of two calendar years. After that date, no refund can be offered. The rebate
354 shall amount 100% of the race entry fee for the first athlete, 50% for the second and 33% for the third one.
355 Finisher tee-shirts and diplomas shall bear the IUTA official logo.
356 IUTA offers medals to finishers of any IUTA event and distinctive medals to the first three men and
357 women of the scratch results.
358 In the event of anti-doping controls, prize money are only given after receipt of their favourable results.
359 No discrimination should be applied for the recompenses and prize money between men and women,
360 irrespective of the number of athletes competing in these two categories.

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361 **17. SPECIAL RULES FOR THE IUTA WORLD CHAMPIONSHIPS**

362 To obtain the IUTA World Championship label, the event organiser has to make a written request to the
363 IUTA Committee the year preceding the event at the latest in November.

364 In addition to recompenses and prize money defined under Article 16 of these rules, when the event
365 organizer offers prize monies, he has to offer them according to the following amounts:

366 - More than 50 starters:

	1st Overall Man 1st Overall Woman	2nd Overall Man 2nd Overall Woman	3rd Overall Man 3rd Overall Woman
Double UT	1000 euros	600 euros	300 euros
Triple UT	1500 euros	900 euros	450 euros
Quadruple UT	2000 euros	1200 euros	600 euros
Quintuple UT	2500 euros	1500 euros	950 euros
Deca-UT	5000 euros	2000 euros	1200 euros

367 - 40 to 49 starters: 90% of the above mentioned prize money

368 - 30 to 39 starters: 80% of the above mentioned prize money

369 - 20 to 29 starters: 70% of the above mentioned prize money

370 - Less than 20 starters: 40% of the above mentioned prize money

371 The ceremony of handing-over the rewards will have to respect the opposite order of arrival of the athletes.

372 A podium is to be offered for the first three women and men of the event. The national anthem is to be
373 played for the first woman and man of the event.

374 A podium is to be offered per age category and per nation. The nation classification is determined
375 following the addition of the best three athletes of the considered nation.

376 **18. IUTA WORLD CUP CHALLENGE**

377 An UT world cup challenge is established for the 4 best point results obtained in a calendar year.

378 Race points are attributed as follows:

Race	1st	2nd	3rd	4th	5th	6th	...	Standard race attendance
Double UT	120	100	80	50	49	48	...	30
Triple UT	130	110	90	60	59	58	...	20
Quinta UT	150	130	110	80	79	78	...	15
Deca-UT	200	180	160	130	129	128	...	10

379 Points attributed for finishing only the swim part or the swim and the bike parts:

Race	IUTA race	IUTA Championship race
Double UT		1-2
Triple UT		3-6
Quinta UT		4-8
Deca-UT		6-12
		9-18
		11-20

380 Specific rules for multiple day events (one triathlon per day): In the case an athlete didn't finish all days he
381 will get points from the percentage of the days he had finished.

382 Additional points:

383 - World championship race: 40 additional points are attributed to every finisher;

384 - Best swim or bike or run split during a race: 5 points for each discipline providing that the athlete
385 complete the whole event;

386 - Race world record: 75 additional points.

387 - Race continental record: 50 additional points

388 - Race national record: 30 points

389 - Race record: 25 additional points

390 The points are attributed according to the following formula:

391 [(Finishers or non-finishers points) + World Championship points (+40 if applicable) + Best swim/bike/run
392 split points (+5, 10, 15 if applicable)] x Number of athletes at the starting line / Standard race attendance
393 number.

394 The result is rounded up to the higher and race record points are added if applicable.

INTERNATIONAL ULTRA TRIATHLON ASSOCIATION RULES
effective as from 1 January 2014

395 19. IUTA WORLD CUP CHALLENGE: PRIZE MONEY

396 IUTA offers trophies and/or presents and/or prize money to the first three athletes of the man and woman
397 categories after addition of their five best point results obtained during a calendar year.

1st Overall Man	2nd Overall Man	3rd Overall Man
1st Overall Woman	2nd Overall Woman	3rd Overall Woman
500 euros	300 euros	150 euros

398 20. TEAMS

399 IUTA encourages enrolment of teams to compete in UT events recognising therefore that achieving the
400 swim, bike and run sections of an UT as a personal achievement in itself.

401 Event organisers are encouraged to promote participation of teams.

402 Teams should be composed at a minimum of 2 participants and at a maximum of 3 participants. Each
403 member of the team has to complete the entirety of the swim, bike or run section he has been assigned to
404 prior the start of the race.

405 Relay between team members shall obligatory be done in the zone defined by the event organiser.

406 Others IUTA rules remain plainly applicable.

407 Event organisers may offer trophies and/or presents and/or finisher tee-shirt and/or diplomas and/or prize
408 money. Finisher tee-shirts, diplomas ... shall bear the IUTA official logo.

409 21. RACE CONTRACTS

410 Specific issues such as financial contribution or special rules are defined by contract between the different
411 parties, namely the event organiser and the IUTA.

412 This contract shall provide a clear description of the race event in particular with aspects governing circuits
413 and security rules.

414 This contract is defined for a specified time and is subject to revisions and revoking clause as mutually
415 agreed in the contract itself.

416 22. APPLICATION

417 IUTA rules are applicable in their entirety as of 1 January 2014.

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