

INTERNATIONAL ULTRA TRIATHLON ASSOCIATION RULES
effective as from 1 January 2015

INTERNATIONAL ULTRA TRIATHLON ASSOCIATION RULES

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R1 : Revision 10 June 2014 (type Ctrl "R1" to find the revised text)

R2 : Revision 26 March 2015

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1. SCOPE

These rules are adopted by the International Ultra Triathlon Association (IUTA) and govern the administration of races and events sanctioned by the IUTA.
These rules are binding on all persons who enter or participate in, or organise any IUTA event. The IUTA makes no implied warranty regarding the degree of safety, which may or may not result from compliance with these rules.
Every participant, official, volunteer and spectator should consider all safety issues and make related decisions prudently without reliance upon these rules.
Examinations or inspections of equipment at sanctioned events are undertaken solely to monitor compliance with these rules and do not guarantee or ensure safety from personal injury or property damage. The safety of race equipment is the sole responsibility of each and every participant.
For any particular event, a race director may request from IUTA a specific exception or addition to these rules. All exceptions or additions to these rules must be expressly approved in writing by the IUTA Committee and must be announced to all participants prior to the event.

2. DEFINITIONS

An Ultra Triathlon (UT) is a long distance endurance event consisting of swimming, cycling and running. It combines more than 3.8 kilometres of swimming, 180 kilometres of cycling, 42.195 kilometres of running or a multiple of these distances (US/UK: 2.635 - 111.149 - 26,385 miles).
In the latter, an UT is referred as a “Double UT”, a “Triple UT”, a “Quinta UT”, a “Deca UT” and so forth. An UT could either consist in a unique stage event or in a multiple day event.
National, Continental and World Championships could be organised if they respect the IUTA standards.

3. IUTA RESPONSIBILITIES

IUTA is responsible for promoting Ultra Triathlon by regulating an official calendar of competitions, an international classification of athletes, the delivering of international attestations and for establishing rules for IUTA UT sanctioned events.
IUTA denies any responsibility resulting from any incident occurring during an IUTA sanctioned event.

4. PARTICIPANTS

To obtain the IUTA label, the event organizer has to make a written request to the IUTA Committee the year preceding the event at the latest in November.
All participants in events sanctioned by IUTA being at least 21 years old the day of the competition is automatically a member of IUTA but the participants must pay the required fee requested by the organizer and comply with all the requirements determined by IUTA.
Participants shall present a valid medical certificate confirming their capacity to take part in UT dated less than one year before the event. This medical certificate shall contain the distances to be covered during the event(s). The event organizer has the right to ask for a complementary medical examination if it judges that a participant presents a certain risk.
Participation of para-athletes in any IUTA event remains subject to the decision of the event organiser. This decision shall only be based on safety considerations for the athlete himself.
Participants have the obligation to know and follow the IUTA rules, the traffic laws applicable at the place of the event and the rules given by the event organizer.
IUTA is entitled to revoke or suspend the participant's membership in IUTA after having given written notice containing the charges or allegations made against the athlete, offered the opportunity to respond to the charges and to appeal the decision.

5. CATEGORIES

A male and a female category are established and divided in 3 age groups as follows: 21 - 39 years; 40 - 59 years; 60 years and more. Athletes compete in the age group division corresponding their age on December 31 of the year of the event.

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6. GENERAL CONDUCT AND SANCTIONS

All participants must act in compliance with the IUTA rules.

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

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

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

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

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

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

Participants shall refrain from intentionally or accidentally blocking, charging, obstructing, or interfering with the forward progress of another participant. The sanction will be the disqualification. Participants shall plainly display their race numbers at all times, and shall maintain the race number in an unaltered, unobstructed and readable state at any time during the race. The participant shall wear the swim cap and the number, provided by the event organiser. Race numbers shall be worn in the back during the bike leg and in the front during the running leg. Additional race numbers may be added on the bike at the discretion of the event organiser. Participants will be warned if their number are not visible and will have to stop to give it a correct position.

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

No participant shall use or wear a hard cast or headset audio device during the entire competition. Use of these items could be authorized by event organizer during the running stage providing that the running tracks are closed to car and bike traffic.

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

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

7. ACTS WARRANTING SUSPENSION

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

1. Flagrant or intentional violation of the IUTA rules;
2. Gross or continued unsportsmanlike conduct;
3. Physical violence directed toward a race official, participant, volunteer, spectator, or other person;

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- 109 4. Any fraudulent act, such as falsifying name or age, filing a false affidavit or protest, or
110 providing false information to IUTA, event organiser or race officials;
111 5. Repetitive or recurring violations of the IUTA rules;
112 6. Refusal to abide by the final determination by IUTA of any matter relating to the IUTA
113 rules;
114 7. Any act which disgraces or brings discredit to the sport of UT.

115 Violation of the IUTA doping policy controls rules, as detailed thereafter under Chapter 13, is
116 sanctioned of an immediate disqualification, a permanent and life time suspension from IUTA
117 membership and a removal of all IUTA attributed results and trophies.
118 Any person suspended from membership in IUTA shall be ineligible to participate in any IUTA
119 sanctioned event and shall be disqualified from any IUTA sanctioned event during the suspension period
120 and until such time as that person has applied for and received written notice of reinstatement
121 from the IUTA Committee.

122 Any person who has been suspended must apply in writing to IUTA for reinstatement after or
123 immediately preceding expiration of the suspension period.

124 Any person reprimanded, censured, suspended, or expelled from IUTA shall be entitled to receive
125 reasonable notice of such disciplinary action.

126 IUTA will enforce and publish on its website any suspension and the reasons for this suspension.
127

128 **8. SWIMMING CONDUCT**

129 Swimmers may use any stroke to propel themselves through the water.

130 If provided by the event organiser, the swimmer shall wear the proper official swim cap. If no official
131 cap is provided, all swimmers should wear their own brightly coloured swim cap.

132 Swimmers may wear, but shall not be required to wear, swim goggles or face masks.

133 Any swimmer wearing any artificial propulsion device, including but not limited to fins, gloves,
134 booties, paddles, or floating devices of any kind shall be disqualified. Use of gloves and booties may be
135 exceptionally authorised at discretion of the event organiser for water temperatures below 15°C.

136 Each participant shall be permitted to wear a wet suit irrespective of the water temperature.

137 The event organiser has to determine the temperature by a measurement made within 2 hours of the
138 race start. A water temperature measurement should also be taken prior to any pre-race meetings in
139 order to forecast to the athletes as early as possible the likely water temperature on race day.

140 A participant may stand on the bottom or rest by holding an inanimate object such as a buoy, boat, rope
141 or floating object. Excluding the bottom, a participant shall not use any inanimate object to gain
142 forward progress. A violation of these rules shall result in a variable time penalty.

143 The swimmer is authorized to leave the swimming part due to exhaustion, for medical check-up,
144 massage, etc. Upon leaving the course, a participant shall re-enter the course and continue at the same
145 point.

146 A swimmer experiencing difficulty and in need of assistance shall raise an arm overhead, and pump it
147 up and down, and call or seek assistance. A swimmer, who has received official assistance, whether
148 voluntary or involuntary, must retire and withdraw from the remainder of the race unless such
149 assistance did not aid the swimmer in making forward progress. No swimmer shall return to the race
150 if the official rendering assistance requests that the participant withdraw from the race or receive
151 medical assistance.

152 Swimming can take place in either in open waters or in a swimming pool.

153 In open waters, a boat assistance shall be provided at each turning buoy and/or every 250 meters (820
154 ft).

155 Swimming is not authorized with or against current higher than 0.3 m/s.

156 If the current is in the same direction that the athletes, the distance will be lengthened per Ultra
157 distance 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

158 In swimming pools of 50 meters length, there could not be more than 7 swimmers per lane. In

159 swimming pools of 25 meters length, there could not be more than 4 swimmers per lane.

160 Swimmers shall be regrouped in their swimming lane according to their best estimated swimming time.

161 When all the swimmers cannot be accommodated in the same swimming pool, one-second swimming
162 pool can be used. The start of the race will have obligatorily to be given at the same time.

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163 The event organizer may alternatively consider staggered starts if only one pool is available. The
164 slowest Ultratriathletes will leave in the first waves, the fastest in the last waves.
165 Swimmers must keep their right in their swimming lane.
166 Overtaking is authorised. The overtaken swimmer shall not block the overtaking.
167 It is obligatory to touch the wall with a part of the body during the turns. Failure to do so is sanctioned of
168 a variable time penalty.
169

170 **9. TRANSITION**

171 A participant must reduce cycling speed to an acceptable and safe level when exiting and entering the
172 transition areas and the support crew area. Failure to do so shall result in a variable time penalty.
173 When defined by the race organiser, all participants shall place equipment only in the properly
174 designated and individually assigned bicycle corral and shall at all times keep their equipment
175 confined to such properly designated areas.
176 All participants must return their bicycles to an upright position in the properly designated bicycle
177 corral after completion of the cycling course and before beginning the next segment of the event. Any
178 violation of this rule shall result in a variable time penalty.
179 No participant shall impede the forward progress of another participant or interfere with another
180 participant's equipment while in the transition area. Any violation of this rule shall result in a variable
181 time penalty, unless such obstruction or interference renders another participant unable to complete the
182 event, in which case the penalty shall be disqualification.
183 Assistance to participants in the designated transition areas is allowed but restricted to one single person
184 per participant.
185

186 **10. CYCLING CONDUCT**

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

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- 218 helmet while fully stopped with both feet on the ground.
- 219 A participant is not permitted to position his bicycle in the proximity of another moving vehicle so as
220 to benefit from reduced air resistance.
- 221 While on the cycling course, participants shall not work together to improve performance, efficiency,
222 or position by teamwork or other joint conduct. A variable time penalty shall be imposed for any
223 violation of this rule Pacing an athlete by cycling alongside or cycling in front of him is strictly
224 forbidden. Any violation of this rule shall result in disqualification.
- 225 While on the cycling course, no participant shall permit his drafting zone to intersect with or
226 remain intersected with the drafting zone of a leading cyclist or that of a motor vehicle. With respect
227 to a motor vehicle (including authorised race vehicles); it is the athlete's responsibility to move out of
228 the vehicle's drafting zone or to continually communicate to the vehicle to move away.
- 229 The term "drafting zone" refer to a rectangular area 10 meters long and 2 meters wide surrounding
230 each bicycle. The longer sides of the zone begin at the leading edge of the front wheel and run backward
231 parallel to the bicycle; the front wheel divides the short side of the zone into two equal parts. With
232 respect to a moving motor vehicle, the "drafting zone" is a rectangular area extending 2 meters to each
233 side of the vehicle and 20 meters behind the vehicle.
- 234 Cyclists must not block or obstruct the progress of another participant.
- 235 A participant who approaches another cyclist from the rear or from another unfavourable position
236 bears primary responsibility for avoiding a position foul even if the cyclist being approached alters
237 speed.
- 238 A participant must not attempt to pass another cyclist unless adequate space is available and the
239 athlete is confident of his/her ability to pass the other cyclist. All passing is to be done to the left of the
240 cyclist being overtaken (unless otherwise ruled in the event country).
- 241 Except for reasons of safety, all cyclists shall keep their right unless passing (unless otherwise ruled in
242 the event country).
- 243 A cyclist who has been overtaken bears primary responsibility for avoiding a position foul and must
244 immediately move to the rear and out of the drafting zone of the passing cyclist. The overtaken cyclist
245 shall first move completely out of the drafting zone of the other cyclist before attempting to re-pass
246 the other cyclist.
- 247 A participant may enter the drafting zone without penalty only under the following conditions:
- 248 - When entering the drafting zone from the rear, closing the gap, and overtaking all within no more than
249 15 seconds;
- 250 - When cyclists reduce speed for safety reasons, for course blockage, for an aid station, for an
251 emergency, when entering or exiting a transition or supporting area, or when making a turn of 90
252 degrees or more.
- 253 All bicycles and bicycle equipment used in IUTA events must conform to the specifications
254 defined thereafter. Any participant using a non-conforming bicycle or otherwise violating these rules
255 shall be disqualified unless the participant can immediately bring back his/her bicycle in conformity
256 with these rules and if these non-conformities have not bring an unfair competitive advantage to the
257 participant.
- 258 There must be one working brake on each of the two wheels.
- 259 There must be a free-wheeling mechanism between the crank and the rear wheel that allows the bicycle
260 to roll forward while the pedals remain stationary.
- 261 All aspects of the bicycle must be safe to the user and to other participants in the event. Minimum
262 safety standards include, but are not limited to, properly glued and sealed tires, tight headset and
263 handlebars, and true wheels.
- 264 Any unusual bicycle construction or equipment shall be illegal unless prior approval is received from
265 the event organiser before the equipment is used in the event. This applies in particular to specifically
266 designed material for para-athletes. Any violation of this rule shall result in disqualification.
- 267 The bicycle will have obligatorily to carry the race number, if given by the organizer. Any violation of
268 this rule shall result in a variable time penalty.
- 269 The participant is allowed to use a second bicycle and as many wheels as he wish during the race.
- 270 At nights, when the conditions of visibility are weak and as soon as deemed necessary by the event
271 organiser, participants have to wear reflective clothes and/or reflective apparels and has his/her bike
272 equipped of frontal and rear lights that allow for a proper security of the athletes..
- 273 Participants shall have at their disposal sufficient spare batteries to allow for the proper respect of this

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274 rule all along the night. The use of frontal flashing lights is not considered as sufficiently safe in itself.
275 Any violation of these rules shall result in disqualification unless immediate corrective action are given
276 by the participant.

277 It is the responsibility of the event organiser to mark correctively the bike race, to use cones,
278 reflective lamps and / or any sign to signal any danger for the safety of the participants.

279 The event organizer shall define the zone of supply. This zone shall be clearly identified. Support crew
280 members can only give supplies to participants within this designated zone of supply. Unless
281 otherwise ruled by the event organiser for point to point UT, support from car vehicles not belonging to
282 the organisation is strictly forbidden. Any violation of this rule shall result in disqualification.

283 For point to point UT, no more than one vehicle can be accepted per participant. The vehicle will have
284 to stay at a minimum 25 meters behind the participant. Supplies to the participant, medical and
285 mechanical assistance shall only be provided by participant's crew members from a stationary vehicle.

286 No participant shall use or wear a hard cast or headset audio device during the cycling stage.
287

288 **11. RUNNING CONDUCT**

289 Participants must run or walk the entire portion of the run course. A participant who gains forward
290 progress by crawling or otherwise violates these rules shall be disqualified.

291 Pacing an athlete, should it be by running or cycling alongside or in front of him is strictly forbidden
292 for crew members. Any violation of this rule shall result in disqualification. Pets are not allowed on the
293 race course. Pacing using pets is strictly forbidden. The responsibility of knowing and following the
294 prescribed course rests with each participant.

295 No participant shall use or wear a hard cast or headset audio device during the running stage unless
296 otherwise authorized by the event organizer on tracks on roads closed to car and bike traffic.

297 It is the responsibility of the event organiser to mark correctively the run race, to use cones,
298 reflective lamps and / or any sign to signal any danger for the safety of the participants. Participants are
299 not permitted to run naked chest. In the event of non-compliance with this rule the participant will be
300 automatically disqualified. For races organised on roads open to car traffic and races for which
301 biking and running sections are on common roads, the participants will have to wear reflective clothes
302 and/or reflective apparels at nights and eventually equipped of frontal and rear lamps, when the
303 conditions of visibility are weak and as soon as deemed necessary by the event organiser.

304 Participants shall have at their disposal sufficient spare batteries to allow for the proper respect of this
305 rule all along the night. Any violation of these rules shall result in disqualification unless immediate
306 corrective actions are given by the participant.

307 The event organizer shall define the zone of supply. This zone shall be clearly identified. Support crew
308 members can only give supplies to participants within this designated zone of supply.

309 Unless otherwise ruled by the event organiser for point to point UT, support from car vehicles not
310 belonging to the organisation is strictly forbidden. Any violation of this rule shall result in
311 disqualification.

312 For point to point UT, no more than one vehicle can be accepted per participant. The vehicle will have
313 to run at a minimum 10 meters behind the participant. Supplies to the participant, medical and
314 mechanical assistance shall only be provided by participant's crew members from a stationary vehicle.
315

316 **12. TIME LIMITS**

317 For races belonging to the IUTA world cup challenge, the following overall time limits are
318 recommended:

- 319 - Double UT-36 hours
- 320 - Triple UT: 60 hours)
- 321 - Quadruple UT: 76 hours
- 322 - Quintuple UT 100 hours
- 323 - Deca-UT (continuous): 336 hours.

324 The time limits of each section are defined by the event organiser. These time limits have to be
325 specified before the competition. The event organiser, at his/her own discretion, may choose to
326 lengthen these time limits. He/She may also allow a participant to complete the event outside the
327 set time limits above specified. In such a case, the participant is classified as a DNF (Did Not Finish)
328 participant and is rewarded according to section 18 of these rules.

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330 **13. ANTIDOPING POLICY**

331 IUTA adheres to the rules, regulations and policies of the World Anti-Doping Agency (WADA).

332 It is the responsibility of each member of IUTA to comply with the applicable anti-doping WADA
333 rules, regulations and policies.

334 Testing of athletes may take place at any place or any time. The athlete who objects to an official
335 IUTA anti-doping control or found positive after any control exposes himself to an immediate
336 disqualification, a permanent suspension from IUTA membership and a removal of all IUTA attributed
337 results and trophies. The athlete will have to return any trophy and/or prize-money eventually received.
338 IUTA will enforce and publish any sanction resulting from adjudication of a doping violation under
339 the WADA rules, regulations and policies.
340

341 **14. SUPERVISION AND CONTROL**

342 The event organiser shall designate a general marshal and race officials.

343 If IUTA can provide a representative he will act as general marshal.

344 The race officials shall conduct each event in accordance with the IUTA rules and shall uphold and
345 enforce these rules in an impartial manner.

346 Race officials are empowered:

347 - to supervise and control the conduct of all participants, to require that a participant withdraw
348 from an event, and to intercede during a competition at any stage to ensure that the IUTA
349 rules are observed;

350 - to impose penalties for violations and penalise participants;

351 - to make decisions on any point not specifically covered in these rules;

352 - to examine the equipment or other items of any participant at any time to check
353 compliance with the IUTA rules, and to make the final and binding decision as to whether any
354 equipment or other item is improper or unauthorized.

355 Race officials shall be assigned to the swim, cycle, and run portions of the event and to the transition
356 areas. Race officials shall wear distinctive clothing or other means of identification.

357 The general marshal represents the IUTA. He inspects the road of the courses with the other race
358 officials. He has the right to require any change deemed necessary for the safety of the athletes, any
359 change deemed necessary for the enforcement of the IUTA rules and has the right to suspend a race.
360

361 **15. MEDICAL SUPPORT**

362 Unless otherwise agreed between IUTA and the event organiser, the permanent presence of a
363 medical doctor is mandatory during all sanctioned IUTA event.

364 The medical doctor can temporarily or definitively withdraw an athlete from the event for medical
365 reason. Opposing to this decision is a reason for an immediate disqualification.

366 Recourse of any intravenous injection (including but not restricted to salts, endurolytes and glucose) is
367 prohibited in any IUTA event unless medically required. In such event, the athlete has to be
368 immediately withdrawn from the race.
369

370 **16. RECOMPENSES AND PRIZE MONEY**

371 Event organisers have to offer trophies and/or presents and/or finisher tee-shirt and/or diplomas
372 and/or prize money and/or rebates for further races in IUTA sanctioned events. For the later, rebates
373 should be made available for a period of two calendar years. After that date, no refund can be
374 offered. The rebate shall amount 100% of the race entry fee for the first athlete, 50% for the second and
375 33% for the third one.

376 Finisher tee-shirts and diplomas shall bear the IUTA official logo.

377 IUTA offers medals to finishers of any IUTA event and distinctive medals to the first three men and
378 women of the scratch results.

379 In the event of anti-doping controls, prize money are only given after receipt of their favourable results.

380 No discrimination should be applied for the recompenses and prize money between men and
381 women, irrespective of the number of athletes competing in these two categories.
382

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

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

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

388 - 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

389 - 40 to 49 starters: 90% of the above mentioned prize money

390 - 30 to 39 starters: 80% of the above mentioned prize money

391 - 20 to 29 starters: 70% of the above mentioned prize money

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

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

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

397 A podium is to be offered per age category and per nation. The nation classification is determined
398 following the addition of the best three athletes of the considered nation.
399

400 **18. IUTA WORLD CUP CHALLENGE**

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

402 Race points are attributed as follows:

Race	1st	2nd	3rd	4th	5th	6th	...	Race Starter
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

403 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	3-6
Triple UT	2-4	4-8
Quinta UT	4-8	6-12
Deca-UT	9-18	11-20

404

405

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

408 Additional points:

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

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

412 - Race world record: 90 additional points.

413 - Race continental record: 50 additional points

414 - Race national record: 30 points

415 - Race record: 25 additional points

416 When a world record is awarded, the athlete will not be awarded with points for continental, national
417 and course records

418 When a continental record is awarded the athlete will not be awarded with points for national record.

419 However, he/she can still be awarded a course record.

420 The points are attributed according to the following formula:

421 [(Finishers or non-finishers points) + World Championship points (+40 if applicable) + Best

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422 swim/bike/run split points (+5, 10, 15 if applicable)] x Number of athletes at the starting line /
423 Standard race starter number).
424 Note that the maximum value of (Number of athletes at the starting line / Standard race starter) is one.
425 Note that the maximum value of (Number of athletes at the starting line / Standard race starter) will not
426 apply to a new event – an event that is held in its first year as an IUTA-sanctionned world cup event.
427 The result is rounded up to the higher and race record points are added if applicable.
428

19. IUTA WORLD CUP CHALLENGE: PRIZE MONEY

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

1st Overall Man / 1st Overall Woman	2nd Overall Man / 2nd Overall Woman	3rd Overall Man / 3rd Overall Woman
600 euros	400 euros	200 euros

432

20. TEAMS

434 IUTA encourages enrolment of teams to compete in UT events recognising therefore that achieving the
435 swim, bike and run sections of an UT as a personal achievement in itself.
436 Event organisers are encouraged to promote participation of teams.
437 Teams should be composed at a minimum of 2 participants and at a maximum of 3 participants. Each
438 member of the team has to complete the entirety of the swim, bike or run section he has been assigned
439 to prior the start of the race.
440 Relay between team members shall obligatory be done in the zone defined by the event organiser.
441 Others IUTA rules remain plainly applicable.
442 Event organisers may offer trophies and/or presents and/or finisher tee-shirt and/or diplomas and/or
443 prize money. Finisher tee-shirts, diplomas ... shall bear the IUTA official logo.
444

21. RACE CONTRACTS

446 Specific issues such as financial contribution or special rules are defined by contract between the
447 different parties, namely the event organiser and the IUTA.
448 This contract shall provide a clear description of the race event in particular with aspects governing
449 circuits and security rules.
450 This contract is defined for a specified time and is subject to revisions and revoking clause as
451 mutually agreed in the contract itself.
452

22. APPLICATION

454 IUTA rules are applicable in their entirety as of 1 January 2015.
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