



# Rules

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## 1. SCOPE

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

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

6 In that rules, the male form is always used for the sake of simplicity. The IUTA  
7 explicitly addresses all genders.

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

10 Every participant, team member of the participant, race official or race volunteer  
11 should consider all safety issues and make related decisions prudently without  
12 reliance upon these rules.

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

16 The safety of the racing equipment is the sole responsibility of each individual  
17 participant.

18 For any particular event, a race director may request from IUTA a specific  
19 exception or addition to these rules. All exceptions or additions to these rules  
20 must be expressly approved in writing by the IUTA Committee and must be  
21 announced to all participants prior to the event.

## 22 2. DEFINITIONS

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23 An Ultra Triathlon (UT) is a longdistance endurance race consisting of swimming,  
24 cycling and running in that order. It combines 3.86 kilometers of swimming,  
25 180.25 kilometers of cycling and 42.195 kilometers of running (UK/US: 2.4 - 112  
26 - 26.2 miles) in a so-called „Longdistance Triathlon“ or a multiple of these  
27 distances. There are different cut-off times for each discipline and each UT or  
28 multiple of an UT.

29 IUTA distinguishes four types of Ultra Triathlons (UT) respectively challenges,  
30 which can take place on lap courses but also as point-to-point races.

31 1) A **UT** or **UT (Continuous)** or **continuous UT** combines one swim part, one  
32 bike part and one run part without a break. There is one start and one finish;  
33 the time starts once with the beginning of the swim part and ends once after  
34 crossing the finish line at the end of the run part. A continuous UT is at least  
35 twice as long as a „Longdistance Triathlon“. In this document, the different  
36 distances of a continuous UT are referred as a „Double UT“, a „Triple UT“, a  
37 „Quadruple UT“, a „Quintuple UT“, a „Deca UT“, a „Double Deca UT“ or a  
38 „Triple Deca UT“.



- 39 2) A **UT (Day)** or **per day UT** combines a „Longdistance Triathlon“ per day on  
40 consecutive days with the same start time each day and a maximum cut-off  
41 time of 24 hours a day. There is one start and one finish each day; the time  
42 starts once with the beginning of the swim part and ends once after crossing  
43 the finish line on each day. An athlete who finished the daily run part is forced  
44 to do a break til the next day’s start time. In that rules, the different  
45 distances of an UT are referred as a „Double UT (Day)“, a „Triple UT (Day)“  
46 and so forth for UT in per day format.
- 47 3) A **UT (Split)** or **combined UT** is a strict combination of one per day UT  
48 directly followed by a continuous UT over the same distance in that order  
49 (e.g. a Deca per day followed by a Deca continuous). The break between the  
50 official time limit of the per day UT and the official start of the continuous UT  
51 may not be longer than twelve hours. If the athlete fails to complete one of  
52 the two parts (per day part/continuous part), the whole race is considered as  
53 DNF.
- 54 4) A **UT (Staged)** combines in a minimum one swim, one bike and one run part  
55 in that order. More parts in each discipline are possible. There is a limitation  
56 of kilometers/miles each day followed by a break until the next day’s start  
57 time. Not all disciplines or parts of disciplines must be done on a day. Usually  
58 a UT (Staged) comprises on day one a 10k-swim and a 145k-bike ride, on day  
59 two a 276k-bike ride and on day three a 84,4k-run - in summary 515  
60 kilometers. Other distances are possible. (Just as information: If the rules are  
61 interpreted consistently, this variant is not a triathlon in the true sense of the  
62 word because of the defined breaks between the disciplines.)

63 World Championships (WC) can be organized if the event organizer respects the  
64 IUTA standards.

65

66 IUTA organizes a World Cup Challenge (WCC) and a Longdistance Challenge  
67 (LDC) in each calendar year.

### 68 **3. IUTA RESPONSIBILITIES**

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69 The IUTA is responsible for the promotion of the Ultra-Triathlon. It represents the  
70 interests of its organisers and athletes, i.e. its members, equally with all means  
71 at its disposal.

72 The IUTA issues an official competition calendar and organises international  
73 classifications such as a World Cup. In addition, IUTA publishes this  
74 comprehensive set of rules for the organisation and conduct of ultra-triathlons.  
75 This set of rules is regularly adapted to the needs and wishes of the members.

76 The IUTA sets the requirements for the inclusion of new events in the racing  
77 calendar, for the awarding of World Championships or for the recognition of  
78 World Records, such as certified track surveying or even anti-doping tests in  
79 accordance with WADA specifications.



## 80 4. PARTICIPANTS

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81 All participants in events sanctioned by IUTA must be of adult age with regard to  
82 the country where the event take place and with regard to the startday of the  
83 event. All competitors, which means participants at the start line of an IUTA  
84 sanctioned race, will be automatically a member of IUTA but the participants  
85 must pay the required fee requested by the organizer and comply with all the  
86 requirements determined by IUTA.

87 Participation of para-athletes in any IUTA event remains subject to the decision  
88 of the event organizer. This decision shall only be based on safety considerations  
89 for the athlete himself.

90 Participants have the obligation to know and follow the IUTA rules in its entirety,  
91 the traffic laws applicable at the place of the event and the rules given by the  
92 event organizer. All participants commit to recognize the rules, regulations and  
93 policies of the WADA in its entirety. If there is a conflict between the rules of the  
94 event organizer and the rules of IUTA, the IUTA rules supersedes. If there is a  
95 conflict between the rules of the WADA and the rules of IUTA, IUTA rules  
96 supersedes.

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

## 101 5. CATEGORIES/AGE GROUPS

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102 A male and a female category are established and divided in age groups as  
103 follows. Athletes compete in the age group division corresponding their age on  
104 December 31st of the year of the event.

Age	Male Age Group	Female Age Group	Age	Male Age Group	Female Age Group
18 - 24 years	M18	W18	50 - 54 years	M50	W50
25 - 29 years	M25	W25	55 - 59 years	M55	W55
30 - 34 years	M30	W30	60 - 64 years	M60	W60
35 - 39 years	M35	W35	65 - 69 years	M65	W65
40 - 44 years	M40	W40	70 - 74 years	M70	W70
45 - 49 years	M45	W45	75+ years	M75	W75

105 *IUTA - Rules 1: different age groups for male and female*

106 There will be one handicap category. The organizer determines whether the  
107 athlete is considered a handicap athlete.

## 108 6. GENERAL CONDUCT AND SANCTIONS

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109 All participants must act in compliance with the IUTA rules in its entirety. If a  
110 participant does not respect the IUTA rules or does not respect the safety  
111 requirements, he or she exposes himself/herself to the following timing and  
112 administrative sanctions:



- 113     ▪ 1st offense: Verbal warning and if necessary a «stop and go» procedure  
114     ▪ 2nd offense: Yellow card equivalent to 5 minutes penalty  
115     ▪ 3rd offense: Red card equivalent to 15 minutes penalty  
116     ▪ 4th offense and for the cases expressively mentioned thereafter: Black Card  
117         bringing to immediate disqualification. The disqualified participant shall be  
118         required to immediately withdraw from the race and vacate the course.

119     When a competitor receives a time penalty, the competitor must remain stopped  
120     under the direction of the race official for the prescribed period of time. The  
121     location of the stop will be determined by the race official. When the official  
122     indicates that the time penalty has expired, the athlete may continue the race.  
123     While in a penalty zone, an athlete may not accept any form of assistance or  
124     support from any other person. Any violation of these rules will result in  
125     disqualification.

126     Participants must cover the prescribed race in its entirety. It is the participant's  
127     responsibility to know the race course (does not apply to point to point races)  
128     and to follow the tracks defined by the organizer. Upon leaving the course, a  
129     participant shall re-enter the course and continue at the same point of departure.  
130     Participants intentionally short cutting the race shall be sanctioned of an  
131     immediate disqualification.

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

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

138     Participants must wear their start numbers clearly visible during the race and  
139     keep the start number in an unchanged and legible condition during the race.  
140     The participant must wear the swim cap and start number provided by the  
141     organizer. The start number must be worn at the back of the bike course and at  
142     the front of the running course. Further start numbers can be attached to the  
143     bike at the organizer's discretion. Participants will be warned if their number is  
144     not visible and must stop to put it in the correct position.

145     A rule-consistent behavior of the participants and their teams must be ensured  
146     by the organizer. For the duration of any reprimand or rule declaration of the  
147     competitor by the organizer, the athlete must interrupt his race. This stop counts  
148     as warning. Should the participant not comply with the organizer's request, he  
149     will be disqualified.

150     No participant shall endanger himself or other persons. Any participant, who  
151     intentionally presents a danger to any person or who, in the judgment of the  
152     event organizer, appears to present a danger to himself or other persons shall  
153     result in a penalty as described in this section. In the last consequence this can  
154     lead to disqualification.



155 No participant shall use any equipment which could be determined to be  
156 improper, including but not limited to equipment which might provide an unfair  
157 advantage or endanger other participants.

158 Participants will be excluded from the race until corrective actions are  
159 undertaken. The level of possible corresponding sanction rests under the  
160 responsibility of the event organizer.

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

163 The event organizer shall define the zone(s) of supply. This zone(s) shall be  
164 clearly identified. Support crew members can only give supplies to participants  
165 within this designated zone(s).

166 In unsafe (weather) conditions (e.g. a thunderstorm) during the race the event  
167 organizer has the authority to pull the athletes off the course. The organizer has  
168 the last word.

## 169 **7. ACTS OF WARRANTING SUSPENSION AND PROTEST**

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

- 172 ▪ Flagrant or intentional violation of the IUTA rules
- 173 ▪ Gross or continued unsportsmanlike conduct
- 174 ▪ Physical violence directed toward a race official, participant, volunteer,  
175 spectator or other persons
- 176 ▪ Any fraudulent act, such as falsifying name or age etc. or providing false  
177 information to IUTA, event organizer or race officials
- 178 ▪ Repetitive or recurring violations of the IUTA rules
- 179 ▪ Refusal to abide by the final determination by IUTA of any matter relating to  
180 the IUTA rules
- 181 ▪ Any act which disgraces or brings discredit to IUTA or our sports

182 All protests regarding race results must be submitted to the race director and to  
183 IUTA within two weeks after the official time limit of the respective race.

184 Violations of the IUTA/WADA Anti-Doping Rules and/or the IUTA Technology  
185 Fraud Rules will result in immediate disqualification. In both cases the IUTA will  
186 impose a temporary penalty that will exclude the convicted athlete from all IUTA  
187 sanctioned competitions. The minimum duration of this penalty is two years. In  
188 case of repeated violation of the same rule, the IUTA will impose an immediate  
189 life ban for IUTA sanctioned races.

190 The suspended person is not entitled to a refund for entry fees already paid for  
191 future IUTA events.

192 Any athlete who has been suspended may write a request for reinstatement with  
193 IUTA after or immediately prior to the end of the suspension period. An e-mail is  
194 sufficient. A reintegration into IUTA is only valid after a positive written decision  
195 by IUTA.



196 Any person reprimanded or suspended from IUTA shall be entitled to receive  
197 reasonable notice of such disciplinary action. IUTA has the right to publish on its  
198 website any reprimand or suspension and the reason for it.

## 199 **8. SWIMMING CONDUCT**

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200 Swimmers may use any stroke to propel themselves through the water. Each  
201 participant shall be permitted to wear a wet suit irrespective of the water  
202 temperature.

203 If provided by the event organizer, the swimmer shall wear the proper official  
204 swim cap. If no official cap is provided; all swimmers should wear their own  
205 brightly colored swim cap. Swimmers may wear, but shall not be required to  
206 wear, swim goggles or face masks.

207 Any swimmer wearing any artificial propulsion device, including but not limited to  
208 fins, gloves, booties, paddles, snorkels or floating devices of any kind shall be  
209 disqualified.

210 Use of gloves and booties may be exceptionally authorized at discretion of the  
211 event organizer for water temperatures below 17°C or if it is absolutely  
212 necessary for the safety of the athletes to cover their hands and feet. In both  
213 ways the event organizer has to do a written request to IUTA for an exception. In  
214 any case, it requires the consent of the IUTA as part of the contract between  
215 IUTA and the organizer.

216 The use of floating devices for para-athletes is allowed, but the device must be  
217 worn completely under the wetsuit. It must not be visible.

218 The event organizer has to determine the temperature by a measurement made  
219 within two hours of the race start. A water temperature measurement should  
220 also be taken prior to any pre-race meetings in order to forecast to the athletes  
221 as early as possible the likely water temperature on race day.

222 A participant may stand on the bottom or rest by holding an inanimate object  
223 such as a buoy, boat, rope or floating object. Excluding the bottom, a participant  
224 shall not use any inanimate object to gain forward progress. A violation of these  
225 rules shall result in a penalty as described in section [General Conduct and](#)  
226 [Sanctions](#).

227 The swimmer is authorized to leave the swimming part due to exhaustion, for  
228 medical check-up, massage, etc. Upon leaving the course, a participant shall re-  
229 enter the course and continue at the same point. The athlete or a member of his  
230 support crew must notify the race director or staff before exiting and re-entering  
231 swim.

232 A swimmer experiencing difficulty and in need of assistance shall wave his arms,  
233 and call or seek assistance. A swimmer, who has received official assistance,  
234 whether voluntary or involuntary, must retire and withdraw from the remainder  
235 of the race unless such assistance did not aid the swimmer in making forward  
236 progress. No swimmer shall return to the race if the official rendering assistance



237 requests that the participant withdraws from the race or receives medical  
238 assistance.

239 Swimming can take place either in open water or in a swimming pool. In open  
240 waters, boat assistance shall be provided at each turning buoy and/or every 250  
241 meters (820 ft).

242 Swimming is not authorized with or against current higher than 0,3  
243 meters/second (1,08 km/h). The proportions of swimming with and against the  
244 current (for example in a river) must be the same. For example: For a swimming  
245 at a Double UT distance the part with the current must be 3800 meters long and  
246 the part against the current must be 3800 meters long.

247 The number of swimmers per lane is the responsibility of the event organizer.  
248 The organizer must guarantee a fair swim for all participants. Swimmers shall be  
249 regrouped in their swimming lane according to their best estimated swimming  
250 time.

251 When all the swimmers cannot be accommodated in the same swimming pool, a  
252 second swimming pool can be used. If two pools are used the start of the race  
253 will have obligatorily to be given at the same time.

254 The event organizer may alternatively consider staggered starts for his event if  
255 only one pool is available, but only for different races (distances). Different start  
256 waves within the same race (distance) are prohibited. All athletes within the  
257 same race (distance) must start at the same time.

258 Overtaking is authorized. The overtaken swimmer shall not block the overtaking.

259 It is obligatory to touch the wall with a part of the body during the turns. Failure  
260 to do so shall result in penalty as described in section [General Conduct and](#)  
261 [Sanctions](#).

262 The time for a possible shuttle service between the pool, lake or sea to the bike  
263 track has to be added to „Transition 1“ in the time table. The clock doesn't stop.

264 If a swim must be canceled during an event or before the event starts (e.g. for  
265 safety reasons) the organizer has the right to switch to an ultra duathlon. The  
266 length of the first run part is the responsibility of the organizer. The race (ultra  
267 duathlon) will still be a part of the IUTA world cup and the point system for the  
268 IUTA world cup challenge (WCC) stays unchanged. In cases of switching to an  
269 ultra duathlon, records will be unrecognized. The ultra duathlon will not count as  
270 an ultra triathlon or a part of an ultra triathlon. An ultra duathlon will not count  
271 as a finished long distance for the IUTA long distance challenge (LDC).

## 272 **9. TRANSITION**

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273 A participant must reduce cycling speed to an acceptable and safe level when  
274 exiting and entering the transition areas and the support crew area. Failure to do  
275 so shall result in a penalty as described in section [General Conduct and](#)  
276 [Sanctions](#). When defined by the race organizer, all participants shall place





277 equipment only in the properly designated and individually assigned bicycle  
278 corral and shall at all times keep their equipment confined to such properly  
279 designated areas.

280 All participants have to pick up and to return their bike from/into the properly  
281 designated positions in the corresponding transition zones by their own. Any  
282 violation of this rule shall result in a penalty as described in section [General](#)  
283 [Conduct and Sanctions](#).

284 No participant shall impede the forward progress of another participant or  
285 interfere with another participant's equipment while in the transition area. Any  
286 violation of this rule shall result in a penalty as described in section [General](#)  
287 [Conduct and Sanctions](#) unless such obstruction or interference renders another  
288 participant unable to complete the event, in which case the penalty shall be  
289 disqualification.

290 Assistance to participants in the designated transition areas is allowed but  
291 restricted to one single person per participant. Para-Triathletes can take the  
292 assistance of two persons.

## 293 **10. CYCLING CONDUCT**

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294 All bicycles shall be propelled only by human force. Other than pushing a bicycle,  
295 any propulsive action brought on by use of the hands is prohibited unless  
296 participants are physically-challenged. Any violation of this section shall result in  
297 a disqualification.

298 All bicycles and bicycle equipment used in Ultra triathlon sanctioned events must  
299 conform to the specifications set forth in this section. Any participant using a  
300 nonconforming bicycle or otherwise violating this section shall be disqualified.

- 301 ▪ Length cannot exceed two meters, and width cannot exceed 75 centimeters.
- 302 ▪ The distance from the ground to the center of the chain wheel axle must  
303 measure at least 24 centimeters.
- 304 ▪ A vertical line touching the front most point of the saddle may be no more  
305 than 5 centimeters in front of and no more than 15 centimeters behind a  
306 vertical line passing through the center of the chain wheel axle. The cyclist  
307 must not have the capability of adjusting the saddle beyond these limits  
308 during competition.
- 309 ▪ The "front-to-center" distance, which is defined as the distance between a  
310 vertical line passing through the center of the chain wheel axle and a vertical  
311 line passing through the center of the front axle, must measure not less than  
312 54 centimeters, except where the distance between the center of the chain  
313 wheel axle and the top of the saddle is less than 71 centimeters. In this case  
314 the front-to-center distance cannot be less than 50 centimeters. The "front-  
315 to-center" distance must measure not more than 65 centimeters, or seven  
316 eighths of the distance between the center of the chain wheel axle and the  
317 top of the saddle, whatever is greater. Applicability of the two foregoing



- 318 exceptions is determined by measuring from a point on top of the saddle  
319 which is 14 centimeters behind the front most point of the saddle.
- 320 ▪ There must be no protective shield, fairing, or other device on any part of the  
321 bicycle (including frame, wheels, handlebars, chain wheel, and accessories)  
322 which has the effect of reducing resistance. Aerodynamic carriers for food,  
323 water, and or cycling provisions may be attached to or be an integral part of  
324 the aero-handlebars if they meet the following guidelines:
    - 325 a) The carrier can pass from front to rear, through a rectangular loop with  
326 dimensions of 10 inches (25 cm) in width and 8 inches (20 cm) in height.
    - 327 b) The front of the carrier is behind the cyclist's hands when the hands are  
328 placed in their customary position on the end of the aero bars, and
    - 329 c) The length of the carrier is no greater than 10 inches (25 cm) front to  
330 rear.

331 When the carrier is an integral part of the aero bar, this integrated unit must  
332 be able to pass through the rectangular loop defined in (a) above and the  
333 carrier portion of the unit must meet criteria (b) and (c). In the event that  
334 compliance with this section is in doubt with respect to any particular carrier  
335 or integrated unit, a member of IUTA or Race Director may submit the carrier  
336 or integrated unit to IUTA for evaluation.

- 337 ▪ No additional equipment, whether it is worn under the competitor's clothing,  
338 over the competitors clothing, or is otherwise attached to the athlete's body,  
339 which has the effect of reducing wind resistance is permitted. An exception is  
340 the use of safety helmets. Such helmets may have the effect of reducing the  
341 wind resistance of the head only.
- 342 ▪ Except as otherwise determined by the race director in the interest of safety,  
343 the front wheel may be of a different diameter than the rear wheel, but the  
344 front wheel must be of spoke construction. The rear wheel may be either  
345 spoke or solid construction. Wheel covers shall only be permitted on the rear  
346 wheel.
- 347 ▪ No wheel may contain any mechanism which is capable of accelerating the  
348 wheel.
- 349 ▪ Handlebars and stem must be fashioned to prevent any danger. All handlebar  
350 ends must be solidly plugged to lessen the possibility of injury.
- 351 ▪ There must be one working brake on each of the two wheels. Disc brakes are  
352 allowed.
- 353 ▪ There must be a free-wheeling mechanism between the crank and the rear  
354 wheel that allows the bicycle to roll forward while the pedals remain  
355 stationary.
- 356 ▪ All aspects of the bicycle must be safe to the user and to other participants in  
357 the event. Minimum safety standards include, but are not limited to, properly  
358 glued and sealed tires, tight headset and handlebars, and true wheels.

359 Participants shall not make any forward progress unaccompanied by their  
360 bicycle. If a bike is not working, no matter at what point of the track, the  
361 participant is allowed to accept help from his team, the event organizer or other  
362 competitors. The participant may be brought spare parts or even a spare bike.  
363 Should the participant not be able to continue the race immediately despite the



364 help, the point of exit must be marked. A continuation of the race must take  
365 place at the exit point.

366 All participants must obey all traffic laws while on the cycling course. Unless  
367 otherwise directed by the event organizer, all participants shall come to a  
368 complete stop when required by a traffic sign or traffic control device and shall  
369 not proceed through any intersection unless such intersection is clear of  
370 oncoming traffic. In no case shall a cyclist cross a solid yellow/white line  
371 indicating a no passing zone.

372 All participants shall exercise extreme caution and shall decrease speed if  
373 necessary in passing the site of any accident.

374 All participants are required to provide immediate assistance to other participants  
375 in case of any accident and to inform the event organizer of any such accident.  
376 Any violation of this rule shall result in disqualification.

377 A participant may dismount, but shall not interfere with other cyclists.

378 All participants shall wear a protective head cover, undamaged and unaltered,  
379 which meets or exceeds the safety national standards of the country where the  
380 race takes place. Any violation of this rule shall result in disqualification.

381 The helmet must be fastened before the participant mounts the bicycle, at all  
382 times when the participant is on the bicycle, and must not be unfastened until  
383 the participant has dismounted. A participant shall not be sanctioned if the  
384 helmet strap unintentionally and temporarily becomes unattached, and the  
385 participant immediately comes to a full stop and repairs the strap and replaces  
386 the helmet while fully stopped with both feet on the ground.

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

389 While on the cycling course, participants shall not work together to improve  
390 performance, efficiency, or position by teamwork or other joint conduct. Pacing  
391 an athlete by cycling alongside behind or in front of him is strictly forbidden.

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

397 The term "drafting zone" refers to a rectangular area twelve meters long and one  
398 meters wide around each bicycle. The longer sides of the zone begin at the  
399 leading edge of the front wheel and run backward parallel to the bicycle; the  
400 front wheel divides the short side of the zone into two equal parts. With respect  
401 to a moving motor vehicle, the "drafting zone" is a rectangular area extending  
402 meters meters to each side of the vehicle and 35 meters behind the vehicle.

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



404 A participant who approaches another cyclist from the rear or from another  
405 unfavorable position bears primary responsibility for avoiding a position foul even  
406 if the cyclist being approached alters speed.

407 A participant must not attempt to pass another cyclist unless adequate space is  
408 available and the athlete is confident of his/her ability to pass the other cyclist.  
409 All passing is to be done to the left of the cyclist being overtaken (unless  
410 otherwise ruled in the event country).

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

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

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

- 419 ▪ When entering the drafting zone from the rear, closing the gap, and  
420 overtaking all within no more than 15 seconds.
- 421 ▪ When cyclists reduce speed for safety reasons, for course blockage, for an aid  
422 station, for an emergency, when entering or exiting a transition or supporting  
423 area, or when making a turn of 90 degrees or more.

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

430 Any unusual bicycle construction or equipment shall be illegal unless prior  
431 approval is received from the event organizer before the equipment is used in  
432 the event. This applies in particular too specifically designed material for para-  
433 athletes. Any violation of this rule shall result in disqualification.

434 The bicycle will have obligatorily to carry the race number, if given by the  
435 organizer.

436 At the race director's discretion participants may use non-standard equipment  
437 (such as a recumbent bicycle) providing that doing so does not impact course  
438 safety. A participant using non-standard equipment will not be eligible for IUTA  
439 points and will not be given an official placing in the results against participants  
440 using standard equipment.

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

443 At nights, when the conditions of visibility are weak and as soon as deemed  
444 necessary by the event organizer, participants have to wear reflective clothes



445 and/or reflective apparels and has his/her bike equipped of frontal and rear lights  
446 that allow for a proper security of the athletes...

447 Participants shall have at their disposal sufficient spare batteries to allow for the  
448 proper respect of this rule all along the night. The use of frontal flashing lights is  
449 not considered as sufficiently safe in itself. Any violation of these rules shall  
450 result in disqualification unless immediate corrective action is given by the  
451 participant.

452 It is the responsibility of the event organizer to mark correctively the bike race,  
453 to use cones, reflective lamps and / or any sign to signal any danger for the  
454 safety of the participants.

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

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

464 If the corresponding traffic regulations of the event location (country) don't  
465 prohibit and the event organizer don't prohibit, any participant is allowed to use  
466 or wear a hard cast, headset audio device or ear phone during the cycling stage.  
467 The athlete has the responsibility to ensure that he is able to hear warning  
468 signals at any time. The athlete must also be accessible at all times.

469 It is allowed to use a mobile phone, but only if the cyclist stops at the wayside.  
470 The athlete has the responsibility not to hinder other athletes or race officials.

471 Any violation that do not lead to direct disqualification must be punished with a  
472 penalty as described in section [General Conduct and Sanctions](#).

## 473 **11. RUNNING CONDUCT**

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474 Participants must run or walk (crawling and jumping is allowed) the entire  
475 portion of the run course on their own. A participant who moves forward in  
476 another way violates these rules and has to be disqualified.

477 The use of walking sticks is prohibited, except the run course has trail character  
478 and/or it serves the safety of the athletes. For the use of walking sticks, the  
479 event organizer must apply for an exception from IUTA in written form. In any  
480 case, it requires the consent of the IUTA as part of the contract between IUTA  
481 and the organizer.

482 Pacing an athlete in front of him is strictly forbidden. Any violation of this rule  
483 shall result in a disqualification.

484 Pets are not allowed on the race course. Pacing using pets is strictly forbidden.



485 If the corresponding traffic regulations of the event location (country) don't  
486 prohibit and the event organizer don't prohibit, any participant is allowed to use  
487 or wear a hard cast, headset audio device or ear phone during the running stage.  
488 The athlete has the responsibility to ensure that he is able to hear warning  
489 signals at any time. The athlete must also be accessible at all times.

490 It is the responsibility of the event organizer to mark correctively the run race, to  
491 use cones, reflective lamps and / or any sign to signal any danger for the safety  
492 of the participants.

493 Participants must cover primary genitals with clothing. Female participants must  
494 also cover their breasts. Any violation of this rule shall result in a disqualification.

495 For races organized on roads open to car traffic and races for which biking and  
496 running sections are on common roads, the participants will have to wear  
497 reflective clothes and/or reflective apparels at nights and eventually equipped of  
498 frontal and rear lamps, when the conditions of visibility are weak and as soon as  
499 deemed necessary by the event organizer.

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

504 Unless otherwise ruled by the event organizer for point to point UT, support from  
505 car vehicles not belonging to the organization is strictly forbidden. Any violation  
506 of this rule shall result in disqualification.

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

511 Any violation that do not lead to direct disqualification must be punished with a  
512 penalty as described in section [General Conduct and Sanctions](#).

## 513 **12. IUTA TRIATHLON MODFICATIONS FOR PARA-TRIATHLETES**

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### 514 12.1 GENERAL

515 Para-triathletes (PT), as defined below shall be governed by all IUTA Competitive  
516 Rules with the following modifications.

517 Para-triathlete categories shall be instituted and maintained as follows:

- 518 ▪ Prosthetic users - In both bike and run segments, the athlete may use  
519 approved prosthesis or other supportive devices.
- 520 ▪ Wheelchair users - Athletes shall use a recumbent hand cycle on the bike  
521 course and a racing wheelchair on the run segment
- 522 ▪ Visual impairment - one guide of the same sex may be used for each leg of  
523 the race. Athlete is tethered during the swim portion, must ride a tandem  
524 bicycle, and may choose an elbow lead or tether lead.



- 525 Each para-triathlete shall be required to:
- 526 ▪ Provide medical evidence and documentation describing his/her disability.
  - 527 ▪ Be available to the classifier for assessment prior to competition.
  - 528 ▪ Meet the minimum impairment criteria.

529 Athletes with miscellaneous conditions such as, but not limited to: intolerance to  
530 temperature extremes, organ transplants, joint replacements (endoprosthetics),  
531 kidney dialysis, hearing impairments, and or cognitive impairment are not  
532 eligible for paratriathlon competition or categories.

## 533 12.2 SWIMMING CONDUCT

534 Wetsuits are allowed for PT participants at any water temperature.

535 In multiple loop swim courses competitors are not required to exit the water  
536 before completing additional loops.

537 Prosthetic and orthotic devices are considered propulsive devices and are not  
538 allowed for any category.

## 539 12.3 CYCLING CONDUCT AND EQUIPMENT, NON-WHEELCHAIR USERS

540 Para-triathletes shall be governed by the following with regard to cycling  
541 conduct:

- 542 ▪ All bicycles and tricycles shall be propelled by human force.
- 543 ▪ Rigid prosthetic adaptations that are mounted or affixed to any part of the  
544 cycle are not allowed.
- 545 ▪ A rider shall be supported solely by the pedals, the saddle and the  
546 handlebars.
- 547 ▪ Competitors not wearing prosthesis may use a support for the thigh only if  
548 the thigh is not affixed to the bicycle.
- 549 ▪ No guide dogs will be allowed on the bike course at any time.

## 550 12.4 CYCLING CONDUCT AND EQUIPMENT, WHEELCHAIR USERS

551 Competitors must use a hand cycle with the following specifications:

- 552 ▪ A hand cycle shall be an arm powered, three wheeled vehicle with an open  
553 frame of tubular construction which conforms to the general principles of  
554 International Cycling Union (UCI) construction for bicycles (except that the  
555 chassis frame tubes need not be straight.) For the seat or backrest  
556 construction, the maximum frame tube diameter may not exceed the  
557 maximum defined by the general principles of UCI.
- 558 ▪ The single wheel may be of a different diameter to the double wheels. The  
559 front wheel or wheels shall be steerable; the single wheel, either front or rear,  
560 shall be driven through a system comprising handgrips and a chain. The hand  
561 cycle shall be propelled solely through a chain set and conventional cycle  
562 drive train, of crank arms, chain wheels, chain and gears, with handgrips  
563 replacing foot pedals. It shall be propelled by the hands, arms and upper  
564 body only.
- 565 ▪ The hand cycle must have a working brake system on the front wheel.



- 566 ▪ The horizontal of the rider's eye line must be above the crank housing (crank  
567 set) when the rider's hands are on the handlebars facing forward at full  
568 extent, the tip of both shoulder blades are in contact with the backrest and  
569 the head is in contact with the headrest (when applicable).
- 570 ▪ From the seated recumbent position described above (P1.7, d), conforming  
571 measurements are calculated as follows; (#1) the distance from the ground  
572 to the center of the rider's eyes and (#2) the distance from the ground to the  
573 center of the crank housing (crank set). Measurement #1 (from the eyes to  
574 the ground) must be equal or greater than measurement #2 (from the center  
575 of the crank housing to the ground.)
- 576 ▪ The rider shall remain seated in the recumbent position with bodyweight  
577 supported through the seat and backrest. The seat angle must be a minimum  
578 of 300 and a maximum of 450, measured between the horizontal and the  
579 back of the rider.
- 580 ▪ All hand cycles must have a mirror fixed either to the helmet of the rider or at  
581 some point on the front of the bike to ensure rear-view vision.
- 582 ▪ Wheels of the hand cycle may vary in diameter between a minimum 406 mm  
583 and a maximum of 622 mm. Modified hub attachments may be used if  
584 necessary. The width of hand cycle double wheels may vary between 55 cm  
585 minimum and 70 cm maximum, measured at the center of each tire where  
586 the tires touch the ground. Wheels must be of spoke construction. Solid disc  
587 wheels and wheel covers are not allowed.
- 588 ▪ A hand cycle shall not measure more than 250 cm in length. Its maximum  
589 width shall be 70 cm.
- 590 ▪ The shifting device may be located within the extremities of the handlebars,  
591 or to the side of the participant's body.
- 592 ▪ The largest chain ring shall have a guard securely fitted to protect the rider.  
593 The protection shall be made of a sufficiently solid material which fully covers  
594 the chain ring over the half of its circumference (180°) on the side facing the  
595 rider.
- 596 ▪ Maximum frame tube dimension shall be 80 mm, irrespective of tube material  
597 or profile. Any fillets or ribs, inserted at joins between tubes, shall be for  
598 strengthening purposes only. Non-functional, aerodynamic devices are not  
599 permitted for competition.
- 600 ▪ A quick release body harness is permitted.
- 601 ▪ A hand cycle with two rear wheels shall be fitted with a safety bar that  
602 prevents the front wheel of a following bicycle, tricycle or hand cycle from  
603 entering the space between the two wheels. The bar may not extend outside  
604 the width of the two wheels and the bar ends must be closed or plugged. The  
605 bar shall be a round tube with a minimum diameter of 18 mm and must be  
606 fitted no less than 13 mm nor more than 17 mm behind the rear wheels. The  
607 distance from the ground to the center of the bar axis must measure no less  
608 than 270mm nor more than 290 mm. The structure and assembly of the bar  
609 must ensure that safe functioning is not affected by normal road conditions.
- 610 ▪ It is the responsibility of the competitor that the hand cycle conforms to all  
611 the above rules





- 612     ▪ Competitors shall wear CPSC approved bicycle helmets at all times while  
613     seated in the hand cycle.

## 614     12.5 RUNNING CONDUCT, NON-WHEELCHAIR USERS

615     Para-triathletes shall be governed by the following with regard to running  
616     conduct:

- 617     ▪ Approved prosthetic devices on affected limbs and/or crutches are allowed.  
618     ▪ No footwear other than running shoes or approved prosthetics shall be  
619     allowed.  
620     ▪ Prosthetic devices are not allowed for any limb that does not meet the  
621     minimum impairment standard.  
622     ▪ No Guide dogs are allowed on the run course.

## 623     12.6 RUNNING CONDUCT AND EQUIPMENT, WHEELCHAIR-USERS

624     PTWC competitors must use a racing wheelchair during the run portion.

625     The racing wheelchair must conform to the following specifications:

- 626     ▪ The wheelchair shall have two large rear wheels and one small front wheel.  
627     ▪ A brake shall be attached to the front wheel.  
628     ▪ No part of the body of the chair may extend forward beyond the hub of the  
629     front wheel and be wider than the inside of the hubs of the two rear wheels.  
630     The maximum height from the ground of the main body of the chair shall be  
631     50cm.  
632     ▪ The maximum diameter of the large wheel including the inflated tire shall not  
633     exceed 70cm. The maximum diameter of the small wheel including the  
634     inflated tire shall not exceed 50cm.  
635     ▪ Only one round hand rim is allowed for each large wheel. This rule may be  
636     waived for persons requiring a single arm drive chair, if so stated on their  
637     medical qualification cards.  
638     ▪ No mechanical gears or levers shall be allowed that may be used to propel the  
639     chair.  
640     ▪ Only hand operated, mechanical steering devices will be allowed.  
641     ▪ Competitors must be able to turn the front wheel(s) manually both to the left  
642     and the right.  
643     ▪ Mirrors are permitted but are not required.  
644     ▪ No part of the chair may protrude behind the vertical plane of the back edge  
645     of the rear tires.  
646     ▪ It is the responsibility of the competitor that the wheelchair conforms to all  
647     the above rules and no event shall be delayed while the competitor makes  
648     adjustments to the chair.  
649     ▪ Competitors must ensure that no part of their lower limbs can fall to the  
650     ground during the event.  
651     ▪ Competitors shall wear CPSC approved bicycle helmets at all times while  
652     seated in the chair.  
653     ▪ Propulsion by any method other than pushing on the wheels or push-rims  
654     shall result in disqualification. An overtaking para-triathlete bears  
655     responsibility of ensuring full clearance of the chair before moving laterally



- 656 across the path of the overtaken participant. A para-triathlete being  
657 overtaken shall not obstruct or impede the passing athlete once the front  
658 wheels of the passing chair are within sight.
- 659 ▪ PTWC athletes shall be judged as finished when any part of the torso reaches  
660 the perpendicular plane extending from the leading edge of the finish line.

## 661 12.7 VISUALLY-IMPAIRED PARA-TRIATHLETE AND GUIDE CONDUCT

662 The following additional rules apply to PTIV Para-triathletes and their guides:

- 663 ▪ Competitors must furnish and use one guide of the same gender in  
664 competition.
- 665 ▪ Guides must be a minimum of 16 years of age on the day of the event.
- 666 ▪ The competitor may choose to use an elbow lead or tether lead.
- 667 ▪ All competitors must be tethered during the swim. The tether may be used  
668 around the waist, leg or foot.
- 669 ▪ During the run portion, competitors may receive verbal instruction only from  
670 their guide.
- 671 ▪ Bicycles, paddle boards or any other mechanical means of transport may not  
672 be used by guides on the swim or run.
- 673 ▪ Competitors must use a tandem bicycle. The specifications of the tandem  
674 bicycle are:
  - 675 ○ The tandem bicycle is a vehicle for two riders, with two wheels of equal  
676 diameter, which conforms to the general principles of UCI construction  
677 for bicycles. The front wheel shall be steerable by the front rider, known  
678 as the "pilot". The guide shall be the front rider and the PTIV competitor  
679 will ride in the rear. Both riders shall face forward in the traditional  
680 cycling position and the rear wheel shall be driven by both cyclists  
681 through a system comprising pedals and chains.
  - 682 ○ The tandem top tube, and any additional strengthening tubes, may slope  
683 to suit the morphological sizes of the riders.
- 684 ▪ The tandem bicycle shall measure no more than 2.70 meters in length and  
685 0.5 meters in width. At no time shall the guide lead or pace the athlete or  
686 propel the athlete forward by pulling or pushing.
- 687 ▪ Whether or not a tether is being used, the athlete and guide shall not be  
688 more than 0.5 meters apart at all times.
- 689 ▪ As the PTIV athlete crosses the finish line, the guide must maintain no more  
690 than the required 0.5 meters maximum separation distance and may not  
691 precede the athlete.
- 692 ▪ Guides shall be subject to all IUTA Competitive Rules, including membership  
693 requirements.

694 Infringement of any these rules shall result in a penalty as described in section  
695 [General Conduct and Sanctions](#).

## 696 **13. STANDARDIZED/MINIMUM DISTANCES AND TOLERANCES**

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697 An event organizer of an UT (Continuous) or UT (Day) is allowed to shorten the  
698 standardized swim distance by a maximum of 0,06 kilometers (0.037 miles) per



699 longdistance and/or the standardized bike distance by a maximum of 0,25  
700 kilometers (0.155 miles) per longdistance.

701 An event organizer of an UT (Continuous) or UT (Day) is allowed to expand the  
702 distances on each discipline, but he has the commitment to get as close as  
703 possible to the standardized distances for each discipline.

704 An event organizer of an UT (Continuous) or UT (Day) is not allowed to undercut  
705 the minimum distances on each discipline.

standardized distances	Swim		Bike		Run	
	km (lanes*)	miles	km	miles	km	miles
<b>Longdistance</b>	3,86 (155/78)	2.4	180,25	112	42,195	26.2
<b>Double UT</b>	7,72 (309/155)	4.8	360,50	224	84,390	52.4
<b>Triple UT</b>	11,58 (464/232)	7.2	540,75	336	126,585	78.6
<b>Quadruple UT</b>	15,44 (618/309)	9.6	721,00	448	168,780	104.8
<b>Quintuple UT</b>	19,30 (772/386)	12.0	901,25	560	210,975	131.0
<b>Deca UT</b>	38,60 (1544/772)	24.0	1802,50	1120	421,950	262.0
<b>Double Deca UT</b>	77,20 (3088/1544)	48.0	3605,00	2240	843,900	524.0
<b>Triple Deca UT</b>	115,80 (4632/2316)	72.0	5407,50	3360	1265,850	786.0

706 IUTA - Rules 2: Standardized Distances of an Ultra Triathlon

707 \* lanes = calculated lanes in a 25-meters- and a 50-meters pool

minimum distances	Swim		Bike		Run	
	km (lanes*)	miles	km	miles	km	miles
<b>Longdistance</b>	3,80 (152/76)	2.36	180	111.85	42,195	26.2
<b>Double UT</b>	7,60 (304/152)	4.72	360	223.70	84,390	52.4
<b>Triple UT</b>	11,40 (456/228)	7.08	540	335.55	126,585	78.6
<b>Quadruple UT</b>	15,20 (608/304)	9.44	720	447.40	168,780	104.8
<b>Quintuple UT</b>	19,00 (760/380)	11.80	900	559.25	210,975	131.0
<b>Deca UT</b>	38,00 (1520/760)	23.60	1800	1118.50	421,950	262.0
<b>Double Deca UT</b>	76,00 (3040/1520)	47.20	3600	2237.00	843,900	524.0
<b>Triple Deca UT</b>	114,00 (4560/2280)	70.80	5400	3355.50	1265,850	786.0

708 IUTA - Rules 3: Minimum Distances of an Ultra Triathlon

709 \* lanes = calculated lanes in a 25-meters- and a 50-meters-pool

710 An event organizer of an UT (Staged) is allowed to expand the distances the way  
711 he wants. All finishers get the world cup points for the covered ultra distance  
712 (the minimum for the corresponding ultra distance must be covered in each  
713 discipline) regarding the world cup points table in the section [IUTA World Cup](#)  
714 [Challenge \(IUTA WCC\)](#). The same applies to point-to-point races whose course  
715 lengths differ from Ultratriathlon standards.

716 For example: To get the points for a Double UT, the minimum of the swim part  
717 must be 7,6 km, the minimum for the bike part must be 360 km and the  
718 minimum for the run part must be 84,39 km.



## 719 14. TIME LIMITS AND BREAKS/RESTARTS

720 IUTA recommends time limits for each segment and overall as follows. The  
 721 recommendations are based on the average time +25% of all previous finisher  
 722 according to the respective distance. For UT in day-format the time limit  
 723 recommendation is 24 hours per day. There is no obligation for event organizers  
 724 to adopt these time limits. Depending on e.g. the severity of the course or safety  
 725 requirements, the time limits for each segment as well as the total cut off can be  
 726 freely chosen.

Distance	Swim	Bike	Run	Overall
<b>Double UT</b>	3,5h	18,5h	15,5h	37,5h (1,56 days)
<b>Triple UT</b>	5h	30h	26h	61h (2,54 days)
<b>Quadruple UT</b>	8h	44,5h	36,5h	89h (3,71 days)
<b>Quintuple UT</b>	10h	69h	64h	143 (5,96 days)
<b>Deca UT</b>	22,5h	162,5h	150h	335h (13,96 days)
<b>Double Deca UT</b>	64h	332h	336h	732h (30,50 days)
<b>Triple Deca UT*</b>	96h	498h	504h	1098h (45,75 days)

727 *IUTA - Rules 4: recommended Time Limits for each segment and overall*

728 \* *There was never a Triple Deca UT in the past. The limits from the 20x were multiplied with 1,5.*

729 The time limits of each section and the overall cut-off, set by the event  
 730 organizer, must be announced on the event organizer's website before the  
 731 competition or latest at the corresponding race briefing.

732 The total cut-off is considered the definitive end of a race. The cut-off for  
 733 individual segments, such as swimming and cycling, may be extended by event  
 734 organizers during the race as long as the safety of the athletes and volunteers is  
 735 ensured. The extension of the cut-off of a segment is at the expense of the time  
 736 for the next segment and does not affect the total cut-off.

737 The event organizer may also allow a participant to complete the event outside  
 738 the total cut-off. In such a case, the participant is classified as a DNF (Did Not  
 739 Finish) participant. Outside the total cut-off, the athlete is solely responsible for  
 740 his actions.

741 The official race time will be measured from the start of the race (or day at UT in  
 742 per day format) to when it ends. Any stoppages to the race, e.g. due to  
 743 inclement weather, will not stop the clock.

744 Breaks and the following restarts during an UT are the responsibility of the event  
 745 organizer. A break means that the event organizer collects all athletes at the  
 746 same point and records the current time for each collected athlete accurate to  
 747 the second.

748 No athlete shall be favoured or disadvantaged by the interruption, restart and in  
 749 relation to any other athlete. The cut-off time for the interrupted segment and  
 750 the race cut-off time must be adjusted by adding the time for the interruption(s).  
 751 For events with a time limit of 24 hours, e.g. on a day UT, the race cut-off time  
 752 may not be extended.



753 The restart could be done in two ways:

- 754 ▪ All athletes restart at the same time: That means the organizer has to add  
755 the difference time from the first collected athlete to each other collected  
756 athlete on their individual segment time. (recommended for bigger laps  
757 and/or at per day UT where the daily cut-off could be a possible elimination  
758 criterion)
- 759 ▪ The organizer does a „hunting start“: That means that the athletes start in  
760 turn depending on the time differences recorded at the collection point,  
761 starting with the first collected one. (recommended for shorter laps and  
762 where the time limit is not an elimination criterion)

763 If an extension of the total cut-off is necessary because all athletes or most of  
764 them are affected by a longer unforeseen interruption of the race, this can be  
765 decided in exceptional cases by the event organizer together with the IUTA.

766 The event organizer commits to set the time limit of the corresponding race and  
767 the date/time of the award ceremony of the corresponding race in a way that no  
768 athlete will be excluded from the corresponding ceremony.

## 769 **15. ANTI DOPING POLICY**

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770 IUTA adheres to the rules, regulations and policies of the World Anti-Doping  
771 Agency (WADA). With regard to penalties for doping violations, the IUTA  
772 reserves the right to follow its own rules, which are described in the section [Acts  
773 of warranting Suspension and Protest](#). All IUTA members commit to recognize  
774 the rules, regulations and policies of the WADA and IUTA in its entirety. It is the  
775 responsibility of each IUTA member to know and to comply with the applicable  
776 anti-doping IUTA-Rules and WADA rules, regulations and policies.

777 If there is a conflict between WADA rules and IUTA rules, IUTA rules supersedes.

778 Testing of athletes may take place at any place or any time. The athlete who  
779 objects to an official IUTA anti-doping control or found positive after any control  
780 exposes himself to an immediate disqualification and a removal of all IUTA  
781 attributed results of the current calendar year. The convicted athlete must return  
782 all trophies and prize money received during the event at which the violation  
783 occurred.

784 In addition, the convicted athlete shall bear all costs of anti-doping controls that  
785 have convicted him/her of cheating, should the organizer so require. The possible  
786 opening of the B-sample is also fully at the athlete's expense.

787 IUTA will enforce and, where appropriate, publish any sanction resulting from the  
788 conviction of a doping violation in accordance with WADA rules, regulations and  
789 policies and the IUTA rules.

790 Athletes who are currently serving a ban from sport or competition by WADA or  
791 any other inter-governmental organizations, governments, public authorities, and  
792 other public and private bodies fighting doping in sport will not be allowed to  
793 participate in IUTA events.



794 Which and how many athletes of an event an event organizer has to test will be  
795 an individual part of the contract between the event organizer and the IUTA. The  
796 same applies to the substances to test. It is recommended to test the two  
797 winners and 10% of the rest of the starterfield randomly.

## 798 **16. TECHNOLOGY FRAUD**

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799 The event organizer has the right to check the athlete's bike(s) by detection  
800 methods like magnetic scanning tablets or thermal imaging cameras or a method  
801 of his choice at any point and any time at the event.

802 The mere presence of an engine (even without use) leads to an immediate  
803 disqualification.

804 The athlete who objects to a technology fraud control or is convicted as a cheater  
805 by a technology fraud control exposes himself to an immediate disqualification  
806 and a removal of all IUTA attributed results of the current calendar year. The  
807 convicted athlete must return all trophies and prize money received during the  
808 event at which the violation occurred.

## 809 **17. SUPERVISION AND CONTROL**

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810 The event organizer shall designate a general marshal and race officials.

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

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

814 Race officials are empowered:

- 815 ▪ to supervise and control the conduct of all participants, to require that a  
816 participant withdraw from an event, and to intercede during a competition at  
817 any stage to ensure that the IUTA rules are observed
- 818 ▪ to impose penalties for violations and penalize participants
- 819 ▪ to make decisions on any point not specifically covered in these rules
- 820 ▪ to examine the equipment or other items of any participant at any time to  
821 check compliance with the IUTA rules, and to make the final and binding  
822 decision as to whether any equipment or other item is improper or  
823 unauthorized.

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

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



831 The Official can stop the race for bad weather or any other reason as he deem  
832 necessary or as requested by the race director but this will not stop the race  
833 clock.

834 In an extraordinary situation the organizer should contact an IUTA official who is  
835 not participating in the race.

## 836 **18. MEDICAL SUPPORT**

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837 Unless otherwise agreed between IUTA and the event organizer, the permanent  
838 presence of a medical doctor is mandatory during all IUTA sanctioned events.

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

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

## 846 **19. AWARDS AND PRIZES**

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847 Event organizers have to offer trophies and/or presents and/or finisher tee-shirt  
848 and/or diplomas and/or prize money.

849 Finisher tee-shirts and diplomas must bear the IUTA official logo.

850 IUTA offers medals to finishers of any IUTA event and distinctive medals to the  
851 first three men and women of the scratch results for individual racers.

852 In the event of anti-doping controls, prize money is only given after receipt of  
853 their favorable results.

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

## 857 **20. SPECIAL RULES FOR THE IUTA WORLD CHAMPIONSHIPS**

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858 To obtain the IUTA World Championship label, the event organizer has to make a  
859 written request to the IUTA Committee the year preceding the event at the latest  
860 in October.

861 The World Championship organizer is required to provide prize money, according  
862 to the following basic amounts, regardless of the track length and depending on  
863 the number of all participants in the world championship race at the startline:

- 864 ▪ 1st man and woman: 25 EUR \* number of participants = prize money in EUR
- 865 ▪ 2nd man and woman: 15 EUR \* number of participants = prize money in EUR
- 866 ▪ 3rd man and woman: 10 EUR \* number of participants = prize money in EUR

867



868 The minimum prize money regardless the number of participants at the startline  
869 is:

- 870 ▪ 1st man and woman: 1000 EUR
- 871 ▪ 2nd man and woman: 600 EUR
- 872 ▪ 3rd man and woman: 400 EUR

number of starters	1st (wo)man in EUR	2nd (wo)man in EUR	3rd (wo)man in EUR	number of starters	1st (wo)man in EUR	2nd (wo)man in EUR	3rd (wo)man in EUR
up to 40	1000	600	400	56	1400	840	560
41	1025	615	410	57	1425	855	570
42	1050	630	420	58	1450	870	580
43	1075	645	430	59	1475	885	590
44	1100	660	440	60	1500	900	600
45	1125	675	450	61	1525	915	610
46	1150	690	460	62	1550	930	620
47	1175	705	470	63	1575	945	630
48	1200	720	480	64	1600	960	640
49	1225	735	490	65	1625	975	650
50	1250	750	500	66	1650	990	660
51	1275	765	510	67	1675	1005	670
52	1300	780	520	68	1700	1020	680
53	1325	795	530	69	1725	1035	690
54	1350	810	540	70	1750	1050	700
55	1375	825	550	71	and so on ...		

873 *IUTA - Rules 5: World Championship Prize Money*

874 An organizer is allowed to pay more prize money.

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

## 877 **21. IUTA WORLD CUP CHALLENGE (IUTA WCC)**

878 The IUTA World Cup Challenge is established for the four best point results of an  
879 athlete obtained in a calendar year. Women and men are counted separately.

880 The complete formula = (points from **Standard Points Table** + **Bonus Points**)  
881 x **Additional Number of Starters Factor**, which is described as follows.

882 Decimal numbers are shown rounded as a whole number for the races; in the  
883 overall total, they are rounded to two decimal places.

884 The following **Standard Points Table** shows the points for the first 20 finishers  
885 from a Double to a Triple Deca UT. The 18th finisher and all subsequent finishers  
886 each get one point less than their predecessor. All finisher will get in a minimum  
887 one point as standard. If an athlete does not reach the finish line in a race, he  
888 will not receive any points, not even partially.

889 It is not differentiated between UT Continuous and UT Day.





Ultra Triathlon	Rank									
	1	2	3	4	5	6	7	8	9	10
Double	220	190	160	140	120	110	105	100	97	94
Triple	230	200	170	150	130	120	115	110	107	104
Quadruple	240	210	180	160	140	130	125	120	117	114
Quintuple	250	220	190	170	150	140	135	130	127	124
Deca	300	270	240	220	200	190	185	180	177	174
Double Deca	400	370	340	320	300	290	285	280	277	274
Triple Deca	500	470	440	420	400	390	385	380	377	374
	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Double	92	90	88	86	84	82	80	79	78	77
Triple	102	100	98	96	94	92	90	89	88	87
Quadruple	112	110	108	106	104	102	100	99	98	97
Quintuple	122	120	118	116	114	112	110	109	108	107
Deca	172	170	168	166	164	162	160	159	158	157
Double Deca	272	270	268	266	264	262	260	259	258	257
Triple Deca	372	370	368	366	364	362	360	359	358	357

890 IUTA - Rules 6: World Cup Challenge Standard Points Table – Distance/Rank/Points

891 The points for a UT (Split) are based on the total number of long distances of the  
 892 corresponding race, for example 20 (Double Deca) for a combined Deca UT (or  
 893 Double Deca UT Split).

894 For finishing an UT (Staged) all athletes get the points corresponding to the  
 895 number of finished long distances, e.g. for an UT (Staged) with a 10km swim,  
 896 421 km bike ride and 84,39 km run the athlete will get the points for a Double  
 897 UT.

898 If two or more athletes in a race finish with the same time (in same place) the  
 899 corresponding world cup rank points will be added and divided through the  
 900 number of finishers at the same time (place). Example: Two athletes finish a  
 901 "Double" in 5th place at the same time. The points for rank 5 and rank 6 will be  
 902 added and divided through 2 (for 2 athletes) => (120 points + 110 points) / 2  
 903 athletes = 115 points for each athlete.

904 Possible **Bonus Points** per athlete in each race:

- 905 ▪ +20 points for each finisher of an IUTA world championship race
- 906 ▪ +40 points for the athlete achieving a new world record
- 907 ▪ +20 points for the athlete achieving a new race record (not in races that were  
 908 held for the first time and not if the athlete has broken a world record)
- 909 ▪ +5 points for the athlete(s) achieving the fastest time at the swim, the bike  
 910 and the run part, but only if the athlete finishes the race

911 **Additional Points** per athlete according to the **number of athletes at the**  
 912 **start line** in each race, no matter which format (Cont., Day, Split or Staged).

913 Formula for additional points = **1 + Athlete's Rank + Race Distance Factor**  
 914 Explanation for "1":

915 The number "1" serves to ensure that additional points or that the total value of  
 916 the 2nd factor in the complete multiplication calculation is always above 1.



917 Explanation for "Athlete's Rank":

918 The calculation for the athlete's factor =  
919 (Number of starters in a race – Ranking of the corresponding athlete) / 100  
920 The athlete factor is based on the respective ranking and the total number of  
921 starters in a race. In addition, the placement flows decisively into the calculation  
922 as a factor in which the winner of a race with 50 starters has left 49 athletes  
923 behind him (factor 0.49), the second placed 48 (factor 0.48) and so on.

924 Explanation for "Race Distance Factor":

925 Experience shows that there are fewer starters with increasing race length. This  
926 is compensated by the race distance factor. It starts with 0.02 for a Double Ultra  
927 and increases by 0.01 with each additional long distance.

Number of Long Distances	2	3	4	5	...	10	...	20	...
Race Distance Factor	0.02	0.03	0.04	0.05	...	0.1	...	0.2	...

928 *IUTA - Rules 7: World Cup – Race Distance Factor*

929 **Example 1 for the complete calculation** of a male athlete at a Double UT,  
930 who finished 7<sup>th</sup> out of 38 male participants and achieved the fastest bike split:

931 **Points from Standard Table = 105**

932 **Bonus Points** for fastest bike split = 5

933 **Additional Number of Starters Factor** =  $1 + (38 - 7) / 100 + 0,02 = 1,33$

934 Race total points for the IUTA World Cup =  $(105 + 5) \times 1,33 = 146,3$  points

935 **Example 2 for the complete calculation** of a male athlete at a Deca UT, who  
936 finished 7<sup>th</sup> out of 12 male participants and achieved the fastest swim split:

937 **Points from Standard Table = 185**

938 **Bonus Points** for fastest swim split = 5

939 **Additional Number of Starters Factor** =  $1 + (12 - 7) / 100 + 0,1 = 1,15$

940 Race total points for the IUTA World Cup =  $(185 + 5) \times 1,15 = 218,5$  points

941 IUTA offers trophies and presents prize money to the first three athletes overall  
942 of the men and women categories after addition of the point's results obtained  
943 during a calendar year. If there are more than three athletes on the podium, the  
944 athletes have to share the prize money for their corresponding podium place.

1st woman and man	2nd woman and man	3rd woman and man
600 EUR	400 EUR	200 EUR

945 *IUTA - Rules 8: World Cup Challenge Prize Money*

946 The prize money depends on the number of events (an event can include several  
947 races) and the number of participations in the current calendar year.

948 If there are less than four events in a calendar year, the IUTA WCC is cancelled.

949 If the four events do not take place on at least two different continents, the IUTA  
950 WCC is cancelled.

951 If there are fewer than 300 entries (an athlete may participate in more than one  
952 race), the prize money will be reduced by 1% for each missing entry of 300.

953 Example: If there are 299 entries, the winner receives  $600 \text{ EUR} - 1\% = 594 \text{ EUR}$ .

954 The minimum limit is a 50% reduction in prize money, which applies to 250  
955 entries per calendar year.



## 956 **22. IUTA LONG DISTANCE CHALLENGE (IUTA LDC)**

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957 IUTA offers a Long Distance Challenge in a calendar year. It's a challenge for the  
958 athletes who finished the most long distances: A Double UT counts as two long  
959 distances, a Triple UT as three long distances and so on, no matter if continuous-  
960 or per-day-format. Non finished races don't count, not even partially. Included in  
961 this challenge are all IUTA sanctioned races in a calendar year, except the UT  
962 (Staged) races.

963 Should two or more athletes come to the same number of long distances:

- 964 ▪ The longer finished race (number of long distances) decides on the victory.
- 965 ▪ If this is also the same the athlete with the least number of participations  
966 (participations mean finished and unfinished races) will win.
- 967 ▪ If all criteria are the same there are more than one athlete on the  
968 corresponding podium place.

969 IUTA presents prize money to the first three athletes overall of the men and  
970 women categories after addition of finished long distances obtained during a  
971 calendar year. If there are more than three athletes on the podium, the athletes  
972 have to share the prize money for their corresponding podium place.

1st woman and man	2nd woman and man	3rd woman and man
300 EUR	200 EUR	100 EUR

973 *IUTA - Rules 9: Long Distance Challenge Prize Money*

974 The prize money depends on the number of events (an event can include several  
975 races) and the number of participations in the current calendar year.

976 If there are less than four events in a calendar year, the IUTA LDC is cancelled. If  
977 the four events do not take place on at least two different continents, the IUTA  
978 LDC is cancelled.

979 If there are fewer than 300 entries (an athlete may participate in more than one  
980 race), the prize money will be reduced by 1% for each missing entry of 300.

981 Example: If there are 299 entries, the winner receives 300 EUR - 1% = 297 EUR.

982 The minimum limit is a 50% reduction in prize money, which applies to 250  
983 entries per calendar year.

## 984 **23. ULTRA TRIATHLON WORLD RECORDS**

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985 Requirements for recognition of world records:

- 986 ▪ The record must be achieved in an IUTA sanctioned race.
- 987 ▪ The record must be achieved on measured tracks (bike and run) by an  
988 independent authority. The measurement protocol must be handed over to  
989 IUTA.
- 990 ▪ There must be an electronic time system, which counts the number of laps  
991 and the time for each participant during the bike and run part. The event



- 992 organizer has to provide the IUTA with the laps and times of the athlete, who  
993 achieved a new record.
- 994 ▪ A negative doping test of the corresponding athlete, executed according to  
995 the rules of WADA and to the rules of IUTA.
  - 996 ▪ In point-to-point races no world records can be achieved.

## 997 **24. RACE CONTRACTS**

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- 998 Specific issues such as financial contribution or special rules are defined by  
999 contract between the different parties, namely the event organizer and the IUTA.
- 1000 This contract shall provide a clear description of the race event in particular with  
1001 aspects governing circuits and security rules.
- 1002 This contract is defined for a specified time and is subject to revisions and  
1003 revoking clause as mutually agreed in the contract itself.
- 1004 To obtain the IUTA label, the event organizer has to make a written request to  
1005 the IUTA Committee the year preceding the event at the latest in October.

## 1006 **25. APPLICATION**

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- 1007 IUTA rules are applicable in their entirety as of 1st January 2022.
- 1008 If individual regulations of these official IUTA rules should be whole or partially  
1009 ineffective, then this does not affect the effectiveness of the remainder section or  
1010 the remaining section.