



Rules

INDEX

INDEX	1
1. SCOPE	2
2. DEFINITIONS.....	2
3. IUTA RESPONSIBILITIES	3
4. PARTICIPANTS.....	4
5. CATEGORIES/AGE GROUPS	4
6. GENERAL CONDUCT AND SANCTIONS	4
7. ACTS OF WARRANTING SUSPENSION AND PROTEST	6
8. SWIMMING CONDUCT	7
9. TRANSITION	9
10. CYCLING CONDUCT	9
11. RUNNING CONDUCT	13
12. IUTA TRIATHLON MODIFICATIONS FOR PARA-TRIATHLETES.....	14
12.1 GENERAL.....	14
12.2 SWIMMING CONDUCT.....	15
12.3 CYCLING CONDUCT AND EQUIPMENT, NON-WHEELCHAIR USERS.....	15
12.4 CYCLING CONDUCT AND EQUIPMENT, WHEELCHAIR USERS.....	15
12.5 RUNNING CONDUCT, NON-WHEELCHAIR USERS	17
12.6 RUNNING CONDUCT AND EQUIPMENT, WHEELCHAIR-USERS	17
12.7 VISUALLY-IMPAIRED PARA-TRIATHLETE AND GUIDE CONDUCT.....	18
13. STANDARDIZED/MINIMUM DISTANCES AND TOLERANCES.....	19
14. TIME LIMITS AND BREAKS/RESTARTS.....	20
15. ANTI DOPING POLICY	21
16. TECHNOLOGY FRAUD	22
17. SUPERVISION AND CONTROL.....	22
18. MEDICAL SUPPORT	23
19. AWARDS AND PRIZES	23
20. SPECIAL RULES FOR THE IUTA WORLD CHAMPIONSHIPS.....	24
21. IUTA WORLD CUP CHALLENGE (IUTA WCC)	25
22. IUTA LONG DISTANCE CHALLENGE (IUTA LDC).....	26
23. ULTRA TRIATHLON WORLD RECORDS	27
24. RACE CONTRACTS	27
25. APPLICATION	27



1. SCOPE

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

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 ▪ 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 rules, 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 ▪ 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 ▪ 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 ▪ 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**

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

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

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

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**

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**

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,



IUTA International Ultra Triathlon Association

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

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

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**

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**

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

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
Longdistance	3,86 (155/78)	2.4	180,25	112	42,195	26.2
Double UT	7,72 (309/155)	4.8	360,50	224	84,390	52.4
Triple UT	11,58 (464/232)	7.2	540,75	336	126,585	78.6
Quadruple UT	15,44 (618/309)	9.6	721,00	448	168,780	104.8
Quintuple UT	19,30 (772/386)	12.0	901,25	560	210,975	131.0
Deca UT	38,60 (1544/772)	24.0	1802,50	1120	421,950	262.0
Double Deca UT	77,20 (3088/1544)	48.0	3605,00	2240	843,900	524.0
Triple Deca UT	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
Longdistance	3,80 (152/76)	2.36	180	111.85	42,195	26.2
Double UT	7,60 (304/152)	4.72	360	223.70	84,390	52.4
Triple UT	11,40 (456/228)	7.08	540	335.55	126,585	78.6
Quadruple UT	15,20 (608/304)	9.44	720	447.40	168,780	104.8
Quintuple UT	19,00 (760/380)	11.80	900	559.25	210,975	131.0
Deca UT	38,00 (1520/760)	23.60	1800	1118.50	421,950	262.0
Double Deca UT	76,00 (3040/1520)	47.20	3600	2237.00	843,900	524.0
Triple Deca UT	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
Double UT	3,5h	18,5h	15,5h	37,5h (1,56 days)
Triple UT	5h	30h	26h	61h (2,54 days)
Quadruple UT	8h	44,5h	36,5h	89h (3,71 days)
Quintuple UT	10h	69h	64h	143 (5,96 days)
Deca UT	22,5h	162,5h	150h	335h (13,96 days)
Double Deca UT	64h	332h	336h	732h (30,50 days)
Triple Deca UT*	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**

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**

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**

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**

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**

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

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

880 Possible sum of points per athlete in each race:

- 881 ▪ standard points as shown in the table below for all finisher depending on the
882 race type and the achieved rank
- 883 ▪ +20 points for each finisher of an IUTA world championship race
- 884 ▪ +40 points for the athlete achieving a new world record
- 885 ▪ +20 points for the athlete achieving a new race record (not in races that were
886 held for the first time and not if the athlete has broken a world record)
- 887 ▪ +5 points for the athlete(s) achieving the fastest time at the swim, the bike
888 and the run part, but only if the athlete finishes the race

889 The standard points table above shows the points for the first 20 finishers from a
890 Double to a Triple Deca UT. It isn't differentiated between UT Continuous and UT
891 Day. The points for a UT (Split) are based on the total number of long distances
892 of the corresponding race, for example 20 (Double Deca) for a combined Deca
893 UT (or Double Deca UT Split). For finishing an UT (Staged) all athletes get the
894 points corresponding to the number of finished long distances, e.g. for an UT
895 (Staged) with a 10km swim, 421 km bike ride and 84,39 km run the athlete will
896 get the points for a Double UT. The 18th finisher and all subsequent finishers
897 each get one point less than their predecessor. All finisher get in a minimum one
898 point as standard.

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
	11	12	13	14	15	16	17	18	19	20
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

899 IUTA - Rules 6: World Cup Challenge Standard Points Table

900 If two or more athletes in a race finish with the same time (in same place) the
901 corresponding world cup rank points will be added and divided through the



902 number of finishers at the same time (place).
 903 Example: Two athletes finish a "Double" in 5th place at the same time. The
 904 points for rank 5 and rank 6 will be added and divided through 2 (for 2 athletes)
 905 => (120 points + 110 points) / 2 athletes = 115 points for each athlete.

906 IUTA offers trophies and presents prize money to the first three athletes overall
 907 of the men and women categories after addition of the point's results obtained
 908 during a calendar year. If there are more than three athletes on the podium, the
 909 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

910 *IUTA - Rules 7: World Cup Challenge Prize Money*

911 The prize money depends on the number of events (an event can include several
 912 races) and the number of participations in the current calendar year.
 913 If there are less than four events in a calendar year, the IUTA WCC is cancelled.
 914 If the four events do not take place on at least two different continents, the IUTA
 915 WCC is cancelled.
 916 If there are fewer than 300 entries (an athlete may participate in more than one
 917 race), the prize money will be reduced by 1% for each missing entry of 300.
 918 Example: If there are 299 entries, the winner receives 600 EUR - 1% = 594 EUR.
 919 The minimum limit is a 50% reduction in prize money, which applies to 250
 920 entries per calendar year.

921 **22. IUTA LONG DISTANCE CHALLENGE (IUTA LDC)**

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

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

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

934 IUTA presents prize money to the first three athletes overall of the men and
 935 women categories after addition of finished long distances obtained during a
 936 calendar year. If there are more than three athletes on the podium, the athletes
 937 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

938 *IUTA - Rules 8: Long Distance Challenge Prize Money*



939 The prize money depends on the number of events (an event can include several
940 races) and the number of participations in the current calendar year.
941 If there are less than four events in a calendar year, the IUTA LDC is cancelled. If
942 the four events do not take place on at least two different continents, the IUTA
943 LDC is cancelled.
944 If there are fewer than 300 entries (an athlete may participate in more than one
945 race), the prize money will be reduced by 1% for each missing entry of 300.
946 Example: If there are 299 entries, the winner receives 300 EUR - 1% = 297 EUR.
947 The minimum limit is a 50% reduction in prize money, which applies to 250
948 entries per calendar year.

949 **23. ULTRA TRIATHLON WORLD RECORDS**

950 Requirements for recognition of world records:

- 951 ▪ The record must be achieved in an IUTA sanctioned race.
- 952 ▪ The record must be achieved on measured tracks (bike and run) by an
953 independent authority. The measurement protocol must be handed over to
954 IUTA.
- 955 ▪ There must be an electronic time system, which counts the number of laps
956 and the time for each participant during the bike and run part. The event
957 organizer has to provide the IUTA with the laps and times of the athlete, who
958 achieved a new record.
- 959 ▪ A negative doping test of the corresponding athlete, executed according to
960 the rules of WADA and to the rules of IUTA.
- 961 ▪ In point-to-point races no world records can be achieved.

962 **24. RACE CONTRACTS**

963 Specific issues such as financial contribution or special rules are defined by
964 contract between the different parties, namely the event organizer and the IUTA.

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

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

969 To obtain the IUTA label, the event organizer has to make a written request to
970 the IUTA Committee the year preceding the event at the latest in October.

971 **25. APPLICATION**

972 IUTA rules are applicable in their entirety as of 1st January 2022.

973 If individual regulations of these official IUTA rules should be whole or partially
974 ineffective, then this does not affect the effectiveness of the remainder section or
975 the remaining section.