



IUTA Rules

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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 The event organizer has the obligation to implement this set of rules consistently
23 in IUTA sanctioned races. He can take the help of IUTA responsible persons.

24 2. DEFINITIONS

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

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

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



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

64 IUTA World Championships (WC) can be organized if the event organizer
65 respects the IUTA standards. Rules are described in the corresponding sections.

66 IUTA organizes an IUTA World Cup Challenge (WCC) and an IUTA Longdistance
67 Challenge (LDC) in each calendar year. Rules are described in the corresponding
68 sections.

69 IUTA Grand Prix races are not part of another Challenge, but a possibility for
70 event organizers to be part of IUTA WCC. The possibility exists for event
71 organizers who are not able or have not been able to fully comply with all quality
72 requirements from the concluded contract. In IUTA Grand Prix races the achieved
73 points for the IUTA WCC will be reduced. In IUTA Grand Prix races no records
74 can be achieved. A change of this status in both directions can be determined by
75 IUTA up to three months before the start of the corresponding event.
76 Classification as an IUTA Grand Prix race can also be determined by IUTA after
77 the completion of an event. Rules are described in the corresponding sections.

78 **3. IUTA RESPONSIBILITIES**

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



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

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

90 4. PARTICIPANTS

91 All participants in events sanctioned by IUTA must be of adult age with regard to
 92 the country where the event take place and with regard to the startday of the
 93 event. All competitors, which means participants at the start line of an IUTA
 94 sanctioned race, will be automatically a member of IUTA but the participants
 95 must pay the required fee requested by the organizer and comply with all the
 96 requirements determined by IUTA.

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

100 Participants have the obligation to know and follow the IUTA rules in its entirety,
 101 the traffic laws applicable at the place of the event and the rules given by the
 102 event organizer. All participants commit to recognize the rules, regulations and
 103 policies of the WADA in its entirety. If there is a conflict between the rules of the
 104 event organizer and the rules of IUTA, the IUTA rules supersedes. If there is a
 105 conflict between the rules of the WADA and the rules of IUTA, IUTA rules
 106 supersedes.

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

111 5. CATEGORIES/AGE GROUPS

112 A male and a female category are established and divided in age groups as
 113 follows. Athletes compete in the age group division corresponding their age on
 114 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

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



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

118 **6. GENERAL CONDUCT AND SANCTIONS**

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

- 123 ▪ 1st offense: Verbal warning and if necessary a «stop and go» procedure
- 124 ▪ 2nd offense: Yellow card equivalent to 5 minutes penalty
- 125 ▪ 3rd offense: Red card equivalent to 15 minutes penalty
- 126 ▪ 4th offense and for the cases expressively mentioned thereafter: Black Card
127 bringing to immediate disqualification. The disqualified participant shall be
128 required to immediately withdraw from the race and vacate the course.

129 When a competitor receives a time penalty, the competitor must remain stopped
130 under the direction of the race official for the prescribed period of time. The
131 location of the stop will be determined by the race official. When the official
132 indicates that the time penalty has expired, the athlete may continue the race.
133 While in a penalty zone, an athlete may not accept any form of assistance or
134 support from any other person. Any violation of these rules will result in
135 disqualification.

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

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

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

148 Participants must wear their start numbers clearly visible during the race and
149 keep the start number in an unchanged and legible condition during the race.
150 The participant must wear the swim cap and start number provided by the
151 organizer. The start number must be worn at the back of the bike course and at
152 the front of the running course. Further start numbers can be attached to the
153 bike at the organizer's discretion. Participants will be warned if their number is
154 not visible and must stop to put it in the correct position.

155 A rule-consistent behavior of the participants and their teams must be ensured
156 by the organizer. For the duration of any reprimand or rule declaration of the



157 competitor by the organizer, the athlete must interrupt his race. This stop counts
158 as warning. Should the participant not comply with the organizer's request, he
159 will be disqualified.

160 No participant shall endanger himself or other persons. Any participant, who
161 intentionally presents a danger to any person or who, in the judgment of the
162 event organizer, appears to present a danger to himself or other persons shall
163 result in a penalty as described in this section. In the last consequence this can
164 lead to disqualification.

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

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

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

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

176 **7. ACTS OF WARRANTING SUSPENSION AND PROTEST**

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

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

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

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



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

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

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

206 **8. SWIMMING CONDUCT**

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

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

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

217 Use of gloves and booties may be exceptionally authorized at discretion of the
218 event organizer for water temperatures below 17° Celsius (or 62,6° Fahrenheit)
219 or if it is absolutely necessary for the safety of the athletes to cover their hands
220 and feet. In any case, the event organizer has to do a written request to IUTA for
221 an exception. In any case, it requires the consent of the IUTA as part of the
222 contract between IUTA and the event organizer.

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

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

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

234 The swimmer is authorized to leave the swimming part due to exhaustion, for
235 medical check-up, massage, etc. Upon leaving the course, a participant shall re-
236 enter the course and continue at the same point. The athlete or a member of his



237 support crew must notify the race director or staff before exiting and re-entering
238 swim.

239 A swimmer experiencing difficulty and in need of assistance shall wave his arms,
240 and call or seek assistance. A swimmer, who has received official assistance,
241 whether voluntary or involuntary, must retire and withdraw from the remainder
242 of the race unless such assistance did not aid the swimmer in making forward
243 progress. No swimmer shall return to the race if the official rendering assistance
244 requests that the participant withdraws from the race or receives medical
245 assistance.

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

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

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

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

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

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

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

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

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



279 **9. TRANSITION**

280 A participant must reduce cycling speed to an acceptable and safe level when
281 exiting and entering the transition areas and the support crew area. Failure to do
282 so shall result in a penalty as described in section [General Conduct and](#)
283 [Sanctions](#). When defined by the race organizer, all participants shall place
284 equipment only in the properly designated and individually assigned bicycle
285 corral and shall at all times keep their equipment confined to such properly
286 designated areas.

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

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

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

300 **10. CYCLING CONDUCT**

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

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

- 308 ▪ Length cannot exceed two meters, and width cannot exceed 75 centimeters.
- 309 ▪ The distance from the ground to the center of the chain wheel axle must
310 measure at least 24 centimeters.
- 311 ▪ A vertical line touching the front most point of the saddle may be no more
312 than 5 centimeters in front of and no more than 15 centimeters behind a
313 vertical line passing through the center of the chain wheel axle. The cyclist
314 must not have the capability of adjusting the saddle beyond these limits
315 during competition.
- 316 ▪ The "front-to-center" distance, which is defined as the distance between a
317 vertical line passing through the center of the chain wheel axle and a vertical
318 line passing through the center of the front axle, must measure not less than
319 54 centimeters, except where the distance between the center of the chain
320 wheel axle and the top of the saddle is less than 71 centimeters. In this case



321 the front-to-center distance cannot be less than 50 centimeters. The "front-
322 to-center" distance must measure not more than 65 centimeters, or seven
323 eighths of the distance between the center of the chain wheel axle and the
324 top of the saddle, whatever is greater. Applicability of the two foregoing
325 exceptions is determined by measuring from a point on top of the saddle
326 which is 14 centimeters behind the front most point of the saddle.

- 327 ▪ There must be no protective shield, fairing, or other device on any part of the
328 bicycle (including frame, wheels, handlebars, chain wheel, and accessories)
329 which has the effect of reducing resistance. Aerodynamic carriers for food,
330 water, and or cycling provisions may be attached to or be an integral part of
331 the aero-handlebars if they meet the following guidelines:
 - 332 a) The carrier can pass from front to rear, through a rectangular loop with
333 dimensions of 10 inches (25 cm) in width and 8 inches (20 cm) in height.
 - 334 b) The front of the carrier is behind the cyclist's hands when the hands are
335 placed in their customary position on the end of the aero bars, and
 - 336 c) The length of the carrier is no greater than 10 inches (25 cm) front to
337 rear.

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

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

366 Participants shall not make any forward progress unaccompanied by their
367 bicycle. If a bike is not working, no matter at what point of the track, the



368 participant is allowed to accept help from his team, the event organizer or other
369 competitors. The participant may be brought spare parts or even a spare bike.
370 Should the participant not be able to continue the race immediately despite the
371 help, the point of exit must be marked. A continuation of the race must take
372 place at the exit point.

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

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

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

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

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

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

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

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

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

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



- 410 Cyclists must not block or obstruct the progress of another participant.
- 411 A participant who approaches another cyclist from the rear or from another
412 unfavorable position bears primary responsibility for avoiding a position foul even
413 if the cyclist being approached alters speed.
- 414 A participant must not attempt to pass another cyclist unless adequate space is
415 available and the athlete is confident of his/her ability to pass the other cyclist.
416 All passing is to be done to the left of the cyclist being overtaken (unless
417 otherwise ruled in the event country).
- 418 Except for reasons of safety, all cyclists shall keep their right unless passing
419 (unless otherwise ruled in the event country).
- 420 A cyclist who has been overtaken bears primary responsibility for avoiding a
421 position foul and must immediately move to the rear and out of the drafting zone
422 of the passing cyclist. The overtaken cyclist shall first move completely out of the
423 drafting zone of the other cyclist before attempting to re-pass the other cyclist.
- 424 A participant may enter the drafting zone without penalty only under the
425 following conditions:
- 426 ▪ When entering the drafting zone from the rear, closing the gap, and
427 overtaking all within no more than 15 seconds.
 - 428 ▪ When cyclists reduce speed for safety reasons, for course blockage, for an aid
429 station, for an emergency, entering or exiting a transition or supporting area
430 or making a turn of 90 degrees or more.
- 431 All bicycles and bicycle equipment used in IUTA events must conform to the
432 specifications defined thereafter. Any participant using a non-conforming bicycle
433 or otherwise violating these rules shall be disqualified unless the participant can
434 immediately bring back his/her bicycle in conformity with these rules and if these
435 non-conformities have not bring an unfair competitive advantage to the
436 participant.
- 437 Any unusual bicycle construction or equipment shall be illegal unless prior
438 approval is received from the event organizer before the equipment is used in
439 the event. This applies in particular too specifically designed material for para-
440 athletes. Any violation of this rule shall result in disqualification.
- 441 The bicycle will have obligatorily to carry the race number, if given by the
442 organizer.
- 443 At the race director's discretion participants may use non-standard equipment
444 (such as a recumbent bicycle) providing that doing so does not impact course
445 safety. A participant using non-standard equipment will not be eligible for IUTA
446 points and will not be given an official placing in the results against participants
447 using standard equipment.
- 448 The participant is allowed to use a second bicycle and as many wheels as he wish
449 during the race.



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

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

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

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

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

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

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

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

480 **11. RUNNING CONDUCT**

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

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



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

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

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

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

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

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

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

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

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

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

520 **12. ACCOMPANIMENT ON THE RACE TRACK**

521 Accompaniment during the swim part is forbidden. During open water swims, the
522 organizer has the final say. He can allow accompaniment e.g. in a boat, but any
523 form of pace making is strictly forbidden.

524 Accompaniment during cycling and running is not forbidden, but any character of
525 pacing is strictly prohibited. The following rule applies:

526 Accompaniment during cycling means that a supporter is only allowed to ride
527 behind his athlete. The supporter must also comply with the road traffic



528 regulations of the respective country. The supporter is forbidden to hand over
529 food, drink, clothing or other utensils during the ride. The accompaniment is for
530 safety purposes only. Accompaniment while cycling is allowed for a maximum of
531 every three hours for two laps or every three hours for a maximum of 20
532 kilometers. Whichever limit (two laps or 20 kilometers) is reached first is
533 decisive.

534 The last remaining athlete on the bike course may be accompanied continuously
535 until the end of the bike course for safety reasons.

536 Accompaniment during the run means that a supporter is allowed to run next to
537 or behind his athlete. Accompaniment by a cyclist is allowed in the same way,
538 should the course be suitable for it. The supporter is prohibited from handing
539 over food, drink, clothing or other utensils during the accompaniment. An
540 exception for the handover is the zone designated by the organizer, usually the
541 "pit lane" of the athletes/supporters. This zone must be clearly designated by the
542 organizer in the briefing or the announcement; ideally it should also be marked.

543 The first athlete on the run course may be accompanied continuously for safety
544 reasons until another athlete joins the run course.

545 The last athlete on the run course may be accompanied continuously for safety
546 reasons until the end of the run.

547 The organizer has the final say for his races. He can prohibit the accompaniment
548 on the bike and run course completely, if there are compelling reasons for it.

549 **13. IUTA TRIATHLON MODIFICATIONS FOR PARA-TRIATHLETES**

550 13.1 GENERAL

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

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

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

561 Each para-triathlete shall be required to:

- 562 ▪ Provide medical evidence and documentation describing his/her disability.
- 563 ▪ Be available to the classifier for assessment prior to competition.
- 564 ▪ Meet the minimum impairment criteria.

565 Athletes with miscellaneous conditions such as, but not limited to: intolerance to
566 temperature extremes, organ transplants, joint replacements (endoprosthetics),



567 kidney dialysis, hearing impairments, and or cognitive impairment are not
568 eligible for paratriathlon competition or categories.

569 13.2 SWIMMING CONDUCT

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

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

573 Prosthetic and orthotic devices are considered propulsive devices and are not
574 allowed for any category.

575 13.3 CYCLING CONDUCT AND EQUIPMENT, NON-WHEELCHAIR USERS

576 Para-triathletes shall be governed by the following with regard to cycling
577 conduct:

- 578 ▪ All bicycles and tricycles shall be propelled by human force.
- 579 ▪ Rigid prosthetic adaptations that are mounted or affixed to any part of the
580 cycle are not allowed.
- 581 ▪ A rider shall be supported solely by the pedals, the saddle and the
582 handlebars.
- 583 ▪ Competitors not wearing prosthesis may use a support for the thigh only if
584 the thigh is not affixed to the bicycle.
- 585 ▪ No guide dogs will be allowed on the bike course at any time.

586 13.4 CYCLING CONDUCT AND EQUIPMENT, WHEELCHAIR USERS

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

- 588 ▪ A hand cycle shall be an arm powered, three wheeled vehicle with an open
589 frame of tubular construction which conforms to the general principles of
590 International Cycling Union (UCI) construction for bicycles (except that the
591 chassis frame tubes need not be straight.) For the seat or backrest
592 construction, the maximum frame tube diameter may not exceed the
593 maximum defined by the general principles of UCI.
- 594 ▪ The single wheel may be of a different diameter to the double wheels. The
595 front wheel or wheels shall be steerable; the single wheel, either front or rear,
596 shall be driven through a system comprising handgrips and a chain. The hand
597 cycle shall be propelled solely through a chain set and conventional cycle
598 drive train, of crank arms, chain wheels, chain and gears, with handgrips
599 replacing foot pedals. It shall be propelled by the hands, arms and upper
600 body only.
- 601 ▪ The hand cycle must have a working brake system on the front wheel.
- 602 ▪ The horizontal of the rider's eye line must be above the crank housing (crank
603 set) when the rider's hands are on the handlebars facing forward at full
604 extent, the tip of both shoulder blades are in contact with the backrest and
605 the head is in contact with the headrest (when applicable).
- 606 ▪ From the seated recumbent position described above (P1.7, d), conforming
607 measurements are calculated as follows; (#1) the distance from the ground
608 to the center of the rider's eyes and (#2) the distance from the ground to the



- 609 center of the crank housing (crank set). Measurement #1 (from the eyes to
610 the ground) must be equal or greater than measurement #2 (from the center
611 of the crank housing to the ground.)
- 612 ▪ The rider shall remain seated in the recumbent position with bodyweight
613 supported through the seat and backrest. The seat angle must be a minimum
614 of 300 and a maximum of 450, measured between the horizontal and the
615 back of the rider.
 - 616 ▪ All hand cycles must have a mirror fixed either to the helmet of the rider or at
617 some point on the front of the bike to ensure rear-view vision.
 - 618 ▪ Wheels of the hand cycle may vary in diameter between a minimum 406 mm
619 and a maximum of 622 mm. Modified hub attachments may be used if
620 necessary. The width of hand cycle double wheels may vary between 55 cm
621 minimum and 70 cm maximum, measured at the center of each tire where
622 the tires touch the ground. Wheels must be of spoke construction. Solid disc
623 wheels and wheel covers are not allowed.
 - 624 ▪ A hand cycle shall not measure more than 250 cm in length. Its maximum
625 width shall be 70 cm.
 - 626 ▪ The shifting device may be located within the extremities of the handlebars,
627 or to the side of the participant's body.
 - 628 ▪ The largest chain ring shall have a guard securely fitted to protect the rider.
629 The protection shall be made of a sufficiently solid material which fully covers
630 the chain ring over the half of its circumference (180°) on the side facing the
631 rider.
 - 632 ▪ Maximum frame tube dimension shall be 80 mm, irrespective of tube material
633 or profile. Any fillets or ribs, inserted at joins between tubes, shall be for
634 strengthening purposes only. Non-functional, aerodynamic devices are not
635 permitted for competition.
 - 636 ▪ A quick release body harness is permitted.
 - 637 ▪ A hand cycle with two rear wheels shall be fitted with a safety bar that
638 prevents the front wheel of a following bicycle, tricycle or hand cycle from
639 entering the space between the two wheels. The bar may not extend outside
640 the width of the two wheels and the bar ends must be closed or plugged. The
641 bar shall be a round tube with a minimum diameter of 18 mm and must be
642 fitted no less than 13 mm nor more than 17 mm behind the rear wheels. The
643 distance from the ground to the center of the bar axis must measure no less
644 than 270mm nor more than 290 mm. The structure and assembly of the bar
645 must ensure that safe functioning is not affected by normal road conditions.
 - 646 ▪ It is the responsibility of the competitor that the hand cycle conforms to all
647 the above rules
 - 648 ▪ Competitors shall wear CPSC approved bicycle helmets at all times while
649 seated in the hand cycle.

650 13.5 RUNNING CONDUCT, NON-WHEELCHAIR USERS

651 Para-triathletes shall be governed by the following with regard to running
652 conduct:

- 653 ▪ Approved prosthetic devices on affected limbs and/or crutches are allowed.



- 654 ▪ No footwear other than running shoes or approved prosthetics shall be
- 655 allowed.
- 656 ▪ Prosthetic devices are not allowed for any limb that does not meet the
- 657 minimum impairment standard.
- 658 ▪ No Guide dogs are allowed on the run course.

659 13.6 RUNNING CONDUCT AND EQUIPMENT, WHEELCHAIR-USERS

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

661 The racing wheelchair must conform to the following specifications:

- 662 ▪ The wheelchair shall have two large rear wheels and one small front wheel.
- 663 ▪ A brake shall be attached to the front wheel.
- 664 ▪ No part of the body of the chair may extend forward beyond the hub of the
- 665 front wheel and be wider than the inside of the hubs of the two rear wheels.
- 666 The maximum height from the ground of the main body of the chair shall be
- 667 50cm.
- 668 ▪ The maximum diameter of the large wheel including the inflated tire shall not
- 669 exceed 70cm. The maximum diameter of the small wheel including the
- 670 inflated tire shall not exceed 50cm.
- 671 ▪ Only one round hand rim is allowed for each large wheel. This rule may be
- 672 waived for persons requiring a single arm drive chair, if so stated on their
- 673 medical qualification cards.
- 674 ▪ No mechanical gears or levers shall be allowed that may be used to propel the
- 675 chair.
- 676 ▪ Only hand operated, mechanical steering devices will be allowed.
- 677 ▪ Competitors must be able to turn the front wheel(s) manually both to the left
- 678 and the right.
- 679 ▪ Mirrors are permitted but are not required.
- 680 ▪ No part of the chair may protrude behind the vertical plane of the back edge
- 681 of the rear tires.
- 682 ▪ It is the responsibility of the competitor that the wheelchair conforms to all
- 683 the above rules and no event shall be delayed while the competitor makes
- 684 adjustments to the chair.
- 685 ▪ Competitors must ensure that no part of their lower limbs can fall to the
- 686 ground during the event.
- 687 ▪ Competitors shall wear CPSC approved bicycle helmets at all times while
- 688 seated in the chair.
- 689 ▪ Propulsion by any method other than pushing on the wheels or push-rims
- 690 shall result in disqualification. An overtaking para-triathlete bears
- 691 responsibility of ensuring full clearance of the chair before moving laterally
- 692 across the path of the overtaken participant. A para-triathlete being
- 693 overtaken shall not obstruct or impede the passing athlete once the front
- 694 wheels of the passing chair are within sight.
- 695 ▪ PTWC athletes shall be judged as finished when any part of the torso reaches
- 696 the perpendicular plane extending from the leading edge of the finish line.



697 13.7 VISUALLY-IMPAIRED PARA-TRIATHLETE AND GUIDE CONDUCT

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

- 699 ▪ Competitors must furnish and use one guide of the same gender in
700 competition.
- 701 ▪ Guides must be a minimum of 16 years of age on the day of the event.
- 702 ▪ The competitor may choose to use an elbow lead or tether lead.
- 703 ▪ All competitors must be tethered during the swim. The tether may be used
704 around the waist, leg or foot.
- 705 ▪ During the run portion, competitors may receive verbal instruction only from
706 their guide.
- 707 ▪ Bicycles, paddle boards or any other mechanical means of transport may not
708 be used by guides on the swim or run.
- 709 ▪ Competitors must use a tandem bicycle. The specifications of the tandem
710 bicycle are:
 - 711 ○ The tandem bicycle is a vehicle for two riders, with two wheels of equal
712 diameter, which conforms to the general principles of UCI construction
713 for bicycles. The front wheel shall be steerable by the front rider, known
714 as the “pilot”. The guide shall be the front rider and the PTIV competitor
715 will ride in the rear. Both riders shall face forward in the traditional
716 cycling position and the rear wheel shall be driven by both cyclists
717 through a system comprising pedals and chains.
 - 718 ○ The tandem top tube, and any additional strengthening tubes, may slope
719 to suit the morphological sizes of the riders.
- 720 ▪ The tandem bicycle shall measure no more than 2.70 meters in length and
721 0.5 meters in width. At no time shall the guide lead or pace the athlete or
722 propel the athlete forward by pulling or pushing.
- 723 ▪ Whether or not a tether is being used, the athlete and guide shall not be
724 more than 0.5 meters apart at all times.
- 725 ▪ As the PTIV athlete crosses the finish line, the guide must maintain no more
726 than the required 0.5 meters maximum separation distance and may not
727 precede the athlete.
- 728 ▪ Guides shall be subject to all IUTA Competitive Rules, including membership
729 requirements.

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

732 **14. STANDARDIZED/MINIMUM DISTANCES AND TOLERANCES**

733 An event organizer of an UT (Continuous) or UT (Day) is allowed to shorten the
734 standardized swim distance by a maximum of 0,06 kilometers (0.037 miles) per
735 longdistance and/or the standardized bike distance by a maximum of 0,25
736 kilometers (0.155 miles) per longdistance.

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



740 An event organizer of an UT (Continuous) or UT (Day) is not allowed to undercut
741 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

742 IUTA - Rules 2: Standardized Distances of an Ultra Triathlon
743 * 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

744 IUTA - Rules 3: Minimum Distances of an Ultra Triathlon
745 * lanes = calculated lanes in a 25-meters- and a 50-meters-pool

746 An event organizer of an UT (Staged) is allowed to expand the distances the way
747 he wants. All finishers get the world cup points for the covered ultra distance
748 (the minimum for the corresponding ultra distance must be covered in each
749 discipline) regarding the world cup points table in the section [IUTA World Cup
750 Challenge \(IUTA WCC\)](#). The same applies to point-to-point races whose course
751 lengths differ from Ultratriathlon standards.
752 For example: To get the points for a Double UT, the minimum of the swim part
753 must be 7,6 km, the minimum for the bike part must be 360 km and the
754 minimum for the run part must be 84,39 km.

755 15. TIME LIMITS AND BREAKS/RESTARTS

756 IUTA recommends time limits for each segment and overall as follows. The
757 recommendations are based on the average time +25% of all previous finisher
758 according to the respective distance. For UT in day-format the time limit
759 recommendation is 24 hours per day. There is no obligation for event organizers
760 to adopt these time limits. Depending on e.g. the severity of the course or safety
761 requirements, the time limits for each segment as well as the total cut off can be
762 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)

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

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

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

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

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

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

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

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

789 The restart could be done in two ways:

- 790 ▪ All athletes restart at the same time: That means the organizer has to add
791 the difference time from the first collected athlete to each other collected
792 athlete on their individual segment time. (recommended for bigger laps
793 and/or at per day UT where the daily cut-off could be a possible elimination
794 criterion)
- 795 ▪ The organizer does a „hunting start“: That means that the athletes start in
796 turn depending on the time differences recorded at the collection point,



797 starting with the first collected one. (recommended for shorter laps and
798 where the time limit is not an elimination criterion)

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

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

805 **16. ANTI DOPING POLICY**

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

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

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

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

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

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

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



834 **17. TECHNOLOGY FRAUD**

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

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

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

845 **18. SUPERVISION AND CONTROL**

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

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

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

850 Race officials are empowered:

- 851 ▪ to supervise and control the conduct of all participants, to require that a
852 participant withdraw from an event, and to intercede during a competition at
853 any stage to ensure that the IUTA rules are observed
- 854 ▪ to impose penalties for violations and penalize participants
- 855 ▪ to make decisions on any point not specifically covered in these rules
- 856 ▪ to examine the equipment or other items of any participant at any time to
857 check compliance with the IUTA rules, and to make the final and binding
858 decision as to whether any equipment or other item is improper or
859 unauthorized.

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

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

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

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



872 **19. MEDICAL SUPPORT**

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

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

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

882 **20. AWARDS AND PRIZES**

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

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

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

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

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

893 **21. SPECIAL RULES FOR THE IUTA WORLD CHAMPIONSHIPS**

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

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

- 900 ▪ 1st man and woman: 25 EUR * number of participants = prize money in EUR
- 901 ▪ 2nd man and woman: 15 EUR * number of participants = prize money in EUR
- 902 ▪ 3rd man and woman: 10 EUR * number of participants = prize money in EUR

903

904 The minimum prize money regardless the number of participants at the startline
905 is:

- 906 ▪ 1st man and woman: 1000 EUR
- 907 ▪ 2nd man and woman: 600 EUR
- 908 ▪ 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 ...		

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

910 An organizer is allowed to pay more prize money.

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

913 **22. IUTA WORLD CUP CHALLENGE (IUTA WCC)**

914 The IUTA World Cup Challenge is established for the four best point results of an
915 athlete obtained in a calendar year. Women and men are counted separately.
916 Within an event only one race per athlete is considered in the IUTA WCC. The
917 race with the most points achieved in that event is the one that counts. In IUTA
918 Grand Prix Races, indicated on our website, the points at the end of the following
919 calculation are reduced by 50% for each finisher.

920 The complete formula = (points from **Standard Points Table** + **Bonus Points**)
921 x **Additional Number of Starters Factor**, which is described as follows.
922 Decimal numbers are shown rounded as a whole number for the races; in the
923 overall total, they are rounded to two decimal places. The decimal separator
924 used is the comma.

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

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



Ultra Triathlon	Rank/Points									
	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
Hextuple	260	230	200	180	160	150	145	140	137	134
Septuple	270	240	210	190	170	160	155	150	147	144
Octuple	280	250	220	200	180	170	165	160	157	154
Nonuple	290	260	230	210	190	180	175	170	167	164
Deca	300	270	240	220	200	190	185	180	177	174
Quindecuple	350	320	290	270	250	240	235	230	227	224
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
Hextuple	132	130	128	126	124	122	120	119	118	117
Septuple	142	140	138	136	134	132	130	129	128	127
Octuple	152	150	148	146	144	142	140	139	138	137
Nonuple	162	160	158	156	154	152	150	149	148	147
Deca	172	170	168	166	164	162	160	159	158	157
Quindecuple	222	220	218	216	214	212	210	209	208	207
Double Deca	272	270	268	266	264	262	260	259	258	257
Triple Deca	372	370	368	366	364	362	360	359	358	357

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

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

935 For finishing an UT (Staged) all athletes get the points corresponding to the
 936 number of finished long distances, e.g. for an UT (Staged) with a 10km swim,
 937 421 km bike ride and 84,39 km run the athlete will get the points for a Double
 938 UT.

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

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

- 946 ▪ +20 points for each finisher of an IUTA World Championship race
- 947 ▪ +40 points for the athlete achieving a new world record



- 948 ▪ +20 points for the athlete achieving a new race record (not in races that were
949 held for the first time and not if there was no finisher in the corresponding
950 category yet and not if the corresponding athlete has broken a world record)
- 951 ▪ +5 points for the athlete(s) achieving the fastest time at the swim, the bike
952 and the run part, but only if the athlete finishes the race

953 **Additional Points** per athlete according to the **number of athletes at the**
954 **start line** in each race, no matter which format (Cont., Day, Split or Staged).
955 Formula for additional points = **1 + Athlete's Rank + Race Distance Factor**

956 Explanation for "1":

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

959 Explanation for "Athlete's Rank":

960 The calculation for the athlete's factor =

961 (Number of starters in a race – Ranking of the corresponding athlete) / 100

962 The athlete factor is based on the respective ranking and the total number of
963 starters in a race. In addition, the placement flows decisively into the calculation
964 as a factor in which the winner of a race with 50 starters has left 49 athletes
965 behind him (factor 0.49), the second placed 48 (factor 0.48) and so on.

966 Explanation for "Race Distance Factor":

967 Experience shows that there are fewer starters with increasing race length. This
968 is compensated by the race distance factor. It starts with 0.02 for a Double Ultra
969 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	...

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

971 **Example 1 for the complete calculation** of a male athlete at a Double UT,
972 who finished 7th out of 38 male participants and achieved the fastest bike split:

973 **Points from Standard Table = 105**

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

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

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

977 **Example 2 for the complete calculation** of a male athlete at a Deca UT, who
978 finished 7th out of 12 male participants and achieved the fastest swim split:

979 **Points from Standard Table = 185**

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

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

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

983 IUTA offers trophies and presents prize money to the first three athletes overall
984 of the men and women categories after addition of the point's results obtained
985 during a calendar year. If there are more than three athletes on the podium, the
986 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

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



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

998 **23. IUTA LONG DISTANCE CHALLENGE (IUTA LDC)**

999 IUTA offers a Long Distance Challenge in a calendar year. It's a challenge for the
 1000 athletes who finished the most long distances: A Double UT counts as two long
 1001 distances, a Triple UT as three long distances and so on, no matter if continuous-
 1002 or per-day-format. Non finished races don't count, not even partially. Included in
 1003 this challenge are all IUTA sanctioned races in a calendar year, except the UT
 1004 (Staged) races.

1005 Should two ore more athletes come to the same number of long distances:
 1006 ▪ The longer finished race (number of long distances) decides on the victory.
 1007 ▪ If this is also the same the athlete with the least number of participations
 1008 (participations mean finished and unfinished races) will win.
 1009 ▪ If all criteria are the same there are more than one athlete on the
 1010 corresponding podium place.

1011 IUTA presents prize money to the first three athletes overall of the men and
 1012 women categories after addition of finished long distances obtained during a
 1013 calendar year. If there are more than three athletes on the podium, the athletes
 1014 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

1015 *IUTA - Rules 9: Long Distance Challenge Prize Money*

1016 The prize money depends on the number of events (an event can include several
 1017 races) and the number of participations in the current calendar year.
 1018 If there are less than four events in a calendar year, the IUTA LDC is cancelled. If
 1019 the four events do not take place on at least two different continents, the IUTA
 1020 LDC is cancelled.
 1021 If there are fewer than 300 entries (an athlete may participate in more than one
 1022 race), the prize money will be reduced by 1% for each missing entry of 300.
 1023 Example: If there are 299 entries, the winner receives 300 EUR - 1% = 297 EUR.
 1024 The minimum limit is a 50% reduction in prize money, which applies to 250
 1025 entries per calendar year.



1026 **24. RECOGNITION OF ULTRA TRIATHLON RECORDS**

1027 Requirements for recognition of (world) records:

- 1028 ▪ The record must be achieved in an IUTA World Cup Race.
- 1029 ▪ The record must be achieved on measured tracks (bike and run) by an
1030 independent authority. The measurement protocol must be handed over to
1031 IUTA.
- 1032 ▪ There must be an electronic time system, which counts the number of laps
1033 and the time for each participant during the bike and run part. The event
1034 organizer has to provide the IUTA with the laps and times of the athlete, who
1035 achieved a new record.
- 1036 ▪ A negative doping test of the corresponding athlete, executed according to
1037 the rules of WADA and to the rules of IUTA.
- 1038 ▪ In point-to-point races no records can be achieved.
- 1039 ▪ In IUTA Grand Prix Races no records can be achieved.

1040 **25. RACE CONTRACTS**

1041 Specific issues such as financial contribution or special rules are defined by
1042 contract between the different parties, namely the event organizer and the IUTA.

1043 This contract shall provide a clear description of the race event in particular with
1044 aspects governing circuits and security rules.

1045 This contract is defined for a specified time and is subject to revisions and
1046 revoking clause as mutually agreed in the contract itself.

1047 **26. APPLICATION**

1048 IUTA rules are applicable in their entirety as of 1st January 2023.

1049 If individual regulations of these official IUTA rules should be whole or partially
1050 ineffective, then this does not affect the effectiveness of the remainder section or
1051 the remaining section.