



# IUTA Rules

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## 1. SCOPE

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

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

6 In that rule, 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

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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 five 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 rule, the different distances  
47 of an UT are referred as a „Double UT (Day)“, a „Triple UT (Day)“ and so forth  
48 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 5) A **UT (NonStop)** is a mixture of a UT (Day) and a UT (Continuous). A fixed  
65 number of Single Ultratriathlons must be completed consecutively. The time  
66 limit for the race must not exceed the number of Single Ultratriathlons  
67 multiplied by 24 hours. There is only one start and one finish in the whole  
68 race, i.e. the next following long distance may be started directly after the  
69 completion of the previous long distance in compliance with the respective  
70 regulations of the event organizer. The time between the end of the run  
71 portion and the start of the next swim portion must be recorded as  
72 „Transition 3“.
- 73 Example: In a Deca UT (NonStop), 10 long distances must be finished in  
74 direct succession. The time limit for the race must not exceed 240 hours. For  
75 each finisher, nine several times must be recorded for „Transition 3“.

76 IUTA World Championships (WC) can be organized if the event organizer  
77 respects the IUTA standards. Rules are described in the corresponding section.

78 IUTA organizes an IUTA World Cup Challenge (WCC). Rules are described in the  
79 corresponding section.

80 IUTA Grand Prix Races are not part of another challenge, but a possibility for  
81 event organizers to be part of IUTA WCC. The possibility exists for event  
82 organizers who are not able or have not been able to fully comply with all quality  
83 requirements from the concluded contract. In IUTA Grand Prix Races the



84 achieved points for the IUTA WCC will be reduced by 50%. In IUTA Grand Prix  
85 Races no World Records and no Continental Records can be achieved. A change  
86 of this status (World Cup Race/Grand Prix Race) in both directions can be  
87 determined by IUTA up to one month before the start of the corresponding  
88 event. Classification as an IUTA Grand Prix Race can also be determined by IUTA  
89 after the completion of an event. Rules are described in the corresponding  
90 sections.

### 91 **3. IUTA RESPONSIBILITIES**

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

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

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

### 103 **4. PARTICIPANTS**

---

104 All participants in events sanctioned by IUTA must be of adult age with regard to  
105 the country where the event take place and with regard to the startday of the  
106 event. All competitors, which means participants at the start line of an IUTA  
107 sanctioned race, will be automatically a member of IUTA but the participants  
108 must pay the required fee requested by the organizer and comply with all the  
109 requirements determined by IUTA.

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

113 Participants have the obligation to know and follow the IUTA rules in its entirety,  
114 the traffic laws applicable at the place of the event and the rules given by the  
115 event organizer. All participants commit to recognize the rules, regulations and  
116 policies of the WADA in its entirety. If there is a conflict between the rules of the  
117 event organizer and the rules of IUTA, the IUTA rules supersedes. If there is a  
118 conflict between the rules of the WADA and the rules of IUTA, IUTA rules  
119 supersedes.

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



## 124 5. CATEGORIES/AGE GROUPS

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125 A male and a female category are established and divided in age groups as  
126 follows. Athletes compete in the age group division corresponding their age on  
127 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

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

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

131 In principle, the IUTA is open to all genders. There is no uniform, globally valid  
132 regulation for the sport. Rather, the legislation of the respective country is  
133 decisive. Some countries recognize more than two genders, others do not.  
134 Therefore, we have decided: If an athlete feels that he belongs neither to the  
135 female category nor to the male category, the organizer can introduce a separate  
136 category for this athlete in compliance with the valid legislation of the venue. The  
137 organizer must explicitly list this category in the results lists of the event.

## 138 6. GENERAL CONDUCT AND SANCTIONS

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

- 143 ▪ 1st offense: Verbal warning and if necessary, a «stop and go» procedure
- 144 ▪ 2nd offense: Yellow card equivalent to 30 minutes penalty
- 145 ▪ 3rd offense: Red card equivalent to 120 minutes penalty
- 146 ▪ 4th offense and for the cases expressively mentioned thereafter: Black Card  
147 bringing to immediate disqualification. The disqualified participant shall be  
148 required to immediately withdraw from the race and vacate the course.

149 When a competitor receives a time penalty, the competitor must remain stopped  
150 under the direction of the race official for the prescribed period of time. The  
151 location of the stop will be determined by the race official. When the official  
152 indicates that the time penalty has expired, the athlete may continue the race.  
153 While in a penalty zone, an athlete may not accept any form of assistance or  
154 support from any other person. Any violation of these rules will result in  
155 disqualification.

156 Participants must cover the prescribed race in its entirety. It is the participant's  
157 responsibility to know the race course (does not apply to point-to-point races)



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158 and to follow the tracks defined by the organizer. Upon leaving the course, a  
159 participant shall re-enter the course and continue at the same point of departure.  
160 Participants intentionally short cutting the race shall be sanctioned of an  
161 immediate disqualification.

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

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

168 Participants must wear their start numbers clearly visible during the race and  
169 keep the start number in an unchanged and legible condition during the race.  
170 The participant must wear the swim cap and start number provided by the  
171 organizer. The start number must be worn at the back of the bike course and at  
172 the front of the running course. Further start numbers can be attached to the  
173 bike at the organizer's discretion. Participants will be warned if their number is  
174 not visible and must stop to put it in the correct position.

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

180 No participant shall endanger himself or other persons. Any participant, who  
181 intentionally presents a danger to any person or who, in the judgment of the  
182 event organizer, appears to present a danger to himself or other persons shall  
183 result in a penalty as described in this section. In the last consequence this can  
184 lead to disqualification.

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

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

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

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



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

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

- 199 ▪ Flagrant or intentional violation of the IUTA rules
- 200 ▪ Gross or continued unsportsmanlike conduct
- 201 ▪ Physical violence directed toward a race official, participant, volunteer,  
202 spectator or other persons
- 203 ▪ Any fraudulent act, such as falsifying name or age etc. or providing false  
204 information to IUTA, event organizer or race officials
- 205 ▪ Repetitive or recurring violations of the IUTA rules
- 206 ▪ Refusal to abide by the final determination by IUTA of any matter relating to  
207 the IUTA rules
- 208 ▪ Any act which disgraces or brings discredit to IUTA or our sports

209 All protests regarding race results must be submitted to the event organizer and  
210 to IUTA within two weeks after the official time limit of the respective race.

211 Violations of the IUTA/WADA Anti-Doping Rules and/or the IUTA Technology  
212 Fraud Rules will result in a disqualification. In both cases the IUTA will impose a  
213 temporary penalty that will exclude the convicted athlete from all IUTA  
214 sanctioned competitions. The minimum duration of this penalty is two years. The  
215 start of the penalty is the day on which the offense is detected, e.g. in the case  
216 of a positive doping test, the day of the (urine) test. In case of repeated violation  
217 of the same rule, the IUTA can impose a life ban for IUTA sanctioned races.

218 A suspended athlete is not entitled to a refund for entry fees already paid for  
219 future IUTA events.

220 A banned athlete loses all IUTA World Cup points for the calendar year in which  
221 cheating was detected. His participation in corresponding races is to be scored  
222 with "0" points.

223 A banned athlete loses his/her IUTA membership (at least) for the duration of  
224 the ban until the next start at an IUTA sanctioned race.

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

## **228 8. SWIMMING CONDUCT**

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

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



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

239 Use of gloves and/or booties may be exceptionally authorized at discretion of the  
240 event organizer for water temperatures below

- 241 • 18° Celsius (>4 km-12 km distance),
- 242 • 19° Celsius (>12 km-20 km distance) and
- 243 • 20° Celsius (distances > 20 km).

244 If it is absolutely necessary for the safety of the athletes to cover hands and/or  
245 feet, the event organizer has to do a written request to IUTA for an exception  
246 from the temperature thresholds. In any case, it requires the consent of the IUTA  
247 as part of the contract between IUTA and the event organizer.

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

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

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

262 A swimmer experiencing difficulty and in need of assistance shall wave his arms,  
263 and call or seek assistance. A swimmer, who has received official assistance,  
264 whether voluntary or involuntary, must retire and withdraw from the remainder  
265 of the race unless such assistance did not aid the swimmer in making forward  
266 progress. No swimmer shall return to the race if the official rendering assistance  
267 requests that the participant withdraws from the race or receives medical  
268 assistance.

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

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



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

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

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

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

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

292 The time for a possible shuttle service between the pool, lake or sea to the bike  
293 track has to be added to „Transition 1“ in the timetable. The clock does not stop.

294 If a swim must be canceled during an event or before the event starts (e.g. for  
295 safety reasons) the organizer has the right to switch to an ultra duathlon. The  
296 length of the first run part is the responsibility of the organizer. The race (ultra  
297 duathlon) will still be a part of the IUTA world cup and the point system for the  
298 IUTA world cup challenge (WCC) stays unchanged. In cases of switching to an  
299 ultra duathlon, records will be unrecognized. The ultra duathlon will not count as  
300 an ultra triathlon or a part of an ultra triathlon.

## 301 **9. TRANSITION**

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

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

313 No participant shall impede the forward progress of another participant or  
314 interfere with another participant's equipment while in the transition area. Any  
315 violation of this rule shall result in a penalty as described in section [General](#)  
316 [Conduct and Sanctions](#) unless such obstruction or interference renders another



317 participant unable to complete the event, in which case the penalty shall be  
318 disqualification.

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

## 322 **10. CYCLING CONDUCT**

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

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

- 330 ▪ Length cannot exceed two meters, and width cannot exceed 75 centimeters.
- 331 ▪ The distance from the ground to the center of the chain wheel axle must  
332 measure at least 24 centimeters.
- 333 ▪ A vertical line touching the front most point of the saddle may be no more  
334 than 5 centimeters in front of and no more than 15 centimeters behind a  
335 vertical line passing through the center of the chain wheel axle. The cyclist  
336 must not have the capability of adjusting the saddle beyond these limits  
337 during competition.
- 338 ▪ The "front-to-center" distance, which is defined as the distance between a  
339 vertical line passing through the center of the chain wheel axle and a vertical  
340 line passing through the center of the front axle, must measure not less than  
341 54 centimeters, except where the distance between the center of the chain  
342 wheel axle and the top of the saddle is less than 71 centimeters. In this case  
343 the front-to-center distance cannot be less than 50 centimeters. The "front-  
344 to-center" distance must measure not more than 65 centimeters, or seven  
345 eighths of the distance between the center of the chain wheel axle and the  
346 top of the saddle, whatever is greater. Applicability of the two foregoing  
347 exceptions is determined by measuring from a point on top of the saddle  
348 which is 14 centimeters behind the front most point of the saddle.
- 349 ▪ There must be no protective shield, fairing, or other device on any part of the  
350 bicycle (including frame, wheels, handlebars, chain wheel, and accessories)  
351 which has the effect of reducing resistance. Aerodynamic carriers for food,  
352 water, and or cycling provisions may be attached to or be an integral part of  
353 the aero-handlebars if they meet the following guidelines:
  - 354 a) The carrier can pass from front to rear, through a rectangular loop with  
355 dimensions of 10 inches (25 cm) in width and 8 inches (20 cm) in height.
  - 356 b) The front of the carrier is behind the cyclist's hands when the hands are  
357 placed in their customary position on the end of the aero bars, and
  - 358 c) The length of the carrier is no greater than 10 inches (25 cm) front to  
359 rear.



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

- 366 ▪ No additional equipment, whether it is worn under the competitor's clothing,  
367 over the competitors clothing, or is otherwise attached to the athlete's body,  
368 which has the effect of reducing wind resistance is permitted. An exception is  
369 the use of safety helmets. Such helmets may have the effect of reducing the  
370 wind resistance of the head only.
- 371 ▪ Except as otherwise determined by the race director in the interest of safety,  
372 the front wheel may be of a different diameter than the rear wheel, but the  
373 front wheel must be of spoke construction. The rear wheel may be either  
374 spoke or solid construction. Wheel covers shall only be permitted on the rear  
375 wheel.
- 376 ▪ No wheel may contain any mechanism which is capable of accelerating the  
377 wheel.
- 378 ▪ Handlebars and stem must be fashioned to prevent any danger. All handlebar  
379 ends must be solidly plugged to lessen the possibility of injury.
- 380 ▪ There must be one working brake on each of the two wheels. Disc brakes are  
381 allowed.
- 382 ▪ There must be a free-wheeling mechanism between the crank and the rear  
383 wheel that allows the bicycle to roll forward while the pedals remain  
384 stationary.
- 385 ▪ All aspects of the bicycle must be safe to the user and to other participants in  
386 the event. Minimum safety standards include, but are not limited to, properly  
387 glued and sealed tires, tight headset and handlebars, and true wheels.

388 Participants shall not make any forward progress unaccompanied by their  
389 bicycle. If a bike is not working, no matter at what point of the track, the  
390 participant is allowed to accept help from his team, the event organizer or other  
391 competitors. The participant may be brought spare parts or even a spare bike.  
392 Should the participant not be able to continue the race immediately despite the  
393 help, the point of exit must be marked. A continuation of the race must take  
394 place at the exit point.

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

401 All participants shall exercise extreme caution and shall decrease speed, if  
402 necessary, in passing the site of any accident.



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

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

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

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

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

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

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

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

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

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

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

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



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

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

- 448 ▪ When entering the drafting zone from the rear, closing the gap, and  
449 overtaking all within no more than 30 seconds.
- 450 ▪ When cyclists reduce speed for safety reasons, for course blockage, for an aid  
451 station, for an emergency, entering or exiting a transition or supporting area  
452 or making a turn of 90 degrees or more.

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

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

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

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

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

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

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

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



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

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

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

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

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

## 502 **11. RUNNING CONDUCT**

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

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

511 The thickness of the soles of running shoes and the number of carbon plates  
512 included is not regulated. The free choice of shoes applies.

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

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

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

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



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

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

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

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

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

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

## 544 **12. ACCOMPANIMENT ON THE RACE TRACK**

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

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

550 Accompaniment during cycling means that a supporter is only allowed to ride  
551 behind his athlete. The supporter must also comply with the road traffic  
552 regulations of the respective country. The supporter is forbidden to hand over  
553 food, drink, clothing or other utensils during the ride. The accompaniment is for  
554 safety purposes only. Accompaniment while cycling is allowed for a maximum of  
555 every three hours for two laps or every three hours for a maximum of 20  
556 kilometers. Whichever limit (two laps or 20 kilometers) is reached first is  
557 decisive.

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

560 Accompaniment during the run means that a supporter is allowed to run next to  
561 or behind his athlete. Accompaniment by a cyclist is allowed in the same way,  
562 should the course be suitable for it. The supporter is prohibited from handing  
563 over food, drink, clothing or other utensils during the accompaniment. An



564 exception for the handover is the zone designated by the organizer, usually the  
565 "pit lane" of the athletes/supporters. This zone must be clearly designated by the  
566 organizer in the briefing or the announcement; ideally it should also be marked.

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

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

571 The organizer has the final decision for his races. He can prohibit the  
572 accompaniment on the bike and run course completely, if there are compelling  
573 reasons for it.

## 574 **13. LITTERING**

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575 An athlete who does not dispose of his waste in the bins or zones designated for  
576 this purpose shall be asked to remedy the deficiency as per the event organizer's  
577 request. If no bins or zones are designated, the athlete is required to use his/her  
578 own suitable bin for waste disposal. A deficiency arises when the event organizer  
579 determines that an athlete is polluting the environment. Correction of the  
580 deficiency can be done in two ways:

- 581 1. The athlete concerned can instruct his team to collect the waste and dispose of  
582 it properly. The athlete must be stopped by the event organizer in a (flying)  
583 penalty zone for the entire duration of the removal of the deficiency.
- 584 2. The athlete concerned can remove the deficiency himself. For this purpose, he  
585 may, if necessary, leave the official race track.

586 In both cases the official clock continues to run. The duration associated with the  
587 removal of the deficiency represents a time penalty for an unlimited period of  
588 time. The event organizer alone decides whether the deficiency has been  
589 eliminated.

590 In case of repetition the athlete has to be disqualified by the event organizer.

## 591 **14. IUTA TRIATHLON MODIFICATIONS FOR PARA-TRIATHLETES**

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### 592 13.1 GENERAL

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

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

- 596 ▪ Prosthetic users - In both bike and run segments, the athlete may use  
597 approved prosthesis or other supportive devices.
- 598 ▪ Wheelchair users - Athletes shall use a recumbent hand cycle on the bike  
599 course and a racing wheelchair on the run segment



600     ▪ Visual impairment - one guide of the same sex may be used for each leg of  
601     the race. Athlete is tethered during the swim portion, must ride a tandem  
602     bicycle, and may choose an elbow lead or tether lead.

603     Each para-triathlete shall be required to:

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

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

## 611     13.2 SWIMMING CONDUCT

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

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

615     Prosthetic and orthotic devices are considered propulsive devices and are not  
616     allowed for any category. The use of floating devices for para-athletes is allowed,  
617     but the device must be worn completely under the wetsuit. It must not be  
618     visible.

## 619     13.3 CYCLING CONDUCT AND EQUIPMENT, NON-WHEELCHAIR USERS

620     Para-triathletes shall be governed by the following with regard to cycling  
621     conduct:

- 622     ▪ All bicycles and tricycles shall be propelled by human force.
- 623     ▪ Rigid prosthetic adaptations that are mounted or affixed to any part of the  
624     cycle are not allowed.
- 625     ▪ A rider shall be supported solely by the pedals, the saddle and the  
626     handlebars.
- 627     ▪ Competitors not wearing prosthesis may use a support for the thigh only if  
628     the thigh is not affixed to the bicycle.
- 629     ▪ No guide dogs will be allowed on the bike course at any time.

## 630     13.4 CYCLING CONDUCT AND EQUIPMENT, WHEELCHAIR USERS

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

- 632     ▪ A hand cycle shall be an arm powered, three wheeled vehicles with an open  
633     frame of tubular construction which conforms to the general principles of  
634     International Cycling Union (UCI) construction for bicycles (except that the  
635     chassis frame tubes need not be straight.) For the seat or backrest  
636     construction, the maximum frame tube diameter may not exceed the  
637     maximum defined by the general principles of UCI.
- 638     ▪ The single wheel may be of a different diameter to the double wheels. The  
639     front wheel or wheels shall be steerable; the single wheel, either front or rear,  
640     shall be driven through a system comprising handgrips and a chain. The hand



- 641 cycle shall be propelled solely through a chain set and conventional cycle  
642 drive train, of crank arms, chain wheels, chain and gears, with handgrips  
643 replacing foot pedals. It shall be propelled by the hands, arms and upper  
644 body only.
- 645 ▪ The hand cycle must have a working brake system on the front wheel.
  - 646 ▪ The horizontal of the rider's eye line must be above the crank housing (crank  
647 set) when the rider's hands are on the handlebars facing forward at full  
648 extent, the tip of both shoulder blades are in contact with the backrest and  
649 the head is in contact with the headrest (when applicable).
  - 650 ▪ From the seated recumbent position described above (P1.7, d), conforming  
651 measurements are calculated as follows; (#1) the distance from the ground  
652 to the center of the rider's eyes and (#2) the distance from the ground to the  
653 center of the crank housing (crank set). Measurement #1 (from the eyes to  
654 the ground) must be equal or greater than measurement #2 (from the center  
655 of the crank housing to the ground.)
  - 656 ▪ The rider shall remain seated in the recumbent position with bodyweight  
657 supported through the seat and backrest. The seat angle must be a minimum  
658 of 300 and a maximum of 450, measured between the horizontal and the  
659 back of the rider.
  - 660 ▪ All hand cycles must have a mirror fixed either to the helmet of the rider or at  
661 some point on the front of the bike to ensure rear-view vision.
  - 662 ▪ Wheels of the hand cycle may vary in diameter between a minimum 406 mm  
663 and a maximum of 622 mm. Modified hub attachments may be used if  
664 necessary. The width of hand cycle double wheels may vary between 55 cm  
665 minimum and 70 cm maximum, measured at the center of each tire where  
666 the tires touch the ground. Wheels must be of spoke construction. Solid disc  
667 wheels and wheel covers are not allowed.
  - 668 ▪ A hand cycle shall not measure more than 250 cm in length. Its maximum  
669 width shall be 70 cm.
  - 670 ▪ The shifting device may be located within the extremities of the handlebars,  
671 or to the side of the participant's body.
  - 672 ▪ The largest chain ring shall have a guard securely fitted to protect the rider.  
673 The protection shall be made of a sufficiently solid material which fully covers  
674 the chain ring over the half of its circumference (180°) on the side facing the  
675 rider.
  - 676 ▪ Maximum frame tube dimension shall be 80 mm, irrespective of tube material  
677 or profile. Any fillets or ribs, inserted at joins between tubes, shall be for  
678 strengthening purposes only. Non-functional, aerodynamic devices are not  
679 permitted for competition.
  - 680 ▪ A quick release body harness is permitted.
  - 681 ▪ A hand cycle with two rear wheels shall be fitted with a safety bar that  
682 prevents the front wheel of a following bicycle, tricycle or hand cycle from  
683 entering the space between the two wheels. The bar may not extend outside  
684 the width of the two wheels and the bar ends must be closed or plugged. The  
685 bar shall be a round tube with a minimum diameter of 18 mm and must be  
686 fitted no less than 13 mm nor more than 17 mm behind the rear wheels. The  
687 distance from the ground to the center of the bar axis must measure no less



- 688 than 270mm nor more than 290 mm. The structure and assembly of the bar  
689 must ensure that safe functioning is not affected by normal road conditions.  
690 ▪ It is the responsibility of the competitor that the hand cycle conforms to all  
691 the above rules  
692 ▪ Competitors shall wear CPSC approved bicycle helmets at all times while  
693 seated in the hand cycle.

## 694 13.5 RUNNING CONDUCT, NON-WHEELCHAIR USERS

695 Para-triathletes shall be governed by the following with regard to running  
696 conduct:

- 697 ▪ Approved prosthetic devices on affected limbs and/or crutches are allowed.  
698 ▪ No footwear other than running shoes or approved prosthetics shall be  
699 allowed.  
700 ▪ Prosthetic devices are not allowed for any limb that does not meet the  
701 minimum impairment standard.  
702 ▪ No Guide dogs are allowed on the run course.

## 703 13.6 RUNNING CONDUCT AND EQUIPMENT, WHEELCHAIR-USERS

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

705 The racing wheelchair must conform to the following specifications:

- 706 ▪ The wheelchair shall have two large rear wheels and one small front wheel.  
707 ▪ A brake shall be attached to the front wheel.  
708 ▪ No part of the body of the chair may extend forward beyond the hub of the  
709 front wheel and be wider than the inside of the hubs of the two rear wheels.  
710 The maximum height from the ground of the main body of the chair shall be  
711 50cm.  
712 ▪ The maximum diameter of the large wheel including the inflated tire shall not  
713 exceed 70cm. The maximum diameter of the small wheel including the  
714 inflated tire shall not exceed 50cm.  
715 ▪ Only one round hand rim is allowed for each large wheel. This rule may be  
716 waived for persons requiring a single arm drive chair, if so stated on their  
717 medical qualification cards.  
718 ▪ No mechanical gears or levers shall be allowed that may be used to propel the  
719 chair.  
720 ▪ Only hand operated, mechanical steering devices will be allowed.  
721 ▪ Competitors must be able to turn the front wheel(s) manually both to the left  
722 and the right.  
723 ▪ Mirrors are permitted but are not required.  
724 ▪ No part of the chair may protrude behind the vertical plane of the back edge  
725 of the rear tires.  
726 ▪ It is the responsibility of the competitor that the wheelchair conforms to all  
727 the above rules and no event shall be delayed while the competitor makes  
728 adjustments to the chair.  
729 ▪ Competitors must ensure that no part of their lower limbs can fall to the  
730 ground during the event.



- 731     ▪ Competitors shall wear CPSC approved bicycle helmets at all times while  
732     seated in the chair.
- 733     ▪ Propulsion by any method other than pushing on the wheels or push-rims  
734     shall result in disqualification. An overtaking para-triathlete bears  
735     responsibility of ensuring full clearance of the chair before moving laterally  
736     across the path of the overtaken participant. A para-triathlete being  
737     overtaken shall not obstruct or impede the passing athlete once the front  
738     wheels of the passing chair are within sight.
- 739     ▪ PTWC athletes shall be judged as finished when any part of the torso reaches  
740     the perpendicular plane extending from the leading edge of the finish line.

## 741     13.7 VISUALLY-IMPAIRED PARA-TRIATHLETE AND GUIDE CONDUCT

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

- 743     ▪ Competitors must furnish and use one guide of the same gender in  
744     competition.
- 745     ▪ Guides must be a minimum of 16 years of age on the day of the event.
- 746     ▪ The competitor may choose to use an elbow lead or tether lead.
- 747     ▪ All competitors must be tethered during the swim. The tether may be used  
748     around the waist, leg or foot.
- 749     ▪ During the run portion, competitors may receive verbal instruction only from  
750     their guide.
- 751     ▪ Bicycles, paddle boards or any other mechanical means of transport may not  
752     be used by guides on the swim or run.
- 753     ▪ Competitors must use a tandem bicycle. The specifications of the tandem  
754     bicycle are:
- 755         ○ The tandem bicycle is a vehicle for two riders, with two wheels of equal  
756         diameter, which conforms to the general principles of UCI construction  
757         for bicycles. The front wheel shall be steerable by the front rider, known  
758         as the “pilot”. The guide shall be the front rider and the PTIV competitor  
759         will ride in the rear. Both riders shall face forward in the traditional  
760         cycling position and the rear wheel shall be driven by both cyclists  
761         through a system comprising pedals and chains.
- 762         ○ The tandem top tube, and any additional strengthening tubes, may slope  
763         to suit the morphological sizes of the riders.
- 764     ▪ The tandem bicycle shall measure no more than 2.70 meters in length and  
765     0.5 meters in width. At no time shall the guide lead or pace the athlete or  
766     propel the athlete forward by pulling or pushing.
- 767     ▪ Whether or not a tether is being used, the athlete and guide shall not be  
768     more than 0.5 meters apart at all times.
- 769     ▪ As the PTIV athlete crosses the finish line, the guide must maintain no more  
770     than the required 0.5 meters maximum separation distance and may not  
771     precede the athlete.
- 772     ▪ Guides shall be subject to all IUTA Competitive Rules, including membership  
773     requirements.

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



## 776 15. STANDARDIZED/MINIMUM DISTANCES AND TOLERANCES

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

781 An event organizer of an UT (Continuous) or UT (Day) or UT (Split) or UT  
782 (NonStop) is allowed to expand the distances on each discipline, but he has the  
783 commitment to get as close as possible to the standardized distances for each  
784 discipline.

785 An event organizer of an UT (Continuous) or UT (Day) or UT (Split) or UT  
786 (NonStop) is not allowed to undercut 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

787 IUTA - Rules 2: Standardized Distances of an Ultra Triathlon  
788 \* 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

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

791 An event organizer of an UT (Staged) is allowed to expand the distances the way  
792 he wants. All finishers get the world cup points for the covered ultra distance  
793 (the minimum for the corresponding ultra distance must be covered in each  
794 discipline) regarding the world cup points table in the section [IUTA World Cup  
795 Challenge \(IUTA WCC\)](#). The same applies to point-to-point races whose course  
796 lengths differ from Ultratriathlon standards.  
797 Example: To get the points for a Double UT, the minimum of the swim part must



798 be 7,6 km, the minimum for the bike part must be 360 km and the minimum for  
799 the run part must be 84,39 km.

## 800 16. TIME LIMITS AND BREAKS/RESTARTS

801 IUTA recommends time limits for each segment and overall, as follows. The  
802 recommendations in the table below are based on the average time + 25% of all  
803 previous finisher according to the respective distance.

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

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

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

806 For UT in day-format the time limit recommendation is 24 hours per day.

807 There is no obligation for event organizers to adopt these time limits. Depending  
808 on e.g. the severity of the course or safety requirements, the time limits for each  
809 segment as well as the total cut off can be freely chosen. The time limits of each  
810 section and the overall cut-off, set by the event organizer, must be announced  
811 on the event organizer's website before the competition.

812 The total cut-off is considered the definitive end of a race. The cut-off for the  
813 swim segment may be extended by the event organizer during the race as long  
814 as the safety of the athletes, supporters and volunteers is ensured. The  
815 extension of the cut-off of the swim segment is at the expense of the time for  
816 the bike segment and does not affect the cut-off for swim + transition 1 + bike  
817 and does not affect the total cut-off.

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

822 The official race time will be measured from the start of the race to when it ends.  
823 In UT (Day) every day has one start and one end. Any stoppages to the race,  
824 e.g. due to inclement weather, will not stop the clock.

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



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

834 The restart could be done in two ways:

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

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

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

## 850 **17. ANTI DOPING POLICY**

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851 IUTA adheres to the rules, regulations and policies of the World Anti-Doping  
852 Agency (WADA). With regard to penalties for doping violations, the IUTA  
853 reserves the right to follow its own rules, which are described in the section [Acts  
854 of warranting Suspension and Protest](#). All participants and event organizers of  
855 IUTA sanctioned races commit to recognize the rules, regulations and policies of  
856 WADA and IUTA in its entirety. It is the responsibility of each participant and  
857 event organizer of IUTA sanctioned races to know and to comply with the  
858 applicable anti-doping IUTA-Rules and WADA rules, regulations and policies.

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

860 Event organizers are obliged to have anti-doping controls and analyses carried  
861 out exclusively by WADA-accredited national anti-doping agencies or by WADA-  
862 accredited full-service partners such as PWC ([www.pwc-gmbh.de](http://www.pwc-gmbh.de)) or IDTM  
863 ([www.idtm.se](http://www.idtm.se)).

864 Testing of athletes may take place at any place or any time. If an athlete refuses  
865 and/or prevents an anti-doping test for any reason whatsoever, the process shall  
866 be considered a positive result. An athlete with a positive result in the anti-  
867 doping test must be disqualified immediately. The athlete concerned must be  
868 listed as DQF (disqualified) in the official results lists for the race in question. The  
869 convicted athlete must return all trophies and prize money received during the  
870 event at which the violation occurred. In addition, the convicted athlete shall



871 bear all costs of anti-doping controls that have convicted him/her of cheating,  
872 should the organizer so require. The possible opening of the B-sample is also  
873 fully at the athlete's expense.

874 Any athlete tested positive must be aware that his/her national anti-doping  
875 agency will ask IUTA for all documents. The national sports authorities will decide  
876 on further sanctions (e.g. duration of the suspension and/or exclusion from  
877 competitions). The decisions of national anti-doping agencies have no influence  
878 on the decisions of IUTA.

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

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

886 Which and how many athletes of an event an event organizer has to test will be  
887 an individual part of the contract between the event organizer and IUTA. The  
888 same applies to the substances to test. It is recommended to test the winners  
889 and 10% of the rest of the participants randomly.

## 890 **18. TECHNOLOGY FRAUD**

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

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

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

## 901 **19. SUPERVISION AND CONTROL**

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902 The event organizer shall designate a general marshal and race officials. If IUTA  
903 can provide a representative he will act as general marshal.

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

906 Race officials are empowered:

- 907 ▪ to supervise and control the conduct of all participants, to require that a  
908 participant withdraw from an event, and to intercede during a competition at  
909 any stage to ensure that the IUTA rules are observed



- 910     ▪ to impose penalties for violations and penalize participants  
911     ▪ to make decisions on any point not specifically covered in these rules  
912     ▪ to examine the equipment or other items of any participant at any time to  
913         check compliance with the IUTA rules, and to make the final and binding  
914         decision as to whether any equipment or other item is improper or  
915         unauthorized.

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

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

923     The Official can stop the race for bad weather or any other reason as he deems  
924     necessary or as requested by the race director but this will not stop the race  
925     clock.

926     In an extraordinary situation the organizer should contact an IUTA official.

## 927     **20. MEDICAL SUPPORT**

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

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

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

## 937     **21. AWARDS AND PRIZES**

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

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

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

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

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



## 948 22. SPECIAL RULES FOR THE IUTA WORLD CHAMPIONSHIPS

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

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

- 955 ▪ 1st man and woman: 25 EUR \* number of participants = prize money in EUR
- 956 ▪ 2nd man and woman: 15 EUR \* number of participants = prize money in EUR
- 957 ▪ 3rd man and woman: 10 EUR \* number of participants = prize money in EUR

958  
959 The minimum prize money regardless the number of participants at the startline  
960 is:

- 961 ▪ 1st man and woman: 1000 EUR
- 962 ▪ 2nd man and woman: 600 EUR
- 963 ▪ 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 ...		

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

965 An organizer is allowed to pay more prize money.

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



## 968 23. IUTA WORLD CUP CHALLENGE (IUTA WCC)

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

971 If two or more athletes have the same number of points at the end of a calendar  
972 year, the better ranking in the IUTA five-years ranking, which can be viewed on  
973 the website, determines the ranking in the IUTA WCC.

974 Within an event only one race per athlete is considered in the IUTA WCC. The  
975 race with the most points achieved in that event is the one that counts.

976 In IUTA Grand Prix Races, indicated on our website, the points at the end of the  
977 following calculation are reduced by 50% for each finisher.

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

980 Decimal values are rounded to whole numbers for each individual race.

Ultra Triathlon	Rank/Points									
	1	2	3	4	5	6	7	8	9	10
<b>Double</b>	220	190	160	140	120	110	105	100	97	94
<b>Triple</b>	230	200	170	150	130	120	115	110	107	104
<b>Quadruple</b>	240	210	180	160	140	130	125	120	117	114
<b>Quintuple</b>	250	220	190	170	150	140	135	130	127	124
<b>Hextuple</b>	260	230	200	180	160	150	145	140	137	134
<b>Septuple</b>	270	240	210	190	170	160	155	150	147	144
<b>Octuple</b>	280	250	220	200	180	170	165	160	157	154
<b>Nonuple</b>	290	260	230	210	190	180	175	170	167	164
<b>Deca</b>	300	270	240	220	200	190	185	180	177	174
<b>Quindecuple</b>	350	320	290	270	250	240	235	230	227	224
<b>Double Deca</b>	400	370	340	320	300	290	285	280	277	274
<b>Triple Deca</b>	500	470	440	420	400	390	385	380	377	374
	11	12	13	14	15	16	17	18	19	20
<b>Double</b>	92	90	88	86	84	82	80	79	78	77
<b>Triple</b>	102	100	98	96	94	92	90	89	88	87
<b>Quadruple</b>	112	110	108	106	104	102	100	99	98	97
<b>Quintuple</b>	122	120	118	116	114	112	110	109	108	107
<b>Hextuple</b>	132	130	128	126	124	122	120	119	118	117
<b>Septuple</b>	142	140	138	136	134	132	130	129	128	127
<b>Octuple</b>	152	150	148	146	144	142	140	139	138	137
<b>Nonuple</b>	162	160	158	156	154	152	150	149	148	147
<b>Deca</b>	172	170	168	166	164	162	160	159	158	157
<b>Quindecuple</b>	222	220	218	216	214	212	210	209	208	207
<b>Double Deca</b>	272	270	268	266	264	262	260	259	258	257
<b>Triple Deca</b>	372	370	368	366	364	362	360	359	358	357

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



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

987 It is not differentiated between UT Continuous, UT Day, UT Split and UT  
988 NonStop.

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

992 For finishing an UT (Staged) all athletes get the points corresponding to the  
993 number of finished long distances, e.g. for an UT (Staged) with a 10km swim,  
994 421 km bike ride and 84,39 km run the athlete will get the points for a Double  
995 UT.

996 If two or more athletes in a race finish with the same time (in same place) the  
997 corresponding world cup rank points will be added and divided through the  
998 number of finishers at the same time (place). Example: Two athletes finish a  
999 "Double" in 5th place at the same time. The points for rank 5 and rank 6 will be  
1000 added and divided through 2 (for 2 athletes) => (120 points + 110 points) / 2  
1001 athletes = 115 points for each athlete.

1002 Possible **Bonus Points** per athlete in each race:

- 1003 ▪ +20 points for each finisher of an IUTA World Championship race
- 1004 ▪ +40 points for the athlete achieving a new world record
- 1005 ▪ +20 points for the athlete achieving a new race record (not in races that were  
1006 held for the first time and not if there was no finisher in the corresponding  
1007 category yet and not if the corresponding athlete has broken a world record)
- 1008 ▪ +5 points for the athlete(s) achieving the fastest time at the swim, the bike  
1009 and the run part, but only if the athlete finishes the race

1010 **Additional Points** per athlete according to the **number of athletes at the**  
1011 **start line** in each race, no matter which format (Cont., Day, Split or Staged).

1012 Formula for additional points = **1 + Athlete's Rank + Race Distance Factor**

1013 Explanation for "1":

1014 The number "1" serves to ensure that additional points or that the total value of  
1015 the 2nd factor in the complete multiplication calculation is always above 1.

1016 Explanation for "Athlete's Rank":

1017 The calculation for the athlete's factor =

1018 (Number of starters in a race – Ranking of the corresponding athlete) / 100

1019 The athlete factor is based on the respective ranking and the total number of  
1020 starters in a race. In addition, the placement flows decisively into the calculation  
1021 as a factor in which the winner of a race with 50 starters has left 49 athletes  
1022 behind him (factor 0,49), the second placed 48 (factor 0,48) and so on.

1023 Explanation for "Race Distance Factor":

1024 Experience shows that there are fewer starters with increasing race length. This



1025 is compensated by the race distance factor. It starts with 0,02 for a Double Ultra  
 1026 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	...

1027 *IUTA - Rules 7: World Cup – Race Distance Factor*

1028 **Example 1 for the complete calculation** of a male athlete at a Double UT,  
 1029 who finished 7<sup>th</sup> out of 38 male participants and achieved the fastest bike split:

1030 **Points from Standard Table = 105**

1031 **Bonus Points** for fastest bike split = **5**

1032 **Additional Number of Starters Factor** =  $1 + (38 - 7) / 100 + 0,02 = 1,33$

1033 Race total points for the IUTA World Cup =  $(105 + 5) \times 1,33 = 146,3 = 146$

1034 world cup points as rounded value.

1035 **Example 2 for the complete calculation** of a male athlete at a Deca UT, who  
 1036 finished 7<sup>th</sup> out of 12 male participants and achieved the fastest swim split:

1037 **Points from Standard Table = 185**

1038 **Bonus Points** for fastest swim split = **5**

1039 **Additional Number of Starters Factor** =  $1 + (12 - 7) / 100 + 0,1 = 1,15$

1040 Race total points for the IUTA World Cup =  $(185 + 5) \times 1,15 = 218,5 = 219$

1041 world cup points as rounded value.

1042 IUTA offers trophies and presents prize money to the first three athletes overall  
 1043 of the men and women categories after addition of the point's results obtained  
 1044 during a calendar year. If there are more than three athletes on the podium, the  
 1045 athletes have to share the prize money for their corresponding podium place.

1st woman and man	2nd woman and man	3rd woman and man
750 EUR	500 EUR	250 EUR

1046 *IUTA - Rules 8: World Cup Challenge Prize Money*

1047 The prize money depends on the number of events (an event can include several  
 1048 races) and the number of participations in the current calendar year.

1049 If there are less than four events in a calendar year, the IUTA WCC is cancelled.

1050 If there are fewer than 300 entries (an athlete may participate in more than one  
 1051 race), the prize money will be reduced by 1% for each missing entry of 300.

1052 Example: If there are 290 entries, the winner receives  $750 \text{ EUR} - 10\% = 675$

1053 EUR. The minimum limit is a 50% reduction in prize money, which applies to 250

1054 entries per calendar year.



## 1055 **24. RECOGNITION OF ULTRA TRIATHLON RECORDS**

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1056 Requirements for recognition of (world) records:

- 1057 ▪ The record must be achieved in an IUTA World Cup Race.
- 1058 ▪ The record must be achieved on measured tracks (bike and run) by an  
1059 independent authority. The measurement protocol must be handed over to  
1060 IUTA.
- 1061 ▪ There must be an electronic time system, which counts the number of laps  
1062 and the time for each participant during the bike and run part. The event  
1063 organizer has to provide the IUTA with the laps and times of the athlete, who  
1064 achieved a new record.
- 1065 ▪ A negative doping test of the corresponding athlete, executed according to  
1066 the rules of WADA and to the rules of IUTA.
- 1067 ▪ In point-to-point races no records can be achieved.
- 1068 ▪ In IUTA Grand Prix Races no records can be achieved.

## 1069 **25. RACE CONTRACTS**

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1070 Specific issues such as financial contribution or special rules are defined by  
1071 contract between the different parties, namely the event organizer and the IUTA.

1072 This contract shall provide a clear description of the race event in particular with  
1073 aspects governing circuits and security rules.

1074 This contract is defined for a specified time and is subject to revisions and  
1075 revoking clause as mutually agreed in the contract itself.

## 1076 **26. APPLICATION**

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1077 IUTA rules are applicable in their entirety as of 1st January 2024.

1078 If individual regulations of these official IUTA rules should be whole or partially  
1079 ineffective, then this does not affect the effectiveness of the remainder section or  
1080 the remaining section.