



RULES of the TRIATHLON L EMBRUN

1. The regulations in force for the event are those of the FFTRI
2. The different categories awarded are as follows :
 - 3 first women and 3 first men in the scratch (Price Money)
 - 3 first women and 3 first men in each category (junior, senior, master) without cumulative

Price Money (Scratch) for Women and Men

	Women	Men
1st	800€	800€
2nd	500€	500€
3rd	300€	300€
4th	200€	200€
5th	100€	100€

3. It is imperative to respect the highway code
4. It is forbidden to receive external help and therefore any following vehicle is forbidden, cyclists and pedestrian guides are also forbidden on pain of disqualification
5. Only the official referees of the FFTRI can apply sanctions or delegate a power to an organization commissioner
6. The official referees are dressed in blue and grey attire
7. Prohibition to overtake another competitor for all crossings and crossing bridges
8. A competitor who wishes to retire or who is disqualified is required to give his bib and transponder to a referee or to the nearest organizing post
- 9. No refund of registration fees in case of defection of the triathlete for any reason whatsoever. Be careful, this point is important. However, in the event of an accident or illness, upon presentation of a medical certificate attesting and formally specifying the physical inability to participate on July 3rd, 2022 in the L Embrun Triathlon OR in the event of the death of one of the parents, spouse or child of the competitor in the week preceding July 3rd, 2022 and on presentation of a death certificate and proof of family relationship. In these two cases only, a reimbursement of 50% of the registration fee paid will be granted to the competitor for the year 2022. No other exemption will be accepted.**

If the event is canceled 2 months before the date of the event for health reasons related to Covid 19, a refund of 100% of the registration fee paid will be granted to the competitor for the year 2022.

10. The number of participants is limited to **700 participants** for the 2022 edition.

11. The registration price is **120€**. The registration deadline is 06/15/2022 and can only be done online on the website www.embruntriathlon.com
Price of the Competition Pass : **40€**.

12. The swimming cap, 1 bib, 1 bicycle plate are provided by the organizer. This material will become the property of the competitor after the race. A transponder will be loaned and must be returned on arrival.

13. Triathletes will be required to wear the bib (**bib carrier belt compulsory but not provided by the organization**) without any part of them being hidden or removed. It will be the same for swimming caps and bicycle plates.

14. The cycling helmet and swimming cap are mandatory as well as the bib and the bike plate. In the bicycle park, the bicycle is hung by the saddle on the barriers.

15. **Opening of the bike park : Sunday 07/03/2022 from 5.30am to 7.30am**

16. The movements of the competitors in the bicycle park will be done only on foot.

17. The line drawn at the exit of the bicycle park and the line drawn at the arrival of the bicycle will indicate the place where the competitors must get on the bike and get off the bike

18. **The departure will be on Sunday 07/03/2022 at 8.30am for women and 8.35am for men**

19. **DISQUALIFICATION TIMES** :

Swimming (1h10)	Km 0	9.45am
Bike (4h55)	Le Sauze du Lac – km 19,9	11.05am
	Col St Jean – km 38	12.18am
	Col Lebraut – km 62,8	1.35pm
	Bike park – km 90	2.40pm
Running (2h40)	End 1st loop – km 10,5	4.00pm
	Finish Line – km 21	5.20pm

Any competitor arriving at these different positions after these times will be automatically disqualified and must return their bib and transponder to a referee or to a member of the organization

20. **Mandatory presence at the briefing on Sunday 07/03/2022 from 8.00am to 8.20am in the bike park at the Plan d'eau d'Embrun**

21. **Each competitor must comply with the requirements in force on the date of the event (health pass, wearing a mask, social distancing, barrier gestures, vaccination etc. or any other measure) decreed by the government.**

22. Composition of supplies : Mineral water, sparkling water, coca-cola, fruits and/or dried fruits

23. Refreshment stations :

Swimming : none

Bike : Col du Sauze du Lac summit – La Bréole* – Col Lebraut summit*

***(A full container will be given in exchange for an empty container. No refilling)**

Running CNA - UCPA (roundtrip) – Roundabout Intersport – Chemin sous le Roc

24. Distances :

Swimming	1,9 kilometers
Bike	90 kilometers
Running	21 kilometers

25. It is possible that an anti-doping control is carried out after the arrival according to the rules provided by the FFTRI as well as a mechanical anti-doping control before, during and after the event

26. All competitors must be holders of a license from the French Triathlon Federation valid on the date of the event or be licensed in their country of origin. If they are not licensed, they will have to take a Day Competition Pass in the amount of 40€ and will then have to provide **a medical certificate of no contraindication to the practice of sport in competition** (model provided on the website of the event : www.embruntriathlon.com) **of the discipline considered in competition, dating less than one year from the date of registration for the competition.**

27. Sanctions : Scale of sanctions – see the specifications of the FFTRI

28. Apart from the previous points, the 2022 Sporting regulations of the French Triathlon Federation are applied. Each competitor acknowledges having read and accepted it. And in particular acknowledges understanding the FFTRI regulations relating to drafting and doping.

29. Drafting prohibited

30. **Bibs will ONLY be collected at the Plan d'eau d'Embrun / Exhibitors village on Friday 07/01/2022 from 3.00pm to 8.00pm and on Saturday 07/02/2022 from 9.00am to 12.00am and from 5.00pm to 8.00pm. Each competitor must present his identity card when collecting his bib. In the event of bad weather, the organization reserves the right to change the place where the bibs are collected.**

31. The prize-giving will take place on Sunday 07/03/2022 from 6.00pm at the plan d'eau d'Embrun.

32. In the event that swimming is not possible, the swimming portion will be transformed into two running loops of 2.5km each around the plan d'eau d'Embrun for a total of 5km.

33. The responsibility of the organizer in the event of theft or damage is limited for bikes to those in his care in the bike park on Sunday 07/03/2022 from 5.30am to 5.20pm. For small equipment no liability of the organizer.

34. The registration file must be complete and can be done online directly on the event's website www.embruntriathlon.com

35. Any incomplete or non-compliant registration file will not be taken into account by the organization, which will reject it without reimbursement during the verification of the file without a dispute being possible. So check your file carefully before payment.

36. **The bike route takes two tunnels with little or no light. For safety and visibility, it is strongly recommended that competitors equip their bikes with a fixed and/or flashing red rear light.**

37. Each participant expressly authorizes Triathlon M Organization as well as his beneficiaries such as partners and media to use the fixed or audiovisual images on which they may appear, taken during his participation in the Triathlon L Embrun, on all media including promotional documents and/or advertising, worldwide and for the longest period provided for by law, regulations, treaties in force, including for any extensions that could be extended to this period.