



GENERAL REGULATIONS - TRIATHLON M EMBRUN

APPLICABLE TO 3 EVENTS - XS, M, L

1. The regulations in force are those of the French Triathlon Federation (FFTRI)
2. The official referees (FFTRI) are dressed in a blue and gray outfit
3. Only official FFTRI referees can apply sanctions or delegate power to an organization commissioner
4. The competitor who wishes to abandon or who is disqualified is required to take his bib and his chip (transponder) to a referee or the nearest organization station
5. It is forbidden to receive outside help and therefore any following vehicle is forbidden. Cycling and walking guides are also prohibited under penalty of disqualification.
6. Penalties : scale of penalties – see the FFTRI specifications
7. It is possible that an anti-doping control will be carried out after the finish according to the rules provided by the FFTRI as well as a mechanical anti-doping control before, during and after the event.
8. Each competitor must imperatively provide, prior to the competition, a photocopy of his FFTRI 2023 license (or equivalent from a foreign triathlon federation).

In the event that the athlete is not licensed, a medical certificate of non-contraindication to the practice of triathlon in competition dating from less than one year on the date of registration must be presented.

Failing this, any participation in the competition is excluded. In the event that the competitor provides the organization with a non-compliant or falsified medical certificate the organization will not be held responsible for the health of the competitor before, during and after the race.

Athletes who are not licensed or hold a leisure license must subscribe to the Competition Pass.



For the Triathlon XS only, for the minor athlete, the legal representative must provide parental authorization when registering.

9. The swimming cap, a bib, temporary tattoos and stickers for the bike (3 for the helmet, 1 for the saddle) are provided by the organizer. This material will become the property of the competitor after the race. A chip (or a transponder) will be lent and must be returned as soon as you cross the finish line.
10. Triathletes are required to wear the bib (**belt holder mandatory but not provided by the organizer**) without any part of them being hidden or removed. It will be the same for swimming caps and stickers for the bike.
11. Cycling helmet, swimming cap, tattoos, bib and bike stickers are mandatory
12. In the bike park, the bike is attached by the saddle to the barriers.
13. Movement of competitors in the bike park is only on foot
14. The line drawn on the ground at the exit of the bike park and that drawn at the end of the bike course indicate the place where the competitors must respect the obligation to get on the bike and get off the bike.
15. Drafting prohibited : the Triathlon M Embrun events take place on roads open to traffic. Competitors must respect the highway code and keep to the right of the roadway.
Sheltering and drafting behind a competitor or vehicle is forbidden. It is also forbidden to overtake another competitor for all crossings and crossing bridges.
16. Each competitor must comply with the health requirements in force on the date of the event (sanitary pass, wearing a mask, social distancing, barrier gestures, vaccination, etc.) or any other measure decreed by the government
17. Apart from the previous points, the 2023 Sporting Regulations of the French Triathlon Federation (FFTRI) apply.
Each competitor acknowledges having read and accepted it. And in particular acknowledges understanding the regulations of the FFTRI relating to drafting and doping.



18. Registration is done online directly on the event website : www.embruntriathlon.com

19. The registration file must be complete.

20. Any incomplete or non-compliant registration file will not be taken into account by the organization. The Organizations will proceed to the rejection without refund during the verification of the file without a dispute being possible. So check your registration file carefully with payment.

21. **REFUND :**

In the event of accident or illness, on presentation of a medical certificate attesting to the physical inability to participate in the event, the competitor will be reimbursed 50% of his registration **UNTIL JUNE 20, 2023 at midnight** by making the request by email at trimembrun@gmail.com

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



Specific regulation - Triathlon XS

1. The number of participants is limited to 200 for the 2023 edition
2. The registration price is 20€
3. The closing date for registrations is 06/20/2023
4. Registration is only done online on the event website: www.embruntriathlon.com
5. The price of the Pass-Competition is 2€
6. For Non-Licensed Minors, Parental Authorization must be provided at the time of registration by downloading it
Numbers will be picked up ONLY at the Embrun lake in the Exhibitors' Village on Friday 06/30/2023 from 4 p.m. to 9 p.m. and on Saturday 07/01/2023 from 8:30 a.m. to 11:30 a.m. Each competitor must present his identity card when picking up his bib.
In case of bad weather, the organization reserves the right to modify the place of withdrawal of bibs
7. **Opening of the Bike Park on Saturday 07/01/2023 from 1:00 p.m. to 1:30 p.m.**
8. Compulsory attendance at the race briefing on 07/01/2023 from 1:40 p.m. to 1:55 p.m. in the bike park at the Embrun lake
9. The start will be on Saturday 01/07/2023 at 2:00 p.m. for Benjamins and Women and at 2:05 p.m. for Men and all other categories
10. Distances :

SWIMMING	400M
BIKE	8,5KM
RUNNING	2,5KM



11. Cut off time :

	Départ Benjamins & Femmes	Départ Hommes & toutes catégories	Temps alloué	Lieu	Mise Hors- Délai
SWIMMING	14h00	14h05	30mn – 25mn	Sortie Natation	14h30
BIKE			45 mn	Retour Parc Vélo	15h15
RUUNNING			25 mn	Ligne Arrivée	15h40
Total Time	1h40	1h35			

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

12. Aid Stations:

SWIMMING	None
BIKE	None
RUNNING	Plan d'eau

13. Aid stations: Mineral water, sparkling water, Coca-Cola

14. In the event that swimming is impossible, the swimming part will be replaced by 1 loop of 2.5 km of running around the plan d'eau

15. The prize giving will take place on Saturday 07/01/2023 from 4:00 p.m. at the Embrun lake in the exhibitor village

The presence of the winning age group competitors is compulsory at the award ceremony.

No prize may be claimed subsequently by an absent competitor

16. The different award categories are as follows:

- 3 first Women and 3 first Men in Scratch
- 3 first Women and 3 first Men of each category (Benjamin, Minime, Cadet, Junior, Senior, Master) without accumulation

Attention, this point is likely to change according to the choice of the organizers

17. The organizer assumes no responsibility for any damage, loss, theft of any material, equipment, personal property before, during and after the race.



The organizer does not cover material damage that a triathlete may cause to his own bike or to the bike of another competitor, or by a third party. It is up to competitors to take out insurance to cover this type of risk.



Specific Regulation – Triathlon M

1. The number of participants is limited to **670 individually** and **30 relay teams** for the 2023 edition
2. The registration fee is **60€ for individuals** and **90€ for relays**.
3. The closing date for registrations is 06/20/2023
4. Registrations can only be made online on the event website:
www.embruntriathlon.com
5. The price of the Pass-Competition is 20€ individually and €2/participant in relay
6. Non-licensed competitors must take a day Competition Pass for €20. They must provide a Medical Certificate of absence of contraindication to the practice of Triathlon in competition (model provided on the website of the event: www.embruntriathlon.com) dating from less than 1 year on the current date registration for the competition
7. The collection of bibs will be done **ONLY** at the Embrun lake in the Exhibitors' Village on Friday 06/30/2023 from 4:00 p.m. to 9:00 p.m. Each competitor must present his identity card when picking up his bib.
In case of bad weather, the organization reserves the right to modify the place of collection of bibs.
8. **RELAYS :**
30 teams
The team can be made up of 2 or 3 competitors.
The team can be either female, male or mixed.
The distance M is opened to Cadets provided there are 3 competitors.
The relays will take place in the bike park, at the numbered location.
The swimmer gives the chip to the cyclist who in turn gives it to the runner.
The transmission between each competitor will be done by the transmission of the chip (transponder).



> The medical certificate of non-contraindication to the practice of triathlon in competition dating from less than 1 year on the date of the day of registration for the competition remains compulsory as well as the Competition Pass (2€ per competitor) for all competitor holding a leisure license and not licensed.

The same rules apply to competitors in the relay as in the individual.

> The rewards will be for the 1st relay team Female, Male, Mixed.

9. Opening of the Bike Park on Saturday 07/01/2023 from 5:30 a.m. to 7:00 a.m.

10. Compulsory attendance at the race briefing on Saturday **07/01/2023 from 7:05 a.m. to 7:25 a.m** in the bike park

11. The start will be on **Saturday 07/01/2023 at 7:30 a.m. for Women and 7:40 a.m. for Men**

12. Distances :

SWIMMING	1,5 KM
BIKE	44 KM
RUNNING	10 KM

13. Cut off time :

	Départ Femmes	Départ Hommes	Temps Alloué	Lieu	Mise Hors-Délai
SWIMMING	7h30	7h40	1h – 50mn	Sortie Natation	8h30
BIKE			1h15	St Apollinaire (18,9km)	9h45
			2h00	Savines-le-Lac (34,2km)	10h30
			2h30	Embrun (44km)	11h00
RUNNING			1h15	Arrivée	12h15
Total Time	4h45	4h35			

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



14. Aid Stations :

SWIMMING	None
BIKE	St Apollinaire (18,9km)
RUNNING	Plan d'eau - Digue A/R – Sous le Roc

15. Aid Stations : Mineral and sparkling water, Coca-Cola, dried fruits

16. In the event that swimming is impossible, the swimming part will be transformed into 2 loops of 2.5 km each of running around the Embrun lake for a total of 5 km.

17. The prize giving will take place on Saturday 01/07/2023 from 4:00 p.m. at the Embrun lake in the exhibitor village.

The presence of the winning age group competitors is compulsory at the prize-giving ceremony.

No prize may be claimed subsequently by an absent competitor.

18. The different award categories are as follows:

- 3 first women and 3 first men scratch

- 3 first Women and 3 first Men of each category (Junior, Senior, Master) without accumulation

Attention, this point is likely to change according to the choice of the organizers

19. The organizer assumes no responsibility for any damage, loss, theft of any material, equipment, personal property before, during and after the race.

The organizer does not cover material damage that a triathlete may cause to his own bike or to the bike of another competitor, or by a third party.

It is up to competitors to take out insurance to cover this type of risk.



Specific Regulation – Triathlon L

1. The number of participants is limited to **550 individually** and **50 relay teams** for the 2023 edition
2. The price of registration is **130€ for individuals** and **170€ in relay**
3. The closing date for registrations is **06/20/2023**
4. Registrations can only be made online on the event website:
www.embruntriathlon.com
5. **The price of the Pass-Competition is 40€ individually and 2€ per participant in the relay**
6. Non-licensed competitors must take a day Competition Pass for the amount of 40€. They will have to provide a medical certificate of absence of contraindication to the practice of triathlon in competition (model provided on the website of the event: www.embruntriathlon.com) dating from less than 1 year on the date of the day registration for the competition
7. Numbers will be picked up **ONLY** at the Embrun lake in the Exhibitors' Village on Friday 06/30/2023 from 4:00 p.m. to 9:00 p.m. and on Saturday 07/01/2023 from 8:30 a.m. to 11:30 a.m. Each competitor must present his identity card when picking up his bib.
In case of bad weather, the organization reserves the right to modify the place of collection of bibs.
8. **RELAYS :**
50 teams
The team can be made up of 2 or 3 competitors.
The team can be either female, male or mixed.
The distance L is not opened to Cadets.
The relays will take place in the bike park, at the numbered location.
The swimmer gives the chip to the cyclist who in turn gives it to the runner.
The transmission between each competitor will be done by the transmission of the chip (transponder).



> The medical certificate of non-contraindication to the practice of triathlon in competition dating from less than 1 year on the date of the day of registration for the competition remains compulsory as well as the Competition Pass (2€ per competitor) for all competitor holding a leisure license and not licensed.

The same rules apply to competitors in the relay as in the individual.

> The rewards will be for the 1st relay team Female, Male, Mixed.

9. Opening of the Bike Park on Sunday 07/02/2023 from 5:30 a.m. to 7:00 a.m.

10. Compulsory attendance at the race briefing on Sunday 07/02/2023 from 07:05am to 07:25am in the bike park

11. The start will be on Sunday 02/07/2023 at 7:30 a.m. for Women and 7:40 a.m. for Men

12. Distances :

SWIMMING	1,9 KM
BIKE	90 KM
RUNNING	21 KM

13. Cut Off time :

	Départ Femmes	Départ Hommes	Temps Alloué	Lieu	Mise Hors-Délai
SWIMMING	7h30	7h40	1h25 – 1h15	Sortie Natation	8h55
BIKE			1h20	Le Sauze du Lac (19,9km)	10h15
			2h33	Col St jean (38km)	11h28
			3h50	Col Lebraut (62,8km)	12h45
			4h55	Embrun (90km)	13h50
RUNNING			1h20	1 ^{ere} Boucle (10,5km)	15h10
			1h20	2 ^e Boucle (21km)	16h30
Total Time	9h00	8h50			



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

The cycle route takes 2 tunnels with little or no lighting. For safety and visibility reasons, it is strongly recommended that competitors equip their bikes with a fixed and/or flashing red rear light.

14. Aid Stations :

SWIMMING	Aucun
BIKE	Sommet Col du Sauze du Lac – Espinasse – Sommet Col Lebraut
RUNNING	Plan d'eau – Digue A/R – Sous le Roc

15. Aid Stations : Mineral and sparkling water, Coca-Cola, dried fruits

16. In the event that swimming is impossible, the swimming part will be transformed into 2 loops of 2.5km each of running around the Embrun lake for a total of 5kms

17. The prize giving will take place on Sunday 07/02/2023 at 4:00 p.m. at the Embrun lake in the exhibitor village

The presence of the winning competitors in the pro/elite category or age group is compulsory at the award ceremony.

No prize may be claimed subsequently by an absent competitor.

18. The different award categories are as follows:

- 5 first Women and 5 first Men in Scratch (Price Money)

- 3 first Women and 3 first Men of each age category (Junior, Senior, Master) without accumulation

Attention, this point is likely to change according to the choice of the organizers

PRICE MONEY grid (Scratch) Women and Men:

	WOMEN	MEN
1st	800€	800€
2nd	500€	500€
3rd	300€	300€
4th	200€	200€
5th	100€	100€



19. The organizer assumes no responsibility for any damage, loss, theft of any material, equipment, personal property before, during and after the race. The organizer does not cover material damage that a triathlete may cause to his own bike or to the bike of another competitor, or by a third party. It is up to competitors to take out insurance to cover this type of risk.