



GENERAL REGULATIONS

TRIATHLON L

1. The regulations in force are those of the French Triathlon Federation (FFTRI) – 2024 sports regulations
2. The referees are identified by their specific outfit defined by the internal regulations of the National Commission of Officials and Arbitration (CNOA). The main referee wears a yellow or orange bib.
3. Only official FFTRI referees can apply the intervention procedures, from the collection of bibs until the announcement of the results.
4. The competitor who wishes to abandon or who is disqualified must take his bib and chip (transponder) to a referee or to the nearest organizing post.
5. It is forbidden to receive outside help and therefore any following vehicle is prohibited. Accompanying cyclists and pedestrians are also prohibited under penalty of disqualification.
6. Sanctions: Scale of sanctions – see the 2024 sporting regulations (p.22)
7. It is possible that an anti-doping control will be carried out after arrival 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 provide, prior to the competition, a photocopy of their FFTRI 2024 license (or equivalent from a foreign triathlon federation).
If the athlete is unlicensed or holds a leisure license, he or she must subscribe to a Competition Pass.
When the athlete is an adult, he or she must read the “Health Info Form” and attest to the correct understanding of the information provided.

When the athlete is a minor, the minor and the persons exercising parental authority must complete a "health questionnaire" relating to the state of health of the minor athlete.

In all cases where there is a positive response to the Health Info Form or the health questionnaire, you will need to provide a medical certificate less than 1 year old attesting to the absence of contraindication to the practice of sport, including in competition.

Otherwise, any participation in the competition is excluded.

The organization will not be held responsible for the health of the competitor before, during and after the race.

9. The swimming cap, a bib, temporary tattoos and stickers for the bike (3 for the helmet, 1 for the seat post) are provided by the organizer. This material will become the property of the competitor after the race. A chip (or transponder) will be loaned and must be returned upon crossing the finish line.
10. Triathletes are required to wear the bib (belt holder obligatory but not provided by the organizer) without any part of it being hidden or removed. The bibs are worn on the back during the cycling section and on the stomach during the running section (wearing a bib is not compulsory during swimming).
The same will apply to swimming caps and bicycle stickers.
11. Cycling helmet, swimming cap, tattoos, bib and bike stickers are mandatory
12. In the transition area, the bike is attached by the saddle to the barriers.
Competitors must limit equipment to that strictly necessary for the race.
13. Competitors' movements in the bike park are only on foot.
14. The line drawn on the ground at the exit of the bike park and that drawn at the finish of the bike course indicate the place where competitors must respect the obligation to get on and off the bike.
15. Drafting prohibited: the Embrun Triathlon events take place on roads open to traffic. Competitors must respect the highway code and keep to the right of the road. Shelter and aspiration behind a competitor or a vehicle are prohibited. It is also forbidden to overtake another competitor for all crossings and bridge crossings.

16. Each competitor must comply with the health 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.
17. Apart from the previous points, the 2024 Sports Regulations of the French Triathlon Federation (FFTRI) are applied. Each competitor acknowledges having read it and accepted it. And acknowledges understanding the FFTRI regulations relating to drafting and doping.
18. Registration is done online directly on the event web site:
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 organization will reject it without reimbursement upon verification of the file without any dispute being possible. So check your registration file with payment carefully.
21. **Obligations and rules of conduct of competitors:**
 - The competitor must know the routes defined by the organizer and follow them entirely. In all cases of course errors, only the competitor is responsible.
 - The competitor must demonstrate good sportsmanship and treat other competitors, officials, volunteers and spectators with respect and courtesy before, during and after the race.
 - The competitor cannot use a video player, audio player, telephone or other electronic equipment, for listening or communication purposes.
 - In the event of immediate danger, the competitor may use their means of communication to alert emergency services.
 - The competitor will take all measures not to degrade the environment in which he operates. It is prohibited to leave any equipment outside of its location in the transition area and/or fixed points provided by the organization. Likewise, it is prohibited to leave waste and packaging outside cleanliness areas.
22. **REFUND :**

In the event of an accident or illness, upon presentation of a medical certificate attesting to physical incapacity to participate in the event, the competitor will be reimbursed **50% of their registration UNTIL JUNE 9, 2024 at midnight** by making the request by email to trimembrun@gmail.com
23. Each participant expressly authorizes the Triathlon M Organization Association as well as its rights holders such as partners and media to use the still or audiovisual images in which they may appear, taken during their participation in the Triathlon M Embrun individually or in relay, Triathlon treaties in force, including for possible extensions which could be extended to this duration.

24. **The number of participants is limited to 470 individuals and 30 relay teams for the 2024 edition.**
25. **The registration price is 130€ for individuals and 170€ for relays.**
26. **The closing date for registrations is 06/16/2024**
27. Registrations can only be done online on the event website:
www.embruntriathlon.com
28. **The price of the Competition Pass is 40€ for individuals and 2€ per relay participant.**
29. Non-licensed competitors will need to take a day Competition Pass for €40. They must read the “Info Health Form” and certify that they have understood the information provided. If a positive response is given to the Health Info Form, competitors must provide a Medical Certificate less than 1 year old on the date of registration for the competition attesting to the absence of contraindication to the practice of sport, including in competition.
30. **Collection of bibs will ONLY take place at the Embrun lake at the Exhibitor Village on Saturday 06/29/2024 from 8:30 a.m. to 11:30 a.m. and from 5:00 p.m. to 8:00 p.m.**
Each competitor must present their identity card when collecting their bib.
The bibs of several competitors may be collected by a person who can prove their identity and that of each competitor concerned.
In the event of bad weather, the organization reserves the right to change the bib collection location.
31. RELAY: 30 teams
- The team can be made up of 2 or 3 competitors.
 - The team can be either female, male or mixed.
 - Distance L is not open to cadets.
 - The relays will take place in the bike park, at the numbered location.
 - The swimmer gives the relay to the cyclist who in turn gives it to the runner.
 - Transmission between each torchbearer will be done by the transmission of the chip (transponder).
 - The same rules apply to relay competitors as to individual competitors.
32. **Opening of the Bike Park on Sunday 06/30/2024 from 5:30a.m. to 7:00a.m.**
33. Mandatory attendance at the Race Briefing on Sunday 06/30/2024 from 7:05a.m. to 7:25 .m. in the bike park at the Embrun lake

34. Departure will be on Sunday 06/30/2024 at:

- 7:30 a.m. for Women
- 7:40 a.m. for Men
- 7:41 a.m. for the Women's and Men's Relays

35. Distances :

SWIMMING	1,9 KM
BIKE	90 KM
RUNNING	21 KM

36. Cut-off time :

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	Start	Arrival	Duration		
Women	7h30	16h30	9h00		
Men	7h40	16h30	8h50		
		Start	Allotted time	Cut-off time	Time 1st
Swimming	1,9km	7h30	1h15-1h25	8h55	8h05
Bike	90km				
	Le Sauze du Lac (19,9km)		1h20	10h15	8h40
1h13					
	Col St Jean (38km)		2h33	11h28	9h20
1h17					
	Col Lebraut (62,8km)		3h50	12h45	9h50
1h05					
	Embrun (90km)		4h55	13h50	10h30
Running	21km				
	1ere Boucle (10,5km)		1h20	15h10	11h10
	2e Boucle (21km)		1h20	16h30	11h50

Park opening / Bike recovery : 2.00pm

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

The bike route takes you through 3 tunnels with little or no lighting. For safety and visibility reasons, it is strongly recommended that competitors equip their bike with a fixed and/or flashing red rear light.

37. Refreshment stations :

SWIMMING	None
BIKE	Sommet Col du Sauze du Lac – Sommet Col St Jean – Pied du col Lebraut – Sommet Col Lebraut
RUNNING	Plan d'eau – Digue A/R – Digue (1/2 tour) - Sous le Roc

38. Composition of refreshments: Mineral and sparkling water, Coca-Cola, bananas, energy gels

39. In the event that swimming is impossible, the swimming part would be transformed into 3 loops of 2.5km each of running around the Embrun body of water for a total of 7.5km

40. The awards ceremony will take place on Sunday 06/30/2024 at 4:00 p.m. at the Embrun lake in the exhibitor village.

The presence of winning competitors in the pro/Elite category or age group is mandatory at the awards ceremony.

No prize may be claimed subsequently by an absent competitor.

41. The different categories rewarded individually are as follows:

- 3rd Women and 3rd Men in Scratch (Price Money) without accumulation
- 3rd Women and 3rd Men in the Senior category (20-39 years old)
- 3rd Women and 3rd Men in the Master category (40-49 years old)
- 3rd Women and 3rd Men in the Master category (50 years and after)

The different categories rewarded in relay are as follows:

- 1st women's relay team
- 1st men's relay team
- 1st Mixed relay team

Please note, this point is subject to change depending on the choice of the organizers

PRICE MONEY (Scratch) Women & Men :

	WOMEN	MEN
1st	600€	600€
2nd	300€	300€
3rd	100€	100€

42. The organizer assumes no responsibility for any damage, loss or theft of any material, equipment or personal property before, during and after the race.
The organizer does not take responsibility for material damage that a triathlete could cause to his own bike or to the bike of another competitor, nor by a third party.
It is up to competitors to take out insurance to cover this type of risk.
43. In the bike park, it is accepted that each competitor has a small bag on the right of your bike to place and store your belongings so that the bike park remains clean and uncluttered so as not to hinder the circulation of triathletes and officials during the race.
Any bag of a larger size must be left at the left-luggage office.
44. A locker is available in the bike park for competitors wishing to leave belongings, bags or other items... in a locked but unsupervised room. The organizer assumes no responsibility for any damage, loss, theft of any material, equipment, personal property before, during and after the race or financial loss.