



GENERAL REGULATIONS

TRIATHLON M

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 670 individuals and 30 relay teams for the 2024 edition.**
25. **The registration price is 65€ for individuals and 90€ for relays for triathlon licensees.**
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 €20 for individuals and €2/relay participant.**
29. Non-licensed competitors will need to take a day Competition Pass for €20. 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.

For non-licensed Cadet torchbearers, parental authorization will also be required.

30. **Collection of bibs will ONLY take place at the Embrun lake in the exhibitor village on Friday 06/28/2024 from 3:00p.m. to 8:00p.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 M is open to cadets provided there are 3 torchbearers.
- 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.
- The torchbearers of the same team are authorized to finish the race together except in the case of a sprint, this authorization is validated by a referee.

32. **Opening of the Bike Park on Saturday 06/29/2024 from 5:30a.m. to 7:00a.m.**

33. Mandatory attendance at the Race Briefing on Saturday 06/29/2024 from 7:10a.m. to 7:25a.m. in the bike park at the Embrun lake

34. **Departure will be on Saturday 06/29/2024 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	1,5 KM
BIKE	44 KM
RUNNING	10 KM

36. Cut-off time :

TRIATHLON M

	Start	Arrival	Duration		
Women	7h30	12h15	4h45		
Men	7h40	12h15	4h35		
		Start	Allotted time	Cut-off time	Time 1st
Swimming	1,5km	7h30	50mn-1h	8h30	8h00
Bike	44km				
	St Apollinaire (18,9km)		1h20	9h50	
40mns					
	Savines le Lac (34,2km)		2h00	10h30	
30mns					
	Embrun (44km)		2h30	11h00	9h17
Running	10km		1h15	12h15	9h55

Park opening / Bike recovery: 11.00am

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.

37. Refreshment stations :

SWIMMING	None
BIKE	St Apollinaire (18,9km)
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, etc.

39. In the event that swimming is impossible, the swimming part would be transformed into 2 loops of 2.5km each of running around the Embrun body of water for a total of 5km.

40. The awards ceremony will take place on Saturday 06/29/2024 from 4:00 p.m. at the Embrun lake in the exhibitor village. The presence of winning age group competitors is mandatory at the awards ceremony.

No prize may be claimed subsequently by an absent competitor.

41. The different categories rewarded in Individual are as follows:

- 3rd Women and 3rd Men in scratch (without accumulation)
- 3rd Women and 3ers Men in the Junior and Senior category (20-39 years old)
- 3rd Women and 3rd Men in the Master category (40 years and after)

The different relays rewarded 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 organizer

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.