



GENERAL REGULATIONS

TRIATHLON XS

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.

For the XS Triathlon only, for minor athletes, the legal representative must provide parental authorization during registration.

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 250 for the 2024 edition

25. The registration price is 23€

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 2€

29. For Unlicensed Minors, you will need to provide Parental Authorization at the time of registration by downloading it

30. Collection of bibs will ONLY take place at the Embrun water area at the Exhibitor Village on Friday 06/28/2024 from 3:00p.m. to 8:00p.m. and Saturday 06/29/2024 from 8:30a.m. to 11:30a.m. Each competitor must present their identity card when collecting their bib.

In the event of bad weather, the organization reserves the right to change the bib collection location.

31. Opening of the Bike Park on Saturday 06/29/2024 from 1:00p.m. to 1:30p.m.

32. Mandatory attendance at the race briefing on 06/29/2024 from 1:40p.m. to 1:55p.m. in the bike park at the Embrun lake

33. The departure will be on Saturday 06/29/2024 at 2:00p.m. for Benjamins and Women and at 2:05p.m. for Men and all other categories

34. Distances :

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

35. Cut-off time :

TRIATHLON XS

| | Start | Arrival | Duration | | |
|------------------------------|-------|---------------|--------------|--------------|--------------|
| Women & Benjamins | 14h00 | 15h40 | 1h40 | | |
| Men | 14h05 | 15h40 | 1h35 | | |
| | | | | | |
| | Start | Allotted Time | Cut-off time | Time 1st | |
| Swimming | 400M | 14h00 | 30mn - 25mn | 14h30 | 14h10 |
| | | | | | |
| Bike | 8,5km | | 45mn | 15h15 | 14h30 |
| | | | | | |
| Running | 2,5km | | 25mn | 15h40 | 14h40 |

Park opening / Bike recovery : 3.20pm

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.

36. Refreshment Stations:

| | |
|----------|------------------|
| SWIMMING | None |
| BIKE | None |
| RUNNING | Plan d'eau (CNA) |

37. Composition of the refueling: Mineral water, Coca-Cola

38. In the event that swimming is impossible, the swimming part will be replaced by 1 loop of 1.5Km of running.

39. The awards ceremony will take place on Saturday 06/29/2024 from 4:00p.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.

40. The different rewarded categories are as follows:

- 3rd Women and 3rd Men in Scratch (without accumulation)
- 3rd Women and 3rd Men in the Benjamin, Minime, Cadet and Junior category
- 1st Woman and 1st Man in the Senior category (20-39 years old)
- 1st Woman and 1st Man in the Master category (40 years and after)

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

41. 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.

42. A locker is available in the transition area 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.

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.