

# Rules and Regulations



The Long Bay Sprint Triathlon is a USAT sanctioned event and therefore follows USAT rules.

Please [click here](#) for more information on USAT rules and regulations.

## SWIM

- The first swim wave starts at 7:45 AM. Swim waves and times will be released approximately one week before the race.
- Memorize your swim wave and starting time. You are responsible for making sure you start on time in the proper wave.
- The swim “on-deck” area is adjacent to the swim start. Be there on time and ready to get into the on-deck area when your wave is called.
- BE PREPARED TO ENTER THE WATER IMMEDIATELY WHEN YOUR WAVE IS CALLED. Have your goggles on, swim cap on and timing chip on.
- Keep all buoys on your left.
- Every 100m will be marked by a buoy.
- If you need any assistance during the swim, wave your arms and call attention to yourself. A kayaker will come to your assistance. You may hang onto the kayak or any other safety vessel without penalty. The safety vessel may not assist in your forward motion.
- If you require emergency assistance to pull you out of the water at any time prior to the swim exit you will receive a DNF for the race. Upon examination by EMS personnel we may allow you to continue on the bike and run but you will not receive an official finishing time.
- Athletes must wear cap provided by race.
- No fins, gloves, paddles, or flotation devices of any kind are allowed.
- No Aqua socks (neoprene booties) unless the water temperature is 65.0 degrees Fahrenheit or colder.
- Swim goggles or facemasks may be worn.
- No individual paddlers or escort allowed. The course will be adequately patrolled by boats, canoes and paddleboards.
- Any assistance required during the swim will result in disqualification if forward progress was made. Athletes are permitted to use kayaks and boats as aid, as long as forward progress is not made. Special provisions are made for PC athletes. Course officials and medical personnel reserve the right to remove athletes from the course if determined medically necessary.
- \*NOTE: ANY ATHLETE ELECTING NOT TO RACE MUST NOTIFY TIMING IMMEDIATELY. ABOVE ALL, THE SAFETY OF EACH SWIMMER IS OUR PRIME

CONCERN. A FULL SWEEP OF THE COURSE WILL BE MADE DIRECTLY BEHIND THE LAST SWIMMER. VISUAL AID WILL BE PROVIDED BY THE LIFEGUARDS, DIVERS, CANOES, AND KAYAKS, BUOYS AND AQUATIC CRAFTS THAT LINE THE COURSE.

## BIKE

1. Bikes must be racked on Saturday, November 5, 2011, prior to the race from 6:00 AM - 7:30 AM. Once racked, bikes will remain in the transition area and may not be removed until the race. Bikes MUST have bike numbers attached to each bike and all athletes must have their race bracelets on to enter the transition area.
2. Helmets must be on AND fastened before triathletes mount their bikes.
3. Do not mount your bike until you are out of the transition area and past the mount/dismount line.
4. ABSOLUTELY NO RIDING IN THE TRANSITION AREA.
5. STAY RIGHT ON THE BIKE COURSE UNLESS YOU ARE PASSING. DO NOT RIDE ABREAST FROM ANOTHER COMPETITOR FOR ANY REASON WHATSOEVER UNLESS YOU ARE PASSING.
6. Do not litter.
7. If you have a flat move your bike off the course.
8. Emergency conditions may occur during the race. Please pay attention to your surroundings for indication of the need to clear the course or take other instructed action.
9. There will be no bottle exchange on the bike course so make sure your bottles are filled and on your bike.
10. Absolutely NO DRAFTING of another bike or any other vehicle is allowed.
11. Athletes must keep 7 meters (4 bike lengths) distance between bikes except when passing. Failure to do so will result in a **drafting violation**.
12. A pass occurs when the overtaking athlete's front wheel passes the leading edge of the athlete being overtaken.
13. Overtaking Athletes may pass on the left for up to 20 seconds, but must move back to the right side of the road, after passing. Failure to complete a pass within 20 seconds will result in a **drafting violation**. Athletes may not back out of the 7 meter draft zone once it is entered (drafting violation).
14. Overtaken athletes must immediately fall back 7 meters (4 bike lengths) before attempting to regain the lead from a front running bike. Immediately re-passing prior to falling back 7 meters will result in an **overtaken violation**.
15. Overtaken Athletes who remain within 7 meters (4 bike lengths) for more than 20 seconds will be given a **drafting violation**.
16. Athletes must ride single file on the far right side of the road except when passing another rider, or for reasons of safety. Side-by-side riding is not allowed and will result in a **position violation**.
17. Athletes who impede the forward progress of other Athletes will be given a **blocking violation**.

18. Athletes committing rules violations will be notified “on the spot” by an official.
19. Do not attempt to discuss the penalty with the official.  
The official will:  
Call out your race number and/or notify you that you have received either a RED CARD for drafting or a YELLOW CARD for any other penalty. The official will show you the corresponding colored card.
20. 1st Offense 2:00 2nd Offense 4:00 3rd Offense DQ
21. Athlete will be disqualified if you receive any combination of three penalties. If you are disqualified, you may finish the bike course but may not start the run.
22. Bicycles must be racked in a manner such that the majority of the bicycle is on the athlete’s side of the bike rack.
23. No tandems, recumbent, fairings, or any add-on device designed exclusively to reduce resistance are allowed. Any new, unusual, or prototype equipment will be subject to a determination of legality by the event organizer and/or Head Referee.
- 24. The sole responsibility of knowing and following the prescribed cycling course rests with each athlete. No adjustments in times or results shall be made for Athletes who fail to follow the proper course for any reason whatsoever.**
25. Athletes must obey all traffic laws while on the cycling course unless otherwise specifically directed by an official, race monitor or designee with actual authority. Failure to do so may result in disqualification.
26. No athlete shall endanger himself or another participant. Athletes, who intentionally present a danger to any athlete or who, in the judgment of the Head Referee, appear to present a danger to any athlete may be disqualified.
27. Shoes and shirt must be worn at all times.
28. Athletes must wear the LBST issued bib number at all times while on the course. The bib number must be placed low on the BACK of athlete’s jersey where it is clearly visible. Folding or cutting bib number or intentional alteration of any kind is STRICTLY PROHIBITED. Race belts may be worn.
29. Athletes must wear a bike helmet number on the front of their helmet.
30. Athletes must have a bike frame number fixed to their bike and the entire number must be clearly visible from the left side.
31. CPSC-approved helmet is required during the entire bike portion including in and out of transition area. Athletes riding without an approved helmet or chinstrap not fastened may be disqualified. Alterations to hard-shell helmet, which affect its integrity, are not allowed.
32. No individual support allowed. Ample aid and food stations will be provided. Friends, family members, coaches, or supporters of any type may NOT bike, drive, or run alongside athlete, and should be warned to stay completely clear of all Athletes to avoid the disqualification of an athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort.
33. Do not litter. Any item that needs to be discarded, including but not limited to water bottles, gel wrappers, energy bar wrappers, broken bike parts, or clothing items, may only be discarded in the trash drop zones at each aid station. Discarding any item outside of the trash drop zones will result in a penalty.

34. Athletes must be individually responsible for repair and maintenance of their own bike.
35. Athletes should be prepared to handle any possible mechanical malfunction. Assistance from official race personnel is permitted.
36. Athletes may walk bike, if necessary, but may not make progress on the bike course unaccompanied by their bicycle.
37. Bike inspection is not mandatory and will not be provided at bike check-in. Athletes are ultimately responsible for their own bikes. However, race officials may at their discretion make final judgment as to the soundness of bikes
38. HEADSETS OR HEADPHONES ARE NOT ALLOWED DURING ANY PORTION OF THE EVENT.
39. MEDICAL SUPPORT: If you need minor medical assistance, there will be radios to contact ambulances and medical assistance. If you have a problem, please go to an aid station for further assistance.
40. Cyclists still on the course 2:30 after his/her start will be disqualified and will not be permitted to continue in the event.
41. Please understand that based on permits for the roads on the course and the safety of athletes involved, cutoff times must be respected.
42. It is imperative that you don't toss bike bottles, cups, or nutrient bags on the roadside along the course. A penalty will be assessed for discarding litter outside the designated drop zone.

## **RUN**

1. No headphones, cell phones, or devices of any kind that play music.
2. There are be aid stations on the Sprint run spaced approximately one mile apart serving water and Hammer electrolyte fluids and products.
3. Use respect when coming through the finish line chute and be aware of your surroundings.
4. Course closes promptly at 12:00 PM.
5. Emergency conditions may occur during race. Please pay attention to your surroundings for indication of the need to clear the course or take other instructed action.
6. Respect the environment. Do not litter. Trash cans are available at every aid station.
7. No form of locomotion other than running, walking or crawling is allowed.
8. Athletes must wear their LBST issued bib number in front of them clearly visible at all times on the course. Bib numbers identify the official athletes in the race. Folding, cutting the bib number, intentional alteration of any kind, or failure to wear race number is STRICTLY PROHIBITED and may result in disqualification.
9. This is an individual endurance event. Teamwork as a result of outside assistance, which provides an advantage over single competitors, is not allowed. Friends, family, members, coaches or supporters of any type may not bike, drive or run alongside athlete, may not pass food or other items to athlete and should be warned to stay

completely clear of all Athletes to avoid the disqualification of an athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort. It IS permissible for an athlete who is still competing to run with other athletes who are still competing.

10. Athletes are expected to follow the directions and instructions of all race officials and public authorities.
11. **The sole responsibility of knowing and following the prescribed running course rests with each athlete.** No adjustments in times or results shall be made for athletes who fail to follow the proper course for any reason whatsoever.
12. A shirt or racing top must be worn at all times.

### **FINISH LINE PROCEDURES**

1. The finish line area will be filled with spectators, family and friends and the energy level will be high. Please enjoy the moment and do not elbow your way, or shoulder your way, past others in this area.
2. Finish strong and run completely through the finish line arch.
3. Keep moving through the finish line chute. It's important that you walk a bit before stopping. Medical personnel will be watching you and volunteers will be assisting you. If you feel sick, faint or need any assistance immediately call out for help.
4. Grab some water to help cool you off.
5. Relax, hang out with your family and friends and change your clothes.

### **RULES APPLYING TO ALL SEGMENTS OF RACE**

1. It is the athlete's responsibility to know all aspects of the swim, bike and run.
2. According to USAT rules, once an athlete competes as a Professional/Elite athlete anywhere in the world within the calendar year, the athlete cannot compete as an amateur/age group athlete in a USAT-sanctioned event in that same calendar year. Failure to disclose correct status shall be cause for disqualifying the athlete from the event and may result in a one-year suspension from USAT-sanctioned events.
3. Participants are expected to follow directions and instructions of all race officials and public authorities.
4. Course marshals shall have authority to disqualify any contestant.
5. Medical personnel shall have ULTIMATE and FINAL authority to remove a contestant from the race if the contestant is judged to be physically incapable of continuing the race without risk of serious injury or death. Medical transport of any contestant will result in disqualification.
6. Fraud, theft, abusive treatment of volunteers or others and acts of poor sportsmanship are grounds for immediate disqualification and will result in contestant being suspended from competing in any LBST event in the future.

7. If an athlete decides to withdraw from the race at any time, it is the responsibility of the contestant to report to the timing tent located at the finish line and turn in their bib number and timing chip immediately. It is essential that race officials know where contestants are on the course at all times. Failure to comply after withdrawing from the race may result in contestant being prevented from competing in any LBST event in the future.
8. LBST reserves the right to make rule changes at any time provided all athletes are notified in writing and/or at the pre-race athlete briefings meetings.
9. Communication devices of any type are strictly prohibited during competition. Use of such devices may result in disqualification.
10. LBST does not allow the transfer of an athlete's registration – no exceptions will be made to this rule. Any attempt to transfer registration will result in disqualification and suspension from future participation in any LBST event.