

2011 MAC Mini Triathlon Rules

General Conduct

At or during an event, or while at the event site, all participants must:

- a. Act in compliance with these Competitive Rules;
- b. Conduct themselves in a manner that is not offensive in any way to fellow participants, spectators, officials or volunteers and is considered reasonable and acceptable in the community;
- c. Treat all participants, officials, volunteers and spectators with fairness, respect and courtesy;
- d. Refrain from the use of abusive language or conduct; and
- e. After violating any of the Competitive Rules, report such violation to the Head Referee or retire from the event.

Race Conduct.

All participants to the Rules in this Section:

- a. *Entire Course.* Participants must cover the prescribed course in its entirety. It is the participant's responsibility to know the course. Any violation of this section, even if no advantage is gained, shall result in a variable time penalty, unless the Head Referee in his sole discretion determines that (i) the violation was substantial and resulted in an unfair time advantage, or (ii) the violation constituted endangerment. In the event the Head Referee makes such a determination, the penalty shall be disqualification.
- b. *Unsportsmanlike Conduct.* Participants shall refrain from unsportsmanlike conduct, including the improper use of language or conduct directed toward an official. Violations of this Section shall result in disqualification or a variable time penalty depending on the severity of the violation as determined in the sole discretion of the Head Referee.
- c. *Obstruction.* Participants shall refrain from intentionally or accidentally blocking, charging, obstructing, or interfering with the forward progress of another participant. Any violation of this Section shall result in a variable time penalty.
- d. *Unauthorized Assistance.* No participant shall accept from any person (other than a race official) physical assistance in any form, including food, drink, equipment, support, pacing, a replacement bicycle or bicycle parts, unless an express exception has been granted and approved, in writing, by Maryville Community Center. The receipt of information regarding the progress, split times, or location of other competitors on the race course shall not be considered the acceptance of unauthorized assistance. Any violation of this Section shall result in a variable time penalty.
- e. *Re-entry.* Upon leaving the course, a participant shall re-enter the course and continue at the same point of departure. Any violation of this Section shall result in a variable time penalty, unless the Head Referee in his sole discretion determines that (i) the violation was substantial and resulted in an unfair time advantage, or (ii) the violation constituted endangerment under in which case the penalty shall be disqualification.
- f. *Race Numbers.* Participants shall plainly display their race numbers at all times, and shall maintain the race number in an unaltered, unobstructed and readable state at the start and finish gates, in the transition areas, and on the course. Any violation of this Section shall result in a variable time penalty.

- g. *Unfair Advantage.* No participant shall use his body, head, arms, or legs to gain an unfair advantage, or to push, pull, hold, strike, or force through one or more participants. Any violation of this Section shall result in a variable time penalty.
- h. *Abandoned Equipment.* No participant shall leave any equipment or personal gear on the race course. Any violation of this Section shall result in a variable time penalty.
- i. *Unauthorized Accessories.* No participant shall, at any time during the event, use or wear a hard cast, headset, radio, personal audio device, or any other item deemed dangerous by the Head Referee. Any violation of this Section shall result in a variable time penalty.
- j. *Glass Containers.* No participant shall utilize any glass bottles or glass containers at any time during the event. Any violation of this Section shall result in a variable time penalty, unless the Head Referee determines that such conduct constituted endangerment under section, in which case the penalty shall be disqualification.
- k. *Unauthorized Equipment.* No participant shall use any equipment which the Head Referee determines to be improper, including but not limited to equipment which might provide an unfair advantage or endanger other participants. Unless otherwise provided for in these Rules, any violation of this Section shall result in a variable time penalty.
- l. *Endangerment.* No participant shall commit any dangerous act which could cause injury to any participant. Any violation of this Section shall result in disqualification.
- m. *Wave Starts.* When the beginning of any event is commenced by starting designated "waves" or groups of participants at different times, all participants shall start in and with the proper wave or group. Any participant who violates this section by starting in an improper and earlier wave or group shall be disqualified.
- n. *Indecent Exposure.* Public nudity at any time during the event is prohibited. Any violation of this Section shall result in a variable time penalty.

Penalties and Prohibited Conduct.

Penalties, including disqualification and suspension, may be imposed upon race participants and/or members of the MAC Mini Triathlon who violate any of these Competitive Rules or who solicit, encourage, or assist a violation of these Rules. Except as otherwise provided in these Rules, the specific penalty to be imposed in any given case shall depend on the nature and severity of the violation as determined by the Head Referee. The following penalties may be imposed for a violation of these Rules:

- a. Assessment of a time penalty
- b. Disqualification

Time Penalties.

- a. *In General.* A time penalty may be imposed for a violation of any Section of these Rules in which a time penalty is expressly authorized. In the event that a participant is assessed a time penalty, the applicable time period shall be added to that participant's aggregate finishing time in calculating official race results.
- b. *Variable Time Penalties.* A "variable time penalty" as used in these Rules shall mean a time penalty that varies in accordance with the distance category of the event. The variable time penalty for each of the distance categories shall be the following:

Distance Category	1st Offense	2nd Offense	3rd Offense
Short/Intermediate	2:00 minutes	4:00 minutes	Disqualification

Swimming Conduct

Permissible Strokes.

Swimmers may use any stroke to propel themselves through the water, and may tread water or float.

Bottom Contact and Resting.

A participant may stand on the bottom or rest by holding an inanimate object such as a buoy, boat, rope or floating object. Excluding the bottom, a participant shall not use any inanimate object to gain forward progress. A violation of this section shall result in a variable time penalty, unless the Head Referee in his/her sole discretion determines that (i) the violation was substantial and resulted in an unfair time advantage, or (ii) the violation constituted endangerment under.

Emergencies.

A swimmer experiencing difficulty and in need of assistance shall raise an arm overhead, and pump it up and down, and call or seek assistance. A swimmer who has received official assistance, whether voluntary or involuntary, must retire and withdraw from the remainder of the race unless such assistance did not aid the swimmer in making forward progress. No swimmer shall return to the race if the official rendering assistance requests that the participant withdraw from the race or receive medical assistance.

Wet suits / Swim Suits

No Wet Suits will be allowed. Swimmers may wear, but shall not be required to wear, swim goggles, face masks, or swim cap.

Illegal Equipment.

Any swimmer wearing any artificial propulsion device, including but not limited to fins, gloves, paddles, or floating devices of any kind shall be disqualified.

Cycling Conduct

Propulsion.

All bicycles shall be propelled only by human force and human power. Other than pushing a bicycle, any propulsive action brought on by use of the hands is prohibited. Any violation of this Section shall result in disqualification.

Forward Progress.

Participants shall not make any forward progress unaccompanied by their bicycle. If a bicycle is rendered inoperable, a participant may proceed on the cycling course, running or walking, while pushing or carrying the bicycle, so long as the bicycle is pushed or carried in a manner not to obstruct or impede the progress of other participants. Any violation of this Section shall result in disqualification.

Knowledge of Course.

The sole responsibility of knowing and following the prescribed cycling course rests with each participant. No adjustments in times or results shall be made for participants who fail to follow the proper course for any reason whatsoever.

Traffic Laws.

All participants must obey all traffic laws while on the cycling course unless otherwise specifically directed by a MAC Mini Triathlon official, race monitor or designee with actual authority. Unless otherwise directed in accordance with the preceding sentence, all participants shall come to a complete stop when required by a traffic sign or traffic control device and shall not proceed through any intersection unless such intersection is clear of oncoming traffic. In no case shall a cyclist cross a solid yellow line indicating a no passing zone. Any violation of this Section shall result in disqualification or a variable time penalty as determined in the sole discretion of the Head Referee.

Endangerment.

No cyclist shall endanger himself or another participant. Any cyclist who intentionally presents a danger to any participant or who, in the judgment of the Head Referee, appears to present a danger to any participant shall be disqualified.

Accidents.

All participants shall exercise extreme caution and shall decrease speed if necessary in passing the site of any cycling accident. Any violation of this Section shall result in disqualification.

Dismounting.

A participant may dismount, but shall not interfere with other cyclists. A violation of this Section, which does not also constitute a violation shall result in a variable time penalty.

Illegal Equipment.

Any participants who any time uses, wears or carries a headset, radio, headphones, personal audio device, or any other item described in shall be assessed a variable time penalty.

Helmets.

(a) Type of Helmet. All participants shall wear a protective head cover, undamaged and unaltered, which meets or exceeds the safety standards of the Consumer Product Safety Commission (CPSC). Helmets manufactured prior to March 10, 1999 must meet or exceed the safety standards of (i) the American National Standard Institute (ANSI Z-90.4), (ii) The Snell Memorial Foundation (Protective Headgear for Bicycle Users), or (iii) ASTM F-1446 or F-1447, and which is clearly labeled by the manufacturer as satisfying such standards. Removal of helmet cover, if required for that helmet to meet such safety standards, shall constitute an impermissible alteration in violation of this Section 5.9(a). Any violation of this Section 5.9(a) shall result in disqualification.

(b) *Chin Strap Violations.* The helmet must be fastened before the participant first mounts the bicycle, at all times when the participant is on the bicycle, and must not be unfastened until the participant has dismounted. Any violation of this Section 5.9(b) which occurs while the participant is in the transition area shall result in a variable time penalty. Any other violation of this Section shall result in disqualification. This Section 5.9(b) shall be enforced at all times while at the event site on race day.

Running Conduct

Permitted Conduct.

A participant must run or walk the entire portion of the run course. Except for reasons of safety and when no advantage is gained, all runners shall follow and remain within the prescribed course. A participant who gains forward progress by crawling or otherwise violates this Section shall be disqualified.

Knowledge of the Course.

The responsibility of knowing and following the prescribed course rests with each participant.

Permitted and Illegal Equipment.

Permitted and Illegal Equipment. Any participant who at any time wears or carries a headset, radio, headphones, personal audio device, or any other item prohibited shall be subject to a time penalty. A participant may carry a water bottle on the run portion of the course, provided that such container is not made of glass. Glass containers are prohibited.

Transition Area Conduct

Entering and Exiting.

A participant must reduce cycling speed to an acceptable and safe level when exiting and entering the transition area. Failure to do so shall result in a variable time penalty.

Placement of Equipment.

All participants shall place equipment only in the properly designated and individually assigned bicycle corral and shall at all times keep their equipment confined to such properly designated areas. Any violation of this Section shall result in a variable time penalty.

Bicycle Placement.

All participants must return their bicycles to an upright position in the properly designated bicycle corral after completion of the cycling course and before beginning the next segment of the event. Any violation of this Section shall result in a variable time penalty.

Team Transition

Each team will be assigned a corral area for all equipment which will serve as the transition area. When each participant has completed their portion of the course, the next member may begin their portion when the previous team member has placed both feet in the transition corral.

Obstruction and Interference.

No participant shall impede the forward progress of another participant or interfere with another participant's equipment while in the transition area. Any violation of this Section shall result in a variable time penalty, unless such obstruction or interference renders another participant unable to complete the event, in which case the penalty shall be disqualification.

Please follow all rules so that all participants have a safe and enjoyable experience in this year's MAC Mini Triathlon.

Thank you: Maryville Community Center / Maryville Aquatic Center Staff