

Rules of the Triathlon Race of the NGO "Run Ukraine"

GENERAL RULES

1. Purpose:

Race Rules are intended for:

1. Creating an atmosphere of sportsmanship, equality and fair play;
2. Ensuring security and protection;
3. Focusing on sportsmanship and skills, without unnecessarily restricting the freedom of action of each athlete;
4. Punishment of athletes who received a dishonest advantage.

2. Organizers and Management of the Race

2.1. NGO "Run Ukraine" serves as the Race Organizer.

2.2. The Organizer establishes the Race Organizing Committee (hereinafter - the Organizing Committee) from among its staff and engages third-party sport-specific specialists from various sports.

2.3. The Organizing Committee approves the Race Regulations as well as makes additions and amendments to the Regulations.

2.4. The Organizing Committee is responsible for:

- Information support of participants;
- Raising funds to conduct the Race;
- Preparation of documents and materials for the Mandate Committee;
- Provision of prizes to award winners and medalists of the Race;
- Provision of refereeing;
- Lease of sports facilities, premises, and technical equipment required for conducting the Race;
- Organization of security measures and medical oversight of the Race.

The Mandate Committee shall supervise preparation and conduct of the Race, review official protests and resolve disputes, examine documents and make decisions about admission to the Race.

Chernitskyi D.L., the Race Director, serves as the Head of the Mandate Committee.

The Mandate Committee includes:

- Representative of the Organizing Committee;
- Chief Judge of the Race;
- Medical Director of the Race;
- Chief Secretary of the Race.
- Athletes Manager.

Invited professional athletes and specialists are allowed to join the Committee.

3. General provisions

3.1. The Race is fully compliant with the Technical Regulations of International Triathlon Union, Triathlon Federation of Ukraine, and the rules established by the Race Organizer.

3.2. The date, place, program of the Race is determined by the Race Organizer in the Race Regulations. The Organizer may change the date, location, program of the Race at any time if public authorities and local governments in the region of the Race introduce the restrictions (including, but not limited to, quarantine and/or introduction of anti-epidemic measures in the territory with a significant spread of acute respiratory disease COVID-19 caused by coronavirus SARS-CoV-2) which interfere with the Race.

3.3. The Race Organizer has the right to make changes to the Race program. The Race Organizer notifies the Participants of such changes in advance (as far as possible) by email specified by the Participant during registration for participation in the Race and/or publishes a notice on the website of the relevant Race.

3.4. The Race Organizer (before or during the Race) has the right, and in some exceptional situations is required to postpone, fully or partially reduce, completely or temporarily interrupt, partially close or cancel the Race if it is probable that the planned Race or its continuation may lead to a threat to life and health or the loss of property. In this case, the Participants under no circumstances have the right to demand a refund of the paid registration fee for participation in the Race.

3.5. In case of force majeure and/or security reasons, and/or in the presence of any other circumstances that make it impossible to conduct the Race, the Organizer has the right (and in case of official orders from public authorities and/or local governments is required) to cancel the Race in whole or in part or, if possible, postpone the Race to another date and time. At the same time, the Participants under no circumstances have the right to demand a refund of the paid registration fee for participation in the Race, and the Organizer is not responsible for the Participants' losses.

In such cases, the Organizer together with the Organizing Committee makes one of the following decisions:

- to cancel the Race;
- to exclude certain types of competitions or all types of competitions from the Event;
- to change the location, time, program of the Race;
- to reduce the number of Participants following the instructions of the authorities;
- to change the format of the Race from "offline" to "online."

The Organizer notifies the Participants of the decision (if possible) by e-mail, which was specified by the Participant during registration for participation in the Race, and/or publishes a notice on the website of the Race.

The term "force majeure" includes (but is not limited to): war, war-like conditions, riots, strikes, lockouts, lack of energy or raw materials, revolution, uprising, military or civil coup, terror, reactor accidents, riots, embargoes, epidemics, pandemics such as COVID-19, fire, hurricane or other catastrophic storms, as well as natural events such as earthquakes and landslides.

The Organizer publishes all current information about the organization and holding of the Race, as well as any notifications of changes on the websites of the relevant Race. The Organizer is not responsible for non-acquaintance or late acquaintance with the specified information and strongly recommends the Participants to regularly follow current information on possible changes to the Race conditions.

3.6. By participating in the Race and signing the starter's letter (for Race participants 16 years of age or younger, the starter's letter is signed by legal representatives - parents or authorized accompanying persons: coach, teacher, etc.), the Participant confirms that he/she has read all information about the Race provided by the Race Organizer, understood and unreservedly agreed with all the Rules of the Race.

3.7 The event website is the official source of information. The official source of communication and provision of information to the participant is e-mail. The organizer sends all official information to the e-mail address specified by the participant in his/her personal profile on the runukraine.org website.

4. Refund of the entry fee

There is no refund of the money paid as entry fee in accordance with the Public Offer Agreement, which is accepted by the participant upon registration for the Race.

5. Personal information, collection and processing

Participants are aware that all Races organized and conducted by the Organizer are public events. They can be covered in the online media - on the Internet and/or social networks and offline media - on radio, television, and print media. Participants have to clearly understand that they can appear in photos or videos in the materials covering the Race.

The Organizer or the service providers involved on his behalf during the Race may take photos and videos and/or interview participants during sporting events. The Organizer has the right to use (or not to use) the photos, videos, and interviews taken in any way and for any purpose without any payment from the Organizer of the Race and without the prior agreement of such use with the Participants.

Participants grant the Organizer the exclusive right, unlimited in terms of time, space, and subject matter, to reproduce, distribute and publicly display photos, videos and interviews, make them available for search, in particular for commercial use, as well as for offline and Internet advertising and advertising on social networks, including use in magazines, newsletters, posters, photo and video impressions of the event, press releases, etc.

By registering to participate in the Race, each Participant of the Race automatically confirms that he/she agrees to the use of his/her personal data, photo, video, or audio materials with his/her participation and agrees that these materials can be used without their consent to promote the event without any payment for such use by the Organizer of the Race, and by any third parties to whom the Organizer has granted the right to use them.

Participants waive their right to be named during each (including public) use of photo, video, or audio materials with their participation.

The Race Organizer can use all photos and videos of the Race available to the Race Organizer as supporting documents confirming the accuracy of the Race results and/or cases of violation of the Race rules.

Personal data provided by Participants during registration will be stored and processed by the Organizer, and the Organizer engaged third parties involved in the organization and conduct of the Race to organize and conduct the sporting event, including printing/publication of race results and/or providing medical care to Participants on the course and finish by medical services that monitor the event, as well as to process payments.

Data processing is carried out in accordance with the requirements of the legislation of Ukraine.

The Organizer also processes and publishes the last name, first name, year of birth, nationality, gender, club (if any), race number, and the result (place and time) of a Participant to present lists of participants and results in the relevant media accompanying event (including the Internet), and may transfer this data for publication to third parties and store it to create an archive database of results.

6. Cost of organizing and conducting the Race

The Race is held through the involvement of sponsors and partners and the participants' registration fees.

Given that the registration fees of the participants are part of the funds used by the Organizer to cover expenses for the organization and preparation of the Race, and without which the preparation and conduct of the Race would be impossible, complete or partial refund of the paid registration fee is not possible under any circumstances.

Travel, accommodation and food costs are borne by sending organizations or the participants themselves.

7. Registration for the Race

7.1. Participants are allowed to enter the Race provided proper and timely registration for the Race.

7.2. The Race Organizer has the right to suspend or completely close registration for the Race without any prior notification.

7.3. Registration for the Race is performed on-line on the website of Race Organizer. The website of the Race Organizer providing registration is specified in Race regulations.

7.4. Registration for the Race is performed on-line by filling in the application form on the website of the Race Organizer and paying the registration fee.

7.5. Registration for the Race is considered completed after the full amount of the registration fee paid by the participant is transferred to the account of the Race Organizer.

7.6. Registration is canceled automatically if the Registration fee is not paid within 3 working days after submission of application and not later than 3 working days before the day of the Race.

7.7. The total number of participants on all Race courses is limited and specified by the Race Organizer on the website and in the event press release.

7.8. Registration for the Race can be closed early if the total limit of participants on all courses is reached.

7.9. There is no registration on the day of the Race.

7.10. By filling in the registration form, the Race participants agree to collecting, storing, using, processing, and transferring to third parties their personal data provided at registration for marketing purposes of the Race Organizer.

7.11. By filling in the registration form, participants agree to the use of their personal information, photo, video, or audio materials with their participation for advertising purposes without their consent or any compensation from the Race Organizer.

8. Entry (registration) fee

8.1. The registration fee is determined by the Organizing Committee and has different costs. The cost of the registration fee depends on the chosen course and the payment period specified in the Race Regulations.

8.2. The registration fee payment is carried out by electronic payment on the Race Organizer's website, specified in the Race Regulations.

8.3. The registration fee does not include money transfer fee.

8.4. Payment of the registration fee in cash is only possible during additional registration and sale of "Optimal Start Packs" along with distribution of start packs, which will take place the day before the event, provided that the total limit of participants on all courses has not been reached.

8.5. The registration fee paid by the participant may be transferred to another person within the event free of charge no later than 30 days before the start of the Race.

In the 30-day period before the start of the Race, the transfer of a registration fee to another participant is available for a fee of 150 UAH.

The participant must purchase the Certificate of Registration Fee Transfer from the online store at <http://runukraine.org/shopping>.

The participant must submit an individual application by sending a letter to registration@runukraine.org with "Registration fee transfer" in the subject line and should provide the necessary data.

After the procedure, the new participant receives a new unpersonalized race bib number with a result capturing electronic chip and everything else that is provided in the start pack for a certain course. The previous participant's race number specified in the application is canceled.

Please, notice! The number of certificates is limited. The service is only possible if you have this certificate.

8.6. The registration fee paid by the participant is non-refundable no matter the circumstances, including the following: the participant is unable to participate in the Race, the participant is unable to complete the course of choice, the participant is unable to meet the set time limit, the participant is disqualified, or the Race is canceled due to force majeure, etc.

8.7. Race participants who have paid the registration fee for a course on the particular Race may not transfer their application to another Race under any circumstances.

8.8. The Race Organizer has the right to change (reduce) the cost of the entry fee in case of failure to provide certain goods and services (t-shirts, food stamps, etc.).

8.9. The Organizer has the right to set the cost of the entry fee at his discretion and to change its amount at any time based on changes in the cost of goods and services provided to the participant.

9. Privileged categories

Reduced registration (a discount of 35% of the basic registration fee at the time of payment), is available to the following categories of citizens of Ukraine:

- internally displaced persons from the ATO zone;
- combatants and war veterans;
- students;

The participant must submit an individual application by sending a letter to registration@runukraine.org with "Special category" in the subject line.

When submitting your application, please, include supporting documents according to your privileged category: a copy of your passport, pensioner ID, combatant ID, ID of a person with a disability, special ID card of an internally displaced person from the ATO zone.

If it is found out that the participant wrongfully claimed a privileged category at registration, such registration is canceled without any compensation from the Race Organizer.

YOU CAN GET YOUR DISCOUNTED START PACK ONLY UPON PRESENTATION OF THE ORIGINAL COPY OF YOUR VETERAN ID, ID OF A PERSON WITH DISABILITY, PENSIONER ID, OR A CERTIFICATE OF AN INTERNALLY DISPLACED PERSON.

10. Participant's start pack

10.1. The number of start packs is limited and determined by the Race Organizer.

10.2. The start packs are sold on the Race Organizer's website, specified in the Race Regulations.

10.3 The number of start packs may be changed by the Organizer.

11. Distribution of start packs

11.1. The start packs are distributed in the days before the date of the Race specified in the Race Regulations. The start packs may also be mailed to the branch specified in the participant's account.

11.2. Participants who cannot pick up their start packs the day before the Race must notify the Race Organizer 7 days before the Race by email specified in the Race Regulations.

11.3. There is no distribution of start packs on the day of the Race.

11.4. Participants of the Race receive start packs in person upon presentation of a starter letter and ID document. If a participant cannot receive the start pack in person, it can be done by a third party upon provision of a list of documents specified in the Race Regulations.

11.5. If a Race participant was unable to take part in the Race, he/she may receive his/her start pack within one calendar month from the day of the Race. The Participant can either pick it up directly from the Race Organizers or arrange shipment of goods by mail at his/her own expense. After one calendar month from the day of the Race, the Organizers are not responsible for preserving the product and may dispose of it at any time.

12. Basic Rules of the Race

The Race Organizer reserves the right to make changes to the Race program.

12.1 Basic rules:

- The Race Organizer reserves the right to cancel the Race (before or during the event) due to weather and/or other force majeure circumstances;
- Rules and General Terms is an official document that acts as a contract between the Race Organizer and the participant;
- Any suggestions, amendments and supplements to this document are accepted by email to the Race Organizer: registration@runukraine.org.

12.2 Health.

- Each Race participant participates in the Race voluntarily, recognizing all possible risks to their own health during and after the Race;
- Each participant takes personal responsibility for his/her physical condition and ability to complete the chosen Race course;
- Accident insurance, which covers participation in sports competitions on the day of the Race, is included in the participant's starter package for all courses;
- The Race Organizer is not held responsible for physical trauma, injuries, and deterioration of physical health that a participant experiences during the Race;
- The Race Organizer is not held responsible for deterioration of physical health of a participant after the Race.

12.3. Emergency during the Race

TO THE ATTENTION OF ALL RACE PARTICIPANTS OF THE EVENT!

In case there is a warning from the State Emergency Service of Ukraine in the region of the Race (before the Race or on the day of the Race) about a possible significant deterioration of weather conditions or severe weather events (including but not limited to: earthquake, flood, hurricane, hail, cyclone, storm, lightning, and other natural disasters), threats to human life and health, the Race Organizer reserves the right to take measures to ensure the safety of participants, spectators, fans and all who take direct or indirect part in the Race.

The Organizing Committee developed an internal safety scale, according to which, in case of adverse weather events, the Organizing Committee will act by the agreed plan and require all participants to strictly comply with the following requirements:

1st level of emergency - wind of 7-9 meters per second - dismantling of inflatable arches, lightweight structures (including mileage indicators), tents, promotional, and photo areas.

2nd level of emergency - wind of 9.5-10 meters per second - dismantling of all tents, photo areas, and the crossbar of the start-finish arch. The project manager will ask you to remove anything that may be dangerous.

3rd level of emergency - wind of 11 meters per second and more - the collegial decision commands whether to hold or cancel the event.

The board making such a decision includes Director of the NGO "Run Ukraine" Dmytro Chernitskyi, Project Manager Ivan Tretiakov, a representative of The State Emergency Service of Ukraine in the region, a representative of the title sponsor of the Race (or another official of the company - the title sponsor of the Race).

FOLLOW THE REPORTS OF THE ORGANIZING COMMITTEE!

13. Liability for property damage

13.1. The Race Organizer is not held responsible for any damage caused to the health and/or property of Race participants or spectators before, during or after the Race by other Race participants, spectators, third parties or weather conditions.

13.2. The Race Organizer is not held responsible for any damage to the health or property of Race participants or spectators caused before, during or after the Race by actions or inactivity of the services ensuring the order of motor traffic on the route, municipal or other services servicing the Race.

14. Race courses and age limits for participants

Participation in the Race is open to participants of both sexes 18 years old or older.

15. Determining award winners and medalists

15.1. Each type of Race has age requirements and awards. After determining the winners on each course, the Race Organizers publish Race results on the website specified in the Race Regulations.

15.2. The prize fund is distributed only among athletes of the "PRO" category. The athletes in this category must submit a start pack and provide a Letter of Confirmation from the Territorial Triathlon Federation.

15.3. The prize scale is determined by the Race Organizer for each course at the discretion of the Race Organizer.

Payment of monetary prizes to the determined winners of the Race is made by non-cash transfer within 7 calendar days from the day of completion of the Race. The payment is made to the winner's bank account. The monetary prize shall be paid only when the winner provides the Race Organizer with the originals and copies of his/her documents: passport, personal tax code, and complete bank card details.

A participant may be awarded late, provided that the participant did not attend the award ceremony in his or her age group. In this case, the prize is sent by mail at the Race Organizer's expense to the address specified by the participant at registration (only on the territory of Ukraine, foreign citizens pay money transfer fee at their own expense).

The Organizing Committee of the Race is not responsible for the delivery of prizes if the Participant provided incorrect address.

Winners and medalists receive memorable prizes.

A participant who was awarded in the absolute championship may not be awarded in his/her age group.

Race Rules

1. BEHAVIOR OF ATHLETES:

1.1. Third-party assistance:

- a.) Assistance from Race staff or technical officials is permitted, but limited to provision of beverages, food, technical and medical assistance with the permission of the Technical Delegate or the Chief Judge of the Race. Athletes participating in the same Race are allowed to pass on to each other related items, including, but not limited to, food and beverages outside the food stations, pumps, tires, cameras and bicycle kits.
- b.) Athletes may not transfer any of their items to other participants of the same Race if such assistance will make it impossible for the athlete to continue his or her own race. This includes, but is not limited to, provision of sports shoes, a whole bicycle, frame, wheels and helmets. This will result in disqualification of both participants.
- c.) An athlete may not physically facilitate advancement of another athlete along any part of the course. This will result in disqualification of both participants.

1.2. Illicit substance abuse:

- a.) Athletes must follow ITU's anti-doping rules.
- b.) All athletes and their coaches are responsible for their knowledge of the ITU's anti-doping rules, including responsibilities for medical and doping control tests, rights, responsibilities, penalties and appeals, and prohibited substances and prohibited methods.

1.3. Health:

- a.) Triathlon and other ITU multi-discipline sports competitions require significant energy consumption. To be able to compete, an athlete must be in excellent athletic shape. His/her health and well-being are paramount. By starting this Race, the athlete thereby declares his/her good health and appropriate physical shape, which allows him/her to participate in the Race.
- b.) Time limits for the swimming stage, the cycling stage and the overall race time can be set by the Organizers for each Race. These limits must be published in the registration materials before the start of the Race.

Duathlon	Time limit per stage	Time limit for 2 types of activity	
Running 5 km	00:40	Time limit for 2 types of activity - 80 minutes. If a participant fails to meet this time limit, he/she is not admitted to the 3rd stage.	
Cycling 20 km	00:40		
Running 2.5 km	00:20	Overall time limit: 1 hour 40 min	

Aquathlon	Time limit per stage		
Swimming 1 km	00:30		

Running 5 km	00:40		
		Overall time limit: 1 hour 10 min	

Sprint	Time limit per stage	Time limit for 2 types of activity	
Swimming 750 m	00:25	Time limit for 2 types of activity - 75 minutes. If a participant fails to meet this time limit, he/she is not admitted to the 3rd stage.	
Cycling 20 km	00:50		
Running 5 km	00:40	Overall time limit: 2 hours 00 min	

Olympic distance	Time limit per stage	Time limit for 2 types of activity	
Swimming 1.5 km	00:50	Time limit for 2 types of activity - 2 hours 20 minutes. If a participant fails to meet this time limit, he/she is not admitted to the 3rd stage.	
Cycling 40 km	01:30		
Running 10 km	01:20	Overall time limit: 3 hours 40 min	

Long distance 70.3	Time limit per stage	Time limit for 2 types of activity	
Swimming 1900 m	01:05	Time limit for 2 types of activity - 5 hours 5 minutes. If a participant fails to meet this time limit, he/she is not admitted to the 3rd stage.	
Cycling 90 km	04:00		
Running 21.1 km	00:40	Overall time limit: 7 hours 00 min	

1.4. Admission to participation in the Race:

a.) All athletes must have a license from the Triathlon Federation of Ukraine; insurance policy; signed starting letter.

- Insurance:

a.) All athletes participating in the Race must have personal insurance coverage. Such insurance must cover:

- (i) any accidents occurring before, during or after any type of Race;
- (ii) any disease that an athlete may be suffering from during the Race;
- (iii) any damage caused by the athlete during the Race.

Pre-race briefings are held at the Expo 2 times a day before the Race.
On the day of the Race, only the briefing of the Swimming stage is held.

The detailed description of the start pack is specified in the Race Regulations.

Start packs must contain at least five (5) official race numbers (one (1) for the body, one (1) for the bicycle and three (3) for the helmet) and four (4) safety pins, a swimming cap, a result capturing electronic chip, accreditation pass, athlete's manual, passes/tickets for all official events. Gifts from the local organizing committee may also be included.

Race numbers:

- Race numbers are mandatory for the running segment;
- Race numbers must be attached to the front and clearly visible during the running segment.

1.5. Body marking:

Marking should be applied to each arm.

Markings and/or stickers with multi-digit numbers should have the numbers arranged one below the other (in a column) and not one after the other (in a row);

One shin of each athlete - if they are not covered - can be marked with the category and sex of the athlete (for example, marking "M25" is applied to a male athlete of the category "25-29 years", and marking "F25" can be applied to a female athlete of the same category).

- Assignment of race numbers:
 - a.) General provisions

1.6. Time and results:

a.) The athlete who demonstrates the shortest time from the start signal to the end of the Race wins the Race.

b.) In the list of official results, the athletes will be ranked according to their finish time. If two athletes claim the same place and their results cannot be distributed, they are assigned the same place, the next athlete finishing behind them receives the next sequence number of the place plus 1. The next athletes are distributed in the order of finishing.

The breakdown by time should include the following:

- (i) Swimming or Segment 1;
- (ii) Transit zone 1;
- (iii) Cycling or Segment 2;
- (iv) Transit zone 2;
- (v) Running or Segment 3;
- (vi) Overall finishing time.

c.) Athletes who do not have a recorded final result are entered in the results protocols in the following order:

- (i) athletes who did not finish (DNF);
- (ii) athletes who lag behind the leaders or are stopped according to the "last cyclist - first runner" (LAP) scenario, only for the official National Championships;
- (iii) out-of-competition participants or those who did not meet the control time in any segment (NC);
- (iv) paratriathletes, who do not meet the criteria (NE);
- (v) disqualified participants (DSQ);

- (vi) athletes or teams that did not start (DNS);
 - (vii) if there is more than one athlete in the DNF or LAP categories, the person who finished more laps is listed first in the protocol; if there are several athletes in the DNF or LAP categories on the same lap, the athletes are listed according to their time in the previous control point where the time was captured (the fastest athlete is listed first) or according to race numbers in ascending order, if the time was not captured before their withdrawal from the race;
 - (viii) if there is more than one athlete with the same status, they are listed in one group in ascending order of race numbers (except DNF and LAP categories);
 - (ix) results of athletes with DSQ status are not recorded.
- d.) Additional information is provided either at the top or at the bottom of the final protocol:
- (i) Swimming distance and number of laps;
 - (ii) Cycling distance and number of laps;
 - (iii) Running distance and number of laps;
 - (iv) Air temperature;
 - (v) Water temperature;
 - (vi) Use of wetsuits for swimming/ lack thereof;
 - (vii) Name and country of the Technical Delegate;
 - (viii) Name and country of the Chief Judge of the Race;
 - (ix) Name and country of the members of the Race Jury for appeals.
- e.) For relay races, the above rules apply and the overall time of each athlete is demonstrated;
- (i) The results are considered official from the moment of their signing by the Chief Judge of the Race. Preliminary results can be announced at any time. The Chief Judge may use all available resources to determine the final position of each athlete. Information from technical sources can be used to help make decisions. Based on the available evidence, the Chief Judge of the Race may decide that the athletes finished at the same time if there is no way to determine who crossed the finish line first. The results of athletes who finished at the same time are entered into the protocol in ascending order of race numbers. However, athletes who intentionally finish at the same time without making an effort to differentiate their results are considered disqualified.
- g.) Official results (without adding and subtracting penalty time) can be changed by the decision of:
- (i) Chief Judge of the Race within 48 hours after the end of the Race;
 - (ii) Race Jury for appeals;
 - (iii) Technical Delegate for protests regarding timing and results;

2. PENALTY SANCTIONS:

2.1. General rules:

- a.) Failure to comply with these Race Rules may result in the athlete receiving a verbal warning, being given a penalty, disqualified, temporarily suspended from the Race or suspended from the Race.
- b.) The type of penalty depends on which paragraph of the rule is violated.
- c.) Reasons for imposing a penalty: the athlete may be given an oral warning, may be punished by a time penalty or disqualified for non-compliance with the Race Rules.
- d.) Types of violations and penalties are provided in Annex B.
- e.) Judges are allowed to impose penalties even if a certain violation is not listed, if the judges believe that an unfair advantage was gained or a dangerous situation was deliberately created.

2.2. Warning:

a.) The purpose of the warning is to warn athletes against possible violations of the rules and to encourage a "precautionary" approach by technical officials. The Technical Officer may also issue a warning to the athlete to correct a minor violation.

b.) A warning may be issued if:

- (i) an athlete breaks the rules unintentionally;
- (ii) the Judge sees a possibility of breaking the rules;
- (iii) no advantage was gained.

c.) Oral warning: The Judge blows the whistle, the athlete must be stopped if necessary, the Judge asks the athlete to change his/her behavior, and immediately allows him/her to continue the Race.

3.3. Penalty time:

a.) The Judge is not required to issue a warning before imposing a more severe penalty;

b.) Penalty time is an adequate punishment for violations that do not require disqualification;

c.) Penalty time must be spent in the penalty zone, transit zone or at the place of violation;

d.) The Judges decide when the athlete must serve the penalty time

e.) There are two types of violations for which athletes can be penalized by imposing a penalty time:

- (i) Violation of drafting rules as specified in 4.4. and 4.5;
- (ii) Other violations. See the list in Appendix B.

f.) The duration of penalty time depends on the type of violation:

(i) Procedure for announcing a penalty for violating drafting rules:

- 5 minutes in long-distance races;
- 5 minutes in medium distance races;
- 2 minutes in standard distance races;
- 1 minute in triathlon sprint and other short distances.

(ii) Other violations:

- 1 minute in long-distance races.
- 30 seconds in medium distance races;
- 15 seconds in standard distance races;
- 10 seconds in a triathlon sprint and other short distances.

g.) Penalty Notice: The Judge determines duration of penalty time and must notify the athlete as soon as possible as soon as it can be done safely:

(i) Procedure for penalty notice for violating drafting rules:

- The Judge blows a whistle, shows a blue card, calls the race number of the athlete and announces: "Penalty for drafting, you must stop in the next penalty zone." The Judge must make sure that the athlete did receive a penalty notice.

(ii) Other violations:

- Violations at the start and in the swimming segment: athletes serve these penalties in transit zone 1 before touching any equipment. The Judge is near the athlete's place in the transit zone, blows a whistle, shows a yellow card and marks the penalty time;
- Violations in the cycling segment: the Judge blows a whistle, shows a yellow card, calls the race number of the athlete and says: "Penalty time, you must stop in the next penalty zone" or "Penalty time, you must stop in the penalty zone of the running segment". The Judge must make sure that the athlete is notified of the imposition of a penalty (see table below);
- Violations in the transit zone and in the running segment: athletes may be notified of penalties by a whistle, the Judge may show a yellow card, call the athlete's race number and say "Penalty time, you must stop", or the race number is displayed on a panel located in the penalty zone. It is the athlete's responsibility to check whether his/her number is displayed on the penalty zone panel (see table below).

- Athletes who are charged a penalty time may stop in the penalty zone and serve the penalty, or they may proceed to the finish line. Refusal to stop implies disqualification upon crossing the finish line. In this case, the athlete can appeal the penalty. Evidence will only be available if an appeal is lodged.

2.3. Penalties according to the categories of athletes:

		Unauthorized drafting in categories	Age groups
Start		T1	T1
Course		Penalty zone in the running segment	T1
Transit zone 1		Penalty zone in the running segment	Warning in T1
Cycling race		Penalty zone in the cycling segment	Penalty zone in the cycling segment
Transit zone 2		Penalty zone in the running segment	Warning in T2
Running		Penalty zone in the running segment	Warning/Penalty time on the spot

Notes: All references to elite categories include athletes in the "Elite", "U23", "Juniors" and "Youth" categories. In winter triathlon, the penalty zone of the running segment is replaced by the penalty zone of the skiing segment. In duathlon and aquathlon, the penalty zone is located in the 2nd running segment.

2.4. The order of serving the penalty time:

- a.) The Judge who imposes the penalty time is not required to explain the reason;
- b.) Upon receipt of a blue or yellow card, the athlete must follow the instructions of the Judge;
- c.) Serving the penalty time in the first transit zone (for any violations so far):
 - (i) The Judge holds a yellow card when the athlete reaches his/her place in the transit zone. The athlete is instructed to stop without touching any equipment, the Judge begins the countdown. If the athlete touches or moves any equipment, the Judge shall ask the athlete to

stop using the equipment, and the penalty time shall be paused. After the athlete fulfills the requirements, the countdown is continued;

(ii) When the penalty time expires, the referee says "Go!" and the athlete can continue the race.

d.) Penalty time in the cycling penalty zone:

(i) The numbers of penalized athletes are not displayed in the cycling penalty zone. It is the athlete's responsibility to report about the received penalty in the next penalty zone of the course;

(ii) The penalized athlete enters the penalty zone, gets off the bike, tells the Judge his/her race number, the number of penalties and the color of the cards shown. The countdown of the penalty time begins when the athlete performs all the above actions, and ends at the command of the Judge "Go", then the athlete can continue the race. If the athlete leaves the zone, the Judge asks the athlete to return, and the countdown of time is paused. After the athlete fulfills the requirements, the countdown is continued;

(iii) During the time in the penalty zone, the athlete may consume only food and/or water the athlete has on his/her bicycle or himself/herself;

(iv) Athletes are prohibited from using the toilet while serving a penalty in the cycling penalty zone. The countdown of the penalty time is paused for the time of using the toilet;

(v) It is forbidden to repair equipment or perform any kind of bicycle maintenance work during the countdown of the penalty time in the cycling penalty zone.

e.) Penalty time in the running penalty zone:

(i) Race numbers of the penalized athletes are clearly displayed on the panel in the penalty zone;

(ii) The penalized athlete enters the penalty zone, tells his/her race number and the number of penalties accumulated. The countdown of the penalty time begins when the athlete performs all the above actions, and ends at the command of the Judge "Go", then the athlete can continue the race. If the athlete leaves the zone, the Judge asks the athlete to return, and the time is paused. After the athlete fulfills the requirements, the countdown is continued;

(iii) The race number of the penalized athlete is removed from the panel after serving the penalty;

(iv) A penalized athlete may serve a penalty in any lap of the race;

(v) During the relay, any team member who has not yet completed his/her stage may serve the penalty time;

(vi) Penalties must be posted on the panel before the athlete completes the first half of the race. Penalties placed after this time are invalid.

2.5. Disqualification:

a.) General provisions:

(i) Disqualification is a type of penalty that is applied in case of serious violations of the rules, such as, but not limited to, repeated violations of the rules of cycling drafting, as well as dangerous or unsportsmanlike conduct;

b.) Penalty procedure:

(i) If time and conditions allow, the judge imposes a disqualification penalty as follows:

- blows a whistle;
- shows a red card;
- announces the race number of the athlete and says "Disqualification";
- for security reasons, the Judge may wait with the announcement of disqualification.

(ii) Instead, the athlete may be notified of disqualification by placing the athlete's number on a white panel in the post-finish zone;

(iii) The athlete must be notified of disqualification if it was issued after the athlete crossed the finish line and if it was not displayed on the panel. Athletes must respond to the Technical Delegate within 5 days as to whether they wish to appeal.

c.) Procedure after disqualification:

(i) The athlete is allowed to finish the race after the announcement of disqualification.

3.5. The right to appeal:

a.) Athletes punished by penalties have the right to appeal, except for those who violated the rules of drafting.

3. SWIMMING:

3.1. General rules:

a.) Athletes can use any style of swimming to move in the water. They can both swim and walk in the water. They are allowed to push off the ground at the beginning and at the end of each swimming lap;

b.) Athletes are required to follow a specified swimming route;

c.) Athletes are allowed to stand on the bottom or rest, holding on to a stationary object such as a buoy or stationary boat;

d.) In an emergency, the athlete should raise his/her hand above their head and call for help. If the athlete is provided with official assistance, he/she is required to stop the race;

e.) Athletes can keep their own space in the water in a sportsmanlike way:

(i) If athletes accidentally come into contact during a swim and then move away immediately, no penalties will be imposed;

(ii) If athletes come into contact while swimming and one athlete continues to impede the progress of another without moving to the side, such actions will result in a penalty time;

(iii) If an athlete expressly and intentionally prevents another athlete from moving forward, gains a dishonest advantage, and causes potential harm, such actions will result in disqualification.

3.2. Use of wetsuits:

a.) The use of wetsuits is regulated by the following tables:

Athletes of categories "Elite", "U23", "Juniors" and "Youth":

Length of swimming distance	Forbidden	Required*
Up to 1500 m	20°C and above	15.9°C and below
1501 m and more	22°C and above	15.9°C and below

* when required, the wetsuit must cover at least the torso

Athletes of age groups:

Length of swimming distance	Forbidden	Required*
Up to 1500 m	22°C and above	15.9°C and below
1501 m and more	24.6°C and above	15.9°C and below

* when required, the wetsuit must cover at least the torso

3.3. Maximum stay in the water:

Length of swimming distance	Categories "Elite", "U23", "Juniors" and "Youth"	Age groups
Up to 300 m	10 min.	20 min.
from 301 m to 750 m - below 31°C	20 min.	30 min.
from 301 m to 750 m - 31°C and above	20 min.	20 min.
from 751 m to 1500 m	30 min.	1 hour 10 min.
from 1501 m to 3000 m	1 hour 15 min.	1 hour 40 min.
from 3001 m to 4000 m	1 hour 45 min.	2 hours 15 min.

3.4. Modifications:

a.) The swimming distance can be shortened or even canceled according to the table: Cancellation

Original swimming distance	Water temperature						
	Above 32.0 °C	31.9°C-31.0 °C	30.9 °C – 15.0 °C	30.9 °C – 14.0 °C	30.9 °C – 13.0 °C	30.9 °C – 12.0 °C	Below 12.0 °C
Up to 750 m	Cancellation	750 m	750 m	750 m	750 m	750 m	Cancellation
1000 m	Cancellation	750 m	1000 m	1000 m	1000 m	750 m	Cancellation
1500 m	Cancellation	750 m	1500 m	1500 m	1500 m	750 m	Cancellation
1900 m	Cancellation	750 m	1900 m	1900 m	1500 m	750 m	Cancellation
2000 m	Cancellation	750 m	2000 m	2000 m	1500 m	750 m	Cancellation
2500 m	Cancellation	750 m	2500 m	2500 m	1500 m	750 m	Cancellation
3000 m	Cancellation	750 m	3000 m	3000 m	1500 m	750 m	Cancellation
3800 m	Cancellation	750 m	3800 m	3000 m	1500 m	750 m	Cancellation
4000 m	Cancellation	750 m	4000 m	3000 m	1500 m	750 m	Cancellation

*Note: The above temperatures are not always the water temperatures that are taken into account in the final decision. If the water temperature is below 22°C and the air temperature is below 15°C, the final water temperature is calculated based on the table below.

(*) Air temperature (all values in °C)

(*)		Температура повітря (Всі значення в °С)										
		15	14	13	12	11	10	9	8	7	6	5
Температура води (Всі значення в °С)	22	18,5	18,0	17,5	17,0	16,5	16,0	15,5	15,0	14,5	14,0	Відміна
	21	18,0	17,5	17,0	16,5	16,0	15,5	15,0	14,5	14,0	13,5	Відміна
	20	17,5	17,0	16,5	16,0	15,5	15,0	14,5	14,0	13,5	13,0	Відміна
	19	17,0	16,5	16,0	15,5	15,0	14,5	14,0	13,5	13,0	12,5	Відміна
	18	16,5	16,0	15,5	15,0	14,5	14,0	13,5	13,0	12,5	12,0	Відміна
	17	16,0	15,5	15,0	14,5	14,0	13,5	13,0	12,5	12,0	Відміна	Відміна
	16	15,5	15,0	14,5	14,0	13,5	13,0	12,5	12,0	Відміна	Відміна	Відміна
	15	15,0	14,5	14,0	13,5	13,0	12,5	12,0	Відміна	Відміна	Відміна	Відміна
	14	14,0	14,0	13,5	13,0	12,5	12,0	Відміна	Відміна	Відміна	Відміна	Відміна
	13	13,0	13,0	13,0	12,5	12,0	Відміна	Відміна	Відміна	Відміна	Відміна	Відміна

b.) If the weather dictates other conditions (e.g. strong wind, rain, temperature change, etc.), the Technical Delegate, having consulted the Medical Delegate (if available), may impose restrictions on the length of the swimming distance or decide on the use of wetsuits. The final decision is made one hour before the start and must be clearly communicated to the athletes through the Technical Delegate;

c.) For aquathlon competitions (usually “running+swimming+running”), the local Race Organizing Committee must plan a “swimming+running” option when the water temperature is expected to be below 22°C. In cases where the planned format is "running+swimming+running", but on the day of the Race the water temperature is below 22°C, the format must be changed to "swimming+running";

d.) The water temperature must be measured one hour before the start on the day of the race. Measurements should be made in the middle of the swimming distance and in two other places at a depth of 60 cm. The lowest measured temperature will be taken as the official water temperature.

3.5. Start procedure:

a.) After all the athletes have taken their positions (confirmed and fixed by the Judges of the start line), the command "On your marks!" is given, and the athletes take a step towards the starting line, but do not step on it.

b.) At any time after this command is given, the starting signal is given by the horn. Athletes begin to move forward toward the first buoy until they reach the water.

c.) Judges involved in the start procedure:

(i) Two Judges of the start stand side by side in the center of the starting zone behind the athletes:

- The first Judge at the start is responsible for giving the command "On your marks!";
- The second Judge is responsible for giving the starting signal.

(ii) Two false start judges stand on either side of the starting zone to clearly see the start moment:

- To give a "false start" signal (several short signals) the judges use a horn;
- Photo/video cameras are used to record false starts.

d.) False start: In the event of a false start (several athletes start moving forward before the start signal is given), all athletes must return to their previous positions. The process is controlled by the judges of the starting line. The start procedure starts over;

e.) Valid start with athletes who started early: In the event of an early start of several athletes, the race may continue and the false start judges may decide that the start is valid. The athletes who started early receive a penalty time in the transit zone 1. In case of a relay, the penalty time is awarded to the first athlete in the team;

f.) A similar procedure is used at the start of any competition in triathlon disciplines, starting with running, with adaptation of the swimming start for the running start.

3.6. Start procedure

- a.) Athletes are grouped in the pre-start zone according to the assigned starting wave;
- b.) Athletes are called to the starting zone and they take their places at the start according to the Judge's instructions;
- c.) After all the athletes have taken their positions, the Judge gives the command "On your mark!";
- d.) At any time after this command, the starting signal is given by the horn. Athletes begin to move;
- e.) False start: In the event of a false start (several athletes start moving forward before the start signal is given), all athletes must return to their previous positions. The process is controlled by the Judges of the starting line. The start procedure starts over;
- f.) Valid start with athletes who started early: In the event of an early start of several athletes, the race may continue and the false start judges may decide that the start is valid. The athletes who started early will receive a penalty time corresponding to the course of the Race in the transit zone 1;
- g.) A similar procedure shall be used at the start of any Triathlon competition beginning with running, with the adaptation of the swimming start for the running start;
- h.) Athletes who start in any wave before the one to which they belong are subject to disqualification;
- i.) Athletes who are late for the start of their starting wave must obtain the permission of the judge at the start line to start their race. The start time of such an athlete corresponds to the start time of the start wave to which he/she belongs.

3.7. Equipment:

- a.) Swimming cap:
 - (i) During the swimming segment, all athletes must wear the swimming cap of this official event;
 - (ii) Swimming caps are provided by the local Race Organizing Committee;
 - (iii) If an athlete decides to wear two caps, the second cap shall not contain the logos and the official cap shall be worn on top of the first one from the time the athletes line up at the start of the start procedure;
 - (iv) If an athlete does not wear the official swimming cap or modifies it in any way, he/she may receive a penalty, including being disqualified.
- b.) Race suits (trisuit):
 - (i) Athletes must wear officially approved race suits for swimming courses without wetsuits. If an athlete decides to wear more than one race suit, both suits must meet the requirements.
 - (ii) The race suit must consist of 100% textile material, ie a material consisting of natural and/or synthetic individual threads, which are used to make fabric by weaving, knitting and/or netting (this usually does not apply to suits made only of nylon or lycra, which does not contain rubberized material such as polyurethane or neoprene);
 - (iii) In cases when the use of wetsuits is prohibited, athletes are not allowed to wear clothing that covers arms below the shoulders, as well as covering parts of the legs below the knees, except as provided in paragraph 2.8.c.(iii);
- c.) Wetsuits:
 - (i) The thickness of a wetsuit should not exceed 5 mm. If a wetsuit consists of two items of clothing, the total thickness of the overlapping parts should not exceed a thickness of 5 mm;
 - (ii) Any means of transportation that may favor an athlete or pose a danger to other athletes is prohibited;
 - (iii) The outer part of the wetsuit must fit snugly against the athlete's body while swimming;
 - (iv) A wetsuit may cover any part of the athlete's body except the face, hands and feet;
 - (v) There are no restrictions on the length of the fastener;
 - (vi) Wetsuits must comply with the provisions on authorized identification.
- c.) Forbidden equipment:
 - (i) Athletes are not allowed to wear or use:

- Artificial means of transportation;
- Items that help stay afloat;
- Gloves;
- Socks, except when the use of wetsuits is mandatory;
- Wetsuits or any part of wetsuits when prohibited;
- Non-certified wetsuits;
- Tubes for swimming;
- Race numbers (only when swimming without wetsuits)
- Earpiece(s), or technical plugs that are inserted into or close the ears, except for protective earplugs;
- An inflatable safety device (tube) put into action. If one has been put into action, the athlete must leave the course.

(ii) Any jewelry that is potentially dangerous to the participant or to other athletes (athletes may be asked to remove any such items).

4. CYCLING:

4.1. General rules:

a.) Athletes are not allowed to:

- block other athletes;
- be in the cycling segment with a naked torso;
- move forward without a bike;
- use a bicycle other than the one provided for control.

b.) Dangerous behavior:

- (i) Athletes must follow the traffic rules provided for the Race, unless technical officials specify otherwise;
- (ii) An athlete who left the course for safety reasons must return to it without gaining any advantage. Otherwise, the athlete is punished with a penalty time, which must be served in the transit zone (for participants of age groups) or in the penalty zone of the running segment (for other categories);
- (iii) Dangerous cycling involves imposition of a penalty. Such cycling includes, but is not limited to, going around the other athlete on the wrong side;

4.2. Equipment:

a.) In general, during the Race, as well as during introductory sessions and official trainings, UCI (Union Cycliste Internationale) rules from January 1 of the current year apply:

- (i) UCI cycling highway rules for triathlon and duathlon races;
- (ii) UCI split start rules for non-draft triathlon and duathlon races;
- (iii) UCI Mountain Bike Racing Rules for Winter Triathlon, Cross Triathlon and Cross Duathlon.

b.) For non-draft races and age group races with authorized drafting:

c.) Wheels:

- (i) Wheels must not be fitted with mechanisms which accelerate the movement of the bicycle;
- (ii) Chamber tires must be well glued, eccentrics must be closed and tightly clamped, wheels must be properly secured to the frame;
- (iii) Both wheels must have serviceable brakes;
- (vi) In non-draft races, the rear wheel may be disc. But this provision may be revoked by the Technical Delegate for the sake of safety, for example in case of strong wind.

d.) Prohibited equipment:

- (i) Prohibited equipment includes, but is not limited to:

- Headphones, headset, noise-absorbing earbuds, smart helmets that are inserted into the ears or cover them;
- Glass containers;
- Mirrors;

4.3. Bicycle inspection:

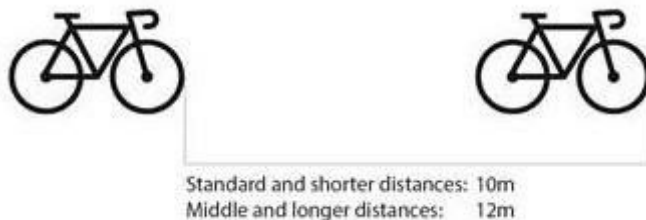
- a.) The bicycle inspection shall include all the requirements set out in paragraph 5.2;
- b.) A visual inspection of the bicycle is carried out at the time of registration in the transit zone before the Race. Judges check the bikes for compliance with the Race Rules.

4.4. Drafting:

All races are carried out in the category “Draft illegal races”.

4.5. Overtaking:

- An athlete is considered to be overtaken when the front wheel of another athlete is ahead of his/her front wheel;
- After overtaking, the overtaken athlete must leave the draft zone of the athlete who overtook him, constantly moving in the direction of exit from the draft zone. Repeated advancement of the overtaken athlete before leaving the drafting zone will be considered a violation of the drafting rules;
- Overtaken athletes who stay in the overtaking area of the overtaking drafter for longer than the allotted time will be penalized for violating the drafting rules;
- Athletes should stay on the side of the track and not block other athletes. A block is when a rear-riding athlete is unable to pass due to an inconvenient position of the athlete in front;
- The Technical Delegate instructs the athletes during the briefing on which side they should pass the other athlete.
- The following illustrations apply to right-hand traffic races.

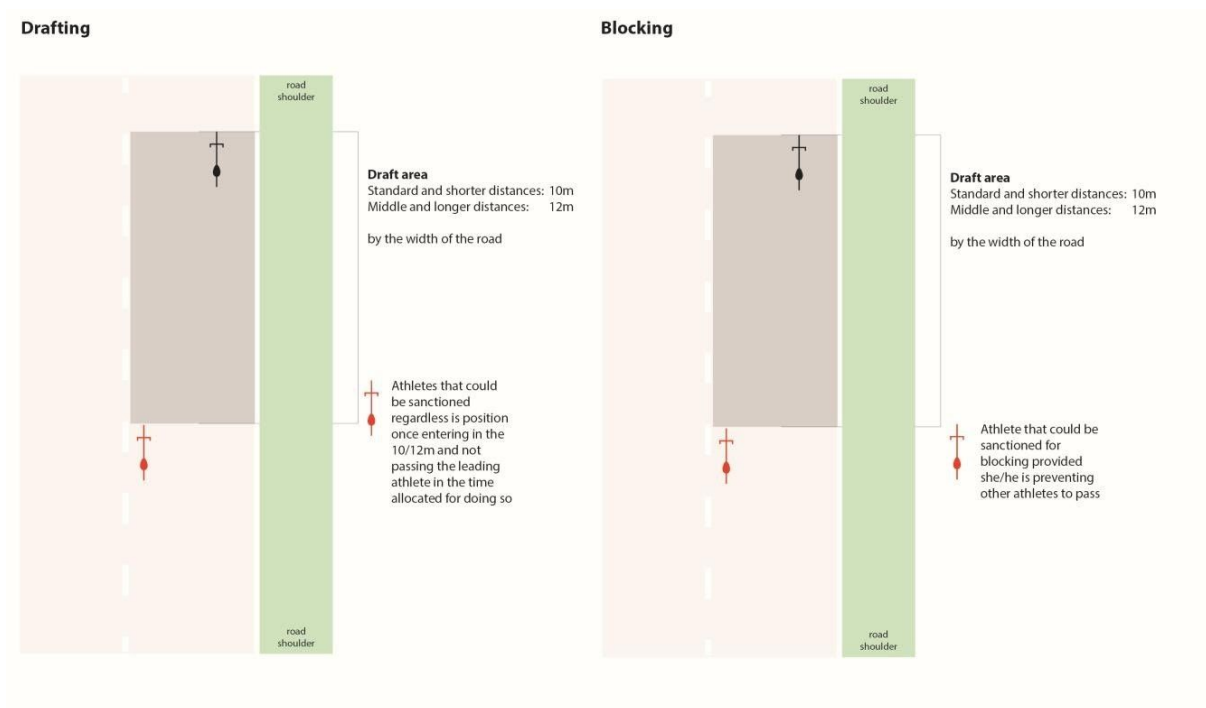


4.6. Penalty for drafting:

- a.) Drafting is prohibited in “Draft illegal races”;
- b.) Technical officials shall notify athletes who use drafting that they are penalized by the penalty time. Such communication must be clear and unambiguous;
- c.) Athletes penalized by the penalty time must stop in the next penalty zone and stay there for a certain time, depending on the length of the distance. One minute for sprint distance, two minutes for standard distance and five minutes for medium and long distance;
- d.) It is the responsibility of the penalized athlete to stop in the nearest penalty zone. If the athlete does not stop, he/she is disqualified;
- e.) Repeated violation of drafting rules will result in disqualification from the standard or shorter distance race;
- f.) A third violation of the drafting rules will result in disqualification from the medium and long distance race.
- g.) Penalties for breach of the drafting rules are not subject to appeal.

4.7. Blocking:

a.) The athlete must stay on the side of the track and not pose a threat by blocking other athletes. A blockage is a situation when a lagging athlete cannot move forward due to the inconvenient position of the athlete ahead on the track. Athletes guilty of blocking receive a yellow card, and the penalty must be served in the nearest penalty zone.



5. RUNNING SEGMENT:

5.1. General rules:

a.) Athletes must:

- (i) run or walk;
- (ii) wear an official race number (always for age group competitions). In other races, this may be considered an optional decision of the Technical Delegate, which will be announced to the athletes during the pre-race briefing);
- (iii) not crawl;
- (iv) not run with a naked torso;
- (v) not run with a bicycle helmet on;
- (vi) not run with a bicycle helmet on
- (vii) not allow non-racing athletes, team members, team managers or other racers/pacemakers to accompany him/her on the track or along the track.

5.2. Prohibited equipment:

- a.) Headphones or technical noise-canceling earbuds inserted into the ears or covering the ears;
- b.) Glass containers;

6. TRANSIT ZONE:

6.1. General rules:

- a.) All athletes must have their helmets securely fastened from the moment they take their bikes off the rack at the start of the cycling segment until the moment they place their bikes in the racks at the finish of the cycling segment.
- b.) Athletes should only use the bike rack that is designed specifically for them and must secure their bike in the bike rack.
- (i) In traditional bicycle racks, the bike should be placed as follows:
- For the first transit zone: in a vertical position suspended by the front edge of the saddle on a horizontal bar so that the front wheel is directed towards the middle of the transit passage. Technical officials may make exceptions;
 - For the second transit zone: In either direction, both sides of the handlebars, both brake levers or the bicycle seat must be 0.5 meters from the rack number or nameplate. The bicycle must be suspended in such a way as not to block or interfere with the movement of other athletes.
- (ii) If there is an individual rack, the bicycle must be placed in the rack by the rear wheel in the first transit zone, and in the second transit zone - by any wheel.
- c.) Athletes must place all their equipment, which will be used later in the Race, within 0.5 m of the container (box, basket). If no container is provided, 0.5 m is measured from a point on the ground below the rack number or nameplate. The container, if provided, must be within 0.5 m of the rack number or nameplate. All used equipment must be placed in a container, with the exception of cycling shoes, which may remain attached to the pedals. Equipment is considered to be placed in a container when all the items are packed in the package and the package is in the container. Only equipment to be used during the race may be left in the transit zone. All other property and equipment must be removed before the start of the race.
- d.) If an athlete wishes to use the same running shoes in a duathlon for the second running segment, it does not need to be placed in a container in the first transit zone, but only one pair of shoes may be on the ground at any time during the race. Running shoes should be 0.5 meters from the athlete's container (rack numbers/nameplate).
- e.) Cycling shoes, glasses, helmet and other cycling equipment can be placed on the bike in the first transit zone.
- f.) Athletes must not keep other participants from moving through the transit zone.
- g.) Athletes must not touch the equipment of another athlete in the transit zone.
- h.) Cycling inside the transit zone is prohibited, except when the bike track passes through the transit zone. Bike mount and dismount lines are part of the transit zone.
- i.) Athletes must mount their bikes after the mount line, one foot must be fully on the ground past the mount line.
- j.) Athletes must dismount their bikes before the dismount line, one foot must be fully on the ground before the dismount line.
- k.) During the stay in the transit zone (before the mount line and past the dismount line), athletes can move the bike only by pushing it with their hands.
- l.) If an athlete loses his/her cycling shoes or other equipment during mounting or dismounting maneuvers, it will be picked up by technical officials without penalty.
- m.) Nudity or obscene exposure is prohibited.
- n.) Athletes are not allowed to stop in the passage of the transit zone;
- o.) It is forbidden to mark positions of athletes in the transit zone. Marks, towels and items used to mark positions will be removed without any warning;
- p.) The strap on the helmet must remain unbuttoned in the transit zone while the athlete passes the first stage.

- Time limit:
 - a.) The Technical Delegate may set a time limit for all races or any intermediate point;
 - b.) If there is a set time limit, this must be announced no later than 30 days before the closing of the registration process.

7. Team competitions: relay and team races

A team is considered registered if its representative has filled in the application, registration form and paid the entry fee for the team.

Participants are assigned a relay stage at registration. The order of participants can be changed on the website runukraine.org in the personal profile. During the relay race, the relay transfer procedure must take place in the special "transfer zone".

At the "swimming-cycling" stage, the relay is transferred outside the transit zone and before the mounting line.

At the "cycling-running" stage, the relay is transferred past the dismounting line.

The relay team can consist of three or two participants.

The relay teams compete in three competitions: men's relay teams, women's relay teams, mixed relay teams.

Upon completing the race, the relay teams, which took places 1st through 5th, must come to the information tent of the judges to validate the identities of team members. They must present an identity document, a race number and must wear a wristband received together with the start pack.

The result of a team in the Team races is the sum of the time of all four team members.

8. PROTESTS:

8.1. General provisions:

a.) A protest may be made against the behavior of the athlete, the Technical Official or the conditions of the Race. The athlete or representative may file a protest with the Chief Judge of the Race, provided that the protest has not previously been reviewed by the Technical Officials and has not been formally decided by the Chief Judge of the Race.

- Protests regarding the race:

a.) An athlete of the age group protesting against another athlete or Technical Official must submit a protest to the Chief Judge no later than 15 minutes after the finish of the last athlete in the race. If the protest was initiated during this period of time, the time limit for its submission is extended for 30 minutes from the moment the athlete initiates the protest.

- Protests regarding equipment:

a.) Protests regarding equipment of an athlete of the age group that contradicts the Rules of the Race must be submitted to the Chief Judge no later than 15 minutes after the finish of the last athlete in the race. If the protest was initiated during this period of time, the time limit for its submission is extended for 30 minutes from the moment the athlete initiates the protest.

- Protests regarding time and results:

a.) Protests regarding errors in the results that do not reflect the decisions of the Chief Judge of the Race or the Race Jury for appeals may be submitted in writing by the athlete to the Technical Delegate within seven (7) days after the Race.

- The content of the protest:

a.) A deposit of 500 UAH must be added to the protest, which will be reimbursed if the protest is satisfied. In case of rejection of the protest, no compensation is provided, and the money is withheld

by the Race Organizer. Protest forms can be obtained from the Chief Judge of the Race. A sample protest form is included in Annex A:

(i) Required information:

- A rule that was allegedly violated;
- Place and approximate time of the alleged violation;
- Participants in the alleged violation;
- Description of the situation, including a diagram of the alleged violation (if possible);
- Names of witnesses of the alleged violation.

Protest procedure:

a.) To submit a protest, follow the following procedure:

- (i) Protests must be submitted to the Chief Judge of the Race signed by the protester within the time specified above;
- (ii) The Chief Judge of the Race must notify about the protest through the bulletin board in the finish zone;
- (iii) The protester and the accused and/or his/her coach or representative must also be present. If the protester is absent, the protest hearing may be adjourned or canceled. The Appeals Jury must determine whether the absence during the hearing is justified;
- (iv) The absence of any of the parties during the hearing may be grounds for a decision by the Jury of Appeals to be ruled in absentia;
- (v) A representative of either party may be admitted to the protest hearing, subject to the permission of the Chairman of the Jury of Appeals;
- (vi) The hearing should not be public (open);
- (vii) The Chairman of the Jury of Appeals shall explain the procedural aspects and rights of each party;
- (viii) The Chairman of the Jury of Appeals shall read the protest;
- (ix) The protester and the accused must be given sufficient time to state their views on the situation;
- (x) Witnesses (up to 2 on each side) may speak for up to 3 minutes each;
- (xi) The Jury of Appeals shall hear the evidence and reach a decision by a simple majority;
- (xii) The decision on the protest must be published immediately and communicated to the parties in writing at their request;
- (xiii) The Jury of Appeals must draw up a protocol, including the decision of the Jury of Appeals, which must be approved by all members of the Jury of Appeals at the end of the meeting.

ANNEXES.

ANNEX A. Protest submission form.

ДОДАТКИ

ФОРМА ДЛЯ ПОДАЧІ ПРОТЕСТУ

Частина 1: Має бути заповнена заявником.

Протест повинен бути заповнений у письмовій формі, підписаний заявником з дотриманням умов, наведених в Правилах змагань ITU і поданий головному судді змагань.

Назва змагань:		Дата проведення змагань:	
Місце змагань:		Час подання протесту	
Ім'я заявника:		Стартовий номер:	
Країна заявника:		Електронна адреса:	
:			
Адреса заявника:			
	(вулиця, будинок)		(місто й поштовий індекс)
Телефон (домашній):		Телефон (мобільний):	
Ім'я обвинувачуваного:		Стартовий номер:	
Країна обвинувачуваного:			

Протест є формальним вираженням скарги на поведінку спортсмена, або офіційної особи гонки, або щодо умов змагання. Ви повинні мати істотну доказову базу, включаючи свідків, і бажання взяти участь у розгляді. Будь-який протест має бути підкріплений готівкою на суму _____.

Який вид протесту вбачається? (Оберіть лише одну позицію.)

- Протест щодо траси
- Протест проти іншого спортсмена або офіційної технічної особи
- Протест щодо допуску до змагань
- Протест щодо хронометражу
- Протест щодо спорядження

□

Покази свідків (2):

Ім'я

свідка 1: _____

Ім'я

свідка 2: _____

Правило, що було порушене:

	Час інциденту:	

Де мало місце порушення. (Укажіть місце. За необхідності використайте додатковий аркуш паперу у наmalюйте схему.)			
Хто був задіяним у порушенні?			
Яким чином відбулося порушення (короткий опис)?			
Підпис завника:		Дата:	

Частина 2 (лише для використання офіційними особами)

Додана застава в розмірі _____		Так <input type="checkbox"/>	Ні <input type="checkbox"/>
Імена членів Апеляційного журі змагань/Апеляційної комісії і поставте позначку проти чисельного складу колегії, 3 або 5 осіб. <input type="checkbox"/> колегія у складі 3-х осіб <input type="checkbox"/> колегія у складі 5-ти осіб	1.		
	2.		
	3.		
	4.		
	5.		
Гонка	Змагань / Апеляція Комісії:		

Ім'я голови	Журі змагань/Апеляційної комісії:	
	Підпис:	
	Час, дата отримання протесту:	
	Час, дата розгляду протесту:	
	Утримана/відшкодована сума:	

ANNEX B: PENALTIES AND VIOLATIONS:

General provisions:	
Rules	Penalties
1. Athlete participates in the Race in a wrong age category, on a course to which he/she was not admitted, or if he/she participated in more than one race within 36 hours;	- Disqualification from all races of the current period
2. Failure to follow the specified route;	- Warning, the race is resumed from the same spot - Otherwise: Disqualification
3. Deviation from the course for safety reasons in case the athlete does not return to the point of deviation when the athlete gains an advantage;	- If the advantage is gained: Penalty time
4. Use of profanity or abusive behavior towards an official;	- Disqualification
5. Unsportsmanlike behavior;	- Disqualification
6. Blocking, delaying or obstructing the forward movement of another athlete;	- Unintentionally: warning and correction - Intentionally: Disqualification

<p>7. Unauthorized contact. The fact of contact between athletes is not a violation. When several athletes move in a confined space, contact can occur. Such unforeseen contact between participants in equally favorable positions is not a violation;</p>	<ul style="list-style-type: none"> - Unintentionally: warning and correction - Intentionally: Disqualification
<p>8. Acceptance of assistance from any person other than a judge, race official or another race participant.</p>	<ul style="list-style-type: none"> - If possible to correct and return to the initial position: warning - Otherwise: Disqualification
<p>9. Refusal to follow the instructions of the judges or race officials;</p>	<ul style="list-style-type: none"> - Disqualification

<p>10. Error wearing the numbers provided by the Organizing Committee of the Race, duly executed by the Technical Delegate and reported at the briefing of the athletes;</p>	<ul style="list-style-type: none"> - Warning and correction - If not corrected: Disqualification
<p>11. Wearing race numbers in the swimming segment when the use of wetsuits is prohibited;</p>	<ul style="list-style-type: none"> - Warning and correction - If not corrected: Disqualification
<p>12. Scattering trash or equipment along the route outside specific locations, such as help stations or garbage collection areas;</p>	<ul style="list-style-type: none"> - Warning and correction - If not corrected: Penalty time

<p>13. Use of prohibited, dangerous or unauthorized equipment that favors or poses a danger to other participants in the Race.</p>	<ul style="list-style-type: none"> - Warning and correction - If not corrected: Disqualification
<p>14. Violation of traffic rules defined for the race;</p>	<ul style="list-style-type: none"> - Warning and correction - If not corrected: Disqualification
<p>15. Conceived or intentionally created equal results by athletes in the "Elite", "U23", "Juniors", "Youth" categories and paratriathletes in ITU-sanctioned races;</p>	<ul style="list-style-type: none"> - Disqualification
<p>16. Wearing a uniform other than that which was presented at registration during the Race or at the award ceremony</p>	<ul style="list-style-type: none"> - Warning and correction - If not corrected: Disqualification
<p>17. Wearing a uniform that does not comply with the Rules of the Race during the Race or award ceremony;</p>	<ul style="list-style-type: none"> - Disqualification
<p>18. Failure to cover arms during the race at the command of a Technical Delegate due to weather conditions;</p>	<ul style="list-style-type: none"> - Before the Race: Warning and correction - If not corrected: Disqualification
<p>19. In medium and long distance races, the front zipper on the uniform is unzipped below the end of the breastbone.</p>	<ul style="list-style-type: none"> - Warning and correction - If not corrected: Disqualification

20. In medium and long distance races, the front zipper on the uniform is unzipped during the last 200 m of the running segment;	- Warning and correction
21. Conducting any political, religious or racial propaganda;	- Before the Race: Warning and correction - If not corrected: Disqualification

22. Fraud, use of fictitious name or age, falsification of evidence or provision of inaccurate information	- Disqualification
23. Illegal participation in competitions;	- Disqualification
24. Repeated intentional violations of the ITU Rules;	- Disqualification
26. Violent act of unsportsmanlike conduct;	- Disqualification
27. Participation in the race with a naked torso.	- Warning and correction - If not corrected: Disqualification
28. Indecent exposure;	- Warning and correction - If not corrected: Disqualification

<p>29. Assistance: Transferring a whole bike, a frame, wheel, helmet or any other piece of equipment to another athlete, which results in inability of the athlete to continue his/her race;</p>	<p>- Disqualification of both athletes</p>
<p>30. Getting advantage of any external vehicle (except for drafting);</p>	<p>- Disqualification</p>
<p>31. Failure to stop in the next penalty zone in which the athlete was required to stop;</p>	<p>- Disqualification</p>
<p>32. Warm-up on the race track while other races take place;</p>	<p>- Warning and correction - If not corrected: Disqualification</p>
<p>33. Participation in races during temporary suspension;</p>	<p>- Disqualification</p>
<p>34. Use of any device that gives the bike the energy of movement, other than human effort, which leads to technological fraud;</p>	<p>- Disqualification</p>
<p>35. Use of any device that prevents the athlete from being attentive to his/her surroundings;</p>	<p>- Warning and correction - If not corrected: Disqualification</p>
<p>36. An athlete physically helps another athlete move forward;</p>	<p>- Disqualification of both athletes</p>

Start	
Rules	Penalties
37. Start before the starting signal.	- Penalty time
38. Start in the starting wave before the one the athlete is assigned to;	- Disqualification
39. Failure to move forward until the moment of touching the water;	- Penalty time
40. Change of the selected starting position;	- Warning and correction - If not corrected: Disqualification
41. Blocking more than one starting position;	- Warning and correction - If not corrected: Disqualification

Swimming course	
Rules	Penalties

<p>42. Wearing clothing that covers any part of the arms below the shoulder and/or covers any part of the legs below the knee during swimming without a wetsuit;</p>	<ul style="list-style-type: none"> - Warning and correction - If not corrected: Disqualification
<p>43. Failure to wear an official swimming cap from the moment of pre-start line-up;</p>	<ul style="list-style-type: none"> - Intentionally: Warning and correction - If not corrected: Disqualification

<p>44. Obstructing advancement of another athlete without attempting to move away;</p>	<ul style="list-style-type: none"> - Penalty time
<p>45. Intentionally obstructing advancement of another athlete, gaining an unfair advantage and potentially causing harm;</p>	<ul style="list-style-type: none"> - Disqualification
<p>46. Athlete wears a second visible swimming cap with brand marks at any time from pre-start line-up to Transit Zone 1;</p>	<ul style="list-style-type: none"> - Penalty time

<p>Transit zone</p>	
<p>Rules</p>	<p>Penalties</p>

<p>47. Setting the bike improperly outside the space allotted to the athlete or in such a way that it impedes the movement of other athletes;</p>	<ul style="list-style-type: none"> - Before the race: Warning and correction - During the race: <ul style="list-style-type: none"> - Age groups: Warning and correction - Elite draft-illegal races and elite paratriathlon: Penalty time - Elite races with allowed drafting: Penalty time
<p>48. Having a helmet with a fastened strap in transit zone 1 during the passage of the first segment;</p>	<ul style="list-style-type: none"> - Age groups: The judge unfastens the strap - Elite races and elite paratriathlon: The judge unfastens the strap, penalty time
<p>49. Wearing an unfastened or loosely fastened helmet within the transit zone after taking the bike;</p>	<ul style="list-style-type: none"> - Age groups: Warning and correction - Elite races and elite paratriathlon: Penalty time
<p>50. Mounting the bike before the mounting line;</p>	<ul style="list-style-type: none"> - Age groups: Warning and correction - Elite races and elite paratriathlon: Penalty time
<p>51. Dismounting past the dismounting line;</p>	<ul style="list-style-type: none"> - Age groups: Warning and correction - Elite races and elite paratriathlon: Penalty time

52. Piling or storing athlete's equipment outside the allotted area	<ul style="list-style-type: none"> - Age groups: Warning and correction - Elite races and elite paratriathlon: Penalty time
53. Marking place in the transit zone;	<ul style="list-style-type: none"> - Warning and correction - Other markings and objects used for the purpose of marking shall be removed without any warning
54. Failure to pack all equipment in the appropriate bag provided by the local organizing committee in a race that uses bag collection system (except for cycling shoes, which can remain on the pedals at any time);	<ul style="list-style-type: none"> - Age groups: Warning and correction - Elite races and paratriathlon: Penalty time
55. Damage to the equipment of another athlete in the transit zone;	<ul style="list-style-type: none"> - Warning and correction - Elite races and elite paratriathlon: Penalty time

Cycling race	
Rules	Penalties
56. Failure to wear a helmet when exploring the bike track and/or formal training;	<ul style="list-style-type: none"> - Removal from the race

<p>57. Moving forward in a cycling segment without a bike;</p>	<ul style="list-style-type: none"> - Warning and correction - Otherwise: Disqualification
<p>58. Drafting in draft-illegal races on sprint and standard distances;</p>	<ul style="list-style-type: none"> - 1st violation: Penalty time for violating drafting rules - 2nd violation: Disqualification
<p>59. Failure of the overtaken athlete to leave the overtaking zone of the overtaking athlete for 20 seconds in sprint and standard distance races;</p>	<ul style="list-style-type: none"> - 1st violation: Penalty time for violating drafting rules - 2nd violation: Disqualification
<p>60. Re-advancement of an overtaken athlete before leaving the draft zone in sprint and standard distance races;</p>	<ul style="list-style-type: none"> - 1st violation: Penalty time for violating drafting rules - 2nd violation: Disqualification
<p>61. Drafting in draft-illegal races on medium and long distance;</p>	<ul style="list-style-type: none"> - 1st and 2nd violation: Penalty time for violating drafting rules - 3rd violation: Disqualification

<p>62. An overtaken athlete does not leave the leading athlete's draft zone by constantly retreating for 25 seconds in long-distance medium-distance races;</p>	<ul style="list-style-type: none"> - 1st and 2nd violation: Penalty time for violating drafting rules - 3rd violation: Disqualification
<p>63. Re-advancement of an overtaken athlete before leaving the draft zone during standard and sprint distance races</p>	<ul style="list-style-type: none"> - 1st and 2nd violation: Penalty time for violating drafting rules - 3rd violation: Disqualification

<p>64. Drafting behind an athlete of the opposite sex in competitions with permitted drafting;</p>	<ul style="list-style-type: none"> - 1st violation: Warning and correction - 2nd violation: Disqualification
<p>65. Drafting behind a vehicle or a motorcycle;</p>	<ul style="list-style-type: none"> - Warning and correction - If not corrected: Penalty time for violating drafting rules
<p>66. Blocking in drafting-illegal races;</p>	<ul style="list-style-type: none"> - Penalty time - Otherwise: Disqualification
<p>67. Wearing unfastened or improperly fastened helmet at the cycling stage;</p>	<ul style="list-style-type: none"> - Warning and correction - If not corrected: Disqualification
<p>68. Removal of a helmet during a cycling segment, including during stops;</p>	<ul style="list-style-type: none"> - Warning and correction - If not corrected: Disqualification
<p>69. Failure to wear a helmet during the cycling segment;</p>	<ul style="list-style-type: none"> - Disqualification
<p>70. Participation in a race on a bike other than the registered one, or on a modified one after obtaining a registration permit;</p>	<ul style="list-style-type: none"> - Disqualification
<p>71. In the cycling penalty zone, the athlete consumes food and/or water that is not on the athlete's bike or on himself/herself;</p>	<ul style="list-style-type: none"> - Warning and correction - If not corrected: Disqualification

72. Athlete uses a toilet while serving a penalty in the cycling penalty zone;	- Penalty time countdown paused
73. Adjusting equipment or performing any type of bike maintenance while serving a penalty time.	- Warning and correction - If not corrected: Disqualification

Running segment and skiing.	
Rules	Penalties
74. Crawling in a running segment;	- Disqualification
75. Running together and/or keeping up with an athlete who is one lap ahead or more (applies to the categories "Elite", "U23", "Juniors", "Youth" and paratriathletes);	- Warning and correction - If not corrected: Disqualification
76. Moving along the track accompanied by any non-participating athlete, team members, team managers or other leaders	- Warning and correction - If not corrected: Disqualification
77. Running or skiing in a helmet;	- Warning and correction - If not corrected: Disqualification
78. Use of billboards, trees or other fixed elements to help yourself when maneuvering;	- Penalty time

79. Moving accompanied by any person who is not a race participant on the finish range.	- Disqualification
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Special rules for a team relay	
Rules	Penalties
80. Relay transfer outside of the relay transfer zone;	- Penalty time
81. Relay transfer not finished or intentionally finished outside the relay transfer zone;	- Disqualification