



COMPETITION RULES

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SUMMARY OF EVENT

#TEAM SPIRIT #NO LIMITS
10KM SWIN + 421KM BIKE + 84KM RUN

From Wednesday 22/05/2019 to Sunday 25/05/2019

RECEPTION OF TEAMS Wednesday, May 22nd, 2019

12:00 to 15:00

Entrance to the hotel provided by the organization

16:00 to 18:00 (schedules will be assigned in order of number)

Accreditations

Checking Bike and Compulsory Material (Helmet, thermal blanket, lights)

Delivery of the broker's purse

18:00 to 19:30

Briefing of forced assistance, athlete and team members, not attending to it in a justified manner, exempts the organization from any responsibility for the issues addressed.

STAGE 1 Thursday, May 23 rd, 2019

07:30 Swimming 10 Km. And Cycling 145 Km.

STAGE 2 Friday, May 24 th, 2019

07:00 Cycling 276 km.

STAGE 3 Saturday May 25 th, 2019

07:00 Race on foot 84 Km.

CLOSING ACT Saturday, May 25 th, 2019

21:00 Awards and farewells

SWIMMING SEGMENT DAY 1

Distance to travel 10 km. in open water.

1,250 m, 8 laps circuit. At the end of each round, the athlete can be supplied.

The cut-off time will be 6 hours.

Signaling buoys will be used to facilitate the viewing of the circuit to the participants.

The organization will have boats and support kayaks.

It will be mandatory the use of individual buoy of signaling, neoprene, as well as the cap delivered by the organization and elements that can produce advantages over others, such as fins, gloves with membranes, etc., etc. will not be allowed.

CYCLING SEGMENT DAY 1

The bicycle route will be a 145 km turn with an exit in the swimming and finishing area at the Plaza de la Coronación de Motril.

Cutting time for Finisher, the two segments of stage 1: 14 hours.

Expulsion of the athlete and withdrawal from the race as participant 14 hours.

The total maximum time for the three days is 36 hours.

The cycling test will be carried out with an open road to traffic, so at all times the cyclist and crews must follow the traffic regulations. We remind you that if the participant or team commits a traffic infraction, they may be sanctioned by the authorities and / or the organization.

It is obligatory to follow the route and order of step set by the organization.

Crews will be responsible for helping in the orientation of the cyclist along the route, for which the organization will make available to the participating teams route maps and tracks of the routes.

It is strictly forbidden for the support vehicle to circulate permanently behind the athlete, hindering the normal operation of the roads, as well as circulating in front of the cyclist so that he acquires advantage.

Drafting is prohibited

The crew must supply the cyclist. For this the crew must follow the following steps:
Advance the cyclist.

Stop the car in a place that does not obstruct traffic between 500 - 1500 m. ahead of the cyclist (the shoulder is not a stop site).

Exit the vehicle with a reflective vest with supplies ready.

When the cyclist will be arriving at the area of the vehicle, must stop to take the drums and food. At that time the cyclist can throw empty drums and wrappers, which must be picked up by his crew.

Once the victualling is finished, crews will return to the vehicle and continue with their task of guiding the route.

The test will have sufficient safety measures to ensure the safety of the athlete.

CYCLING 276 KM

The bicycle route will be a 276 km turn with the start and finish at the Plaza de la Coronación de Motril.

Cutting times of stage 2:

Kilometer 100 (Lanjarón): 5 Hours (of career)

Kilometer 162 (Detour to A-4127): 9 Hours (of career)

Kilometer 231 (roundabout La Rábita-Motril): 13 Hours (of race)

Finish line: 14 hours.

The **total maximum time** for the three days is 36 hours.

The cycling test will be conducted on a road open to traffic, so at all times the cyclist and crews must follow traffic regulations. We remind you that if the participant or team commits a traffic violation, they may be sanctioned by the authorities.

Crews will be responsible for helping in the orientation of the cyclist on the course, for which the organization will make available to the participating teams route maps and tracks, in addition, the most conflictive areas will be indicated.

It is strictly forbidden for the support vehicle to circulate permanently behind the athlete, hindering the normal operation of the roads, as well as circulating in front of the cyclist so that the latter acquires an advantage.

Drafting is prohibited.

Crews must supply the cyclist. For this, crews must follow the following steps:

- a) Advance the cyclist.
- b) Stop the car in a place that does not interfere with traffic between 500-1500m ahead of the cyclist.
- c) Exit the vehicle with a reflective vest with supplies ready.
- d) The cyclist when arriving at the area of the vehicle take the drums and food in march or stop.
- e) At that moment the cyclist may throw empty drums and wrappers, which must be picked up by his crew.
- f) Once the refreshment is finished, the crew will return to the vehicle and continue with their task of guiding the route.

The test will have sufficient safety measures to ensure the safety of the athlete.

RACE ON FOOT 84 KM (RUNNING)

The race route on foot on day 3 will be 84 km with start and finish in Motril.

The design of the route of the year 2018, will have a first part of 42.6 km, with departure and arrival, in the finish area (Plaza de la Coronación), accessing A three laps semi-urban circuit of 13.8 km.

ROAD ZONE (FIRST PART):

The traffic will not be cut with what the runner should be placed on the left side of the road, except for some intermediate points that will be signaled by the organization.

As in cycling, the crew is responsible for helping in the orientation and provisioning, to the athlete.

It will not be possible to supply it with the car in march, and it will have to be carried out as in the bicycle stages.

URBAN CIRCUIT AREAS:

The traffic will not be cut, although the organization has arranged a circuit where the runner can use the bike lane, almost in its entirety.

Likewise, the organization will make available to the athletes, different refreshment areas, so the teams will not be forced to accompany the athletes throughout the course of the same, thus being able to draw attention and orientation strategies to their aspirants to Ultraman , in a more relaxed way.

It is forbidden to accompany the athlete with a bicycle, domestic animals or any other means except the compulsory vehicle of assistance, being able to accompany him only two people running beside him without protecting him from the wind, placing himself in front of him, or pushing him, being placed to one side of the athlete, except for the last 500 meters.

The athlete may be accompanied, only by two runners at the most, at the same time, and as long as they have the dorsal delivered to the effect by the organization, with the exception of the last 100 m.

In cases where the athlete is accompanied by two more riders, he can not make a group with more than one athlete (this would be a group of 6 maximum)

Cutting times 1: Km 42, Plaza de la Coronación. Hora: 13.30 Tiempo de carrera: 6h 30´

Cutting times 2: Km 70, Plaza de la Coronación. Hora 17.30 Tiempo de carrera: 10h 30´

The time limit to perform 84 Km, will be 14h.

The **total maximum time** for the three days is 36 hours.

Only athletes who have completed a Long Distance test, Swim 3.8 km 180 km Bike and 42 km Run or similar long distance race, and accepted by the organization, duly accrediting this circumstance to the organization. Every participant, by virtue of registration, fully assumes this Regulation, declaring to know, accept and accept it, so that by taking part in it, he / she declares, implicitly:

1. Your knowledge and full acceptance of its regulations.
2. Be in right physical condition and sufficiently trained to voluntarily participate in this test.
3. Not suffer physical defect or injury that could worsen and seriously harm your health.
4. Assume the dangers and risks arising from their participation in this sporting event.
5. Accept any decision that those responsible for the race take on their ability to complete the test safely and without risk to health.
6. Authorize the organization to use any photograph, filiation, recording or any form of filing their participation without the right to financial compensation.
7. Be responsible for your own safety and that of other athletes.
8. Know the procedure to be guided by the routes.
9. Obey the instructions of the officers.
10. Respect the rules of the road.
11. Treat the rest of the athletes, officials, volunteers and spectators with respect and courtesy.
12. Avoid the use of abusive language.
13. If they are aware of having violated a rule, inform an official, and if necessary, withdraw from the competition.
14. Inform an official if they leave the competition and give him his bib number.
15. Respect the environment of the area in which the competition is held, not abandoning or throwing objects, or acting aggressively with the environment.
16. Do not take advantage of any vehicle or external object.

AWARDS

Athlete who has completed all three stages below the cut-off time of 36h will be considered finisher. Any athlete who exceeds the time of 14 hours in any of the stages, or any of the intermediate cut-off points established by the organization will be disqualified and will not be eligible for the official classification. However, the athlete will be able to continue making the next day's trips and not the day in which the established cut-off time was exceeded.

TIMING AND RESULTS

The organization holds a technical meeting, prior to the start of the meeting, which is mandatory for athletes and companions. Athletes who do not attend without informing the Race Director, will be removed from the list of participants and will not be able to take the start. The athletes are responsible for notifying their presence in the technical meeting to the officials responsible for the registration of athletes who will have sign-in sheets for this purpose. The signature on the Presence Control is mandatory for both the athlete and the team captain. All athletes must sign before the beginning of each stage of the test the exit control and upon arrival the finalization control, without it the athlete will be DISQUALIFIED.

El tiempo total de cada deportista es el que se cuenta desde el momento de dar la salida hasta el final de la competición. El tiempo empleado en transiciones forma parte del tiempo total. Dicha competición será cronometrada por sistema de chip y se controlará por dispositivos GPS. Cada deportista deberá abonar una fianza de 100 € a la entrega del dispositivo GPS, en el momento de su acreditación el día 23 de mayo.

The total time of each athlete is counted from the moment of the start until the end of the competition. The time used in transitions is part of the total time. This competition will be with timekeeping.

The official classifications will include, after the last classified in the competition, and in this order:

- Athletes who have not finished (DNF) the competition, including the times registered until the moment of abandonment.

- In the event that more than one athlete appears as DNF, they will be listed within the same group in ascending order according to their race number.

- Registered athletes who have not taken the start. In the event that more than one athlete appears as not presented (DNS), they will be listed within the same group in ascending order according to their race number.

- Athletes disqualified, without indicating any time and including the grounds for disqualification. The results will be official once the Referee and the test director have signed them. Incomplete results, can be declared official at any time. The Referee will use all available resources to decide the final position of each athlete. The information collected from the different technological tools will serve to assist in the final decision. The results in case of a tie will be ordered according to the number of the race number.

EXCEPTIONAL CONDITIONS

The athlete is responsible for their own team and must check that their characteristics comply with these regulations. In addition, you must use, without modifying, all the numbers and identification elements provided by the organizer and approved by the Head of Security and the Director of the Test.

The **NUMBERS** must be perfectly visible and their use is mandatory. They can not be cut or bent. Its use in the different segments is regulated as follows:

Swimming: The dorsal is not allowed in the water and therefore it must be left in the transition.

Cycling: Its use is mandatory and must be visible on the athlete's back. In the competition, the bicycle must carry a bib number, visible in horizontal reading from the left.

Running on foot: Its use is mandatory and must be visible on the front of the athlete.

Listed below are a series of exceptional situations that may occur. However, it is not an exhaustive list and there could be other unique circumstances. In this case, the Test Director together with the Head of Security will be responsible for providing a solution following the same criteria.

Before the competition: You can modify the course of the first day as well as the swimming area in case the state of the sea requires it.

Modification of the competition once initiated by a major or justified cause.

During the competition any segment may be shortened due to exceptional causes or exceptionally increased court hours with just cause.

The Technical Delegate and Technical Officials will take all necessary measures to guarantee all athletes a fair and safe event. If this were not the case, the competition will be suspended.

INFRACTIONS AND SANCTIONS

The penalties will be determined by the Judge and the Race Direction, once verified by judges of the race.

INFRINGEMENT	Warning	Disqualification	Immediate sanction	Penalty in the classification
Do not attend the technical meeting without informing the Test Director.		1 ^a		
Failure to comply with the regulations or the indications of the Organization.	1 ^a	2 ^a		
Do not follow the exit protocol.			1 ^a 15'	
Overcome the time given for the end of each stage.		1 ^a		
Do not correct the infraction of a norm noticed by an official, do not follow the instructions of the officers.		2 ^a	1 ^a	
Shorten or not finish the journey.		3 ^a	1 ^a	2 ^a

INFRINGEMENT	Warning	Disqualification	Immediate sanction	Penalty in the classification
Do not use exclusively the space allocated in the Area Transition or block the progress of other athletes	1 ^a	3 ^a	2 ^a 15'	
Do not wear the bib visible.	1 ^a	3 ^a	2 ^a 15'	
Use the numbers provided by the organization, altered, and not in the appropriate manner ordered by the Technical Delegate; that is, bibs can not be cut or folded, and they have to be visible at all times.	1 ^a	2 ^a		
Compete with the dorsal or chip of another athlete, or duplicity: they are personal and non-transferable.		1 ^a		
Compete with illegal or unauthorized equipment.	1 ^a	2 ^a		
Participate in a competition using the license of another athlete and / or falsify personal data when registering for a competition.		1 ^a		
No presentation of license / DNI / Passport / Residence card / Driver's license at the entrance of the material control.		1 ^a		
Refusing to perform anti-doping control.		1 ^a		
Disrespect, unsportsmanlike conduct or violence against another athlete, an officer, people of organization or public in general.		1 ^a		
Compete naked or with an indecent exposure.		1 ^a		
Do not wear the hat given by the organization.	1 ^a	2 ^a		
Introduce the bib in the water; The bib must remain in the transition area during the development of the swimming segment.	1 ^a	3 ^a	2 ^a 15"	
Exceed 6h in this segment. For safety after 6 o'clock the athlete will be disqualified and will be forced to leave the water in the organization's boat.		1 ^a		

INFRACCIÓN	ADVERTENCIA	DESCALIFICACION	SANCIÓN INMEDITA	SANCIÓN EN CLASIFICACIÓN
Leave the competition material outside the designated area.	1 ^a	3 ^a	2 ^a 15´	
Compete with bicycles different from those presented in the control of material, or modified after having passed the same, without communicating to the organization.		1 ^a		
Drafting: not meet the minimum distance between bicycles.		2 ^a	1 ^a 20´	
Get supplies with the car running.		2 ^a	1 ^a 15´	
Not respect traffic regulations.		2 ^a	1 ^a 15´	
Assistant who repairs a bicycle during the competition in an area where it interferes with the circulation.			15´	
Try to gain unfair advantage of any vehicle or other external object.		2 ^a	1 ^a : 30´	
Use of illegal equipment in cycling; including, but not limited to, headphones, glass containers, mobile phones.	1 ^a	3 ^a	2 ^a 15´	
Progress forward without Cycling bicycle.	1 ^a	2 ^a		
Do not stop at the place where the sanction has been notified.		1 ^a		
Take the bicycle before putting on the helmet.	1 ^a	3 ^a	2 ^a 15´	
Do not wear the helmet during the cycling segment.		1 ^a		
Wear the helmet incorrectly fastened in the race		1 ^a		
Ride on the bicycle before the assembly line.			5´	

Personal assistants who do not carry the obligatory equipment facilitated or who make use of materials assigned to other athletes.		2 ^a	1 ^a De 5' a 60'	
Any action taken by a personal assistant that facilitates the athlete to take advantage.		1 ^a		
To skip a control point intentionally.				5horas
Incorrectly dispose of food or drink wrappers.		2 ^a	1 ^a 15'	

If three WARNINGS happened throughout the event, the athlete will be DISQUALIFIED from the race. The disqualified athletes will not have an option to the prizes and trophies and must abandon the race. For any questions or clarification should be directed to the organization of the test.

Unfair contact. The contact that occurs between athletes does not constitute a violation. When several athletes are moving in a limited area, contact may occur. This accidental contact between athletes in equally favorable positions is not a violation.

The sanction to any infraction not contemplated in the present regulation is at the discretion of the Race Direction.

CLAIMS

Any claim may be made in writing up to 1 hour after the final order of arrival is published to the Director of the Event or Judge, and a deposit of € 150 must be made, which is returned if the same is successful.