

Regulation

Open from category Cadet views: born on 1993 - 1994 and after.

And to retrenched minimal (1995-1996)

Home competitors from 08 h00 until 09: 30 pm puts the Castellar City Hall.

Warning: There will be 2 parks transition: competitors will visit by their own means starting from Organizer loading to repatriate business competitors swim swimming (predict 20 mn from transit downhill) test.

Briefing 15 mn before the start

- rules -

the swimming

1. The port of the bonnet bathroom made available by the Organizer is mandatory.
2. Port of combining neoprene is mandatory if the water temperature is less than or equal to 20 °. To avoid any confusion or loss we ask athletes put their name on their combination.
3. The competitor out water stand his affairs swimming in numbered bag provided by the Organizer.
4. Only vessels crews rescue or officials are allowed to browse the course swimming. –

The Velo:

5. Le port approved helmet is mandatory on all of the course.
6. The jugulaire must be closed before attempting to take the bike until the final removal of it in the transition area.
7. Participants must wear their bib (folded or cut) perfectly visible manner on the back of their Jersey.
8. For any repairs the participant is only allowed to use their own tools and spare parts.
9. The number for the bicycle provided by the organizer should be mounted such that it is perfectly readable on both sides. It is absolutely forbidden to make any change to the number.

Rules of disqualification

10. to combat the drafting, the following rules are valid:
 - the arbitrators who will take situation characterised drafting (obvious cheating) a competitor will disqualify him seething, calling his number and showing a red card.
 - When the fault committed is not characterized, arbitrators attest (warn) athlete by a black cardstock, sanction which will force the athlete to perform a penalty or a stop and go, either by running penalty loop.
11. 3 black paperboard is equivalent to a direct disqualification. Minimum distance between participants: 7 metres
12. rule of exceeding (Blocking)

The athlete was doubled must keep pace to comply with the minimum of 10 m spacing as soon as the front wheel of the athlete doubling him exceeded him. Non-compliance with the road code will cause a red card equivalent to a disqualification.

Caution: The arbitrators have instructions to penalise the lesser infringement of rules.
13. There is no possibility of protest against an arbitration decision of disqualification.

Run :

14. it is prohibited to leave the course or take a shortcut.
15. It is forbidden to ask for help by a third party or by a vehicle(Hare for example) throughout the itinerary.
16. The bib must be perfectly visible and fixed to the front of the Jersey.
17. Run naked torso is prohibited.
18. Run with the bike helmet is prohibited