

## Rules and regulations

- 1) All athletes are expected to follow directions and instructions from all of the TIF officials and the public authority.
- 2) TIF officials have the permission to disqualify any athlete.
- 3) If the athlete decides to resign from the competition, the athlete must report to the TIF officials and deliver the chip immediately.

## Rules regarding the swim

- 1) Every swimmer must wear an official swim cap. Swim goggles are recommended.
- 2) No fins, paddles, snorkels or any other floating device is allowed. (Wet suit is allowed)
- 3) Make sure that the chip is correctly fastened to your ankle.
- 4) All athletes must be located right behind the official starting line 5 minutes before the race start. Disqualification may occur as a consequence.
- 5) Swimmers are bound to stick to the course, swimming clock-wise, if not this may result in disqualification.
- 6) A swimmer in problems and needs assistance must raise an arm above their head.
- 7) The swim will be closed 2 hours and 30 minutes after the race starts. After 2 hours and 30 minutes the athletes will not be permitted to continue the event.

## Rules regarding the cycling

- 1) All athletes must use either a mountain bike or a cross bike.
- 2) Every cyclist must wear the Hammer Trail Triathlon issued race number in the front of the bike at all time whilst the race is on. Folding, cutting or any form of intentional change made to the race number is strictly prohibited.
- 3) No cyclist may receive aid whilst on the course, only in the changing zone.
- 4) Cyclists may walk with their bikes if necessary, but are not allowed to complete the race without a bike.

- 5) Cyclists are individually responsible for obeying traffic regulation and is solely responsible for the consequences of any possible traffic violation.
- 6) The cycling part of the race will be closed 18 hours after the start of the race. Cyclists that are still on the course after this time will not be allowed to continue the race and will result in DNF.

#### Rules regarding the run

- 1) Runners must wear their race number at all times during the run. The race number must be placed in front and be securely attached. Folding, cutting or any form of intentional change made to the race number is strictly prohibited.
- 2) No support on the run. (Allowed after the first 5 athletes in every distance have finished)
- 3) Every runner that is still on the track during twilight is bound to use a headlight.
- 4) Suunto Hammer Trail Triathlon will end 24 hours after race start.