



2010 Cobra Energy Drink Ironman 70.3 Philippines

These Competition Rules are intended to provide for the orderly and consistent administration of events and are not designed to establish standards of care for the safety of Athletes or other persons.

Examinations or inspections of equipment at Ironman 70.3 Philippines (IMP) is undertaken solely to monitor compliance with the Competitive Rules and do not guarantee or ensure safety from personal injury or property damage. The safety of race equipment is the sole responsibility of each and every Athlete.

1. **Scope, Purpose and Construction**

The statement and application of these Rules are intended to create a level race course for all athletes while recognizing that Ironman is a lifestyle event in which many athletes participate just for the challenge of finishing. In the spirit of Ironman competition, IMP believes that, while all athletes are subject to the same rules, the penalties for violations of the rules should depend upon a number of factors, including the athlete's race classification, competitive advantage gained by the violation and intent.

- 1.1 The official language of IMP is English and all competitors are responsible for reading and understanding these Rules, official race communications and all official race signs, directions, and oral instructions.
“Official race information” means these Rules and any rules, rule interpretations or other information contained in athlete newsletters, athlete information books, the official race web site, pre-race meetings and any other official communication made to athletes.
- 1.2 Athletes are solely responsible for knowing and complying with all laws of the host country. Any athlete engaging in conduct that is either contrary to Philippine law or which, by its nature or content, is intended or reasonably likely to offend the local community or the host country, will result in an immediate disqualification of the athlete, the immediate removal of the athlete's race credential, and a ban from future events produced by the Race Organization. Marks, slogans or words displayed on race uniforms, casual apparel and equipment are included in this rule as well as signs or other displays. For athletes traveling to the race host city, this rule covers the entire time that the athlete is in the host city. For athlete's residing in the host city, this rule covers the entire time they are attending any race-related function or event.

- 1.3 In the application of Rule 1.2, an athlete may be held responsible for the conduct of family, friends or supporters that the Race Organization can connect directly to the athlete. Persons related to, staying with, or traveling with an athlete will be deemed “connected” for purposes of this rule.
- 1.4 IMP has complete discretion in formulating and applying rules and penalties. These Competition Rules may be modified at any time.

2. **Entry & Classification**

- 2.1 Any athlete person who participates in any portion of IMP without being properly registered and paying the required registration fee shall be barred from participation in IMP or associated events for a period of up to three years. No exceptions.
- 2.2 Any athlete person who participates in any portion of IMP without being properly registered and paying the required registration fee shall be barred from participation in IMP or associated events for a period of up to three years. No exceptions.
- 2.3 **Professional Competition.** IMP Professional Division is open to all professional or elite triathletes who are current Ironman Professional Members and are in compliance with all Membership rules and procedures. Professional Athletes are not eligible to win in the Filipino Elite and Age Group Competition.
- 2.4 **Filipino Elite Competition.** IMP Professional Division is open to all Filipino athletes. Athletes entering this division will not be asked to prove their professional or elite status. IMP advises athletes to carefully consider and understand the ramifications of a decision to race in the IMP Filipino Elite Division on their eligibility to race as an amateur in races sanctioned by national and international federations. Athletes entered in the Filipino Elite Division are not eligible to place, win prize money or earn world championship qualifying spots or points in the Professional Division. Filipino Elite Athletes are not eligible to win in the Age Group Competition.
- 2.5 **Age Group Competition.** All age group athletes must participate and compete in the age group division corresponding to the athlete’s actual age on December 31, 2009 (Age up rule). Age Group Athletes are not eligible to win in the Professional and Filipino Elite Competition.
- 2.6 All questions regarding entries and qualifications to race in Clearwater, Florida should be directed to the Ironman Triathlon World Championship race offices.

3. **Entire Course**

- 3.1 Athletes must cover the prescribed course in its entirety. While the race course will be marked in a manner that allows a reasonably alert and careful athlete to follow the course, it is the responsibility of the athlete to know and understand all course descriptions, instructions, directions and maps provided in official race information, and to be reasonably alert and careful on the course to find and follow course directional markers and signs.

- 3.2 Any athlete leaving the race course for any reason, including confusing or absent course markings, must return to the course in exactly the same place as he\she left it. Leaving the race course for any reason, including confusing or absent course markings, is not ground for protest or time adjustment.
- 3.3 The swim course will be closed 1 hour 10 minutes after the actual start of the race. Swimmers remaining in the water after this time will be disqualified and will not be permitted to continue in the event.
- 3.4 The bicycle course will be closed 6 hours after the actual start of the race.
- 3.5 The race course will be closed 8 hours after the actual start of the race.
- 3.6 The Race Committee reserves the right to establish additional cut-off or redirection points for the 70.3 distance race.
- 3.7 The Race Committee reserves the right to shorten or cancel any segment of the race for weather, safety, or any other reason.

4. Unsportsmanlike Conduct

- 4.1 Athletes shall, at all times while at the race venue, conduct themselves in a sportsman-like manner.
- 4.2 Athletes shall immediately and respectfully comply with the directions of any race official or volunteer. Athletes may not make any public protest or display of disgust with regard to the application of these Rules or any decision of any race marshal or official.
- 4.3 No Athlete shall make a bad-faith protest against any other athlete.

5. Conduct & Interference

- 5.1 At all times during the event, Athletes will act with due consideration of the safety and rights of athletes. Regardless of the circumstances or competitive disadvantage, no athlete will commit any act that endangers any other athlete.
- 5.2 Athletes shall not accidentally or intentionally obstruct, impede or interfere with the forward progress of another athlete.

6. Support & Assistance

- 6.1 Athletes may accept support of any kind from race officials and volunteers and fellow participants **ONLY**. Athletes are individually responsible for repair and maintenance of his\her own bike. Athletes may not obtain technical assistance from any person, including other athletes, other than race officials or official race technical support. Each athlete must be prepared and equipped to handle any possible mechanical malfunction.
- 6.2 Athletes may not deposit food or equipment of any kind along the race course for self-pick up during the race.
- 6.3 Athletes may not be paced or accompanied on the race course by any non-neutral persons. Athletes may receive information including split times from any source not pacing or accompanying the athlete.
 - Example 1 – Athlete receives split times from a non-neutral person standing on the race course. This is not a violation.

- Example 2 – Athlete receives split times from a non-neutral person riding next to the athlete in a car or on a bicycle. This is a violation and will be penalized.
“Non-neutral person” means any coach, manager, agent, family member, friend or other person who is attending the race to support or cheer-on the athlete or who has been organized by the athlete.
- 6.4 Bags will be provided for the Special Foods Station located near mid-point of the bike and run courses. Special Foods Station is for nutritional purposes ONLY, and ONLY food items will be allowed in the bag. All unclaimed bags will be DISCARDED after station is closed. Athletes will be required to slow or stop in order to retrieve special needs bags.
- 6.5 In the final kilometer of the race, Athletes may from any person accept: (i) a country or non-commercial club flag; (ii) a hat or eyewear.

7. Equipment

- 7.1 On the race course, Athletes shall plainly display their race numbers at all times as required in official race materials, and shall not alter or obstruct race numbers in any way.
- 7.2 All Athletes shall wear an “Approved” helmet with the chinstrap properly fastened are required at all times when riding a bicycle, including entering and exiting transition areas. Alterations affecting the integrity of a helmet are prohibited. Athletes violating this section outside a transition area shall be disqualified.

“Approved” helmet means a helmet in good condition that meets or exceeds the standards of a national accredited testing Authority recognized by the athlete’s home country federation, or USA Triathlon or the European Triathlon Union or the ITU. Athletes with helmets not including a manufacturer’s sticker indicating compliance with appropriate testing standards may be required to prove that the helmet is “approved”.

“Riding a bicycle” means any time some or all of the athlete’s weight is supported by the bicycle.

- 7.3 Except as stated below Athletes must use Approved Bicycles. All athletes are required to ride road/racing bikes. Mountain bikes, beach cruisers and bikes with coaster-type brakes are prohibited.

“Approved Bicycles” means bicycles that meet the standards of ITU for long distance races.

- 7.4 Any unusual bicycle construction or equipment shall be illegal unless prior approval is received from the Head Referee before the equipment is used in the event. In determining the legality of any such unusual equipment the Head Referee shall follow the following guidelines:

- a. Equipment that is a prototype, modified or manufactured by a person or entity not whose products are not widely available for retail purchase shall be presumed to be unsafe; a
- b. Equipment that may provide a substantial competitive advantage and not widely available for retail purchase may not be used even if manufactured, invented or branded by an established bicycle or bicycle component company; and
- c. Tandems, recumbents, fairings, wheel covers or any add-on device designed exclusively to reduce resistance are prohibited. Solid or disc wheels are allowed. Wheel covers are not allowed.

7.5 No Athlete shall leave any equipment or personal gear on the race course.

7.6 The following equipment may not be used during all or portions of the race as indicated: Voice or video communications device, or headset, radio or music player of any kind at any time during the race; Hard cast during the swim; Helmet mounted mirrors or any other mirrors on the bike

7.7 Athletes may not use or bring any glass bottles or glass containers on the race course or in the transition areas at any time during the event.

7.8 All bikes must be checked in at the swim to bike transition area the day before the race during the hours indicated in race communications. Race officials reserve the right to reject any bike not meeting safety or rule standards. Bikes inside the transition area may be weather protected by small covers on the seat and/or computer. Large plastic bags that cover the entire bike will not be permitted. Shoes must be in the bike gear bag or secured to bike pedals. Shoes may not be placed beside the bike.

7.9 While at all times on the bike course athletes must wear the official race number, securely attached to their low BACK. Numbers may be attached to race belts. Bike race numbers must be securely attached to the bike frame as instructed in official race communications.

7.10 While at all times on the run course athletes must wear the official race number, securely attached to their FRONT. Numbers may be attached to race belts.

7.11 Shoes and shirts are required at all times on the bike and run courses.

7.12 Athletes must wear a timing chip affixed to their bodies as instructed in official race communications. It is the sole responsibility of each athlete to wear and maintain his or her timing chip through the entire race course. In the event an athlete loses the chip he or she must stop and replace the timing chip as directed in official race communications. If a replacement timing chip is not available, the athlete must stop at each timing point and have his or her race number recorded by race officials at those points.

7.13 Any athlete withdrawing from the race at any point on the race course MUST report the race headquarters or timing headquarter behind the finish line, advise his or her withdrawal, and turn in his or her timing chip as soon as possible. Failure to comply after withdrawing from the race may result in contestant being prevented from competing in any IMP event in the future.

Commercialism

IMP endorses the right of athletes to display individual sponsorship and their race apparel and equipment. IMP also recognizes that a balance must exist between athlete and event

sponsorship. IMP will interpret these Rules to reflect this necessary balance and to protect the rights of event sponsors.

8.1 Athletes may not display any commercial or sponsor signs, flags, or other branded items not used in the normal course of racing at any time on the race course. At IMP's discretion, Professional athletes violating this rule will be fined an amount of \$500 USD or 50% of the athletes earned prize money which ever amount is greater.

Swimming

9.1 Swimmers must wear the swim cap provided by the race. Intentionally discarding swim caps during this discipline will result in a 4 minute time penalty and a P marked on the race number. The penalty will be served at the end of the bike leg.

9.2 Wearing swim goggles or a facemask is recommended.

9.3 No fins, paddles, snorkels, or flotation devices of any kind are allowed.

9.4 Wetsuits are not allowed.

9.5 Swimmers may propel themselves through the water using any stroke and may tread water or float if necessary.

9.6 Swimmers may rest on the bottom or any boat, buoy or other object provided the object is not moving forward on the race course.

9.7 Individual paddlers or escorts are not allowed.

9.8 Swimmers will be required to have race officials mark their race numbers on both their shoulders and thighs. PLEASE DO NOT APPLY SUNSCREEN OR VASELINE TO AREAS BEARING YOUR RACE NUMBER. Race numbers may not be washed off.

9.9 Athletes must be behind the official start line 5 minutes prior to the race start. Any swimmer having trouble and in need of assistance are advised to call for assistance and raise an arm overhead and pump it up and down. Swimmers may receive assistance, whether voluntary or involuntary, without disqualification or penalty if the assistance rendered does not result in the swimmer making forward progress on the course.

Cycling

10.1 All Athletes must obey all traffic laws while on the cycling course unless otherwise specifically directed by an IMP official, race monitor or policeman. Unless otherwise directed in accordance with the preceding sentence, all Athletes shall come to a complete stop when required by a traffic sign or traffic control device and shall not proceed through any intersection unless such intersection is clear of oncoming traffic.

10.2 In no case shall a cyclist cross a solid yellow line indicating a no passing zone.

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

10.4 Riders may not draft off another competitor or a motor vehicle

- . The draft zone is a rectangle 7 meters long by 3 meters wide measured from the position of the back wheel of the bike. The draft zone for professional athletes is 10 meters long by 3 meters wide.
- a. Riders entering into the draft zone of another competitor must be seen to be passing the other competitor. Given conditions and

speed, riders will have a reasonable period, at least 15 seconds, to pass through the draft zone of another competitor.

- b. In addition to passing, a rider may enter another competitor's draft zone as required by any of the following circumstances:
 1. i. For safety reasons;
 2. ii. At an aid station;
 3. iii. At the exit or entrance of a transition area;
 4. iv. At an acute turn;
 5. v. If race officials exclude a section of the course from the drafting rule because of narrow lanes, construction or for other safety reasons.
- c. A pass is complete when a rider's front wheel is ahead of another competitor's front wheel. Once passed, a rider must immediately move out of the draft zone of the leading competitor. When not passing, riders must ride to the right hand side of the curb (right) lane. Riders, who are not riding on right hand side of the curb lane and interfere with another competitor's progress, are "blocking" and will be penalized.

10.5 Riders may walk their bike but may not make progress on the bike course without his or her bicycle.

Running

11.1 Athletes must run, walk or crawl the entire run course.

Transition Area

12.1 Athletes must reduce cycling speed to an acceptable and safe level when exiting and entering the transition area.

12.2 Athletes must mount their bikes after the mount line and re-entering the transition area must dismount before the dismount line. These lines will be clearly marked and violators will be penalized.

12.3 Athletes shall rack their bikes only on the rack or individually assigned position corresponding to their race number. All equipment shall be tightly confined to the athlete's designated rack position.

12.4 After the swim and the bike, athletes must pick up their gear bag in the transition area even if the bag contains no equipment and is empty. This is a security measure designed to maintain an accurate count of swimmers in and out of the water.

12.5 Athletes must dress in the designated changing tents only. Public nudity is prohibited.

Notice of Penalties

13.1 Marshals shall notify athletes of rule violations by showing a yellow card. Upon seeing the yellow card, the athlete will safely pull over to the side of the course and come to a complete stop. If the athlete is stopped on the bike course, he/she shall safely decrease speed while maintaining a straight line of movement, come to a complete stop and place both feet on the ground. The athlete shall remain completely stopped until he/she is shown a green card by the marshal indicating that the athlete may resume the race. Upon seeing a green card the athlete will take all precautions to safely rejoin the race.

13.2 If the athlete is shown a red card he/she is disqualified. After having race numbers appropriately marked, disqualified athletes will immediately remove themselves from the race course. Disqualified athletes may ride their bikes back to the transition area provided they do so safely and take the shortest possible route.

Penalties

Race marshals, in their sole discretion, may penalize Rule violators as follows

14.1 **Stop-and-Mark.** The marshal will direct the Athlete to safely stop on the race course and will mark the athlete's race numbers with a "P". Once released by the marshal, the athlete will safely resume the race and, subject to the Three Strikes Rules, below, shall incur no further penalty of the violation. The length of time required for the marshal to perform this procedure will depend upon the athlete's degree of cooperation.

14.2 **Declassification.** For a violation that results in a significant competitive advantage to the violating athlete, the athlete's race numbers will be marked with a "DC" indicating that the athlete has been Declassified. Once released by the marshal, that athlete may safely resume the race subject to the Three Strikes Rule, below.

"Declassification" means that the athlete may continue the race and finishes the race. A Declassified athlete will be listed as official race finisher in the race results and entitled to all benefits of an official race finisher (medal, T-shirt, etc) but is not eligible to win prize money, age-group awards or Ironman Qualifying slots.

14.3 **Disqualification.** For a violation determined to be severe or intentional the athlete may be disqualified. Whenever practical, the Marshal will consult the Head Referee before issuing a Disqualification. If consultation with the Head Referee is not practical, the Marshal may Declassify the athlete to allow the athlete to continue the race pending the Head Referee's decision regarding Disqualification. After a decision by the Head Referee, the athlete will be Disqualified or notified of his/her status as soon as possible.

14.4 **Time Penalty.** For Position Fouls, Marshals may issue Stop-and-Mark or time penalties as follows:

1st Offense	2nd Offense	3rd Offense
4:00 min	4:00 min	Disqualification

- 14.4.1 Time penalties are cumulative and an Athlete may be assessed more than one time penalty for violation of the same rule.
- 14.4.2 After completing the bicycle course, a time-penalized athlete shall immediately report to the designated penalty box or penalty area. It is the athlete's responsibility to report to the penalty box and failure to do so will result in disqualification.
- 14.4.3 The penalized athlete shall remain in the Penalty Area for a cumulative amount of time equal to the total time penalty assessed against the athlete. After such time has expired as determined by race officials, the athlete may exit the Penalty Area and continue with the race.

- 14.4.4 Any time served in the Penalty Area is included in shall become incorporated into the athlete's official time for the event.
- 14.4.5 While in the Penalty Area athletes may not dress, undress, adjust any race equipment, accept any form of aid or assistance including food, and equipment from any persons, including race officials.
- 14.4.6 If an athlete must use the restroom, requires medical assistance, he\she may leave the Penalty Area to take care of these needs. The athlete's penalty clock shall stop when he\she leaves the area and shall resume when he\she reenters the Penalty Area. Athletes leaving the Penalty Area for any other reason or athletes who, for any reason, do not serve their full penalty will be disqualified.

14.5 **Three Strikes.** Athletes receiving three penalties of any kind shall be immediately disqualified.

14.6 **Penalty Marking.** For rule violations, athlete race numbers shall be marked as follows:

- 14.6.1 **Stop-and-Mark** — “P” marked on the face of each race number for each violation
- 14.6.2 **Time Penalty**
First Violation — Visible diagonal mark across the face of each race number worn by the penalized athlete
Second Violation — **A second diagonal mark across all race numbers resulting in an X shaped mark**
- 14.6.3 **Declassification** — “DC” marked on the face of each race number
- 14.6.4 **Disqualification\ Third Strike** — An X shaped mark within a circle on all race numbers

Media Review

If available, the Head Referee may review television pictures, still photos, and information from any other source to determine rule violations other than position fouls (“media review”). Penalties from media review may be called at any time prior to the publication of Final Results. In the event that a penalty is determined against an athlete in the professional division from media review prior to the announcement of Official Results, the results of the professional division will be modified to reflect the penalty. In the event the penalty is determined after the Official Results but prior to the Final Results, the penalized athlete will be fined in an amount to be determined by IMP. The results of the professional division will not be modified. In the event that a penalty is determined against an athlete in the age group classifications any time prior to the publication of Final Results, the results for that age classification will be modified.

“Official Results” mean the announcement of the results at the race awards banquet or other awards function.

“Final Results” mean race results marked “Final” generally published after drug testing results are known and any appeals determined.

Penalty Review

16.1 The Head Referee may reconsider and adjust any penalty, other than position penalties, issued on the course at any time prior to the publication of the Official Results.

Protests

17.1 Any athlete wishing to lodge a protest regarding a decision of a race official or marshal or the conduct of another competitor must file a written protest with the Race Director within 30 minutes of completing or withdrawing from the race.

