

Regulations swissultra 2023

Fairplay is very important to us. Please pay attention to the rules and regulations of Swissultra 2023 (Double Deca, Deca, Quintuple and Triple Ultratriathlon). The organizing committee is anticipating a fair race without any injuries.

Race director Norbert Lüftenegger's and his team's wish is a fair and safe competition corresponding to the basic idea of the ultra family.

The **swissultra** races are organized by the Club „Swissultra Sport“ based in Grabs, Switzerland and approved by the International Ultratriathlon Association (IUTA). The rules of the **swissultra** races are in accordance with the IUTA rules.

The **swissultra** is in agreement with the IUTA and will be carried out by local circumstances, opportunities and experiences. Prize money and other benefits are sought by the organizers, but they are only available on economic possibilities.

1. Swimming

A person of the supporting crew is allowed to hand out drinks to the athlete, but only from the opposite side of where the officials are taking the time and counting the lengths. Eating is only allowed if the athlete leaves the pool. No other person than the officials (race marshall) decide when the swimming is over. The swimming caps provided by the organizer are mandatory, as well as wearing a neoprene.

2. Cycling

Support vehicles are strictly prohibited on the bike course. The supporters may hand out food, drinks, clothing and spare parts at the side of the bike course, and help with repair works on the bike. Service and control vehicles of the organizer will help in case of breakdowns on the track. The bike course is not fully illuminated at night. Each participant has to make sure that he's wearing sufficient light on the bike and the clothes at all times during the cycling. Please don't forget batteries and replacement lights. Wearing a safety helmet is compulsory. The race number must be worn on the back and has to be visible at all times.

The cycling is a single time trial without any accompaniment. Slipstream cycling behind or next to another athlete is prohibited. The minimum distance between the back wheel of the athlete in front, and the front wheel of the athlete behind, is 10 meters. Sideways it is 1 meter. The passing has to be completed within 30 seconds. The athletes that have been passed are responsible to reinsure the minimum distance again and can only then start a new passing. Motorised race marshalls will make sure the rules are followed.

The streets are not blocked for other traffic. Therefore, athletes have to look out for traffic. The traffic rules and the Swiss traffic law have to be followed at all times.

3. Running

Each participant may be accompanied by runners or cyclists. Supporters are not allowed to run or cycle in front of the athlete. The supporting team may hand the athlete clothes, food and drinks. The course is not fully illuminated at night, but sufficient to not having to wear a headlamp. The clothing has to be appropriate for the weather conditions. Make use of reflecting clothes. The race number must be worn visibly at all times. You can walk or run, but not use any other aid. You have to finish the competition with your own strength.

4. General rules

The race marshal can sanction athletes according to IUTA penalty rules.

If necessary, the samaritan team / competition management can take you out of the race. You can get medical treatment at any time.

You can take a break during the race at any point of the course, but the race has to be continued in the same spot again. If you interrupt the race for more than 30 minutes, or if you want to give up the race, the race committee has to be informed immediately. If the athlete fails to meet this rule, he may be disqualified.

Each participant must be thoroughly familiar with the competition rules and the race courses before the beginning of the competition. During and after the competition, complaints and claims of any kind will not be accepted. Anyone who has not informed himself sufficiently has to take responsibility in case of a disqualification. When rules are violated, it is the responsibility of the race marshal to make a definite and binding decision.

Bike storage: You and your crew are responsible for the safety of your bike and equipment. The organizer is not liable for the damage or loss of your material.

Without the medical certificate and the signed disclaimer, the start of the race is not possible.

The organizer reserves the right to do a doping control at any time during or after the race.

The medical team recommends drinking regularly, even after the race. Each athlete is responsible for a sufficient insurance (illness and accidents).

The organizer is not liable for accidents, loss, claims and theft.

The organizer reserves the right to change the rules.