



**World Championships
Taupo 14/15 December 2024**

Rules Briefing

Overview

This is a brief summary of some of the key rules and the way they are to be enforced at Ironman 70.3 World Championships

You should all review the Ironman Competition Rules which are available online at: https://cdn1.sportngin.com/attachments/document/440b-3297287/2024_IRONMAN_Compition_Rules_-_English_Version_March_14_2024.pdf



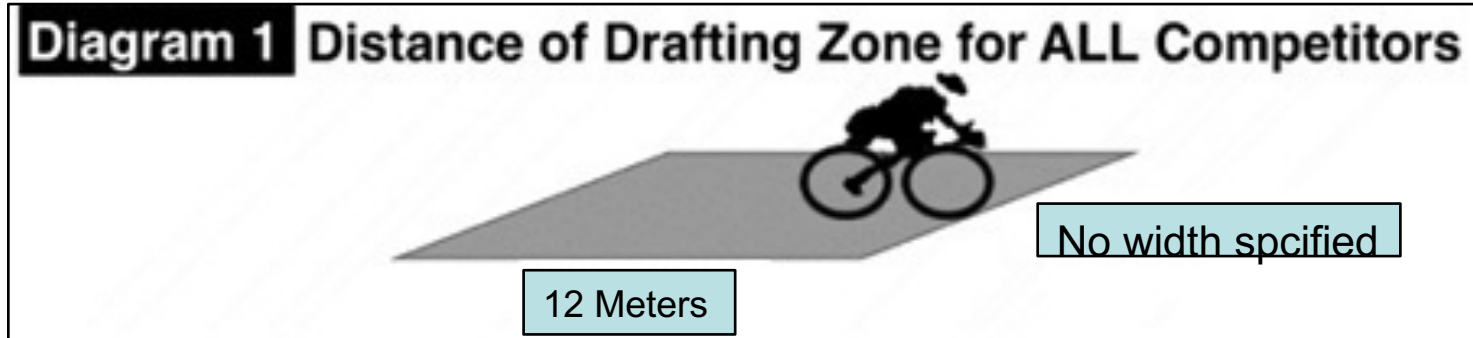
Disqualifications

Before we go into specifics about the various rules please take note of the general way in which Ironman would like us to manage disqualifications.

- Please think very carefully before issuing a red card on the field of play. These should be reserved for very serious rule infractions such as:
 - Abusing or disrespecting officials or volunteers
 - Nudity or urinating in public
 - An intentional maneuver on the bike that you consider really dangerous (e.g. crossing the center line on a blind corner)
- For all other infractions that you think should be punishable by disqualification please issue a yellow card but recommend to the Head Referees that they should upgrade that to a red card once the athlete has finished.



Draft Zone



- The Ironman Draft Zone is 12 meters by the width of the road
- Athletes must ride single file on the far left side of the road unless passing
- Side-by-side riding is not permitted
- 25 Seconds to pass
- 5.00 minute penalty for drafting (blue card)
- Please give consideration to the nature of the course
 - On a steep hill you should probably warn someone who is within the 12 meter zone rather than penalizing
 - That said, if someone is really close (<6 meters) then consider penalizing

Other Bike Rules

Littering

Intentional Littering is a Blue Card (5 minute penalty)

Unintentional Littering is a Yellow Card (30 Second Penalty)

Examples of Unintentional Littering

Dropping a bottle while trying to put it back in the bottle cage

Dropping food while trying to get it in or out of a pocket

Blocking

Yellow Card - (30 second penalty)

Passing on the Left

Yellow Card – (30 second penalty)

- Note that you should also consider giving the athlete who was passed on the left a blocking penalty

Other Bike Rules

Crossing the Centre Line

Things to consider are:

- Was it done intentionally?
 - Was advantage gained?
 - Was it dangerous?
 - Was it done for safety reasons?
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- If it was for safety reasons (e.g. swerving to avoid a collision or a dropped bottle) or was unintentional (e.g. a temporary loss of control) – probably a “no call”
 - If it was intentional and really dangerous – consider giving a red card
 - If it was done intentionally, but was safe (e.g. a straight stretch of road, no on-coming traffic) and an advantage gained then give a yellow card and recommend to HR that it be upgraded to red
 - If intentional but safe and no real advantage gained then yellow card
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- Note that if there is no center line then the cyclists must remain in the left lane (i.e. imaginary center line) but you can be a little more lenient about where the center line is

Penalty Boxes

1. If an athlete arrives at your penalty box and you don't have a penalty voucher for them assume it is a five minute penalty
 - The athletes will be briefed that if they have a yellow card (30 second penalty) it is up to them to tell the penalty box official.
2. Using the Toilet. Athletes may use the toilet. Ideally they will do this before or after serving their penalty, but if they decide to go to the toilet you can pause the penalty time. They may not urinate in public.
3. Red Card Recommendations
 - Bike officials will give you Yellow Card penalties which may have recommendations that they be upgraded to a Red Card
 - The Head Referees will rely on you to pass those recommendations on to us. Please do this by phone
4. Reconciliations
 - Ironman rules are very clear that the athlete must stop at the **next** penalty box so please be careful with your reconciliations.
 - Penalty Box One: Once it becomes clear that you've got a penalty voucher but the athlete has not stopped, advise the HR
 - Penalty Box Two: If you have an athlete stop but you don't have a penalty voucher then check with Penalty Box One to see if they have it. If the athlete has stopped at the wrong penalty box then advise the HR

Ironman Rules – other rules

- Swim Course – Neoprene booties allowed if water temp less than 18.3 degrees
- Cannot stop in the “flow” areas of transition (30 sec penalty)
- Uniform rules – front zips can be undone but must remain attached at the bottom. Must be zipped up for finishing
- No “body fairings” on the bike (i.e. Bottles stuffed down the front of the bike top)
- Run course – pacing. The Ironman rule is a little different but the effect is the same – warn the athlete and the pacer that if it continues they risk getting the athlete disqualified. If it continues – then DSQ (but give yellow card and recommend to the HR that it be upgraded to Red)
- Littering is a 5.00 minute penalty (blue card – even on the run course)
- Athletes may run, walk or crawl



Scenario Questions and Answers



Question One

Explain the steps to issue a penalty:

- Scenario One – you are an official on the bike course and penalty boxes are in use
- Scenario Two – you are an official on the run course



Question One - Answer

Explain the steps to issue a penalty:

- Scenario One – you are an official on the bike course and penalty boxes are in use
- Scenario Two – you are an official on the run course

Scenario One

1. Sound your whistle
2. Show a Red/Yellow/Blue Card
3. Call the Athlete's number
4. Advise the penalty (e.g. "Drafting" or "Blocking" or "Disqualified")
 - Assuming it is a time penalty ensure that the athlete knows that they must stop at the next penalty box
 - If it is a disqualification ensure that the athlete knows they can continue to the finish and then protest

Scenario Two

- The process of issuing the penalty is the same (i.e. blow whistle, show card etc)
- The difference is that the penalty will be served on the spot so instruct the athlete to stop and time the penalty



Question Two

What are the Ironman Drafting rules?



Question Two - Answer

1. The size of the draft zone:
 - Ironman Rules – 12 meters long. No specified width but instead a requirement that athletes ride single file on the left unless passing (you can't ride side by side)
2. The amount of time to pass through the draft zone
 - Ironman rules – 25 seconds to pass



Question Three

What are the differences in the applicable time penalties in an Ironman 70.3?

Consider the following infractions:

- Drafting
- Blocking
- Littering
- Outside Assistance
- Mounting the bike before the mount line



Question Three - Answer

Penalties under Ironman Rules

- Drafting – 5 minutes
- Blocking – 30 seconds
- Littering – 5 minutes
- Outside Assistance - Disqualification
- Dismounting the bike after the dismount line – 30 seconds

A note about littering

- Blue Card is for intentional littering
- Unintentional Littering (e.g. dropping a bottle while trying to put it back in the cage) is a yellow card only
- Missing the Litter Zone by a meter or two – no penalty
- Note – you can issue a Blue Card for Littering during the run
 - 5 minute penalty on the spot



Question Four

You are an official in the penalty box. While serving a penalty and athlete wants to use the toilet.



Question Four - Answer

- Ironman rules allow for disqualification if an athlete goes to the toilet while serving a penalty but we have clarified that this refers to someone who urinates in public.
- Ideally the athlete will wait until after they have served the penalty before using the bathroom or will use the bathroom before serving the penalty but you can pause the penalty time if they decide to use the bathroom in the middle of the penalty.
- If someone urinates in public, then that would be a disqualification. Athletes must use the portaloo that will be at the penalty box.

Note that athletes may not undertake repairs to their bike while serving their penalty. They may stretch and may eat or drink any food or fluid that they have with them.



Question Five

You are an official on the run course. You see an athlete who is crawling. What would you do?



Question Five - Answer

- Under Ironman rules athletes may crawl. However it would also be prudent to summon medical assistance and follow their advice.



Question Six

You see an athlete competing with a bare torso. What would you do?



Question Six - Answer

Ironman Rules

- Ironman rules prohibit competing with a bare torso.
- Front zippers may be zipped down but cannot be completely undone (i.e. the zip must remain fastened at the bottom and the shoulders must be covered)
- Female athletes must wear at least a Sports Bra
- Must be zipped up when crossing the finish line

Action

1. Warn the athlete to do up the bottom of their tri suit or to put their top back on
2. If they don't do this or you see them again – Yellow Card (30 second penalty on the spot)
3. If they completely refuse or you see them a third time – Yellow Card and recommend to HR that the athlete be disqualified



Question Seven

You are an official at the finish. You see an athlete finishing carrying a baby. What would you do?



Question Seven - Answer

Ironman Rules

- Ironman rules specifically prohibit athletes being accompanied by friends or family members in the finish chute. Penalty is disqualification.
- If possible, try to stop the athlete and get them to give the baby back to their supporters



Question Eight

Under the Ironman rules are there times or places on the course where drafting is allowed?



Question Eight - Answer

The times/places where drafting is allowed are as follows:

- An athlete enters the draft zone and completes a pass within the allowable time (25 seconds under Ironman rules)
- For safety reasons
- Around an aid station or around the transition area (Tri NZ rules specify 100m as the limits for this, Ironman don't specify a distance so common sense applies)
- At an acute turn
- If a section of the course has been specifically exempted because of narrow lanes, construction, detours or other safety reasons
 - For Ironman 70.3 the main area for this will be Rifle Range Road (you probably won't be in that area anyway). Other areas we will brief you on in Taupo
- The other thing to consider is a steep hill. If an athlete is technically drafting (i.e. closer than 12 meters) then please be reasonable in your approach:
 - If the distance is 9 or 10 meters then maybe this is a "no call"
 - If the distance is say 7 or 8 meters then maybe give a warning
 - If they are closer than 6 meters then think about making a call
 - If they are closer than 4 meters then make a call

Question Nine

You are on the bike course and you notice an athlete cross the centre line. What are your actions?



Question Nine - Answer

Athletes can be disqualified for crossing the Center Line but please consider the following:

- Was Crossing the Center Line intentional or was it done to avoid a crash or an obstacle (e.g. a dropped drink bottle) on the road?
- If it was intentional was it also unsafe?
- Was an advantage gained?

- If you think that the athlete crossed the center line unintentionally then it should be a no-call
- If it was both intentional and unsafe then yellow card and recommend upgrade to red
- If it was intentional but safe and no real advantage gained yellow card with no recommendation to upgrade



Question Nine - Answer

1. Unless what you see is incredibly dangerous and completely blatant DO NOT issue a Red Card for this on the course
2. If the athlete is clearly taking evasive action to avoid someone who has swerved in front of them or to miss a dropped bottle etc – No Penalty
3. If they have momentarily lost control – No Penalty
4. If they deliberately cross the center line then issue a yellow card, take notes and advise the Head Referee who talk to the athlete and decide whether they should be disqualified



Question Ten

You are on the bike course and you see an athlete pass another cyclist on the left.
What do you do?



Question Ten - Answer

If you see someone passing on the left – Yellow Card

Anyone who is passed on the left would probably be in a blocking situation so consider giving them a blocking penalty (yellow card)

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thank You