

## Embrunman Rules

- 1) All French federation rules for competition apply to this event except as described below.
  - 2) Only official marshals can apply sanctions.
  - 3) The highway code must be respected. On all roads, keep your right and respect priority.
  - 4) All outside (non-official) assistance is prohibited. **This includes support vehicles, coaches and/or attendants. This may lead to entrant disqualification**
  - 5) Passing other competitors in all intersections and bridge crossings is strictly prohibited.
  - 6) All entrants wishing to withdraw from the event must submit his/her number to the nearest official stand and bib to the cycle park responsible.
  - 7) In the event of disqualification, the competitor must return his number to the Marshal and competitor must give bib to cycle park responsible
  - 8) Entrants must wear their race numbers (front and back) without hiding or removing any part. Same for swim caps and bicycle number. All bicycles must be hung by their saddle in the cycle park.
  - 9) Entrants must walk only in the cycle park.
  - 10) A line will be drawn at the bike lot exit and at the bike event finish line indicating the areas where entrants must follow the rules specified in Article 9.
  - 11) About drafting when a first offence has been committed a penalty of 5 minutes will be applied, a penalty of 5 minutes for the second offence and disqualification after the third offence.
  - 12) About it the french cycling federation rules are applied on Embrunman. Hardware specification topic, It is specified that only race bikes and time trial bike are allowed. Mountain bikes are not allowed as VTC and urban cycles.
  - 13) One swim cap, 2 jersey numbers, one bicycle number, 2 cycle bottles and one box to put all competitor things will be provided by the organization. This material stay the property of the competitor after race.  
A transponder will be lent and given back at bike park output.
- Before withdrawing the competitor's transponder and, in order to guarantee the return of the timing chip after your race (transponder that will be given to you at the bib withdrawal), you will be asked to make a deposit by credit card online up to 75€.**  
**This security deposit will be made BEFORE the collection of the bib. The bonded amount will be released from your bank account after the return of your timing chip.**  
**An email will be sent to you a few days before the race**
- Competitors are advised to carry a headlight torch for the night
- 14) Swim replacement:  
10km of run
  - 15) An anti-doping test may be requested at the end of the event in compliance with French regulations. So mechanical anti-doping control may be requested before, during and after race.
  - 16) Other than the preceding points, the French federation regulations will apply in compliance with Article 1. Each entrant acknowledges having read and accepted these regulations; and in particular regulations in controlled substances.
  - 17) Fresh supplies available during race: Spring water, natural energy drink, soft drinks, apples, oranges, lemons, bananas, rice cakes, hot tea at the end of the swim event, spice bread, raisins, dried

apricots, and sugar, energy bars and energy gels. Sandwiches, draft beer and fries potatoes only after race

- **Application of the obligation to return an empty can in exchange for a full can**
- **Application of the requirement for competitors on the run to use a container of their choice or the biodegradable cup provided by the organisation to be supplied with liquid.**
- **They will have to stop to fill their container with drink. No container will be provided by the organization**
- **Waste must be deposited on the cleanliness zone.**
- **No stream of waste on the routes will be possible. The marshals will have the task of being uncompromising with the culprits.**

18) All competitors must have federal license or must take pass competition (10€) and joint medical certificate

On entry form, each line must be completed.

File of valid National Triathlon federation license must be attached if you have national license

**If you have no license you must joint file of medical certificate (less one year old at date of race) which precise that you have no medical problems with sport in competition.** In that case you must click

in box pass competition.

Control your registration before payment.

**Caution if your registration is not completed, organization cancel without refund it when we will control registration information.**

19) Amount of registration is

- **400 € since 30th April**
- **then 450 € between 1th may to 31th may**
- **and 500 € between 1th june to 10th july**

Pass competition 10€

20) No refund of registration fees in the event of defection of the competitor whatever the reason.

**Attention this point is important.**

But If competitor cannot participate after physical problem and if has a medical certificate which precise that he cannot participate to Embrunman on August 15<sup>th</sup>. We offer a discount of 50% of amount that he had paid in 2023 for Embrunman 2024. So if one of parent or wife or child died during the week before august 15<sup>th</sup> and if he presents a certificate he has same discount.

**In others situations registration will not be refund. Please verified your file before payment.**

21) In the event of race cancellation, entry fees will be reduced 50% for the same race category for the 2023 event.

22) Caution you receive 2 e-mails after your registration. **Keep them because we will not give other proof.**

23) **Once the total number (1500) of entrants specified on the entry form is reached, all further entry requests will be refused and their fees refunded.**

24) Entry deadline is july 10th

Caution entries will be increased in accordance with article 19 and the registration form.

25) **VERY IMPORTANT:** Race numbers will only be distributed at the Embrun Village Hall (Salle des Fêtes). No special dispensations will be accepted.

Check-in 12 August from 2 to 6 pm;

- 13 August from 9 am to Noon and 2 to 6 pm,
- and August 14 from 9am to
- Noon and 2 to 6 pm.

**CAUTION** To have your bag with number it's necessary to present identity card.

If somebody take number of a competitor. It's necessary that he presents his identity card and identity card of competitor

26) All entrants must attend race instructions briefing:  
**August 14 at 5 pm at Lake Podium.**

27) Bike drop-off times in cycle park:

**14<sup>th</sup> August .between 1:30 pm and 6.30 pm at Lake with your cycle**

**Attention on the morning of the 15<sup>th</sup> no bike will be able to enter the cycle park. No derogation possible.**

**Apart from the thermal and electromagnetic controls, a ring will be placed by the organization on the bike during the entry into the park. She will have to be present throughout the journey under penalty of disqualification and will be removed by the organization at the time of the bike outing**

28) On 15<sup>th</sup> August entry of competitor with box only (**without bike only on 14<sup>th</sup>**) between 4.00 am and 5.45 am.

**With "Vigipirate" a control of identity will be on 15<sup>th</sup> before entry in cycle park between 4 and 5.45 am**

**All competitors will must present ID card or passport (or copy). Without ID card or passport Competitor cannot enter in Cycle Park and participate to race.**

**They will not be able to leave the organisation zone after passing the identity check otherwise they will not be able to re-enter and be disqualified for any reason whatsoever**

29) Race Start Time:

Long Distance Triathlon: 15 August Start swimming

- Women at 5:50 am
- Men at 6:00 am
- Heating hours only in port from 5:30 am to 5:40 am

30) Disqualifying Times:

All competitors arriving at the specified locations after these times will be automatically disqualified. Look table at end of rules

31) Fresh Supplies Stands

**a) Swim** : Start and finish lines, and Bike Lot

**b) Bike** : Bike Lot, Start, Finish, Villars, Pont Neuf, Saint Clément, Arvieux, Isoard Pass, Briançon, Vigneaux, Saint Clément, Pont neuf.

**c) Run** : Bike Lot, Start, Finish, Bridge before climb" les Moulineaux", gendarmerie, bridge before climb les Moulineaux, Stadium and start of each lap

32) Awards Ceremonies:

16 Aug. at 10 am at Lake Podium.

33) Organisation is responsable of cycles only in cycle parc during the opening hours of the cycle parc. For the others materials in the cycle parc or in others places, the organisation is not responsible.

**34) The exit of the bikes from the bike park can only be done after 5:20 pm. At this time will be returned the deposit in exchange for the chip. Once the competitor exits, he will no longer be able to enter the organization zone**

35) Each participant authorises the Embrunman Triathlon as well as its rights holders such as partners and media to use the still or audiovisual images on which it may appear, taken on the occasion of its participation in Embrunman, on all media including promotional and/or advertising, worldwide and for the longest period provided for by law, regulations and treaties in force, including any extensions that may be made to this period

**36) All details and explanations of these rules will be given during the briefing.**

37) **Time Estimates and disqualified hours**

**1)Bike**

KM	Place	First	Last
0	PLAN D'EAU	6H50	8H10*
8	ST EUSEBE	7H10	9H02
15	LES MEANS	7H26	9H14
19	ST APOLINAIRE	7H32	9H30
31	PRUNIERES	7H42	9H38
35,4	SAVINES	8H12	9H57
41,1	CROTS	8H21	10H10
43	ROND POINT LES ORRES	8H25	10H15
47,5	PONT NEUF	8H29	10H20
50	SAINT ANDRE	8H36	10H38
54	SIGURET	8H44	10H49
60	SAINT CLEMENT	8H55	10H56
66,2	GUILLESTRE	9H07	11H15
74,2	MAISON DU ROI	9H23	11H40
85,2	CARREFOUR ARVIEUX	9H45	12H14
96,6	CASSE DESERTE	10H05	13H02
98,4	COL DE L'ISOARD	10H15	13H10*
116	BRIANCON	10H44	13H34
124,9	PRELLES	10H52	13H50
131,6	LES VIGNAUX	11H18	14H25
137	CHAMPCELLA	11H26	14H55
155,5	ST CLEMENT	12H00	15H20
161,5	SIGURET	12H06	15H30
165,5	SAINT ANDRE	12H12	15H50
169	PONT NEUF	12H15	16H25 *
171	EMBRUN	12H20	16H20
175,5	CHALVET	12H28	16H30
182	LES VIGNES	12H35	16H55
185,5	PLAN D'EAU	12H39	17H15*

Disqualifying times write red

**2)Run**

KM	Place	First	Last	
0	PARC A VELO	12H40		
14	LIGNE D'ARRIVEE	13H40	19H15*	Fisrt Lap
28	LIGNE D'ARRIVEE	14H40	21H15*	Second Lap
42,195	LIGNE D'ARRIVEE	15H40	23H15*	Last lap

Disqualifying times write red