

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 to a referee or signalman and transponder to the cycle park responsible.
- 7) In the event of disqualification, the competitor must return his number to the Marshal and competitor must give transponder 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) Competitors will only be allowed to move in the bike park on foot.
- 10) A line drawn at the bike park exit and another line drawn at the bike arrival will indicate the places where competitors must comply with the obligation outlined in the previous article.
- 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.

Transponder guarantee system

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, 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 competition pass (10€)

On entry form, each line must be completed.

A file must be attached containing the license of the FFTRI or a foreign national federation for the year in which the competition takes place.

For non-licensed athletes: you must check the "competition pass" box, complete the health questionnaire that will be provided during registration (Law No. 2022-296 of March 2, 2022), when a response to the health questionnaire leads to a medical examination, registration requires the presentation of a certificate less than 1 year old after August 16 of the year n-1 of no contraindication to the practice of triathlon in competition.

Control your registration before payment.

Caution if your registration is not completed, organization will cancel it when controlling registration information. The registration will be refunded the next day after deduction of a sum of €60 for administrative costs and non-compliance with the regulations that the competitor has accepted.

So check your file carefully before payment.

19) Amount of registration is

- **430 € until 30th April**
- **then 470 € between 1st May to 31st May**
- **and 530 € between 1st June to 08th 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 15th. We offer a discount of 50% of amount that he had paid in 2025 for Embrunman 2026. So if one of parent or wife or child died during the week before August 15th and if he presents a certificate he has same discount. (excluding pass)

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

23) **Once the total number (1300) 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 08th

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:

14th August .between 1:30 pm and 6.30 pm at Lake with your cycle

Attention on the morning of the 15th 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 15th August entry of competitor with box only (**without bike only on 14th**) between 4.00 am and 5.45 am.

BE CAREFUL do not forget your chip because there is no possibility of starting

As part of the Vigipirate plan, an identity check (identity card or passport) will be carried out before entering the bike park.

Any person who cannot present their identity document will not be able to enter the bike park and participate in the race.

They will not be able to leave, contact or exchange materials or goods with a person located outside the organization zone once they have passed the Identity check for any reason.

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) Awards Ceremonies:

16 Aug. at 10 am at Lake Podium.

32) Fresh Supplies Stands

a) Swim : Start and finish lines, and Bike park.

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.

4 sponge stations distributed throughout the course.

Each refuelling station and mopping station are used on all 3 laps. A personal bag containing only supplies can be left on the morning of the event near the finish line and collected at this point during the event.

Competitor bags intended for personal resupply of the Izoard must be taken by its owner when passing to the summit of the Izoard. These bags will not be returned to the Plan d'Eau. Please note that these bags must only contain supplies – drinks and food otherwise this will be considered external aid with the consequence of disqualification. A check will be carried out at the time of deposit.

33) Organisation is responsible 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 transponder. 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) Any dispute between competitors and the organization will be submitted to the Courts of Gap or the Administrative Court of Marseille.

38) **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*

- Red = Disqualifying times

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

*red = Disqualifying times