

Quart 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 Quart 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, 1 number helmet, 1 cycle bottle. 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:
5 km of running in case of inclement weather or pollution
Decision taken in consultation with prefecture, the marshall's manager and the organizer
- 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.

- **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€)

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

- **110 € until 30th April**
- **then 120 € between 1st may to 31th may**
- **and 135 € between 1th 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 2025 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 (500) 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

28) On 15th August entry of competitor between 6.00 am and 7:45 am.

With "Vigipirate" a control of identity will be on 13th before entry in cycle park.

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:
Quart Embrunman: 15 August Start swimming at 8:00 am
Heating hours only in port from 7:30 am to 7:45am

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

b) Bike : Puy Saint Eusèbe

c) Run : Run: Start, Finish, bridge côte Chamois, Digue

32) Awards Ceremonies:
15 Aug. at 3pm at Lake Podium.

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

34) **In order to avoid clogging the finish line and to free it for the arrival of the bikes on the long distance, no parking or grouping of finishers will be accepted on the arrival area until the entrance of the medical zone. Failure to do so will disqualify the competitor.**




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.**
Because of the uncertainties regarding the epidemic, some points of the regulation may be modified

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**

Quart

	Km	1er	Dernier
 Départ		8:00	8:00
	1,5	8:20	9:00
Tps nage + transition		00 :20	1 :00
 Saint Apollinaire	19	08:51	10:12
Fin vélo + transition	44,0	09:32	11:16
Tps velo + transition		01:12	02:16
	10,0	10:10	12:30
temps course		00:35	01:14
temps final estimé min/max		02:10	04:30

Temps limite Vélo + nage **3 :16**

*red = Disqualifying times red