

Relay 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.
- 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. When competitor take off his number in Salle des Fêtes, he must leave in guarantee original identity papers or 60€ which will be return in cycle park after race in exchange of transponder.
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 National Triathlon federation license 2020 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

- 360€ since 31th may
- then 390€ between 1th june to 30th june
- and 420€ between 1th july to 15th july

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 2020 for Embrunman 2021. 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. **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 2021 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 (350) relays** specified on the entry form is reached, all further entry requests will be refused and their fees refunded.

24) Entry deadline is july 15th

Caution entries will be increased in accordance with article 9 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.

With "Vigipirate" a control of identity will be on 15th 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 5:55 am**
- **Relay at 6 am**
- heating hours only in port from 5:25 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, Savines, Pont Neuf, Saint Clément, Maison du Roy, Arvieux, Isoard Pass, Briançon, Vigneaux, Pallon, Saint Clément, Pont neuf, and Chalvet.

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

The competing bags intended for the personal refueling of the Izoard and those for the running will be dropped off at the time of the entry in the bike park on August 15 near the medical area

Competing bags intended for personal refuelling of the Izoard are taken obligatorily when passing at the top of the Izoard.

These bags will not be returned to the Plan d'Eau. It is recalled that these bags must only contain supplies

32) Awards Ceremonies:

16 Aug. at 10:30 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.

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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) Special rules for Relay Triathlon

- a) team registration fees identical to those of an individual
- b) team registration fees identical to those of an individual, An exception: possibility to provide a license competition or a medical certificate for which he is registered.
- c) each team member will enter the organisation zone as follows:
 - for August 14th the 3 team-mates will enter together in the bike park dedicated to the relay for bike installation, registration and marking
 - for August 15th
 - * Swimmers will cycle back into the park alone with the box and competing bags for run and cycle (see article 31) at same times that embrunman competitors
 - * Cyclists will enter through the same door and position themselves in a fixed place at the location reserved for his team after the start of swimming. (caution no moving in cycle park)
 - * After the last swimmer has left the 2 bike parks, team swimmers will be directed to the exit with their only swimming belongings, their bracelets will be removed and they will no longer be able to enter the organization zone.
 - * From noon the runners will be able to enter by the same door in the bike park and will position themselves at the team location (caution no moving in cycle park)
 - * Cyclists will be able to leave the organization zone and will be able to pick up their bike after 5:20 pm. They will have to keep their bracelets in order to be able to return to the organization area to pick up their cycles.

They will enter through the arrival door of the cyclists. A check will be carried out to their re-entry under vigipirate. Their bracelet will be removed at that time and they will not be able to return in organization area.

 - * The runners once their journey is completed will exit through the same door. Before they will have recovered the box and before going out will exchange their transponder for the deposit.

The bracelets will be removed and they will not be able to return in organization area.

IMPORTANT

the transfer of the number and transponder will take place at the team location et in other place. The non-compliance with this rule will automatically disqualify the team

36) Once the team has been registered, no changes can be made to the composition of the team. With the exception of the 2 cases provided for in Article 20 of the Rules one member of team will be replaced.

It must provide the organisation with proof of the competitor's non participation by email and all information about his replacement as requested in the registration form.

An unlicensed must be replaced by an unlicensed and a licensed by a licensed.

Supporting vouchers should be attached in email.

Caution that modification will cannot be after July 15th midnight (date of registration end)

37) 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

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

39) Time Estimates and disqualified hours

1) Bike

KM	Location	First	Last
0	PLAN D'EAU	6H50	8H15*
8	ST EUSEBE	7H10	9H02
15	LES MEANS	7H26	9H14
19	ST APOLINAIRE	7H32	9H33
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	16H15 *
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	Location	1 st lap last	2 ⁿ lap last	3 ⁿ lap last
0	CYCLE PARK	5.15 pm		
14	FINISH LINE	7.20 pm		
18	FINISH LINE		9.30 pm	
42,195	FINISH LINE			11.15 pm

: Disqualifying times write red