

Trois 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) 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 5minutes 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:
7km 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 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

- **310 € until 30th April**
- **then 360 € between 1st may to 31st May**
- **and 410 € 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 2024 (excluding pass) for Embrunman 2025. 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 2025 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 (300)** 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

b) Bike : Le Villars, pont neuf.

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

Each refuelling station and mopping station are used on all 2 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.

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 1:20 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. Due to uncertainties regarding the evolution of the epidemic. Some points may be modified.**

37) **Time Estimates and disqualified hours**

Trois Quart

	Km	1er	Dernier
 Départ	0,00	06:00	06:00
	3,80	06:50	08:10
Tps nage + transition		00:50	02:10
Rond point des Orres	41,00	08:25	10:15
 Pont neuf Tour 1	68,00	09:12	11:26
Pont neuf Tour 2	91,50	09:56	12:34
Pont neuf Tour 3	115,00	10:40	13:42
Fin vélo + transition	130,00	11:05	14:30
Tps velo + transition	90,00	04:15	06:20
 Fin tour 1	15,00	12:09	16:40
Fin tour 2	30,00	13:13	18:40
Temps course		02:08	04:10
Temps final estimé min/max		07:13	12:40

Temps limite Vélo + nage : 08:30

* Disqualifying times write red