



***THE RULES &  
REGULATIONS***

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<b>SECTION 1 – INTRODUCTION TO COMPETITION RULES</b>	<b>3</b>
<b>SECTION 2 – CONDUCT OF ATHLETES</b>	<b>4</b>
<b>SECTION 3 – PENALTIES</b>	<b>6</b>
<b>SECTION 4 – SWIM RULES AND REGULATIONS</b>	<b>7</b>
<b>SECTION 5 – BIKE RULES AND REGULATIONS</b>	<b>8</b>
<b>SECTION 6 – RUN RULES AND REGULATIONS</b>	<b>11</b>
<b>SECTION 7 – TRANSITION RULES AND REGULATIONS</b>	<b>12</b>
<b>APPENDIX A – OVERVIEW OF KEY RULES OF THE EVENT</b>	<b>13</b>

# **SECTION 1 – INTRODUCTION TO COMPETITION RULES**

Sub 7 and Sub 8 Project competition rules are based primarily on World Triathlon rules however major differences will apply to encourage/allow athletes scope to break the 7-hour and 8-hour barrier of Iron distance events. The Sub 7 and Sub 8 Project has been created to set a new world standard of human physical achievement which also encapsulates technical innovation, planning and strategy. The competition rules exist to provide an even playing field for each competitor while allowing scope for innovation.

## **Section 1.01 – PURPOSE**

To provide a consistent set of competition rules (“Competition Rules”) for the Sub 7 and Sub 8 Project for each athlete to follow.

## **Section 1.02 – INTENTION**

Competition Rules are intended to:

- I. Facilitate fair play, equality amongst each competitor, and sportsmanship
- II. Support ingenuity and skill without unduly limiting competitors
- III. Penalize competitors who gain, or seek to gain, an unfair advantage outside of the Competition Rules outlined in this document.

## **Section 1.03 – KEY COMPETITION PERSONNEL DEFINITIONS**

The following are the key personnel overseeing the Sub 7 and Sub 8 Project

- I. Event Director; is the person appointed by the Sub 7 and Sub 8 Project to be placed in charge of the overall event.
- II. Athlete Director; The Sub 7 and Sub 8 Project will appoint an athlete director to each competitor to oversee the rules and regulations (including the integrity of the course) and safety for each group/team attempting to break Sub 7 and Sub 8.
- III. Head Referee; is the person appointed by The Sub 7 and Sub 8 Project to oversee the rule enforcement and to work with the committee on any protests or safety decisions.
- IV. Head Timer; is the person or company appointed by The Sub 7 and Sub 8 Project to be in charge of the official timing including all race splits.

## **SECTION 2 – CONDUCT OF ATHLETES**

### **Section 2.01 – GENERAL RULES, REGULATIONS AND BEHAVIOUR**

Each competitor must:

- I. Each competitor and their team must wear the same team uniform.
- II. Each competitor and their team must show the logos of event sponsors as per instructions from the Sub 7 and Sub 8 Project group.
- III. Practice good sportsmanship at all times.
- IV. Be responsible for his/her own safety and the safety of others.
- V. Know, understand, and follow all Competition Rules, as stated herein, in the event-specific information handbook and at the pre-race competitor briefings.
- VI. Obey traffic regulations and instructions from race officials.
- VII. Treat race officials, volunteers, spectators, the general public, and other competitors with respect and courtesy.
- VIII. Obey laws and local ordinances and avoid any type of demonstration of political, religious or racial propaganda.
- IX. Avoid the use of abusive language.
- X. Intentional or careless littering may result in a time penalty. Litter and equipment can only be discarded at designated areas.
- XI. Not gain or attempt to gain any unfair advantage from a motor vehicle or other object.
- XII. Not use any device (headphones) that will distract the athlete from paying full attention to their surroundings.
- XIII. Follow the designed course. It is the athlete's responsibility to know the course. Athletes must cover the designed course in its entirety. Failure to do so will result in the athlete not recording an official time. If an athlete must exit the course, they must re-enter the course at the same point of departure before continuing.
- XIV. Avoid indecent exposure and nudity at all times during the event.

### **Section 2.02 – ASSISTANCE TO BREAK SUB 7 AND SUB 8**

- I. Each competitor may recruit any number of swimmers, cyclists and runners to help them pace, draft, provide sustenance, information and encouragement in their quest to break Sub 7 or Sub 8.
- II. Assistance can be provided to the competitor by the appointed Athlete Director and event officials including the provision of drinks, nutrition, mechanical aid, medical assistance and other necessary assistance as approved by the overall Event Director.
- III. Competitors may assist each other with incidental items such as nutrition and drinks, pumps, tires, inner tubes and puncture repair kits
- IV. Competitors cannot provide an item of equipment to another athlete if it results in the donor athlete being unable to continue with their own race. Such equipment includes but is not restricted to shoes, complete bicycle, frame, wheels and helmet.
- V. No competitor is allowed to be intentionally helped to progress in a forward direction by another athlete on any part of the course. For example, athletes cannot be pushed up a hill on the bike by another rider or towed in the swim with a rope/cord.

### **Section 2.03 - ANTI-DOPING**

Each athlete acknowledges notice of the Anti-Doping Rules (as such term is defined below), and acknowledges that he/she is bound by, confirms he/she shall comply with, and voluntarily consents to all provisions of the Anti-Doping Rules.

“Anti-Doping Rules” means all anti-doping rules adopted by Sub 7 and Sub 8 Project including, without limitation, the World Anti-Doping Code (the “WADA Code”), all associated International Standards, including, without limitation the List of Prohibited Substances and Prohibited Methods (the “Prohibited List”) as issued by the World Anti- Doping Agency (“WADA”), and all other rules, policies, and/or procedures adopted by Sub 7 and Sub 8 Project.

- I. Each athlete acknowledges that the WADA Code and International Standards, including WADA’s Prohibited List, may be amended from time to time and at any time by WADA without notice to athlete other than, as the case may be, posting such amendments on WADA’s website;
- II. Each athlete is personally responsible for knowing what constitutes a violation of the Anti-Doping Rules (including, without limitation, all substances and methods that have been included on the Prohibited List). Certain medications, common beverages, supplements and other “over-the-counter” or otherwise legal products may contain banned substances.
- III. Each athlete is fully responsible for knowing what substances are banned in accordance with the Prohibited List and for monitoring his/her own compliance with the Anti-Doping Rules;
- IV. Each athlete is required to inform applicable third parties (e.g., including, without limitation, medical personnel and athlete support personnel) of athlete’s obligations under the Anti-Doping Rules (including, without limitation,
  - (i) restrictions against the use of prohibited substances and prohibited methods and
  - (ii) it is the athlete’s responsibility to make sure that any medical treatment received does not violate the Anti-Doping Rules); and
- V. Any athlete using or intending to use a prohibited substance or prohibited method, for a legitimate medical reason, must seek a Therapeutic Use Exemption (“TUE”) from their National Anti-Doping Organization (“NADO”) or Regional Anti-Doping Organization (“RADO”) as applicable in accordance with the policies and procedures of the applicable NADO and RADO organizations and the Anti-Doping Rules.

### **Section 2.04 - RACE FINISH, TIMING AND RESULTS**

- I. An athlete will be judged as finished the moment any part of his/her torso crosses a vertical line extending from the leading edge of the finish line;
- II. A Race will be won by the athlete who has the shortest time from the applicable start signal to the moment when the athlete finishes the Race;
- III. The Head Referee and Event Director, in consultation with the Head Timer, will use all resources reasonably available to decide the final position and finish time of each competitor. Information from technology may be used to assist in the decision- making process. The Head Referee or Head Timer may decide, based on the available evidence, that a Race is tied if there is no reasonable way of clearly determining which athlete crossed the line first.
- IV. Results will be official once the Head Referee signs them.

## **SECTION 3 - PENALTIES**

1. If the Sub 7 and Sub 8 competitor is deemed to have cut the course, they will a time penalty added to their overall event time. The duration of the time penalty will be determined by the Head Referee as a calculation of the estimated time that the course cutting resulted in, versus the athlete competing on the course proper. The time penalty will be assessed in the flow of competition and the athlete will not be stopped during the attempt.

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## **SECTION 4 – SWIM RULES AND REGULATIONS**

### **Section 4.01 – GENERAL RULES AND REGULATIONS**

- I. Each Sub 7 and Sub 8 competitor may choose any number of swimmers to assist them with drafting, navigation and forming a paceline in the water. The Sub 7 and Sub 8 competitor may choose any combination with their assistants swimming all or part of the course.
- II. Each Sub 7 and Sub 8 competitor and their assistant swimmers must follow the course as marked
- III. Each Sub 7 and Sub 8 competitor and their assistant swimmers must wear the official cap provided by the Sub 7 and Sub 8 Project team. The cap must be worn at all times during the swim.
- IV. The use of snorkels, fins, gloves, paddles or any flotation devices (including pull buoys) is prohibited.
- V. Neoprene booties are prohibited unless the water temperature is 18.3 degrees/65.0 degrees F, or colder.
- VI. Each Sub 7 and Sub 8 competitor will have an official lead paddler designed to guide the swimmers over the course.
- VII. The Sub 7 and Sub 8 athlete cannot receive assistance during the swim that provides forward progress such as holding onto a moving kayak or boat. Sub 7 and Sub 8 competitors are permitted to use the course kayak or boat as aid as long as there is no forward progress. Race officials and medical staff reserve the right to remove athletes from the course if such removal is determined medically necessary.
- VIII. It is the sole responsibility of the Sub 7 and Sub 8 competitor to know and follow the designed course. No adjustment to times will be made if athletes fail to follow the proper course.
- IX. The course will be fully marked with swim buoys every 200m to assist with pacing throughout the swim.
- X. Indecent exposure/public nudity is prohibited at all times throughout the swim and event.

### **Section 4.02 – WETSUIT RULES**

- I. Wetsuits maybe worn in water temperature up to and including 21.9 degrees/71.5 degrees F.
- II. The thickness of the wetsuit may not exceed 5mm (Perhaps look at allowing the Sub 7 and Sub 8 competitor only to wear a thicker suit to help with buoyancy, as long as the water is not too hot).
- III. A wetsuit may cover any part of the body except for face, hands and feet.

## **SECTION 5 – BIKE RULES AND REGULATIONS**

### **Section 5.01 – GENERAL RULES AND REGULATIONS**

- I. The Sub 7 and Sub 8 competitor may choose any number of cyclists to assist them with drafting and pacing. The Sub 7 and Sub 8 competitor may choose any combination with their assistants riding all or part of the course.
- II. Each Sub 7 and Sub 8 competitor may choose their own technical cycling attire. However, the Sub 7 and Sub 8 competitor must design the attire in the colours and design provided to them by the Sub 7 and Sub 8 committee. Each athlete assistant must also wear the same colour and design scheme.
- III. The bicycle shall be propelled solely, through the chainset, by the legs moving in a circular movement, without electric or other assistance. Other than pushing or carrying a bicycle, any propulsive action brought on by use of the hands is prohibited.
- IV. Athletes must not make any forward progress unaccompanied by their bicycle. If a bicycle is rendered inoperable, an athlete may proceed on the cycling course, running or walking, while pushing or carrying the bicycle, so long as the bicycle is pushed or carried in a manner not to obstruct or impede the progress of other athletes.
- V. It is the sole responsibility of each athlete to know and follow the prescribed cycling course. No adjustments in times or results will be made, for any reason whatsoever, for athletes who fail to follow the proper course.
- VI. Each Sub 7 and Sub 8 competitor will be provided with an individual team car (s) to provide support including medical, nutrition and safety. Each Sub 7 and Sub 8 competitor will be assigned a race official who will be positioned in the car to maintain the integrity of the rules and provide assistance where required.
- VII. All athletes must obey all traffic laws while on the cycling course unless otherwise specifically directed by a Race Referee or Race Official with actual authority. Unless otherwise directed in accordance with the preceding sentence, all athletes must come to a complete stop when required by a traffic sign or traffic control device and must not proceed through any intersection unless such intersection is clear of oncoming traffic. In no case can a cyclist cross a solid yellow line indicating a no passing zone unless specifically directed to by a Race Referee or Race Official with actual authority.
- VIII. No cyclist shall endanger herself/himself or another athlete.
- IX. All athletes are required to maintain control of their bicycle and to operate at a reasonable speed so as not to threaten the safety and well-being of aid station volunteers, other competitors, Race Officials, the public, and/or spectators.
- X. All athletes must exercise extreme caution and decrease speed if necessary, in passing the site of any cycling or other accident.
- XI. Any item that needs to be discarded, including but not limited to water bottles, gel wrappers, bar wrappers, broken bike parts, or clothing items, may be discarded only in the designated trash drop zones.

### **Section 5.02 – EQUIPMENT**

#### **Wheels**

- I. The front wheel can be of any construction including spokes (including deep rim wheels), tri-spoke, or disc wheel.
- II. The rear wheel can be either spoke (including deep rim wheels), tri-spoke or disc wheel.
- III. No wheel may contain any mechanism capable of accelerating or artificially causing the continued rotation of the wheel.



## Helmets

- I. Helmets must be approved by a national accredited testing authority and such authority must be recognized by the International Triathlon Union and the relevant National Federation.
- II. A helmet must be worn all athletes who are riding a bike during the event.
- III. An alteration to any part of the helmet, including the chin strap, or the omission of any part of the helmet is prohibited.
- IV. The helmet must be securely fastened at all times when athletes are in possession of the bike.
- V. If the athlete moves off the course for any reason the athlete must not unfasten or remove the helmet until after the athlete has moved outside the boundary of the course route and dismounted the bike. Before returning to the course or before remounting the bike the athlete must fasten the helmet securely.

## Communication devices

- I. Sub 7 and Sub 8 competitors are allowed to have a communication device to speak to their team car and their cycling team. The communication can be used for encouragement, time splits and medical monitoring including heart rate and power.

## **Section 5.03 - BIKE SPECIFICATIONS**

- I. All bicycles including Sub 7 and Sub 8 competitors and their cycling assistants must conform to the specifications set forth in this section regarding bike design.
  - a) Length cannot exceed two meters, and width cannot exceed 75 centimetres;
  - b) The distance from the ground to the centre of the chain wheel axle must measure at least 24 centimetres;
  - c) The distance from the ground to the centre of the chain wheel axle must measure at least 24 centimetres;
  - d) The "front-to-centre" distance, which is defined as the distance between a vertical line passing through the centre of the chain wheel axle and a vertical line passing through the centre of the front axle, must measure not less than 54 centimetres, except where the distance between the centre of the chain wheel axle and the top of the saddle is less than 71 centimetres (in this case the front-to-centre distance cannot be less than 50 centimetres). The "front-to-centre" distance must not measure more than the 65 centimetres, or seven eighths of the distance between the centre of the chain wheel axle and the top of the saddle, whichever is greater. Applicability of the two foregoing exceptions is determined by measuring from a point on top of the saddle which is 14 centimetres behind the front most point of the saddle.
- II. Fairings are legal in the Sub 7 and Sub 8 project. Any device added or blended into the structure of the bike that may decrease the effect resistance to air penetration or that may artificially accelerate propulsion such as a protective screen, fuselage form fairing, or the like is allowed if deemed safe by the Event Director. Items that mechanically propel the bike are strictly forbidden.
- III. The front wheel maybe of different size to the back wheel.
- IV. Handlebars and stem must be fashioned to prevent danger. All handlebar ends must be solidly plugged to lessen the possibility of injury.
- V. There must be a working brake on each of the two wheels.
- VI. There must be a free-wheeling mechanism between the crank and the rear wheel that allows the bicycle to roll forward while the pedals remain stationary.

- VII. Although allowance for innovation and design are approved at this event the bicycle must be deemed safe to the rider and other athletes. Minimum safety standards include but are not limited to, properly glued tires and sealed tires, tight headset and handlebars and true wheels.
- VIII. Non-traditional or unusual bikes or equipment are allowed and encouraged but must be approved by the Event Director prior to the competition.

**Section 5.04 DRAFTING AND POSITION RULES**

Drafting is allowed at the Sub 7 and Sub 8 project with the competitor designing tactics with his team of riders to produce the fastest time possible on the course. There is no limit to the number of riders a competitor may have on their team.

Rider within the competitor's team can swap in and out of the course at designated areas or the riders can all complete the 180km together within a paceline.



## **SECTION 6 – RUN RULES AND REGULATIONS**

### **Section 6.01 – GENERAL RULES AND REGULATIONS**

- I. Athletes may run, walk or crawl
- II. It is the sole responsibility of each athlete to know and follow the prescribed running course. No adjustments in times or results will be made, for any reason whatsoever, for athletes who fail to follow the proper course.
- III. All athletes must obey all traffic laws while on the cycling course unless otherwise specifically directed by a Race Referee or Race Official with actual authority. Unless otherwise directed in accordance with the preceding sentence, all athletes must come to a complete stop when required by a traffic sign or traffic control device and must not proceed through any intersection unless such intersection is clear of oncoming traffic.
- IV. Each Sub 7 and Sub 8 competitor may choose their own technical running attire including running shoes that maybe prohibited in other events. However, the Sub 7 and Sub 8 competitor must design the attire in the colours and design provided to them by the Sub 7 and Sub 8 committee. Each athlete assistant runners must also wear the same colour and design scheme.
- V. Any item that needs to be discarded, including but not limited to water bottles, gel wrappers, bar wrappers, broken bike parts, or clothing items, may be discarded only in the designated trash drop zones.
- VI. Each Sub 7 and Sub 8 competitor will be provided with a team car (s) to provide support including medical, nutrition and safety. Each Sub 7 and Sub 8 competitor will be assigned a race official who will be positioned in the car to maintain the integrity of the rules and provide assistance where required.

### **Section 6.02 – EQUIPMENT**

#### Running shoes

- I. Sub 7 and 8 competitors and their running assistants can choose any shoe they deem fit to assist them during the run. This includes shoes that may currently be banned at other events.
- II. Sub 7 and 8 competitors and their running assistants can change shoes throughout the marathon if required.

#### Communication devices

- I. Sub 7 and Sub 8 competitors are allowed to have a communication device to speak to their team car and their running team. The communication can be used for encouragement, time splits and medical monitoring including heart rate and power.

## **SECTION 7 – TRANSITION RULES AND REGULATIONS**

### **Section 7.01 – GENERAL RULES AND REGULATIONS**

- I. Bicycles of the Sub 7 and Sub 8 competitors and their team must be racked in their designated area.
- II. Sub 7 and Sub 8 competitors' equipment must be placed in the tubs provided in the transition zone. There will be a specific bike and run tub for competitors to organise their race gear to assist with the speed of transition.
- III. Athletes must not interfere with another competitor's equipment within the transition area.
- IV. Sub 7 and Sub 8 competitors and their team must not impede the progress of other competitors within the transition area.
- V. A mount and dismount line will clearly mark the entrance and exit of the transition area. Competitors must mount their bike after the line and dismount their bike before the line.
- VI. Public nudity or indecent exposure is prohibited.

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# **APPENDIX A - OVERVIEW OF KEY RULES OF THE EVENT**

## **3.8 KM SWIM LEG**

1. The Sub 7 and Sub 8 Competitor can recruit any number of swimmers to help them complete the 3.8km in the fastest time possible.
2. The Sub 7 and Sub 8 Competitor and their swim assistants must wear the provided swim caps.
3. Wetsuits are allowed as per the rules list in 4:02
4. Swim buoys will be marked every 200m to assist with pacing and sighting.
5. A lead paddler will be assigned to each competitor to guide the athletes over the most efficient line of the course.

## **180KM BIKE LEG**

1. The Sub 7 and Sub 8 Competitor can recruit any number of cyclists to help them complete the 180km in the fastest time possible and ride in any safe formation. Cycling assistants can ride all or part of the 180km and can swap out a dedicated change over zones marked throughout the course.
2. There are no restrictions on the bike equipment to be used other than no mechanical propulsion is permitted.
3. Each Sub 7 and Sub 8 competitor may choose their own technical cycling attire. However, the Sub 7 and Sub 8 competitor must design the attire in the colours and design provided to them by the Sub 7 and Sub 8 committee. Each athlete assistant must also wear the same colour and design scheme.
4. Any brand of helmet is permissible as long as it meets the standard of a national accreditation body. The colour of the helmet should match the competitors appointed colours and design.
5. A team car(s) will be provided to assist the competitors with spare bikes and wheels, medical assistance, nutrition (mobile aid station) and communication.
6. Sub 7 and Sub 8 competitors' team is allowed to have a communication device to speak to their team car and their cycling team. The communication can be used for encouragement, time splits and medical monitoring including heart rate and power.
7. Each Sub 7 and Sub 8 competitor will be assigned a race official who will be positioned in the car to maintain the integrity of the rules and provide assistance where required.

## **42.2 KM RUN LEG**

1. The Sub 7 and Sub 8 Competitor can recruit any number of runners to help them complete the 42.2km in the fastest time possible.
2. Each Sub 7 and Sub 8 competitor will be provided with a team car (s) to provide support including medical, nutrition and safety.
3. Each Sub 7 and Sub 8 competitor will be assigned a race official who will be positioned in the car to maintain the integrity of the rules and provide assistance where required.
4. Each Sub 7 and Sub 8 competitor may choose their own technical running attire. However, the Sub 7 and Sub 8 competitor must design the attire in the colours and design provided to them by the Sub 7 and Sub 8 committee. Each athlete assistant must also wear the same colour and design scheme.
5. There is no restriction on the type of running shoes the competitor chooses to wear.

## **RACE UNIFORMS AND EQUIPMENT**

1. Each competitor will be provided with a design colour scheme and design code for them to produce their swimming, cycling and running attire for the event. There is no restriction on the brand/style of attire and competitor can choose any brand to produce their uniform and equipment.

## **COMPETITOR'S TEAM**

1. Each competitor will choose their ideal number of swimmers, cyclist and runners to help them pace, block wind, provide support through the event. There is no restriction on the numbers and athletes can swap out throughout the course or complete the course with the Sub 7 and Sub 8 competitor. These tactics are to be designed by the competitor and their team.
2. Each competitor may have a coach, nutritionist, medical professional and support staff in their team car(s).
3. The competitor and their team must develop their ideal race plan to complete their race under the goal of Sub 7 and Sub 8.

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