



RULES AND REGULATIONS

PHO3NIX SUB7 & SUB8 PROJECT, POWERED BY ZWIFT

DEFINITIONS

Athlete Director	the person appointed by the Competitor as the team manager and on-course manager.
Competitor	is defined as Alistair Brownlee, Kristian Blummenfelt, Nicola Spirig and Katrina Matthews.
Athlete Pacemaker	is an athlete nominated by a Competitor to assist in pacemaking the Competitor on the course in accordance with the competition rules.
Event	is the Pho3nix Sub7 and Sub8, powered by Zwift, which includes a 3.8km swim, 180km bike and 42.2km run.
Event Dates	are June 5 and June 6, 2022.
Venue	is Dekra Lausitzring and Lake Senftenberg, Germany.

SECTION 1. INTRODUCTION TO COMPETITION RULES

The Pho3nix Sub 7 and Sub 8, powered by Zwift competition rules are based primarily on World Triathlon rules however major differences will apply to encourage and allow athletes scope to break the 7-hour and 8-hour barrier for the events. Pho3nix Sub7 and Sub8, powered by Zwift, 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.

1.1 PURPOSE

To provide a consistent set of competition rules ("**Competition Rules**") for the Pho3nix Sub7 and Sub8, powered by Zwift for each athlete to follow.

1.2 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.

1.3 KEY COMPETITION PERSONNEL DEFINITIONS

The following are the key personnel overseeing the Pho3nix Sub7 and Sub8, powered by Zwift:

Event Director	is Trent Taylor, or any other person appointed by the Pho3nix Sub7 and Sub 8, powered by Zwift to be placed in charge of the overall event.
Race Director	is Andreas Klingler,, or any other person appointed by the Pho3nix Sub7 and Sub 8, powered by Zwift to be placed in charge of the race.
Head Referee	is the person appointed by Pho3nix Sub7 and Sub 8, powered by Zwift to oversee the rule enforcement.
Head Timer	is the person or company appointed by Pho3nix Sub7 and Sub8, powered by Zwift to be in charge of the official timing including all race splits.

SECTION 2. CONDUCT OF ATHLETES

2.1 GENERAL RULES, REGULATIONS AND BEHAVIOR

Each Competitor must:

- I. Each Competitor and their Athlete Pacemakers must wear the team uniform with the event, Pho3nix, Mana and Zwift logos on the uniforms as instructed by the Event.
- II. Each competitor and their team must show the logos of event sponsors as per instructions from the Pho3nix Sub7 and Sub 8, powered by Zwift organisers.

- 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.
- 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 use any device (headphones) that will distract the Competitor or Athlete Pacemaker from paying full attention to their surroundings.
- XII. 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 Competitor not recording an official time. If a Competitor must exit the course, they must re-enter the course at the same point of departure before continuing.
- XIII. Avoid indecent exposure and nudity at all times during the event.

2.2 ASSISTANCE TO BREAK 7 AND 8 HOURS

- I. Each Competitor may recruit up to a total of ten (10) Athlete Pacemakers (swimmers, cyclists and runners) to help them pace, draft, provide sustenance, information and encouragement in their quest to break Sub7 or Sub8.
- II. Competitors and Athlete Pacemakers may assist each other with incidental items such as nutrition and drinks, pumps, tires, inner tubes and puncture repair kits.
- III. No Competitor is allowed to be intentionally helped to progress in a forward direction by another Athlete Pacemaker 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.

2.3 ANTI-DOPING

Each Competitor and Athlete Pacemaker 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 The Pho3nix Sub7 and Sub8, powered by Zwift, 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 the Pho3nix Sub7 and Sub 8, powered by Zwift.

- I. Each Competitor and Athlete Pacemaker 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 the Competitor or Athlete Pacemaker other than, as the case may be, posting such amendments on WADA’s website;
- II. Each Competitor and Athlete Pacemaker 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 Competitor and Athlete Pacemaker 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 Competitor and Athlete Pacemaker 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 Competitor and Athlete Pacemaker’s responsibility to make sure that any medical treatment received does not violate the Anti-Doping Rules); and
- V. Any Competitor and Athlete Pacemaker 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.

2.4 RACE FINISH, TIMING AND RESULTS

- I. A Competitor 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 Competitor who has the shortest time from the applicable start signal to the moment when the athlete finishes the Race;
- III. The Head Referee and Race 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 Race Director, 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 Race Director signs them.

SECTION 3. PENALTIES

- I. Time penalties will be enforced for the following infractions on course:

Infraction	Time Penalty
Receipt of forward propulsion on the swim leg	2 Minutes
Failure to wear a swim cap on the swim leg	2 Minutes
Drafting of another team on the swim leg	2 Minutes
Wearing illegal swim equipment and accessories	5 Minutes
Use of illegal or unapproved bike equipment	20 Minutes
Receipt of forward propulsion on the bike leg	2 Minutes
Unsafe driving by the support vehicle on the bike leg	2 Minutes
Support vehicle in front of Competitor on the bike leg	2 Minutes
Breach of Support Vehicle assistance time limits on the bike leg	2 Minutes
Not wearing a top during the cycling leg	5 Minutes
Receipt of forward propulsion on the run leg	2 Minutes
Drafting from Support Rider on the run leg	2 Minutes
Not wearing a top on the run leg	2 Minutes
Breach of Support Rider assistance time limits on the run leg	2 Minutes

- I. If the Phoenix Sub7 and Sub8, powered by Zwift Competitor is deemed to have cut the course, they will have a time penalty added. The duration of the time penalty will be determined by the Race Director as a calculation of the estimated time that the course cutting resulted in, versus the Competitor 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, but will be required to serve the time penalty at the completion of the discipline (e.g. swim, bike or run). The ruling by the Race Director will be final and there will be no protests.
- II. The 2 minute penalty for all infractions is to be served at the end of the discipline in which the infraction has occurred (T1,T2 or prior to the finish line.) A two minute penalty will be applied for each single infraction and may see a Competitor serve

multiple time penalties at the end of each discipline if multiple infractions were incurred during the discipline.

- III. Time penalties on the run leg will be served in a penalty box area before the finish chute. They cannot be served or time added after the finish line.

SECTION 4. SWIM RULES AND REGULATIONS

4.1 GENERAL RULES AND REGULATIONS

- I. Each Pho3nix Sub7 and Sub 8, powered by Zwift Competitor, may choose any number of swimmers within their total allocation of ten (10) Athlete Pacemaker's to assist them with drafting, navigation and forming a paceline in the water.
- II. Each Pho3nix Sub7 and Sub 8, powered by Zwift Competitor and their swim Athlete Pacemakers must follow the course as marked.
- III. Each Pho3nix Sub7 and Sub 8, powered by Zwift Competitor and their swim Athlete Pacemakers must wear the official swim cap provided by the Pho3nix Sub7 and Sub 8, Powered by Zwift organisers. The cap must be worn at all times during the swim. Failing to wear the swim cap at all times during the swim segment of the Event may result in a time penalty enforced by Race Referees after the swim segment in T1.
- IV. Wearing swim goggles or a face mask is neither prohibited nor required;
- V. The use of snorkels, fins, gloves, paddles or any flotation devices (including pull buoys) is prohibited.
- VI. The use of a cast or splint must be pre-approved by the Event Director, Race Director or Head Referee;
- VII. Neoprene or any other booties are prohibited.
- VIII. Pho3nix Sub7 and Sub 8, powered by Zwift Competitor, cannot receive assistance during the swim that provides external forward progress such as holding onto a moving kayak or boat. Pho3nix Sub7 and Sub 8, powered by Zwift Competitors are permitted to use a 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.
- IX. It is the sole responsibility of the Pho3nix Sub7 and Sub 8, powered by Zwift Competitor to know and follow the designed course. No adjustment to times will be made if athletes fail to follow the proper course.
- X. The course will be fully marked with swim buoys to assist with pacing throughout the swim.

- XI. Indecent exposure/public nudity is prohibited at all times throughout the swim and event.

4.2 WETSUIT RULES

- I. Competitors may choose whether to wear a wetsuit or not at their sole discretion.
- II. There is no restriction on the thickness of the wetsuit
- III. A wetsuit may cover any part of the body except for face, hands and feet.
- IV. A race kit may be worn underneath the wetsuit.

4.3 SWIM ATHLETE PACEMAKERS

- I. The Competitor must start the Swim Course with the nominated swim Athlete Pacemakers and cannot interchange swim Athlete Pacemakers during the Swim Leg.
- II. The swim Athlete Pacemaker must either complete the distance with the Competitor, or, if in the instance the swim Athlete Pacemaker is dropped by the Competitor or the swim Athlete Pacemaker has to withdraw from the swim leg during competition, the Competitor must continue to swim alone or with the assistance of any remaining swim Athlete Pacemakers.
- III. If a swim Athlete Pacemaker is dropped they can be collected by a support boat but cannot re-enter the water to provide assistance after.

4.4 TEAM DRAFTING

- I. Team's are not allowed to draft another team on the swim course. A minimum gap of five (5) metres between the last swimmer of the leading team and the first of the chasing team must exist
- II. If a chasing team seeks to pass or swim alongside another team the pass must be conducted with a minimum three (3) metre width between the teams e. If a team passes another team the passing team must be at least five (5) metres in front of the team they have passed before moving on to the same racing line as the team that they have just passed.
- III. A team can swim beside the other team with a width of approximately three metres to be maintained between the teams.
- IV. Competitors and the swim Athlete Pacemakers will start in separate lanes left and right of the main course swim buoys until the 800m swim buoy.

SECTION 5. BIKE RULES AND REGULATIONS

5.1 GENERAL RULES AND REGULATIONS

- I. Pho3nix Sub7 and Sub 8, powered by Zwift Competitors may choose any number of cyclists within their total allocation of ten (10) Athlete Pacemakers to assist them with drafting and pacing. Pho3nix Sub7 and Sub 8, powered by Zwift Competitors may choose any combination with their cycling Athlete Pacemakers riding all or part of the course.
- II. A Competitor must nominate their final ten (10) Athlete Pacemakers (for the entire event) by 5pm on Friday June 3 but may request to interchange a Athlete Pacemaker should one of the nominated ten (10) Athlete Pacemakers become injured or sick and is unable to start the race. In this instance requests must be made no later than 90 minutes prior to Event start. Once the Event starts the Competitor CANNOT interchange Athlete Pacemakers or use reserve Athlete Pacemakers in any instance. A maximum of ten (10) Pacemakers Athletes can be used in total.
- III. Each Pho3nix Sub7 and Sub 8, powered by Zwift Competitor may choose their own technical cycling attire. However, the Competitor must design the attire in the colours and design by the organisers of the Pho3nix Sub7 and Sub 8, Powered by Zwift. Each Athlete Pacemaker must also wear the same colour and design scheme.
- IV. 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.
- V. Competitors 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 competitors.
- VI. It is the sole responsibility of each Competitor 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.
- VII. Each Pho3nix Sub7 and Sub 8, powered by Zwift Competitor will be provided with an individual team neutral support car to provide support including medical, nutrition and safety. The Event will provide one driver for the vehicle. No branding, including stickers, of a Competitor's personal sponsors can be attached to the support car.
- VIII. In the instance of Emergency access required on the Bike Course, Competitors and Athlete Pacemaker's must obey all instructions from the Event Director or Event Officials relating to traffic laws on the cycling course. .
- IX. No Competitor or Athlete Pacemaker shall endanger herself/himself or another Competitor or Athlete Pacemaker.
- X. All Competitors and Athlete Pacemaker's 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.

- XI. All Competitor and Athlete Pacemaker's must exercise extreme caution and decrease speed if necessary, in passing the site of any cycling or other accident.
- XII. Cycling with a bare torso is prohibited. Athletes must wear a shirt, jersey, or sport-top/sports bra at all times during the cycling segment of the Race;
- XIII. Except as set forth below in "Equipment" and "Bike Specification" sections, additional equipment that has the effect of reducing wind resistance is prohibited during the bike segment of the Race (whether such equipment is worn under the athlete's clothing, over the athlete's clothing, or is otherwise attached to the athlete's body or the athlete's bike);
- XIV. 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 or handed to the support car on the bike leg.
- XV. Competitors, Athlete Pacemaker's and/or Athlete Directors will be responsible for managing lap counts at Dekra Lausitzring and ensuring that the Athlete completes twenty-seven laps of the circuit and a total of 180.2km of the cycling course.

5.2 EQUIPMENT

5.2.1 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.

5.2.2 Helmets

- I. Helmets must be approved by a national accredited testing authority deeming the helmet to be fit for purpose and meeting safety standards required of a competition of the Event nature.
- II. A helmet must be worn by all competitors and Athlete Pacemakers 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 the athlete is in possession of the bike, which means from the time they remove their bike from the rack at the

start of the bike segment of the Race, until after the athlete has placed the athlete's bike on the rack at the finish of the bike segment of the Race.

- V. If the Competitor moves off the course for any reason the Competitor 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.

5.3.2 Communication Devices

- I. Pho3nix Sub7 and Sub8, powered by Zwift Competitors are allowed to have a communication device to speak to their team car and their cycling team during the cycle leg. The communication can be used for encouragement, time splits and medical monitoring including heart rate and power.

5.4 BIKE SPECIFICATIONS

Ironman Bike Specification Regulations apply to the Event, which are:

- I. All bicycles and bicycle equipment must conform to the specifications set forth in this Section.
 - a) Length cannot exceed two meters, and width cannot exceed 75 centimeters;
 - b) The distance from the ground to the center of the chain wheel axle must measure at least 24 centimeters;
 - c) A vertical line touching the front most point of the saddle may be no more than 5 centimeters in front of and no more than 15 centimeters behind a vertical line passing through the center of the chain wheel axle. The cyclist must not have the capability of adjusting the saddle beyond these limits during the Race;
 - d) The "front-to-center" distance, which is defined as the distance between a vertical line passing through the center of the chain wheel axle and a vertical line passing through the center of the front axle, must measure not less than 54 centimeters, except where the distance between the center of the chain wheel axle and the top of the saddle is less than 71 centimeters (in this case the front-to-center distance cannot be less than 50 centimeters). The "front-to-center" distance must not measure more than the 65 centimeters, or seven eighths of the distance between the center 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 centimeters behind the front most point of the saddle.
- II. Fairings are prohibited. Any device added or blended into the structure that may decrease, or that has the effect of decreasing, resistance to air penetration, or that may artificially accelerate propulsion, such as a protective screen, fuselage form fairing or the like, is prohibited;

- III. Except as otherwise determined by the Event Director in the interest of safety, the front wheel may be of a different diameter than the rear wheel;
- IV. Handlebars and stem must be fashioned to prevent any danger. All handlebar ends must be solidly plugged to lessen the possibility of injury.
- V. There must be one 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. All aspects of the bicycle must be safe to the rider and to other athletes in the Event. Minimum safety standards include, but are not limited to, meeting or exceeding the standards of a reputable safety standards organization (such as CPSC, ISO, or other equally reputable safety standards organizations), properly glued and sealed tires, tight headset and handlebars, and true wheels; and,
- VIII. Non-traditional or unusual bikes or equipment are illegal unless, prior to the start of the Race, approval has been granted from the Event Head Referee.

5.4 DRAFTING AND POSITION RULES

- I. Drafting between the Competitor and their Athlete Pacemakers is allowed at the Pho3nix Sub7 and Sub 8, Powered by Zwift with the Competitor designing tactics with his/her team of Athlete Pacemakers to produce the fastest time possible on the course.
- II. Once the Competitor has entered the cycling course at Dekra Lausitzring, cycling Athlete Pacemakers can swap in and out of the course at designated areas or the riders can all complete the 180km together within a paceline.

5.5 Athlete Pacemakers - BIKE COURSE SECTION 1

- I. Bike Section 1 is determined as the bike course from T1 to the entry of Dekra Lausitzring.
- II. The Competitor must start the Bike Course Section 1 with the nominated bike Athlete Pacemakers and cannot interchange bike Athlete Pacemakers during Bike Course Section 1.
- III. The bike Athlete Pacemaker must either complete the distance with the Competitor, or, if in the instance that a bike Athlete Pacemaker is dropped by the Competitor or the bike Athlete Pacemaker has to withdraw from the bike leg during competition, the Competitor must continue to ride alone or with the assistance of any remaining bike Athlete Pacemakers.
- IV. If a bike Athlete Pacemaker is dropped during Bike Course Section 1 they can be collected by an Event sweep vehicle and will be transported to Dekra Lausitzring. At such a point they may re-enter the race as required.

5.6 PASSING - BIKE COURSE SECTION 1

- V. On Bike Course Section 1, normal road traffic rules apply. Athlete's should ride on the right hand side of the road and overtake on the left hand side of the road. Support vehicles must remain to the left of the riding group and move behind the riding group in the instance of a pass from a faster moving group. The fastest moving team has the right of way. This will be policed by Race Officials who will notify the slower moving team of a pending pass when the faster team gets to within 50 meters of the slower team in front. The Fastest team must return to the right hand lane once the last rider in their team is a minimum of 50 metres in front of the first rider of the slower team.
- VI. The slower team then has to maintain a gap of at least 50 meters to the team in front and can only make a move to re-pass after a minimum of one kilometre has been completed from the time of the pass completion.

5.7 PASSING - DEKRA LAUSITZRING

- I. At Dekra Lausitzring, the team moving fastest has priority on the inside of the circuit. This will be policed by Race Officials who will notify the slower moving team to move off the inside line when the faster team gets to within 50 meters of the slower team in front. The slower team can move back to the racing line when the faster team's last rider is at least 50 meters in front of their first rider.
- II. The slower team then has to maintain a gap of at least 50 meters to the team in front and can only make a move to re-pass after a period of one full lap from the initial overtake.

5.8 SUPPORT CAR

- I. Each Pho3nix Sub7 and Sub 8, Powered by Zwift Competitor will be provided with an individual team neutral support car to provide support including medical, nutrition and safety. This vehicle has the capability to carry bikes on the roof of the vehicle. The Event will provide one driver for the vehicle. No branding, including stickers, of a Competitor's personal sponsors can be attached to the support car.
- II. Support vehicles (anything powered by a motor) can be used to deliver nutrition and food to the athletes. These vehicles must remain behind the lead athlete unless called to provide assistance. When providing assistance physical contact between a Competitor and a person in a vehicle must not exceed 5 seconds. The vehicle must never pass in front of the team. With the exception of mechanical support the vehicle can provide physical assistance and nutrition support of a maximum of 90 seconds to the whole team in any 30 minute period.
- III. During a passing movement the Support Vehicle of the slower moving team must move to the outside lane to allow the slower moving team to ride in the middle lane and for the faster moving team and their support vehicle to pass on the inside lane.

- IV. Support vehicle drivers and Athlete Director and other passengers are responsible for exercising proper judgement and act in the best interests of the safety of ALL competitors and Athlete Pacemakers on the course.
- V. A support vehicle cannot “speed ahead” of their athlete group to gain a lap or gain distance for the purpose of support.
- VI. If, once on Dekra Lausitzring, a support vehicle stops to provide assistance to a Athlete Pacemaker who drops off the Competitor Group the support vehicle must remain at the location of that support until the Competitor Group completes the lap and passes the Support Vehicle. At such time the support vehicle may, exercising extreme caution, rejoin the course to provide support to the Competitor.

5.9 MECHANICAL SUPPORT

5.9.1 Transition

- I. A neutral mechanic will be available on race day and be based at T1 and T2.
- II. The T1 mechanic will be transferred to T2 by the sweep vehicle following the athletes. The mechanic at T2 will be based at the pacemaker’s area during the event; they are available to all teams’ Athlete Pacemakers.

5.9.2 Athlete Pacemaker Team

- I. The team support vehicle will hold a maximum of THREE bikes on the roof. Each team is responsible for their own equipment and must have spare equipment ready to be placed in the vehicle at 1400, the day before RACE DAY.
- II. Each team is responsible for either changing the spare bike from the team vehicle or wheels as required in a safe and timely manner, pulling over to the side of the road or track and not causing any interference to the race.
- III. If a bike is changed over, the team has the option to leave the bike on the side of course and the sweep vehicle can collect the bike and drop it back to the team's pacemakers’ area for mechanical repair.
- IV. If a team’s support rider has a flat during their race time, they have the following two options.
 - V. If possible, ride back to the pacemaker area for mechanical assistance.
 - VI. Pull over to a stop, and get collected by a sweep vehicle to be dropped back to the pacemaker area for mechanical assistance. The team will need to 2-way the sweep vehicle to confirm bike collection.

- VII. The Competitor and their support team are 100% responsible for their own equipment requirements to be supplied to the Event, the correct wheels, and bikes for the Competitor and Athlete Pacemakers. It is the team's decision on race day to what tactic they would like to implement in the case of any form of mechanical. Spare wheels provided must be compatible with the Competitor or Athlete Pacemaker bikes.

SECTION 6. RUN RULES AND REGULATIONS

6.1 GENERAL RULES AND REGULATIONS

- I. Athletes may run, walk or crawl.
- II. It is the sole responsibility of each Competitor and Athlete Pacemaker to know and follow the prescribed running course.
- III. Each Pho3nix Sub7 and Sub 8, powered by Zwift Competitor may choose their own technical running attire including running shoes that may be prohibited in other events. However, the Pho3nix Sub7 and Sub 8, powered by Zwift Competitor must design the attire in the colours and design provided to them by the organisers of the Pho3nix Sub7 and Sub 8, powered by Zwift. Each athlete's pacemaker runners must also wear the same colour and design scheme.
- IV. 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.
- V. If the Pho3nix Sub7 and Sub8, powered by Zwift Competitor is deemed to have cut the run course, they will incur a time penalty. The duration of the time penalty will be determined by the Race Director as a calculation of the estimated time that the course cutting resulted in, versus the Competitor 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, but will be required to serve the time penalty in the penalty box before completing the run.. The ruling by the Race Director will be final and there will be no protests.
- VI. Running with a bare torso is prohibited. Athletes must wear a shirt, jersey, or sport-top/sports bra at all times during the running segment of the Race. Athlete's may unzip their top but cannot bring the race suit down to reveal a bare torso.

6.2 EQUIPMENT

6.2.1 Running shoes

- I. Pho3nix Sub7 and Sub 8, powered by Zwift Competitors and their run Athlete Pacemakers 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. Pho3nix Sub7 and Sub 8, powered by Zwift Competitors and their run Athlete Pacemakers can change shoes throughout the run leg if required. Athletes may also choose to run barefoot if desired.

6.2.2 Communication devices

- I. Pho3nix Sub7 and Sub 8, powered by Zwift Competitors and their run Athlete Pacemakers are allowed to have a communication device to speak to their Support

Rider. The communication can be used for encouragement, time splits and medical monitoring including heart rate and power.

6.3 SUPPORT RIDER

- I. Assistance can be provided to the Competitor by the appointed run Athlete Pacemaker(s) and one (1) Support Rider (run leg) and event officials including the provision of drinks, nutrition, mechanical aid, medical assistance and other necessary assistance as approved by the overall Event Director. The Support Rider may accompany the Competitor and Athlete Pacemaker(s) on course for the duration of the run leg, but cannot enter the finish chute.
- II. Competitors may not receive drafting assistance from the Support Rider (run leg) and the Support Rider must remain at least 5 meters in front of the Competitor and Athlete Pacemakers unless called to provide assistance. When providing assistance physical contact between a Competitor or Athlete Pacemaker and the Support Rider must not exceed five (5) seconds. When providing the Competitor and Athlete Pacemakers with nutrition the Support Rider must enter from the side and clear of the Competitor and Athlete Pacemakers once nutrition is provided. The Support Rider can provide physical assistance of a maximum of 60 seconds to the Competitor and run Athlete Pacemakers in any 30 minute period.
- III. The Competitor must provide the bicycle to be used by the Support Rider.
- IV. The Competitor must provide the Support Rider from their Athlete Pacemaker team or Athlete Director or other team support member.
- V. The Support Rider must wear a replica jersey worn by the Competitor during the Event, which is to include the Pho3nix, Event, Zwift and Mana logos.
- VI. The Support Rider must comply with any instructions given by the Race Director or Race Referee at any time.

SECTION 7. TRANSITION RULES AND REGULATIONS

7.1 GENERAL RULES AND REGULATIONS

- I. Bicycles of the Pho3nix Sub7 and Sub 8, powered by Zwift Competitors and their bike Athlete Pacemakers and their team must be racked in their designated area.
- II. Competitors must not interfere with another Competitor's equipment within the transition area.
- III. Competitors and their Athlete Pacemakers must not impede the progress of other Competitors or Athlete Pacemakers within the transition area.
- IV. 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.

- V. Public nudity or indecent exposure is prohibited.

SECTION 8: NUTRITION

- I. A Competitor and their support team will be completely responsible for hydration and nutrition consumed by the Competitor and Athlete Pacemakers 'on-course.
- II. The Competitor and Athlete Pacemakers must have sufficient hydration and/or nutrition attached to their bike from T1, or have the hydration and nutrition passed to the Competitor from an Athlete Pacemaker or the Support Vehicle during Bike Course Section 1.
- III. The Competitor must stock the support vehicle with sufficient bottled hydration (water, sports drink etc) from their personal sponsors for consumption during the bike leg. This product can be served in bottles carrying the logo of the Competitors personal sponsor. Should a Competitor not have access to such bottles, the Event will supply fifty (50) event-branded drink bottles.
- IV. There will be no aid stations on the bike course. All nutrition must be provided via the Support Vehicle.
- V. There will be two (2) aid stations on the run course. Competitors must provide their own hydration and nutrition for consumption on the run course, although the Event will provide water at each run course aid station.
- VI. Competitors and Athlete Pacemakers must supply the nutrition to be placed at on course aid stations to the Event no later than 2pm on the day prior to Event day and be clearly marked. The Event will store, transport and place the nutrition at the respective aid stations on the run course.
- VII. The Support Rider, the Competitor or the run Athlete Pacemakers may access the hydration and nutrition product from the aid stations on the run course.

SECTION 9. PRE-EVENT TRAINING

8.1 ZWIFT COMMUNITY RIDES

Each Pho3nix Sub7 and Sub8, powered by Zwift Competitor will participate in eight (8) community events on Zwift, prior to the conduct of the Event. The eight community events will include:

- I. At least four (4) bike events with the Zwift community
- II. At least two (2) run events with the Zwift community

Zwift has established official Sub7 & Sub8 rides on Zwift every two hours from April 4 to June 4, 2022. Competitors are to participate in eight of these rides and provide Event organisers

with a schedule of participation in the community events, so as to allow Event organisers and Zwift to promote the competitor's participation.

8.2 ZWIFT TRAINING RIDES

Each Pho3nix Sub7 and Sub8, powered by Zwift Competitor shall use the Zwift platform regularly prior to the conduct of the Event. At a minimum athletes must complete:

- I. 12 bike sessions (min 45 mins) on Zwift, and;
- II. 6 run sessions (min 30 mins) on Zwift

Where possible, Competitors are to provide Event organisers with a schedule of participation in the community events, so as to allow Event organisers and Zwift to promote the competitor's participation.

Competitors are to provide Event organisers with data from the Zwift Training Rides.

SECTION 10. RACE DAY SELECTION

- I. Event organisers will endeavour to determine whether the race will take place on Sunday June 5 or Monday June 6, 2022 by Thursday June 2, 2022. This decision will be made based on weather forecasts.
- II. Event organisers retain the right to alter the initial decision should weather forecasts change or other information come to hand which may affect the conditions on the predetermined race day.
- III. If forecast weather conditions are "like for like" on Sunday June 5 and Monday June 6, Sunday June 5 will be the primary/default race day.

SECTION 11. EVENT PERIOD (COMPETITOR ARRIVAL AND DEPARTURES)

- I. Competitors must arrive in Senftenberg/the Event venue no later than Tuesday May 31, 2022 and must remain in the Event location until Tuesday June 7, 2022.
- II. Athlete Pacemakers must arrive in Senftenberg/the Event venue no later than Thursday June 2, 2022 and must remain in the Event location until Tuesday June 7, 2022.

SECTION 12. FINISH LINE PROTOCOL

- I. Athletes must serve any penalties incurred on the run course BEFORE they run down the finish chute of the run course. If an athlete is required to serve a time penalty before finishing, a technical official will enforce the time penalty to be served in the penalty box located just before the finish chute.

- II. Athlete Pacemakers CANNOT run down the finish chute with the Competitor. The Competitor must be the only athlete in the finish chute for the initial crossing of the line. This is imperative for media and broadcast.
- III. Once the Competitor has crossed the finish line ALL of the Athlete Pacemakers will be invited to run down the chute to meet their Competitor under the finish arch. The Athlete Pacemakers will be introduced to the crowd via the on-event announcers. This includes all swim, bike and run Athlete Pacemakers.
- IV. Athlete Pacemakers will congregate in the Athlete Pacemaker staging area adjacent to the penalty box near the finish line before being called down the finish chute.
- V. Run Athlete Pacemakers must peel off the run course into the staging area when their Competitor runs down the finish chute. For the avoidance of doubt, Athlete Pacemakers cannot run down the chute with the Competitor and can only come down the finish chute after the Competitor has finished the course and is invited down the chute with all other Athlete Pacemakers.