

**Reviewed**

President of Saint Petersburg  
Federation of Triathlon

\_\_\_\_\_Mettus V.G.  
«\_\_» \_\_\_\_\_ 2016 г.

**Approved**

Vice-President of Saint Petersburg  
Committee for Physical Culture and  
Sports

\_\_\_\_\_Rastvortsev N.V.  
«\_\_» \_\_\_\_\_ 2016 г.

Regulations  
of A1 TRIATHLON  
Sprint competitions

Year 2016

A1 TRIATHLON Sprint competitions are held in Saint Petersburg in format of triathlon. Triathlon is a sport that consists of three stages: swim, bike and run. All three distances must be passed one after another in strict order.

## 1. Main regulations

- 1.1. The following rules are to inform participants about the peculiar features of the competitions, to secure participants safety on the distance and to guarantee fair judging.
- 1.2. A sportsman passing registration procedure to the competitions accepts the rules and regulations given hereby. Compliance to and abidance by these rules is the main requirement to participate in A1 TRIATHLON. If the given rules in any part are in conflict with other triathlon competitions rules (WTC, ITU), rules in the given document have priority. Key elements of the given document will also be explained in the pre-start briefing.
- 1.3. Fundamental positions of A1 TRIATHLON are fair play and abidance by the rules. Sportsmen are forbidden to get advantage over other sportsmen by rules violation. Sportsmen mustn't impede or threat other competitors, neither can they interfere the work of race organizers. Sportsmen should be polite to other competitors, volunteers, judges and medical staff. Sportsmen must follow traffic rules as well as instructions given by organizers, judges and medical staff. Sportsmen should take care of nature and avoid its contamination.
- 1.4. A1 TRIATHLON competitions are held in order to promote mass sport and attract more people to active lifestyle as well as to improve sporting skills of professionals and triathlon lovers.
- 1.5. Conduct of competitions is led by Association of non-profit organizations called O2 TEAM Centre of Promotion of Sport and Healthy Lifestyle with support of Russian Triathlon Federation, Saint Petersburg Committee of Physical Education and Sport, Administration of Kurortny District of Saint Petersburg and the Administration of Leningrad Region. The task of running the competitions itself is allotted to O2 TEAM Centre of Promotion of Sport and Healthy Lifestyle Association of non-profit organizations and Competitions Organizing Committee.
- 1.6. The competitions will be held on June 18<sup>th</sup> 2016. The race starts in Sestroretsk Kurortny District of Saint Petersburg at 11:00 a.m. from the city beach near Petrovskaya embankment. The race will take place in the area of Saint Petersburg city as well as in Leningrad Region. Sportsmen of **PRO category** will start separately **2 minutes prior** to the start of age group athletes.
- 1.7. Sportsmen are to pass the distance that consists of the following stages:
  - 750 meters swim;

- 20 kilometers bike;
  - 5 kilometers run.
- 1.8. Each sportsman is responsible for one's physical readiness to the competitions. Organizers warn all the participants that A1 TRIATHLON is an extremely serious competition with specific demand to participants concerning their fitness and sport discipline.
  - 1.9. Any competitor posing a danger to other competitors may be eliminated from the competition by the decision of Senior Judge.
  - 1.10. Doping use is strictly prohibited.
  - 1.11. Organizing Committee is not responsible for competitors transfer to competitions and their accommodation. Each participant should individually resolve these issues. In case any difficulties arise it is recommended to contact the Organizing Committee and explain the problems.
  - 1.12. Organizers have the right to change the rules and regulations concerning the conduct of the competitions at any time. If changes are made they will be announced on the official website of the competitions and on the pre-start briefing obligatory to all the competitors and this will be considered as an official notification.

## **2. Safety precautions**

- 2.1. Sports venue is defined by Organizing Committee and conforms to requirements of regulatory documents in effect in Russian Federation that concern maintaining public order as well as competitors and spectators safety.
- 2.2. Organizers of the Competitions with support of State Traffic Safety Inspectorate of Ministry of Internal Affairs in Saint Petersburg and Leningrad Region ensure road closure and traffic control as well as control over vehicles to drive properly on parts of motorways selected for the competition, для to ensure competitors safety during bike and run stages of the competition.
- 2.3. Each sportsman bears all the responsibility over condition and technical safety of one's sports equipment and must guarantee that other sportsmen, volunteers and spectators will not be in threat by its use.
- 2.4. If the equipment of a sportsman does not meet safety requirements stated in article 2.2, the sportsmen will not be permitted to the race. Elsewise the sportsman must fix the problem before the start of the competition and before placing equipment into the transition area.
- 2.5. If the equipment of a sportsman breaks down during the competition and therefore does not meet the requirements stated in article 2.3, the sportsman must immediately eliminate the defects as it is ordered by judges and Organizing Committee. Nonfulfillment of given orders can lead to disqualification of the sportsman.

- 2.6. During the competitions it is prohibited to use gadgets and devices that can be somehow characterized as "means of communication and entertainment". They are mobile phones, communicators, pagers, MP3 players, video cameras etc. Nonfulfillment of this regulation can lead to disqualification of the sportsman.
- 2.7. Organizing Committee and judges on the distance have the right to eliminate a sportsman from the competition if there is sufficient evidence of the fact that further participation in the competition can cause unacceptable risk to one's health.
- 2.8. To take part in the competition all sportsmen are obliged to read and sign Responsibility Acknowledgement during the registration. Refusal to sign Responsibility Acknowledgement means immediate ban to participate in the competitions. In this case registration fee is non-refundable.
- 2.9. Participation in the competition is permitted **provided that a sportsman bears valid accident and health insurance** that must be provided to the Organizing Committee by each competitor.
- 2.10. Emergency medical services are provided according to Decree of Ministry for Healthcare and Social Development No. 613N dated 09 August 2009 "On Approval of the Procedure for Providing Emergency Medical Services While Conducting Sporting Events"
- 2.11. Providing Emergency medical services is laid upon the Organizing Committee.

### 3. Participation format

- 3.1. All competitors must be over 18 years old. In exception cases agreed with the Organizing Committee sportsmen under 18 years old bearing written consent from parents (official foster parents) and having sufficient sporting experience to pass the distance can be permitted to the race.
- 3.2. A1 TRIATHLON Sprint is an individual race only, group participation (relay) is not allowed. Each sportsman covers the whole triathlon distance independently.
- 3.3. Individual classification will take place in following age groups:

<b>Men</b>	<b>Women</b>
Men Absolute	Women Absolute
Men PRO	Women PRO
M18-24 (males aged 18 to 24)	W18-30 (females aged 18 to 30)
M25-29 (males aged 25 to 29)	W30-45 (females aged 30 to 45)
M30-34 (males aged 30 to 34)	W45 (females aged 45 and over)
M35-39 (males aged 35 to 39)	
M40-44 (males aged 40 to 44)	
M45-49 (males aged 45 to 49)	
M50-54 (males aged 50 to 54)	
M55-59 (males aged 55 to 59)	

M60-65 (males aged 60 to 65)

M65 (males aged 65 and over)

- 3.4. Depending on the number of competitors registered the Organizers have the right either to form additional groups or to join the existing groups.
- 3.5. When receiving their starting packets sportsmen of all categories need to provide the following documents to be registered:
  - ID – a document identifying personality;
  - Medical permission to the competition and original health insurance; Medical permission must have the stamp of the issuing Medical Institution, the stamp and signature of the doctor as well as explicitly indicate permission to compete on a chosen swimming distance. The Medical Permission must be issued no earlier than 6 month prior to the competition.
  - Signed application to participate in the competitions.
  - **Sportsmen of PRO category** must provide a copy of their **national professional license** issued by the triathlon federation of their country of origin.

## 4. Registration to the competitions

- 4.1. Registration to the competitions is made on the official website [www.A1.ru](http://www.A1.ru) within the established deadlines.
- 4.2. When registration fee is paid the competitor is shown in the list of registered athletes. Payment methods are indicated on the official website of the competitions [www.A1.ru](http://www.A1.ru) in the corresponding section.
- 4.3. Sportsmen of PRO category having national professional license issued by triathlon federation of their country of origin must tick **"I take part in PRO category"** box when registering on the website. Sportsmen having professional license can register to **PRO category only**.
- 4.4. When registration is over, competitors are given their starting numbers. Each competitor must take part in the competition with their starting number, **passing the starting number** to other competitor is **forbidden and results in disqualification**. **Re-registering is also impossible**.
- 4.5. Competitors' number limit is 400 people.
- 4.6. Organizers have the right to refuse to register a person in case they have well-grounded doubts that the athlete is capable to pass the distance, either participation in the competition can cause threat to athlete's life and health, or it can damage the image of the competitions. In this case the athlete will receive an explanation of refusal reasons by email. If by this time the registration fee is already paid, it is due to be refunded completely.

## 5. Registration fee

- 5.1. Organizing Committee of the competitions, O2 TEAM Centre of Promotion of Sport and Healthy Lifestyle incurs financial costs for organizing and conducting of the competitions as well as awarding the athletes.
- 5.2. Participation in A1 TRIATHLON competitions is paid. Collected funds go to cover organizing costs and form prize fund for the winners of the competitions. The Organizing Committee is responsible for reception and spending of organizing fees.
- 5.3. Individual participation fee is:
  - If paid till 12.31.2015 r. – 2 500 roubles;
  - If paid till 05.31.2016 r. – 3 500 roubles;
  - If paid after 05.31.2016 – 4 000 roubles;
- 5.4. Paying the registration fee means that the athlete is guaranteed to have:
  - electronic timekeeping;
  - swimming cap for the swimming stage;
  - food and water throughout the distance;
  - a finisher's T-shirt;
  - a finisher's medal;
  - a meal after finishing the distance.
- 5.5. Due to the fact that organizers spend money on each athlete's start packet, the registration fee is non-refundable.
- 5.6. On registration stage the competitors can pay for **engraving finisher's medal**. The service will be available on the site after finish. Service cost is **400 rubles**. Competitors who had registered to the competition before payment for this service became possible through the website can pay for the engraving on the site.
- 5.7. When paying the registration fee the competitors can make **charity donation**.

## 6. Starting Packet

- 6.1. Starting packets for the race can be collected on **June 18<sup>th</sup> 2016**.
- 6.2. Starting packets are given only to the **competitors themselves** provided that they **show their ID**.

## 7. Swimming stage

- 7.1. Swimming stage is 750 meters long and takes place in aquatic area of Razliv Lake. You may find the scheme of the stage on the official website of the competition [www.A1.ru](http://www.A1.ru).

- 7.2. Swimming caps are supplied by the Organizers. Athletes must have their swimming caps on before the swimming stage starts. Using other swimming caps as well as swimming without the cap is forbidden.
- 7.3. It is prohibited to put on the competitor's number for swimming stage. The number is meant for cycling and running stages.
- 7.4. Start is done in water.
- 7.5. Water temperature in given time of the year may vary from +15 °C to +23 °C. If water temperature is below +20 °C wetsuits are recommended. When water temperature exceeds +22 °C wetsuits are prohibited. When water temperature is +15.9 °C and below wetsuits are compulsory.
- 7.6. Athletes can cover the distance in any convenient swimming style. Any equipment facilitating swimming such as flippers, armlets, gloves etc. is prohibited.
- 7.7. Athletes are escorted by rowing boats. In case of an emergency (cramp, choking, feeling unwell) an athlete must stop, wave a hand over the head and draw attention of the nearest boat using their voice.
- 7.8. If an athlete is taken into the escort boat it does not automatically lead to one's disqualification. In the boat an athlete can rest, recover and continue the race if judges on the boat decide it won't cause harm to one's health.
- 7.9. Leaders are escorted by a kayak showing the optimal way on distance.
- 7.10. If swimming stage cannot be conducted due to an Act of God (extremely low water temperature, flooding, strong wind over 15 meters per second contamination of water with substances harmful to athletes' health, etc.) the race will be conducted in format: Running stage – Cycling stage – Running stage. In this situation athletes can refuse to participate in the competitions, but the registration fee will not be refunded.
- 7.11. After finishing the swimming stage all the swimming equipment (wetsuit, swimming goggles, swimming cap etc.) must be stored in Bike bags in specially allotted area.

## 8. Cycling stage

- 8.1. Route of the cycling stage goes through the territory of the city of Saint Petersburg and Leningrad Region. The route consists of one lap which is 20 kilometers long with a turnaround at the furthest point. You can have a look at the scheme of the cycling stage on the website [www.A1.ru](http://www.A1.ru). The responsibility for knowing the route rests entirely with an athlete. If an athlete does not follow the route of the race, this can result in disqualification.
- 8.2. The distance of the cycling stage goes through moderately rugged terrain, elevation changes are small. The route is entirely covered with asphalt.



- 8.3. There will be one aid station on the cycling route.
- 8.4. Participants can pass the cycling stage on bicycles of traditional construction only, all bicycles shall be propelled only by human force and human power (use of motor-driven cycles or e-bikes is strictly prohibited). It is recommended to use road racing bikes.
- 8.5. During the cycling stage an athlete must move with ones bicycle at all times. Should a competitor's bike malfunction they can proceed with the race walking or running as long as they are doing so with their bicycle and not causing impediments to other sportsmen.
- 8.6. Special technical requirements to bicycles:
- Equipment mounted on the handlebars must not outstep the furthest point of brake levers; aerobars and armrest systems must have a rigid tie bar and must not have gear shifters or break levers on them;
  - Front wheel must be spoked (cast and carbon spokes are allowed), use of discs on the front wheels is banned;
  - Rear wheel can be either spoked or disc;
  - It is prohibited to use any mechanisms intensifying or deliberately supporting wheel rotation;
  - Mounting any mirrors either on a bicycle or on a helmet is forbidden;
  - Bicycle length must not exceed two meters; width must be within 75 centimeters.
  - Each wheel must have at least one functioning brake.
- 7.7 Use of any non-standard equipment on a bicycle must be explicitly permitted by judges.
- 7.8 The competitor's helmet must be donned during entire cycling stage. Helmet strap must be fastened firmly under the chin. Competitors can take off helmets only when finished the cycling stage in the transit area and only after the bicycle is stored in the bicycle rack.
- 7.9 Drafting is prohibited.
- 7.10 Double overtaking (i.e. overtaking a competitor who is currently overtaking another one) is forbidden.
- 7.11 Overtaking on the right hand is forbidden.
- 7.12 During the cycling stage the competitor's number must be placed on the back so it can be seen by volunteers and judges. Using special waist straps is recommended.
- 7.13 Number sticker must be placed on the left side of the frame and be visible to volunteers and judges.
- 7.14 Number sticker for helmets must be placed on the front side of the helmet and be visible to volunteers and judges.
- 7.15 It is prohibited to be bare-chested on the cycling stage.



- 7.16 If a competitor's bike break down competitors have to do repairs on their own, using their own spare parts. Help of spectators or trainers can be received only in special technical zones situated near raid stations.
- 7.17 Help of other competitors is allowed.
- 7.18 It is prohibited to use escort cars, neither to get help from them.
- 7.19 A break-down vehicle will drive along the route during the race. If an athlete needs technical assistance, one should call volunteers or judges and wait for the break-down vehicle.

## 9. Running stage

- 9.1. Running stage route consists of one lap 5 kilometers long plotted along the streets of the town of Sestroretsk. You can have a look at the running stage route at the website [www.A1.ru](http://www.A1.ru).
- 9.2. Roadway surface of the running stage is entirely covered with asphalt. Path profile is flat.
- 9.3. Aid stations are specified to be every 2,5 kilometers of the running stage.
- 9.4. Athletes are allowed to cover the running stage either running or walking. Using any mechanical means of transport (e.g. rollers, bicycles, scooters, etc.) is prohibited.
- 9.5. On the running stage of the competition the competitor's number must be on the chest in order to be visible by judges and volunteers. Using of special waist straps is recommended.
- 9.6. It is prohibited to be bare-chested on the running stage.
- 9.7. Personal food supplies of sportsmen can be stored only in the stationary food service area.
- 9.8. Any help of spectators (including food and water supplies) is forbidden. Help of other competitors is allowed.
- 9.9. Friends, family members and other spectators must not cross the finishing line; neither can enter the finishing corridor with the athlete. Violation of this rule leads to disqualification.

## 10. Control time

- 10.1. There is a control time to cover the entire distance of the competition. It is 2 hours 10 minutes.
- 10.2. If an athlete does not finish the race in time, one will be eliminated.

## 11. Transition area

- 11.1. Entering the transition area is allowed to those bearing competitor's wristband only. This wristband is put on all the athletes when receiving their starting sets and shall be on the hand till the end of the competition.
- 11.2. From the moment when bicycles are placed in the transition area they

are only sportsmen, volunteers and organizers who can stay within the transition area. Trainers, relatives and spectators cannot stay there.

- 11.3. Movement inside the transition area is strictly organized. When moving in the transition area one must follow the transit scheme as well as painted signs, arrows and volunteers' instructions.
- 11.4. Entrance and Exit are separated.
- 11.5. All competitors' possessions must be kept in special bags:
  - Bike – a bag for the things necessary on the cycling stage; Swimming equipment (wetsuit, swimming cap, swimming goggles) is stored in this sack after the swimming stage;
  - Run – a bag for things necessary for the running stage; after the cycling stage all cycling equipment is stored in this bag;
  - Street – a bag for things one might need after the finish.
- 11.6. All bags with things must be placed on special stands according to their numbers.
- 11.7. Marking the bags anyhow but with the sticker provided by the Organizers is strictly forbidden.
- 11.8. Sportsmen must themselves take out and store the things in the bags.
- 11.9. Getting changed is mandatory to take place in special changing tents.
- 11.10. After getting changed all the things from the previous stage must be put in the bag, which has to be stored in specially allotted zone. Failure to comply with this rule will result in penalty.
- 11.11. It is allowed to place cycling shoes (if fixed to the pedals) and helmets on bicycles.
- 11.12. Bicycle must be stored in the bicycle rack according to the competitors' numbers. Front wheel to the side indicating the competitor's number. Bicycles are hung on the seat.
- 11.13. After finishing the swimming stage sportsmen must themselves find their bicycles and take them off the bicycle rack.
- 11.14. Mounting a bicycle inside the transition area is forbidden, sportsmen can only push bicycles on the side. Competitors may not begin riding their bicycle until they are out of the transition area. This place is marked with a line on the ground; there will be a volunteer nearby informing athletes about the end of transition area.
- 11.15. Correspondingly, entering the transition area on bicycle is forbidden. Prior to entering the transition area competitors must dismount a bicycle and enter the transition area pushing it aside.
- 11.16. After finishing the cycling stage bicycles must be stored on their corresponding places in the bicycle rack.

## 12. Timekeeping

- 12.1. Electronic timekeeping is used on the competitions. Each competitor needs to get a personal electronic chip prior to the start.
- 12.2. Chip is fastened to the lower part of the leg with elastic tape provided by the organizers and must not be taken off during the competitions.
- 12.3. If the chip is lost a competitor has to inform the organizers immediately. Further participation of the sportsman is possible only if approved by organizers committee. The competitor has to refund its value to the organizers.
- 12.4. When entered the Recovery zone (as well as having fallen out of race) competitors must return their chips to the organizers.
- 12.5. For additional control over passing the distance other timekeeping methods may be applied.

## 13. Penalties

- 13.1. Failure to comply with abovementioned rules by competitors incurs a penalty.
- 13.2. Having received a penalty the athlete is placed by organizers into a special area (Penalty box) to serve their time.
- 13.3. The system of penalties in A1 TRIATHLON Sprint competition is the following:
  - Verbal warning – incurs no stops, is applied in order to correct actions of sportsmen committing minor violations;
  - First violation (yellow card) – 1-minute stop;
  - Second violation (yellow card) – 5-minutes stop;
  - Third violation (yellow card) – disqualification;
  - Serious violation of the rules (red card) – immediate disqualification.
- 13.4. In A1 TRIATHLON Sprint competitions penalties are classified by their seriousness as follows:

<b>Violation type</b>	<b>Penalty</b>
<b>Swimming stage</b>	
False start	Yellow card
Cutting the distance, not going around buoys, etc.	Depending on the cut length – yellow or red card
Not using the swimming cap provided by the organizers	Yellow card
Wearing the competitor’s number under the wetsuit	Yellow card
Using illegal swimming aid (flippers, armllets,	Red card

gloves, etc.)

Deliberate rudeness towards other sportsmen, spectators, volunteers and judges Red card

Ignoring directives given by judges Red card

### **Cycling stage**

Mounting bicycle within the transition area Yellow card

Drafting ban violation Yellow card

Being bare-chested on the cycling stage Yellow card

Using telephones, players, navigators or headphones Yellow card

Littering out of aid stations Yellow card

Deliberate cut of the distance Red card

Not wearing a helmet on the cycling stage Red card

Ignoring directives given by judges Red card

Using technical and other help not coordinated with the organizers Red card

Using forbidden equipment Red card

Deliberate rudeness towards other sportsmen, spectators, volunteers and judges Red card

### **Running stage**

Using a telephone, a player, a navigator or headphones Yellow card

Being bare-chested on the running stage Yellow card

Use of help that was not coordinated with the organizers Yellow card

Deliberate distance cut Red card

Ignoring directives given by judges Red card

Deliberate rudeness towards other sportsmen, spectators, volunteers and judges Red card

### **Transition area**

Full nudity 1 minute in penalty box

Mounting bicycle in the transitional area 1 minute in penalty box

Non-compliance with article 11.10 1 minute in penalty box

Ignoring directives given by judges Red card

Deliberate rudeness towards other sportsmen, spectators, volunteers and judges Red card

## **14. Appeal**

14.1. If a competitor does not agree with the results of the competitions, awarded penalties, disqualification, actions of judges and by other reasons one has the right to appeal to the Organizing Committee.

14.2. Appeals are received in a written form not later than one hour after the race is finished.

14.3. Committee of Appeals represented by an Organizing Committee representative, senior judge and a technical delegate of the competition

consider the competitor's appeal.

- 14.4. If prompt decision can be made, the Committee of Appeals fulfils or rejects the appeal in time by the closing of the competitions.
- 14.5. If prompt decision cannot be made, the Committee of Appeals considers an appeal during three days after the competitions are finished. During this period it is possible to study new evidence in order to make a decision about the competitor's appeal.
- 14.6. Official protocols of the competitions are listed on the official website of the competitions. Official results of the race are final results and they cannot be challenged.

## 15. Attitude of mind

- 15.1. The main objective and the top priority of A1 TRIATHLON Sprint competitions is getting the maximum satisfaction from the process of the competitions while keeping up each participant's health. To achieve this goal we strongly recommend to all the participants to keep in mind polite and utmost friendly relationships between sportsmen as well as between other people involved in the competitions.
- 15.2. Organizing Committee retain the right not to react on remarks and appeals from sportsmen if they are expressed in inappropriate manner, in a bold or rude way.
- 15.3. Majority of volunteers involved in the competitions help athletes to take part in the race for free. All volunteers are instructed prior to the competitions. However, keep in mind that not all of them are aware of all the specific details about triathlon competitions. If any misunderstanding occurs we kindly ask you to explain to the volunteers their mistakes or inform them about impropriety of their actions.
- 15.4. The competitions take place in the area of Saint Petersburg and Leningrad Region. Overwhelming majority of citizens understandingly feel good about the competition. However, keep in mind that not everybody is aware of the fact the competition is taking place. Not all the citizens like sport and not everybody feels happy that sport intrudes their regular lifestyle in such a way. Therefore we insist you to avoid and prevent any conflict situations.

## 16. Awarding

The following sportsmen categories receive awards and prizes:

- Men taking 1-3 places in **final standing**.
- Women taking 1-3 places in **final standing**.
- Men taking 1-3 places in **PRO category**.
- Women taking 1-3 places in **PRO category**.
- Men taking 1-3 places in their **age groups**.
- Women taking 1-3 places in their **age groups**.

All the competitors finishing the distance are awarded with memorable finisher's medals.

## **17. Financing**

Costs of organizing and conduct of the competitions: paying judges, service personnel (doctor, nurse, distance keeper, workers, etc.), transportation in minivan, and medical service of an ambulance of class B for the needs of the competitions as well as providing awarding symbols are covered by the funds of the Organizing Committee.

Given Regulations is an official invitation to the competitions.

Visas:

General Manager of the Association of non-profit organizations O2 TEAM Centre  
of Promotion of Sport and Healthy Lifestyle A.S. Denisov

General Manager of A1 Ltd.

Y.V. Bordakova