

REGULATION

on the Almaty Triathlon Championship

Aquathlon distance:

5-6 years old: 50 m swimming, 300 m running

7-9 years old: 100 m swimming, 500 m running

10-12 years old: 200 m swimming, 1 km running

Triathlon distance: super sprint (300 m swimming, 8 miles cycle-race, 2 miles running).

1. GOALS AND OBJECTIVES

- development and popularization of triathlon
- promotion of Olympic sport in the region;
- increase of sports skill of athletes;
- acquisition of the Almaty triathlon team.

2. TIME AND VENUE

The competition will be held on March 30, 2019. Start time 09:00.

Competition venue: Almaty city, multifunctional ice palace

"Almaty Arena" Algabas-1 micro district,
building 7

3. COMPETITIONS ORGANIZERS

The organizers of the competition are the "Almaty Triathlon Federation" NGO and "Courage to be the first" Corporate Fund, the Department of Physical Training and Sports of Almaty city, the Directorate of Sports Facilities of Almaty City, the Triathlon School named after Dmitry Hague. The direct conduct of the competition is provided by the officials.

4. AGE CATEGORIES

Aquathlon:

5-6 years old:

7-9 years old

10-12 years old

Triathlon:

13-15 years old

15-17 years old

18-20 years old

21-23 years old

5. PARTICIPANTS OF COMPETITIONS AND CONDITION FOR THEIR ADMISSION

Persons from 5 to 23 years old engaged in triathlon and related sports are allowed to participate in the competition. The age of the participant is determined as of December 31, 2019.

Registration for the competition will be carried out at <http://www.almaty-marathon.kz>.

Those participants who are not registered on the web-site are not allowed.

For admission to the competition, participants aged 5 to 18 years must provide the copies of the following documents:

- Copy of identity card/birth certificate;
- A copy of the identity card of both parents who personally signed the written undertaking;
- Written undertaking from both parents for permission to participate in the competition.

For participants aged 18 and over:

- Copy of identity card;
- Written undertaking of responsibility for own health.

6. STARTER PACK

Participants can get their starter pack in person, either through a coach or through a legal representative (for minors).

The participant receives his/her starting pack after registration and submission of all necessary documents.

Upon receipt of the start package, the participant (the legal representative - for minors) is obliged to sign a statement, in accordance with which he/she completely removes responsibility from the organizers for possible damage to health received by him/her (the participant) during the competition.

The briefing will be held on March 29, at 18: 00, at: the conference hall of the Big Arena, "Almaty Arena" complex.

The distribution of starter packs will be carried out only at the briefing of the competition. No start packages will be distributed on the day of the competition.

The triathlon start pack includes:

1. Bib number
2. Appropriate bike and helmet stickers
3. Competition info list

7. INFORMATION ON PARTICIPATION

Registration limit: 100 people for the participants of the "aquathlon" distance, 50 people for the participants of the "triathlon" distance.

Responsibility for passing the distance lies with the participant. Any participant who poses danger to other participants may be removed from the competition by the decision of the chief judge.

Technical rules

- For violation of the rules specified below, the sanction in the form of disqualification of the participant from the General offset and removal from competitions is applied:
- It is forbidden to participate in a bicycle race on a malfunctioning bike with faulty

brakes;

- It is forbidden to use sound-drying devices (riding in headphones) during the competition;
- While driving it is forbidden to use a phone that is not equipped with a technical device that allows to negotiate without hands;
- It is forbidden to use outside help during the passage of the distance and in case of repair of the bicycle;
- It is forbidden to change the bicycle during the distance (it is allowed to replace individual parts and assemblies, except for the frame);
- It is forbidden to use any methods and means that can facilitate the passage of the distance (motor-wheel, electric bike, etc.);
- It is forbidden to change the approved route of the competition;
- It is forbidden to interfere with the movement of other vehicles;
- It is forbidden to insult each other;
- During cycling, any repairs in the area of the cycle route are PROHIBITED. In the event of damage to the bike, the participant does not have the right to stand in the way of the column, move against the movement of the cycle route, but must leave the route and move to the sidewalk to the right of the column movement;
- It is forbidden to use bikes with installed aero bar ("aero-bars");
- Any outside assistance to participants during the competition is prohibited!
- A participant who has benefited from outside assistance will be disqualified.

8. COMPETITION PROGRAM

8:30 - 8:45 - Opening of the competition

9:00 - Start of the participants of the aquathlon

10:00 - Opening of the transit area for triathlon participants

10:30-Closing of the transit area for triathlon participants

10: 30-Awarding ceremony for the aquathlon distance participants

11:15 - Start of triathlon participants

13:00 – Awarding ceremony for the triathlon participants

13:15-14:00- Distribution of participants' bicycles after the competition

9. THE COMPETITION ROUTE

Those participants who do not follow the official route or shorten the route in any way (follow a route that provides a competitive advantage) will be disqualified.

Each participant of the competition must provide himself with sports equipment and inventory for each stage/distance.

Swimming swimming cap, watersport goggles, swimsuit, slides, towel. The presence of a swimming cap is mandatory.

Goggles (for triathlon participants): bike, bicycle helmet, bike uniform. The presence of a bicycle helmet is mandatory.

Technical requirements for bicycles:

Two types of bicycle (racing bike and mountain bike) are allowed to participate in the competition. It is not allowed to place on bicycles:

- Aero-bar («aero-bars»)
- Metal trunk
- Bicycle footboard

Swimming Competition Route:

The competition will be held in the indoor pool according to the distance in each age category.

Depending on the weather conditions, the time for the continuation of the competition can be adjusted by the chief referee to continue the next stages.

~~Table~~

Bicycles will be placed in the transit area according to the official program. The transit area cannot be entered after a certain interval for security reasons, except for participants who are in the area at the time of the race.

Bicycles will be available for removal from the transit area only after the last participant of the whole competition completes the bike ride.

Bicycles must be removed from the transit area within an hour after the last competitor has completed the race.

The participant who finished the race can pick up his bike after he returns the chip to the representative of the competition.

~~The Cycle~~ for triathlon participants):

The cycle route is about 2 km and must be passed 4 times.

It is the participants' responsibility to count the circles. If, when confirming the results, the athlete did not complete the full number of laps, he would be disqualified.

Participants are not allowed to:

- a) Block the progress of other competitors on the track; b) Go with a naked torso;
- C) Move forward without a bicycle.

~~Running~~

Each participant passes the distance of the running stage according to his/her age category and type of competition.

It is the participants' responsibility to count the circles. If, when confirming the results, the athlete did not complete the full number of laps, he would be disqualified.

Athletes must run or walk.

It is not allowed to:

- crawl,
- run with a naked torso,
- run without footwear or barefoot at any distance,
- run with a bike helmet on head,
- use trees or other stationary objects as an aid when cornering

10. AWARDING CEREMONY

The Awarding ceremony with medals and diplomas in the following categories:

1-3 places in the appropriate age categories and gender groups in aquathlon;

1-3 places in the appropriate age categories and gender groups in triathlon;

The official results will be published on the www.almatytriathlon.org website within the first three days after the event.

11. CIRCUMSTANCE OF INSUPERABLE FORCE

Depending on weather and other force majeure circumstances, the Organizers reserve the right to change the rules of the competition (postponement of the start time, cancellation of the Cycling stage) until their cancellation with subsequent notification of the participants.

12. ORGANIZERS CONTACT DETAILS

"Almaty Triathlon Federation"

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