



Alpe d'Huez Triathlon 2022 Rules & Regulations

Article 1 - Insurance and responsibilities

The Alpe d'Huez Triathlon events are organised by the Alpetriathlon association and the company SARL Cyrille Neveu and are not affiliated to the French Triathlon Federation (FFTtri).

The events are covered by:

- Civil liability: in accordance with the law, the Organiser has taken out an insurance policy with a private insurance company.
- Individual accident: Insurance has been taken out for all competitors.

The organisation's insurance does not cover damage that an athlete might inflict on their own bike or that of a third party, or damage to an athlete's bike by a third party. The Triathlon is not responsible for any bike damage, including civil responsibility due to a collision. It is advised that athletes take out insurance to cover material damage to sporting equipment.

Competitors must be aware of the risks inherent to this type of athletic event, which requires prior training and excellent physical condition. The Organiser will not assume any liability whatsoever for any accident/injury/injury/incapacity/death of a Competitor, with the exception of accidents directly caused by a failure by the Organiser to comply with its legal and regulatory obligations.

In addition, the Organiser will not be liable for any damage, loss or theft of any property/material/personal equipment before, during and after the race. It is the responsibility of the Competitors to take out insurance to cover this type of risk, if necessary.

Article 2 - Categories and awards

The presence of the winners in the pro category or age group at the awards ceremony is mandatory. No prize may subsequently be claimed by a Competitor who was absent. Triathletes registered in their age group will be rewarded in their category and will not have access to the overall ranking prize grid. Triathletes registered as Elite / Pro have access to the overall ranking prize grid but will not be rewarded in their age group. The age group is based on the participant's age as of December 31, 2020. In the event of antidoping tests, the prize money will not be transferred until after the results of the tests.



Categories

Catégorie	Gender	Year of birth
PRO	Homme	-
PRO	Femme	-
16-17	Homme	2006-2005
16-17	Femme	2006-2005
18-19	Homme	2004-2003
18-19	Femme	2004-2003
20-24	Homme	2002-1998
20-24	Femme	2002-1998
25-29	Homme	1997-1993
25-29	Femme	1997-1993
30-34	Homme	1992-1988
30-34	Femme	1992-1988
35-39	Homme	1987-1983
35-39	Femme	1987-1983
40-44	Homme	1982-1978
40-44	Femme	1982-1978
45-49	Homme	1977-1973
45-49	Femme	1977-1973
50-54	Homme	1972-1968
50-54	Femme	1972-1968
55-59	Homme	1967-1963
55-59	Femme	1967-1963
60-64	Homme	1962-1958
60-64	Femme	1962-1958
65-69	Homme	1957-1953
65-69	Femme	1957-1953
70 et Plus	Homme	1952 et moins
70 et Plus	Femme	1952 et moins



Article 3 - Event cancellation

In the event of the cancellation or definitive interruption of the event for any reason beyond the control of the Organiser, such as, but not limited to; any case of unforeseen exceptional circumstances, any decision of the public authorities (in particular motivated by reasons of public health, security or protection of public order), any risk of bad weather or current bad weather, the Organiser will not incur any liability whatsoever towards the competitors, and entry fees will not be refunded. Competitors hereby renounce any claim or demand for refund of any kind whatsoever due to such cases of cancellation or interruption.

In case of an exceptional and generalized situation, declared by the state (Example: Covid-19 pandemic), the organization will be subject to the conditions of refund specified in the specific legal framework at the time of cancellation.

Article 4 - Triathlete participation cancellation and refund policy

If an athlete wishes to cancel their registration for the event, we propose two options :

4-a WITH "Alpe d'Huez Triathlon Protect" insurance

Our Alpe d'Huez Triathlon Protect cancellation insurance gives insured competitors an 100% refund up until **17th July** at midnight.

- No reason or justification necessary
- Email refund@alpetriathlon.com to request a refund

Please note : Alpe d'Huez Triathlon Protect insurance 2022 is only available when you complete your initial registration online, and cannot be taken out at a later date.

4-b WITHOUT "Alpe d'Huez Triathlon Protect" insurance

Race participants who have not taken out Alpe d'Huez Triathlon Protect insurance may be partially refunded up until **30th June** at midnight.

Refunds possible without Alpe d'Huez Triathlon Protect insurance :

Duathlon :

- With a triathlon license : 20€
- **Without a triathlon license : 25€**

Triathlon L :

- With a triathlon license : 125€
- **Without a triathlon license : 140€**

Triathlon M :

- With a triathlon license : 40€



- **Without a triathlon license : 50€**

Triathlon Kids :

- All race participants 8€

Pack Triathlon M + Duathlon :

- With a triathlon license : 45€
- **Without a triathlon license : 65€**

Pack Triathlon L + Duathlon :

- With a triathlon license : 135€
- **Without a triathlon license : 155€**

Pack Triathlon M + Triathlon L + Duathlon :

- With a triathlon license : 180€
- **Without a triathlon license : 200€**

No refunds will be accepted after 30th June.

Article 5 - Registration requirements and documents

The competitor must provide, prior to the competition, a photocopy of his FFTri 2022 license (or equivalent from a Foreign Triathlon Federation). The license will serve as proof of a medical certificate but will not cover the competitor on the day of the event.

In the event that an athlete is not a triathlon license-holder, a medical certificate dated within a year of the race date allowing the practice of triathlon in competition must be presented. In the absence of this, any participation in the Competition is excluded. In the event that the Competitor provides the organization with a medical certificate that does not conform to the above standards, or is falsified, the organization will not be responsible for the health of the competitor in case of problems before, during and after the race.

The registration of the Competitor to the competition necessarily implies his acceptance of these rules. The competitor agrees to take due note of all the provisions of the rules.

Article 6 - Image

The Competitor expressly authorizes the Organiser as well as partners, sponsors and media to use the photos and videos (which may include the Competitors name, surname, and quotes) taken during the entire duration of the event, in which the Competitor appears. The Competitor already declares to accept any use of these photos and videos and/or of all or part of their contents or extracts by the Organiser or any authorized third party for the following strict



purposes, without any time limit: (a) broadcasting of the event (i.e. any broadcasting in full or in extracts, live or deferred, to any media and on any platform known or created in the future, radio or television broadcasting, any mobile communication or distribution, online, digital, in closed circuits or in public places, all air or sea broadcasts, Internet, video, DVD); (b) use by any partner/sponsor/supplier of the event for their institutional communication operations/campaign (excluding any use for an advertising campaign); (c) promotion of future editions of the event or any associated event/operation; (d) institutional or commercial promotion of SARL Cyrille Neveu.

Article 7- Triathlon Kids Responsibilities

Regarding the participation of a minor in the Kids Triathlon, his/her legal representative will register the minor and authorises him/her to participate in the Alpe d'Huez Triathlon 2022. The legal representative also excludes the Organisers from any liability in the case of injury or damage occurring during the participation of the minor in one of the competitions. The legal representative of the minor entered in the Triathlon Kids expressly authorises the use of photos and videos of the minor produced during the event by the Organiser, as described in article 5 of these regulations.

Article 8 - Race Regulations

8.1 Refereeing

The Alpe d'Huez Triathlon has set up its own team of marshals for all the races: the Watchers. They will have all the authority necessary to ensure the application of the Alpe d'Huez Triathlon 2021 regulations.

Competitors are obliged to attend all meetings and briefings relating to the competition.

8.2 Obligations of competitors (code of conduct)

Athletes must:

- Know, understand and follow the regulations.
- Behave in a fair manner.
- Be responsible for their own safety and the safety of other athletes.
- Follow instructions from officials.
- Follow race instructions.
- Inform the officials in case of withdrawal.
- Respect the time limits set by the organization.
- Be well prepared for the event and have equipment adapted to the competition.
- Do not attempt to take advantage of a vehicle or other object.
- Do not use any means of communication or audio that would distract attention.
- Respect the clean areas clearly marked by the organization or other public facilities that allow respect for the environment.
- Treat other athletes, officials, volunteers and spectators with respect and courtesy.
- Comply with doping rules.



- Avoid all political and religious demonstrations.

8.3 Oufit

The competitor must wear his team or personal clothing during the event and at the ceremonial ceremonies.

8.4 Bib number

The bib, provided by the organization:

- Can be worn while swimming if the wetsuit is allowed and must not be worn if it is prohibited.
- Is compulsory for the Cycling and Running sections.
- Must be visible on the back for the Cycling section and on the front for the Running section.
- Must be worn by the athletes as soon as the equipment is placed in the transition area and will be monitored by the Watchers.

8.5 Assistance

Physical Assistance :

Physical assistance between competitors is forbidden, such a gesture is considered a disqualification for both athletes concerned.

Technical Assistance :

Assistance provided by volunteers or officials is permitted but must be limited to the supply of food and drink, as well as mechanical and medical assistance.

Athletes may assist each other during a race by exchanging various accessories such as food and drink after a refreshment station, as well as pump, tire, tube and puncture repair kit.

It is strictly forbidden to receive outside help from spectators or attendants. Furthermore, on the cycling sections of all events, only the organisation's vehicles (accredited) may follow the competitors. Any triathlete followed in a car or motorbike by his or her attendants is subject to immediate disqualification.

8.6 Penalties

In the event of the violation of any rule, an athlete may be warned, penalized, disqualified or expelled depending on the nature of the violation.

List of Penalties :

A - Warning

The purpose of a warning is to warn before a fault is committed. A Watcher may also issue a warning for minor infractions.

The following procedure follows:

- Blow the whistle to attract attention.
- Announcement of the Number and/or Madame/Monsieur
- The athlete stops if necessary and is attentive to the Watcher's request.



- The athlete continues competing immediately after the warning.

B - Penalty Box

The athlete is warned by the presentation of a yellow, black or red card depending on the fault according to the following procedure:

All faults (except disqualification) committed from the start of the race to the end of the 2nd transition are subject to a time penalty executed in a dedicated area, the " Penalty Box ".

At the entrance to the said zone, all sanctioned athletes will be notified by the Watchers of the penalty. It is the athlete's responsibility to take note of this information and carry out the penalty.

- The sanctioned athlete will present himself/herself in the penalty zone on his/her own initiative.

- The penalty time count begins when the athlete enters the penalty area and ends when the Watcher says "Go", at which point the athlete may continue the event.

- A sanctioned athlete may perform his or her penalty(s) at any lap of the run.

- The duration of the penalty is set at :

Duathlon distance > 2mn

Distance M > 3mn

Distance L > 5mn

C – Other penalties

Disqualification is an appropriate penalty for serious, repeated infractions resulting in danger, unsportsmanlike conduct or an unrepairable fault.

If conditions allow, the procedure is as follows:

- Whistle for attention.
- Presentation of the red card.
- Announce the athlete's number and/or "Madame/Monsieur" then "Disqualified".
- The procedure may be delayed for safety reasons.
- The athlete stops the race.

8.7 Swim

A – General rules

Athletes may use the floor at the start and at the exit of the water. They must follow the course but may rest at a fixed point using the floor or a stationary object.

In case of emergency, an athlete must raise one arm and call for help. In doing so, the athlete pulls out of the race.

B - Weather conditions

Temperature measurement: the official race temperature is the differential between the water and air temperature.

For all other conditions (wind, current, rain, ...), the race director can adapt the distance of the swimming section. This decision must be clearly communicated to the athletes before the start of the race.

The water temperature should be taken 1h15 before the start of the race.



8.8 Bike

A – Drafting rules

The Alpe d'Huez Triathlon events take place on roads open to traffic, in these conditions and for safety reasons, drafting is not allowed. Consequently, competitors are not allowed to take shelter and take advantage of the aspiration of a competitor or a vehicle.

Competitors are obliged to respect the rules of the French 'Code de la Route'; in particular, they are required to ride on the right side of the road.

B - Respect for the environment

Any competitor caught throwing rubbish outside of the 'clean area' (clean areas are marked on every food and drink point) will be immediately disqualified from the event.

9.9 Run

- The athlete can run or walk.
- The athlete may not use external elements (fences, trees, posts, etc.) to aid them through the turns.
- The athlete may not be accompanied by a person from outside the race (attendant, coach, etc...).
- The use of any audio equipment is forbidden.

8.10 Finish line

- A competitor is considered to have finished when part of his or her torso passes the finish line vertically.
- A competitor must be careful to keep his official bib number visible in order to allow his classification. In case of doubt, the competitor must return to a member of the organisation to confirm his number.

NB: The non-readability of the race number at the finish is no longer disqualifying when the competitor concerned crosses the line. Nevertheless, a total absence of the race number at the finish will result in disqualification.

8.11 Gears

A - Wetsuit

Wearing the wetsuit is mandatory if the water temperature is below 16° and prohibited if the temperature is above 24°. Wearing the swim cap provided by the Organiser, to the exclusion of any other, is also compulsory.

Tri-functions ("trisuits") and swimsuits must be made of 100% textile material and must not contain rubberized materials, such as polyurethane, neoprene or other.

B - Bike

- The rear wheel can be covered (disc). This specification can be modified by the race director for safety reasons (strong wind).
- Disc brakes are allowed.



- The wearing of a helmet is compulsory during the whole bike course.

8.12 Cut-Off Times

Duathlon :

- No cut-off for the run sections
- Cut-off T2 Bike Park Alpe d'Huez : 18h00

Triathlon L :

- Cut-off Swim/T1 Park Lac du Verney : 11h00 (men and women)
- Cut-off Bike 1/ Alpe du Grand Serre Summit (40km) : 13h20
- Cut-off Bike 2/ Valbonnais (73km) : 14h50
- Cut-off Bike 3/ Bottom of Alpe d'Huez climb (105km) 16h40
- Cut-off Run 1/ T2 Park Alpe d'Huez (118km) : 18h30
- Cut-off Run 2/ T2 Run : 21h 30

Triathlon M :

- Cut-off Swim/ T1 Park Lac du Verney 15h00
- Cut-off Bike/ T2 Park Alpe d'Huez 18h00

Any participant who doesn't finish the entire race will not appear in the race results. Any participant after the cut-off time must give their tracker and their race bib to one of the Watchers team. They can continue on the race route, but will no longer be the responsibility of the organisation.