



RULES AND REGULATIONS

Listed below are the rules and regulations associated with the Florida Xtreme Triathlon (FXT). Please note that the FXT is sanctioned by USA Triathlon and all USAT rules will be in effect. Here are the USAT Commonly Violated Rules:



COMMONLY VIOLATED USAT RULES & PENALTIES

1. Helmets:

Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT sanctioned events. Helmets must be worn at all times while on your bike. This means before, during, and after the event.

Penalty: Disqualification

2. Chin Straps:

Chin straps must be fastened at all times when on a bicycle. DO NOT unbuckle your chin strap unless you are off your bicycle.

Penalty: Disqualification on the course; time penalty in transition area only.

3. Unauthorized Assistance:

No assistance other than that offered by race and medical officials may be used. Triathlons and duathlons are individual tests of fitness.

Penalty: Time penalty

4. Transition Area:

All equipment must be placed in the properly designated and individually assigned bike corral. The wheel of the bicycle must be down on the side of the assigned space. All participants must return their bicycles to an upright position in their designated bicycle corral. No person shall interfere with another

participant's equipment or impede the progress of another participant. All bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area.

Penalty: Time penalty or disqualification

5. Drafting:

Drafting--keep at least three bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 15 seconds.

Position--keep to the right hand side of the lane of travel unless passing.

Illegal Pass-- cyclists must pass on the left, not on the right.

Blocking--riding on the left side of the lane without passing anyone and impeding other cyclists attempting to pass.

Overtaken--once passed, you must immediately exit the draft zone from the rear, before attempting to pass again.

Penalty: Time penalty

6. Course:

All competitors are required to follow the prescribed course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue. Cyclists shall not cross a solid yellow center line. Cyclists must obey all applicable traffic laws at all times.

Penalty: Referee's discretion, time penalty or disqualification

7. Unsportsmanlike-Like Conduct:

Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, USA Triathlon officials, volunteers, spectators or fellow athletes is forbidden.

Penalty: Disqualification

8. Headphones and Telephones:

Headphones, headsets, walkmans, ipods, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race. Telephones may be carried, but must be stored out of sight, and in the "off" position. A participant may only use the phone when dismounted, off course, and not making forward progress.

Penalty: Time penalty

9. Race numbers:

All athletes are required to wear race numbers at all times during the run. Numbers must be clearly visible at all times. Numbers may not be altered in any way that prevents a clear identification. **DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing.**

Penalty: Time penalty for missing or altered number, Disqualification and one year suspension from membership in USAT for transferring a number without race director permission.

10. Wetsuits:

Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees but less than 84 degrees Fahrenheit, age group participants may wear a wetsuit at their own discretion, provided, however that participants who wears a wetsuit within such temperature range shall not be eligible for prizes or awards. Above 84 degrees, wetsuits are prohibited.

11. Abandonment:

All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. No garbage, clothing, etc. shall be thrown on the course.

Penalty: Time penalty

Variable Time Penalties

Distance Category	1st Offense	2nd Offense	3rd Offense
Ultra	6:00 minutes	12:00 minutes	Disqualification

For a complete list of rules, please refer to the most up to date USA Triathlon Competitive Rules at: <http://www.usatriathlon.org/about-multisport/rulebook.aspx>

RULES AND REGULATIONS – OVERALL EVENT

- 1) All courses are open to traffic and TRAFFIC WILL NOT BE CONTROLLED FOR THIS EVENT. ALL TRAFFIC LAWS, SIGNS AND SIGNALS MUST BE OBEYED BY ALL PARTICIPANTS AND CREW.
- 2) All courses will be clearly marked, however it is the athlete's responsibility, with the help of your support crew if applicable, to know the course, and to follow it.
- 3) No time adjustments will be made for any stops made, including but not limited to those related to traffic, bicycle repairs, medical, or stops dictated by race officials or public authorities.
- 4) No athlete can receive support or assistance outside of support provided by your official support crew or support provided by race officials and race staff.
- 5) No athlete or team may use any equipment, device, aid, or support which provides an unfair advantage, produces an unsafe situation, or advances their position on the course.
- 6) Race management reserves the right to cancel or modify the event(s) due to inclement weather, emergency, natural disaster, or governmental interference.
- 7) If you do not have a crew member, or your crew is not available, requests for assistance from other crews or athletes is allowed.
- 8) If you drop out of the race for any reason, race officials must be notified.
- 9) All athletes must adhere to established cutoff times for each segment. The cutoff times for each stage are as follows:

STAGE	SWIM CUTOFF	BIKE CUTOFF	RUN CUTOFF
#1	9:30am	5:30pm	11:00pm
#2	9:30am	5:00pm	10:00pm
#3	9:30am	4:30pm	9:30pm

RULES AND REGULATIONS – SWIM

- 1) Wetsuit use is in accordance to established USAT Rules.
- 2) Official swim caps will be provided by race management and must be worn during the entire swim event.
- 3) Each of the three stages will feature a two-mile swim. The swim course is a one-mile course and each athlete must complete two laps of the one-mile course.
- 4) At the end of the first lap swimmers will exit the water, cross the swim finish timing mats, and then return to the water to start lap two.
- 5) A swim support zone will be located adjacent to the shore, just prior to the start of lap 2. Swimmers may receive support from their crew or hand off equipment within this zone. A race sponsored support station with water and Gatorade will also be accessible.
- 6) A minimum of six certified lifeguards and a rescue boat will be provided by race management to monitor the swim.
- 7) Participants may also have one swim escort/monitor in a non-motorized craft during the swim. The swim escort/monitor must wear an approved flotation device along with the official swim escort bib provided by the race.
- 8) Athletes can hold onto their escort craft to rest, eat or drink, but no forward motion is allowed.
- 9) A course briefing will take place each day at 7:15am at the swim start/finish.
- 10) The swim course closes two hours after the start of the race each day. Any athlete not making the swim finish by then will be allowed to continue in the race at his/her own risk, but will not be deemed an official finisher when they reach the run finish.
- 11) No athlete or team may use any equipment, device, aid or support which provides an unfair advantage, produces an unsafe situation, or advances their position on the course.

RULES AND REGULATIONS – TRANSITIONS

- 1) Changing tents will be provided and all changing must be done inside of the designated tents.
- 2) Crew members are allowed inside the transition area to help their athlete, but they should not interfere with other athletes or crew members.
- 3) No crew member or athlete can interfere with another athlete's equipment while it is in the transition area.
- 4) Bikes must be mounted and dismounted at the official mount lines adjacent to each transition area.
- 5) At the conclusion of stage 1 and 2, bikes may be left in the transition area overnight. Overnight security will be provided by the race.
- 6) If you do not have a support crew, FXT event staff will transport your gear to the next venue. Please make sure all gear is in drawstring bags and labeled with your name and bib number. Drawstring bags will be available in the transition area. Please place gear bags you wish to have transported following the swim in the designated area adjacent to the changing tents.
- 7) If you wish to have a run gear transported to the bike to run transition, please turn it in to the designated location within the transition area no later than 6:45am on race morning. The bag will be then be waiting for you when you finish the bike.

RULES AND REGULATIONS – BIKE

- 1) All bikes must adhere to USAT's equipment rules and all helmets must be approved by the US Consumer Product Safety Commission (CPSC).
- 2) It is up to each individual athlete to make sure his or her bike is in safe and proper working order. Our Bike mechanic is JPR Mobile Services who will be at Plantation Resort on Thursday, November 9th and at Transition/Setup each morning to assist you with repairs if needed.
- 3) In accordance with USAT rules, please make sure your handlebar ends are plugged.
- 4) **BIKE FRAME NUMBER:** Your bike frame number is included in your race packet. The number must be attached to your bike and be visible from both sides before you will be allowed to bring your bike into the transition area. You will race with the same bike frame number all three days.
- 5) **HELMET NUMBER:** A Helmet Number is also included in your race kit. Please affix it to the front of your bike helmet.
- 6) We encourage all athletes to utilize headlights and taillights on their bikes for maximum visibility on roadways. Riders should be prepared to complete minor repairs independently on the course.
- 7) Disk wheels may be used, however please be aware that the course may have strong cross winds.
- 8) **NO ACCOMPANYING RIDERS** are allowed on the bike course!
- 9) No drafting or pacing of any kind is allowed, including motorized vehicles.
- 10) Each athlete must wear their official number while on the bike course. The number must be clearly visible and placed on the lower back of the rider. Two identical numbers will be provided to you in your race packet. You can either use a separate bib number for the bike and the run, or the same bib number placed on a race number belt.
- 11) The bike course is open to traffic and **TRAFFIC WILL NOT BE CONTROLLED**. ALL TRAFFIC LAWS, SIGNS AND SIGNALS MUST BE OBEYED. Athletes are solely responsible for all consequences of any traffic law infraction.
- 12) The bike course will be clearly marked with signs and pavement route arrows, however it is the athlete's responsibility, with the help of your support crew if applicable, to know the course, and to follow it.
- 13) A small laminated course turn by turn reference chart will be provided for each stage.
- 14) No time adjustments will be made for any stops made, including but not limited to those related to traffic, bicycle repairs, medical, or stops dictated by race officials or public authorities.
- 15) No athlete can receive support or assistance outside of support provided by your official support crew or support provided by race officials and race staff.
- 16) As per Florida law, no cyclist may wear any device that interferes with normal hearing such as electronic headsets, radios including communication devices, MP3 players or ipods. No athlete may use a camera/cell phone camera while cycling. Cell phones may be carried by athlete for use in case of emergency or mechanical issue, but may not be used unless athlete is stopped with both feet on the ground.
- 17) All **BIKE FEED/SUPPORT ZONES** are noted on the official course maps and will be marked with signage during the event. All non-emergency related support must be given at these locations. Most stations, but not all, will have bathroom access and FXT provided support including food, water, Gatorade, basic first aid, and more. Please note that select FXT provided support stations may be self-serve. Please see the advanced race guides provided for each stage to see what is offered at each station.
- 18) Please be aware of the official cut-off times established for each bike stage. Any athlete not making the bike finish by then will be allowed to continue in the race at his/her own risk, but will not be deemed an official finisher when they reach the run finish.

RULES AND REGULATIONS – RUN

- 1) All courses are open to traffic and TRAFFIC WILL NOT BE CONTROLLED. ALL TRAFFIC LAWS, SIGNS AND SIGNALS MUST BE OBEYED.
- 2) All courses will be clearly marked, however it is the athlete's responsibility, with the help of your support crew if applicable, to know the course, and to follow it.
- 3) Each run course is a multi-lap course. It is the responsibility of each athlete and crew to keep track of the laps, and to complete the number of laps required.
- 4) Each athlete must wear their official number while on the run course, and it must be clearly visible from the front at all times.
- 5) Each athlete must run or walk the entire course.
- 6) All athletes must have a headlamp available for use on the run course after dark.
- 7) Pacing of the athlete is allowed during the run, however an athlete may not have more than one pacer at a time. The pacer must be on foot and must wear the official "pacer bib" included in your race packet. NO MOTORIZED OR BICYCLE PACING IS ALLOWED!
- 8) As per USAT rules, no athlete or pacer may use any device that interferes with normal hearing such as electronic headsets, radios including communication devices, MP3 players or ipods.
- 9) Because a large portion of each run is on dirt roads and trails, vehicle access will be limited except at the designated support zones.
- 10) The race will provide run support including but not limited to water, ice, cola, Gatorade, gels, and food for use by all athletes. The stations are located approximately every 2 miles along the course. Not all stations may be staffed, and some may be designated self-serve. Please see the advanced race guide for each stage for more information.
- 11) Please do not discard trash along the course. All wrappers, cups, etc. must be disposed of at the official run support stations.
- 12) Please note the official, published cut-off time for each run.

RULES AND REGULATIONS – SUPPORT CREW

- 1) It is recommended that each athlete have a support team, but support teams are not required in order to compete in the Florida Xtreme Triathlon.
- 2) A support team may consist of up to two (2) adult crew members.
- 3) All crew members must sign a liability waiver during check-in.
- 4) One team member must be designated the team captain and must be present at the Thursday night pre-race briefing.
- 5) Support team members must exercise extreme caution throughout all stages of the event, for their own safety and protection, and for the safety of all athletes.
- 6) If requested, support team members may support other athletes than their own.
- 7) All support team vehicles must display the official “Support Team” signs in their front and rear windows. Signs and instructions will be provided at check-in.
- 8) Team Members must obey all event regulations, traffic laws and public ordinances, as well as follow the directions and instructions of all event officials and public authorities.
- 9) No team member may interfere with, or obstruct another team or athlete, traffic, or cause any public inconvenience.
- 10) Team members may only be on the course in their capacity as a team member. Except as a run pacer, being on the team is not an opportunity to swim, bike or run during any stage of the event.
- 11) No team member may hand or give any support to any athlete while the team member is inside a vehicle, whether moving or stationary.
- 12) All handoffs and/or aid of any kind, except in emergencies, must be given to the athlete in the designated support/feed zones. While at the support zones, team vehicles must be parked off the roadway, and with emergency flashers on if near traffic.
- 13) No vehicle may provide draft or pace for any athlete.
- 14) No vehicle may follow behind any athlete except in an emergency.
- 15) No vehicle may travel alongside an athlete except to pass them

RULES AND REGULATIONS – MEDICAL

- 1) Athletes are responsible for their own medical condition and should be cleared by their own family doctor before competing in the FXT.
- 2) Qualified medical personnel who may treat an athlete, shall have final and ultimate authority to remove an athlete from any portion of the event if the athlete is judged to be physically incapable of continuing in the event without risk of serious injury or death.
- 3) Medical assistance to an athlete, which does not result in the administration of IV fluids or the transport over or removal from the designated course, is not, by itself, grounds for disqualification.
- 4) Emergency medical contacts and information will be provided to each support team during check-in.