



*2020 IRONMAN® VR™
COMPETITION RULES*



2020 VR COMPETITION RULES TABLE OF CONTENTS

Article I.	INTRODUCTION TO VR COMPETITION RULES	3
Article II.	CONDUCT OF ATHLETES	4
Article III.	PENALTIES	7
Article IV.	SWIM CONDUCT	9
Article V.	BIKE CONDUCT	9
Article VI.	RUN CONDUCT	10
Article VII.	RACE OFFICIATING	11
APPENDIX A	12



Article I. INTRODUCTION TO VR COMPETITION RULES

Section 1.01 PURPOSE

To provide a consistent set of competition rules (“VR Competition Rules”) for all IRONMAN® VR™ -branded triathlon race competitions (the “Races” and together with all programs, activities, ceremonies, receptions, and exhibitions authorized by IRONMAN in connection with the Races (the “Events”). Athletes registering for the Classic Division IRONMAN VR Races are encouraged to follow the VR Competition Rules. Athletes registering for the Championship Division or the Championship Series IRONMAN VR Races are required to follow the VR Competition Rules.

Section 1.02 INTENTION

VR Competition Rules are intended to:

- (a) Facilitate fair play, equality, and sportsmanship;
- (b) Support ingenuity and skill without unduly limiting athletes; and
- (c) Penalize athletes who gain, or seek to gain, an unfair advantage.

Section 1.03 RACE PERSONNEL DEFINITIONS

- (a) “Event Director” or “Race Director” is the person appointed by IRONMAN to be in charge of the Event;
- (b) “Global Director of Rules and Officiating” is the person appointed by IRONMAN to oversee rule enforcement for all Races;
- (c) “VR Head Referee” is the person appointed by IRONMAN to be in charge of rule enforcement for the Race; and
- (d) “Head Timer” is the person appointed by IRONMAN to be in charge of timing for the Race.

Section 1.04 INTELLECTUAL PROPERTY

The Events are the exclusive property of World Triathlon Corporation (“WTC”) and WTC’s subsidiaries (collectively, “IRONMAN”). IRONMAN owns all rights associated with the Events including, without limitation, the rights to organize, exploit (commercially or non-commercially), broadcast, and reproduce the Events. IRONMAN’s rights include, but are not limited to, any type of digital media, whether photographic, audio, or video in nature, captured in connection with any Event or venue (including, without limitation, the Race course) and regardless of ownership of the capturing device. All personal data provided by athletes or spectators for each Event and the data produced from the Event (including, without limitation, the Race results) are the exclusive property of IRONMAN.

Section 1.05 COMPETITION AGE



All age-group athletes must participate and compete in the age-group division corresponding to the athlete's age as of December 31 of the year of the Event.

Article II. CONDUCT OF ATHLETES

Section 2.01 GENERAL BEHAVIOR

Each athlete must:

- (a) Practice good sportsmanship at all times;
- (b) Be responsible for his/her own safety and the safety of others;
- (c) Know, understand, and follow all VR Competition Rules, as stated herein, and on the Event-specific website;
- (d) Avoid any type of demonstration of political, religious, or racial propaganda. Failure to obey laws or local ordinances and/or failure to refrain from demonstration will result in **disqualification**;
- (e) Avoid the use of abusive language;
- (f) Complete the specified Race distances in the stated order;
- (g) Make all race timing data available to IRONMAN upon completion of the Race. The failure to make such Race timing data public or available to IRONMAN upon request could result in disqualification;
- (h) Not stop their race timer (e.g., Suunto or Garmin) during any time away from the course including but not limited to stopping to eat, drink, use the bathroom, or perform maintenance on equipment used during the Event;
- (i) Provide accurate data which has not been manipulated in any way for the purpose of gaining an unfair advantage or otherwise;
- (j) Upon request and for the purpose of results verification provide a summary of actual race results, provide additional data, and/or complete a performance test as determined by IRONMAN;
- (k) Use certified equipment where required, maintain the accuracy of equipment and calibrate equipment to the manufacturer's specifications and as stated herein and as required by Rouvy. IRONMAN recommends the use of a secondary power data source and secondary GPS tracking device to ensure race result verification; and
- (l) Allow IRONMAN to broadcast the athlete data from the Athlete's public racing profile and/or any data provided to IRONMAN, including the athlete's Rouvy screen.



Section 2.02 ASSISTANCE

- (a) Athletes competing in the same Race may assist each other during the Event with incidental items such as, but not restricted to: nutrition and drinks;
- (b) Athletes may not provide any item of equipment to an athlete competing in the same Race if it results in the donor athlete being unable to continue with his/her own Race. Such equipment includes but is not restricted to: shoes, complete bicycle, frame, wheels, and helmet. The penalty for this will be **disqualification** of both athletes
- (c) Athletes can receive hydration and nutrition from outside sources during the Event; and
- (d) No person or athlete shall intentionally cause the physical forward progress of another athlete during any part of the Race. The penalty for this will be **disqualification**.

Section 2.03 ANTI-DOPING

- (a) Each athlete 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.
 - (i) “Anti-Doping Rules” means all anti-doping rules adopted by IRONMAN including, 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 IRONMAN.
- (b) Each athlete acknowledges that IRONMAN’s Anti-Doping Rules may be amended from time to time and at any time by IRONMAN without notice to athlete other than, as the case may be, posting such amendments on IRONMAN’s website www.ironman.com;
- (c) Each athlete 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 athlete other than, as the case may be, posting such amendments on WADA’s website;



- (d) Each athlete 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. Each athlete 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;
- (e) Each athlete 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 athlete’s responsibility to make sure that any medical treatment received does not violate the Anti-Doping Rules); and
- (f) Any athlete 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.

Section 2.04 ELIGIBILITY

- (a) Athletes must complete the online registration process;
- (b) Athletes under suspension by IRONMAN are not allowed to compete in any Event;
- (c) An athlete’s racing age is determined by their age on December 31st in the year of the Event;
- (d) Athletes must be 18 years of age or older on or prior to the Event start date;
- (e) An athlete who competes in a category different from his/her age will be **disqualified** from the Event(s) in which he/she participated in. Any awards, prizes, and/or points will be revoked;
- (f) Any athlete that commits fraud by entering any Event under an assumed name or age, falsifying an affidavit, or giving false information will be **disqualified** and risk suspension or expulsion from other Events; and



- (g) Any athlete who has completed or plans to initiate a gender transition, or identifies as gender non-conforming, including those in the process of taking hormones (collectively hereinafter referred to as “Transgender Athletes”) must comply with IRONMAN’s rules, policies, and guidelines for Transgender Athletes (collectively, the “Transgender Policy”). The following is a link to IRONMAN’s Transgender Policy: www.ironman.com/TransgenderPolicy. Eligibility of Transgender Athletes is generally based on the guidelines set forth by the International Olympic Committee (the “IOC Transgender Guidelines”), provided, however, that in the event any terms of the IOC Transgender Guidelines are inconsistent (or become inconsistent) with IRONMAN’s Transgender Policy, the terms of IRONMAN’s Transgender Policy shall control to the extent necessary to resolve such inconsistency. Athletes acknowledge that IRONMAN’s Transgender Policy may be amended from time to time and at any time by IRONMAN without notice to athletes other than, as the case may be, posting such amendments on IRONMAN’s website www.ironman.com.

Section 2.05 RACE FINISH, TIMING, AND RESULTS

- (a) An athlete will be judged as finished the moment all segments of the Event are completed in the stated order and the finish time has been verified by the Head Timer;
- (b) A Race will be won by the athlete who has the shortest time from the moment the athlete begins the Race to the moment when the athlete finishes the Race. Timer stoppages for any reason such as but not limited to bathroom breaks, hydration and nutrition breaks, and mechanical issues shall be included in the athlete’s final result time;
- (c) The VR Head Referee, in consultation with the Head Timer, will use all resources reasonably available to decide the final position of every athlete. Information from technology may be used to assist in the decision-making process. The VR 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. Results of tied athletes will be sorted alphabetically;
- (d) Results will be official once the VR Head Referee signs them. Incomplete results can be declared official at any time; and
- (e) Results will include athletes who do not finish the Race (“DNF”), and those who are disqualified (“DSQ”). All available splits will be listed for DNF athletes.

Article III. PENALTIES

Section 3.01 GENERAL



- (a) Failure to comply with any of the VR Competition Rules may result in an athlete being punished with a Time Penalty, disqualification from the Event, or expulsion for life from all Events;
- (b) The nature of the rule violation will determine the type and severity of the penalty;
- (c) An indefinite suspension will occur for any purposeful manipulation of data that results in an unfair advantage. Purposeful manipulation of data that results in an unfair advantage shall be determined by the VR Head Referee in consultation with Technical Advisors to IRONMAN and the Global Director of Rules and Officiating, in their sole and absolute discretion;
- (d) The most common rule violations and penalties are set forth in **Appendix A**;
- (e) In any circumstance where VR Head Referee deems an unfair advantage has been gained by an athlete, such VR Head Referee may, at the VR Head Referee's discretion, assess penalties to or disqualify athletes (even if such violations by the athlete are not expressly set forth in the VR Competition Rules); and
- (f) All Time Penalties, Disqualifications, and Expulsions will be publicly available.

Section 3.02 TIME PENALTIES

- (a) For purposes of clarity and for the athlete's convenience, certain VR Competition Rules may include a corresponding time penalty or disqualification penalty indication in parentheses following the Competition Rule. However, the absence of a corresponding penalty with respect to any rule does not preclude the VR Head Referee from issuing a penalty for the violation of any such rule. Each applicable penalty (if one is expressly stated in these VR Competition Rules) may be stated within the context of the rule or may be stated in parentheses following the rule (e.g., "5:00 Minute Time Penalty", or disqualification "DSQ");
- (b) Time Penalties will be assessed after the event.

Section 3.03 DISQUALIFICATION

- (a) Disqualifications will be issued for data errors whether intentional or unintentional which result in an unfair advantage; and
- (b) Disqualified athletes will not be eligible for age-group awards including, without limitation, IRONMAN 70.3 World Championship slots. Neither timing splits nor Race results will be listed for disqualified athletes.

Section 3.04 INDEFINITE SUSPENSION

- (a) An athlete may be suspended indefinitely from competing in any Events or any other IRONMAN affiliated events if the athlete is judged to have purposely manipulated data in order to gain an unfair advantage or is repeatedly disqualified from Events;



- (b) Suspended athletes will be notified, in writing, by the Global Director of Rules and Officiating;
- (c) Suspensions issued for Anti-Doping Rule violations will be dealt with in accordance with the Anti-Doping Rules; and
- (d) The International Triathlon Union and relevant National Federation will be notified of the athlete's suspension.

Article IV. SWIM CONDUCT

Section 4.01 GENERAL

- (a) If a run is substituted for the swim portion of any Event, the run shall be done in accordance with Article VI. RUN CONDUCT;
- (b) Swimmers must swim the stated swim distance in open water or a lap pool while using a GPS device. At least one person must witness the swim. The witness(es) must sign an affidavit provided by IRONMAN confirming that the swimmer completed the swim portion of each Race, if any, in accordance with these VR Competition Rules. GPS swim data must be uploaded to an approved workout tracking site (e.g., Garmin Connect or UA MapMyRide) and must be publicly available (*i.e.*, not set as private);
- (c) Swimmers swimming in open water must swim the stated swim distance in an out and back format (*i.e.*, not downstream or with a current).
- (d) Swimmers must make forward progress under their own power and without the aid of objects such as boats, kayaks or paddleboards. In addition, swimmers may not draft off of other swimmers;
- (e) The use of swim-against-current pools (e.g., Endless Pool) is prohibited;
- (f) Total elapsed time, including all stoppages must be submitted;
- (g) Wearing swim goggles or a face mask is neither prohibited nor required;
- (h) The use of snorkels, fins, gloves, paddles, or flotation devices of any kind (including pull buoys) is prohibited; and **(DSQ)**
- (i) Wetsuits or neoprene swimwear may be used provided the thickness does not exceed 5mm.

Article V. BIKE CONDUCT

Section 5.01 GENERAL

- (a) Cyclists must complete the entire stated bicycle course using Rouvy and adhere to the weigh-in and calibration process as defined by Rouvy and stated in Section 5.02, and all data must be publicly available (*i.e.*, not set as private);
- (b) Total elapsed time, including all stoppages must be submitted; **(DSQ)**



- (c) Cyclists must use certified equipment as specified by Rouvy (see Section 5.02);
- (d) The bicycle shall be propelled solely, through a chainset, by the legs moving in a circular movement, without electric or other assistance. Any propulsive action brought on by use of the hands is prohibited (except with respect to PC Open athletes and HC athletes).

Section 5.02 ROUVY

- (a) Rouvy rules and policies can be found here:
https://cdn.virtualtraining.eu/www/images/www-module/v2/events/Digital_race_rules_EN.pdf
- (b) Athletes must use one of the following pre-approved bicycle trainers for the bike portion of each Race:
 - i. **TechnoGym:** MyCycling
 - ii. **Tacx:** NEO, NEO 2T, NEO Bike, Flux, Flux 2, Flux S
 - iii. **Wahoo:** Kickr, Kickr Core, Kickr Bike
 - iv. **Saris:** Hammer H1,H2,H3
 - v. **ELITE:** Direto X, Drivo II, Suito, Zumo

Article VI. RUN CONDUCT

Section 6.01 GENERAL

- (a) Runners must complete the stated run course on an outside course using a GPS device. At least one person must witness the run. Upon IRONMAN's request, the witness(es) must be willing to sign an affidavit provided by IRONMAN confirming that the runner completed the run portion(s) of each Race in accordance with these VR Competition Rules. GPS run data and heart rate data must be uploaded to an approved workout tracking site (e.g., Garmin Connect or UA MapMyRide), and must be publicly available (*i.e.*, **not set as private**);
- (b) Total elapsed time, including all stoppages must be submitted; **(DSQ)**
- (c) The run course may not have a net elevation loss. IRONMAN recommends running in an out and back format; **(DSQ)**
- (d) Athletes may run or walk;
- (e) The use of a treadmill is prohibited; **(DSQ and possible suspension)**
- (f) All athletes must obey all traffic laws while on the running course; and
- (g) Athletes may complete the run on an indoor or outdoor track.



Article VII. RACE OFFICIATING

Section 7.01 POWERS OF THE VR HEAD REFEREE

The VR Head Referee has the power to:

- (a) Interpret and enforce the VR Competition Rules and any other regulations or policies of IRONMAN;
- (b) Supervise and control the general conduct of all athletes, and to intervene during the Race at any stage to ensure that the VR Competition Rules are observed;
- (c) Enforce the VR Competition Rules and impose penalties for violations of the VR Competition Rules;
- (d) Make decisions with respect to any Race-related situation before, during, and/or after the Race (including situations not specifically covered in the VR Competition Rules);
- (e) Examine the equipment or other items of any athlete at any time to check compliance with the VR Competition Rules, and to make the final and binding decision as to whether any equipment or other item is improper or unauthorized; and
- (f) Establish all aspects of protest procedures (including the time and place of hearing), to impose sanctions for noncompliance with established procedures, and to assess penalties in accordance with the resolution of any protests.

Section 7.02 HEAD TIMER

The Head Timer is responsible for collecting and processing all data relevant to the calculation and determination of official Race results.

[Appendix A Follows this Page]



APPENDIX A: Common VR Competition Rule Violations and Penalties

The following is a summary of the most common VR Competition Rule violations and penalties and is not intended to be an all-inclusive list of violations and penalties (“Summary”). In any instance where this Summary is inconsistent with or otherwise contradicts the VR Competition Rules set forth in Articles I-VII, the VR Competition Rules set forth in Articles I-VII shall govern. Each athlete is responsible for knowing and understanding all VR Competition Rules (including without limitation any additional rules set forth on the Event-specific website).

SUMMARY OF GENERAL VR COMPETITION RULES	PENALTIES
Using unsportsmanlike behavior	DSQ and potential suspension
Failure to complete the required distance	DNF
Accepting physical assistance during the swim, bike, or run segment(s)	DSQ and Indefinite Suspension
Fraud by entering under an assumed name or age, falsifying an affidavit, or giving false information	Indefinite Suspension
Fraud by allowing surrogate to complete any portion of the Event in your place	Indefinite Suspension
Purposeful data manipulation that results in an unfair advantage	Indefinite Suspension
SUMMARY OF SWIM RULES	PENALTIES
Wearing a wetsuit that measures more than 5mm thick	DSQ
Making forward progress with the aid of outside object such as boats, kayaks or paddleboards.	DSQ
Failure to submit elapsed time including all stoppages.	DSQ
**SUMMARY OF BIKE RULES	PENALTIES
Failure to use certified direct drive smart trainer	DSQ
Failure to record accurate competition weight within 60 minutes prior to the start of the bike segment	DSQ and potential Indefinite Suspension
Fraud by using an e-bike	Indefinite Suspension
Failure to adhere to requirements as defined by Rouvy.	DSQ and potential Indefinite Suspension
Failure to submit elapsed time including all stoppages.	DSQ
SUMMARY OF RUN RULES	PENALTIES
Use of a treadmill to complete the run	DSQ
Failure to submit elapsed time including all stoppages.	DSQ