International Ultra Triathlon Association

IUTA Rules 2026

INDEX

1. SCOPE 2
2. DEFINITIONS 2
3. IUTA RESPONSIBILITIES 4
4. PARTICIPANTS 4
5. CATEGORIES/AGE GROUPS 5
6. GENERAL CONDUCT AND SANCTIONS 5
7. ACTS OF WARRANTING SUSPENSION AND PROTEST 7
8. SWIMMING CONDUCT 8
9. TRANSITION 10
10. CYCLING CONDUCT 10
11. RUNNING CONDUCT 14
12. ACCOMPANIMENT ON THE RACE TRACK 15
13. LITTERING 16
14. IUTA TRIATHLON MODFICATIONS FOR PARA-TRIATHLETES 17
14.1. General 17
14.2. Swimming Conduct 17
14.3. Cycling Conduct And Equipment, Non-Wheelchair Users 17
14.4. Cycling Conduct And Equipment, Wheelchair Users 18
14.5. Running Conduct, Non-Wheelchair Users 19
14.6. Running Conduct and Equipment, Wheelchair-users 19
14.7. Visually-Impaired Para-Triathlete And Guide Conduct 20
15. STANDARDIZED/MINIMUM DISTANCES AND TOLERANCES 21
16. TIME LIMITS AND BREAKS/RESTARTS 22
17. ANTI DOPING POLICY 23
18. TECHNOLOGY FRAUD 25
19. SUPERVISION AND CONTROL 25
20. MEDICAL SUPPORT 26
21. AWARDS AND PRIZES 26
22. SPECIAL RULES FOR THE IUTA WORLD CHAMPIONSHIPS 26
23. IUTA WORLD CUP CHALLENGE (IUTA WCC) 27
24. RECOGNITION OF ULTRA TRIATHLON RECORDS 30
25. RACE CONTRACTS 31
26. APPLICATION 31

1. SCOPE

These rules are adopted by the International Ultra Triathlon Association (IUTA) and govern the administration of races and events sanctioned by the IUTA.

These rules are binding on all persons who enter or participate in, or organize any IUTA event.

In that rule, the male form is always used for the sake of simplicity. The IUTA explicitly addresses all genders.

The IUTA makes no implied warranty regarding the degree of safety, which may or may not result from compliance with these rules.

Every participant, team member of the participant, race official or race volunteer should consider all safety issues and make related decisions prudently without reliance upon these rules.

Examinations or inspections of equipment at sanctioned events are undertaken solely to monitor compliance with these rules and do not guarantee or ensure safety from personal injury or property damage.

The safety of the racing equipment is the sole responsibility of each individual participant.

For any particular event, a race director may request from IUTA a specific exception or addition to these rules. All exceptions or additions to these rules must be expressly approved in writing by the IUTA Committee and must be announced to all participants prior to the event.

The event organizer has the obligation to implement this set of rules consistently in IUTA sanctioned races. He can take the help of IUTA responsible persons.

2. DEFINITIONS

An **Ultra Triathlon (UT)** is a long-distance endurance race consisting of swimming, cycling and running in that order. It combines 3.86 kilometers of swimming, 180.25 kilometers of cycling and 42.195 kilometers of running (UK/US: 2.4 - 112 - 26.2 miles) in a so-called „Longdistance Triathlon" or a multiple of these distances. There are different cut-off times for each discipline and each UT or multiple of an UT.

IUTA distinguishes the following types of Ultra Triathlons (UT) respectively challenges, which can take place on lap courses but also as point-to-point races. Overlapping seconds between disciplines, transition and competition days are to be interpreted to the advantage of the athlete and/or the event organizer.

1) A **UT** or **UT (Continuous)** or **continuous UT** combines one swim part, one bike part and one run part without a break. There is one start and one finish; the time starts once with the beginning of the swim part and ends once after crossing the finish line at the end of the run part. A continuous UT is at least twice as long as a „Longdistance Triathlon". In this document, the different

distances of a continuous UT are referred as a „Double UT", a „Triple UT", a „Quadruple UT", a „Quintuple UT", a „Deca UT", a „Double Deca UT" or a „Triple Deca UT".

2) A **UT (Day)** or **per day UT** combines a „Longdistance Triathlon" per day on consecutive days with the same start time each day and a maximum cut-off time of 24 hours a day. There is one start and one finish each day; the time starts once with the beginning of the swim part and ends once after crossing the finish line on each day. An athlete who finished the daily run part is forced to do a break til the next day's start time. In that rule, the different distances of an UT are referred as a „Double UT (Day)", a „Triple UT (Day)" and so forth for UT in per day format.
3) A **UT (Split)** or **combined UT** is a strict combination of one per day UT directly followed by a continuous UT over the same distance in that order (e.g., a Deca per day UT followed by a Deca continuous UT). The start of the continuous UT must be 24 hours plus/minus one hour after the start of the last day of the per day UT. If the athlete fails to complete one of the two parts (per day part/continuous part), the whole race is considered as DNF.
4) A **UT (Staged)** combines in a minimum one swim, one bike and one run part in that order. More parts in each discipline are possible. There is a limitation of kilometers/miles each day followed by a break until the next day's start time. Not all disciplines or parts of disciplines must be done on a day. Usually a UT (Staged) comprises on day one a 10k-swim and a 145k-bike ride, on day two a 276k-bike ride and on day three a 84,4k-run - in summary 515 kilometers. Other distances are possible. (Just as information: If the rules are interpreted consistently, this variant is not a triathlon in the true sense of the word because of the defined breaks between the disciplines.)
5) A **UT (NonStop)** is a mixture of a UT (Day) and a UT (Continuous). A fixed number of Single Ultratriathlons must be completed consecutively. The time limit for the race must not exceed the number of Single Ultratriathlons multiplied by 24 hours. There is only one start and one finish in the whole race, i.e., the next following long distance may be started directly after the completion of the previous long distance in compliance with the respective regulations of the event organizer. The time between the end of the run portion and the start of the next swim portion must be recorded as „Transition 3" or „T3".
   Example: In a Deca UT (NonStop), 10 long distances must be finished in direct succession. The time limit for the race must not exceed 240 hours. For each finisher, nine several times must be recorded for „Transition 3".
6) A **UT (Step)** consists of a fixed number of UT (Continuous), which are to be completed consecutively and in ascending order of distance. In this case, a „Step" refers to one of the UT Continuous to be completed, regardless of the distance. This format always starts with a Single UT. The distances increase from „Step" to „Step" by one Single UT. The total cut-off times for each „Step" are set to 24 hours or multiples of 24 hours, so that the start time of each „Step" is always the same. The cut-off of the last „Step" can be freely selected.

IUTA World Championships (WC) can be organized if the event organizer respects the IUTA standards. Rules are described in the corresponding section.

IUTA organizes an **IUTA World Cup Challenge (WCC).** Rules are described in the corresponding section.

IUTA Grand Prix Races are not part of another challenge, but a possibility for event organizers to be part of IUTA WCC. The possibility exists for event organizers who are not able or have not been able to fully comply with all quality requirements from the concluded contract.
In IUTA Grand Prix Races the achieved points for the IUTA WCC will be reduced by 50%. In IUTA Grand Prix Races no World Records and no Continental Records can be achieved. A change of this status (World Cup Race/Grand Prix Race) in both directions can be determined by IUTA up to one month before the start of the corresponding event/race. Classification as an IUTA Grand Prix Race can also be determined by IUTA after the completion of an event. Rules are described in the corresponding sections.
Races that are suspected of having been organized as a private challenge can also subsequently be classified as IUTA Grand Prix Races by the IUTA. Without claiming to be exhaustive, criteria for the assessment include a short registration period, few starters/finishers, unusually high entry fees or very short cut-offs.

3. IUTA RESPONSIBILITIES

The IUTA is responsible for the promotion of the Ultra-Triathlon. It represents the interests of its organisers and athletes, i.e., its members, equally with all means at its disposal.

The IUTA issues an official competition calendar and organises international classifications such as a World Cup. In addition, IUTA publishes this comprehensive set of rules for the organisation and conduct of ultra-triathlons. This set of rules is regularly adapted to the needs and wishes of the members.

The IUTA sets the requirements for the inclusion of new events in the racing calendar, for the awarding of World Championships or for the recognition of World Records, such as certified track surveying or even anti-doping tests in accordance with WADA specifications.

4. PARTICIPANTS

All participants in events sanctioned by IUTA must be of adult age with regard to the country where the event take place and with regard to the startday of the event. All competitors, which means participants at the start line of an IUTA sanctioned race, will be automatically a member of IUTA but the participants must pay the required fee requested by the organizer and comply with all the requirements determined by IUTA.

Participation of para-athletes in any IUTA event remains subject to the decision of the event organizer. This decision shall only be based on safety considerations for the athlete himself.

Participants have the obligation to know and follow the IUTA rules in its entirety, the traffic laws applicable at the place of the event and the rules given by the event organizer. All participants commit to recognize the rules, regulations and policies of the WADA in its entirety. If there is a conflict between the rules of the event organizer and the rules of IUTA, the IUTA rules supersedes. If there is a conflict between the rules of the WADA and the rules of IUTA, IUTA rules supersedes.

IUTA is entitled to revoke or suspend the participant's membership in IUTA after having given written notice containing the charges or allegations made against the athlete, offered the opportunity to respond to the charges and to appeal the decision.

5. CATEGORIES/AGE GROUPS

A male and a female category are established and divided in age groups as follows. Athletes compete in the age group division corresponding their age on December 31st of the year of the event.

Age	Male Age Group	Female Age Group	Age	Male Age Group	Female Age Group
18 - 24 years	M18	W18	50 - 54 years	M50	W50
25 - 29 years	M25	W25	55 - 59 years	M55	W55
30 - 34 years	M30	W30	60 - 64 years	M60	W60
35 - 39 years	M35	W35	65 - 69 years	M65	W65
40 - 44 years	M40	W40	70 - 74 years	M70	W70
45 - 49 years	M45	W45	75+ years	M75	W75

IUTA - Rules 1: different age groups for male and female

There will be one handicap category. The organizer determines whether the athlete is considered a handicap athlete.

In principle, the IUTA is open to all genders. There is no uniform, globally valid regulation for the sport. Rather, the legislation of the respective country is decisive. Some countries recognize more than two genders, others do not. Therefore, we have decided: If an athlete feels that he belongs neither to the female category nor to the male category, the organizer can introduce a separate category for this athlete in compliance with the valid legislation of the venue. The organizer must explicitly list this category in the results lists of the event.

6. GENERAL CONDUCT AND SANCTIONS

All participants must act in compliance with the IUTA rules in its entirety. If a participant does not respect the IUTA rules or does not respect the safety requirements, he or she exposes himself/herself to the following timing and administrative sanctions:

- 1st offense: Verbal warning and if necessary, a «stop and go» procedure
- 2nd offense: Yellow card equivalent to 30 minutes penalty
- 3rd offense: Red card equivalent to 120 minutes penalty
- 4th offense and for the cases expressively mentioned thereafter: Black Card bringing to immediate disqualification. The disqualified participant shall be required to immediately withdraw from the race and vacate the course.

When a competitor receives a time penalty, the competitor must remain stopped under the direction of the race official for the prescribed period of time. The location of the stop will be determined by the race official. When the official indicates that the time penalty has expired, the athlete may continue the race. While in a penalty zone, an athlete may not accept any form of assistance or support from any other person. Any violation of these rules will result in disqualification.

Participants must cover the prescribed race in its entirety. It is the participant's responsibility to know the race course (does not apply to point-to-point races) and to follow the tracks defined by the organizer. Upon leaving the course, a participant shall re-enter the course and continue at the same point of departure. Participants intentionally short cutting the race shall be sanctioned of an immediate disqualification.

Participants shall refrain from unsportsmanlike conduct, including the improper use of language or conduct directed toward an official, other participants, volunteers and spectators. The sanction will be the disqualification.

Participants shall refrain from intentionally or accidentally blocking, charging, obstructing, or interfering with the forward progress of another participant. The sanction will be the disqualification.

Participants must wear their start numbers clearly visible during the race and keep the start number in an unchanged and legible condition during the race. The participant must wear the swim cap and start number provided by the organizer. The start number must be worn at the back of the bike course and at the front of the running course. Further start numbers can be attached to the bike at the organizer's discretion. Participants will be warned if their number is not visible and must stop to put it in the correct position.

A rule-consistent behavior of the participants and their teams must be ensured by the organizer. For the duration of any reprimand or rule declaration of the competitor by the organizer, the athlete must interrupt his race. This stop counts as warning. Should the participant not comply with the organizer's request, he will be disqualified.

No particpant shall endanger himself or other persons. Any participant, who intentionally presents a danger to any person or who, in the judgment of the event organizer, appears to present a danger to himself or other persons shall result in a penalty as described in this section. In the last consequence this can lead to disqualification.

No participant shall use any equipment which could be determined to be improper, including but not limited to equipment which might provide an unfair advantage or endanger other participants.

Participants will be excluded from the race until corrective actions are undertaken. The level of possible corresponding sanction rests on the responsibility of the event organizer.

Participants shall notify a race official prior to any pause conforming to race director instructions and immediately after a withdrawn from a race.

In unsafe (weather) conditions (e.g., a thunderstorm) during the race the event organizer has the authority to pull the athletes off the course. The organizer has the last word.

7. ACTS OF WARRANTING SUSPENSION AND PROTEST

The following acts may be reasons for suspension for a period of time designated by the IUTA Committee:

- Flagrant or intentional violation of the IUTA rules
- Gross or continued unsportsmanlike conduct
- Physical violence directed toward a race official, participant, volunteer, spectator or other persons
- Any fraudulent act, such as falsifying name or age etc. or providing false information to IUTA, event organizer or race officials
- Repetitive or recurring violations of the IUTA rules
- Refusal to abide by the final determination by IUTA of any matter relating to the IUTA rules
- Any act which disgraces or brings discredit to IUTA or our sports

All protests regarding race results must be submitted to the event organizer and to IUTA within two weeks after the official time limit of the respective race.

Violations of the IUTA/WADA Anti-Doping Rules and/or the IUTA Technology Fraud Rules will result in a disqualification. In both cases the IUTA will impose a temporary penalty that will exclude the convicted athlete from all IUTA sanctioned competitions. The minimum duration of this penalty is two years. The start of the penalty is the day on which the offense is detected, e.g. in the case of a positive doping test, the day of the (urine) test. In case of repeated violation of the same rule, the IUTA can impose a life ban for IUTA sanctioned races.

A suspended athlete is not entitled to a refund for entry fees already paid for future IUTA events.

A banned athlete loses all IUTA World Cup points for the calendar year in which cheating was detected. His participation in corresponding races is to be scored with "0" points.

A banned athlete loses his/her IUTA membership (at least) for the duration of the ban until the next start at an IUTA sanctioned race.

Any person reprimanded or suspended from IUTA shall be entitled to receive reasonable notice of such disciplinary action. IUTA has the right to publish on its website any reprimand or suspension and the reason for it.

8. SWIMMING CONDUCT

Swimmers may use any stroke to propel themselves through the water. Swimmers may stand on the ground, but not walk. Exceptions to this are the areas specified by the event organizers where swimming is not possible, such as the exit and entrance at the so-called „Australian Exit". In a pool, a swimmer when turning shall make physical contact with the end of the pool. The turn must be made from the wall, and it is not permitted to take a stride or step from the bottom of the pool.

Each participant shall be permitted to wear a wet suit irrespective of the water temperature. The wetsuit may be single or multiple layers, as long as a thickness of 12 mm is not exceeded, and must keep hands and feet exposed.

If provided by the event organizer, the swimmer shall wear the proper official swim cap. If no official cap is provided; all swimmers should wear their own brightly colored swim cap. Swimmers may wear, but shall not be required to wear, swim goggles or face masks.

Any swimmer wearing any artificial propulsion device, including but not limited to fins, gloves, booties, paddles, snorkels or floating devices of any kind shall be disqualified.

Use of gloves and/or booties without propulsive features may be exceptionally authorized at discretion of the event organizer for water temperatures

- below 20° Celsius and cumulative race distances < 19 km or
- below 21° Celsius and cumulative race distances >= 19 km.

If it is absolutely necessary for the safety of the athletes to cover hands and/or feet, the event organizer has to do a written request to IUTA for an exception from the temperature thresholds. In any case, it requires the consent of the IUTA as part of the contract between IUTA and the event organizer.

The event organizer has to determine the temperature by a measurement made within two hours of the race start. A water temperature measurement should also be taken prior to any pre-race meetings in order to forecast to the athletes as early as possible the likely water temperature on race day.

A participant may stand on the bottom or rest by holding an inanimate object such as a buoy, boat, rope or floating object. Excluding the bottom, a participant shall not use any inanimate object to gain forward progress. A violation of these rules shall result in a penalty as described in section General Conduct and Sanctions.

The swimmer is authorized to leave the swimming part due to exhaustion, for medical check-up, massage, etc. Upon leaving the course, a participant shall re-

enter the course and continue at the same point. The athlete or a member of his support crew must notify the race director or staff before exiting and re-entering swim.

A swimmer experiencing difficulty and in need of assistance shall wave his arms, and call or seek assistance. A swimmer, who has received official assistance, whether voluntary or involuntary, must retire and withdraw from the remainder of the race unless such assistance did not aid the swimmer in making forward progress. No swimmer shall return to the race if the official rendering assistance requests that the participant withdraws from the race or receives medical assistance.

Swimming can take place either in open water or in a swimming pool. In open waters, boat assistance shall be provided at each turning buoy and/or every 250 meters (820 ft).

Swimming is not authorized with or against current higher than 0,3 meters/second (1,08 km/h). The proportions of swimming with and against the current (for example in a river) must be the same. For example: For a swimming at a Double UT distance the part with the current must be 3800 meters long and the part against the current must be 3800 meters long.

The number of swimmers per lane is the responsibility of the event organizer. The organizer must guarantee a fair swim for all participants. Swimmers shall be regrouped in their swimming lane according to their best estimated swimming time.

When all the swimmers cannot be accommodated in the same swimming pool, a second swimming pool can be used. If two pools are used the start of the race will have obligatorily to be given at the same time.

The event organizer may alternatively consider staggered starts for his event if only one pool is available, but only for different races (distances). Different start waves within the same race (distance) are prohibited. All athletes within the same race (distance) must start at the same time.

Overtaking is authorized. The overtaken swimmer shall not block the overtaking.

It is obligatory to touch the wall with a part of the body during the turns. Failure to do so shall result in penalty as described in section General Conduct and Sanctions.

The time for a possible shuttle service between the pool, lake or sea to the bike track has to be added to „Transition 1” in the timetable. The clock does not stop.

If a swim must be canceled during an event or before the event starts (e.g., for safety reasons) the organizer has the right to switch to an ultra duathlon. The length of the first run part is the responsibility of the organizer. The race (ultra duathlon) will still be a part of the IUTA world cup and the point system for the IUTA world cup challenge (WCC) stays unchanged. In cases of switching to an ultra duathlon, records will be unrecognized. The ultra duathlon will not count as an ultra triathlon or a part of an ultra triathlon.

9. TRANSITION

A participant must reduce cycling speed to an acceptable and safe level when exiting and entering the transition areas and the support crew area. Failure to do so shall result in a penalty as described in section General Conduct and Sanctions. When defined by the race organizer, all participants shall place equipment only in the properly designated and individually assigned bicycle corral and shall at all times keep their equipment confined to such properly designated areas.

All participants have to pick up and to return their bike from/into the properly designated positions in the corresponding transition zones by their own. Any violation of this rule shall result in a penalty as described in section General Conduct and Sanctions.

No participant shall impede the forward progress of another participant or interfere with another participant's equipment while in the transition area. Any violation of this rule shall result in a penalty as described in section General Conduct and Sanctions unless such obstruction or interference renders another participant unable to complete the event, in which case the penalty shall be disqualification.

Assistance to participants in the designated transition areas is allowed but restricted to one single person per participant. Para-Triathletes can take the assistance of two persons.

10. CYCLING CONDUCT

All bicycles shall be propelled only by human force. Other than pushing a bicycle, any propulsive action brought on by use of the hands is prohibited unless participants are physically challenged. Any violation of this section shall result in a disqualification.

All bicycles and bicycle equipment used in Ultra triathlon sanctioned events must conform to the specifications set forth in this section. Any participant using a nonconforming bicycle or otherwise violating this section shall be disqualified.

- Length cannot exceed two meters, and width cannot exceed 75 centimeters.
- The distance from the ground to the center of the chain wheel axle must measure at least 24 centimeters.
- A vertical line touching the front most point of the saddle may be no more than 5 centimeters in front of and no more than 15 centimeters behind a vertical line passing through the center of the chain wheel axle. The cyclist must not have the capability of adjusting the saddle beyond these limits during competition.
- The "front-to-center" distance, which is defined as the distance between a vertical line passing through the center of the chain wheel axle and a vertical line passing through the center of the front axle, must measure not less than 54 centimeters, except where the distance between the center of the chain wheel axle and the top of the saddle is less than 71 centimeters. In this case

the front-to-center distance cannot be less than 50 centimeters. The "front-to-center" distance must measure not more than 65 centimeters, or seven eighths of the distance between the center of the chain wheel axle and the top of the saddle, whatever is greater. Applicability of the two foregoing exceptions is determined by measuring from a point on top of the saddle which is 14 centimeters behind the front most point of the saddle.

- There must be no protective shield, fairing, or other device on any part of the bicycle (including frame, wheels, handlebars, chain wheel, and accessories) which has the effect of reducing resistance. Aerodynamic carriers for food, water, and or cycling provisions may be attached to or be an integral part of the aero-handlebars if they meet the following guidelines:
  a) The carrier can pass from front to rear, through a rectangular loop with dimensions of 10 inches (25 cm) in width and 8 inches (20 cm) in height.
  b) The front of the carrier is behind the cyclist's hands when the hands are placed in their customary position on the end of the aero bars, and
  c) The length of the carrier is no greater than 10 inches (25 cm) front to rear.

  When the carrier is an integral part of the aero bar, this integrated unit must be able to pass through the rectangular loop defined in (a) above and the carrier portion of the unit must meet criteria (b) and (c). In the event that compliance with this section is in doubt with respect to any particular carrier or integrated unit, a member of IUTA or Race Director may submit the carrier or integrated unit to IUTA for evaluation.
- No additional equipment, whether it is worn under the competitor's clothing, over the competitor's clothing, or is otherwise attached to the athlete's body, which has the effect of reducing wind resistance is permitted. An exception is the use of safety helmets. Such helmets may have the effect of reducing the wind resistance of the head only.
- Except as otherwise determined by the race director in the interest of safety, the front wheel may be of a different diameter than the rear wheel, but the front wheel must be of spoke construction. The rear wheel may be either spoke or solid construction. Wheel covers shall only be permitted on the rear wheel.
- No wheel may contain any mechanism which is capable of accelerating the wheel.
- Handlebars and stem must be fashioned to prevent any danger. All handlebar ends must be solidly plugged to lessen the possibility of injury.
- There must be one working brake on each of the two wheels. Disc brakes are allowed.
- There must be a free-wheeling mechanism between the crank and the rear wheel that allows the bicycle to roll forward while the pedals remain stationary.
- All aspects of the bicycle must be safe to the user and to other participants in the event. Minimum safety standards include, but are not limited to, properly glued and sealed tires, tight headset and handlebars, and true wheels.

Participants shall not make any forward progress unaccompanied by their bicycle. If a bike is not working, no matter at what point of the track, the

participant is allowed to accept help from his team, the event organizer or other competitors. The participant may be brought spare parts or even a spare bike. Should the participant not be able to continue the race immediately despite the help, the point of exit must be marked. A continuation of the race must take place at the exit point.

All participants must obey all traffic laws while on the cycling course. Unless otherwise directed by the event organizer, all participants shall come to a complete stop when required by a traffic sign or traffic control device and shall not proceed through any intersection unless such intersection is clear of oncoming traffic. In no case shall a cyclist cross a solid yellow/white line indicating a no passing zone.

All participants shall exercise extreme caution and shall decrease speed, if necessary, in passing the site of any accident.

All participants are required to provide immediate assistance to other participants in case of any accident and to inform the event organizer of any such accident. Any violation of this rule shall result in disqualification.

A participant may dismount but shall not interfere with other cyclists.

All participants shall wear a protective head cover, undamaged and unaltered, which meets or exceeds the safety national standards of the country where the race takes place. Any violation of this rule shall result in disqualification.

The helmet must be fastened before the participant mounts the bicycle, at all times when the participant is on the bicycle and must not be unfastened until the participant has dismounted. A participant shall not be sanctioned if the helmet strap unintentionally and temporarily becomes unattached, and the participant immediately comes to a full stop and repairs the strap and replaces the helmet while fully stopped with both feet on the ground.

A participant is not permitted to position his bicycle in the proximity of another moving vehicle so as to benefit from reduced air resistance.

While on the cycling course, participants shall not work together to improve performance, efficiency, or position by teamwork or other joint conduct. Pacing an athlete by cycling alongside behind or in front of him is strictly forbidden.

While on the cycling course, no participant shall permit his drafting zone to intersect with or remain intersected with the drafting zone of a leading cyclist or that of a motor vehicle. With respect to a motor vehicle (including authorized race vehicles); it is the athlete’s responsibility to move out of the vehicle’s drafting zone or to continually communicate to the vehicle to move away.

The term "drafting zone" refers to a rectangular area twelve meters long and one meters wide arround each bicycle. The longer sides of the zone begin at the leading edge of the front wheel and run backward parallel to the bicycle; the front wheel divides the short side of the zone into two equal parts. With respect to a moving motor vehicle, the "drafting zone" is a rectangular area extending meters meters to each side of the vehicle and 35 meters behind the vehicle.

Cyclists must not block or obstruct the progress of another participant.

A participant who approaches another cyclist from the rear or from another unfavorable position bears primary responsibility for avoiding a position foul even if the cyclist being approached alters speed.

A participant must not attempt to pass another cyclist unless adequate space is available and the athlete is confident of his/her ability to pass the other cyclist. All passing is to be done to the left of the cyclist being overtaken (unless otherwise ruled in the event country).

Except for reasons of safety, all cyclists shall keep their right unless passing (unless otherwise ruled in the event country).

A cyclist who has been overtaken bears primary responsibility for avoiding a position foul and must immediately move to the rear and out of the drafting zone of the passing cyclist. The overtaken cyclist shall first move completely out of the drafting zone of the other cyclist before attempting to re-pass the other cyclist.

A participant may enter the drafting zone without penalty only under the following conditions:

- When entering the drafting zone from the rear, closing the gap, and overtaking all within no more than 30 seconds.
- When cyclists reduce speed for safety reasons, for course blockage, for an aid station, for an emergency, entering or exiting a transition or supporting area or making a turn of 90 degrees or more.

All bicycles and bicycle equipment used in IUTA events must conform to the specifications defined thereafter. Any participant using a non-conforming bicycle or otherwise violating these rules shall be disqualified unless the participant can immediately bring back his/her bicycle in conformity with these rules and if these non-conformities have not brought an unfair competitive advantage to the participant.

Any unusual bicycle construction or equipment shall be illegal unless prior approval is received from the event organizer before the equipment is used in the event. This applies in particular to specifically designed material for para-athletes. Any violation of this rule shall result in disqualification.

The bicycle will have obligatorily to carry the race number, if given by the organizer.

At the race director’s discretion participants may use non-standard equipment (such as a recumbent bicycle) providing that doing so does not impact course safety. A participant using non-standard equipment will not be eligible for IUTA points and will not be given an official placing in the results against participants using standard equipment.

The participant is allowed to use a second bicycle and as many wheels as he wishes during the race.

At nights, when the conditions of visibility are weak and as soon as deemed necessary by the event organizer, participants have to wear reflective clothes and/or reflective apparels and has his/her bike equipped of frontal and rear lights that allow for a proper security of the athletes...

Participants shall have at their disposal sufficient spare batteries to allow for the proper respect of this rule all along the night. The use of frontal flashing lights is not considered as sufficiently safe in itself. Any violation of these rules shall result in disqualification unless immediate corrective action is given by the participant.

It is the responsibility of the event organizer to mark correctively the bike race, to use cones, reflective lamps and / or any sign to signal any danger for the safety of the participants.

The event organizer shall define the zone of supply. This zone shall be clearly identified. Support crew members can only give supplies to participants within this designated zone of supply. Unless otherwise ruled by the event organizer for point-to-point UT, support from car vehicles not belonging to the organization is strictly forbidden. Any violation of this rule shall result in disqualification.

For point-to-point UT, no more than one vehicle can be accepted per participant. The vehicle will have to stay at a minimum 25 meters behind the participant. Supplies to the participant, medical and mechanical assistance shall only be provided by participant's crew members from a stationary vehicle.

If the corresponding traffic regulations of the event location (country) don’t prohibit and the event organizer don’t prohibit, any participant is allowed to use or wear a hard cast, headset audio device, ear phone or bone conduction technic during the cycling stage. The athlete has the responsibility to ensure that he is able to hear warning signals at any time. The athlete must also be accessible at all times.

It is allowed to use a mobile phone, but only if the cyclist stops at the wayside. The athlete has the responsibility not to hinder other athletes or race officials.

Any violation that does not lead to direct disqualification must be punished with a penalty as described in section General Conduct and Sanctions.

11. RUNNING CONDUCT

Participants must run or walk (crawling and jumping is allowed) the entire portion of the run course on their own. A participant who moves forward in another way violates these rules and has to be disqualified.

The use of walking sticks is prohibited, except the run course has trail character and/or it serves the safety of the athletes. For the use of walking sticks, the event organizer must apply for an exception from IUTA in written form. In any case, it requires the consent of the IUTA as part of the contract between IUTA and the organizer.

The thickness of the soles of running shoes and the number of carbon plates included is not regulated. The free choice of shoes applies.

Pacing an athlete in front of him is strictly forbidden. Any violation of this rule shall result in a disqualification.

Pets are not allowed on the race course. Pacing using pets is strictly forbidden.

If the corresponding traffic regulations of the event location (country) don't prohibit and the event organizer don't prohibit, any participant is allowed to use or wear a hard cast, headset audio device or ear phone during the running stage. The athlete has the responsibility to ensure that he is able to hear warning signals at any time. The athlete must also be accessible at all times.

It is the responsibility of the event organizer to mark correctively the run race, to use cones, reflective lamps and / or any sign to signal any danger for the safety of the participants.

Participants must cover primary genitals with clothing. Female participants must also cover their breasts. Any violation of this rule shall result in a disqualification.

For races organized on roads open to car traffic and races for which biking and running sections are on common roads, the participants will have to wear reflective clothes and/or reflective apparels at nights and eventually equipped of frontal and rear lamps, when the conditions of visibility are weak and as soon as deemed necessary by the event organizer.

Participants shall have at their disposal sufficient spare batteries to allow for the proper respect of this rule all along the night. Any violation of these rules shall result in disqualification unless immediate corrective actions are given by the participant.

Unless otherwise ruled by the event organizer for point-to-point UT, support from car vehicles not belonging to the organization is strictly forbidden. Any violation of this rule shall result in disqualification.

For point-to-point UT, no more than one vehicle can be accepted per participant. The vehicle will have to run at a minimum 10 meters behind the participant. Supplies to the participant, medical and mechanical assistance shall only be provided by participant's crew members from a stationary vehicle.

Any violation that does not lead to direct disqualification must be punished with a penalty as described in section General Conduct and Sanctions.

12. ACCOMPANIMENT ON THE RACE TRACK

Accompaniment during the swim part is forbidden. During open water swims, the organizer has the final say. He can allow accompaniment e.g. in a boat, but any form of pace making is strictly forbidden.

Accompaniment during cycling and running is not forbidden, but any character of pacing is strictly prohibited. The following rule applies:

Accompaniment during cycling means that a supporter is only allowed to ride behind his athlete. The supporter must also comply with the road traffic regulations of the respective country. The supporter is forbidden to hand over food, drink, clothing or other utensils during the ride. The accompaniment is for safety purposes only. Accompaniment while cycling is allowed for a maximum of every three hours for two laps or every three hours for a maximum of 20 kilometers. Whichever limit (two laps or 20 kilometers) is reached first is decisive.

The last remaining athlete on the bike course may be accompanied continuously until the end of the bike course for safety reasons.

Accompaniment during the run means that a supporter is allowed to run next to or behind his athlete. Accompaniment by a cyclist is allowed in the same way, should the course be suitable for it. The supporter is prohibited from handing over food, drink, clothing or other utensils during the accompaniment. An exception for the handover is the zone designated by the organizer, usually the "pit lane" of the athletes/supporters. This zone must be clearly designated by the organizer in the briefing or the announcement; ideally it should also be marked.

The first athlete on the run course may be accompanied continuously for safety reasons until another athlete joins the run course.

The last athlete on the run course may be accompanied continuously for safety reasons until the end of the run.

The organizer has the final decision for his races. He can prohibit the accompaniment on the bike and run course completely, if there are compelling reasons for it.

13. LITTERING

An athlete who does not dispose of his waste in the bins or zones designated for this purpose shall be asked to remedy the deficiency as per the event organizer's request. If no bins or zones are designated, the athlete is required to use his/her own suitable bin for waste disposal. A deficiency arises when the event organizer determines that an athlete is polluting the environment. Correction of the deficiency can be done in two ways:

1. The athlete concerned can instruct his team to collect the waste and dispose of it properly. The athlete must be stopped by the event organizer in a (flying) penalty zone for the entire duration of the removal of the deficiency.
2. The athlete concerned can remove the deficiency himself. For this purpose, he may, if necessary, leave the official race track.

In both cases the official clock continues to run. The duration associated with the removal of the deficiency represents a time penalty for an unlimited period of time. The event organizer alone decides whether the deficiency has been eliminated.

In case of repetition the athlete has to be disqualified by the event organizer.

14. IUTA TRIATHLON MODFICATIONS FOR PARA-TRIATHLETES

14.1. General

Para-triathletes (PT), as defined below shall be governed by all IUTA Competitive Rules with the following modifications.

Para-triathlete categories shall be instituted and maintained as follows:

- Prosthetic users - In both bike and run segments, the athlete may use approved prosthesis or other supportive devices.
- Wheelchair users - Athletes shall use a recumbent hand cycle on the bike course and a racing wheelchair on the run segment
- Visual impairment - one guide of the same sex may be used for each leg of the race. Athlete is tethered during the swim portion, must ride a tandem bicycle, and may choose an elbow lead or tether lead.

Each para-triathlete shall be required to:

- Provide medical evidence and documentation describing his/her disability.
- Be available to the classifier for assessment prior to competition.
- Meet the minimum impairment criteria.

Athletes with miscellaneous conditions such as, but not limited to: intolerance to temperature extremes, organ transplants, joint replacements (endoprosthetics), kidney dialysis, hearing impairments, and or cognitive impairment are not eligible for paratriathlon competition or categories.

14.2. Swimming Conduct

Wetsuits are allowed for PT participants at any water temperature.

In multiple loop swim courses competitors are not required to exit the water before completing additional loops.

Prosthetic and orthotic devices are considered propulsive devices and are not allowed for any category. The use of floating devices for para-athetes is allowed, but the device must be worn completely under the wetsuit. It must not be visible.

14.3. Cycling Conduct And Equipment, Non-Wheelchair Users

Para-triathletes shall be governed by the following with regard to cycling conduct:

- All bicycles and tricycles shall be propelled by human force.
- Rigid prosthetic adaptations that are mounted or affixed to any part of the cycle are not allowed.
- A rider shall be supported solely by the pedals, the saddle and the handlebars.
- Competitors not wearing prosthesis may use a support for the thigh only if the thigh is not affixed to the bicycle.
- No guide dogs will be allowed on the bike course at any time.

14.4. Cycling Conduct And Equipment, Wheelchair Users

Competitors must use a hand cycle with the following specifications:

- A hand cycle shall be an arm powered, three wheeled vehicles with an open frame of tubular construction which conforms to the general principles of International Cycling Union (UCI) construction for bicycles (except that the chassis frame tubes need not be straight.) For the seat or backrest construction, the maximum frame tube diameter may not exceed the maximum defined by the general principles of UCI.
- The single wheel may be of a different diameter to the double wheels. The front wheel or wheels shall be steerable; the single wheel, either front or rear, shall be driven through a system comprising handgrips and a chain. The hand cycle shall be propelled solely through a chain set and conventional cycle drive train, of crank arms, chain wheels, chain and gears, with handgrips replacing foot pedals. It shall be propelled by the hands, arms and upper body only.
- The hand cycle must have a working brake system on the front wheel.
- The horizontal of the rider's eye line must be above the crank housing (crank set) when the rider's hands are on the handlebars facing forward at full extent, the tip of both shoulder blades are in contact with the backrest and the head is in contact with the headrest (when applicable).
- From the seated recumbent position described above (P1.7, d), conforming measurements are calculated as follows; (#1) the distance from the ground to the center of the rider's eyes and (#2) the distance from the ground to the center of the crank housing (crank set). Measurement #1 (from the eyes to the ground) must be equal or greater than measurement #2 (from the center of the crank housing to the ground.)
- The rider shall remain seated in the recumbent position with bodyweight supported through the seat and backrest. The seat angle must be a minimum of 300 and a maximum of 450, measured between the horizontal and the back of the rider.
- All hand cycles must have a mirror fixed either to the helmet of the rider or at some point on the front of the bike to ensure rear-view vision.
- Wheels of the hand cycle may vary in diameter between a minimum 406 mm and a maximum of 622 mm. Modified hub attachments may be used if necessary. The width of hand cycle double wheels may vary between 55 cm minimum and 70 cm maximum, measured at the center of each tire where the tires touch the ground. Wheels must be of spoke construction. Solid disc wheels and wheel covers are not allowed.
- A hand cycle shall not measure more than 250 cm in length. Its maximum width shall be 70 cm.
- The shifting device may be located within the extremities of the handlebars, or to the side of the participant's body.
- The largest chain ring shall have a guard securely fitted to protect the rider. The protection shall be made of a sufficiently solid material which fully covers the chain ring over the half of its circumference (180°) on the side facing the rider.

- Maximum frame tube dimension shall be 80 mm, irrespective of tube material or profile. Any fillets or ribs, inserted at joins between tubes, shall be for strengthening purposes only. Non-functional, aerodynamic devices are not permitted for competition.
- A quick release body harness is permitted.
- A hand cycle with two rear wheels shall be fitted with a safety bar that prevents the front wheel of a following bicycle, tricycle or hand cycle from entering the space between the two wheels. The bar may not extend outside the width of the two wheels and the bar ends must be closed or plugged. The bar shall be a round tube with a minimum diameter of 18 mm and must be fitted no less than 13 mm nor more than 17 mm behind the rear wheels. The distance from the ground to the center of the bar axis must measure no less than 270mm nor more than 290 mm. The structure and assembly of the bar must ensure that safe functioning is not affected by normal road conditions.
- It is the responsibility of the competitor that the hand cycle conforms to all the above rules
- Competitors shall wear CPSC approved bicycle helmets at all times while seated in the hand cycle.

14.5. Running Conduct, Non-Wheelchair Users

Para-triathletes shall be governed by the following with regard to running conduct:

- Approved prosthetic devices on affected limbs and/or crutches are allowed.
- No footwear other than running shoes or approved prosthetics shall be allowed.
- Prosthetic devices are not allowed for any limb that does not meet the minimum impairment standard.
- No Guide dogs are allowed on the run course.

14.6. Running Conduct and Equipment, Wheelchair-users

PTWC competitors must use a racing wheelchair during the run portion.

The racing wheelchair must conform to the following specifications:

- The wheelchair shall have two large rear wheels and one small front wheel.
- A brake shall be attached to the front wheel.
- No part of the body of the chair may extend forward beyond the hub of the front wheel and be wider than the inside of the hubs of the two rear wheels. The maximum height from the ground of the main body of the chair shall be 50cm.
- The maximum diameter of the large wheel including the inflated tire shall not exceed 70cm. The maximum diameter of the small wheel including the inflated tire shall not exceed 50cm.
- Only one round hand rim is allowed for each large wheel. This rule may be waived for persons requiring a single arm drive chair, if so stated on their medical qualification cards.
- No mechanical gears or levers shall be allowed that may be used to propel the chair.

- Only hand operated, mechanical steering devices will be allowed.
- Competitors must be able to turn the front wheel(s) manually both to the left and the right.
- Mirrors are permitted but are not required.
- No part of the chair may protrude behind the vertical plane of the back edge of the rear tires.
- It is the responsibility of the competitor that the wheelchair conforms to all the above rules and no event shall be delayed while the competitor makes adjustments to the chair.
- Competitors must ensure that no part of their lower limbs can fall to the ground during the event.
- Competitors shall wear CPSC approved bicycle helmets at all times while seated in the chair.
- Propulsion by any method other than pushing on the wheels or push-rims shall result in disqualification. An overtaking para-triathlete bears responsibility of ensuring full clearance of the chair before moving laterally across the path of the overtaken participant. A para-triathlete being overtaken shall not obstruct or impede the passing athlete once the front wheels of the passing chair are within sight.
- PTWC athletes shall be judged as finished when any part of the torso reaches the perpendicular plane extending from the leading edge of the finish line.

14.7. Visually-Impaired Para-Triathlete And Guide Conduct

The following additional rules apply to PTIV Para-triathletes and their guides:

- Competitors must furnish and use one guide of the same gender in competition.
- Guides must be a minimum of 16 years of age on the day of the event.
- The competitor may choose to use an elbow lead or tether lead.
- All competitors must be tethered during the swim. The tether may be used around the waist, leg or foot.
- During the run portion, competitors may receive verbal instruction only from their guide.
- Bicycles, paddle boards or any other mechanical means of transport may not be used by guides on the swim or run.
- Competitors must use a tandem bicycle. The specifications of the tandem bicycle are:
    - The tandem bicycle is a vehicle for two riders, with two wheels of equal diameter, which conforms to the general principles of UCI construction for bicycles. The front wheel shall be steerable by the front rider, known as the "pilot". The guide shall be the front rider and the PTIV competitor will ride in the rear. Both riders shall face forward in the traditional cycling position and the rear wheel shall be driven by both cyclists through a system comprising pedals and chains.
    - The tandem top tube, and any additional strengthening tubes, may slope to suit the morphological sizes of the riders.

- The tandem bicycle shall measure no more than 2.70 meters in length and 0.5 meters in width. At no time shall the guide lead or pace the athlete or propel the athlete forward by pulling or pushing.
- Whether or not a tether is being used, the athlete and guide shall not be more than 0.5 meters apart at all times.
- As the PTIV athlete crosses the finish line, the guide must maintain no more than the required 0.5 meters maximum separation distance and may not precede the athlete.
- Guides shall be subject to all IUTA Competitive Rules, including membership requirements.

Infringement of any these rules shall result in a penalty as described in section General Conduct and Sanctions.

15. STANDARDIZED/MINIMUM DISTANCES AND TOLERANCES

An event organizer of an UT (Continuous) or UT (Day) or UT (NonStop) is allowed to shorten the standardized swim distance by a maximum of 0,06 kilometers (0.037 miles) per longdistance and/or the standardized bike distance by a maximum of 0,25 kilometers (0.155 miles) per longdistance.

standardized distances	Swim		Bike		Run	
	km (lanes*)	miles	km	miles	km	miles
Longdistance	3,86 (155/78)	2.4	180,25	112	42,195	26.2
Double UT	7,72 (309/155)	4.8	360,50	224	84,390	52.4
Triple UT	11,58 (464/232)	7.2	540,75	336	126,585	78.6
Quadruple UT	15,44 (618/309)	9.6	721,00	448	168,780	104.8
Quintuple UT	19,30 (772/386)	12.0	901,25	560	210,975	131.0
Deca UT	38,60 (1544/772)	24.0	1802,50	1120	421,950	262.0
Double Deca UT	77,20 (3088/1544)	48.0	3605,00	2240	843,900	524.0
Triple Deca UT	115,80 (4632/2316)	72.0	5407,50	3360	1265,850	786.0
Quad Deca UT	154,40 (6176/3088)	96.0	7210,00	4480	1687,800	1048.0

IUTA - Rules 2: Standardized Distances of an Ultra Triathlon
** lanes = calculated lanes in a 25-meters- and a 50-meters pool*

minimum distances	Swim		Bike		Run	
	km (lanes*)	miles	km	miles	km	miles
Longdistance	3,80 (152/76)	2.36	180	111.85	42,195	26.2
Double UT	7,60 (304/152)	4.72	360	223.70	84,390	52.4
Triple UT	11,40 (456/228)	7.08	540	335.55	126,585	78.6
Quadruple UT	15,20 (608/304)	9.44	720	447.40	168,780	104.8
Quintuple UT	19,00 (760/380)	11.80	900	559.25	210,975	131.0
Deca UT	38,00 (1520/760)	23.60	1800	1118.50	421,950	262.0
Double Deca UT	76,00 (3040/1520)	47.20	3600	2237.00	843,900	524.0
Triple Deca UT	114,00 (4560/2280)	70.80	5400	3355.50	1265,850	786.0
Quad Deca UT	152,00 (6080/3040)	94.40	7200	4474.00	1687,800	1048.0

IUTA - Rules 3: Minimum Distances of an Ultra Triathlon
** lanes = calculated lanes in a 25-meters- and a 50-meters-pool*

An event organizer of an UT (Continuous) or UT (Day) or UT (Split) or UT (NonStop) or UT (Step) is allowed to expand the distances on each discipline, but he has the commitment to get as close as possible to the standardized distances for each discipline.

An event organizer of an UT (Continuous) or UT (Day) or UT (Split) or UT (NonStop) or UT (Step) is not allowed to undercut the mimimum distances on each discipline. Positioning of detection devices has to exclude possible fraud.

An event organizer of an UT (Staged) is allowed to expand the distances the way he wants. All finishers get the world cup points for the covered ultra distance (the minimum for the corresponding ultra distance must be covered in each discipline) regarding the world cup points table in the section IUTA World Cup Challenge (IUTA WCC). The same applies to point-to-point races whose course lengths differ from Ultratriathlon standards.
Example: To get the points for a Double UT, the minimum of the swim part must be 7,6 km, the minimum for the bike part must be 360 km and the minimum for the run part must be 84,39 km.

16. TIME LIMITS AND BREAKS/RESTARTS

IUTA recommends time limits in hours for each segment and overall, as follows.

Distance	Swim	Swim + T1 + Bike	Overall
Double UT	4h	23h	39h (1,63 days)
Triple UT	6h	36h	61h (2,54 days)
Quadruple UT	9h	56h	90h (3,75 days)
Quintuple UT	12h	84h	146h (6,08 days)
Deca UT	30h	192h	336h (14,00 days)
Double Deca UT	72h	432h	720h (30,00 days)
Triple Deca UT	108h	720h	1080h (45,00 days)
Quad Deca UT	144h	960h	1440h (60,00 days)

IUTA - Rules 4: recommended time limits

For UT in day-format the time limit recommendation is 24 hours per day.

There is no obligation for event organizers to adopt these time limits. Depending on e.g., the severity of the course or safety requirements, the time limits for each segment as well as the total cut-off can be freely chosen. The time limits of each section and the overall cut-off, set by the event organizer, must be announced on the event organizer's website before the competition.

The total cut-off is considered the definitive end of a race. The cut-off for the swim segment may be extended by the event organizer during the race as long as the safety of the athletes, supporters and volunteers is ensured. The extension of the cut-off of the swim segment is at the expense of the time for the bike segment and does not affect the cut-off for swim + transition 1 + bike and does not affect the total cut-off.

The event organizer may also allow a participant to complete the event outside the total cut-off. In such a case, the participant is classified as a DNF (Did Not Finish) participant. Outside the total cut-off, the athlete is solely responsible for his actions.

The official race time will be measured from the start of the race to when it ends. In UT (Day) every day has one start and one end. Any stoppages to the race, e.g. due to inclement weather, will not stop the clock. If any stoppage occurs no records will be possible in the affected race.

Breaks and the following restarts during an UT are the responsibility of the event organizer. A break means that the event organizer collects all athletes at the same point and records the current time for each collected athlete accurate to the second.

No athlete shall be favoured or disadvantaged by the interruption, restart and in relation to any other athlete. The cut-off time for the interrupted segment and the race cut-off time must be adjusted by adding the time for the interruption(s). For events with a time limit of 24 hours, e.g., on a day UT, the race cut-off time may not be extended.

The restart could be done in two ways:

- All athletes restart at the same time: That means the organizer has to add the difference time from the first collected athlete to each other collected athlete on their individual segment time. (recommended for bigger laps and/or at per day UT where the daily cut-off could be a possible elimination criterion)
- The organizer does a „hunting start": That means that the athletes start in turn depending on the time differences recorded at the collection point, starting with the first collected one. (recommended for shorter laps and where the time limit is not an elimination criterion)

If an extension of the total or split cut-off times is necessary because athletes are affected by a longer unforeseen interruption of the race, this can be decided in extraordinary cases by the event organizer. In those cases the IUTA has to be informed as soon as possible to create a clear and unequivocal situation for the athletes. An extraordinary case shall be deemed to exist if any externally implicated hazardous situation beyond the control of the organizer with a direct possible impact on the athletes`safety occurs. In case of divergent positions the final decision rests with the IUTA.

The event organizer commits to set the time limit of the corresponding race and the date/time of the award ceremony of the corresponding race in a way that no athlete will be exluded from the corresponding ceremony.

17. ANTI DOPING POLICY

IUTA adheres to the rules, regulations and policies of the World Anti-Doping Agency (WADA). With regard to penalties for doping violations, the IUTA reserves the right to follow its own rules, which are described in the section Acts

of warranting Suspension and Protest. All participants and event organizers of IUTA sanctioned races commit to recognize the rules, regulations and policies of WADA and IUTA in its entirety. It is the responsibility of each participant and event organizer of IUTA sanctioned races to know and to comply with the applicable anti-doping IUTA-Rules and WADA rules, regulations and policies.

If there is a conflict between WADA rules and IUTA rules, IUTA rules supersedes.

Event organizers are obliged to have anti-doping controls and analyses carried out exclusively by WADA-accredited national anti-doping agencies or by WADA-accredited full-service partners such as PWC (www.pwc-gmbh.de) or IDTM (www.idtm.se).

Testing of athletes may take place at any place or any time. If an athlete refuses and/or prevents an anti-doping test for any reason whatsoever, the process shall be considered a positive result. An athlete with a positive result in the anti-doping test must be disqualified immediately. The athlete concerned must be listed as DQF (disqualified) in the official results lists for the race in question. The convicted athlete must return all trophies and prize money received during the event at which the violation occurred. In addition, the convicted athlete shall bear all costs of anti-doping controls that have convicted him/her of cheating, should the organizer so require. The possible opening of the B-sample is also fully at the athlete's expense.

Any athlete tested positive must be aware that his/her national anti-doping agency will ask IUTA for all documents. The national sports authorities will decide on further sanctions (e.g., duration of the suspension and/or exclusion from competitions). The decisions of national anti-doping agencies have no influence on the decisions of IUTA.

IUTA will enforce and, where appropriate, publish any sanction resulting from the conviction of a doping violation in accordance with WADA rules, regulations and policies and the IUTA rules.

Athletes who are currently serving a ban from sport or competition by WADA or any other inter-governmental organizations, governments, public authorities, and other public and private bodies fighting doping in sport will not be allowed to participate in IUTA events.

An athlete whose case is under investigation by a national anti-doping agency or is being heard in court will be excluded from IUTA-sanctioned competitions until the official announcement of the test result/judgment. It does not matter whether the case resulted from an IUTA-sanctioned competition or an external event.

Should the IUTA become aware that an athlete banned by the IUTA is participating in an ultratriathlon during the period of his penalty, the penalty will be immediately converted into a permanent exclusion from IUTA sanctioned races.

Which and how many athletes of an event an event organizer has to test will be an individual part of the contract between the event organizer and IUTA. The same applies to the substances to test. It is recommended to test the winners and 10% of the rest of the participants randomly.

18. TECHNOLOGY FRAUD

The event organizer has the right to check the athlete's bike(s) by detection methods like magnetic scanning tablets or thermal imaging cameras or a method of his choice at any point and any time at the event.

The mere presence of an engine (even without use) leads to an immediate disqualification.

The athlete who objects to a technology fraud control or is convicted as a cheater by a technology fraud control exposes himself to an immediate disqualification and a removal of all IUTA attributed results of the current calendar year. The convicted athlete must return all trophies and prize money received during the event at which the violation occurred.

19. SUPERVISION AND CONTROL

The event organizer shall designate a general marshal and race officials. If IUTA can provide a representative he will act as general marshal.

The race officials shall conduct each event in accordance with the IUTA rules and shall uphold and enforce these rules in an impartial manner.

Race officials are empowered:

- to supervise and control the conduct of all participants, to require that a participant withdrawfrom an event, and to intercede during a competition at any stage to ensure that the IUTA rules are observed
- to impose penalties for violations and penalize participants
- to make decisions on any point not specifically covered in these rules
- to examine the equipment or other items of any participant at any time to check compliance with the IUTA rules, and to make the final and binding decision as to whether any equipment or other item is improper or unauthorized.

Race officials shall be assigned to the swim, cycle, and run portions of the event and to the transition areas. Race officials shall wear distinctive clothing or other means of identification.

The general marshal represents the IUTA. He inspects the road of the courses with the other race officials. He has the right to require any change deem necessary for the safety of the athletes, any change deemed necessary for the enforcement of the IUTA rules and has the right to suspend a race.

The Official can stop the race for bad weather or any other reason as he deems necessary or as requested by the race director but this will not stop the race clock.

In an extraordinary situation the organizer should contact an IUTA official.

20. MEDICAL SUPPORT

Unless otherwise agreed between IUTA and the event organizer, the permanent presence of a medical doctor is mandatory during all IUTA sanctioned events.

The medical doctor can temporarily or definitively withdraw an athlete from the event for medical reason. Opposing to this decision is a reason for an immediate disqualification.

Recourse of any intravenous injection (including but not restricted to salts, endurolytes and glucose) is prohibited in any IUTA event unless medically required. In such event, the athlete has to be immediately withdrawn from the race.

21. AWARDS AND PRIZES

Event organizers have to offer trophies and/or presents and/or finisher tee-shirt and/or diplomas and/or prize money.

Finisher tee-shirts and diplomas must bear the IUTA official logo.

IUTA offers medals to finishers of any IUTA event and distinctive medals to the first three men and women of the scratch results for individual racers.

In the event of anti-doping controls, prize money is only given after receipt of their favorable results.

No discrimination should be applied for the recompenses and prize money between men and women, irrespective of the number of athletes competing in these two categories.

22. SPECIAL RULES FOR THE IUTA WORLD CHAMPIONSHIPS

To obtain the IUTA World Championship label, the event organizer has to make a written request to the IUTA Committee the year preceding the event at the latest in October.

The World Championship organizer is required to provide prize money, according to the following basic amounts, regardless of the track length and depending on the number of all participants in the world championship race at the startline:

- 1st man and woman: 25 EUR * number of participants = prize money in EUR
- 2nd man and woman: 15 EUR * number of participants = prize money in EUR
- 3rd man and woman: 10 EUR * number of participants = prize money in EUR

The minimum prize money regardless the number of participants at the startline is:

- 1st man and woman: 1000 EUR
- 2nd man and woman: 600 EUR
- 3rd man and woman: 400 EUR

number of starters	1st (wo)man in EUR	2nd (wo)man in EUR	3rd (wo)man in EUR	number of starters	1st (wo)man in EUR	2nd (wo)man in EUR	3rd (wo)man in EUR
up to 40	1000	600	400	56	1400	840	560
41	1025	615	410	57	1425	855	570
42	1050	630	420	58	1450	870	580
43	1075	645	430	59	1475	885	590
44	1100	660	440	60	1500	900	600
45	1125	675	450	61	1525	915	610
46	1150	690	460	62	1550	930	620
47	1175	705	470	63	1575	945	630
48	1200	720	480	64	1600	960	640
49	1225	735	490	65	1625	975	650
50	1250	750	500	66	1650	990	660
51	1275	765	510	67	1675	1005	670
52	1300	780	520	68	1700	1020	680
53	1325	795	530	69	1725	1035	690
54	1350	810	540	70	1750	1050	700
55	1375	825	550	71	and so on ...		

IUTA - Rules 5: World Championship Prize Money

An organizer is allowed to pay more prize money.

A podium is to be offered for the first three women and men of the event. The national anthem is to be played for the first woman and man of the event.

23. IUTA WORLD CUP CHALLENGE (IUTA WCC)

The IUTA World Cup Challenge is established for the four best point results of an athlete obtained in a calendar year. Women and men are counted separately.

If two or more athletes have the same number of points at the end of the calendar year, the next criteria in the following order will be used to determine the better ranking:

- The athlete who needed fewer participations in races (including DNF) in the calendar year
- The athlete who needed fewer finished long distances in the calendar year
- A further criterion is only used to determine the podium placings (rank 1-3): The athlete who is ranked better in the IUTA five-years ranking which can be viewed on IUTA's website.

If, after evaluation of these criteria, there is a tie between athletes, the athletes concerned will be assigned the same rank.

Within an event only one race per athlete is considered in the IUTA WCC. The race with the most points achieved in that event is the one that counts.

In IUTA Grand Prix Races, indicated on our website, the points at the end of the following calculation are reduced by 50% for each finisher.

The complete formula = (points from **Standard Points Table** + **Bonus Points**) x **Additional Number of Starters Factor**, which is described as follows.
Decimal values are rounded to whole numbers for each individual race.

Ultra Triathlon	Rank/Points									
	1	2	3	4	5	6	7	8	9	10
Double (2)	220	190	160	140	120	110	105	100	97	94
Triple (3)	230	200	170	150	130	120	115	110	107	104
Quadruple (4)	240	210	180	160	140	130	125	120	117	114
Quintuple (5)	250	220	190	170	150	140	135	130	127	124
Hextuple (6)	260	230	200	180	160	150	145	140	137	134
Septuple (7)	270	240	210	190	170	160	155	150	147	144
Octuple (8)	280	250	220	200	180	170	165	160	157	154
Nonuple (9)	290	260	230	210	190	180	175	170	167	164
>= Deca (10)	300	270	240	220	200	190	185	180	177	174
	11	12	13	14	15	16	17	18	19	20
Double (2)	92	90	88	86	84	82	80	79	78	77
Triple (3)	102	100	98	96	94	92	90	89	88	87
Quadruple (4)	112	110	108	106	104	102	100	99	98	97
Quintuple (5)	122	120	118	116	114	112	110	109	108	107
Hextuple (6)	132	130	128	126	124	122	120	119	118	117
Septuple (7)	142	140	138	136	134	132	130	129	128	127
Octuple (8)	152	150	148	146	144	142	140	139	138	137
Nonuple (9)	162	160	158	156	154	152	150	149	148	147
>= Deca (10)	172	170	168	166	164	162	160	159	158	157

IUTA - Rules 6: World Cup Challenge Standard Points Table – Distance/Rank/Points

The preceding **Standard Points Table** shows the points for the first 20 finishers from a Double (2) to a Deca UT (10). Finisher of races > a Deca UT always get the points of a Deca UT, no matter how long the race is. The Deca UT represents the maximum number of points that can be scored in a single race.
It is not differentiated between UT Continuous, UT Day, UT Split, UT NonStop, UT Step and UT Staged.
The 18th finisher and all subsequent finishers each get one point less than their predecessor. All finisher will get in a minimum one point as standard. If an athlete does not reach the finish line in a race, he will not receive any points, not even partially.

The points for a UT (Split) are based on the total number of long distances of the corresponding race, for example 4 for a combined Double UT (or Quadruple UT Split).

The points for a UT (Step) are based on the total number of long distances of the corresponding race, for example 10 long distances for finishing the Single, Double, Triple and Quadruple UT (1+2+3+4 = 10) of a Deca UT (Step).

For finishing an UT (Staged) all athletes get the points corresponding to the number of finished long distances, e.g., for an UT (Staged) with a 10km swim, 421 km bike ride and 84,39 km run the athlete will get the points for a Double UT.

If two or more athletes in a race finish with the same time (in same place) the corresponding world cup rank points will be added and divided through the number of finishers at the same time (place). Example: Two athletes finish a "Double" in 5th place at the same time. The points for rank 5 and rank 6 will be added and divided through 2 (for 2 athletes) => (120 points + 110 points) / 2 athletes = 115 points for each athlete.

Possible **Bonus Points** per athlete in each race:

- +20 points for each finisher of an IUTA World Championship race
- +40 points for the athlete achieving a new world record
- +20 points for the athlete achieving a new race record (not in races that were held for the first time and not if there was no finisher in the corresponding category yet and not if the corresponding athlete has broken a world record)
- +5 points for the athlete(s) achieving the fastest time at the swim, the bike and the run part, but only if the athlete finishes the race

Additional Points per athlete according to the **number of athletes at the start line** in each race, no matter which format (Cont., Day, Split or Staged).
Formula for additional points = **1** + **Athlete's Rank + Race Distance Factor**
Explanation for "**1**":
The number "1" serves to ensure that additional points or that the total value of the 2nd factor in the complete multiplication calculation is always above 1.
Explanation for "**Athlete's Rank**":
The calculation for the athlete's factor =
(Number of starters in a race – Ranking of the corresponding athlete) / 100
The athlete factor is based on the respective ranking and the total number of starters in a race. In addition, the placement flows decisively into the calculation as a factor in which the winner of a race with 50 starters has left 49 athletes behind him (factor 0,49), the second placed 48 (factor 0,48) and so on.
Explanation for "**Race Distance Factor**":
Experience shows that there are fewer starters with increasing race length. This is compensated by the race distance factor. It starts with 0,02 for a Double Ultra and increases by 0,01 with each additional long distance.

Number of Long Distances	2	3	4	5	...	10	...	20	...
Race Distance Factor	0,02	0,03	0,04	0,05	...	0,1	...	0,2	...

IUTA - Rules 7: World Cup – Race Distance Factor

Example 1 for the complete calculation of a male athlete at a Double UT, who finished 7th out of 38 male participants and achieved the fastest bike split:
Points from Standard Table = **105**
Bonus Points for fastest bike split = **5**
Additional Number of Starters Factor = 1 + (38 – 7) / 100 + 0,02 = **1,33**
Race total points for the IUTA World Cup = (**105** + **5**) x **1,33** = 146,3 = 146 world cup points as rounded value.

Example 2 for the complete calculation of a male athlete at a Deca UT, who finished 7th out of 12 male participants and achieved the fastest swim split:
Points from Standard Table = **185**
Bonus Points for fastest swim split = **5**
Additional Number of Starters Factor = 1 + (12 – 7) / 100 + 0,1 = **1,15**
Race total points for the IUTA World Cup = (**185** + **5**) x **1,15** = 218,5 = 219 world cup points as rounded value.

IUTA offers trophies and presents prize money to the first three athletes overall of the men and women categories after addition of the point's results obtained during a calendar year. If there are more than three athletes on the podium, the athletes have to share the prize money for their corresponding podium place.

1st woman and man	2nd woman and man	3rd woman and man
750 EUR	500 EUR	250 EUR

IUTA - Rules 8: World Cup Challenge Prize Money

The prize money depends on the number of events (an event can include several races) and the number of participations in the current calendar year.
If there are less than four events in a calendar year, the IUTA WCC is cancelled.

If there are fewer than 300 entries (an athlete may participate in more than one race), the prize money will be reduced by 1% for each missing entry of 300. Example: If there are 290 entries, the winner receives 750 EUR - 10% = 675 EUR. The minimum limit is a 50% reduction in prize money, which applies to 250 entries per calendar year.

24. RECOGNITION OF ULTRA TRIATHLON RECORDS

Requirements for recognition of (world) records:

- The record must be achieved in an IUTA World Cup Race.
- The record must be achieved on measured tracks (bike and run) by an independent authority. The measurement protocol must be handed over to IUTA.
- There must be an electronic time system, which counts the number of laps and the time for each participant during the bike and run part. The event organizer has to provide the IUTA with the laps and times of the athlete, who achieved a new record.
- A negative doping test of the corresponding athlete, executed according to the rules of WADA and to the rules of IUTA.
- In point-to-point races no records can be achieved.

- In IUTA Grand Prix Races no records can be achieved.

25. RACE CONTRACTS

Specific issues such as financial contribution or special rules are defined by contract between the different parties, namely the event organizer and the IUTA.

This contract shall provide a clear description of the race event in particular with aspects governing circuits and security rules.

This contract is defined for a specified time and is subject to revisions and revoking clause as mutually agreed in the contract itself.

26. APPLICATION

IUTA rules are applicable in their entirety as of 1st January 2026.

If individual regulations of these official IUTA rules should be whole or partially ineffective, then this does not affect the effectiveness of the remainder section or the remaining section.