Rules

"NDR TRIATHLON"

**(next - Competition)**

1. Mission

Attracting attention to an active and healthy lifestyle.

Advocacy of physical education and sports.

Promoting a healthy lifestyle and involving the population in active physical education and sports.

Promotion of the development of cyclic sports, in particular triathlon.

Improving the sportsmanship of club members, gaining experience in participating in competitions.

2. Supervisor:

The preparation and conduct of the event is carried out by the management and coaching staff of the multisports club Alexoutdoor

3. Place and time of the competition

Place: Competition venue SK A-fitness Velotrek.

Toreza ave. 114 k.2 Art. one

Date:

First start December 7, 2019

Second start March 21, 2020

4. Schedule:

The exact start time is set by the organizers a week before the start. The schedule of the event is published on the official website <https://www.alexoutdoor.com/indoor>

5. CONDITIONS AND PROCEDURE FOR ADMISSION TO PARTICIPATION IN THE EVENT

5.1. Requirements for participants:

5.1.1. To participate in the event are allowed persons who have reached the age of 18 years, without medical contraindications, with sufficient physical fitness;

5.1.2. The participant must be without signs of alcohol, drug intoxication;

5.1.3. The participant must have sportswear and shoes appropriate to the Event;

5.1.4. The participant must behave correctly in relation to the organizers and other participants of the Event;

5.2. In case of non-compliance with the requirements of paragraph 5.1. The organizers reserve the right to prevent the participant from attending the Event or to remove him from participation in the Event.

5.3. Admission to the competition and registration in the starting protocols is carried out by the panel of judges.

5.4. The participant wishing to participate in the Event must:

- Read the Regulations on the competition;

- Provide a document proving the identity / age (passport), at registration on the day of launch;

- Fill out the Consent with the rules of the competition and assure with a signature the responsibility for your health (Appendix 1), is filled in at the registration on the start day;

- Have a bathing suit, hat and swimming goggles, flip flops for the pool, sports uniforms and shoes for the running and cycling stages (it is allowed to use the starting suit at all three stages), a towel;

- The participant is obliged to independently track information about the start time and his place in the start protocol;

- Follow the rules of the competition and the rules of staying in public places;

- Responsible for their own safety, and the safety of other athletes;

- To fight in the spirit of fair sports rivalry;

- Follow the instructions of the judges;

- It is forbidden to use personal insults against other athletes, referees, volunteers and spectators;

- Make an entry fee of 2700 rubles. for one start.

\* Paid registration fee is not refundable.

5.5. The number of participants at the Event is limited, not more than 128 people. Also, a reserve composition of participants will be formed. A person included in the reserve composition of participants will be able to take part in the Event if any of the participants withdraws from the main structure. Moreover, the preemptive right among the reserve members will be that participant who has passed registration earlier than the other reserve members.

6. PROCEDURE FOR SUBMISSION OF THE PRELIMINARY APPLICATION

6.1. In order to register for the Event, it is necessary to register at <https://www.alexoutdoor.com/indoor> and pay the entry fee. Event registration end date: (1 start) 12/06/2019; (2 start) 03/20/2020

The organizers reserve the right to end the reception of preliminary applications before the specified time.

Upon completion of registration on the date of 12/06/2019 and 03/20/2020 to 20:00

the list of participants will be published on the website <https://www.alexoutdoor.com/indoor>

Each participant will be assigned a starting number.

7. ORDER PASSAGE:

7.1. The start is separate, with 8 people in each group. The distribution of the groups will come from your results at the swimming stage and the rating of previous starts;

7.2. Before starting in the pool area, all participants undergo a pre-start registration procedure - numbers are put on the shoulders of the athletes, and chips are issued. Only then can an athlete be allowed into the swimming stage.

7.3. The swimming stage of 750 meters takes place in the pool. Participants start from the water on a team, 8 people in one swim (2 people per track). Each of the athletes is swimming on his side of the track. Athletes can use any swimming style that they prefer, but basically everyone chooses a freestyle.

It is forbidden to obstruct the movement of other athletes; block, drown, beat or grab them.

As soon as the participant has completed the swimming stage, he is sent to the transit zone, where he changes clothes and shoes for the next stages.

7.4. Bicycle stage 10 km. passes on the cyclic.

After leaving the water and passing the transit zone, athletes immediately begin the cycling stage, without waiting for the rest of the participants.

7.5. 3km cross-country race participant overcomes on a treadmill.

- It is forbidden to ride / run barefoot

- It is forbidden to ride / run with a naked torso

8. RULES OF CONDUCT IN THE TRANSIT ZONE

8.1. Transit zone - a fenced area where each participant is allocated a place to store equipment. All places are marked with numbers, and correspond to the starting numbers of participants. In advance of the start, after the last participant leaves the transit zone of the previous wave, the transit zone opens for the participants.

- It is forbidden to occupy someone else's place in the transit zone.

- It is forbidden to touch the equipment of other participants.

- You can only take your place, you can not scatter things.

- It is forbidden to be naked in the transit zone.

- It is forbidden to be in the transit zone after it is closed. Once again in transit, you can only be at a distance, or at the end of the competition.

9. DEFINITION OF WINNERS AND AWARDS

9.1. Awarding for men and women is held in the absolute championship at each start.

9.2. All winners and prize-winners receive certificates, medals, valuable prizes and gifts from partners.

9.3 All athletes who complete the distance are awarded with commemorative medal finishers at each start.

10. RESPONSIBILITIES OF THE PARTIES

10.1. The organizers, as well as companies directly or indirectly associated with the Event (all together), are not liable for possible damage to health, life and material damage received by the participant during the Event.

10.2. The participant guarantees that he is in good physical shape and his state of health allows him to participate in the event.

10.3. The participant recognizes the right of the Organizers without any compensation or responsibility to use personal information about the participant at their discretion, to use photo, audio and / or video materials with the participation of the participant in promotional, advertising and other publications in the printing industry, on radio, television, in Internet and other sources without limiting the terms and places of use of these materials, as well as the right to edit such materials and transfer them to third parties.

11. PROTESTS AND CLAIMS

11.1. Protests and claims are considered by the panel of judges, which includes the chief judge, the senior judge of the start and finish zones and the chief secretary. Claims are submitted at the venue of the Event, no later than 15 (Fifteen) minutes after the finish of the last participant of the Event.

11.2. When submitting a claim, the following data must be provided:

• Surname First Name

• The essence of the claim, what is the claim

• Grounds for claim (photos, personal stopwatch, subjective opinion, etc.)

11.3. Protests and claims are accepted only those that may affect the results of the competition.

11.4. Without fail, claims that affect the personal result and place in the overall standings are accepted for consideration.

11.5. The remaining claims may be ignored by the commission due to their insignificance (this includes typos, incorrect personal data), since personal data is entered by the participant himself, moreover, the participant signs his profile, thereby confirming the correctness of his information.

11.6. Due to the fact that personal data is filled out in electronic form of a typo, minor inaccuracies will not be considered.

11.7. Claims are accepted only from the participants or from 3 persons who are official representatives of the participants in the competition. From third parties that have no relation to the participants, claims are not considered.

11.8. During the event, protests, claims, etc. are submitted directly to the panel of judges, which is engaged in the processing of all results and the preparation of award sheets.

11.9. Filling out the participant’s questionnaire automatically implies familiarization and full consent of the participant of the Event with these conditions.

Judges reserve the right to remove a competitor from the competition at any time if they feel that there is a risk to their health or safety, or if the competitor violates the rules.

Compliance with the competition rules

I, (full name) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, confirm that I have carefully read the regulations and rules of the NDR TRIATHLON competitions, the responsibilities of the participants, they are clear to me and I agree with them (a).

Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I confirm that I have completely and honestly provided all the requested information to the organizers.

Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I confirm that I have no medical contraindications for playing sports. I ARE AWARE OF ALL RISKS ASSOCIATED WITH PARTICIPATION IN THESE COMPETITIONS, AND I WILL VOLUNTELY TAKE RESPONSIBILITY FOR ALL POSSIBLE CONSEQUENCES.

 Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**