

Century Tuna 5150 Philippines

June 29, 2014

Race Rules and Regulations

It is the responsibility of each participant to be aware of and follow these rules. Failure to do so may result in disqualification.

Swim

1. Participants must wear the swim cap provided in the race kit. Failure to wear the provided swim cap may result in disqualification.
2. Swim will be a water start with different waves. Waves will be announced closer to race day. Participants must start in their designated waves. Failure to start in correct wave will result in disqualification.
3. Any stroke of a forward motion can be used. Participants must not at anytime use the buoy ropes to propel them forward - this will result in disqualification.
4. Participants must have their race number displayed on both upper arms by race officials prior to the start of the swim.
5. Participants must complete the entire swim course unassisted. Failure to complete the course correctly will result in disqualification.
6. Participants may not use fins, snorkels, flotation devices, gloves or socks at any time during the swim. Calf sleeves (compression sleeves / socks) will NOT be allowed during the swim. Use of these items at any time during the swim will result in disqualification.
7. No individual escorts or paddlers are allowed at any time during the swim.
8. Swimwear must not cover the neck, extend past the shoulder, or extend past the knees. Swimwear may contain a zipper. A race kit may be worn underneath swimwear. All tri-suits must be sleeveless and must not extend beyond the knees. Tri-suits with sleeves may be allowed provided the sleeves are folded \ rolled and secured and must not extend past the shoulder at any time during the swim check in, start of the swim, entire swim course, and exit of the swim up to the entry point of the transition area. Failure of the participant to comply will result in automatic disqualification from the race. If the sleeves unintentionally unrolled or unravel during the entire swim course participants will not be penalized and allowed to continue the race.
9. No wetsuits of any kind are allowed. Speedsuits are allowed.
The Ruling on Speed Suits: Speedsuit must be comprised of 100% textile material such as nylon or lycra and must not include rubberized material such as polyurethane or neoprene. The speedsuit may contain a zipper.
10. A swimmer experiencing difficulty and in need of assistance shall raise an arm overhead, pump it up and down, and call or seek assistance. A swimmer, who has received 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 receive medical assistance.
11. Follow the instructions of race marshals at all times.
12. Swim Cut-Off Time is 60 minutes after the start of the final swim wave (7:40am). No competitor will be allowed to bike if they do not reach the swim exit by the cut-off time. This includes relay teams.

Bike

1. Only triathlon or road bikes are allowed. Mountain bikes (including modified mountain bikes or hybrid bikes), beach cruisers, fixed-wheel bikes, folding bikes, and bikes with coaster-type brakes are prohibited.
2. No tandems or recumbent bikes, fairings or any add-on device designed to reduce resistance is allowed. Any new, 'usual', or prototype equipment will be subject to a ruling of legality by the race director and technical director at bike check-in.
3. All bikes must have one operational brake on each wheel.
4. No wheel may contain a mechanism that is capable of accelerating the wheel.
5. Bike Wheels: Disc wheels or wheel covers may be used only on the rear wheel. However, this provision may be change by the Race Director in the interest of safety, i.e. high-winds.
6. All bikes must be checked into transition 1 and left overnight on Saturday June 28, 2014 between 10am – 5pm. Please ensure you arrive at the bike check in on time - there will be no extension or late check in and there will be **NO** bike check in on race morning. Only the participant will be allowed to check in the bike. For a participant to check in their bike, they must have the seat post sticker attached to their bike and show their race ID band as identification. No race ID band, no check in.
7. Participants will have full access to their bikes on race morning but will not be allowed to remove the bike from transition until the start of the bike leg.
8. In case of bad weather, a bike cover may be placed over the bike in transition but must be removed and stored in the transition box or given to a non-participant before the start of the race.
9. Shoes, shirt, and helmets must be worn at all times while on the bike course.
10. Race number must be clearly attached to the rider's lower back and visible at all times while on the bike course. A race belt may be worn to secure the race number. Failure to wear a race number on the bike will result in disqualification.
11. Helmet must be clipped before the bike is removed from the bike rack in T1 and cannot be unclipped until the bike is securely racked in T2.
12. Mount and Dismount at the designated areas only.
13. No riding inside transition.
14. Failure to acknowledge a race official who asks a biker to stop for a penalty will result in disqualification.
15. This is a no drafting race. Drafting rules are:
 - Drafting Distance – 7 meters by 3 meters (rectangle)
 - Drafting Time – rider has 15 seconds to complete a pass, failure to complete a pass in 15 seconds will result in a drafting penalty
 - It is the overtaken riders immediate responsibility to drop out of the drafting zone, failure to do so will result in a penalty
 - As there will be only partial road closure on the bike, riders are prohibited from drafting behind motorcycles, cars, trucks or any other vehicle using the road during the race. Ensure a 35 meter distance at all times with all road vehicles. Failure to do so will result in a drafting penalty.
 - Drafting Penalty – 2 minutes for each penalty (T2 penalty tent)

- ** Bikers violating rules on drafting will be notified by officials at the location of the violation. Officials will do the following:
- a. Call out the rider's race number and ask the rider to stop.
 - b. Notify that the rider has received a penalty for drafting.
 - c. Mark the rider's race number to indicate a drafting penalty.
 - d. Instruct the rider to report to the penalty tent located at T2 before heading out on the run.
 - e. Record riders race number and take a photograph of rider for verification at T2.

** Bikers penalized for drafting must do the following:

- a. Upon reaching T2, after racking bike and changing to running attire, report to the penalty tent and inform the race official they received a drafting penalty.
- b. Present race number and serve the two (2) minute penalty.
- c. Do not attempt to discuss or argue with an official over a penalty.
- d. Any biker who fails to report to the penalty tent will be disqualified.

16. Drafting will be allowed in the following situations:

- a. Hydration or aid stations
- b. 50 meters after exit from transition 1 and entrance to transition 2
- c. 50 meters from a sharp turn or u-turn
- d. Steep uphill climbs

17. Blocking violation: participants who impede the forward progress of other participants will be given a blocking violation.

** Bikers violating rules on blocking will be notified by officials at the location of the violation. Officials will do the following:

- a. Call out the rider's race number and ask the rider to stop.
- b. Notify that the rider has received a penalty for blocking.
- c. Mark the rider's race number to indicate a blocking penalty and allow the rider to continue on the course.
- d. For blocking violations, participants will not be required to report to the T2 penalty tent, this is a stop and go penalty.

18. Three penalties of any kind will result in disqualification. Participants will be allowed to complete the bike course but will not be permitted to run.

19. Always ride on the right side of the road. Over take on the left and return to the right as soon as it is safe to do so.

20. Side-by-side riding is not allowed at any time. Riders must remain in single file and respect the drafting zone at all times.

21. There will be partial road closures during the race. Follow the instructions of race marshals and traffic enforcers at all times.

22. Respect local traffic rules and other vehicles on the road at all times. Do not cross the centerline of the road at anytime.

23. No individual or team support vehicle may follow riders around the course. This will result in disqualification to the offending rider.

24. Outside assistance from a non-participant or spectator is not allowed at any time on the bike course. This means no receiving food, hydration, tools, or medical assistance from any person not directly involved in the event. (Example of non-participants: family members, friends, spectators, photographers, personal drivers, coaches.)

25. Pacing from a non-competitor or any kind of motorized vehicle is not allowed at any time on the bike course.

26. Participants may walk their bike if needed but cannot complete the course without their bike.

27. All riders are responsible for their own bike care, maintenance, and repair. An official technical crew will be roving around the racecourse and may assist with repairs but should not be expected to fix basic flats.

28. A sweeper vehicle will sweep the course at 10:30am to collect any riders who are unable to complete the course because of exhaustion or mechanical failure. Any participant who rides the sweeper vehicle will be considered DNF (did not finish).
29. Participants must complete the entire bike course unassisted. Failure to complete the course correctly will result in disqualification.
30. The sole responsibility of knowing and following the prescribed bike course rests with each participant. No adjustments in times or results shall be made for participants who fail to follow the proper course for any reason whatsoever.
31. Bike Cut-Off time is 3 hours and 30 minutes after the swim start (10:10am). No participant will be allowed to begin the run if they do not enter T2 by 10:00am. This includes relay teams.

Run

1. Shoes and shirt / top are required at all times on the run course.
2. Race number must be clearly visible on the front of the runner at all times. A race belt may be used to secure the race number. Failure to wear will result in disqualification.
3. A runner may run or walk to complete the course.
4. Outside assistance from a non-participant or spectator is not allowed at any time on the run course. This means no receiving food, hydration, water/ice/sponges for cooling off, or medical assistance from any person not directly involved in the event. (Example of non-participants: family members, friends, spectators, photographers, personal drivers, coaches.)
5. No individual or team support vehicle may follow runners around the course. This will result in disqualification to the offending runner.
6. Pacing from a non-participant or any kind of motorized vehicle is not allowed at any time on the run course.
7. There will be partial road closures on the run course. Follow the instructions of race marshals and traffic enforcers at all times.
8. Respect local traffic rules and other vehicles on the road at all times.
9. Participants must complete the entire run course unassisted. Failure to complete the course correctly will result in disqualification.
10. A sweeper vehicle will sweep the course at 12noon to collect any participants still on the course. At that time, for safety reasons, runners will not be allowed to complete the run course and will register as DNF (did not finish).
11. Finish Line Cut-Off time is 5 hours and 30 minutes after the swim start (12:10pm).

General

1. Participants must wear their race ID band for identification purposes at all times. No athlete will be allowed to enter transition or any restricted race areas without a race ID band.
2. Participants must ensure their timing chip is securely fastened to their left or right ankle for the entire race.
3. A race number sticker must be placed on the front of the bike helmet and on the seat post of the bike before the race begins.
4. Once transition closes on Saturday September 27, 2014 at 5pm, no participant, for any reason, will be permitted to enter until transition opens on race morning at 5am.

5. Participants must give way to all medical and emergency personnel on the bike and run course regardless of their race standing.
6. Littering on the run and bike course is prohibited. Any item that needs to be discarded, including water bottles, gel wrappers, energy bar wrappers, broken bike parts, inner tubes, or clothing items, can only be discarded at aid / hydration stations.
7. A participant must complete all three legs of the race in full before each of the cut off times or be disqualified. A participant who is disqualified (or cut off after the swim or the bike) will not be permitted to continue the race.
8. All participants will surrender their timing chip to race officials immediately after crossing the finish line.
9. If for any reason a participant cannot finish the race, they must report to the finish line area and return their timing chip. This will result in a DNF (did not finish) result.
10. Only participants wearing a 5150 Philippines wristband and race officials will be allowed to enter T1 and T2 before, during, and after the race. No family members, support staff, personal bike mechanics or photographers will be allowed in T1 or T2 at any time.
11. At T1 and T2, it is the responsibility of the participant to ensure all race gear is placed in their respective race baskets / boxes. Anything found lying on the ground in T1 or T2 will be collected and considered lost.
12. Bike and Bag collection from T1 and T2 – bags from T1 will be transported to T2. T2 will open at 10:15am for collection of bikes and transition bags. Bikes and bags can only be collected by the **PARTICIPANT** - family members, support staff, coaches, and drivers will **NOT** be allowed to check out bikes and bags from transition. Participants must show their race ID band as identification to check out their bike.
13. Any bikes or bags remaining in T2 after 1:00pm will be left unsecured as the transition area will be closed and race staff removed from the area.
14. Relay participants must remain in their respective waiting tents at T1 and T2 until their teammates arrive. They cannot leave the waiting tent unless given permission by a race official. Once a relay participant has completed their leg of the race they may leave the waiting tent but may not reenter T1 or T2.
15. All medical expenses occurred during the course of the race or as a result of the race are the sole responsibility of the participant.
16. Communication devices of any kind, MP3 players, iPods, and cell phones that may infringe a participants hearing are strictly prohibited at all times during the race. Headsets or headphones are not permitted at any time during the race. Participants found using any of these devices will be disqualified.
17. Non-racers, including the relay swimmer and biker, and family members cannot run or walk alongside a runner in the finishing chute - this includes participants carrying children in their arms as they cross the finish line. Please make every attempt to cross the finish line individually, not in a group to ensure your time is correctly recorded.
18. If a participant loses or forgets their timing chip prior to the swim start, they must report immediately to a race official at the swim start area. If the timing chip is lost during the course of the race, the participant must report the loss to a race official and pay a replacement fee upon completing the race.
19. Medical personnel shall have **ULTIMATE** and **FINAL** authority to remove a participant from the race if the participant is judged to be physically incapable of continuing the race without risk of serious injury or death. Medical transport of any participant will result in disqualification.
20. Age group classification is based on the participant's age as of December 31, 2014.
21. Relay teams must consist of 3 participants. A relay participant may only race for one team. An individual participant cannot compete as part of a relay team.

Date: June 11, 2014

22. Consider the safety of yourself and other participants at all times during the race. Treat other participants, race officials, race marshals, medical staff, traffic enforcers, and spectators with respect and courtesy before, during and after the race.
23. Foul, harsh, argumentative or abusive language, or other unsportsmanlike conduct directed at race officials, another participant, race marshal, medical staff, traffic enforcer, or spectator will not be tolerated before, during or after the race and will result in disqualification.
24. Any protest relating to race results must be submitted in writing to the Race Director within one hour of the final race cutoff.
25. 5150 Philippines race numbers and race registration and non-transferable. Any attempt to transfer registration will result in disqualification.
26. 5150 Philippines reserves the right to make rule changes at any time provided all athletes are notified in writing and/or at the pre-race athlete briefing meeting.