



RULES & REGULATIONS

GENERAL GUIDELINES

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OVERALL COURSE

1. All courses (including the bike courses and run course) are open to all traffic, and at no time will race officials have the authority to close any portion of any public roadway. Traffic lights will NOT be controlled. ALL TRAFFIC SIGNS AND SIGNALS MUST BE OBEYED.
2. Since the use of a support team is required throughout the event, aid stations will not be provided by event officials. Water and limited toilet facilities may be provided at the start and finish areas of each stage where practical. However, athletes and crews should not rely on such facilities being made available.
3. Each course should be clearly marked; however it is the athletes' responsibility, with the help of the support crew, for staying on it. It is suggested that each support crew and athlete drive the land course prior to the start of Stage 1.
4. No athlete will receive any time adjustments for any stop made during any stage or portion thereof. This includes, among others: rest or repair stops, check-ins, medical assistance, stops required by event officials or other stops dictated by public authorities.
5. No athlete or team may use any device, equipment, aid or other support, which provides an unfair advantage or produces an unsafe situation.
6. Glass containers are prohibited outside the support vehicle and may not be used by any athlete or pacer.
7. No athlete may receive assistance from anyone or anything which directly advances their position or contributes to their forward motion.
8. Athletes and/or support crews may, by mutual consent, exchange food, drinks, spare parts, tools and/or personnel during any portion of the event as long as such action does not create a hazard or give unfair advantage to any athlete or team. In no case may any exchange take place between a moving vehicle to another vehicle, or between a moving vehicle and an athlete.

SWIM (STAGE 1)

1. Wetsuits, goggles and/or facemasks are permitted. Booties are permitted. Gloves are permitted, so long as they are not webbed. Race Staff reserves the right to inspect all gloves prior to the swim.
2. A swim cap will be provided to each athlete and must be worn throughout the swim portion of the event.
3. No fins, paddles, snorkels, floatation devices or other artificial aids to propulsion are allowed.
4. It is mandatory that each athlete be accompanied by one swim escort, on a non-motorized escort craft, of at least 10 feet in length. The craft must be capable of supporting two people in the event of an emergency.
5. Unaccompanied athletes will not be allowed on the course and will be removed by event officials.
6. Athletes can hold onto the escort craft for a rest or while eating/drinking, but no forward motion is allowed.
7. No drafting off another athlete or escort craft is allowed.
8. Athletes must provide their own food/drinks for themselves and their escort for the duration of the

swim. Escorts are responsible for providing the athlete with their food and drinks throughout the swim portion.

9. Each escort and athlete must closely accompany one another throughout the swim.
10. Escorts must attach the official race number of the athlete to the FRONT of their outermost garment so that it is visible at all times.
11. In an emergency, any athlete/escort needing assistance should wave an arm overhead as a signal for help. Escorts may also use their whistle and flag as a signal for help. Whistles and flags will be provided to each athlete at the time of registration, which must be given to the escort for their use.
12. Substitution of escorts may be allowed as long as event officials are notified in advance and the substitute signs a waiver and such substitution does not create an unsafe situation.
13. There will be designated officials following the event in a boat. One warning for any infraction of the swim rules will result in a time penalty. A second warning will result in disqualification from the race.
14. The swim course will be closed six (6) hours after the start of Stage 1. Any athlete not reaching the finish by then will be declared a "Participant" and may be allowed to continue at his/her own risk only with clearance from event officials including medical staff.
15. Event officials reserve the right to alter the cutoff time for the swim if water and/or weather conditions warrant such an alteration. However, the total twelve (12) hour cutoff for the entire Day 1 will still apply.

SWIM TO BIKE TRANSITION

1. Team Vehicles will not be allowed in the transition area and must be parked in designated areas.
2. Kayaks are to be removed from the swim exit by the crew immediately upon completion of the swim, as not to interfere with other athletes exiting the water. The kayak must be deposited in the designated kayak drop zone.
3. If changing tents are present, they are not to be used as personal transition zones. Changing tents are for modesty only and are to be used for that purpose. Crews leaving athlete clothing, equipment and supplies inside the tent will have it removed by event officials.
4. No athlete, or crew member of another athlete, may interfere with another athlete's equipment while it is in the transition area.
5. Crew Members are permitted in the transition area to assist their athlete but must not interfere with other crews or athletes. Requests for assistance from other crews or athletes is permissible.
6. Event officials may administer bike equipment checks, including helmets, as part of the transition process.
7. Bikes cannot be mounted until they reach the "Mount Line" and the okay given by event officials.
8. Helmets must be secured and fastened onto the head before leaving the transition zone.

BIKE (STAGE 1 & 2)

1. No tandem, motorized or recumbent bike is allowed. Additionally, no device designed exclusively to reduce resistance is permitted on any bike.
2. Athletes are expected to arrive with a bike that has recently been serviced by their local bike shop or bike technician. Bikes should be in good working condition so as to provide the safest ride possible. All repair and maintenance costs are the responsibility of the athlete. It is the responsibility of the athlete to ensure that all aspects of their bike are safe to the user, other competitors, crew members, officials, volunteers and the general public at all times during the event.
3. A back-up bike or spare frame may be carried in the support vehicle; such equipment may only be used if the primary or original bike has a mechanical failure to such an extent that it cannot continue to be used. A neutral Event Bike Technician must be notified of any potential bike or frame change and certify that the original/primary bike is un-rideable and unfixable on the course prior to the switch being made. You may only switch bikes once during the entire event. *No switching back and forth is permitted.* With the exception of the frame or back-up bike as described above, all other bike parts may be changed while on the bike course.
4. Disk wheels may be used. However, use disk wheels at your own risk as the bike course may have severe cross winds.
5. All bikes must be equipped with an operational red rear blankie light at all times. Athletes should have a front white light mounted or readily available at all times. Lights must be turned on at sunset. We recommend having a backup light should the first fail. We recommend a solid strong front light as there will be areas of darkness with no street lights.
6. No accompanying riders are permitted on the bike course.
7. During the bike (Stage 1 & Stage 2), drafting or pacing of any kind is not permitted. This includes motorized vehicles.
8. Side by side riding and wind blocking is not permitted.
9. Athletes may only make forward progress while accompanied by their bike. Push-offs of any kind are not permitted. Likewise, any propulsive action by head or hands is prohibited.
10. Each athlete must conform to all traffic laws and are responsible for all consequences of any infraction.
11. Each athlete must wear an official number while on the bike course. The number must be clearly visible and placed on the lower back of the rider.
12. Frame numbers must be displayed in a highly visible position on the bike while the rider is on the course. In the case of a bike or frame switch, the frame number must also be switched.
13. Each athlete must wear a properly fastened hard shell helmet as required by USAT rules.
14. No athlete may wear any device that interferes with normal hearing such as electronic headsets, radios including communication devices, MP3 players, bone conduction devices, helmets with speakers, or iPods. No athlete may use a camera/cell phone camera while cycling. Cell phones may be carried by athlete for use in case of emergency or mechanical issue but may not be used unless athlete is stopped with both feet on the ground.
15. There may be various NO FEED ZONES on the bike course, as designated in the turn-by-turn directions. No athlete support vehicle is allowed to stop inside the NO FEED ZONES, nor can they trail behind their athlete in said zones. Infractions will result in time penalties or disqualification depending on severity of the infraction.

16. The Bike Courses for Stage 1 and Stage 2 will be CLOSED 12 hours after the start of each stage. Any athlete not reaching the finish by then will be declared a "Participant". Athletes may be allowed to start the next stage at their own risk and only with clearance from event officials including medical and monitoring personnel.
17. Any athlete not reaching the finish line of any stage within 15 minutes after the close of the stage will be asked to leave the course and must get a ride to the Finish in their support vehicle. Not following this rule may result in not being allowed to start the next stage, and disqualification from the rest of the event.

RUN (STAGE 3)

1. Each athlete must run or walk the entire course. Crawling will result in disqualification for health and safety concerns. No other methods of transportation or devices that may aid in transportation may be used during the run (i.e. crutches, scooters, etc.) unless the athlete is registered as a paratriathlete.
2. Each athlete must wear an official number while on the run course; it must be worn and clearly visible from the front.
3. Pacing of the athlete is allowed during the run portion of the event; however, the athlete may not have more than one pacer at a time. All pacers must be on foot. *Extra pacers outside of the regular crew are not permitted.*
4. No pacer may do any headwind blocking.
5. No bicycles or other wheeled or motorized vehicles other than the crew vehicle may be used by crew members or pacers on the run course.
6. Athletes must run on the shoulder of the road when possible, facing the oncoming traffic.
7. No athlete or pacer may use any device that interferes with normal hearing such as electronic headsets, radios including communication devices, MP3 players, or iPods. Crews may blast music from the crew vehicles as long as they are not in a neighborhood area where such music might disrupt the general population.
8. If the athlete exhibits signs of substantial fatigue, one crew member must accompany him/her.
9. The Run Course will be CLOSED 12 hours after the start of Stage 3. Any athlete not reaching the finish by the twelve (12) hour cut-off will be declared a "Participant".
10. In addition to the final cut off time of 12 hours, the Run Course has 2 additional cut-offs at 26.2 miles – 6 hours and 39.3 miles – 9 hours. Athletes not making these cut-offs will be asked to leave the course. Any athlete not cooperating with this request will be disqualified and not eligible for any awards nor be allowed into any future Ultraman event. Cut-off times may be adjusted if course conditions warrant.
11. Any athlete not reaching the finish line within 15 minutes after the close of Stage 3 will be asked to leave the course and must get a ride to the finish in their support vehicle. Any athlete not cooperating with this request will be disqualified and not eligible for any awards nor be allowed into any future Ultraman event. Cut-off times may be adjusted if course conditions warrant.

SUPPORT TEAM

1. Each support team shall consist of at least two (2) adult members. Crews may consist of up to four (4) members, as long as the crew vehicle contains one seatbelt per crew member and athlete. Substitutions may be made only if the crew waiver is signed by the substitute beforehand.
2. Support Team members must exercise extreme caution throughout all stages of the event for their own protection and that of the athletes.
3. Except in the case of an emergency, no team may have responsibility for more than one athlete. This does not prevent a crew from offering aid to another athlete if the situation requires such action.
4. Each Support Team member will be required to (A) provide their name, address and phone number and (B) sign a crew waiver prior to the start of Stage 1.
5. Two Support Team members must have valid driver's licenses, so that in the case of an emergency, the second team member can drive the support vehicle.
6. One Support Team member may be the Swim Escort and also a member of the Land Crew.
7. No team member may use any illegal substances during the event and its related activities. The use of alcohol during any portion of any stage of the event is prohibited.
8. Verbal or physical abuse of any event personnel including other athletes, support team members, organizers, race officials, volunteers, public officials and members of the general public will result in immediate disqualification of the offending crew member's athlete.
9. One crew member must be designated Team Captain/Crew Chief, and this person must be able to speak and understand English.
10. The Crew Chief will be the official spokesperson for the athlete and team. As such they will be responsible for the team and its actions.
11. Costs and arrangements for the procurement, training, outfitting, transportation, meals and housing of the team are the responsibility of the athlete.
12. The Crew Chief or designated representative is required to attend all the pre-race briefing sessions. All other team members are encouraged to attend.
13. The Crew Chief must check in at all start/finish lines. The swim escort must accompany the Crew Chief and check in at the start line of the swim course.
14. Team Members must obey all event regulations, traffic laws and public ordinances, as well as follow the directions and instructions of all event officials and public authorities.
15. No team member may interfere with or obstruct another team or athlete, roadway traffic, or cause any public inconvenience.
16. Team members may only be on the course in their capacity as a team member. No team member may utilize a non-motorized wheeled vehicle (including a bicycle) on the course, except in an emergency. Except as a run pacer, being on the team is not an opportunity to swim, bike or run during any stage of the event.
17. No team member may hand or give any aid to any athlete while the team member is inside a vehicle, whether moving or stationary, unless the athlete has dropped out, been pulled from the course, been required to enter the vehicle by event officials, is resting without forward motion of the vehicle or has finished the stage AND is inside the vehicle.

18. All handoffs and/or aid of any kind must be given to the athlete while the vehicle is parked off the roadway, with emergency flashers on, and the team member is standing on the shoulder of the roadway.
19. Crews are not allowed to stop in designated NO FEED ZONES. Crews should ensure that their athlete is prepared to travel through NO FEED ZONES unassisted, including being prepared to fix flats and minor repairs as required and carry at least one water bottle and nutrition. NO FEED ZONES will be monitored and marshaled by Race Officials. Violations will result in penalties and possible disqualification depending on severity of the violation.
20. Any Crew Chief whose athlete is unable to make a cutoff will be required to pick up their athlete and check in with officials at the finish line of the stage, this includes run course cut-off times and stage finish cutoff times. Dropouts or disqualified athletes must be brought to the finish line as soon as possible to be checked in. If this cannot be done it is the responsibility of the Team Captain to notify event officials at the finish line of the athletes' status as soon as possible.
21. Event officials assume no responsibility for the health, safety and welfare of any athlete and/or support team member while they are participating in any portion of the event. If a situation or emergency should arise which requires care or attention by medical personnel, the support team should transport the person affected to the nearest medical facility or call designated or emergency personnel to request help if transport is not possible or advisable.
22. The role of the support team is vital to each competitor and the safety of the event. The utmost care, concern and courtesy must be given to all, including the general public. The proper conduct and concern of the team and its individual members safety and well-being of all is extremely crucial and will be required. Since team members will be the athletes' lifeline providing nutritional, technical, medical and equipment support, the need for adequate preparation and supplies, especially ice and water, should not be underestimated.

SUPPORT VEHICLE

1. Each participant must have no more than one (1) accompanying motor vehicle during all portions of the land course.
2. The vehicle must clearly display official event signage in the designated areas on the vehicle. Except for required signage, vehicle windows must be clear of visual obstructions.
3. No vehicle may provide draft or pace for any athlete.
4. The Leapfrog Method of support is required at all times. **THIS IS EXTREMELY IMPORTANT AND IS A MAJOR SAFETY ISSUE.** Failure to follow this rule may lead to an unsafe situation, reflect badly on the event, and subject the athlete to time penalties and/or disqualification.
5. *No vehicle may follow behind any athlete except in an emergency.* In that case, emergency flashers must be on at all times and both athlete and vehicle must look for the first opportunity to remove themselves from the emergency situation. Upon removal from the emergency situation then the return to normal support (Leapfrog Method) must continue assuming the athlete is in a situation to do so.
6. Emergency flashers must be on when a support vehicle is pulled over to give aid.
7. No Vehicle may travel alongside an athlete except to pass them. **THIS IS EXTREMELY IMPORTANT AND IS A MAJOR SAFETY ISSUE.** Failure to follow this rule may lead to an unsafe situation, reflect badly on the event and subject the athlete to time penalties and/or disqualification.

8. Leap Frog Method of Support: Except in the case of an emergency, the Leap Frog Method of Support is the only acceptable method of support. This is extremely important as failure to follow this rule may lead to an unsafe situation; reflect badly on the event; and subject the competitor to time penalties and/or disqualification.

When the support vehicle is passing their athlete, they will not be permitted to slow down and communicate or handoff to their athlete.

When the support vehicle is stopping, they must pull off as far to the right as possible on the shoulder of the road. While on the shoulder of the road, vehicle flashers must be on as a warning to other motorists.

Support Crew Members must stay on the shoulder to hand off nutrition/bottles and should not interfere with other vehicle traffic in any way.

Method:

Support Crews should allow their athlete an appropriate amount of time to lead before driving to catch up and pass them. This allows the crew to find their athlete in the case of a mechanical breakdown, accident or crash without backtracking or extended time delays.

Once the athlete has been caught up to, the support vehicle is to pass at normal road speed, then pull far enough ahead to allow time to get ready for the athlete to catch up to the support vehicle. The crew should then be ready to hand off required nutrition and hydration products to the athlete as they pass the support vehicle.

Communication between Athlete and Support Crew should take place during the hand off phase. Athlete instructions should allow the Support Crew time to prepare for the next stop. Support Crew should prepare for the next stop while waiting to start the next catch phase.

MEDICAL

1. Event officials will not provide medical emergency assistance, nor is any liability assumed for not providing such. Emergency medical contacts and information will be provided to each support crew.
2. Athletes are responsible for their own medical condition and should be cleared by their own family doctor before competing.
3. Monitoring of certain indicators may be available during the event. Athletes will be asked to cooperate with the monitoring team so that feedback may be provided to the athlete and crew in regard to their continuing the event. Athletes will be asked to provide base line information as well as a check in and check out procedure for each stage of the event. The monitoring team will have the authority to withdraw an athlete from the event if the indicators fall outside safe limits or the athlete refuses to provide the requested indicators.
4. Administration of IV fluids during any portion of any stage, including the time from the finish of any stage to the beginning of the next stage, will constitute an unfair advantage and result in disqualification. Therefore, any fluids used by the athlete must be taken orally.
5. Medical assistance to an athlete, which does not result in the administration of IV fluids or the transport over or removal from the designated course, is not, by itself, grounds for disqualification.

Qualified medical personnel who may treat an athlete shall have final and ultimate authority to remove an athlete from any portion of the event if the athlete is judged to be physically incapable of continuing in the event without risk of serious injury or death.

RACE NUMBER PLACEMENT

Swim: The paddler for each athlete must wear the race number on the front of their Personal Flotation Device so that it is visible at all times. During the check-in process, each competitor will be issued an event swim cap, which must be worn for visibility during the swim portion of the event.

Bike: The bike number is to be worn on the lower back of the outer garment while riding. The bike frame number must be attached to the main bike in a location visible to event marshals. In the event of a bike change the number must also be transferred. The helmet number must be placed on the front, center of the helmet.

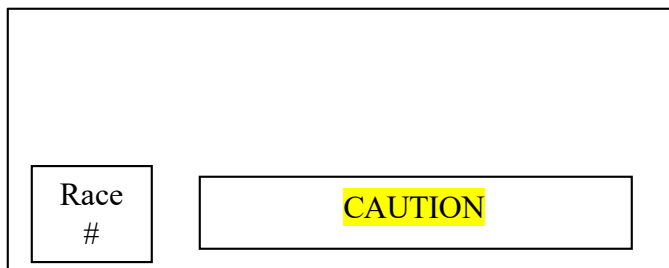
Run: Each competitor must wear the run race number on their front so that it is visible at all times while on the run course.

Pacers: Pacing is allowed only during Stage 3 and then only under the following conditions: (a) an athlete may be paced by one designated non-competitor at a time, (b) all pacers must be on foot while pacing, (c) any pacer must have signed a Volunteer Crew Waiver prior to being allowed onto the course, (d) all pacers must be part of the regular crew from Days 1 or 2 – extra pacers outside of the regular crew are not permitted. **Pacing with any wheeled vehicle (whether motorized or not) is not permitted.**

Vehicle: One vehicle race number should be affixed to the outside lower left (driver's side) of the back windshield of the team vehicle. The second vehicle race number should be affixed to the outside upper right (Passenger's side) front windshield. Numbers should be affixed with duct tape or clear packing tape.

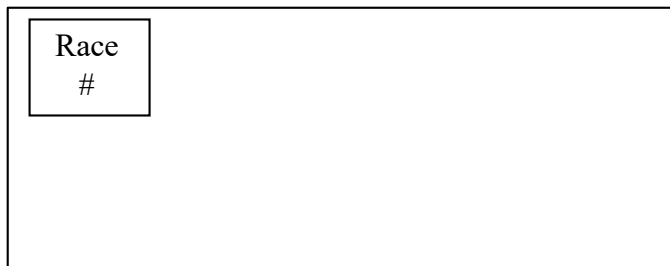
Example:

Outside Back
Windshield



The **YELLOW CAUTION** sticker is to be placed on the rear of the vehicle in a highly visible location so that vehicles behind can read the sticker. Rear windows next to the number have been found to work best.

Outside Front
Windshield



Numbers and Caution stickers identify official competitors and teams. They must be clearly visible at all times and worn as directed by event officials. No alteration of any numbers is permitted.

PENALTIES

Helmets: Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT sanctioned events. *Helmets must be worn at all times while on your bike.* This means before, during, and after the event. Crew members testing athletes' bikes MUST WEAR A HELMET.

Penalty: Disqualification

Chin Straps: Chin straps must be buckled at all times when on a bicycle. DO NOT unbuckle your chin strap unless you are off your bicycle. **Penalty: Disqualification on the course; Variable time penalty in transition area only.**

Transition Area: All equipment must be placed in the properly designated and individually assigned bike corral. The wheel of the bicycle must be down on the side of the assigned space. No person shall interfere with another participant's equipment or impede the progress of another participant. All bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area.

Penalty: Variable time penalty

Drafting: The bicycle draft zone will be 12 meters long measured from the leading edge of the front wheel. An athlete may enter the draft zone of another athlete but must be seen to be progressing through that zone. A maximum of 25 seconds will be allowed to pass through the zone of another athlete. Position -- keep to the right-hand side of the lane of travel unless passing. Blocking -- riding on the left side of the lane without passing anyone and interfering with other cyclists attempting to pass. Overtaken -- once passed, you must immediately exit the draft zone from the rear, before attempting to pass again. **Penalty: Variable time penalty**

Course: All competitors are required to follow the defined racecourse. Athletes leaving the defined course for safety reasons must return to it without gaining any advantage. If an advantage is gained from leaving the defined course, the athlete will receive a time penalty. (Example: athlete arrives at a red light; instead of stopping and waiting for the light to turn green, athlete turns right, makes an immediate U-turn, then turns right to return to the defined course. This athlete would receive a time penalty.) Cutting the course is an obvious violation and going outside the course is a safety issue. Cyclists shall not cross a solid yellow center line for ANY reason. Cyclists must obey all applicable traffic laws at all times. **Penalty: Variable time penalty OR Disqualification**

Unsportsmanlike-Like Conduct: Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, USA Triathlon officials, volunteers, spectators or fellow athletes is forbidden. **Penalty: Disqualification**

Headphones: Headphones, headsets, iPods, mp3 players, bone conduction headsets, helmets with speakers, or personal audio devices, etc. are not to be carried or worn at any time during the race.

Penalty: Disqualification

Race numbers: All athletes are required to wear race numbers at all times during the run. Numbers must be clearly visible at all times. DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing. **Penalty: Variable time penalty for missing or altered number, Disqualification and one-year suspension from membership in USAT for transferring a number without race director permission.**

Wetsuits: Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit.

Abandonment: All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. Nothing shall be thrown on the course. **Penalty: Variable time penalty**

USAT Variable Time Penalties:

Distance Category	First offense	Second Offense	Third Offense
Ultra	6 minutes	12 minutes	Disqualification

GENERAL GUIDELINES

Age Groups

For the purpose of age group standings, the finishing field will be subdivided into ten-year age groups, based upon the athletes' age at December 31st of the year in which the event takes place. Separate divisions for men and women will be provided. Age Group prizes will be at the discretion of the organizers. All participants must have reached their 20th birthday by December 31st.

Aid Stations

Since the use of support teams is required throughout the event, event officials will not provide aid stations. Water and limited toilet facilities may be available at the start/finish lines of each stage; however, athletes and crews should not rely on such facilities being readily available.

Application Process

Applications will be accepted up to and including November 30th of the year prior to the event. Applications received after that date will only be considered if space is available in the event for that year. Applications will be categorized into the following categories: First Timers, Veterans and Former Crew & Volunteers. The Application Review Committee will review the applications to determine the category and to ensure qualification standards have been met. Thus, the information that is provided by the applicant within the application will be crucial. Special emphasis will be placed on the applicant's endurance activities to date, and the demonstrated ability to finish all three stages. Specific details of qualification will be issued in the Official Application Kit for the event. At a minimum, the applicant must have finished an iron distance event or some other ultra/stage event approved by the Application Review Committee (i.e. UltraCamp), in the previous 18 months to the Ultraman event being applied for. Events that consist of distances that are of at least iron distance in some disciplines but not all three may be considered when combined with other events that contain at least the iron distance of the discipline missing from the first event.

Awards

Each "Finisher" will receive a distinctive award. Only athletes who have made each cutoff and completed all portions of the course will be designated as a "Finisher". Each "Participant" will receive an award. Any athlete who does not reach the designated finish line before the cutoff, or has not completed all portions of the course, will be declared a "Participant". Disqualified athletes are not eligible for any awards. The right to limit or expand the awards, based on the number of entries is reserved. All Awards will be presented at the Awards Banquet the day after the completion of Stage 3. Attendance by athletes, crews, friends and family to the Awards Banquet is HIGHLY recommended as the format is unique to Ultraman, and this completes the Ultraman experience. This is an interactive function with a large degree of participation by all in attendance. Awards will not be mailed, so athlete or their designee must be present at the Awards Banquet.

Categories

All athletes, whether officially registered by a national governing body as amateur, elite or professional will participate in the age group category.

Check-In Procedure

At the beginning and end of each stage or segment thereof, each athlete and Crew Chief must check in with the event Registrar who will be located adjacent to the respective start/finish line. In addition, at the start of the swim, the swim escort must check-in along with the Crew Chief to the event Registrar. Failure to follow this procedure may preclude further present or future participation in the event.

Communications

Each Team must have a United States operating cellular telephone. Numbers will be listed and distributed to each crew and event support vehicle. Cellular telephone numbers will be taken at Registration and a list will be distributed to all Crew Chiefs before the start of Stage 1.

Contingencies

If conditions develop prior to or during the event which necessitate a change in plans, the following action(s), in order of severity, will take place: (1) postponement, (2) course modification, (3) cancellation. If it is unsafe to conduct the swim as scheduled, this portion of Stage 1 may be

postponed until the morning following the end of Stage 3. If the event or any portion of it is postponed, modified, or cancelled, there will be no refunds.

Course

The responsibility for following the official event course rests with the athlete and crew. No time credits or adjustments in finishing results shall be made for athletes who fail to follow the proper course for any reason. Time penalties or disqualification may result from failure to follow the proper course. Every effort will be made to mark each intersection on the course. Detailed course descriptions and route maps will be made available to each athlete and crew.

Cutoff Times

For safety and insurance reasons, the following cutoff times have been established: Stage 1 Swim – 6 hours plus Stage 1 Bike - 6 hours, Total Stage 1 - 12 hours; Stage 2 Bike – 12 hours; Stage 3 Run – 12 hours (Total Event 36 hours). Any athlete who does not reach the designated finish line before a cutoff will be declared a “Participant” and will be asked to leave the course if they are unable to reach the finish line within 15 minutes after the cutoff time. Athletes may be allowed to continue onto the next stage as a “Participant” only if they cooperate with this request and receive the clearance to do so from event organizers; including medical or monitoring staff if available. Only athletes who have made each cutoff and completed all portions of the course will be designated as a “Finisher”. The run course has additional cutoffs at 26.2 miles – 6 Hours, and 39.3 miles – 9 hours. Athletes unable to make the cutoffs will be asked to leave the course. Any athlete not cooperating with this request will be disqualified and not eligible for any awards nor be allowed into any future Ultraman Events. Cutoff times may be modified if course conditions warrant.

Disqualification

Athletes or team members not adhering to the rules and regulations and guidelines of the event are subject to disqualification for the athlete. Disqualified athletes may not continue on any part of the course except at the sole discretion of event organizers. In any case, no disqualified athlete will receive any “Finisher” or “Participant” Awards.

Distances

Stage 1 (Day 1) – 6.2 mile (10.0 km) Swim, followed by 90 mile Bike

Stage 2 (Day 2) – 171.4 mile Bike

Stage 3 (Day 3) – 52.4 mile Run

All distances are approximate and subject to modification.

Drafting

This is an individual endurance event; therefore, drafting of any type, during any portion of any stage including the swim, is prohibited.

Fees

Pricing for the event is an inclusive price for staging the event. The price includes the athlete and 2 (two) land crew members, the minimum crew requirement for the event. Included in the fees are the following:

- 3 Prerace Athlete Briefing Brunch Tickets (1 Athlete and 2 Crew)
- 3 Award Banquet Tickets (1 Athlete and 2 Crew)
- 3 Massages (one at the end of each stage for 1 Athlete or 1 Crew Member)
- 1 Athlete Shirt and 2 Crew Shirts
- 1 Kayak Rental (including paddle and personal flotation device)
- 1 Link to Event Photography
- Finisher or Participant Award
- Finisher Jacket for Official Finishers

NOT INCLUDED are the following: Accommodations, transportation to and from Florida, meals other than those listed as part of the entry fee, nutritional needs, other race supplies, and vehicle rentals.

Also not included are the costs of any additional crew you may bring, or swim escort requirements. Information on these fees will be made available with the Official Invitation Kit. Entry fees will be charged at the time of registration for the event. After invitations are issued, the standard Refunds & Withdrawals rules will apply.

Filming

Filming of the event will not be permitted whether for personal or commercial purposes unless prior written authorization is obtained from Event Organizers. Such authorization may be withheld if the filming is in conflict with the granting of other film rights and/or registered logo use.

Insurance

The coverage provided allows for a five million dollar (\$5,000,000) limit on a Comprehensive General Liability format. This is one of the broadest liability forms available, in which it insures the race directors, their committees, volunteers and others requiring protection (such as sponsors, public agencies, property owners, etc.). The Policy will cover liability from organizing activities leading up to the event, the event itself, and the post-race activities. It will respond to claims from spectators, competitors, Volunteers and the public in general. The event does not carry individual Athlete medical insurance, nor does it assume any responsibility for such. It is highly recommended that athletes both American and non-American obtain additional event travel and medical insurance before traveling to the event. Consult with the Race Director for recommendations.

Invitation Process

Applications will be accepted until all 50 slots are filled or November 30th of the year before the event, whichever comes first. The Application Review Committee will meet on a biweekly basis to review and discuss applications. Invitations will be sent on a biweekly basis. Each applicant that is issued an Invitation will receive an Official Invitation Kit. Invitations not accepted within 7 (seven) days may be considered invalid, and the space released to another applicant. No more than 50 athletes will be accepted to race, and there will be no waitlist. Special consideration will be given to individuals that have volunteered or crewed in previous Ultraman events; however, this will not exclude the need for meeting the qualifying standards as detailed in these Official Guidelines and will only be considered IF there are more applicants than spaces available in the event. Special Consideration will be given to individuals whose "qualified application" did not get selected in the previous year. However, this will not exclude the need for meeting the qualifying standards as detailed in these Official Guidelines and will only be considered IF there are more applicants than spaces available in the event.

Language

Each athlete must be able to either (1) speak and understand English or (2) provide a team member who can speak and understand English and act as a translator between the athlete, other team members, and event organizers. The Event Organizers will not be able to provide translation services or provide bilingual team members in most cases; this is an athlete responsibility. Athletes cannot rely on these services being available at the event location.

Limitation of Entries

The starting field will be limited to 50 solo entries or a combination of solo entries and relay entries, not to exceed 50 total athletes. Entry will be by Invitation Only.

Massage

Massage will be available at the end of each stage. By payment of the entry fee, each solo athlete is entitled to a massage at the end of each stage (3 massages total). This service is primarily for athletes but may also be available for a team member if the athlete chooses to forego a massage at the end of a stage. No credits will be given for unused massages and massages must be done at the designated finish line area of each stage.

Meals

Three meals will be served in connection with the event: (1) Pre-race athlete briefing brunch (**Attendance is Mandatory for all athletes and Crew Chiefs**), held on the day before the start of Stage 1; (2) Ultraman Awards Banquet, held on the day after the completion of Stage 3 (**Attendance is not mandatory but is HIGHLY recommended that athletes and crews attend** – see Awards Section of these Guidelines); and (3) Stage 3 finish line fiesta. Entry into each function will be by

presentation of the appropriate meal ticket or wristband. Each athlete will receive 3 tickets for each meal (1 athlete and 2 crew). Additional tickets will be made available for ordering with the Official Invitation Package. **Unused meal tickets will not receive a credit.** At the end of Stage 3 there will be a finish line party for all to enjoy. We encourage athletes, crews, friends, family, and volunteers to join us for a celebration until the final athlete crosses the Finish Line. Consult with the Race Director to purchase extra meal tickets for family, friends, and extra crew members.

Medical Support, Monitoring and Studies

Event officials will not provide emergency medical assistance, nor is any liability assumed for not providing such. Organizers ability to provide on-course medical support is very limited due to the distances involved. Emergency medical contacts and information will be provided to each support crew. Athletes and crew are responsible for reviewing and being familiar with the medical and emergency sections of the race manual. Athletes are responsible for their own medical condition and should be cleared by their own family doctor before competing.

Monitoring of certain indicators may occur during the event. Athletes will be asked to cooperate with the monitoring team so that feedback can be provided to the athlete and crew regarding the athletes' condition in regard to their continuing the event. Athletes will be asked to provide base line information as well as a check-in and check-out procedure for each Stage of the event. The monitoring team will have the authority to withdraw an athlete from the event if the indicators fall outside safe limits, or the athlete refuses to cooperate with the monitoring team.

Administration of IV fluids during any portion of any stage, including the time from the finish of any stage to the beginning of the next stage, will constitute an unfair advantage and result in disqualification or the athlete being declared a "Participant" and not a "Finisher". Therefore, any fluids used by the athlete must be taken orally. Medical assistance to an athlete, which does not result in the administration of IV fluids or the transport over or removal from the designated course, is not, by itself, grounds for disqualification.

Qualified medical personnel, who may treat an athlete, shall have the final and ultimate authority to remove an athlete from any portion of the event if the athlete is judged to be physically incapable of continuing in the event without risk of serious injury or death. Independent medical studies may be conducted in conjunction with the event. Participation in these studies will be voluntary.

No Feed Zones

For safety reasons, certain short portions of the land course will be designated "No Feed Zones". These are areas where the support team is not allowed to accompany the athlete. Event personnel, who are responsible for athlete safety, monitor "No Feed Zones". It is the responsibility of the Crews to ensure that their athlete is prepared to look after their own hydration, nutritional and minor mechanical problems, including flats, while in the "No Feed Zones". It is recommended that the athlete carry at least one (1) water bottle and one (1) spare tube/tire while in the "No Feed Zone".

Numbering

Swim: The swim escort must wear the athletes' official swim number on the front of the outermost garment on the body (or PFD), or on the front of his/her hat so that it is visible to race officials.

Bike: Each athlete will receive two (2) jersey numbers – one to be worn on the lower back each day, and a frame number to be placed on the bike frame in a visible location so that it can be read from the side.

Run: Each athlete will be given one number to be worn on the front so that it is visible at all times.

Vehicle: Each team will be given two numbers to affix to the crew vehicle. The first is to be affixed to the outside lower left (driver's side) of the back windshield – assure the number does not interfere with the outside windshield wipers. The second should be affixed on the outside upper left (Passenger side) of the front windshield. Numbers identify official athletes and teams and must be clearly visible at all times. Numbers must be worn as directed by event organizers. No alteration of any numbers is permitted.

Pacing

Pacing of the athlete is allowed during the run portion of the event only. Athletes may only be paced by an official crew member who must have previously signed the official crew waiver. However, the athlete **may not** be paced by more than one non-competitor at the same time. All pacers must be on foot. No pacer may do any headwind blocking. No bicycles or other wheeled vehicles (whether motorized or non-motorized), may be used for pacing purposes by the crew or pacers on the run course (this includes the crew vehicle).

Parking

Parking is limited in all staging areas and is strictly prohibited at the start and finish areas. The event will have certain areas designated for parking, in which an attendant may be present to monitor. It is imperative that their instructions are followed. In certain stages there may be a volunteer to direct crew vehicles to appropriate parking areas. In any circumstance, all vehicles must be parked legally and safely off any highway or road, and in such a manner that it does not obstruct the normal flow of traffic or create a hazard to anyone. Do not block private driveways and be courteous if approached to move your vehicle.

Passports, Customs & Immigration

International entrants, including Canada citizens, will require a valid passport to gain entry into the United States regardless of ports of arrival (land, sea or air). If you are flying into the United States, you will be required to go through both immigration and customs at your FIRST port of entry. Make sure you physically claim all of your luggage and your bike at this time. You can re-check the luggage and bike if you have connecting flights to Florida. Your luggage and bike will not automatically be checked in for your flight to Florida without clearing customs first.

Penalties

Specific penalties will be levied for infractions and/or misconduct. Such penalties will normally consist of time penalties assessed against the athlete at the end of each stage, with immediate disqualification occurring for major misconduct and/or infractions. The time penalties for Ultra Distance races consist of 6 minutes for the first (1st) infraction and 12 minutes for a second (2nd) infraction. The third (3rd) penalty equals disqualification from the event. The penalties are cumulative for all three days. The Event/Race Director has the authority, at any time, to overrule any rule or invent a new rule based on extenuating, unforeseen, and/or unusual circumstances and/or to maintain the integrity and fair play necessary for the successful completion, and continuation of the race. The Event/Race Director has ultimate authority in regard to all rules, their interpretation, and their enforcement. All entrants in the event/race and their support crews willingly acknowledge this fact, as well as all other race rules by attending the race in any capacity.

Personal Property

It is strongly suggested that all personal property be adequately and indelibly identified with the owner's name and event number prior to the start of Stage 1. Event officials assume no responsibility for the theft, loss, or destruction of any personal property of any athlete or support team member.

Planning

The absolute necessity of proper planning cannot be emphasized enough. In addition to making the necessary travel plans, it is crucial that each athlete properly informs, trains, organizes and prepares each team member. This includes providing them with copies of pertinent event information and keeping them up to date on changes. Waiting to accomplish this the day before the event is not advisable. Plan to drive the entire land course before the start of the event. Athletes who are utilizing local residents as team members are urged to be in contact with them as early as possible to make sure all necessary arrangements, including automobiles, lodging, food, swim escort and craft are in place. No one will be permitted to begin any stage without a complete team and the required equipment.

Pre-Event Race Briefing

The Thursday pre-event Race Briefing brunch **must be attended by the Athlete and the Crew Chief**. Other team members are encouraged to attend, and it is recommended that they do so.

Prohibited Aid, Equipment & Substances

No athlete will be permitted to use fins, paddles, snorkels, or any flotation device (except as noted) during the swim; likewise, no swim escort will be permitted to use any sail craft or any escort craft less than ten feet in length. In addition, during the bike segments, no athlete may use any device designed exclusively to reduce air resistance. Athletes may NOT use: 1) any device that interferes with normal hearing (headsets, walkie talkies, bone conduction headsets, etc.), or (2) any method of transportation or device that may aid in transportation (i.e. crutches, scooters, etc.) or provide any independent means of forward motion during the run portion, or (3) any camera/cell phone camera while cycling or running. Cell phones may be carried by athlete for use in case of emergency or mechanical issue but may not be used unless athlete is stopped with both feet on the ground. No team may utilize more than one support vehicle, and such vehicle may not exceed eight (8) feet in width. No athlete, team member or staff may use any illegal or otherwise banned substance at any time during any portion of the event. The event is to be drug-free throughout. You are advised that in accordance with Article 10.12 of the World Anti-Doping Code ("the Code"), no athlete who has been declared Ineligible as a consequence of an Anti-Doping Rule Violation may, during the period of Ineligibility or Provisional Suspension, compete in an Ultraman Race. The Ultraman Race is a USA Triathlon Sanctioned competition. It is the responsibility of the athlete to disclose any current provisional suspension by an Anti-Doping Organization or International Federation as well as hearing result(s) or other adjudications or final decisions by a WADA Code Signatory, or non-signatory, that you committed an anti-doping rule violation, including, but not limited to, the anti-doping rule violated, consequences of the anti-doping rule violation, and the responsible results management authority and if currently serving a period of ineligibility. Ultraman reserves the right to drug test any athlete, team member or staff at any time.

Protests

The Crew Chief will be the person responsible for submitting any official protest on behalf of the athlete or team member(s) as the result of misconduct by another athlete or team. Such protest must be in writing and filed within 30 minutes after finishing the stage in which the alleged incident occurred. Event Organizers will provide protest forms if required.

Qualification for Entry

The selection of Invitees will be based upon the experience and other qualifications and criteria of each applicant. At a minimum it is expected that the applicant will have completed at least one iron distance race within the previous 18 months to the Ultraman Event being applied for, or other qualifying event deemed appropriate by the race organizers. Events that consist of distances that are of at least iron distances in some disciplines but not all three may be considered. The moral character of the athlete will also be taken into consideration during the application review process.

Refunds and Withdrawals

If an athlete is accepted to race Ultraman, and has to drop out at some point, the following cancellation fees will apply:

- Cancel before May 31 = \$400 cancellation fee
- Cancel June 1 to June 30 = \$600 cancellation fee
- Cancel July 1 to July 31 = \$800 cancellation fee
- Cancel August 1 to August 31 = \$1,000 cancellation fee
- Cancel after September 1st = NO REFUND

Registration

Registration (athlete check-in) will be held on the Wednesday preceding the start of Stage 1. All invitees wishing to participate must register in person during their assigned time. **To pick up registration material, each invitee is required to present complete information about their team, including name, contact phone number and a signed individual Volunteer Crew Waiver for each team member.** Race materials will only be issued to those completing the registration process and only those individuals will be allowed to begin Stage 1.

Relay Teams

In the event that relay entries are opened, all necessary information will be provided.

Safety

Safety is THE primary consideration for athletes and their support teams; and following the guidelines and regulations are required throughout the event. This event is extremely strenuous and requires tremendous individual endurance and stamina. The risk of accident, injury, sickness and even death, may be present throughout all three stages. Proper training, well maintained and appropriate equipment, good judgment, respect, common sense and courtesy will be crucial in making this a safe and successful event. If an emergency situation necessitates or causes a rule infraction, event organizers may make allowances in the interest of promoting safety.

Special Required Equipment

Athletes will be required to wear/utilize the following special equipment: official swim cap and event numbers as provided by the organizers, ANSI or SNELL approved hard shell helmet and swim escort craft, which must be non-motorized and non-sail which is a minimum 10 feet in length.

Starting Procedures

At two (2) minutes, one (1) minute, and thirty (30) seconds prior to the start of each stage, announcements to that effect will be made. Ten (10) seconds prior to the start, a countdown will begin followed by a starting signal. Prompt starts are a tradition and will be adhered to. It is each athletes' responsibility to be ready to start at the designated times.

Storage

Storage of athletes' event related equipment is the responsibility of each athlete and Crew Chief.

Sponsors

Without the monetary, product and service contributions of many individuals and businesses, the staging of this event would not be possible. Special thanks and appreciation are extended to each of them. Whenever the opportunity arises please show your appreciation and patronage.

Support Team

Due to the length and nature of the event, it is mandatory that a land support team of at least two (2) and no more than four (4) adult persons, along with no more than one vehicle/automobile, accompany each athlete throughout all stages of the event. No athlete will be allowed to participate without having a support team. Each athlete is responsible for securing, organizing, and training their support team. Each team member, including the swim escort, will be required to provide complete information, including name, contact phone number and a signed individual Volunteer/Crew Waiver. In addition, the team member who is designated Crew Chief will act as the official spokesperson for the athlete and team and will be required to attend the pre-race briefing session (other members are encouraged to attend as well).

The athlete entry fee will include the cost of event meals and shirts for two (2) land crew, the minimum crew requirement for the event. Additional meals and shirts will be made available with the Invitation Kit. It is the responsibility of the athlete to cover ALL expenses of the Support Team members unless otherwise previously agreed between them.

1. **Land Crew:** It is expected that most athletes will bring their own full team (2 adults) or partial team; in fact, it is recommended that you do so. If it is not possible for you to bring your own full team, then the organization will do its best to provide a crew or additional crewmember. However, **do not rely on the organization** to be able to provide crews as we receive more requests than we are able to fulfill. The athlete will be responsible for any costs or expenses for the crewmember and arrangements for payment must be made prior to the start of the event between the Athlete and crewmember. The organization assumes no responsibility for any expenses incurred by any crewmember or athlete.

2. **Swim Escort:** One support team member may be the Swim Escort and also a member of the Land Crew. If it is not possible for the athlete to bring their own swim escort, then the organization will do its best to provide an escort for a fee.

If an athlete needs help in securing a support team or additional team members, please contact the Ultraman Florida staff at ultramanFlorida@gmail.com.

Support Vehicle

Each athlete must arrange for, or bring and pay for, one (1) automobile to be used as a team vehicle throughout the event. Such vehicle may not be wider than eight (8) feet but must be large enough to accommodate all equipment, team members, the Athlete, and all of their needs. For safety reasons, the use of campers and RVs is prohibited. *No team may have more than one support vehicle on the course at a time. Should an athlete have family/friends who want to cheer on the course, those vehicles must never park within one mile of the athlete's crew vehicle, and those vehicles may NOT provide crew support/nutrition to the athlete.* NOTE: Mini-vans are HIGHLY recommended.

Swim Escort and Escort Craft

It is mandatory that an escort and escort craft accompany each athlete at all times during the swim portion of Stage 1. One support team member may be the Swim Escort and also a member of the Land Crew. A swim escort that is not a member of the Land Crew will be required to sign a Volunteer Crew Waiver prior to the start of Stage 1. Swim escorts must display the designated official number while on the course in such a manner that it is visible from the front at all times. A non-motorized, non-sail assisted and not less than ten (10) feet in length, escort craft is required and will be provided by the race organization. No athlete will be allowed to start the swim and/or continue the swim without a proper escort and acceptable craft.

Teamwork and Team Conduct

Although this event will be one of individual endurance, no one will be able to finish it without the cooperation inherent in good teamwork. Each support team will be required to provide for their athletes' needs and must not hinder or interfere with another athlete or team at any time. On the other hand, the underlying philosophy of this event is to encourage and promote the spirit of camaraderie with respect for all. *Therefore, honesty, good judgment and sportsmanship are all integral parts of the event and will be expected of everyone at all times.* Without the Support Team no athlete will be able to compete or continue to compete in the event in the case of a Support Team abandoning the race. No Athlete or Support Team Member shall mistreat or abuse either physically, verbally or mentally anyone connected to the event. No Athlete is to ask any member of any Support Team to take any action that would contravene the Rules and Regulations, Guidelines, or the Spirit of Competition of Ultraman; in doing so would lead to immediate disqualification and removal from the event. Any Support Team Member or Athlete that feels they have a complaint against any individual is to bring their concerns to the Event/Race Director at the earliest possible opportunity so that it may be dealt with as quickly as possible. **Do not wait until the event is over.**

Trademark and Event Logos

The event name and logos are registered trademarks, which may not be used or reproduced in any manner without prior written consent from the Event/Race Director. This includes among other things, team shirts or other garments, banners and signs. Athletes may make copies of pertinent written materials in connection with preparations for the event; however, such copies are for personal use only and may only be distributed to bona fide team members who may not reproduce them in any manner thereafter. *Please consult with the Race Director prior to having custom team shirts made!*

Travel and Accommodations

All travel arrangements – air, ground, hotel accommodations and meals are the responsibility of each athlete. It is important that plans for travel and accommodation be made well in advance of arrival in Florida. Contact the Race Director for assistance with booking accommodations and mini vans.

Unused Items and Extras

There will not be any credits given for unused tickets, massages or other items included in the entry fee. You may order additional meals tickets, crew shirts, swim escort, etc. with the Invitation Kit.