



GENERAL RULES AND REGULATIONS

- Participants must cover the prescribed course in its entirety to obtain a race result and rankings points for that race.
- It is the participant's responsibility to know the course. Any wrong turns are your responsibility, regardless of the actions of race staff or volunteers.
- Participants shall refrain from unsportsmanlike conduct, including the improper use of language or conduct directed toward an official.
- No participant shall accept from any person (other than a race official) physical assistance in any form.
- Participants shall plainly display their race numbers at all times.
- Follow the directions and instructions of all race officials and public authorities
- No participant shall, at any time during the event, use or wear a hard cast, headset, radio or any other item deemed dangerous by the Race Organiser/s.
- No participant shall use his body, head, arms, or legs to gain an unfair advantage, or to push, pull, hold, strike, or force through one or more participants. Any violation of this Section shall result in a variable time penalty.
- No participant shall leave any equipment or personal gear on the race course. Any violation of this Section shall result in a variable time penalty.
- Any person who participates in any portion of the event without first properly registering and paying any required registration fee will be disqualified unless special arrangements have been made with the Race Organiser/s.
- No person shall participate in an Aquathlon or other multi-sport events unless such person is trained adequately for that specific event, as might be expected of a prudent person entering:
 - (a) a similar competition, and
 - (b) is in excellent health, based on recent training, physical examinations, if any, and generally accepted standards of good health.

SWIM RULES

- The swim is in a clock-wise direction.
- If your course involves 2 or more laps, you will need to exit the water and round the "**TURNING FLAG**" in order to complete a lap and also for your last lap when exiting the water to the transition area.
- Wetsuits will be allowed for Race 2 only and not for Race 1 & 3.
- Any swimmer wearing any artificial propulsion device, including but not limited to fins, gloves, paddles, or floating devices of any kind shall be disqualified.
- Swimmers may use any stroke to propel themselves through the water, and may tread water or float.
- A participant may stand on the bottom or rest by holding an inanimate object such as a buoy, boat, rope or floating object.
- A swimmer experiencing difficulty and in need of assistance must raise an arm overhead, pump it up and down, and call or seek assistance.
- Swimmers, who have 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.

Run Rules

- The run is in a clock-wise direction so please keep to the left of the running path.
- Super Sprint: 1 lap
- Sprint: 2 laps
- Olympic: 4 laps
- Your upper body must be covered at all times on the run portion of the race.
- Shoes are compulsory.
- No form of locomotion other than running, walking or crawling is allowed.
- Water stations will be provided on the course.