

RULES AND REGULATIONS 2024

Last update : October 17, 2023

The following rules apply to all winter events, including but not limited to triathlon and winter pentathlon.

1. General Rules

- 1.1. The competition rules of Triathlon Quebec are applicable. Where the Triathlon Quebec and Sun Life Pentathlon des neiges competition rules do not specify anything, the rules of the federations of the sports concerned will be applied.
- 1.2. Each stage of the Pentathlon must be completed by one and the same person. It is therefore forbidden to perform relays within a stage (same discipline). Failure to comply with this rule will result in immediate disqualification of the tandem or team concerned.
- 1.3. For the Tandem Pentathlon Challenges, each member of a tandem must complete a minimum of two (2) and a maximum of three (3) legs. For the Tandem Iceman Triathlon Challenges, each member must complete a minimum of one (1) and a maximum of two (2) legs.
- 1.4. For the Team Pentathlon Challenges, each team member must complete a minimum of one (1) and a maximum of two (2) legs.
- 1.5. It is forbidden for tandem and team members to warm up on the course after the start of the race.
- 1.6. At no time may there be any accompanying persons on the course, with the exception of the Family and Friends Challenge, the Social Integration Challenge, and the 1km Snow Run. Special permission may also be granted for a disabled athlete to be accompanied on a regular challenge.
- 1.7. For all disciplines, except for skating, traffic must be on the right side of the course and passing must be on the left side. For skating, traffic is on the left side of the course and passing is on the right side.
- 1.8. The slower competitors must give way to the faster ones.
- 1.9. It is important to respect the number of laps imposed in each stage. A penalty of five (5) minutes per missing lap will be imposed in the skating stage. Please note that the number of laps indicated must be completed. For all other disciplines, a missing lap will result in a

disqualification (DQ), with the exception of the RSEQ-QCA Challenge (see the School Participant's Guide for details on penalties).

- 1.10. Participants are responsible for counting the number of laps completed.
- 1.11. It is forbidden to wear an audio system on the course.
- 1.12. It is forbidden to throw garbage on the course under penalty of disqualification.
- 1.13. It is important to respect the equipment requirements. The use and/or presence of noncompliant equipment during the race or in the transition zone will result in automatic disqualification.
- 1.14. Once the time limit for your challenge has elapsed, no participant may start a lap. The participant, tandem or team will be directed to the finish line. The participant, tandem or team will be disqualified if the participant in the last discipline does not complete all his regulation laps.

Time limit per challenge :

- Short distance and initiation challenges: 2 h 45
- Long distance challenge: 3 h 45
- Iceman ultra: 7 h 00

2. Transition zone

- 2.1. Competitors must use only the space designated for them; they must not interfere with other competitors at any time.
- 2.2. The transition area will be opened 1 hour or 1.5 hours prior to the start, depending on the race, for all competitors to drop off their equipment and will close 30 minutes prior to the start.
- 2.3. Competitors must place their own equipment in their designated area.
- 2.4. Competitors must wear their race number or their designated item to access the transition area.
- 2.5. Only competitors and identified companions, permitted for certain challenges only, are allowed in the transition area at any time.
- 2.6. At no time may competitors ride their bikes or skis in the transition zone. When cycling, they must put their foot down at the entrance to the transition zone (disembarkation zone). In the ski stage, they must put on their skis only at the exit of the transition (boarding zone) and remove them at the entrance of the transition (disembarkation zone).
- 2.7. In the tandem and team categories, the transfer of the timing chip must be done at the designated area for the team in the transition zone without disturbing the other competitors. Transfers must be made by team members only.

3. Bike

- 3.1. All types of human-powered bicycles only are permitted provided they are equipped with knobby or metal knobby tires. Slick tires (with or without grooves) are not permitted.
- 3.2. The start is Le Mans style, which means that at the start of the race, participants must start on foot, pick up their bike previously set up a little further down the start corridor and continue on foot with their bike next to them, until they cross the boarding line. Bikes must be loaded after the boarding line is crossed, which means having one full foot in contact with the ground after the boarding line. Participants who get on their bike before the boarding line is crossed will have to stop, get off their bike and wait for the last participant to pass before resuming the race.
- 3.3. The wearing of an approved helmet is mandatory (bicycle helmet, hockey helmet, ski helmet, etc.).
- 3.4. There is no technical assistance on the course.
- 3.5. During the race, it is possible to walk, provided that the competitor keeps possession of his bike.

4. Snowshoeing

- 4.1. The entire snowshoeing course must be completed with the snowshoes attached to the feet.
- 4.2. The size of the snowshoes must be greater than 18 centimeters (7 inches) wide by 48 centimeters (19 inches) long.
- 4.3. The control of the snowshoes is done at the entrance of the transition zone.
- 4.4. Competitors must put on and take off their snowshoes in the transition area at their assigned space.

5. Skating

- 5.1. All types of skates, including Nordic blades, are permitted except for the Iceman Ultra Challenge. All participants in the Iceman Ultra Challenge must wear Nordic blades or long blades to perform their event. Other types of skates (figure skates, field hockey skates, etc.) are not allowed for Iceman Ultra Challenge.
- 5.2. The skates must be put on and laced while seating on the athlete's transition chair.
- 5.3. Nordic blades must be put on and taken off either on the athlete's transition chair or on a chair at the edge of the ice.
- 5.4. Competitors must circulate on the left side (inside the oval).
- 5.5. Overtaking must be done from the right side (outside the oval).
- 5.6. Upon entering the track, competitors must give way to skaters already on the track.

5.7. The wearing of an approved helmet is mandatory (bicycle, hockey, ski helmet, etc.).

6. XC Skiing

- 6.1. Both techniques are allowed (classic and skating). The two courses are parallel, therefore with the same level of difficulty.
- 6.2. In the transition zone, the skiers must move with skis and poles in their hands pointing to the sky.
- 6.3. The skis must be removed from the feet and the straps from the wrists before the cross-country ski landing line (entrance to the transition zone) to always move with skis in hands in the transition zone.

7. Run

- 7.1. All types of shoes are permitted.
- 7.2. Shoes with spikes are accepted.
- 7.3. Snowshoes are accepted for the Night Race on Snow and Triathlon challenges.

Enjoy your Pentathlon/Triathlon !