

Missouri Breaks Triathlon

July 7, 2018

Purpose

To provide a consistent set of competition rules and guidelines for all Missouri Breaks Triathlon participants.

Intention

The competition rules and guidelines are intended to:

- a) Create an atmosphere of sportsmanship;
- b) Provide and facilitate safety;
- c) Endorse the distinction that this event is both a team or individual race and encourage individual and/or team performance and initiative.

Race Personnel Definitions

- a) Event Director is the person appointed by Missouri Breaks Triathlon to be in charge of the event
- b) Head Timer is the person appointed by Missouri Breaks Triathlon to be in charge of timing for the event
- c) Race Officials are each person appointed by Missouri Breaks Triathlon to manage and/or supervise the event

Conduct of Athletes

General Behavior

Each athlete must:

- a) Practice good sportsmanship;
- b) Be responsible for his/her/their own safety and the safety of others;
- c) Know, understand, and follow all Competition Rules, as stated herein;
- d) Obey instructions from Race Officials;
- e) Treat officials, volunteers, spectators, the public, and other athletes with respect and courtesy;
- f) Obey laws and local ordinances and avoid any type of demonstration of political, religious, or racial propaganda;
- g) Avoid using abusive language;
- h) Avoid partaking in drugs and/or alcohol use;
- i) Inform a Race Official promptly after withdrawing from the Race;
- j) Compete without receiving assistance from other parties, not including Race Officials;
- k) Not dispose of trash or equipment on the course. Use designated trash-disposal points;
- l) Not gain or attempt to gain any unfair advantage from any external vehicle, object, or person;
- m) Not use any device that will distract the athlete from paying full attention to their surroundings;
- n) Follow the prescribed course. It is the responsibility of the athlete to know the course and failure to comply will result in disqualification;

- o) Avoid indecent exposure.

Outside Assistance

- a) Assistance provided by Race Officials is allowed but limited to: providing drinks, nutrition, mechanical and medical assistance, and other assistance deemed necessary by the Event Director.
- b) Athletes may not provide any item of equipment to an athlete competing in the same race if it results in the donor athlete being unable to continue with his/her/their own race.

Eligibility

- a) Athletes must be 18 or older.

Race Finish, Timing, and Results

- a) An athlete will be judged as finished the moment the body crosses the vertical line extending from the leading edge of the finish line;
- b) A race category will be won by the athlete/team who has the shortest time from the applicable start to signal to the moment when the athlete finishes the race;
- c) The Head Timer will use all resources reasonably available to decide the final position of every athlete.

Competition Categories

Solo: Canoe or Kayak

Solo			
Age Category	Gender	Canoe	Kayak
18-60+	M	X	X
18-60+	F	X	X

Solo Rules

- a) The solo competition is an individual competition;
- b) The athlete is responsible to know and follow the prescribed course;
- c) The athlete must complete all three legs of the race;
- d) The athlete is the sole operator of the canoe or kayak;
- e) Times will be scored according to competition type at the finish line (i.e. Male Kayaker).

Team: Relay Canoe/Kayak or Tandem Canoe

Relay				Tandem		
Age Category	Gender	Canoe	Kayak	Age Category	Gender	Canoe
18-60+	F	X	X	18-60+	F/F	X
18-60+	M	X	X	18-60+	M/M	X
18-60+	Co-ed	X	X	18-60+	Co-ed	X

Relay Canoe

- The relay competition is not an individual competition. The relay team competes as a group with 2 athletes paddling together in the canoe portion, another athlete completes the run, and the final athlete finishes with the cycling section.
- Four athletes comprise a relay canoe team (2 paddlers, 1 runner, 1 cyclist);
- Each athlete is responsible to know and follow the prescribed course of their leg (i.e. canoe portion);
- Athletes are responsible for checking in with the Race Official at their competing leg;
- Relay team members will transfer the timing chip in the transition areas;
- Relay teams will be issued one timing chip that will be used similar to a baton in track and field;
- Athletes are not allowed to leave the Transition Area and begin their portion of the competition until the teammate completes the previous portion and hands off the timing chip;
- Relay teams will be ranked by the time earned by the final athlete (cyclist) to cross the finish line according to competition type (i.e. All Female Canoe).

Relay Kayak

- The relay competition is not an individual competition. The relay team competes as a group with an athlete competing in the kayak portion, another athlete completes the run, and the final athlete finishes with the cycling section.
- Three athletes comprise a relay kayak team (1 kayaker, 1 runner, 1 cyclist);
- Each athlete is responsible to know and follow the prescribed course of their leg (i.e. kayak portion);
- Athletes are responsible for checking in with the Race Official at their competing leg;
- Relay team members will transfer the timing chip in the transition areas;
- Relay teams will be issued one timing chip that will be used similar to a baton in track and field;
- Athletes are not allowed to leave the Transition Area and begin their portion of the competition until the teammate completes the previous portion and hands off the timing chip;
- Relay teams will be ranked by the time earned by the final athlete (cyclist) to cross the finish line according to competition type (i.e. All Female Kayak).

Tandem Canoe

- The tandem competition is not an individual competition;
- Two athletes comprise a tandem team;
- This option is available only in the canoe category;
- Athletes must share a canoe;
- Each athlete must complete all three legs of the event;

- f) Tandem athletes are responsible to know and follow the prescribed course;
- g) Tandem team athletes will receive individual times; teams will be ranked by averaging the time of the two participants (i.e. M/M Tandem).

Conduct

Canoe Conduct

- a) Each team/athlete is responsible for acquiring and staging their own canoe;
- b) It is the sole responsibility of each athlete to know and follow the prescribed canoe course;
- c) No foreign substance may be added to the canoe, which gives the competitor unfair advantage;
- d) The canoe must be built symmetrically upon the axis of its length;
- e) Steering rudders or any guiding apparatus directing the course of the canoe is banned;
- f) No motorized or electric motor adaptations are allowed;
- g) No more than two individuals can share a canoe.

Kayak Conduct

- a) Each team/athlete is responsible for acquiring and staging their own kayak;
- b) It is the sole responsibility of each athlete to know and follow the prescribed kayak course;
- c) No foreign substance may be added to the kayak, which gives the competitor unfair advantage;
- d) No motorized or electric motor adaptations are allowed;
- e) Kayaks must be a composite kayak under 28 inches in width at its widest point or a plastic kayak under 24 inches in width at its widest point;
- f) No more than one individual can operate a kayak.

Bicycle Conduct

- a) It is the sole responsibility of each athlete to know and follow the prescribed cycling course;
- b) Helmet must be securely fastened at all times when the competitor is in possession of the bicycle;
- c) Athletes must exercise caution and decrease speed if necessary in passing the site of any accident;
- d) The front and rear wheel must not contain any mechanism capable of accelerating or artificially causing the continued rotation of the wheel;
- e) There must be one working brake on each of the two wheels;
- f) The event allows for road and mountain bikes;
- g) Non-traditional or unusual bicycles or equipment shall be illegal unless prior approval is received from the Event Director prior to the start of the competition;
- h) All aspects of the bicycle must be safe to the rider and to other athletes in the race.

Run Conduct

- a) Athletes may run or walk;
- b) Athletes may not run without shoes on any part of the course;
- c) It is the sole responsibility of each athlete to know and follow the prescribed running course;
- d) Athletes must wear their Missouri Breaks Triathlon issued bib number in front of the athlete's person and the bib must be clearly visible at all times on the run course.

Transition Area Conduct

- a) Canoes and/or kayaks must be placed in a manner such that it does not interfere with another athlete's equipment;
- b) Bicycles must be racked in a manner such that the majority of the bicycle is on the athlete's side of the bike rack;
- c) Starting to run before the designated run-line is prohibited;
- d) Mounting the bike before the designated mount-line is prohibited;
- e) Athletes must not interfere with another athlete's equipment in the Transition Area.

Awards

Awards will be given in each Race Category below:

Awards	Solo Men's		Solo Women's		Relay Canoe			Relay Kayak			Tandem Canoe		
	Kayak	Canoe	Kayak	Canoe	M	W	Co-ed	M	W	Co-ed	M	W	Co-ed
1 st Over-all Time	X	X	X	X	X	X	X	X	X	X	X	X	X

Drug Abuse

The Bureau of Land Management and Friends of the Missouri Breaks Monument strongly condemn the use of substances, which artificially enhance performance.