

ELBAMAN RACE RULES 2009 SINGLE STARTER

ATHLETES ADMITTED

All the athletes (male and female) born in 1989 and before and holder of a 2009 valid license issued by an ITU Federation are allowed to compete. If any athlete need a license please check rules on website www.elbaman.it in the "registration" page.

Organizer serves the right to refuse an entry explaining the reasons to the athlete refused.

CATEGORIES

Each athlete has to declare his category (Elite-PRO or Age-Group) when enter the race. Athletes need to declare in the entry form which category they want to enter. Category can not be changed after registration. Elite category has only 1 classification, Age-Group categories have different classifications accordingly to the following table :

CATEGORY	AGE	BIRTH YEAR
Senior1 (S1)	20/24	89-88-87-86-85
Senior2 (S2)	25/29	84-83-82-81-80
Senior3 (S3)	30/34	79-78-77-76-75
Senior4 (S4)	35/39	74-73-72-71-70
Master1 (M1)	40/44	69-68-67-66-65
Master2 (M2)	45/49	64-63-62-61-60
Master3 (M3)	50/54	59-58-57-56-55
Master4 (M4)	55/59	54-53-52-51-50
Master5 (M5)	60/64	49-48-47-46-45
Master6 (M6)	65/69	44-43-42-41-40
Master7 (M7)	70/74	39-38-37-36-35
Master8 (M8)	75 and beyond	34 and beyond

RACE OFFICE – Registration

Race Office is located in Marina di Campo center.

Opening hours

Check the official schedule on the website

For the registration please bring along :

- 2009 valid license
- Waiver and disclaimer signed in original copy
- payment receipt
- a valid identity document

STARTER PACKAGE

Your starter package contains everything you need for competing :

- number to be fixed on the bike on the rear brake cable
- 3 stickers with race number for helmet to be placed in front-right and left

- 1 race number to be used on the bike and run course. Race number needs to be fixed with an elastic. Remind that number has to be on the back during bike and on the front during run
- 2 sacks for transition area : one YELLOW will contain everything you need during first transition (swim → bike) and the second sack BLUE everything you need for second transition (bike → run)
- 2 numbered stickers for transition sacks
- 1 chip for time keeping to be laced on the ankle (no chip = no time)

And more :

Elbaman race gadget 2009 – advertising material – N.1 pasta party ticket

All the finisher will also receive :

finisher medal – finisher t-shirt ELBAMAN design

RACE NUMBER ASSIGNMENTS - RULES

ELITE/PRO category will receive lowest number. First Italian citizens, then not Italian citizens. Then number are assigned to AG category starting from S1. Lower numbers for Italians and then to not Italian.

Male category will start its number from N.1, female from N.101.

All Italian Citizens have to write on the left calf the category.

Complete starting list with number assigned will be published not later than 15th September on website www.elbaman.it

TIMING

Timing is assured by the electronic system WINNING TIME with the use of personal CHIP. Each athlete will receive his CHIP inside the starter package. No personal CHIP is allowed.

Your time will be checked as :

Swim – first transition – Bike – second transition – Run

BIKE AND TRANSITION BAGS CHECK-IN

Transition area will be open for check-in on Saturday afternoon from 4pm to 6.30pm. Athletes have to respect this opening hours.

Your personal sacks can be positioned in Transition Area also on Sunday morning when the transition area is open for athletes before the start.

When entering the transition area for bike check-in, athletes need to wear helmet that is checked by marshals and to take the start number ready to use. Remember that race number can not be worn during swim and each athlete needs to put it on the bike in a visible position. Not observation of this rule means disqualification. Marshals will check each bike on Sunday morning, if number is not on the bike, marshal will ask for a disqualification. During swim your helmet needs to be on the bike.

You can not leave anything else near the bike (except for shoes locked on the bike if you want) before or after the bike leg. Everything need to be

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inserted into transition bag. Organizer does not take any responsibility for lost items not inserted in the bags.

BIKE AND TRANSITION BAGS CHECK-OUT

Bikes and transition bags can be checked-out starting from 6.00pm of Sunday until 11pm of the same day. Afterwards the transition area is unguarded and organizer won't take responsibility for any loss. Material left after this hour will be collected by organizer and can be claimed on Monday 28 September at the prize ceremony.

When checking-out you will need to have your race number and organizer will check corresponding of bike and bags numbers. If you have lost your race number you will need to take a valid ID document.

CHIP RESTITUTION

Chip have to be restituted after the finish line in the area where you will receive your finisher shirt. If you will not give back the chip you will be asked to pay a fee of 20,00 Euro

INDIVIDUAL RACE PROVISION

Individual race provision can be used by athlete both on BIKE and RUN course.

Athletes can take by their own the provision or helped by a person from their staff. Organizer will not provide anyone for distributing individual provision during the race.

It is forbidden to receive any help out of these areas.

In BIKE course individual race provision table will be available in Marina di Campo centre – km 60/120

In RUN course individual race provision will be available in a special area near the end of each lap.

Each area is signed, help outside the area is forbidden.

Athletes need to deliver their individual provision in sacks on Sunday morning during in special carton box at the entrance of Transition Area or can be taken directly in specific area by personal helpers.

Athletes can sign each item of his individual race provision with number or other. Staff will only take the provision at the aid-station and put them in order on a special table.

Organizer is not responsible of any individual provision after placing them on the table at the aid-station on Sunday morning.

We remind that is forbidden to receive any provision out of the area specified. It is also forbidden to follow an athlete during bike or run. Not observation of this rule means immediate disqualification.

It is forbidden the use of any electronic device with headphone (like MP3 or similar). Marshals can warning or disqualify an athlete that does not observe this rule.

BRIEFING – MANDATORY

Athletes must attend the briefing which will take place in Italian and English accordingly to the official schedule.

PASTA PARTY

Each athlete can participate in the pasta party of Friday 25 September. Any other person that want to enter the pasta-party needs to buy a ticket at the registration office. (Tickets availability is limited)

RACE RULES

TRANSITION AREA OPENING SUNDAY MORNING

Sunday morning 27 September, transition area will be open from 5.30 till 6.40. During this period it will be possible to fix anything you need on the bike and position transition sacks. At 6.30 a first signal of closing will be given. Athletes have to respect hour specified.

TRANSITION AND PERSONAL SACKS DEPOSIT

First transition sack YELLOW (swim-bike) needs to be positioned in a specific area near changing tents.

Second transition sack BLUE (bike-run) needs to be positioned under the bike with everything needed inside and well closed.

ATTENTION ! Sticker on transition sacks needs to be positioned carefully on both sacks !

Sacks with personal belongings needed before and after the race need to be signed with personal race number in order to be positioned in a closed and guarded area.

ATHLETE'S CHECK IN

Out of transition area, athletes need to go towards the swim start following a signed course. At the beach entrance there will be a chip check for your start registration. It is mandatory to check the chip in order to be classified ! After this check athletes enter the starting box area and it is forbidden to exit from the box.

Athletes that want to have some warm-up swim can do it until 6.50 in the special area. It will not possible to enter in the water when you are in the starting box. Chip check in will be possible from 6.40 till 6.55. After this hour the check will be closed.

SWIM

- There are 2 laps with an exit from water at the end of the first one
- During swim it is mandatory to wear the official swimming cap you can find in the starter package
- During swim it is forbidden to wear the race number and it has to be positioned on the bike
- Only service and rescue boats can pass or stay in the race area
- Wetsuit use (mandatory or optional) will be written on an official communication of race marshals on Saturday. Remind that Italian Federation rules forbid the wetsuit with a water temperature over 24°C.

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- All the orange buoys will sign the course and you need to leave them on your left. Yellow buoys are only directional and you can leave them both on the left or on the right.

FIRST TRANSITION

Finished the 2nd swim lap you will be directed to the transition area. At the exit of the water there are some showers. In transition area you need to

- Take your own first YELLOW bag transition
- Enter the changing tent and change
- Put everything you do not need in the sack (wetsuit, etc...)
- Exit the tent and put the bag in the signed area
- REMIND that your helmet needs to be fastened before taking the bike and your race number needs to be placed visible on the back

BIKE

- Bike course is on 3 laps
- It is mandatory the use of an homologated helmets. Helmets have to be fastened before taking the bike from transition area and can be unfastened only after you leave the bike in transition area
- Bike route is controlled by police and volunteer, but open to public traffic. It is mandatory to observe indication of volunteer and policemen on the course. Organizer will not take any responsibility for accidents occurred to athlete that does not respect indications.
- It is absolutely forbidden to pass the centerline of the road, also during the overtaking. Marshals can warn if this rule is not observed and can also disqualify immediately if centerline is overtaken during downhill.
- Race number has to be put on the back
- Sticker number have to be put on the front or the left of the helmet
- Bike number have to be fixed properly and have to be visible from both side of the bike
- You can repair damages on the bike during the race only by yourself and using only your personal equipment and spare parts. It is mandatory to have one complete repair kit for tires.

Rules for draft, penalties and disqualification

Draft is not allowed. Minimum horizontal distance between each athlete is 7m.

Overtaking has to be made in the less time possible (15" maximum) and the surpassed athlete has to facilitate the overtaking.

It's necessary to keep always the right, except during overtaking another athlete.

It is not possible to ride on parallel lines.

It is possible to be in draft in occasion of

- overtaking
- 200m before and after the transition area
- 200m before and after a U turn
- in signed sections of uphill

It is mandatory to respect always traffic rules.

Race Marshall can warn for draft :

- using a whistles
- announcing the number of the athlete
- showing a yellow card

If an athlete receive a warning, he can finish the bike leg. After the second transition, just before exiting transition area, he/she can find a penalty box. The penalty is 10minutes. Athlete can exit the penalty box only after a marshal signal, otherwise he/she will be immediately disqualified. Each athlete is responsible about his/her stop into the penalty box and nobody (marshals or volunteers) has the responsibility to stop the athlete. Athlete that does not stop into the penalty box is immediately disqualified.

After 2 (two) warnings an athlete is disqualified.

Race Marshall announce a disqualification using a whistles and a red card. Disqualifications can be communicated to the athlete at the end of the leg or at the end of the race.

At the end of bike leg, a warned athlete will need to complete his/her transition operation and, just before leaving transition area, enter the penalty box. Here he/she will need to remain 10 minutes and will can exit only after a sign from marshals. A warned athlete that would not enter penalty box will be immediately disqualified. No one (marshals or volunteers) has the responsibility to indicate the stop to warned athlete.

Penalties can also be issued for other reason than draft (invasion of left road lane, turn cutting, help outside permitted areas, etc...)

In case of disqualification during the bike, an athlete needs to take off race number and can continue to ride until the end of the lap.

If a disqualification is communicated after the end of the race, the athlete can forward a written claim to the Race Marshall not later than 30mins after display of disqualified list. The fee for claim is 25€.

SECOND TRANSITION

You need to proceed as in the first transition, reminding that your 2nd transition sack is BLUE under your bike. Put all the item you do not need in the bag (helmet, etc..) after changing. Organizer is not responsible for lost items.

RUN

- Run is on a 5 laps course
- Athletes have to follow the run course and it is forbidden to leave it. If an athlete leaves the run course is disqualified
- Athlete can not receive any help from any person out of the organizer team, except in the personal provision area.
- It is forbidden to follow an athlete during run.
- Race number needs to be on the front during run course.

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- Run course is divided into 5 laps. At the end of each lap a video-screen display Race Number-Athlete's Name and N. of laps completed. **ATTENTION !** Video display is only an athlete's help. False display does not mean disqualification, because laps are electronically counted by the chip and each athlete is always responsible to count his/her laps.
- It is athlete's responsibility to count his own laps. Nobody (marshals or volunteers) has the responsibility to count or indicate how many laps the athlete has done.

TIME LIMIT

- Race limit is 17 hours
- Swim cutoff : 2h15'
- Swim + Bike cutoff : 10h30' after the start of the race
- Total : 17 hours after start of the race

BIKE GATE : at 3.00pm the bike course will be closed. If an athlete will finish the 2nd bike lap after this hour, he will be stopped and can not continue for the last lap.

Organizer serve the right to decide to let an athlete continue the race also after the cutoff times, but it remains that time limit for the entire event is 17 hours. Athletes that finish after the limit time will not be classified.

OTHER

- The rules of Italian Triathlon Federation (F.I.TRI.) shall apply
- Running or cycling without a top (singlet, shirt) is forbidden
- Number bibs can't be modified, reduced or manipulated
- Prizes not collected at the awards ceremony are forfeited

MODIFICATION OR CANCELLATION OF THE RACE

Please check the Italian rule book for details.

CLASSIFICATION AND PRIZES ELBAMAN

Prize ceremony will be held on MONDAY 28 SEPTEMBER.

No prize will be distributed or can be claimed out of official prize ceremony.

Only ELITE athletes compete for the money prize.

Age-Group athletes will be awarded with special prize (no money).

Athletes will be rewarded as follow:

OVERALL CLASSIFICATION MALE

Best 5 male athletes, without distinction of category and nationality, with trophies, medal, cups and material offered by sponsors.

OVERALL CLASSIFICATION FEMALE

If there will be more than 25 female on the starting list, female prizes will be as for male (overall + age group). If number of female will be less than 25 all the finisher will be prized without distinction of category and nationality, with trophies, medal, cups and material offered by sponsors.

PRO/ELITE CATEGORY

Money prize for best 5(FIVE) male athletes and best 3 (THREE) female athletes. Without any distinction of nationality.

Amount of the prize money will be published in future.

In order to be eligible for money prize ELITE athletes needs to be classified in the TOP10 male and TOP6 female of General classification. Besides they should have marked an overall race-time equal or inferior to the total time of the winner (calculated in minutes rounded-up to the next minute) plus 10%

example of calculation of maximum time allowed:

- winner time 8h33'22"
- then rounded up to 8h34'
- transformed in minutes 514'
- minutes + 10% = 565' = maximum time allowed (9h26'00")

AGE-GROUP CATEGORY

Best 3 (THREE) athletes male of each Age-Group category will be awarded. An Age-Group athlete already awarded in the Overall Classification prize is excluded.

CLASSIFICATION AND PRIZES ITALIAN CHAMPIONSHIP

Not Italian citizen (or Italian citizen with a foreigner licence) are not eligible to be prized for the Italian Championship.

Details about Italian Championship prizes are available in the Italian Rule Book.

THE ITALIAN VERSION IS TO BE CONSIDERED MASTER FOR ANY UNCLEAR OR UNEXPLAINED POINT

ORGANIZER SERVES THE RIGHT TO CHANGE ANY ISSUE OF THIS RULE-BOOK WITH A SUDDEN NOTIFICATION TO ALL THE ATHLETES USING THE WEBSITE WWW.ELBAMAN.IT AND WITH EMAIL TO ALL THE ENROLLED ATHLETES.