University Recreation & Wellness
Triathlon Rules

The University of Maryland and University Recreation & Wellness make no representations or warranties, express or implied, regarding the degree of safety that may or may not result from complying with RECWELL Triathlon Rules. Any examinations or inspections of equipment are not intended to, and will not, guaranty or ensure safety from personal injury or property damage. Each participant is responsible for the safety of his/her conduct and equipment.

General Conduct

At or during an event, or while at the event site, all participants must:

a. Act in compliance with these Triathlon Rules;
b. Conduct themselves in a manner that is not offensive in any way to fellow participants, spectators, officials or volunteers and is considered reasonable and acceptable in the community;
c. Treat all participants, officials, volunteers and spectators with fairness, respect and courtesy;
d. Refrain from the use of abusive language or conduct; and

After violating any of the Triathlon Rules, report such violation to RECWELL Staff or retire from the event.

Entire Course. Participants must cover the prescribed course in its entirety. It is the participant’s responsibility to know the course. Any violation of this section, even if no advantage is gained, shall result in a disqualification.

Unsportsmanlike Conduct. Participants shall refrain from unsportsmanlike conduct, including the improper use of language or conduct directed toward an official. Violations of this Section shall result in disqualification.

Obstruction. Participants shall refrain from intentionally or accidentally blocking, charging, obstructing, or interfering with the forward progress of another participant.

Unauthorized Assistance. No participant shall accept from any person (other than a race official) physical assistance in any form, including food, drink, equipment, support, pacing, a replacement bicycle or bicycle parts.

Re-entry. Upon leaving the course, a participant shall re-enter the course and continue at the same point of departure.

Race Numbers. Participants shall plainly display their race numbers at all times, and shall maintain the race number in an unaltered, unobstructed and readable state at the start and finish gates, in the transition areas, and on the course.

Unfair Advantage. 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.
General Conduct

**Abandoned Equipment.** No participant shall leave any equipment or personal gear on the race course.

**Unauthorized Accessories.** No participant shall, at any time during the event, use or wear a hard cast, headset, radio, personal audio device, or any other item deemed dangerous by the RECWELL Staff. **Violators will be removed from event and disqualified.**

**Glass Containers.** No participant shall utilize any glass bottles or glass containers at any time during the event.

**Wave Starts.** When the beginning of any event is commenced by starting designated "waves" or groups of participants at different times, all participants shall start in and with the proper wave or group. Any participant who violates this section by starting in an improper and earlier wave or group shall be disqualified.

**Indecent Exposure.** Public nudity at any time during the event is prohibited.

**Obstruction and Interference.** No participant shall impede the forward progress of another participant or interfere with another participant's equipment while in the transition area.

**Placement of Equipment.** All participants shall place equipment only in the properly designated and individually assigned bicycle corral and shall at all time keep their equipment confined to such properly designated areas. **No Bag check.**

**Sharing Lanes.** Race will be conducted on roadways where vehicular traffic may be present. Cyclists are expected to remain to the right of the middle road marker unless directed by police or an event staff member.

Swimming Rules

**Permissible Strokes.** Swimmers may use any stroke to propel themselves through the water and may tread water or float.

**Bottom Contact and Resting.** A participant may stand on the bottom or rest by holding an inanimate object such as a buoy, rope or floating object. A participant shall not use any inanimate object to gain forward progress.

**Emergencies.** A swimmer experiencing difficulty and in need of assistance shall raise an arm overhead, and pump it up and down, and call or seek assistance. A swimmer, who has received official 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 withdraw from the race or receive medical assistance.
Swimming Rules

Swim Caps. If provided by race management, a swimmer shall wear the proper official swim cap corresponding to his wave.

Goggles. Swimmers may wear, but shall not be required to wear, swim goggles or face masks.

Illegal Equipment. Any swimmer wearing any artificial propulsion device, including but not limited to fins, gloves, paddles, or floating devices of any kind shall be disqualified.

Bike Rules

Entering and Exiting. A participant must reduce cycling speed to an acceptable and safe level when exiting and entering the transition area.

Propulsion. All bicycles shall be propelled only by human force and human power. Other than pushing a bicycle, any propulsive action brought on by use of the hands is prohibited. Any violation of this section shall result in disqualification.

Forward Progress. Participants shall not make any forward progress unaccompanied by their bicycle. If a bicycle is rendered inoperable, a participant may proceed on the cycling course, running or walking, while pushing or carrying the bicycle, so long as the bicycle is pushed or carried in a manner not to obstruct or impede the progress of other participants. Any violation of this section shall result in disqualification.

Endangerment. No cyclist shall endanger himself or another participant. Any cyclist, who intentionally presents a danger to any participant or who, in the judgment of the Head Referee, appears to present a danger to any participant shall be disqualified.

Accidents. All participants shall exercise extreme caution and shall decrease speed if necessary in passing the site of any cycling accident. Any violation of this section shall result in disqualification.

Dismounting. A participant may dismount, but shall not interfere with other cyclists.

Illegal Equipment. Using, wearing or carrying a headset, radio, headphones, and/or personal audio device is prohibited.

Type of Helmet. All participants shall wear a protective head cover, undamaged and unaltered, which meets or exceeds the safety standards of the Consumer Product Safety Commission (CPSC). Helmets manufactured prior to March 10, 1999 must meet or exceed the safety standards of (i) the American National Standard Institute (ANSI Z-90.4), (ii) The Snell Memorial Foundation (Protective Headgear for Bicycle Users), or (iii) ASTM F-1446 or F-1447, and which is clearly labeled by the manufacturer as satisfying such standards.
**Bike Rules**

*Chin Strap Violations.* The helmet must be fastened before the participant first mounts the bicycle, at all times when the participant is on the bicycle, and must not be unfastened until the participant has dismounted. Any violation of this Section shall result in disqualification.

**Run Rules**

*Permitted Conduct.* A participant may run or walk the entire portion of the run course. Except for reasons of safety and when no advantage is gained, all runners shall follow and remain within the prescribed course. A participant who gains forward progress by crawling or otherwise violates this Section shall be disqualified.

*Knowledge of the Course.* The responsibility of knowing and following the prescribed course rests with each participant.

*Permitted and Illegal Equipment.* The use of a headset, radio, headphones, and/or personal audio device is prohibited. A participant may carry a water bottle on the run portion of the course, provided that such container is not made of glass. Glass containers are prohibited.

*Entering and Exiting.* A participant must reduce cycling speed to an acceptable and safe level when exiting and entering the transition area.

**Weather Policy**

Event will happen rain or shine. In the case of inclement weather that hinders cycling road conditions, the event may be changed to a swim and run format. This information will be posted on the event website and at registration. No refunds will be issued.