

Race Rules and Regulations

Given below are some of the General Information applicable for all SRSCC events.

GENERAL RULES

- The Organisers reserve the right to limit and refuse entries.
- The Organisers reserve the right to remove any participant deemed physically incapable of continuing the race.
- The Organisers reserve the right to amend the Rules and Regulations without prior notification.
- The Organisers reserve the right to amend the race course with prior notice to participants.
- It is the Participant's responsibility to fully understand the rules and avoid Violation.
- The entry and bib number are not transferable or refundable under any circumstances.
- Organizers has the right to cancel any offline registration without any prior notice and the amount paid will be refunded back to the participant.
- Any category of the race will be conducted only if a minimum of 10 participants are there in the race, or else they will have to compete in the other category.
- Decision taken by the race director/organizers will be final and binding to all.

AT THE TIME OF REPORTING

- One Photo Identification (Driver's License, Passport, or Government Issued ID)
- You will not be able to pick up your race kit without ID and registration proof
- Only the person registered can pick up their Race Kit at Registration.
- It is illegal for someone else to compete under your name or for you to compete under someone else's name.
- If you do not register during the specified times, you will not be eligible to race.
- It is mandatory for athletes to attend the race briefing.
- Kit Collection will be from 2 pm to 6 pm, and the race briefing will be at 6 pm on the 3rd of January 2025.

RACE BIB NUMBER

- Your Race Bib Number is compulsory for the run leg only and is to be worn on the front of your run attire. The Race Bib can be secured via safety pins or athletes can use their own race belts. Do not fold, cut or alter your race number in any way.
- You must have your helmet stickers on your helmet and sticker or bike seat post.
- The Bike Seat Post Sticker must be attached to the front of your bike prior to racking in transition area.

SWIM CAP

- You must start the race with the swim cap provided to you on race.
- If you are wearing an extra swim cap, ensure your official cap is on the outside. The extra swim cap must be unbranded/blank.

REMINDERS

- Timing Chips must be worn on your LEFT ankle. If you do not start the race or pull out of the race for any reason you are to return the Timing Chip to the Technical Official of the event.
- If your Timing Chip is not returned or is lost you will be charged Rs 300 for its replacement.
- Timing results will include swim split, bike split, transitions and finish time – overall and category results.
- If Timing Chips are not worn throughout the duration of the race, race results will not be available to that athlete.

GENERAL SWIM RULES

- All competitors must wear the official swim cap that has been provided in the race kit. Swim cap colour indicates your category/distance.
- Any other swim equipment is prohibited, including music players but not limited to compression socks. Do not discard the swim cap on the course. This is considered littering and will result in a penalty. It should be placed in transition with your gear.

GENERAL TRANSITION RULES

- Place your swim gear on the basket provided. Before you take your bike from the rack you must put your helmet on and fastened it.
- Check if you are still wearing your timing chip before leaving transition. If your timing chip is missing, please talk to a Technical Official within Transition.
- Do not mount on to your bike until you cross the mount line.

GENERAL BIKE RULES

- Your helmet must remain securely fastened at all times while you are on the bike course. This includes any time you stop on the side of the road.
- Keep as far to the RIGHT as possible at all times.
- Pass other athletes only to their left and DO NOT cross the centre line.
- Athlete should mount and dismount their bike at the designated mounting and dismounting zone.
- Athlete must at all time rack his/her own bike at his/her designated bike rack location and leave it in a stable position.

- Athlete must not wear, use or carry items deemed to be a hazard to self or others.

GENERAL RUN RULES

- Athletes may not run with a bare torso on any part of the run course.
- Athletes must clearly display their race number on their front at all times on the run course.
- A competitor must not wear, use or carry items deemed to be a hazard to self or others e.g hard cast, jewellery, glass/metal containers.
- Athletes may not use any device that will distract them from paying full attention to their surroundings. This includes the use of mobile phones or other “smart” devices for the purposes of making calls, sending messages, or as a music player (with or without a headset)

DRAFTING

- It is a “Draft Legal Event”. Ride on the RIGHT side of the bike lane.
- Males cannot draft with Females and vice versa.

BLOCKING

- Although this is a draft-legal race you must still keep as far to the right of the road as is safe and practical.
- If you fail to do so and you impede the progress of another athlete, you may be subject to a blocking penalty. You will be shown a Yellow Card and must do a stop and go penalty.

MOST COMMON VIOLATIONS IN AN EVENT

- **Blocking** – Riding on the left side of an athlete without passing or riding on the left-hand side of the bike lane when clear of other athletes (Yellow Card).
- **Illegal Pass**– Passing on the Right (Yellow Card). Inter-Gender Riding – Males riding and drafting with females and vice versa (Yellow Card).
- **Littering** – Discarding items, e.g. tires, bottles, gel wrappers etc., on any part of the course except within a designated littering zone (Yellow Card).
- **Helmet** – Failing to have your chinstrap securely fastened when moving with your bike (Yellow Card). The Time Penalty for Drafting (Blue Card) is 15 secs for Olympic Triathlon and 10secs for Sprint Triathlon stop. If you receive a second drafting penalty you will be disqualified. For all other violations (Yellow Card) the penalty is complete (two feet on the ground) stop and go.
- **Other infringements that may result in Disqualification are:** Offensive and unsportsmanlike behaviour. Outside assistance (from anyone other than a race official). Athletes may not use any device that will distract them from paying full attention to their surroundings. This includes the use of mobile phones or other “smart” devices for the purposes of making calls, sending messages or music player (with or without a headset).

Violation Penalty – 10 secs In Super sprint and Sprint distance and 15 secs for Standard distance races

POST RACE INFORMATION

Finish Line

- Friends and family members, including children are not permitted in the finish chute so as not to interfere with other athletes.
- Volunteers will be in the finish line to remove the Timing Chip and escort you to the recovery area (any unreturned timing chip will be charged for its replacement).

Bike Collection

- Bike check-out opens 30 minutes after the last runner leaves transition.

Results

- Results confirmed by the Race Director will be final and will be posted at the official site of **ALPHA RACING SOLUTIONS** ----- <https://alpharacingsolution.com/race/past>