



POWERMAN DUATHLON France RULES, **2023 EDITION :**

🕒 ***POWERMAN DUATHLON WORLDS SERIES, middle distance 10/64/10***

🕒 ***POWERMAN DUATHLON, short distance 5/20/2,5***

🕒 ***POWERMAN KID, 6/9 ans et 10/13 ans***

Article 1

Generality

The International Powerman Association (IPA) entrusts the Association Sport Événement EMBRUN with the organization of a round of the POWERMAN DUATHLON WORLD SERIES in 2023. This organization is in keeping with the contract signed in Embrun by the two parties on 10/31/2019 tacitly renewed for the 2023 edition

The organization offers the following races:

- The POWERMAN DUATHLON WORLD SERIES, middle distance, 10/64/10,
- The POWERMAN DUATHLON, short distance 5/20/2,5.
- The POWERMAN KID, 6/9 years old and 10/13 years old.

These events are determined by the rules published by the ITU, the IPA and the FFTRI, these rules recognized by the organizer are supplemented by these regulations.

The rules are supposed to be known to each competitor; ignorance of these will not be taken into account in any proceedings under Article 25 or as an excuse.

Article 2

Groups

1 - Groups of the POWERMAN Long Distance (referred to as PM in the rest of these rules) are determined by the IPA, according to the rules of the International Triathlon Union (ITU) :

🕒 Women/Men Elite

And Age groups :

- 🕒 Women/Men 18
- 🕒 Women/Men 25
- 🕒 Women/Men 30
- 🕒 Women/Men 35
- 🕒 Women/Men 40
- 🕒 Women/Men 45
- 🕒 Women/Men 50
- 🕒 Women/Men 55
- 🕒 Women/Men 60
- 🕒 Women/Men 65+

2 - Groups of the POWERMAN Short Distance (named PMcd in the rest of these regulations) are :

- ⌚ Women/Men 18-34
- ⌚ Women/Men 35-44
- ⌚ Women/Men 45-54
- ⌚ Women/Men 55-64
- ⌚ Women/Men 65+

W/M Elite status is in principle defined by the athlete's federation. An annual license, French or abroad, or a daily license (pass-competition) is obligatory for all competitors. The daily license can be ordered and be paid for on the FFTRI website ([http: www.powerman-france.com](http://www.powerman-france.com) or <https://espacetri.fftri.com/pass-competition/event/list>).

Article 3

Registration

1 – Registration price :

⌚ POWERMAN 10/60/10 :

o 120€

A decreasing rate is applied from december 1, 2022 to february 1, 2023 at 90€

A progressive rate is applied from february 2, 2023 to april 1, 2023 at 100€

Relay race :

o 160€

No registration on-site.

⌚ POWERMAN 6,6/23/3,3 :

o 60 €

No registration on-site.

⌚ POWERMAN KID :

o free : registration on site.

2 - PMmd competitors, Elite, W and M categories have the obligation to register online, within the required time limits, or be subject to race penalties.

3 - Each competitor can only register once in a single category

4 - PM and PMcd competitors can pass their number to somebody else for medical problems (presentation of a medical certificate) or if it is impossible for the competitor to show at the start (after contact and authorization from the organization).

5 - The competitor who has completed the online form and paid for his registration is recognized as validly registered. On-site registrations for PM and PMcd are not possible.

6- Any registration is considered unchangeable. No refund will be made to athletes who wish to change their mind or change race or medical reasons

7- If cancellation of the race, a full postponement of registration fees (free of charge) is available for the 2024 edition.

Article 4

Ranking

1 - Group ranking as well as overall ranking for Men and for Women are established at the end of the PM and PMcd competitions.

Article 5

PM / Points

1 – Awarding of points to the ranking is defined by the IPA.

Article 6

Rewards

1 – A gift is given to each participant when they withdraw their number and the first in each Men and Women group receives a trophy or a prize in kind.

1-Bis: The prizes will all be distributed during the podium and award ceremony. If an awarded participant is not there, his prize will be given to the next participant in ranking order.

2 - A prize-money is distributed for the elite men's and women's PMmd overall rankings as following:

PRIZE MONEY POWERMAN FRANCE 2023

PLACE	FEMME	HOMME
1	1 000,00 €	1 000,00 €
2	750,00 €	750,00 €
3	500,00 €	500,00 €
4	300,00 €	300,00 €
5	200,00 €	200,00 €

3 - The prize-money is distributed by the organizer to the athletes classified in the awarded ranking . There is no prize money for the age group athletes and for the PMcd competition.

4 - The organizer pays within ten working days after the competition the prize money into the bank account of the athletes concerned who must provide their IBAN details when registering.

Article 7

Organization

1 - Access to the transition zone with the material and equipment by each competitor is only possible after a check-in and the authorization of a referee during the hours specified in the program. The competitor's bike, helmet, plate numbers and number will be checked in the transition zone to deal with the regulatory rules.

2 - The removal of material and equipment from this area by each competitor is only possible after a check-out and authorization from the organization, the bike used by the competitor during the race, his helmet and his plate numbers and number will be also checked.

3 - Starts are given in "rolling-start" and move in time, in the following order:

- PM Elite Women,
- PM Elites Men,
- PM Ladies and Men age groups;
- PMcd Men and Women.

- 4 - The timer is started for each group so the final time of each competitor corresponds to his real time.
- 5 - Checks are performed by the referees named by the league particularly during the check-in, at the pre-start, on the mount- and dismount-lines and randomly on the BIKE and RUN parts of the race.
- 6 - For all cases not predict by the organization of the competitions, decisions are the responsibility of the referee.

Article 8

Distances

1 – PM distances :

Run 1 : 10 km (unique loop) / Bike : 60 km (3 20 km loops) / Run 2 : 10 km (unique loop)

2 - PMcd distances :

Run 1 : 5 km (unique loops) / Bike : 20 km (1 loop) / Run 2 : 2,5 km (unique loops)

3 - The competitor manages on his own for counting the laps necessary to accomplish the regulatory distance, even if a bracelet system will be set up by the organization.

Article 9

Security

1 - Each competitor is personally responsible for his equipment and material. In addition, he must master the techniques specific to each of the two disciplines, especially in cycling.

2 - The cyclist remains a user of the road and has the obligation to respect the French highway code.

3 – Volunteers provided by the organizer have the task of making the race more fluid in harmony with the usual traffic by giving priority to the competition thanks to their authorities as agreed with the local authorities.

4 - An intervention protocol is established by the organizer and the partners of the rescue service.

Article 10

Time

The organization which obtained the timing contract will give an electronic chip to each competitor. Its return is obligatory after crossing the finish line and a failure to this instruction will result to billing of 100 €.

Article 11

Layouts and markings

1 - The routes displayed on the organizer's website and on-site the day of the competition must be respected by the competitors. They were subject to prefectural authorization.

2 - The organizers reserve the right to modify the routes, in particular if an unfavorable weather can significantly endanger the safety of the competitors.

3 - It is the competitor's responsibility to know the routes. The possible absence of markings on the course or a faux-pas of a volunteer does not constitute an excuse for having taken a possible wrong way.

4 A competitor who takes a short cut or intentionally cuts a way planned by the organizer will be disqualified.

Article 12

Running 1 and 2

1 - The discipline takes place in the town of Embrun and CROTS, the competitor takes asphalt roads and paths.

2 - The discipline cannot be run bare-chest or bare-feet. Each competitor can move by running or walking.

3 The competitor's number must be worn on the front of the body, hiding or modifying it is

prohibited.

Article 13

Bike

1 - The discipline takes place in the towns of Embrun, Saint-André-D 'Embrun, Saint-Sauveur and Baratier.

2 - For the PM group, only road bike (classic or time trial) is authorized, for the PMcd and KID categories, the choice of bike is free.

3 - The bike must be in good working order and be moved only by muscle power.

4 - The discipline cannot be ridden bare-chest and the wearing of a helmet is obligatory, it must be attached (chinstrap closed) before taking the bike and can only be detached (chinstrap open) after dropping of the bike or the competitor will be subject to a race penalty.

5 - The competitor must be on his bike after the mount-line (Bike-out) and next to before the dismount-line (Bike-in).

6 - The competitor must complete the entire race on the same bike, the one with which he started the race and he must drive his bike to the transition zone to be allowed to continue.

7 - Drafting is not allowed. The distances between two riders, behind and to the side as well as the passing time are determined in the ITU and IPA rules.

8 - Overtaking: the competitor being overtaken must give way to the competitor who is overtaking him. It is the responsibility of the fastest competitor to overtake safely. The slower competitor must give way. In the event that two riders try to take the lead, they do not have to give up their position. However, a competitor may not block the passage of another competitor or prevent him from progressing in any form.

9 - The competitor's number (frame plate) must be fixed, visible, the number must be worn on the back, the number visible from the back. Concealing or modifying them is prohibited.

Article 14

Neutralization

1 - The road will be neutralized against traffic in the opposite direction only on the D39A from the junction of the road from the town of Crévoux, to the junction of the road from the town of Les Orres.

Article 15

Coaching-zones

1 – In the strict limits of these spaces, clearly marked on the route and on the maps (at the level of the feeding zones), coaches only have the right to provide supplies to the competitors there.

Article 16

Assistance

1 - Limited outside assistance is tolerated from another competitor competing in the same event. No outside help is allowed from a third parties who is not competing in the same event.

2 - Assistance is limited to water, food, first aid as well as tools, inner tubes or items useful for repairing a defective part or a damaged bicycle.

3 - Exchanging bicycles between competitors is prohibited.

Article 17

Feeding

1 - It is the runner's responsibility to maintain adequate hydration.

2 - The organizer provides and distributes feeding on the Bike and Run routes in the official zone marked "ravitaillement"

3 - A feeding point, reserved only for PM Elite competitors, Men and Women, is setting up directly after each of the other feeding points on the Run and Bike routes. At this place, only the competitor

and his coach are authorized to drop off and pick up the athlete's feeding which can be personalized.

Article 18

Cleanliness areas

1 - The entry and exit of each of these areas are clearly marked on the route, usually before and after the feeding zone.

2 - The competitor is not allowed to throw objects or supplies outside these areas, or the competitor will be subject to a race penalty. Our event crosses a natura 2000 zone and must respect the environment and much attention will be paid to this aspect.

Article 19

Sanctions

1 - All the competitors in the PM and PMcd group are subject to the referees' checks and the resulting sanctions.

2 - A no respect of the regulations, mistake or cheating during the race, unsporting behavior or the use of disrespectful language will be penalized.

3 - Any warnings and/or penalties determined according to the seriousness of the breach, are pronounced by the referees.

4 - The scale of sanctions, different for the PM and PMcd groups, is displayed on the official information sign and explain during the "Race briefing"

5 - There are three type of penalties : the "stop and go", the time penalty and the disqualification leading to the loss of the prize money.

Article 20

Penalty-boxes

1 - A penalty-box is present at the entrance to the bike park.

2 - At the entrance to the penalty-box, a sign indicates the numbers of the sanctioned competitors and the sanction to be make.

3 - The sanctioned competitor has the obligation to do his penalty there or he could be disqualified.

Article 21

Doping

Each competitor agrees to comply with the regulations of the sports authorities. Controls can be carried out.

Article 22

Insurance

1 - The organizer declines all responsibility in the event of an accident occurring during the event. Each competitor must have the insurance specific to his engagement in this competition.

2 - A rescue protocol is set up by the organizer and the rescue partners.

Article 23

Image rights

By registering, the competitor accepts that videos and / or photographs representing him in the context of the event be published, for promotional purposes, on the organizer's website or in printed media. Furthermore, he accepts that these images may be freely used, for the same purposes, by the partners of Powerman-France, the IPA and the FFTRI.

Article 24

Jury

- 1 - The jury is formed by the chief referee appointed by the league, a member of the organizing committee, the person in charge of security and an athlete appointed by the chief referee.
- 2 - The athlete must be replaced if he is concerned by a complaint.

Article 25

Disputes

- 1 - Any complaint that may arise about the progress of the competition must be brought to the attention of the referees no later than 15 minutes after crossing the line of arrival and it can only be made by a competitor concerned by the facts.
- 2 - Any complaint that may arise regarding the rankings, all groups combined, must be brought to the attention of the referees no later than 30 minutes after the publication of the ranking on the official sign board.
- 3 - Each complaint must be formulated in writing, justified and signed. The complaint sheets are available to competitors from the organization or from the chief referee.
- 4 - Complaints are received by the jury, which will have previously heard the parties concerned by the facts, later before the distribution of the prizes after which no further dispute is admissible.
- 5 - For the PM group, the rights of submission are reserved.
- 6 - Due to the nature of the duathlon, not all breaches can be established, so the complainant will not involve the organizer and the jury in unverifiable arguments.
- 7 - For all cases not provided in these rules, we will refer in order of priority, to the rules of the ITU, IPA, SD and then to the chief referee.

Embrun le 25/09/2022

International Powerman Association

Ligue PACA /FFTRI

Association Embrun Sport Evènement