



DUATHLON DUCS ET DUCHESSES

Regulations for DUATHLON DUCS ET DUCHESSES 2021

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General

'Duathlon Ducs et Duchesses' - Series and League is an unprecedented event in the Auvergne-Rhône-Alpes region, consisting of a series of Duathlon events per season.

The 'Duathlon Ducs et Duchesses' events are aimed at athletes of all fitness levels who wish to compete in the competitive or non-competitive category, either individually or as a team.

The rules of these events are consistent with those of the French Triathlon Federation (FFTri) and the International Triathlon Union (I.T.U).

'Duathlon Ducs et Duchesses' is organised by the Savoie Sports Organisation (Organiser) in collaboration with Vital Coach Events (owner of the brand), and if necessary, a third party (local club of the host town). The following rules and general conditions (T&C) are applicable to participants.

The Organiser reserves the right to modify or substitute from time to time any of these rules and/or the general terms and conditions of the Event if it deems it appropriate. In the event of any ambiguity in any of these provisions, the Organiser will be the competent authority to interpret and, in doing so, will take into account the interests of all Participants concerned. Any changes to these Rules and/or the General Conditions will be updated on the official website <https://www.duathlonducsetduchesses.com> and it is the responsibility of the Party concerned to keep abreast of any changes.

Categories

The 'Duathlon Ducs et Duchesses' is divided into two categories: Series and League.

The 'Duathlon Ducs et Duchesses' – Series (DDD-Series) is a category open to participants of all ages, without any particular form requirements, while the 'Duathlon Ducs et Duchesses' - League (DDD – League) is a closed competition reserved for the best athletes, selected by the organiser.

'Duathlon Ducs et Duchesses' - League 2021 (competition)

This category will be aimed at the best endurance athletes (pro or amateur) with the key motivation to become the best of the best.

It is a category open to individuals (men and women) only.

Because the organisers' objective is to make it incredibly competitive, there will be few places available for this category:

Male (individual): 50 places available

Female (individual): 50 places available.

The duathlon format changes with each event. For more information concerning the conditions of participation in the League, contact us via info@duathlonducsetduchesses.com.

'Duathlon Ducs et Duchesses' – Series (Open race and Age groups).

1. Duathlon – L : 10km/60km/10km

- Women and Men 18-34 years old
- Women and Men 35-44 years old
- Women and Men 45-54 years old
- Women and Men 55-64 years old
- Women and men over 65 years of age

2. Duathlon – M : 10km/40km/5km

- Women and Men 18-34 years old
- Women and Men 35-44 years old
- Women and Men 45-54 years old
- Women and Men 55-64 years old
- Women and men over 65 years of age

3. Duathlon – S : 5km/20km/2.5km

- Women and Men 18-34 years old
- Women and Men 35-44 years old
- Women and Men 45-54 years old

- Women and Men 55-64 years old
- Women and men over 65 years of age

4. Duathlon – XS : 2.5km/10km/1.25km

- Women and Men 18-34 years old
- Women and Men 35-44 years old
- Women and Men 45-54 years old
- Women and Men 55-64 years old
- Women and men over 65 years of age

5. Jeunes – 6-9 : 250m/1km/250m

6. Jeunes – 8-11 : 500m/2km/500m

7. Jeunes – 10-13 : 750m/5km/750m

8. Jeunes – 12-19 : 1km/6km/1km

The organiser makes the final decision on the number of distance categories to be organised per event.

Inscription

By completing the online registration form, the participant agrees to respect the rules of the Duathlon Ducs et Duchesses - Series et League (the events). These rules will be applied before and during the events and will apply to all decisions made by the organiser.

Confirmation of participation in any of the events can only be made after payment of the entry fee, presentation of your valid FFTRI licence (or a licence from a similar federation abroad) or a medical certificate with a daily licence (pass-competition) which can be ordered and paid for on the FFTRI website [link on www.espacefftri.com/pass-competition/event/list](http://www.espacefftri.com/pass-competition/event/list) or www.duathlonducsetduchesses.com and after the issue of a race identification number on the day of the race or the day before.

- By using the event website, the Participant undertakes to provide true, accurate, current, and complete information (the registration data), if the organiser needs to contact the Participant from time to time by e-mail. Any notification sent to the e-mail address registered with the organiser will be deemed to have been received by the Participant.
- If the Participant provides any information that is untrue, inaccurate, not current, or incomplete, or if the Organiser has reason to suspect that such information is untrue, inaccurate, not current, or incomplete, the Organiser may suspend or terminate the Participant's registration and refuse all current or future use of the Official Website or the Registration Portal (or any part thereof) without any refund of fees.
- The Organiser reserves the right to limit and/or refuse entries without giving reasons.
- The Organiser will not be liable for any disputes arising from incomplete or inaccurate details in the registration form.
- **Once the registration has been duly processed, there will be no refund of fees for the participant(s) who will not participate in the event for any reason whatsoever.**
- **All registrations are final. In the event of major impediment or by decision of the Prefectural Authority, the event may be postponed. Entry fees are not refunded. Registrations will be taken in the order in which the files are received.**

Registration fees :

Duathlon Categories

	Individual	Relay Team – Duo	Relay Team – Trio
Duathlon L	80 €	100 €	120 €
Duathlon M	40 €	60 €	90 €
Duathlon S	30 €	50 €	60 €
Duathlon XS	- €	- €	- €
Youth 12-19	- €	-	-
Youth 10-13	Free	-	-
Youth 8-11	Free	-	-
Youth 6-9	Free	-	-

- Athletes participating in this category will receive the following gifts and racing items:

1. Medal

2. Refreshments after the race in the event village
 3. Refreshments on the day of the race at the stations provided for this purpose.
 4. Transition String bag
- In the event of medical problems, participants may pass on their registration to a third party. In this case, they must provide the organisers with a medical certificate and all the details of their substitute until one week before the race.
 - **All registrations are considered final. No refunds will be made if the athlete wishes to change their mind or change races.**

Age Restrictions

All participants must strictly adhere to the age limits for each category, in accordance with the FFTRI regulations.

- **Duathlon L** : Open to all competitors born in 2003 and before (individual and relay teams member)
- **Duathlon M** : Open to all individual competitors born in 2003 and before. Relay participants to Duathlon M must be born in 2005 and before (only one discipline for Cadets).
- **Duathlon S** : Open to all individual competitors born in 2005 and before. Relay participants to Duathlon S must be born in 2010 and before (only one discipline for 'benjamins' & 'minimes').

Withdrawal of race bibs

You must be able to prove your identity when you pick up your race number.

Race numbers are collected per event, as indicated on the website.

• IMPORTANT: To withdraw your race number, please bring your FFTRI 2020 licence, or a "Medical certificate of no contraindication to the practice of sport in competition (or in the absence of the discipline concerned in competition in the case of relays) less than one year old on the date of registration by the athlete".

Non FFTRI licensees will have to subscribe to a competition pass (Compulsory).

Registrations not withdrawn during the collection period will be considered as 'DNS'.

Material

We provide you with a bib to be attached by at least 2 points, a label to be stuck on your seatpost, and a timing chip to be worn around the ankle. **For these races, the bib belt is therefore compulsory.** The bib belt can be purchased on our website or when picking up your bib numbers.

A competitor who crosses the finish line without a number that is legible (and not visible) from the front will not be classified.

Personal data

By registering for these events, the participant(s) is (are) deemed to have accepted that the organiser collects, analyses, and collates any personal information relating to this (these) participant(s). The Organiser may, at its sole discretion, use this information for programmes, planning, data processing, statistics, risk analysis, research, communication, marketing and/or, any other purpose.

Recorded media and image rights

The organiser reserves the right to use photographs (including those of participants), films, recordings, or any other media recording of the event for any legitimate purpose, including commercial advertising, promotion, and distribution to sponsors anywhere in the world.

By registering, the participant accepts that videos and/or photographs representing him/her in the context of the event may be published, for promotional purposes, on the organiser's website or in printed form. Likewise, the participant agrees that these images may be freely used for the same purposes by the partners.

Event

Right to cancel and modify routes.

- The Organiser reserves the right to cancel the event at any time, in which case the Organiser will make every effort to inform the Participant(s) before the date of the event. If the event is cancelled, there will be no refund of any fees paid unless the Organiser sees fit to make a refund and the Organiser will not be liable for any loss or inconvenience caused.

- There will be strictly no reimbursement of costs if the event is cancelled for reasons of force majeure, i.e. due to incidents beyond the organiser's control or in cases of force majeure (e.g. weather or a prefectural decision) making it impossible or dangerous to hold the event.

Management of routes and time limits

- For safety reasons and to respect the prefectural decrees, the race time is limited. It remains an accessible time, even for beginners. We have signalmen to help traffic flow.
 - **Duathlon L** : The time limit for the first run+first transition+bike ride+the second transition is **5 hours and 30 minutes**. After this time, you will not be allowed to start from the transition air for the second run.
 - **Duathlon M** : **5 hours** after the start of the event for Duathlon M.
 - **Duathlon S** : The time limit for the first run+first transition+bike ride+second transition is **1 hour and 30 minutes**. After this time, you will not be allowed to start from the transition air for the second run.
- For participants who are not likely to finish the race within the maximum time limit, the finish medals, finish T-shirts (depending on the category) and official times will not be given to the above-mentioned participants, as they will be considered as 'DNF'.

Restriction on vehicles along the race

- In the event of road closures for the event, only official race vehicles, medical vehicles and motorbikes are allowed.

Compensation

- Although reasonable precautions are taken by the organiser to ensure the safety of participants, participants participate in the event at their own risk and the organiser will not be liable for any injury or death resulting from training for, during or after participation in the event. Participants are strongly encouraged to have a medical examination and/or consult their doctor prior to registration and before the day of the race.

Points and Awards

- Participants in open race categories will be awarded points per event based on the overall ranking (men and women). Participants will be able to accumulate points by participating in more than one event in the series. Additional points will be awarded to participants who have participated in more than 3 of the events. Prizes will be awarded to the participants with the most points per age category.
- The organisers reserve the right to replace any winner in the event of disqualification.

Medals, and T-shirt

- All participants who successfully complete the race in the chosen category will receive a medal upon presentation of their race number to the respective officials.
- The team relays (duet and trio) must present their bib numbers to the entire team to receive their medals.
- All medals must be collected on the day of the race. No requests will be considered after the day of the race.
- This right does not apply to participants who cannot finish the race within the maximum time limit, who are disqualified or who do not finish the race.

Organisation

Programme

For information about the program of each of our events, please visit the specific event page on our website: www.duathlonducsetduchesses.com.

The Organiser reserves the right to modify the programme of the events up to the day of the event itself. In the event of a change, the Participants will be informed as soon as possible. The detailed programme will be published on the website.

Transition zone (bicycle park)

Participants will be allowed to enter the bike park (transition zone) at specific times during the event. Participants will have access to the transition zone :

- Before the race: during bib removal, to identify where they will place their bikes.
- On the morning of the race day to drop off their bikes and helmets at their respective places in the bike park.
- After the race: To collect their bike and helmet.

Their entry is only possible after registration and authorisation by a referee or security and at the times indicated in the programme.

Participants will receive bibs and adhesive labels to identify their equipment. The numbers on the labels and bibs must match the registration number of the participants when they leave the transition area.

Checks are carried out by the referees appointed by the FFTri during registration, at the pre-start, on the bike ascent line and bike descent line, and, at random, on the cycling and running courses.

Security

- Each competitor is personally responsible for his or her own equipment and materials. In addition, he must master the techniques specific to each of the two disciplines, especially in cycling.
- The duathlete remains a road user and, as such, is obliged to respect the French Highway Code.
- The race marshalls/signallers, provided by the organiser, have the task of making the race more fluid, in harmony with the usual traffic flow by giving priority to the competitors as far as possible, but within the limits of the powers granted by the local authorities.
- An emergency system is set up by the organiser.

Duathlon Skinsuits

- The jersey/suit consists of at least the part covering the genitals as well as the upper body.
- Company advertising, other national emblems and the names of competitors may not be concealed.

Briefing

The briefing will take place no later than 30 minutes before the start of the event. There might also be a briefing the day before the competition.

The briefing will focus on:

- The course of the entire competition
- Distance categories
- Safety tips and dangerous parts

It is recommended that all competitors participate in the briefing. The instructions given by the organiser are compulsory. A protest due to a disadvantage caused by the absence of a briefing is not possible. The detailed programme will be published on the website.

Timing and results

The timing provider of the event will provide a microchip/timing chip to each participant, who must return it after crossing the finish line. Participants who fail to do so will be penalized and will be charged a fee for the replacement chip.

The Chief Referee will validate the results. The list of results will be published at the end of the event and will be definitively valid after the protest deadline has expired or the decision on the protest has been taken..

Race course/routes

- The route designed by the organisers will be published on the website and on the event page. A link for each of the Courses will also be generated. Participants will be able to view the course at the event venue. The courses are subject to prefectural authorisation.
- The organisers reserve the right to modify the courses, particularly in the event of bad weather conditions that may endanger the safety of the competitors.
- Participants are encouraged to study the course. It is their responsibility to know the courses to ensure their safety and the smooth running of the event.
- A participant who voluntarily takes a shortcut or voluntarily cuts a course planned by the organiser will be disqualified.

Run 1 & 2

- The discipline takes place on asphalt roads and tracks.
- The discipline cannot be run shirtless or barefoot. Each competitor may run or walk.
- The race number must be worn on the front of the body, it is forbidden to hide or change it.

Cycling

- Participants can participate with the bike of their choice.
- The bike must be in good working order and be propelled solely by muscle power.
- The discipline cannot be practised shirtless and the wearing of a helmet is compulsory. The helmet must be attached (chinstrap closed) before taking the bike and cannot be detached (chinstrap open) before returning the bike to the transition zone.
- The competitor must get on his bike after the bike-up line (Bike-out) and get off before the bike-down line (Bike-in).
- The competitor must finish the whole race on the same bike, the one with which he started the race.
- Drafting is not allowed. The distances between two riders, behind and to the side as well as the time limits for overtaking are determined in the [FFTri regulations](#).
- Overtaking: a competitor may not block the passage of another competitor or prevent him from progressing in any way whatsoever. The slowest competitor must yield the passage and it is the responsibility of the fastest competitor to overtake safely. Competitors may not stay side by side; no drafting even for the first ones.
- The competitor's number (frame plate) must be fixed, visible, the number must be worn on the back, the numbers must be visible from the back, it is forbidden to hide or modify them.

Fans zones

- For security reasons, fan zones have been created. Fans are advised to cheer on their athletes from these zones. Positioning yourself in unauthorised areas may present a danger to you and the athletes.
- Limited assistance is tolerated from another competitor competing in the same event. No outside assistance is allowed from third parties not competing in the same event.
- Assistance is limited to water, food, first aid, and tools, inner tubes or items needed to repair a faulty part or damaged bike.
- The exchange of bikes between competitors is forbidden.
- Coaches may provide food and beverages to their athletes only at the refreshment stations..

Refreshment (Aid stations)

- It is the responsibility of the runner to maintain adequate hydration.
- The organiser provides and distributes the refreshments available on the Bike and Run courses in the official areas marked "Refreshment".
- At this point - Refreshment, only the participant and his/her coach are allowed to drop off and pick up the athlete's refreshment, which can be personalised.

Cleanliness zones

- The entrance and exit of the clean areas are clearly indicated on the course, generally before or after the feed zones.
- The competitor is not allowed to throw objects or supplies outside these zones. Penalties will be imposed on participants who do not respect this rule.
- If a competitor throws a piece of waste out of the cleanliness zone, he will be disqualified (red card) if he does not return it to the cleanliness zone.

Sanctions

- All participants are subject to the controls of the referees and hence to the sanctions resulting therefrom.
- Non-compliance with the rules, a fault or cheating during the race, unsportsmanlike behaviour or the use of disrespectful language will be sanctioned.
- Possible warnings and then sanctions, determined according to the seriousness of the infringement, will be pronounced. The offence will be decided by the referees.
- There are three types of sanctions: break and start, time penalty, disqualification.

Penalty zone

- There is a penalty-box before the entrance to the bike park after the completion of the cycling route.
- At the entrance of the penalty-box, a sign indicates the numbers of the sanctioned competitors and the sanction to be served.

- The sanctioned competitor is obliged to serve his penalty, otherwise he will be disqualified.

Doping

Each participant undertakes to respect the rules laid down in this area by the sports authorities. Controls may be carried out.

Insurance

- The organiser declines all responsibility in the event of an accident occurring during the event. Each participant must have the appropriate insurance for his or her involvement in this competition.
- A rescue protocol is set up by the organiser and the selected.

Jury

- The Jury consists of the Chief Referee appointed by the League, a member of the Organising Committee, the Safety Officer and an athlete representative appointed by the Chief Referee.
- The athletes' representative must be replaced if he is concerned by a protest.

Disputes (the behaviour of participants and referees)

- **In the event of disqualification, the athlete must hand in his or her race number and timing chip to the referee and stop. Failure to comply with these instructions may result in disciplinary action.**
- **Participants must withdraw from the race immediately if requested to do so by a member of the official medical staff, the race director, the referee and/or the safety officer.**
- Any complaint that may arise concerning the conduct of the competition must be brought to the attention of the referees and may only be brought to the attention of the competitor concerned by the facts, no later than 15 minutes after crossing the finish line.
- Any protest that may arise concerning the classifications, all categories included, must be brought to the attention of the referees, no later than 30 minutes after the publication of the classification on the official notice board.
- Each protest must be made in writing, stating the reasons for the protest and must be signed. The protest forms are available to the competitors at the organisation or at the chief referee.
- Complaints are dealt with by the jury, which will have heard the parties concerned by the facts beforehand, at the latest before the prize distribution, after which no further disputes will be admissible..

The Chief Referee will validate the results.

These rules and conditions are subject to change by the organisers for each event bearing the brand - Duathlon Ducs et Duchesses®.

