

Osaka Castle Triathlon 2023 Local Rules

April 2023

Introduction

This event shall be held under the "Osaka Castle Triathlon 2023 Local Rules" (these rules) in addition to the "Japan Triathlon Union (JTU) Race Rules".

Event Management

- Safety is the top priority for this event, and traffic rules apply even on the course. During the race, the athletes must observe the traffic rules and follow the instructions and guidance of the police, judges, and staff.
- Emergency vehicles shall have the highest priority even during the race. Follow the instructions of the police, judges and staff, Slow down or stop as the situation requires.
- No test-riding on the bike course in Osaka Castle Park is allowed. Riding a bike, even outside of race is prohibited. Always wear a helmet and obey all traffic rules.
- The athletes shall be required to submit the event program (registration, entering and exiting the transition area, and getting to the starting point assembly, time limits for each race, bike pick-up, etc.) must be kept on time.
- Any changes on the day of the event shall be communicated by e-mail, displayed in front of the event headquarters, announced at the event site, etc. The athletes are responsible for paying attention to the changes.
- Any action that is late for the set time may result in a penalty or disqualification.
- The head judge (hereinafter referred to as "HR") shall decide and declare the end of the race at its discretion if the athlete is unable to continue the race due to physical condition, time limit, or other reasons.
- The event shall be held rain or shine, but if it is deemed difficult to ensure the safety of the athletes, or if it is deemed impossible to hold the event, the event shall be cancelled. In the event of a major event, the course or race may be changed or cancelled. The following is a list of the changes to be made. Any changes shall be communicated by e-mail, posted at the event headquarters, and announcements shall be made as necessary through announcements and other means.
- In the race, the correct distance is not covered (due to insufficient laps, shortcuts, wrong U-turns, etc.), the athlete shall be disqualified.
- When an athlete retires, he/she must submit his/her ankle band to the event headquarters or TO.

Races and Equipments

- Even during the race, the athlete may be required to stop the race at the discretion of HR.
- The athletes are responsible for counting the number of laps on the race course. Laps in the race operation measurements are made by ankle band.
- Front zippers are allowed for race wear, but must be unzipped during race.
- Race numbers must be worn on the front and back of the body to ensure that the number is visible. If number belt is used, one race number can be moved back and forth depending on the race.
- If the race number is torn or comes off, the Technical Official (hereinafter referred to as "TO") shall check the number. The athlete shall be allowed to continue the race he/she presents or reattaches it during the race.
- Race numbers must be showed to enter and exit the transition area, pick up bikes, and receive luggage.
- The use of earphones, headphones, smart phones, etc. is prohibited during race.

Penalties

- Penalties shall be given for violations of the JTU Race Rules and this Local Rules.
- Inappropriate language or behavior toward athletes, staff, TO, etc. shall be penalized.
- The types of penalties are as follows
 1. guidance including pause
 2. time penalty
 3. disqualification (DSQ)
 4. expulsion from the race
- TO shall announce the race number of the athlete in question and give a yellow card whistle, but these actions are not required
- The time penalty is 60 seconds for drafting and 30 seconds for other violations. These do not apply to other acts that delay the time limit.
- In case of violation, TO shall sound the whistle and present a yellow card, and tells the race number of the athlete.
- Athletes who have been assessed time penalties for violations are posted number on the penalty board, must enter the penalty box themselves. If the race ends without the athlete entering penalty box, he/she shall be disqualified. There shall be no guidance from TO.
- Disqualification (DSQ) for dangerous and unsportsmanlike conduct and expulsion from the race, and shall be applied immediately in the event of further serious conduct. These penalties shall be applied according to HR's discretion.
- A penalty not applied during the race, that a violation is found after the race shall be penalized after the fact.

Registration

- The day before and on the day of the event, no bike check or deposit shall be made, athletes are responsible for their own bike maintenance and storage.
- Athletes must affix their own body numbers to their bodies before competing. The number must be affixed to the outside of both arms.
- Athlete must present a photo ID (driver's license, student ID, etc.) to confirm their identity.
- Any athlete who is late for the registration time shall not be allowed to participate in the event.
- Athletes whose body temperature is 37.5°C or higher shall not be allowed to compete.
- If athlete decide not to participate in the race due to reasons other than fever, please report to the registration desk or the head office.

Aid Stations

- One aid station in front of the swim start area and one on the run course. Only water shall be provided at each aid station.
- Paper cups provided at aid stations must be disposed in the designated trash cans. Throwing on the course and on public roads is prohibited, and violators shall be penalized.

Swimming

- The athletes must enter the start area by the end of the water entry check.
- Athletes who enter the start area may not exit until the end of the swim race.
- Wetsuits (top and bottom) that meet the following requirements must be worn at the event. Participation in tri wear only is not permitted.
 1. fits one's body well.
 2. not covering anything beyond the wrists and ankles.
 3. not shaped to cover only the lower half of the body.
 4. not exceeding 5 mm in thickness (no limitation on the thickness of each part within this range)
 5. whose surface has not been modified to improve propulsion or buoyancy.
 6. that do not contain internal buoyancy enhancers.
- Swim caps provided by the race must be worn.
- Athletes may skip the swim race and compete only in the bike and run races. However, it is possible to skip the swim event and compete only in the bike and run events.
- No records shall be kept (SKIP). Athletes wishing to SKIP must be in the swim TO before the start of the swim. The declaration shall be made to the in the relay event, even if a swimmer abandons during the race or exceeds the time limit, he/she shall start the bike race. Start times shall be set separately.
- The start time of the bike event shall be specified for those who choose to skip the swim event, The

starting place shall be defined within the transition area.

- A short pause is allowed during the race. If athlete need to be rescued, wave one hand above head and call out to call for rescue.
- The wearing rescue tube is allowed. However, the race shall be terminated after a rescue by a rescue team (DNF).
- Balloons to be provided at the event may be worn as markers. Athletes who wish to use them, should declare at the place of distribution.
- Even within the time limit, if the TO/Lifesaver determines that it is impossible to continue the race for safety reasons, the race shall be cancelled. In such a case, the athlete in question may be declared DNF.

Transition Area

- Athletes may set up the race equipment only when the transition area (hereinafter referred to as "the area") is open. After the closing time, no set-up is allowed in the area.
- Athletes who are late for the closing time and those who are setting up after the time may be disqualified.
- No one other than athletes (coaches, family members, related persons, etc.) are allowed in and out of the area.
- Only the minimum necessary equipment for the race can be brought into the race area, and no other baggage may be brought into the race area.
- No equipment is allowed in the race area. All equipment must be placed in their own space so as not to interfere with the athletes.
- TO may move the equipment of the athletes to ensure fair race management. In addition, violations Penalties may be given to athletes who bring in luggage.
- When hanging the bike on the rack, handlebars should always be facing the rack with the race number in front of it. If the direction is reversed, it shall be considered as an act of obstruction against another athlete.
- Helmet straps should be tightened securely before removing the bike from the rack. After the finish of the bike race, the bike must be hung on the rack and then the straps must be removed.
- Helmet straps must fit tightly to the chin, and if TO determines that a competitor has made a mistake, they may ask the competitor to pause to correct it, even during the race.
- Riding bike in the transition area is prohibited.
- Athletes must take at least one step after the mount line before mounting the bike, and must take at least one step before the dismount line before dismounting the bike.
- No one is allowed to enter or leave the area without the permission of the TO, except during the race.

- The time for collecting race equipment and bikes shall be determined for each wave. The athlete himself/herself must come and race number must be presented to the attendant at the entrance/exit.

Cycling

- Only triathlon-specific bikes or road bikes compliant with the JTU race rules shall be allowed to compete. Cross bikes, mountain bikes, mini velos, etc. are not allowed.
- No lights, bells, stands, cameras, smart phones, or any other devices not necessary for the race are prohibited.
- Aero bars (DH bars) are allowed to be used. However, the unclosed end of bars (including handlebars) is not allowed. If the bar-end cap has been removed, participation shall not be permitted unless the relevant portion is plugged.
- Aero form helmets and disc wheels (rear wheels only) are permitted.
- Recommend to use a cycle computer to keep track of the number of laps athlete have completed. However, measurement by wearing a smartphone is prohibited.
- No aid station on the bike course, athletes must bring their own water bottles for use only on the bike. However, the attachment or use of plastic bottles is prohibited.
- Overtaking and passing are prohibited in sections below
 1. all courses in Osaka Castle Park
 2. from 50m before all turnaround points and within the turnaround (U-turn) zone
 3. 50m before the entrance to the parking lot back to Osaka Castle Park after the last lap.
- Drafting is prohibited in this event. Drafting zone distance shall be 10 meters behind. Overtaking must be done after calling out and within 20 seconds from the right side.

Running

- Athletes shall always run on the left side of the course.
- For safety reasons, barefoot running is not permitted.

Finish

- All-out sprinting just before the finish line may lead to accidents.
- For identification purposes, the race number must be worn on the front and sunglasses must be removed.
- No accompanied finishers shall be allowed in this event.
- After finishing the race, remove the ankle band according to the instructions of the TO and staff, and place the ankle band in the designated area.

Time limit

The time limits for each category are as follows (starting from the swim start time)

<Standard Distance>

Swim 25 minutes for the first lap 45 minutes for the second lap
Bike 2 hours 30 minutes
Run 3 hours 40 minutes

<Sprint Distance>

Swim 30 minutes
Bike 1 hour 25 minutes
Run 2 hours 05 minutes

- The final barrier of the last bike lap of the final wave shall be set 15 minutes before the time limit of the bike race. No one may enter the next lap after the time has been exceeded.
- If the above time limit is exceeded, or even if it is within the time limit, the TO/life saver shall declare the end of the race to the athletes who judged tunable to continue the race, or that continuing the race would affect the operation of the event and in question shall be disqualified from the race.

Protests

- Athletes may appeal against the decision of the HR or any other matter. However, protests concerning the following matters shall not be accepted
 1. Drafting and blocking
 2. Unsportsmanlike conduct such as abusive language, violence, etc.
- Protest shall be made to the deliberation committee. The deliberation committee for this event is composed of the organizer's representative, TD, and the directors of the Osaka Prefecture Triathlon Association. The deliberation committee may conduct an interview with the concerned parties as necessary.

The other detailed rules are based on the JTU Race Rules.