

The Osaka Castle Triathlon 2024 Local Rules

The Osaka Castle Triathlon 2024 Local Rules (these rules) will be applied in addition to Japan Triathlon Union (JTU). Rules.

[Event Overall]

1. When an emergency vehicle passes, follow the directions of the police the Technical Official (hereinafter as "TO") and the staff. Slow down or stop as necessary.
2. When riding a bicycle outside of the Race, wear a helmet and follow all traffic regulations. Trial driving of the bike course in Osaka Castle Park is prohibited.
3. If competitors are late for the registration time, they will not be allowed to participate in the race. If the body temperature on the day of the race is 37.5°C or higher, the competitor will not be allowed to participate in the race.
4. The organizers has the right to change race program. Competitors must pay attention to the changes at their own responsibility. Any late action by the contestant may be subject to penalty or disqualification.
5. If a competitor finds it impossible to continue the race due to physical condition or time limitation, the organizers reserve the right to terminate the race at the discretion of the Head Referee (hereinafter as " HR ").
7. The race will be held in the event of rain, but the course may be changed or the event cancelled if it is deemed difficult to ensure the safety of the competitors or if any event occurs that may have a significant impact on the race.

[Race and Equipment]

1. Each competitor must affix his/her own body number to his/her body and participate in the race. The basic rule is to affix the number in two places on the outside of both arms.
2. The laps in the race will be measured by ankle bands and the counting of laps is the responsibility of the competitor.
3. If a competitor fails to cover the specified race distance due to inability to complete a lap, short cut, wrong U-turn, etc., he/she will be disqualified.
4. The front zipper of race wear is allowed, but the zipper must not be opened below the sternum during the race.
5. Race numbers must be worn so that the numbers are visible from the rear during the bike race and from the front during the run race. It is allowed to move one race number to the front or back depending on the race.

6. If the race number is torn or comes off, it must be displayed so that the TO and officials can see it, or it must be reattached during the race and the competitor will be allowed to continue running.

7. The use of earphones, headphones, smart phones, etc. during the race is prohibited.

[Penalties]

1. Penalties will be given for any acts in violation of the JTU rules and local rules. In addition, inappropriate verbal abuse of other players, TOs, staff, etc. will also be penalized.

2. The types of penalties are as follows.

(1) Coaching including suspension

(2) Time penalty

(3) Disqualification (DSQ)

(4) Exclusion from the event

Time penalties are as follows:

(1) Drafting violation Standard: 2 min Sprint/Relay: 1 min

(2) Other violation Standard: 15 sec Sprint/Relay: 10 sec

However, this does not apply to late registration or any other late actions.

4. The competitor who has been given a time penalty for a violation must check the number on display on the penalty board and enter the penalty box on one's own initiative. If the race ends without entering the penalty box, the competitor will be disqualified. No notification or guidance will be given by the TO.

5. In the event of dangerous or unsportsmanlike conduct, the competitor will be disqualified (DSQ). Exclusion from the event will be applied immediately in the event of more serious acts. The application of these penalties will be decided at the discretion of the HR.

[Aid Stations]

1. There will be one aid station in front of the swim start area and one on the run course. Only water will be provided at each aid station.

2. Paper cups provided at aid stations must be disposed of in the designated trash cans. Throwing them in the park, on the course, or on public roads is prohibited and violators will be subject to time penalties.

[Swim Event]

1. All swimmers must enter the start area by the time the water entry check is completed.

2. Wet suits (top and bottom) that meet the JTU Race rules (Article 67) must be worn.

No swimwear or triathlon wear will be allowed.

3. The swimmer must wear a swim cap received at reception.
4. The start time is 2 minutes apart for each group in each wave.
5. Swimmers may skip the swim event and only compete in the bike and run events, but no records will be kept (SKIP). The swimmer who wishes to skip must report to the swim TO before the start of the swim.
6. In the relay event, even if the swimmer abandons during the swim or exceeds the time limit, the swimmer will be allowed to start from the bike event, but no record will be kept (SKIP). The start time will be set separately.
7. For those swimmers who choose to SKIP the swim event, the start time of the bike event will be specified and the start location will be in the transition area.
8. A short rest is allowed during the race. If you need to be rescued, wave your hand above your head and call out for help.
9. Wearing a rescue tube is allowed. However, if the tube is used during the Race, a lifesaver will rescue the swimmer and the Race will end.
10. Wearing balloons provided by the organizer as a landmark is allowed. Athletes who wish to wear one should apply at the ankle band distribution location.
11. The TO and lifesavers may declare that the race over even if it is within the time limit.

[Transition]

1. Competitors can set up their race equipment in the transition area (hereinafter referred to as "the area") only during the designated time period. After the closing time, no work is allowed in the area. Any competitor who is late for the closing time or working after the closing time may be disqualified.
2. Only competitors can enter the area. Entering of coaches, family members, related persons, is forbidden.
3. Only the minimum necessary equipment for the race can be brought into the area, and no other luggage (cooler boxes, luggage baskets, bags, etc.) may be brought into the area.
4. TO may move the equipment of the competitors to ensure fair race management.
5. Hanging wetsuits, towels, etc. on the racks will be considered as marking and the TO will move them.
6. When hanging bikes on the racks (both after the swim part and after the bike part), make sure that the handlebars are on the side where you can see your rack number. If the direction is reversed, it will be considered as an obstruction to other competitors.
7. Helmets must be set up with the straps unlocked, then put on and fasten the straps before removing the bike from the rack. After the finish of the bike Race, the straps must be removed after the bike is hung on the rack.

8. Helmet straps must be tightly closed. If the TO deems it inappropriate, the rider may be asked to stop temporarily even during the Race.
9. Riding bicycles in the area is prohibited.
10. In the mounting and dismounting area, do not get on the bike until you are at least 1 foot beyond the line, and do not get off until you have stood at least one step in front of the line.
11. The race equipment and bikes must be collected at the designated time by the race organizer and the race number or body number must be displayed at the entrance.

[Bike Event]

1. There will be no bike check and deposit on the day before and on the day of the Race.
2. Only triathlon-specific bikes or road racers compliant with the JTU Race rules will be allowed to compete in the Age Group events. Cross bikes, mountain bikes, mini bikes, etc. are not allowed to participate.
3. Cross bikes are allowed only for relay race. However, handlebar width must be shorter than 50cm and bar end grips are prohibited.
4. In all events, lights, bells, stands, cameras, smart phones, and other devices not necessary for Race must be removed prior to entry.
5. The use of aero bars (DH bars) is allowed. However, if the end caps of the bars, are detached, the end caps must be sealed.
6. Use of aero helmets and disc wheels (rear wheel only) is allowed.
7. A cycle computer is recommended to keep track of the number of laps. However, the use of smart phones is prohibited.
8. As there is no aid station on the bike course, use a water bottle exclusively for the bike is recommended. However, the use of PET bottles is prohibited.
9. Overtaking and passing is forbidden in the following sections.
 - (1) The entire course within Osaka Castle Park.
 - (2) From 50m before all turnaround points and within the turnaround (U-turn) zone
 - (3) From 50m before the entrance to the car park, returning to the park from Tamatsukuri-suji after the final lap.
10. Drafting will be prohibited at this race. Draft zone is 10 meters from the front tip of the front wheel of the first rider to the rear.

[Run Event]

1. Runners must always drive on the left side of the run course.
2. For safety reasons, bare feet or sandals are not allowed in the run event.

[Finish]

1. Competitors are required to wear their race number on the front of their car to identify themselves. It is recommended to remove sunglasses.
2. No runners will be allowed to finish the race unaccompanied.
3. After finishing, remove the ankle band as instructed by the TO/staff and return the ankle band to the designated place.

[Time Limits]

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

<Standard>

Swim:25 min for 1 lap / 45 min for 2 laps Bike:2 hours 30 min. Run:3 hours 40 min.

<Sprint/Relay>

Swim:30 min Bike:1 hour 25 min Run:2 hours 05 min

3. If any of the above time limits are exceeded, the race will be terminated.
4. only for the final wave, the last section of the bike lap will be set 15 minutes before the time limit for the bike race. No rider will be allowed to enter the next lap after this time
5. Competitors who are declared out of race in the Bike/Run, must immediately exit the course and return their ankle bands to the TO, and follow his/her instructions

[Protest]

1. If a competitor is dissatisfied with the decision of the HR or any other matter, he/she may protest. However, protests regarding the following items will not be accepted.
 - (1) Drafting and blocking.
 - (2) Unsportsmanlike conduct such as verbal abuse or violence
2. Protests must be made to the Council Committee. Event organizer representative, TD and Osaka Prefecture Triathlon Association board members will form a committee.
3. Other detailed regulations are based on the JTU Race Rules.

Inquiries regarding the rules and regulations

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