



RULES 2010
Updated on January 6th, 2010

1. General Rules

- 1.1. It is forbidden for members of tandem and teams to warm up on the course after the beginning of the race.
- 1.2. In no time helpers are allowed on the course.
- 1.3. For all disciplines, except skating, circulation is done on the right side of the course and passing on the left side. For skating, circulation is done on the left side and passing on the right side.
- 1.4. The slower competitors must give way to the faster ones.
- 1.5. The competition rules of Triathlon Québec will be in application. Where the rules of competition of Triathlon Québec and Pentathlon des neiges do not apply it is the Sports Federation concerned rules that will apply.
- 1.6. It is important to respect the required number of lap for each discipline. A five (5) minutes penalty will be added for each missing lap in skating. For other disciplines, a missing lap will conduct to a disqualification.

2. Transition Zone

- 2.1. The transition zone is part of the course.
- 2.2. The competitors must only use their designated space, never are they to harm other competitors.
- 2.3. The transition zone will open 90 minutes before the start of the race for all competitors to put their equipment in place and it will close 30 minutes before the start time.
- 2.4. The competitors must place their equipment themselves in their designated space.
- 2.5. Only one equipment for each discipline, for tandems and teams, will be accepted inside the transition zone (ex: only one pair of snowshoe, one pair of ski, one bike...)
- 2.6. In order to access the transition zone, it is mandatory that you wear your sport number.
- 2.7. Only the competitors are allowed in the transition zone and at all time. However an exception can be made for an adult to help a child in putting on his skates properly.
- 2.8. For teams, during the race a maximum of two (2) participants are allowed on the course (1 on the track and 1 in the transition zone).
- 2.9. Never are competitors to circulate on their bike in the transition zone or with their skis on their feet. On your bicycle you must have your feet on the ground at the entrance of the transition zone (landing line). At the ski stage, you must put your skis on only at the end of the transition (embarking line) and take them off at the entrance of the transition (landing line).
- 2.10. In tandem categories and team, the transfer of the timing chip must take place at the designated spot for the team in the transition zone without harming the other competitors.

3. Bike

- 3.1. All types of bicycles are allowed but must have stud tires. Slick tires are prohibited. According to the weather, it is most probable that the course will be partly or all covered by snow.
- 3.2. It is forbidden to circulate on your bicycles inside of the transition zone. Your feet must touch the ground at the entrance of the transition zone (landing line). At the start, you must get on your bike only once you have crossed the embarking line.
- 3.3 The start is Le Mans style. At the start of the competition the participants must get their bike (previously placed a little further) by foot and walk/run with their bike along their side up to the embarking line. Competitors can only ride their bike once passed the embarking line. The competitors who get on their bike before the embarking line will have to get off their bike and wait until the last participant has passed before getting back on their bike to continue the race.
- 3.3. The helmet is mandatory.
- 3.4. There is no technical assistance on the course.
- 3.5. During the race, it is possible to walk as long as the competitors keep his bicycle with him or her.

4. Running

- 4.1. All types of shoes are allowed.
- 4.2. Shoes with crampons are accepted.

5. Cross Country Skiing

- 5.1. The two techniques : classic and skating are authorized. The two courses are parallel therefore the same level of difficulty.
- 5.2. In the passing zone (lap) skating style is forbidden, only the double pole is accepted.
- 5.3. At the entrance of the transition zone (landing line) the competitors must take off his skis in order to always circulate skis in hands in the transition zone.

6. Skating

- 6.1. All types of skates are allowed.
- 6.2. The competitors must circulate to the left.
- 6.3. Passing zone is on the right.
- 6.4. At the entrance of the course, the competitors must yield passage to the skaters already on the course.
- 6.5. You are responsible to count your rounds. A five (5) minutes penalty will be added for each missing lap.
- 6.6. Wearing an approved helmet is mandatory.
- 6.7. Skates and blades must be put at the latest at the embarking line, before getting in the tunnel to get to the skating ring and cannot be taken off before the landing line, after crossing the tunnel to leave the skating ring. Blades cannot be put on or taken off on the skating ring.

7. Snow Shoe

- 7.1. The snow shoes must be on your feet at all time during the course of the race.
- 7.2. Snowshoe must be a minimum of 120 square inches of functional surface and can be NO smaller than 7" wide and 20" long
- 7.3. The control of the snow shoe will be done at arrival. For all snowshoe that are not conformed a penalty of 10 minutes will be imposed. Gauges will be available at the entrance of the transition zone for voluntary control.
- 7.4. The competitors must put on and take off their snow shoes at the transition zone in the space that is assigned.

Enjoy the Pentathlon des neiges!