



RULES 2012

Updated on November 15th, 2011

1. General Rules

- 1.1. Each discipline of the Pentathlon must be completed by only one person. It is strictly forbidden to make any relay during one discipline. The tandem or the team that would not respect this rule will be automatically disqualified.
- 1.2. It is forbidden for members of tandem and teams to warm up on the course after the beginning of the race.
- 1.3. In no time helpers are allowed on the course.
- 1.4. 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.
- 1.5. The slower competitors must give way to the faster ones.
- 1.6. It is important to respect the required number of laps for each discipline. A five (5) minutes penalty will be added for each missing lap in skating. For the other disciplines, a missing lap will conduct to a DNF (did not finish) for the whole Pentathlon race.
- 1.7. It is important to respect the rules about the equipments. The use or the presence of a non-conform equipment during the race or in the transition zone will cause an automatic disqualification.
- 1.8. 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.

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 60 or 90 minutes before the start of the race, depending on 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. In order to access the transition zone, it is mandatory that you wear your sport number.
- 2.6. Only the competitors are allowed in the transition zone and at all time.
- 2.7. For the teams of the collegial, short distance and long distance races, a maximum of two (2) participants are allowed on the course during the race (1 on the track and 1 in the transition zone).
- 2.8. Never are competitors to circulate on their bike in the transition zone or with their skis on their feet. With your bicycle you must have your feet on the ground at the entrance of the transition zone (landing zone). At the ski stage, you must put your skis on only at the end of the transition (embarking zone) and take them off at the entrance of the transition (landing zone).

2.9. In tandem and team categories, 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 (with or without grooves). According to the weather, it is most probable that the course will be partly or all covered by snow.
- 3.2. 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. Wearing an approved 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 zone) 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. Wearing an approved helmet is mandatory.
- 6.6. 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. 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!