

DUATHLON

1. General Rules

- 1.1. 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.
- 1.2. Each discipline of the Duathlon must be completed by only one person. It is strictly forbidden to make any relay during one discipline. The tandem or the participant that would not respect this rule will be automatically disqualified.
- 1.3. Each member of a tandem must complete a minimum of 1 and a maximum of 2 disciplines;
- 1.4. It is forbidden for members of tandem to warm up on the course after the beginning of the race.
- 1.5. In no time helpers are allowed on the course (except for the Families and friends challenge).
- 1.6. The slower competitors must give way to the faster ones.
- 1.7. It is important to respect the required number of laps for each discipline. A missing lap will conduct to a DNF (did not finish).
- 1.8. The participants must count their laps themselves.
- 1.9. It is forbidden to wear headphones and/or listen to music while on the course.
- 1.10. Competitors that throw garbage on the course will be disqualified.
- 1.11. It is important to respect the rules about the equipment. The use or the presence of non-conform equipment during the race or in the transition zone will cause an automatic disqualification.
- 1.12. Any participant who has an offensive language or attitude towards a volunteer, another participant, a spectator, or any other person will be subject to a penalty or even 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 60 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. Never are competitors allowed to circulate in the transition zone with their skis on their feet. 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).
- 2.8. In tandem, 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. Running

- 3.1. All types of shoes are allowed.
- 3.2. Shoes with crampons are accepted.

4. Cross Country Skiing

- 4.1. Both classic and skating techniques are authorized. The two courses are parallel and have the same difficulty.
- 4.2. In the transition zone, competitors must walk or run with the sticks and the skis in their hands, the skis looking at the sky.
- 4.3. Before the entrance of the transition zone (landing zone) the competitors must take off their skis to always circulate skis in hands in the transition zone.

Enjoy the Duathlon!