

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 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.
- 1.3. Each member of a tandem must complete a minimum of 2 and a maximum of 3 disciplines;
- 1.4. Each member of a team must complete a minimum of 1 and a maximum of 2 disciplines;
- 1.5. A team registered in the « mixt » category must consist at least of 2 women.
- 1.6. It is forbidden for members of tandem and teams to warm up on the course after the beginning of the race.
- 1.7. In no time helpers are allowed on the course (except for the Families and friends challenge).
- 1.8. 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.
- 1.9. The slower competitors must give way to the faster ones.
- 1.10. 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 (except for the RSEQ Invitational tournament – Elementary and High school).
- 1.11. The participants must count their laps themselves.
- 1.12. It is forbidden to wear headphones and/or listen to music while on the course.
- 1.13. Competitors that throw garbage on the course will be disqualified.

- 1.14. 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.
- 1.15. 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 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. Never are competitors allowed 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).
- 2.8. 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 grooved tires. Slick tires are prohibited. According to the weather, it is most probable that the course will be partly or totally 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 (bike, hockey, ski helmet...).

3.4. There is no technical assistance on the course.

3.5. During the race, it is possible to walk as long as the competitor keeps his bicycle with him or her.

3.6. After 60 minutes (long distance) or 45 minutes (short distance), participants who have not begun the last lap will be directed to the transition zone. The team will be DQ (disqualified), but the other team participants can complete their part.

4. Running

4.1. All types of shoes are allowed.

4.2. Shoes with crampons are accepted.

5. Cross Country Skiing

5.1. Both classic and skating techniques are authorized. The two courses are parallel and have the same difficulty.

5.2. In the transition zone, competitors must walk or run with the sticks and the skis in their hands, the skis looking at the sky.

5.3. 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.

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 (bike, hockey, ski helmet...).

6.6. Skates and blades must be put before going on the ice and cannot be taken off before the landing line, after leaving the skating ring. Blades cannot be put on or taken off on the skating ring.

7. Snowshoe

- 7.1. Snowshoes must be attached to your feet at all time during the race.
- 7.2. Snowshoes must be at least 7" wide and 20" long.
- 7.3. Snowshoes will be controlled at arrival.
- 7.4. The competitors must put on and take off their snowshoes at the transition zone in the space that is assigned.
- 7.5. After 3 hours and 45 minutes of racing, no participant may begin another lap. The participant will be directed to the finish line. The team will be DQ (disqualified) if the snowshoe participant does not complete all the regulation laps.

Enjoy the Pentathlon des neiges!