

Pentathlon des neiges Sun Life

Rules and regulation – 2025 edition

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1. General rules and regulations

- a. No accompanying person, pacemaker or teammate is allowed on the course, except in the following situations: participants in the Family and Friends Challenge and participants with disabilities.
- b. No technical assistance is allowed on the course.
- c. Race bibs must be worn for all events.
- d. Warming up on the course and reconnaissance of the course are forbidden during the event, unless otherwise advised by the technical delegate or the organizing committee.
- e. It is forbidden to throw garbage or pieces of equipment on the course, under penalty of disqualification.
- f. Wearing an audio system is forbidden.
- g. Slower athletes must give way to faster ones.
- h. The use or presence of non-compliant equipment during the race or in the transition zone will result in automatic disqualification.
- i. Only one pair of snowshoes, shoes, skates and skis per competitor is allowed in the transition zone.

- j. Any competitor who uses offensive language or has an offensive attitude towards a volunteer, another competitor, a spectator or any other person will be automatically disqualified and may be suspended or expelled from the Federation.
- k. Triathlon Québec competition rules apply. Where TQ competition rules do not specify, the rules of the relevant sports federations will be applied.

2. Transition zone

- a. Athletes must not interfere with other athletes at any time.
- b. Athletes must use only their designated area to change equipment.
- c. In the case of a relay event, the change must be made in the space assigned to the team, unless otherwise advised by the technical delegate or the organizing committee (e.g. if there is a relay zone).
- d. Athletes must not touch or move other participants' equipment.
- e. Athletes must wear their race bib or other identification provided by the organization (e.g. wristband) to access the transition zone.
- f. Only athletes are allowed in the transition zone at any time, with the exception of the following situations: Family and Friends Challenge, School Challenge and Person with a Disability.
- g. Animals are forbidden in the transition zone, with the exception of service animals.
- h. It is forbidden to put on skis or straps in the transition zone. In the case of detachable straps, these may be attached to the wrists, but must be detached from the poles.
- i. During the cross-country skiing event, skis and poles must be pointed skyward at all times when moving through the transition zone.
- j. During the cycling event and when the athlete is in possession of his bicycle, the helmet must be securely fastened and properly adjusted at all times (any clothing or accessory worn underneath it must not affect its fit), i.e. from the moment the athlete removes his bicycle from the rack at the beginning of the cycling event until he has replaced his bicycle on the rack at the end of the cycling event.
- k. During the cycling event, athletes must get on their bike after the boarding line, which means having one full foot in contact with the ground after the boarding line. Athletes must disembark from their bikes before the disembarkation line, which means they have one full foot in contact with the ground before the disembarkation line.

3. Bike

- a. Road, mountain, cyclocross, touring, BMX and hybrid bicycles, human-powered only, are authorized as long as they have a functional braking system on each wheel.
- b. Aerodynamic bars, integrated or removable, are prohibited.
- c. Handlebar ends must be plugged.
- d. The front wheel must be manoeuvrable and the rear wheel driven by a system comprising pedals and a chain.
- e. Tires must be studded or metal studded. Smooth tires, with or without grooves, are forbidden.
- f. Bicycle helmets must be worn at all times on the bike course. The helmet must be approved by an accredited national testing body.

- g. Athletes may push or carry their bicycles on the course.
- h. Drafting is permitted, unless otherwise specified.
- i. Bib numbers must be visible at all times and may not be hidden by clothing.

4. Snowshoe

- a. The entire course must be completed with snowshoes attached to the feet.
- b. Walking sticks are forbidden.
- c. Snowshoes must be more than 18 centimetres (7 inches) wide by 51 centimetres (20 inches) long.
- d. Snowshoes are checked at the entrance to the transition zone.
- e. Athletes must remove their snowshoes in the transition zone, in the space assigned to them.
- f. Only manufacturer's snowshoes are accepted.
- g. The structure of the snowshoe must remain intact and its construction must retain its original materials.
- h. Temporary modifications are accepted, such as the removal of certain removable parts.

5. Skate

- a. All types of skates, including Nordic skates, are permitted, ~~with the exception of the Extra Long Distance Challenge, for which long skates are mandatory.~~ including the Extra long distance challenge. Kartus are prohibited on ice.
- b. The wearing of a certified helmet (skate, bike, field hockey, ski) is mandatory and the wearing of cut-resistant gloves (leather or Kevlar) is strongly recommended.
- c. Helmets must be fastened before skates are put on.
- d. Helmets must be untied and removed only when skates are removed and deposited in the competitor's area in the transition zone.
- e. Skates must be put on and laced up on the athlete's transition chair.
- f. Athletes may not change skates during the event.
- g. Nordic skates must be put on and taken off either on the athlete's transition chair or on a chair at the edge of the ice, in the special area previously approved by the technical delegate.
- h. Blade guards must be left in the designated area at the ice edge.
- i. The slower skaters must circulate inside the ice ring and give way to the faster skaters as soon as possible.
- j. Passing must take place on the outside of the ice ring.
- k. When entering the track, athletes must give way to skaters already on the track.

6. Cross-country skiing

- a. All ski styles are permitted. Depending on the course, restrictions may be applied by the technical delegate in conjunction with the organizing committee.
- b. In the transition zone, cross-country skiers must move with skis and poles in their hands, pointing skyward.

- c. Skis must be attached to the feet and straps to the wrists when leaving the transition zone, i.e. after the cross-country ski boarding line. In the case of detachable straps, these must be attached to the poles after the cross-country ski boarding line.
- d. Skis must be removed from the feet and straps removed from the wrists (or straps detached from poles) before the cross-country ski disembarkation line.
- e. When an athlete requests to overtake, the athlete in front must give way as soon as possible.
- f. From 30 to 50 m before the finish, freestyle may be prohibited depending on the course. In this case, the double push method will be required and prepared tracks must be used.
- g. Only one pair of skis is permitted in the transition area.

7. Running

- a. Shoes or boots are mandatory.
- b. All types of footwear are permitted.
- c. Spikes may be added.
- d. Walking sticks are forbidden.

8. Definition of arrival

- a. Running or snowshoeing: An athlete has completed his run when his torso crosses the finish line.

9. Penalties

- a. Verbal warnings, penalties, disqualifications or expulsions may be made at any time by the race official in conjunction with the organizing committee. Specifics will be made available prior to the event.

10. Weather conditions

- a. If climatic conditions prove difficult for the practice of sports, such as strong winds, high air humidity, heavy snowfall or icy trails, the technical delegate must study and decide jointly with the organizing committee, whether an event must be modified, interrupted or cancelled.
- b. The competition is cancelled when the temperature is below -18°C, without the wind factor for the adult section and -15°C without the wind factor for the youth section (Family & Friends Challenge and School Challenge).