

HOW NOT TO GET DISQUALIFIED

A message from your head referee...



You have invested a lot of time, money and emotion into getting to the start line of any IRONMAN event, and the last thing anyone wants is for the day to end with the disappointment of a DSQ. The officials who are at the swim, in transition, out on the bike and run course as well as the finish line are there to make sure that everyone has a safe and fair race and not to disqualify as many people as possible. However, every IRONMAN event is a World Championship qualifying event and because this applies to every age group taking a range of times to complete the course, the rules will be applied throughout.

Common Causes Of Disqualification:

LITTERING

Deliberate littering is a non-appealable DSQ.

NUDITY

The only place you can strip off completely is in the screened off areas in the transition tents. If you cannot make it to the loo at the next aid station, please make sure you maintain public decency.

FINISH LINE

You cannot bring any family member or friend down the finish line with you. This is for the safety of the potential child, other athletes and to make sure everyone has the same opportunity for an IRONMAN finish line photo.

OUTSIDE ASSISTANCE

Athletes should not take or give anything to anyone who is not a race official.

ELECTRONIC DEVICES

We want your attention to be on the road, the marshalls, the athletes around you, and not on any type of electronic device. This includes music players, mobile phones, cameras, 'smart' helmets etc.

ABUSIVE BEHAVIOUR

There are hundreds of volunteers who have given up their time to make your day special, any physical or verbal abuse of them or any other race officials or members of the public will not be tolerated.

Please make sure you read the event athlete guide and watch the race briefing. The event website has a link to the full IRONMAN set of rules, try and have a quick read through. Remember the officials are there to make sure that all 2,400 plus athletes have a safe and fair day, and we know that 99% of you want the same. There are always a few athletes who think they can break the rules to gain an unfair advantage and I'm sure you will support us in trying to stop them.

It is a great achievement to complete an IRONMAN event, wear your medal and t-shirt proudly, knowing you finished the event safely, fairly and honourably. If you have any questions about the rules, please contact athlete services at the event registration area and we will be happy to try to answer your questions.

Paul Lester

Head Referee IRONMAN UK and Ireland



Cut Off Rules:

All IRONMAN events have a time limit for completing each element of the event and these are rigorously enforced. There are several reasons for this:

- The roads are only closed for a fixed length of time and we have to allow the local residents and businesses back onto the roads at the agreed time.
- The volunteers and marshalls need to be released from their duties at the agreed time, we can't expect them to stay for an indefinite period.
- This is an IRONMAN event. Part of being able to say that you have completed a 70.3 or a full IRONMAN is that you completed within the cut offs.

You must complete each discipline within an allocated time from the start of your race i.e. from when you go over the start timing mat at the beginning of the swim. As all the UK events now have a rolling start, this will be a different time of day for each athlete.

Cut Off Times:



Swim 1hr 10mins



Swim and bike 5hr 30mins



Swim, bike and run 8hr 30mins

Therefore, if, the rolling start begins at 07:00 and ends at 07:30, there will be 30 minutes from 08:00 to 08:40 when some athletes could be over the cut off and some within, depending on where they started in the rolling start. Officials can see each athletes individual swim times and will stop any that have not made the cut. The same process happens at the end of the bike section.

In addition to these cut off times there are intermediate cut off points on the bike and run course. These are fixed time of day cut offs and are not dependent on the athletes start time. They are carefully calculated to ensure that if you are stopped at one of these points you would not have been able to get to the end of the bike or run section within the rolling cut off. In a multi lap swim there may also be an end of first lap cut off.

These intermediate cut off times and distances will be in the race briefing for each event.

The only fair way we can apply the cut offs is to use the times that we advertise, so an athlete will be stopped if they are 1 second or 1 hour over the allowed time.

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