

2024 IRONMAN Competition Rules: Rule Modifications Summary

- **2.05 (a)** – small addition to language addressing the finish line
 - **Reason for change:** Gantry language added to further clarify when an athlete is judged to have finished the event.
- **4.01 (h)** – small addition to the verbiage regarding assistance permitted during the swim
 - **Reason for change:** Stationary floating rafts/docks language added to further clarify what an athlete is permitted to hold on to without risk of disqualification.
- **5.01 (i) and 6.01 (e)** – amended penalty for the zipper not being connected at the bottom of the uniform
 - Amended to 30 or 60 second time penalty, or DSQ if not remedied (previously was a DSQ if not amended)
 - **Reason for change:** Amended to reduce severity of penalty.
- **5.01 (l) and 6.01 (f)** – disposing of trash on course
 - Amended verbiage to be consistent throughout the document. Reinforces that trash must be discarded at aid stations along the course or other designated areas
 - **Reason for change:** No penalty change. Penalty emphasis for intentional or careless littering. Verbiage amended to clarify where athletes can dispose of trash or equipment.
- **5.01 (m)** – Added additional language regarding specific equipment/items that are prohibited. The following items are prohibited (DSQ is the penalty)
 - any bottles/hydration or any other insert located in the front of the athlete's race suit (this includes bottles/hydration that are empty or full)
 - any insert in an athlete's calf sleeves
 - **Reason for change:** No rule or penalty change. Verbiage added for further clarity.
- **5.03 (b)** – Amended language to make it clearer as to what types of devices or materials are not allowed
 - Added specific language about duct tape not being allowed, as well as additional language to make the rule more clear
 - **Reason for change:** No penalty change. Rule amended to be consistent with existing World Triathlon rules. Additional verbiage added to provide further clarity around use of adhesive tape.
- **8.01 (c) (ii)** – Amended the language regarding when recumbent style tricycles are permitted for PC/ID Open division athletes. Recumbent style tricycles are permitted only on Handcycle approved bicycle courses.
 - **Reason for change:** Amended due to the similar structure of recumbent style tricycles as compared to handcycles
- **9.03** – Added new safety equipment required for Handcycle (HC) athletes:
 - HC athletes must have a mirror fixed either to his/her helmet or at some point on the front of his/her handcycle to ensure rear-view vision is possible.

- HC athletes must have a high visibility safety flag mounted to the rear of their handcycle. The top of the safety flag should measure a minimum of 1.8 meters/6 feet from the ground. The high visibility safety flag must be a minimum size of 21 centimeters/8 inches in height by 28 centimeters/10 inches in length.
- HC athletes must have a red flashing light mounted to the rear of his/her handcycle, as well as a solid white light fixed to the front of his/her handcycle.
- ***Reason for change:*** Added to increase athlete visibility. Rule also intended to further align with World Triathlon rules in relation to mirror use.