

OUR EVENT RULES

We pride ourselves in warm welcoming, fun, friendly events for all levels of participants. That said as races we need rules protect athletes and engender sportsmanlike behaviour. If any rules are unclear, please consult with us pre event or the Chief Race Referee on the day.



GENERAL

- A pre-race briefing is held online mid-week. Both as a live Q&A and recording. All aspects of the race are communicated then so that's your chance to get absolute clarity on everything you're expected to know on race day.
- Join the event WhatsApp group for updates.
- A swim orientation will be conducted around 10 minutes before the start of the swim leg of each event where any additional late instructions will be given.
- Regular instructions will be announced over the PA system.
- It is YOUR responsibility to know the route and rules. Ensure that you have checked the maps and read the rules. If you follow someone who's lost that's your problem.
- Marshals are there to assist keeping the route safe – they are not there to explain the route to you. Many don't speak English and will only arrive at their point on race day.
- Any athlete withdrawing from the event is required to report to the Information station and advise officials
- Athletes are required to hold a valid TSA license, please enter this on your entry. Day Licenses are available and are not included in the entry fees for those not licensed.
- We are nature lovers who respect our playgrounds. NO littering on the course is allowed. Littering outside the litter zones will result in disqualification.
- Cheating is severely frowned upon. If caught cutting the course and not acknowledging that and convicted by a protest you will be banned from EIM events.
- Any swearing at refs or staff will result in a DQ. They are there to help, be polite.

SWIM

- NO Cap = NO Swim
- Swim caps are sometimes provided by sponsors and have to be worn on race day. All other races require brightly coloured caps – no blue, black or green caps
- NO baggy clothing is allowed for safety reasons. These make you heavier and hamper lifesaving efforts
- Lifeguards cannot be requested to assist you more than 20 seconds to check if you are ok. If you cant proceed without help you are out of the race and need to proceed to shore, either in the rescue craft or alone where able.
- Below 15.9° water temperature – Wetsuits Mandatory
- 15.9° to 22° water temperature – Wetsuits Optional
- Above 22° – Wetsuits forbidden.
- Swimmer must be capable of swimming the distance entered
- NO pushing, shoving, pulling or blocking is permitted during the swim

CYCLE

- NO helmet = NO ride
- ONLY approved, hard-shell helmets in good condition will be permitted
- ONLY 26 inch or greater wheel size mountain bikes will be permitted
- An upper-body garment must be worn
- NO nudity is permitted. There are NO changing tents in transition

- Helmets should be free from cracks and all strapping in good working order
- Both handlebar ends must be firmly plugged
- Helmets must be clipped on tightly and correctly before taking bike from rack.
- NO cycling is permitted in the transition area. Run your bike to the exit of transition and mount after the Mount/Dismount Line
- DO NOT unclip or remove your helmet BEFORE your bike is racked. You will be stopped to re-clip your helmet
- Drafting regulations are communicated in the briefings and need to be adhered to or the referees will administer penalties. Their word is final
- ONLY competitors will be allowed in the transition areas
- Bikes may only be removed from transition area after an announcement is made that all cyclists have finished the cycle leg. You HAVE to show your race number to match your bike sticker or will not be allowed to remove it
- NO glass containers are permitted in transition or on the course
- NO listening devices or earphones are permitted for safety reasons

RUN

- An upper-body garment must be worn. Straps of tops and vests must remain on the shoulders
- NO nudity is permitted. There are NO changing tents in transition
- Footwear is compulsory



**IT'S IN ALL OF OUR INTEREST TO RACE
IN A SAFE & FAIR MANNER SO BE LEKKER!**

Neither EIM, CTTA, WPTA, TSA nor their successors, assigns, subsidiaries, associates, affiliates, officers, directors, employees, agents and contractors will be held liable by a participant for any damage, loss, claim, judgement, or other liability or expense (including, but without limitation, reasonable attorneys' fees), of whatever kind or nature, whether for death, personal injury, property damage or otherwise, that may be sustained or arise as a direct or indirect result of the participation in this event, and the participant indemnifies EIM, CTTA, WPTA, TSA in this regard.