

Regulations

Swimming

For safety reasons, a clearly visible swim cap must be worn on the swim course.

Each participant must be able to swim the swim course independently. The use of artificial swimming aids (fins etc.) is prohibited.

Wearing a wetsuit is permitted regardless of the temperature.

Ten minutes before the respective start, the mandatory information for the participants will take place at the swim start.

Cycling

The bicycle must meet the requirements of the road traffic regulations.

Electric bicycles may not be used.

Wearing a helmet is compulsory for all categories. The obligation to wear a helmet (helmet strap fastened) begins before the bicycle is taken off the cycle rack and ends after it is put back on the rack.

Traffic is to be expected at all times, as the bike course includes public roads and is mostly not closed for public traffic.

Non-compliance with the road traffic rules will lead to disqualification.

Drafting is permitted.

Running

For reasons of safety and fairness, the participants may not be accompanied.

Transition Area

The transition area may only be entered by participants and officials.

Trainers, coaches and spectators are not permitted in the transition area.

Bicycles must be pushed within the transition area.

Time measurement by means of a transponder

The neoprene strap with the transponder is to be worn on the left ankle.

The transponder must be handed in after the finish.

If you leave the racecourse early without finishing, you are responsible for returning the transponder.

In case of loss of the transponder, the participant will be charged CHF 70.00.

Equipment/start number

The participants themselves are responsible for their equipment.

Only tested helmets without alterations are allowed.

The changing of one's clothes must take place in the transition area.

It is forbidden to wear the start number on the swim course (this also applies under the swim trunks or the wetsuit).

During cycling the start number must be worn on the back. During running it must be worn clearly visible on the front.

It is not allowed to cycle or run with a naked upper body.

Electronic devices (e.g., headphones, cell phones, MP3 players) that distract from the competition and the environment are prohibited during the competition.

Team

A team consists of three people, with at least one woman on each team. Each team member competes in one discipline.

The neoprene strap with the transponder must be worn on the left ankle during the competition and handed over to the following competitor as follows:

- Change between swimming – cycling
The cyclist, equipped with a start number, waits at the cycle rack “team”, takes over the neoprene strap with the transponder from the swimmer and fastens it to the left ankle.
- Change between cycling - running
The runner waits at the cycle rack “team”, takes the start number from the cyclist and fastens the neoprene strap with the transponder to the left ankle.

Double start

It is neither permitted to start twice as a single competitor nor as a team member on the same competition day (fun and sprint).

Reservation/exception

The competition management's decisions are reserved, especially in the event of an unregulated situation and in individual cases.