

# **BHIVE Triathlon Rules and Regulations**

- \*Be friendly and polite to locals when you are cycling or running*
- \*Follow Traffic rules at all times (traffic is not closed). Safety first*
- \* No Littering (Leave no trace)*

## **Day 1: 21<sup>st</sup> Sept 2025**

**Bike racking time**  
**6am to 6:30am**

**6:45AM** - Sprint Distance Race Start

**7:15 AM** - Olympic Distance Race Start

## **Duathlon**

**7AM:** Sprint Duathlon

**7:15AM:** Olympic Duathlon

## **Briefing (15mins before race start time)**

- Participants must attend the compulsory race briefing
- Participants must have their body marked (both upper arms) prior to race start
- Participants must rack their bicycles during the allocated times. Participants failing to adhere to this rule are prohibited from starting the race
- The bibs must be worn throughout the entire race of biking and running

## **Swimming**

- All swimmers are required to wear proper swimming attire during the entire swim course.
- All swimmers must wear bright swim caps
- Swim goggles may be worn
- Fins, paddles, , snorkels and life jackets are not allowed
- Personal Tow floats are allowed (optional)
- Wetsuits are allowed

- Support crews are not allowed. Any assistance, other than medical aid received during the swim will result in immediate disqualification
- No persons other than the participants and officials are permitted in the swim course
- Swimmers in difficulty shall signal by raising an arm to the escorting boats/canoes for assistance. Participant will have 20secs to start the swim after the support
- Once assistance is rendered and time taken is more than 20secs, the competitor must retire from the competition
- Swim cut off time will be  
Sprint: 40mins  
Olympic Distance - 1hr 10mins

### **Cycling**

- Support vehicles or pacers are not allowed at any time
- All athletes must obey traffic rules while on the cycling course
- No bare torso is allowed at any time
- Wearing of headphones is not allowed at any time
- TT/Tri bikes and Aero bars are allowed
- Drafting is not allowed at any time (the draft zone is 12 metres from front wheel to front wheel or 6 bike lengths)
- Helmets must be worn from the moment the bike is removed from the rack, until after it is replaced after the cycle leg.
- *Cycling cutoff time is*  
*1:30hr for Sprint*  
*2:00hr for Olympic*

### **Running**

- Runners must wear their race numbers clearly visible at the front of their adorned apparel at all times
- Support vehicles or pacers are not allowed
- Runners must run on the designated path for the entire route
- No bare torso is allowed at any time
- Wearing headphones is not allowed at any time
- Run Cut off time is

Sprint: 45mins

Olympic: 1hr 30mins

**Total race cut off time will be**

**Sprint: 3hrs**

**Olympic: 4hr 40mins**

**Transition Area Regulations**

- The transition area will be open for all participants' access on race morning
- Only participants, officials and other personnel with the proper authorisation are permitted to enter the transition area
- Coaches, private support staff and spectators are not allowed to enter the transition area
- changing tents (men and women) will be there next to transition area
- Participants are not allowed to ride their bicycle in the transition zone. Participants must push their bike to and from their bike rack until after the "mount" or "dismount" line at the exit of the transition area.
- Participants must wear their cycling helmet clipped below the chin prior to removing their bicycle from the bike rack, and until such time as they deposit it back on the rack after the cycle leg

**Transition 1 – Swim to Bike**

- There will be no Transition Bags provided by the Organiser. Participants must prepare their own transition gear and place items properly within their allocated area
- The participants must pack and place their swim accessories (goggles, swim cap) properly within their allocated area before leaving T1
- Participants will have access to the transition area to collect their belongings after they finish.

**Transition 2 – Bike to Run**

- Cycling in the transition area is not allowed. Participants must dismount from their bicycle before the Dismount Line and push their bicycle into the transition area

- For the transition from bike to run, participants must take their run equipment from their allocated area and pack away their bike clothes by themselves without any assistance
- Participants will have access to the transition area to collect their belongings after they finish

## **Aid Stations**

### **What will be there in Aid Stations?**

- Water
- Fast&up reload
- Banana
- Chikkis

### **Bike Course:**

- It is recommended to stop-look and take turns
- One aid station at start/finish area
- Participants have to stop and take water or any other stuff on aid stations
- No 'on the move' support will be provided

### **Run Course**

- One aid station at start/finish area
- One aid station at 1.5km and one at 2.5kms U turn