



2018 COMPETITION RULES

2018 竞赛规则

2018 COMPETITION RULES TABLE OF CONTENT

2018 竞赛规则目录

Article I. INTRODUCTION TO COMPETITION RULES.....	1
第一章. 竞赛规则简介.....	1
Article II. CONDUCT OF ATHLETES.....	3
第二章. 运动员行为规定.....	3
Article III. PENALTIES.....	9
第三章. 处罚.....	9
Article IV. SWIM CONDUCT.....	14
第四章. 游泳.....	14
Article V. BIKE CONDUCT.....	18
第五章. 自行车.....	18
Article VI. RUN CONDUCT.....	27
第六章. 跑步.....	27
Article VII. TRANSITION AREA CONDUCT.....	29
第七章. 转换区.....	29
Article VIII. PHYSICALLY CHALLENGED (“PC”) OPEN DIVISION.....	30
第八章. PC 运动员公开组.....	30
Article IX. HANDCYCLE (“HC”) DIVISION.....	33
第九章. 手动力自行车组.....	33
Article X. RACE OFFICIATING.....	35
第十章. 赛事裁决.....	35
Appendix A. COMMON COMPETITION RULE VIOLATIONS AND PENALTIES.....	37
附件 A 常见竞赛违规及处罚.....	37



Article I INTRODUCTION TO COMPETITION RULES

第一章. 竞赛规则介绍

Section 1.01 PURPOSE

1.01 宗旨

To provide a consistent set of competition rules (“Competition Rules”) for all IRONMAN® and IRONMAN® 70.3®-branded triathlon race competitions (the “Races” and together with all programs, activities, ceremonies, receptions, and exhibitions authorized by IRONMAN in connection with the Races (the “Events”).

为所有 IRONMAN® 以及 IRONMAN® 70.3® 品牌的铁人三项赛事提供统一的竞赛规则，包括比赛本身以及由比赛衍生的所有 Ironman 授权节目、活动、庆典、接待以及展览。

Section 1.02 INTENTION

1.02 目的

Competition Rules are intended to:

竞赛规则制定目的：

- (a) Facilitate fair play, equality, and sportsmanship;
倡导公平、平等的竞争，体现良好的体育道德风尚；
- (b) Support ingenuity and skill without unduly limiting athletes; and
鼓励独创性和技巧性，而不是过分限制运动员；
- (c) Penalize athletes who gain, or seek to gain, an unfair advantage.
对非法获利或企图非法获利的运动员给予处罚；

Section 1.03 RACE PERSONNEL DEFINITIONS

1.03 赛事官员岗位职责

- (a) “Event Director” is the person appointed by IRONMAN to be in charge of the Event;
“赛事总监”：由 IRONMAN 任命，负责赛事整体运作；
- (b) “Global Head Referee” is the person appointed by IRONMAN to be in charge of rule enforcement for all Races;
“全球总裁判长”：由 IRONMAN 任命，负责所有比赛规则的实施；
- (c) “Head Referee” is the person appointed by IRONMAN to be in charge of rule enforcement for the Race;
“裁判长”：由 IRONMAN 任命，在比赛中负责规则实施；
- (d) “Head Timer” is the person appointed by IRONMAN to be in charge of timing for the Race;
“主计时官”：由 IRONMAN 任命，在比赛中负责赛事计时；
- (e) “Race Officials” or are each person appointed by IRONMAN to manage and/or supervise the Event;
and
“赛事官员”：由 IRONMAN 任命，管理和（或）监督赛事运行；



(f) “Race Referees” are the Head Referee and each person appointed by the Head Referee to enforce rules for the Race.

“比赛裁判”：包括裁判长以及由裁判长任命的在比赛中执行比赛规则的工作人员；

Section 1.04 EXCEPTIONS

1.04 例外

(a) Competition Rules may vary from venue to venue due to certain sanctioning requirements, laws, local ordinances, and/or Race course surroundings;

由于赛事审批的要求、法律、当地条例，和（或）比赛路线环境等因素，赛事规则可能会在不同的比赛场地做出调整；

(b) Event-specific Athlete Information Guides will provide further guidance to athletes and will specifically address any Competition Rule exceptions (if any) for each Event venue;

《运动员手册》为运动员提供更多的指导信息，也为运动员提出某场比赛的特殊规定（如果存在）；

(c) Competition Rules specifically applicable to the Physically Challenged (“PC”) Open Division are set forth in Article VIII; and

残障公开组的竞赛规则在第八章特别列出；

(d) Competition Rules specifically applicable to the Handcycle (“HC”) Division are set forth in Article IX.

手动力自行车组的竞赛规则在第九章特别列出。

Section 1.05 INTELLECTUAL PROPERTY

1.05 知识产权

The Events are the exclusive property of World Triathlon Corporation (“WTC”), WTC’s subsidiaries, and, with respect to certain Events that are licensed by WTC to third-party licensees, WTC’s authorized third-party licensees (collectively, “IRONMAN”). IRONMAN owns all rights associated with the Events including, without limitation, the rights to organize, exploit (commercially or non-commercially), broadcast and reproduce the Events. IRONMAN’s rights include, but are not limited to, any type of digital media, whether photographic, audio, or video in nature, captured in connection with any Event or venue (including, without limitation, the Race course) and regardless of ownership of the capturing device. All personal data provided by athletes or spectators for each Event and the data produced from the Event (including, without limitation, the Race results) are the exclusive property of IRONMAN.

世界铁人公司及其子公司对赛事享有独家所有权，包括一些由世界铁人公司授权第三方举办的赛事，世界铁人公司将颁发给第三方“IRONMAN”的授权执照。IRONMAN 拥有但不仅限于赛事的组织、商业或非商业开发、电视转播，以及赛事再生等权益，还包括但不仅限于以下权限：任何设备在任何自然环境及场地内（包括但不仅限于比赛路线）拍摄的与赛事相关的任何形式的数字媒体，照片、音频、视频以及每场比赛运动员以及观众所提供的个人信息以及在赛事中获得的数据及信息（包含但不限于比赛成绩），也归 IRONMAN 独家所有；



Section 1.06 PRIZE MONEY

1.06 奖金

- (a) Prize Money is only available for professional triathletes who, at the start of the Race, are members in good standing of the Ironman Pro Membership program (“Pro Members”);
奖金只颁发给注册在案的职业选手，具体依照各职业选手在比赛中的表现而定；
- (b) When prize money is available for any Event, no restrictive rules or conditions that have the effect of impeding performance may be placed upon any one category of Pro Members unless such rules or conditions are imposed equally upon all those Pro Members who are eligible for prize money;
在有奖金的比赛中，赛事中禁止任何限制或影响职业运动员发挥的规则，除非这些规则对所有具有资格获得奖金的运动员是公平的；
- (c) Prize money for any Event shall be offered equally between Pro Member males and females in both amount and depth. For each placing where prize money is offered for one gender, including any bonus for swim, bike, or run placement, there must be a corresponding and equal place for the other gender offering the same amount of prize money;
所有比赛的奖金（包括总额和奖项设置）必须对职业男、女运动员公平。各组别的奖金以及以及游泳、自行车、跑步各单项的奖金必须颁发相同数额给男、女运动员；
- (d) Where the depth of prize places exceeds the number of Pro Member official finishers in either gender, that portion of prize money designated for the places for which there are no Pro Member official finishers will not be distributed; and
当奖项设置超出完赛职业运动员的数量时，多余奖金将不予颁发；
- (e) Pro Members and any other professional triathletes are not eligible to receive age-group awards and age-group athletes are not eligible to receive prize money.
职业运动员以及其他职业铁三运动员不能获得任何年龄组运动员的奖项。同样，年龄组运动员也不设置比赛奖金；

Section 1.07 COMPETITION AGE

1.07 比赛年龄

All age-group athletes must participate and compete in the age-group division corresponding to the athlete’s age as of December 31 of the year of the Event.

所有年龄组运动员必须按照各自对应的年龄组别进行比赛，运动员的年龄以赛事当年 12 月 31 日的实际年龄计算。

Article II CONDUCT OF ATHLETES

第二章 运动员行为规定

Section 2.01 GENERAL BEHAVIOR

2.01 基本行为

Each athlete must:



每一位运动员必须做到：

- (a) Practice good sportsmanship at all times;
时刻保持良好的体育道德风尚；
- (b) Be responsible for his/her own safety and the safety of others;
对自己及他人的安全负责；
- (c) Know, understand, and follow all Competition Rules, as stated herein, in the Event-specific Athlete Information Guide, and at the Event-specific athlete briefings;
熟知、理解并遵守所有比赛规则，以及在《运动员手册》和运动员技术会上提出的所有规则；
- (d) Obey traffic regulations and instructions from Race Officials;
遵守交通规则以及赛事官员做出的指示；
- (e) Treat referees, officials, volunteers, spectators, the public, and other athletes with respect and courtesy;
尊重并礼貌善待裁判、赛事官员、志愿者、观众、社会大众以及其他运动员；
- (f) Obey laws and local ordinances and avoid any type of demonstration of political, religious, or racial propaganda. Failure to obey laws or local ordinances and/or failure to refrain from demonstration will result in **disqualification**;
遵守法律法规和地方条例，禁止任何形式的政治示威、种族和宗教宣传活动。违反法律法规和地方条例，以及进行示威的运动员将被取消比赛资格；
- (g) Avoid the use of abusive language;
严禁污言秽语；
- (h) Inform a Race Official promptly after withdrawing from the Race. Failing to do so may result in temporary suspension or permanent expulsion from other Events;
退出比赛应及时告知赛事官员。如果没有告知，将有可能受到暂时或永久禁赛等不同程度的处罚；
- (i) Compete without receiving assistance from other parties (other than from Race Referees, Race Officials, and other athletes in accordance with Section 2.02);
在比赛中禁止接受第三方帮助（除来自于比赛裁判、赛事官员及其他运动员的帮助，详细规定请参照第 2.02 章节）；
- (j) Not dispose of trash or equipment on the course (except at aid stations or other designated trash-disposal points). Intentional or careless littering will result in a **time penalty or disqualification**;
比赛中严禁乱扔垃圾以及装备（除补给站及其它特定的垃圾丢弃点）。有意或无意丢弃垃圾将受到比赛罚时或取消比赛资格的处罚；
- (k) Not gain or attempt to gain any unfair advantage from any external vehicle or object;
严禁从任何外部车辆或外部设备取得或设法取得不公平的竞赛优势；
- (l) Not use any device that will distract the athlete from paying full attention to their surroundings. Using a device in a distracting manner will result in disqualification.
不允许使用任何将会分散自己或其他运动员对周围环境注意力的设备，否则此运动员将被取消比赛资格；



- (m) Follow the prescribed course. It is the athlete's responsibility to know the course. Athletes must cover the prescribed course in its entirety. Failure to do so will result in a **disqualification**. If an athlete must exit the course, he or she shall re-enter the course at the same point of departure before continuing; and

运动员有义务了解赛道，并按照规定比赛。若有偏离将被取消比赛资格。如果运动员在比赛中需要暂时离开赛道，当重新进入赛道时进行比赛前，必须与离开时的地点保持一致；

- (n) Avoid indecent exposure and public nudity at all times during an Event. Indecent exposure/public nudity may result in a **disqualification**.

在比赛中严禁不文明暴露以及在公共场合赤裸身体。不文明暴露以及赤裸身体将有可能被取消比赛资格；

Section 2.02 ASSISTANCE

2.02 外部协助

- (a) Assistance provided by Race Referees or Race Officials (including official Event volunteers) is allowed but such assistance is limited to: providing drinks, nutrition, mechanical and medical assistance, and other necessary assistance (as may be approved by the Event Director or Head Referee).

允许运动员接受比赛裁判、赛事官员以及志愿者提供的帮助，这些帮助仅限于以下行为：提供饮料、补给品、机械调整和医疗救助，以及其它必要的帮助（该帮助需要经过赛事总监或裁判长的核准）；

- (b) Athletes competing in the same Race may assist each other with incidental items such as, but not restricted to: nutrition and drinks after an aid station, pumps, tires, inner tubes, and puncture repair kits;

同场竞技的运动员可以在补给站之后向其他运动员提供简单的协助，比如：补给、饮料、气筒、外胎、内胎、补胎工具；

- (c) Athletes may not provide any item of equipment to an athlete competing in the same Race if it results in the donor athlete being unable to continue with his/her own Race. Such equipment includes but is not restricted to: shoes, complete bicycle, frame, wheels, and helmet. The penalty for this will be disqualification of both athletes; and

运动员不能向同场竞技的其它运动员提供使自己无法继续正常比赛的装备。这些装备包含并不仅限于：鞋子、参赛车辆、车架、轮组或头盔。如果违规，提供装备和接受装备的运动员都将受到取消比赛资格的处罚；

- (d) Unless otherwise pre-approved by the Event Director or Head Referee, no athlete shall intentionally cause the physical forward progress of another athlete on any part of the course during the Race. The penalty for this will be disqualification.

赛事中除非提前得到赛事总监或者主裁判的允许，否则任何运动员在赛道上任意的地点都不许有意的帮助其他运动员向前移动。违规者将被取消比赛资格；



Section 2.03 ANTI-DOPING

2.03 反兴奋剂

- (a) Each athlete acknowledges notice of the Anti-Doping Rules (as such term is defined below), and acknowledges that he/she is bound by, confirms he/she shall comply with, and voluntarily consents to all provisions of the Anti-Doping Rules.

每一位运动员都必须熟知反兴奋剂条例（一些条款将在下文列出），必须接受并遵守反兴奋剂条例的所有规定；

- i. *“Anti-Doping Rules” means all anti-doping rules adopted by IRONMAN including, without limitation, the World Anti-Doping Code (the “WADA Code”), all associated International Standards, including , without limitation the List of Prohibited Substances and Prohibited Methods (the “Prohibited List”) as issued by the World Anti-Doping Agency (“WADA”), and all other rules, policies, and/or procedures adopted by IRONMAN.*

“反兴奋剂条例”是指 IRONMAN 认可的所有反对兴奋剂使用的规定；包括但不限于世界反兴奋剂组织（WADA）的规定。所有相关的国际标准，包括但不限于已在世界反兴奋剂组织发布的，并且已经列在禁用清单上的所有药品及方法，以及其它 IRONMAN 认可的规则、政策以及程序；

- (b) Each athlete acknowledges that IRONMAN’s Anti-Doping Rules may be amended from time to time and at any time by IRONMAN without notice to athlete other than, as the case may be, posting such amendments on IRONMAN’s website www.ironman.com;

所有运动员都必须接受 IRONMAN 反兴奋剂条例，同时了解 IRONMAN 可能做出的实时条例修正，这些规定调整不会通知到每一位运动员。条例修正后，将会在 IRONMAN 的官网公布；www.ironman.com

- (c) Each athlete acknowledges that the WADA Code and International Standards, including WADA’s Prohibited List, may be amended from time to time and at any time by WADA without notice to athlete other than, as the case may be, posting such amendments on WADA’s website;

所有运动员都必须了解世界反兴奋剂组织的规定以及国际标准，包括世界反兴奋剂组织的禁用清单。这些规定会被进行实时修正，但并不会通知到每一位运动员。内容修订后，会在世界反兴奋剂组织的网站上公布；

- (d) Each athlete is personally responsible for knowing what constitutes a violation of the Anti-Doping Rules (including, without limitation, all substances and methods that have been included on the Prohibited List). Certain medications, common beverages, supplements and other “over-the-counter” or otherwise legal products may contain banned substances. Each athlete is fully responsible for knowing what substances are banned in accordance with the Prohibited List and for monitoring his/her own compliance with the Anti-Doping Rules;

所有运动员都需要自行了解可能会违反反兴奋剂条例规定的行为（包括但不限于已被列入禁用清单的所有物品及药物）。某些药品、常见的饮品、营养品以及市场上可以买到的产品或其它合法产品都有可能含有违禁物质。每位运动员需自行了解禁用清单上所列的禁用药品，并依据此规定监控自己是否违反了反兴奋剂条例；

- (e) Each athlete is required to inform applicable third parties (e.g, including, without limitation, medical personnel and athlete support personnel) of athlete’s obligations under the Anti-Doping



Rules (including, without limitation, (i) restrictions against the use of prohibited substances and prohibited methods and (ii) it is the athlete's responsibility to make sure that any medical treatment received does not violate the Anti-Doping Rules); and

每位运动员都必须告知相关第三方（例如，包括但不限于医务人员以及运动员辅助工作人员）确保运动员遵守反兴奋剂条例（包括但不限于：（i）严禁使用禁用药品，以及（ii）运动员有责任确保所接受的任何医疗均不违背反兴奋剂条例）；

- (f) Any athlete using or intending to use a prohibited substance or prohibited method, for a legitimate medical reason, must seek a Therapeutic Use Exemption (“TUE”) from their National Anti-Doping Organization (“NADO”) or Regional Anti-Doping Organization (“RADO”) as applicable in accordance with the policies and procedures of the applicable NADO and RADO organizations and the Anti-Doping Rules.

如果运动员因为合理的治疗原因必须使用或计划使用禁用药物或禁用方法，必须向运动员所在国家的反兴奋剂组织（“NADO”）或地区反兴奋剂组织，按照适用 NADO 和 RADO 及反兴奋剂组织的相关条例和程序，申请治疗用药豁免（“TUE”）；

Section 2.04 ELIGIBILITY

2.04 参赛资格

- (a) Athletes must meet all requirements of the Event's sanctioning body (e.g., including but not limited to the sanctioning bodies' licensing and/or insurance requirements). Licensing and/or insurance requirements will be stated in the Event-specific Athlete Information Guide;
运动员必须遵守赛事审批机构的所有要求（例如，包括但不限于审批机构对运动员的执照要求（运动等级）以及（或）保险要求）。执照和（或）保险要求，具体将在《运动员手册》中说明；
- (b) Athletes under suspension by IRONMAN are not allowed to compete in any Event;
被 IRONMAN 禁赛的运动员将不允许参加任何比赛；
- (c) An athlete's racing age is determined by their age on December 31st in the year of the Event;
参赛运动员的年龄由比赛当年 12 月 31 日的运动员实际年龄来决定；
- (d) Minimum racing age will be stated in the Event-specific Athlete Information Guide;
最小可参赛年龄将在《运动员手册》中说明；
- (e) An athlete who competes in a category different from his/her age will be disqualified from the Event(s) in which he/she participated in. Any awards, prizes, and/or points will be revoked;
运动员在与其实年龄不符的年龄组比赛将被取消参赛资格，其所获得的任何奖励、奖金，以及积分都将被撤销；
- (f) Any athlete that commits fraud by entering any Event under an assumed name or age, falsifying an affidavit or giving false information will be disqualified and risk suspension or expulsion from other Events;
如果运动员通过使用假名或虚假年龄进行作弊，以及伪造声明书或提供虚假信息参加比赛，都将被取消参赛资格，同时面临禁赛甚至禁止参加其他比赛的风险；
- (g) Any athlete who has completed or plans to initiate a gender transition, or identifies as gender non-conforming, including those in the process of taking hormones (collectively hereinafter referred to



as “Transgender Athletes”) must comply with IRONMAN’s policies, and guidelines for Transgender Athletes (collectively, the “Transgender Policies”). The following is a link to IRONMAN’s Transgender Policies: www.ironman.com/TransgenderPolicy. Eligibility of Transgender Athletes is generally based on the guidelines set forth by the International Olympic Committee (the “IOC Transgender Guidelines”), provided, however, that in the event any terms of the IOC Transgender Guidelines are inconsistent (or become inconsistent) with IRONMAN’s Transgender Policies, the terms of IRONMAN’s Transgender Policies shall control to the extent necessary to resolve such inconsistency. Athletes acknowledge that IRONMAN’s Transgender Policies may be amended from time to time and at any time by IRONMAN without notice to athletes other than, as the case may be, posting such amendments on IRONMAN’s website www.ironman.com;

任何已完成或计划进行性别转换的运动员，或对自己的性别不确认的运动员，包括在服用荷尔蒙药物的运动员(以下统称为“变性运动员”)必须遵守 IRONMAN 跨性别运动员指导文件(统称“变性运动员政策”)。下面是 IRONMAN 对于变性运动员政策的网络链接：www.ironman.com/TransgenderPolicy。变性运动员的资格通常是依据国际奥林匹克委员会(国际奥委会变性指南)而设定的。然而,国际奥委会准则与 IRONMAN 的变性政策不一致(或变得不一致)时,应该以国际奥委会的相关政策为准。同时了解 IRONMAN 可能会对现有政策条例进行修正, 这些规定调整不需要通知到每一位运动员。条例修正后, 将会在 IRONMAN 的官网公布 www.ironman.com;

- (h) The Physically Challenged (“PC”) Open Division (eligibility requirements are specifically set forth in Article VIII; and
残障公开组 (该组运动员参赛资格将在第八章中详细阐述);
- (i) The Handcycle (“HC”) Division eligibility requirements are specifically set forth in Article IX.
手动自行车组运动员参赛资格将在第九章中详细阐述。

Section 2.05 RACE FINISH, TIMING, AND RESULTS

2.05 完赛，计时及成绩

- (a) An athlete will be judged as finished the moment any part of his/her torso crosses a vertical line extending from the leading edge of the finish line;
当运动员身体的任何部位通过终点线前缘延伸的垂直线后, 该名运动员被判定为完成比赛;
- (b) A Race will be won by the athlete who has the shortest time from the applicable start signal to the moment when the athlete finishes the Race;
从运动员对应的出发时间开始到完成比赛, 用时最少的运动员将获得比赛的胜利;
- (c) The Head Referee, in consultation with the Head Timer, will use all resources reasonably available to decide the final position of every athlete. Information from technology may be used to assist in the decision-making process. The Head Referee or Head Timer may decide, based on the available evidence, that a Race is tied if there is no reasonable way of clearly determining which athlete crossed the line first. Results of tied athletes will be sorted according to Race bib numbers, provided, however, that athletes who finish in a contrived tie situation (e.g., where no effort is made by either athlete to separate the athlete’s finish time from the finish time of the other athlete) will be disqualified;



裁判长将会从主计时官得到确认，合理使用现有的所有资源来判断每一位运动员的最终排名。技术人员提供的信息将被用于协助决策过程。如果运动员在比赛冲线时没有合理以及明确的方法来判定哪一位运动员最先冲过终点线，那么裁判长和主计时官将根据可用证据，判定比赛成绩为并列。成绩并列的运动员将根据他们的比赛号码进行排序。但是由于人为因素造成比赛成绩并列的运动员将被取消比赛资格（例如：两位运动员在通过终点时携手冲线，冲线前任何一个运动员并未通过任何努力去尝试拉开之间的距离）；

- (d) Results will be official once the Head Referee signs them. Incomplete results can be declared official at any time; and

比赛成绩由裁判长签署后，被认作正式生效。官方可在任何时间发布不完整的比赛成绩；

- (e) Results will include athletes who do not finish the Race (“DNF”), and those who are disqualified (“DSQ”). All available splits will be listed for DNF athletes.

比赛成绩将包含未完成比赛的运动员（DNF）以及在被取消参赛资格的运动员（DSQ）。未完成比赛的运动员他们的已完成赛段的分段成绩也将被公布；

Article III PENALTIES

第三章处罚

Section 3.01 GENERAL

3.01 总则

- (a) Failure to comply with any of the Competition Rules may result in an athlete being punished with a 30 Second Time Penalty (for the IRONMAN® 70.3®-branded Races), a 60 Second Time Penalty (for the IRONMAN®-branded Races), a 5:00 Minute Time Penalty, disqualification from the Event, suspension from multiple Events, or expulsion for life from all Events;

任何违反比赛规则的行为都会导致运动员受到处罚。处罚有以下几种情况：30 秒罚时（针对 IRONMAN® 70.3® 的比赛）、60 秒罚时（针对 IRONMAN® 的比赛）、5 分钟罚时、取消比赛资格、在多个赛事中禁赛或终身禁赛。

- (b) Race Referees will notify athletes of a rule violation by showing the athlete a colored card in combination with a verbal directive. Penalty card colors and their associated penalty is as follows:

对于违反比赛规则的运动员，比赛裁判将通过出示色牌和口头指令相结合的方式通知违反规则的运动员。不同颜色的卡片代表的含义及其相关处罚方式所示如下：

- (i) **Yellow Card:** means, as applicable, a Thirty (30) Second Time Penalty for IRONMAN® 70.3®-branded Races and a Sixty (60) Second Time Penalty for IRONMAN®-branded Races;

黄牌：意味着违规运动员将会得到 30 秒罚时（针对 IRONMAN® 70.3® 的比赛）、60 秒罚时（针对 IRONMAN® 的比赛）；

- (ii) **Blue Card:** 5:00 Minute Time Penalty; and

蓝牌：5 分钟罚时；



- (iii) **Red Card: disqualification;**
红牌: 取消比赛资格
- (c) **The nature of the rule violation will determine the type of penalty;**
视比赛犯规轻重, 决定具体处罚力度;
- (d) **A suspension or an expulsion will occur for serious violations of the Competition Rules (the severity of Competition Rule violations shall be determined by the Head Referee in consultation with the Global Head Referee, in their sole and absolute discretion);**
严重违反比赛规则的行为将导致禁赛或终身禁赛 (违反比赛规则的严重程度将由比赛裁判长判定, 同时会征求全球总裁判长的意见。对于这样的判罚, 裁判长和全球总裁判长都会慎重执行);
- (e) **The most common rule violations and penalties are set forth in Appendix A; and**
常见的违规行为及其处罚在附件 A 中有详细说明;
- (f) **In any circumstance where a Race Referee deems an unfair advantage has been gained by an athlete, or if a Race Referee determines that an athlete has intentionally or recklessly created a dangerous situation, such Race Referee may, at the Race Referee's discretion, assess penalties to or disqualify athletes (even if such violations by the athlete are not expressly set forth in the Competition Rules).**
在比赛进行时, 如果裁判认为某位运动员获得了不公平的优势, 或者发现某运动员有意或者无意制造了危险, 比赛裁判均有权并慎重地对该名运动员进行处罚, 甚至会取消其比赛资格 (即使这种违规行为并未在比赛规则中提及);

Section 3.02 TIME PENALTIES

3.02 罚时处罚

- (a) **For purposes of clarity and for the athlete's convenience, certain Competition Rules may include a corresponding time penalty or disqualification penalty Indication in parenthesis following the Competition Rule. However, the absence of a corresponding penalty with respect to any rule does not preclude Race Referees from issuing a penalty for the violation of any such rule. Each applicable penalty (if one is expressly stated in these Competition Rules) may be stated within the context of the rule or may be stated in parentheses following the rule (e.g., "30 or 60 Second Time Penalty (as applicable)", "5:00 Minute Time Penalty", or disqualification "DSQ");**
为了明确判罚标准和方便运动员查看, 在某些比赛规则中, 对于已经在规则中列明的违规行为会明确引用相应的时间处罚或取消资格的处罚。对于一些有可能在规则中缺乏相应的惩罚措施的违规行为, 比赛裁判依然可以对此类违规行为做出判罚。每种可实施的处罚 (如果在比赛规则中已有明确规定), 都会在相应的比赛规则中做出说明, 比如在规则后面的括号里予以说明 (例如, "30 秒或 60 秒罚时"、"5 分钟罚时"、或取消资格 "DSQ");
- (b) **Race Referees are not required to give athletes a warning before issuing a penalty;**
在实施处罚前, 比赛裁判无需给予运动员提醒;
- (c) **Swim-course time penalties will be served in the swim-to-bike transition area ("T1") under instructions from a Race Referee;**
游泳赛段的时间处罚, 将在裁判的指导下, 在游泳到自行车的转换区 (T1) 中执行;



- (d) Bike-course time penalties will be served in a designated Penalty Tent (“PT”). The location of the PTs will be stated in the Event-specific Athlete Information Guide. It is the athlete’s responsibility to report to the next PT on the course. Failure to stop at the next PT on the bike course will result in disqualification;

自行车赛段的时间处罚将在事先设置的罚时帐篷中进行（PT）。罚时帐篷的位置会在《运动员手册》中做详细说明。运动员在被告知处罚后有义务主动到赛道最近的一个罚时帐篷接受处罚。未主动接受处罚的运动员将有可能被取消比赛资格；

- (e) Run-course time penalties will be served at the point of the rule violation, under instructions from a Race Referee (there are no PTs on the run course);

跑步赛段的时间处罚，将直接在运动员违反规则的位置进行，并且在比赛裁判的指导下执行（跑步赛道上不设置罚时帐篷）；

- (f) A blue card will be used for drafting violations and intentional littering, and a yellow card will be used for certain other rule infringements;

蓝牌将用于自行车尾随犯规和故意丢弃垃圾的行为，黄牌则用于其他违反规则的行为；

- (g) When a rule violation is issued by a Race Referee with respect to conduct on the bike course, the Race Referee will:

在自行车赛段，当比赛裁判将对比赛中的违规行为进行判罚时，将会按以下步骤进行：

- i. Notify the athlete that the athlete has a received a yellow card, blue card, or red card and will show the athlete the corresponding card; and
通知该名运动员受到了黄牌、蓝牌或红牌的处罚，同时向运动员出示相对应的色牌；
- ii. Instruct the athlete to report to the next PT on the course.
指导运动员到赛道上的下一个罚时帐篷接受处罚；

- (h) When cited for a rule violation on the bike course, the athlete must:

当运动员在自行车赛段受到处罚时，运动员必须按以下要求执行：

- i. Report to the next PT and tell the PT official the color of the card received. If the athlete fails to report to the next PT or fails to report the correct color of the card, the athlete will be **disqualified**;
进入最近的罚时帐篷并告知工作人员自己受到的处罚色牌。如果运动员没有进入罚时帐篷，或者错误地报告自己接受的处罚色牌，将会被取消比赛资格；
- ii. Have bike numbers marked by the PT official with a slash (/);
罚时帐篷工作人员会在运动员的自行车号牌上用记号笔做出（/）标记；
- iii. Register on the PT sign-in sheet;
在罚时帐篷登记表上进行登记；
- iv. Upon receiving a yellow card, resume the Race only after remaining in the PT for the 30 or 60 Second Time Penalty (as applicable) (and only after completion of (ii) and (iii) above); and
如果受到了黄牌处罚，则必须在罚时帐篷中停留 30 秒或 60 秒并且完成（ii）和（iii）中所列事项才能继续比赛；



- v. Upon receiving a blue card, resume the Race only after remaining in the PT for 5:00 Minutes (and only after completion of (ii) and (iii) above).
如果受到的是蓝牌处罚，运动员则应在罚时帐篷中停留 5 分钟后才能继续比赛（同时必须完成（ii）和（iii）中所列事项）。

Section 3.03 DISQUALIFICATION

3.03 取消比赛资格

- (a) Any athlete who accumulates three (3) blue cards will be disqualified. If disqualified, an athlete may finish the Race unless otherwise instructed by a Race Referee;
任何运动员累积得到 3 张蓝牌将被取消比赛资格。如果运动员被取消了比赛资格，该名运动员仍然可以继续完成比赛，除非比赛裁判有特别说明；
- (b) A red card may be issued to an athlete for severe rule violations including, but not limited to, repeated rule violations, disregard for directives given by Race Referees or Race Officials, or dangerous or unsportsmanlike conduct; and
严重违反比赛规则的运动员将被出示红牌，这些行为包括但不限于：多次违反规则、不尊重比赛裁判及赛事官员的判罚，或对比赛造成危害，以及违反了体育精神的行为；
- (c) Disqualified athletes will not be eligible for age-group awards including, without limitation, IRONMAN World Championship slots or IRONMAN 70.3 World Championship slots. Neither timing splits nor Race results will be listed for disqualified athletes.
被取消比赛资格的运动员将不能获得年龄组奖项，包括但不限于 IRONMAN 世界锦标赛或 IRONMAN 70.3 世界锦标赛资格。被取消比赛资格的运动员无论是分段时间还是比赛总成绩都不会被公示。

Section 3.04 SUSPENSION

3.04 禁赛

- (a) A suspension may be issued for fraudulent conduct or certain rule violations including, but not limited to, illegal transfer of entries, repeated rule violations, intentional course cutting, or dangerous or unsportsmanlike conduct;
欺骗行为或某些犯规行为将会被判罚禁赛。这些行为包含但不限于：非法转让名额，多次违反规则，有意抄近路，以及比赛中造成危害和违反体育精神的行为；
- (b) Suspensions will be assessed by the Global Head Referee based on information submitted by the Head Referee or the Event Director;
禁赛处罚将由全球总裁判长根据比赛裁判长或赛事总监提供的信息做出相应的处罚；
- (c) Suspensions will be issued by the Global Head Referee for periods of no less than three (3) months and not exceeding four (4) years, depending on the severity of the violation(s);
禁赛处罚将由全球总裁判长做出，期限不少于 3 个月，最长不超过 4 年，具体情况将根据违规规则的严重性来判罚；
- (d) Suspended athletes will be prohibited from competing in any Event and any other event affiliated with IRONMAN during the suspension period;



在禁赛期间，禁赛运动员禁止参加任何 IRONMAN 赛事以及与 IRONMAN 有关的赛事；

- (e) Suspended athletes will be notified, in writing, by the Global Head Referee. IRONMAN will notify the International Triathlon Union and the relevant National Federation of the athlete's suspension; and

被禁赛的运动员将收到全球总裁判长发出的书面通知。IRONMAN 将把禁赛运动员的信息通告发给国际铁联及相关的国家协会；

- (f) A list of common rule violations that may result in a suspension are set forth in Appendix A. 导致禁赛处罚的违规行为请详见附件 A。

Section 3.05 EXPULSION

3.05 终身禁赛

- (a) An athlete may be expelled for life from competing in any Events or any other IRONMAN affiliated events if the athlete repeatedly violates the Competition Rules, is repeatedly disqualified from Events, or if the athlete is repeatedly suspended from Events;

运动员如果在 IRONMAN 及 IRONMAN 相关的比赛中反复违反比赛规则，多次被取消比赛资格，或者多次被禁赛，该名运动员有可能被终身禁赛；

- (b) Expelled athletes will be notified, in writing, by the Global Head Referee;

终身禁赛的运动员将收到全球总裁判长的书面通知；

- (c) Expulsions issued for Anti-Doping Rule violations will be dealt with in accordance with the Anti-Doping Rules; and

违反反兴奋剂条例被终身禁赛的运动员将按照反兴奋剂条例对其进行终身禁赛；

- (d) The International Triathlon Union and relevant National Federation will be notified of the athlete's expulsion.

国际铁联和相关的国家协会将收到终身禁赛的运动员信息。

Section 3.06 RIGHT OF PROTEST OR APPEAL

3.06 抗议及申诉

- (a) The athlete's right to protest or appeal, if any, will be governed and handled by the Event's sanctioning body, and/or the competition rules of the relevant National Federation;

运动员拥有抗议和申诉的权利。赛事制裁机构将作为管理运动员抗议和申诉的机构，而相关国家协会的比赛规则将作为处理抗议和申诉的依据；；

- (b) No protest may be filed with respect to matters which were observed by or previously ruled upon by a Race Referee. No person may file a protest which requires a judgment call. A "judgment call," as used in these Competition Rules, means the resolution of a dispute involving one or more material facts that cannot be determined with certainty solely through the production of tangible physical evidence. The term "judgment call" shall include but shall not be limited to a resolution of:

凡是由裁判亲眼所见或已经被裁定的事项，抗议可能将不被受理。对裁判做出的“决议性判罚”进行的申诉，将不被受理。“决议性判罚”，通常在竞赛规则中使用，是指对于一个或更



多事件无法完全通过有形物证来判断，而解决这些争议的决定就是“决定性判罚”。其包括但不仅限于对以下无法证明的违规行为的判罚：

- i. Any purported violation of the cycling position foul rules (including alleged drafting violations);*
无法证明其真实自行车位置上的犯规（包括跟车犯规）
 - ii. Allegations of blocking, obstruction, or interference; or*
无法证明其真实性的阻挡、阻碍或干扰行为；
 - iii. Allegations of unsportsmanlike conduct.*
无法证明其真实性的违反体育道德的行为。
- (c) Appeals by athletes penalized for judgment calls will not be considered.
接受到“决议性判罚”的运动员提出的上诉均不予受理。

Section 3.07 REINSTATEMENT

3.07 解禁

Following any suspension period, the suspended athlete must request, in writing to the Global Head Referee, and receive IRONMAN's approval prior to resuming participation in any Event.

禁赛运动员在禁赛期满后，如果要参加比赛，需向全球总裁判长提出书面申请，在赛前得到 IRONMAN 许可后才能被允许参加比赛。

Article IV SWIM CONDUCT

第四章 游泳

Section 4.01 GENERAL

4.01 总则

- (a) Each swimmer must wear an official swim cap provided by the Race Officials. Failing to wear a swim cap at all times during the swim segment of the Race may result in a time penalty enforced by Race Referees after the swim segment in T1.
每一位运动员都必须佩戴赛事组委会提供的官方泳帽。在游泳赛段中未能全程佩戴组委会提供的官方泳帽，将有可能受到罚时。处罚将由裁判在游泳赛段结束后的 T1 执行。
- (b) Wearing swim goggles or a face mask is neither prohibited nor required;
在游泳赛段佩戴泳镜或游泳面罩，属自愿行为，不会被禁止也不强制性要求；
- (c) The use of snorkels, fins, gloves, paddles, or flotation devices of any kind (including pull buoys) is prohibited; (DSQ)
比赛中禁止使用呼吸管、脚蹼、手套、手蹼或任何漂浮设备（包括夹腿板），违规者将被取消比赛资格；
- (d) The use of a cast or splint must be pre-approved by the Event specific Head Referee; (30 or 60 Second Time Penalty (as applicable) or DSQ)



身体打有石膏或使用固定夹板的选手在参赛前需要得到比赛裁判长的同意；(违规者将被罚时 30 秒或 60 秒严重者将被取消比赛资格)

- (e) Neoprene or any other booties are prohibited unless the water temperature is 18.3 degrees C/65.0 degrees F, or colder; (30 or 60 Second Time Penalty (as applicable)

当水温高于 18.3 摄氏度或 65 华氏度 (含)，禁止使用氯丁橡胶制品或其他材质的脚套；(违规者将被罚时 30 秒或 60 秒)；

- (f) When the use of wetsuits is prohibited (see Section 4.03), clothing covering any part of the arms below the elbows and clothing covering any of the leg below the knee is deemed illegal and is not permitted during the swim segment of the Race but may be worn after completion of the swim segment; (DSQ)

当游泳赛段不允许使用防寒胶衣时 (参见第 4.03 章节)，运动员所穿的衣服不允许覆盖超过手臂肘部和膝盖以下部分 (违规者将被取消比赛资格)。但是在游泳赛段结束后运动员可以选择穿上此类服装；

- (g) Individual paddlers or escorts are prohibited; (DSQ)

禁止游泳赛段的私人护航和陪游 (违规者将被取消比赛资格)；

- (h) Any assistance during the swim will result in disqualification if forward progress was made. Athletes are permitted to use kayaks and boats as aid, as long as no forward progress is made. Race Officials and medical personnel reserve the right to remove athletes from the course if such removal is determined medically necessary;

在游泳赛段中，运动员借助任何外力辅助前进都将被取消比赛资格。运动员允许借助皮划艇和船只在水中休息，但不能借助力量前进。赛事官员和医疗工作人员一旦发现运动员从医学角度必须停止比赛，则他们有权力将运动员移出游泳赛道；

- (i) It is the sole responsibility of each athlete to know and follow the prescribed swimming course. No adjustments in times or results will be made, for any reason whatsoever, for athletes who fail to follow the proper course;

运动员必须了解并按照设定的游泳路线进行比赛。无论何种原因运动员没有按照正确的比赛路线行进，最终的赛段成绩不会因此而被调整；

- (j) Indecent exposure/public nudity is prohibited at all times during an Event; (DSQ) and

在比赛期间任何时候都严禁不文明暴露或在公共场合赤裸身体；(违规者将被取消比赛资格)

- (k) Swim course cut-off times will be stated in the Event-specific Athlete Information Guide.

游泳赛段关门时间会在《运动员手册》中说明。

Section 4.02 WETSUIT RULES

4.02 防寒胶衣

- (a) For age-group athletes, wetsuits may be worn in water temperature up to and including 24.5 degrees C/76.1 degrees F (DSQ) (*Please note: If the water temperature is above 24.5 degrees C/76.1 degrees F (but is less than or equal to 28.8 degrees C/83.8 degrees F) then, with respect to certain Events (e.g., Events sanctioned by USA Triathlon ("USAT")), IRONMAN may, in its sole discretion, allow age-group athletes to wear wetsuits and participate in a separate non-competitive wetsuit wave/division, provided, however, that such athletes participating in the designated non-



competitive wetsuit wave/division will not be eligible for age-group awards including, without limitation, IRONMAN World Championship slots or IRONMAN 70.3 World Championship slots);

年龄组运动员，可以在水温低于（含）24.5 摄氏度/76.1 华氏度时使用防寒胶衣（违规者将被取消比赛资格）（请注意：当水温高于 24.5 摄氏度/76.1 华氏度且不高于 28.8 摄氏度/83.8 华氏度时，在一些特定的比赛中（例如由美国铁人三项协会（USAT）批准的比赛，IRONMAN 可以自行决定，允许年龄组运动员穿着防寒胶衣进行非竞技性的“防寒胶衣组别”的完赛，但参加此项比赛的运动员将不能参与年龄组奖项的争夺，包含但不仅限于 IRONMAN 世界锦标赛或 IRONMAN70.3 世界锦标赛资格的争夺）；

- (b) For professional athletes, wetsuits may be worn in water temperatures up to and including 21.9 degrees C/71.5 degrees F; (DSQ)

对于职业运动员，水温不高于 21.9 摄氏度/71.5 华氏度（含）时，允许使用防寒胶衣（违规者将被取消比赛资格）；

- (c) A wetsuit may cover any part of the body except the face, hands, or feet;

防寒胶衣可以覆盖大面积的身体但不包括运动员脸部、手部及脚部；

- (d) A race kit may be worn underneath the wetsuit;

比赛服装可以穿在防寒胶衣里面；

- (e) The thickness of the wetsuit may not exceed 5mm. If the wetsuit consists of two or more pieces then the combined thickness of the overlapping pieces may not exceed 5 mm; (DSQ) and

防寒胶衣的厚度不能超过 5mm。如果防寒胶衣由两部分或更多的部分组成，在重叠部位的厚度不能超过 5mm（违规者将被取消比赛资格）；

- (f) Wetsuits are mandatory for professional athletes and age-group athletes for water temperatures below 16 degrees C/60.8 degrees F. (DSQ)

当水温低于 16 摄氏度/60.8 华氏度时，所有运动员包含职业及年龄组运动员都必须穿着防寒胶衣进行游泳赛段的比赛。

SECTION 4.03 SWIM WEAR POLICY WHEN THE USE OF WETSUITS IS PROHIBITED

4.03 禁止使用防寒胶衣时对泳衣的要求

- (a) Swimwear must be 100% textile material, which is defined as materials consisting of natural and/or synthetic, individual and non-consolidated yarns used to constitute a fabric by weaving, knitting and/or braiding (this generally refers to suits made only from nylon or lycra that do not have any rubberized material such as polyurethane or neoprene); (DSQ)

运动员使用的泳衣必须是 100% 编织材料，编织材料是指使用天然或合成的单一及非合并纤维，通过机织、针织和（或）编织的方法生产出的面料（通常指只使用尼龙或莱卡面料制作，不含任何橡胶材料，如：（聚氨酯或氯丁橡胶）；（违规者将被取消比赛资格）

- (b) Swimwear may contain a zipper;

泳衣可以使用一条拉链；

- (c) Sleeves that extend from shoulder to elbow may be worn;

泳衣衣袖可以覆盖运动员肩膀到肘部的部分；

- (d) Wetsuit (neoprene) shorts/bottoms are prohibited (DSQ);



禁止使用防寒胶衣（氯丁橡胶）短裤（违规者将被取消比赛资格）；

- (e) Swimwear must not cover the neck, must not extend past the elbow, and must not extend past the knees; (DSQ) and

泳衣不能覆盖颈部，不能覆盖超过运动员肘部及膝盖以下部位（违规者将被取消比赛资格）；

- (f) A textile race kit may be worn underneath swimwear, provided, however, that the textile race kit must not extend past the elbow and must not extend past the knees. (DSQ)

编织面料的比赛服装可以穿在泳衣里面，但不能覆盖超过运动员肘部及膝盖以下部位（违规者将被取消比赛资格）。

Section 4.04 ILLEGAL EQUIPMENT

4.04 非法装备

- (a) Headsets or headphones are prohibited during the swim segment of the Race. (30 or 60 Second Time Penalty (as applicable), DSQ if not remedied promptly)

在游泳赛段禁止运动员佩戴耳机（违规者将被罚时 30 秒或 60 秒，若不及时改正将被取消比赛资格）

- (b) Athletes may not use communication devices of any type, including but not limited to cell phones, smart watches, and two-way radios, in any distractive manner during the Race. A “distractive manner” includes but is not limited to making and receiving phone calls, sending and receiving text messages, playing music, using social media, and taking photographs. Using a communication device in a distractive manner during the Race will result in disqualification; and

比赛期间，运动员不得使用任何类型的通讯设备，包括但不限于手机，智能手表和双向无线电。“分散注意力的行为”包括但不限于拨打和接听电话，发送和接收短信，播放音乐，使用社交媒体和拍照。在赛事中使用通讯设备出现任何分散注意力的行为将被判罚取消比赛资格。

- (c) Cameras, phone cameras, and video cameras are prohibited unless permission is given by IRONMAN. If such permission is given by IRONMAN, it is the athlete’s responsibility to notify the Head Referee of such permission prior to the start of the Race. Athletes seen with an unauthorized camera, phone camera, or video camera will be disqualified.

未得到 IRONMAN 允许，游泳赛段禁止携带相机、拍照手机以及摄影机，除非赛前得到 IRONMAN 的许可，得到许可的运动员必须在赛前主动告知裁判长。运动员被发现未经允许携带相机、拍照手机以及摄影机将被取消比赛资格。



Article V BIKE CONDUCT

第五章自行车

Section 5.01 GENERAL

5.01 总则

- (a) The bicycle shall be propelled solely, through a chainset, by the legs moving in a circular movement, without electric or other assistance. Other than pushing or carrying a bicycle, any propulsive action brought on by use of the hands is prohibited (except with respect to PC Open athletes and HC athletes in accordance with Article VIII and Article IX); (DSQ and indefinite suspension)

自行车必须是由链轮组成且通过双腿做圆周运动，使车子驱动向前，不能有电子或其他的助力装置。任何由手动产生的推动力都是被禁止的，除了推行或抬着自行车前进。（在第八和第九章中提及的 PC 运动员和手动力自行车运动员除外）；（违规者将被取消比赛资格）

- (b) Athletes must not make any forward progress unaccompanied by their bicycle. If a bicycle is rendered inoperable, an athlete may proceed on the cycling course, running or walking, while pushing or carrying the bicycle, so long as the bicycle is pushed or carried in a manner not to obstruct or impede the progress of other athletes; (DSQ)

运动员不能弃车前行。如果车辆无法正常工作，运动员可以在自行车赛道通过跑步或走路的方式推车或抬车前进，只要自行车在推行或抬着的过程中不影响或妨碍其他运动员进行比赛即可；（违规者将被取消比赛资格）

- (c) It is the sole responsibility of each athlete to know and follow the prescribed cycling course. No adjustments in times or results will be made, for any reason whatsoever, for athletes who fail to follow the proper course;

每位运动员必须自行了解并按照自行车的比赛路线进行比赛。对于没有按照比赛路线进行比赛的运动员，在完赛时间和成绩上不会做出任何调整；

- (d) All athletes must obey all traffic laws while on the cycling course unless otherwise specifically directed by a Race Referee or Race Official with actual authority. Unless otherwise directed in accordance with the preceding sentence, all athletes must come to a complete stop when required by a traffic sign or traffic control device and must not proceed through any intersection unless such intersection is clear of oncoming traffic. In no case can a cyclist cross a solid yellow line indicating a no passing zone; (30 or 60 Second Time Penalty (as applicable) or, depending upon severity of violation, DSQ)

在自行车赛道，所有运动员都必须遵守交通规则。除非裁判或赛事官员根据当地政府部门的要求有特殊安排。所有运动员在比赛路线中通过十字路口时遇到交通指示灯或指示装置要求完全停下，运动员必须严格遵守。除非事先有赛事说明或特殊安排，以及在路口设有交通管制，运动员方可通行。运动员在任何情况下都不能跨越黄实线，旨为不可通行区域；（违规者将被罚时 30 秒或 60 秒，情节严重者将被取消比赛资格）

- (e) No cyclist shall endanger herself/himself or another athlete. Any cyclist who intentionally or recklessly presents a danger to any athlete or who, in the judgment of the Head Referee, appears to present a danger to any athlete will be disqualified;



运动员禁止给自己或其他运动员造成危害。若运动员有意或无意给其他运动员或任何人带来危险，根据裁判长的判罚，将取消此名运动员的比赛资格；

- (f) All athletes must exercise extreme caution and decrease speed if necessary in passing the site of any cycling or other accident; (DSQ)

在通过任何类型的事故路段时，所有运动员必须格外谨慎并减速慢行；（违规者将被取消比赛资格）

- (g) Cycling with a bare torso is prohibited. Athletes must wear a shirt, jersey, or sport-top at all times during the cycling segment of the Race; (30 or 60 Second Time Penalty (as applicable), DSQ if not remedied promptly)

运动员禁止在自行车赛段中裸露躯干。运动员必须在自行车全程穿着上衣、骑行服或运动上衣；（违规者将被罚时 30 秒或 60 秒，若不及时改正将被取消比赛资格）

- (h) Uniforms with a front zip must not be undone below the point of the end of the breastbone (sternum); (DSQ if not remedied promptly)

身着胸前具有拉锁的骑行服时，拉链禁止拉到胸骨以下的位置。若不及时改正将被取消比赛资格；

- (i) Athletes must wear a bike helmet number on the front of their helmet; (30 or 60 Second Time Penalty (as applicable))

运动员必须在头盔前部粘贴自行车头盔号码；（违规者将被罚时 30 秒或 60 秒）

- (j) The athletes' bike frame sticker must be securely attached to the bike and must be visible from both sides; (30 or 60 Second Time Penalty (as applicable))

运动员的车架号码贴纸必须牢固地粘贴在自行车车身上，并从两侧可以清晰可见；（违规者将被罚时 30 秒或 60 秒）

- (k) Any item that needs to be discarded, including but not limited to water bottles, gel wrappers, bar wrappers, broken bike parts, or clothing items, may be discarded only in the designated trash drop zones at each aid station. Discarding any item outside of the trash drop zones is prohibited; (5:00 Minute Time Penalty) *Please note: due to the local laws and ordinances at select Event venues, intentional littering will result in disqualification (See Event-specific Athlete Information Guide for more information).

运动员需要丢弃的物品，包括但不限于：水壶、能量胶包装、能量棒包装或衣物，以及车辆破损的零件只能丢弃在补给站专门设立的垃圾丢弃区域。禁止在垃圾丢弃区之外丢弃任何物品（违规者将被判 5 分钟罚时）。请注意：有些特定的比赛由于当地法律和条例的严格规定，故意丢弃垃圾者将被取消比赛资格（在《运动员手册》中有具体说明）；

- (l) Except as set forth below in Section 5.02(b), additional equipment that has the effect of reducing wind resistance is prohibited during the bike segment of the Race (whether such equipment is worn under the athlete's clothing, over the athlete's clothing, or is otherwise attached to the athlete's body or the athlete's bike); (DSQ) and

除在下文第 5.02（b）章节中所述，自行车赛道禁止使用能够降低风阻的附加装备（无论该装备是穿戴在运动员的衣服里、衣服外，或是附着在运动员身体或自行车上）；（违规者将被取消比赛资格）

- (m) Bike course cut-off times will be stated in the Event-specific Athlete Information Guide.

(m) 自行车赛段关门时间会在《运动员手册》中说明。



Section 5.02 EQUIPMENT

5.02 装备

(a) Wheels

轮组

- i. The front wheel must be of spoke construction (aero rim with spokes is permitted) and must not be solid; (DSQ)
前车轮必须带有辐条（可以使用辐条式气动轮，禁止使用封闭轮）；（违规者将被取消比赛资格）
- ii. The rear wheel may be either spoke or solid construction (disc wheel). Wheel covers are permitted only on the rear wheel. For reasons of safety, solid (disc) rear wheels are prohibited at the IRONMAN World Championship; (DSQ)
后车轮既可以是带辐条结构也可以是实心结构（封闭轮）。轮盖（又称风盘）只允许在后轮使用。从安全角度考虑，实心后轮（封闭轮）在 IRONMAN 世锦赛是禁止使用的；（违规者将被取消比赛资格）
- iii. Wheels of spoke construction may consist of an aero rim with spokes (spokes may be bladed, round, flattened, or oval); and
辐条结构车轮可以是一个辐条式气动轮（辐条的截面可以为刀刃、圆、扁平或椭圆状）；
- iv. No wheel may contain any mechanism capable of accelerating or artificially causing the continued rotation of the wheel. (DSQ)
车轮不可带有任何机械加速功能或人工制造车轮连续转动的机械装置；

(b) Helmets

头盔

- i. Helmets must be approved by a national accredited testing authority and such authority must be recognized by the International Triathlon Union and the relevant National Federation. (Please note: at all Events sanctioned by USA Triathlon (“USAT”), USAT requires all USA age-group athletes to wear a helmet approved by the USA CPSC); (DSQ)
头盔必须经过国家质量检测机构认可，这样的质量检测机构也必须经过国际铁人三项联合会或有关国家联合会认可。（请注意：由美国铁人三项（“USAT”）审批的所有赛事，各年龄组运动员都必须佩戴由美国消费品安全委员会认证的头盔）；（违规者将被取消比赛资格）
- ii. A helmet must be worn by athletes who are riding a bike during the Event: (e.g., including but not limited to the Race competition, familiarization of Race course, and training sessions); (30 or 60 Second Time Penalty (as applicable), DSQ if not remedied promptly)



运动员在赛事期间骑行时必须佩戴头盔：（例如包括但不限于：在比赛期间、熟悉路线时，以及训练期间）；（违规者将被罚时 30 秒或 60 秒，若不及时改正将被取消比赛资格）

- iii. An alteration to any part of the helmet, including the chin strap, or the omission of any part of the helmet, is prohibited; (DSQ)

禁止将头盔任何部件进行改装，包括：头盔系带，或是拆除头盔任何部分；

- iv. The helmet must be securely fastened at all times when the athlete is in possession of the bike, which means from the time they remove their bike from the rack at the start of the bike segment of the Race, until after the athlete has placed the athlete's bike on the rack at the finish of the bike segment of the Race; (30 or 60 Second Time Penalty (as applicable), DSQ if not remedied promptly) and

运动员接触自行车的整个过程都必须带好并扣紧头盔，即：自运动员在转换区从车架上取下自行车，到自行车赛段结束后将自行车放回车架；（违规者将被罚时 30 秒或 60 秒，若不及时改正将被取消比赛资格）。

- v. If an athlete moves the athlete's bike off of the Race course for any reason, the athlete may not unfasten or remove the helmet until after the athlete has moved outside the boundary of the bike course route and has dismounted from the bike. Before returning onto the bike course or before remounting the bike the athlete must fasten the helmet securely on the athlete's head. (30 or 60 Second Time Penalty (as applicable), DSQ if not remedied promptly)

如果运动员由于任何原因需要离开赛道时，运动员必须在离开赛道并下车后才允许解开头盔；在重新进入赛道或重新上车之前必须将头盔戴好并扣紧头盔带。（违规者将被罚时 30 秒或 60 秒，若不及时改正将被取消比赛资格）

(c) Illegal Equipment

违规装备

- i. Helmet mirrors or mirrors attached to the bike or body (collectively, "mirrors") may be used by athletes during the Race, provided, however, that (A) prior to the Race, the athlete must first notify the head official of athlete's intent to use or possess such mirrors during the Race, and (B) any athlete using or possessing a mirror during the Race will be ineligible to receive awards including, without limitation, World Championship entry slots. Using or possessing mirrors during the Race without providing prior notification to the head referee will result in disqualification;

允许运动员在头盔上安置镜子，或者将镜子附着在自行车车身上及运动员身体上（统称镜子），首先：赛前要告知赛事组委会运动员打算或需要在赛事中使用镜子，其次，获得携带镜子许可的运动员将不能获得以下赛事的资格，包括并



不限于世锦赛资格。运动员在没有得到赛前允许的情况下使用镜子，将被取消比赛资格；

- ii. Cameras, phone cameras, and video cameras are prohibited unless permission is given by IRONMAN. If permission is given by IRONMAN, it is the athlete's responsibility to notify the Head Referee of such permission prior to the start of the Race. Athletes seen with a camera, phone camera, or video camera will be disqualified;

未得到 IRONMAN 的允许，自行车赛段禁止携带相机、拍照手机以及摄影机。得到许可的运动员必须在赛前主动告知裁判长。运动员未经授权携带相机、拍照手机以及摄影机将被取消比赛资格。

- iii. Athletes may not use communication devices of any type, including but not limited to two-way radios, cell phones, smart watches, smart helmets (i.e., helmets enabled with Bluetooth® technology), in any distracting manner during the Race. A “distracting manner” includes but is not limited to making and receiving phone calls, sending and receiving text messages, playing music, using social media, taking photographs, and mounting the device to a bike for purposes of using the device like a bike computer. Using a communication device in a distracting manner during the Race will result in disqualification;

运动员在比赛中不得使用任何类型的通讯设备，包括但不限于手机，智能手表和双向无线电以及智能蓝牙头盔。“分散注意力的行为”包括但不限于拨打和接听电话、发送和接收短信、播放音乐、使用社交媒体和拍照。任何影响分散注意力禁止在比赛中出现，“分散注意力的行为”包括但不限于接打电话、收发短信、播放音乐、使用社交媒体、拍摄照片，以及在比赛时将手机架在自行车上作为自行车电脑的行为，“分散注意力的行为”将会被取消比赛资格；

- iv. Headsets or headphones are prohibited during the bike segment of the Race; (1:00 Minute Penalty, DSQ if not remedied promptly); and

在比赛期间禁止运动员佩戴耳机（违规者将被罚时一分钟，若不及时改正将被取消比赛资格）；

- v. Bike or parts of the bike not complying with the bike specifications (as set forth in Section 5.03) are prohibited; (30 or 60 Second Time Penalty (as applicable) or DSQ depending on severity).

禁止使用不符合要求规定（详见章节 5.03）的自行车及其零部件；（违规者将被罚时 30 秒或 60 秒，情节严重者将被取消比赛资格）；

Section 5.03 BIKE SPECIFICATIONS

5.03 自行车规格

- (a) All bicycles and bicycle equipment must conform to the specifications set forth in this Section. Any athlete (other than an athlete competing in the HC Division or the PC Open Division) using a nonconforming bicycle or otherwise violating this Section will be **disqualified**:



所有自行车及其设备必须符合本章节的规定。任何运动员（非参加手动力自行车组或残障公开组的运动员）使用不符合规定的自行车或其违反本节的规定，都将被取消比赛资格：

- i. Length cannot exceed two meters, and width cannot exceed 75 centimeters;
自行车的长度不超过 2 米，宽度不超过 75 厘米；
 - ii. The distance from the ground to the center of the chain wheel axle must measure at least 24 centimeters;
从地面到牙盘轴心的距离至少为 24 厘米；
 - iii. A vertical line touching the front most point of the saddle may be no more than 5 centimeters in front of and no more than 15 centimeters behind a vertical line passing through the center of the chain wheel axle. The cyclist must not have the capability of adjusting the saddle beyond these limits during the Race;
车座最前端垂线与牙盘轴心垂线的距离，向前不能超过 5 厘米，向后不能超过 15 厘米，并且禁止运动员在比赛过程中调节车座超出上述的距离范围；
 - iv. The "front-to-center" distance, which is defined as the distance between a vertical line passing through the center of the chain wheel axle and a vertical line passing through the center of the front axle, must measure not less than 54 centimeters, except where the distance between the center of the chain wheel axle and the top of the saddle is less than 71 centimeters (in this case the front-to-center distance cannot be less than 50 centimeters). The "front-to-center" distance must not measure more than the 65 centimeters, or seven eighths of the distance between the center of the chain wheel axle and the top of the saddle, whichever is greater. Applicability of the two foregoing exceptions is determined by measuring from a point on top of the saddle which is 14 centimeters behind the front most point of the saddle.
“前到中心”的距离指：前轮轴心垂线与牙盘轴心垂线，该距离不应小于 54 厘米，除非牙盘轴心到车座顶部的距离小于 71 厘米（在该情况下前轮到牙盘轴心的距离不应小于 50 厘米）。前轮轴心垂线与牙盘轴心垂线的距离不能大于 65 厘米，或该长度为牙盘轴心到车座顶部距离的 7/8，取较长的一个距离作为测量值。上述两个例外是从车座最前端向后 14 厘米处的车座顶部测量；
- (b) Fairings are prohibited. Any device added or blended into the structure that may decrease, or that has the effect of decreasing, resistance to air penetration, or that may artificially accelerate propulsion, such as a protective screen, fuselage form fairing or the like, is prohibited; (DSQ)
禁止使用整流罩。禁止使用任何附加或混合在主体结构上、用于减小阻力或增加推进力的装置，如保护遮板、机身整流装置或类似装置；（违规者将被取消比赛资格）；
- (c) Except as otherwise determined by the Event Director in the interest of safety, the front wheel may be of a different diameter than the rear wheel;
在得到赛事总监许可的情况下，从安全角度考虑，前轮可以与后轮的直径有所差异；



- (d) Handlebars and stem must be fashioned to prevent any danger. All handlebar ends must be solidly plugged to lessen the possibility of injury; (30 or 60 Second Time Penalty (as applicable), DSQ if not remedied promptly)
自行车车把与前叉导向管必须固定牢固，防止任何危险的发生。车把末端必须用把塞进行封闭，以降低伤害的可能；（违规者将被罚时 30 秒或 60 秒，若不及时改正将被取消比赛资格）
- (e) There must be one working brake on each of the two wheels; (DSQ)
每个车轮都必须有单独的刹车；（违规者将被取消比赛资格）
- (f) There must be a free-wheeling mechanism between the crank and the rear wheel that allows the bicycle to roll forward while the pedals remain stationary; (DSQ)
曲柄和后轮之间必须有空转机制。允许脚踏保持不动时，自行车仍向前移动；（违规者将被取消比赛资格）
- (g) All aspects of the bicycle must be safe to the rider and to other athletes in the Race. Minimum safety standards include, but are not limited to, properly glued and sealed tires, tight headset and handlebars, and true wheels; and
运动员要保证自行车的全部零部件安全性。在比赛中，不能对自己及其他运动员造成安全威胁。最基础的安全标准包括但不限于：轮胎要粘合密封好、头盔大小要合适，车把要固定，以及轮组要符合规定；
- (h) Non-traditional or unusual bikes or equipment are illegal unless, prior to the start of the Race, approval has been granted from the Event-specific Head Referee. (DSQ)
禁止使用非传统或异形自行车，除非在赛前得到裁判长的许可；（违规者将被取消比赛资格）

Section 5.04 DRAFTING AND POSITION RULES

5.04 尾随和位置规则

- (a) “Drafting” means to remain within the draft zone (as described below) of another athlete for a period longer than 25 seconds. Drafting during the Race is prohibited; (5:00 Minute Time Penalty)
“尾随”是指：运动员进入另一名运动员的尾随区（解释见下文）的时间超过 25 秒。禁止在自行车赛段进行尾随；（违规者将被罚时 5 分钟）
- (b) The bicycle draft zone is 12 meters long, measured from the leading edge of the front wheel and extending towards the back of the bike (6 bike lengths of clear space between bikes). Athletes may enter the draft zone of another athlete when passing and must continuously progress through the draft zone. A maximum of 25 seconds will be allowed to pass through the zone of another athlete; (5:00 Minute Time Penalty)
自行车尾随区从运动员前轮边缘起向后 12 米的距离（两车之间的距离相当于 6 辆自行车长度的净空间）。当运动员进行超车和不断提速时，可以进入另一位运动员的尾随区。通过其他运动员尾随区的时间限制为 25 秒；（违规者将被罚时 5 分钟）
- i. *Prior to entering the draft zone of another athlete, **professional athletes must move to the side of the athlete being overtaken (i.e., no slipstreaming). Failure to do so will result in a drafting violation; (5:00 Minute Time Penalty)***



进入另一位运动员尾随区之前，**职业运动员**必须先移到被超运动员的一侧再进行超越，(意味着没有跟风)。若没有移动到侧面，将被视为尾随犯规；(违规者将被罚时 5 分钟)

- (c) Athletes must remain outside of the draft zone (6 bike lengths between bikes) except when passing. Failure to do so will result in a drafting violation; (5:00 Minute Time Penalty)

运动员必须保持在尾随区以外（两车之间要有 6 辆自行车的长度），除非要进行超越。否则被视为尾随犯规；(违规者将被罚时 5 分钟)

- (d) A “pass” occurs when the overtaking athlete’s front wheel passes the leading edge of the front wheel of the athlete being overtaken;

超越是指正在被超越的运动员的前轮被其他正在进行超越运动员的前轮超越时，此名运动员即被实现超越；

- (e) The overtaking athlete may not back out of a draft zone after entering into it. Once an overtaking athlete enters the draft zone of another athlete, a pass must be completed; (5:00 Minute Time Penalty)

一名试图超越的运动员进入了另一名运动员的尾随区，就不能退出该区域。一旦试图超越的运动员进入了另一名运动员的尾随区，就必须完成超越；(违规者将被罚时 5 分钟)

- (f) An overtaken athlete must immediately drop out of the draft zone of the passing athlete, and must continuously make rearward progress out of the draft zone of the passing athlete. Re-passing by the overtaken athlete prior to dropping out of the draft zone will result in an overtaken violation; (30 or 60 Second Time Penalty (as applicable))

被超越的运动员要立即离开超越其的运动员的尾随区，并且必须继续拉开与完成超越运动员尾随区的距离。在离开尾随区域之前进行反超，则被视为超越犯规；(违规者将被罚时 30 秒或 60 秒)

- (g) Overtaken athletes who remain within the draft zone of the passing athlete for more than 25 seconds will be given a drafting violation; (5:00 Minute Time Penalty)

被超越运动员滞留在超越运动员的尾随区域内超过 25 秒，则被视为尾随犯规；(违规者将被罚时 5 分钟)

- (h) Athletes must ride single file on the far-right side (or left side depending on local law) of the bike course road except when passing another athlete (or for reasons of safety). Side-by-side riding is not permitted and may result in a drafting or blocking violation; (5:00 Minute Time Penalty or 30 or 60 Second Time Penalty (as applicable))

运动员必须在自行车赛道单列靠右侧骑行（或者根据当地法律靠左侧骑行），除非要对另一名运动员进行超越（或出于安全考虑的原因）。禁止并排骑行，否则将被判为尾随或制造阻挡；(违规者将被罚时 5 分钟或被违规者将被罚时 30 秒或 60 秒)

- (i) Exceptions: An athlete may enter the drafting zone without penalty only under the following conditions:

例外：进入其他运动员尾随区只有在以下情况中不被判罚：

- i. If an athlete enters the drafting zone and completes a pass within 25 seconds; 运动员超车时进入尾随区，并在 25 秒之通过尾随区；
- ii. For safety reasons;



出于安全的原因；

- iii. Entering and exiting an aid station or transition area;

进入和离开补给站或转换区；

- iv. An acute turn; and

在急转弯处；

- v. If a Race Official exempts a section of the course because of narrow lanes, constructions, detours, or for other safety reasons.

赛事官员在某些赛段上特准豁免包括：路段如遇窄道、施工、绕道或出于其他安全原因，赛事官员在此段道路实施尾随豁免；

- (j) Athletes who impede the forward progress of other athletes will be given a blocking violation; (30 or 60 Second Time Penalty (as applicable) and

阻挡其他运动员行进，将被判为阻挡犯规；（违规者将被罚时 30 秒或 60 秒）

- (k) Athletes violating rules under this Section 5.04 will be notified “on the spot” by a Race Referee. Please note: if a safety hazard prevents a referee from notifying an athlete “on the spot” (e.g., heavy traffic, narrow roads, congested area, etc.) the referee will notify the penalized athlete when the safety hazard no longer exists.

运动员违反了本章节第 5.04 条规定，将被裁判“当场”告知。请注意：如果存在安全隐患，裁判无法“当场”警告或判罚运动员（如遇到交通堵塞、狭窄道路、拥挤区域等），裁判将在安全隐患解除后再对运动员进行判罚。

Section 5.05 PENALTY TENT

5.05 罚时帐篷

- (a) all bike-course time penalties will be served in a designated Penalty Tent (“PT”). The location of the PTs will be stated in the Event-specific Athlete Information Guide. After a rule violation is issued to the athlete, it is the athlete’s responsibility to report to the next PT on the course. Failure to stop at the next PT on the bike course will result in disqualification;

自行车赛段的所有罚时都在指定的罚时帐篷内进行（即：PT）。帐篷的位置将在《运动员手册》中说明。运动员被告知违反规则后，有义务到自行车赛段的下一个处罚帐篷报到。若没有按规定执行，将被取消比赛资格；

- (b) While in the PT, athletes can consume only the food and/or water that is on the athlete’s bike or person; (DSQ)

在处罚帐篷停留期间，运动员只能用自己车上的或自身携带的食品和（或）水进行补给；（违规者将被取消比赛资格）

- (c) Athletes are prohibited from using the restroom while serving a penalty in the PT. Using the restroom while serving a time penalty will result in disqualification; and

在处罚帐篷停留期间，运动员禁止使用卫生间。在罚时帐篷期间如厕者，将被取消比赛资格；

- (d) Making adjustments to equipment or performing any type of bike maintenance while serving a penalty in the PT is prohibited. (DSQ)



在处罚帐篷停留期间禁止进行设备调试或任何形式的自行车维修。（违规者将被取消比赛资格）

Article VI RUN CONDUCT

第六章跑步

Section 6.01 GENERAL

6.01 总则

- (a) Athletes may run, walk, or crawl;

运动员可以通过跑、走或爬行方式完成跑步赛段；

- (b) It is the sole responsibility of each athlete to know and follow the prescribed running course. No adjustments in times or results will be made, for any reason whatsoever, for athletes who fail to follow the proper course (e.g., if the athlete runs in the wrong direction or runs more than necessary, time will not be subtracted from the athlete's final Race time);

每位运动员必须自行了解赛道，并按照跑步的比赛路线进行比赛。若运动员没有按照比赛路线进行比赛，在完赛时间和成绩上不会做出任何调整（例如：如果运动员跑错方向或是多跑，最终的完赛时间不会扣除该部分用时）；

- (c) All athletes must obey all traffic laws while on the running course unless otherwise specifically directed by a Race Referee or Race Official with actual authority. Unless otherwise directed in accordance with the preceding sentence, all athletes must come to a complete stop when required by a traffic sign or traffic control device and must not proceed through any intersection unless such intersection is clear of oncoming traffic. Any violation of this Section will result in a time penalty or disqualification (depending upon severity of the violation);

在跑步赛道，所有的运动员都必须遵守交通规则。除非裁判或赛事官员根据当地政府部门的要求有特殊安排。所有运动员在比赛路线中通过十字路口时遇到交通指示灯或指示装置要求完全停下时，运动员必须严格遵守。除非事先有赛事说明或特殊安排，以及在路口设有交通管控，运动员方可通行。任何违反交通规则的行为都将受到罚时或取消比赛资格的处罚（根据违反规则的严重程度进行判罚）；

- (d) Running with a bare torso is prohibited. Athletes must wear a shirt, jersey, or sport-top at all times during the run segment of the Race; (30 or 60 Second Time Penalty (as applicable), DSQ if not remedied promptly)

禁止运动员在跑步赛段裸露躯干。运动员必须穿着上衣、骑行服或运动上衣（违规者将被罚时 30 秒或 60 秒，若不及时改正将被取消比赛资格）；

- (e) Uniforms with a front zip must not be undone below the point of the end of the breastbone (sternum); (DSQ if not remedied promptly)

身着胸前具有拉锁的运动服时，拉链禁止拉到胸骨以下的位置。若不及时改正将被取消比赛资格；

- (f) Any item that needs to be discarded, including but not limited to water bottles, gel wrappers, bar wrappers, broken bike parts, or clothing items, may be discarded only in the designated trash drop zones at each aid station. Discarding any item outside of the trash drop zones is prohibited (5:00



Minute Time Penalty) Please note: due to the local laws and ordinances at select Event venues, intentional littering will result in disqualification (See Event-specific Athlete Information Guide for more information);

运动员需要丢弃的物品，包括但不限于：水壶、能量胶包装、能量棒包装或衣物，以及车辆破损的零件只能丢弃在补给站专门设立的垃圾丢弃区域。禁止在垃圾丢弃区之外丢弃任何物品（违规者将被判 5 分钟罚时）。请注意：有些特定的比赛由于当地法律和条例的严格规定，故意丢弃垃圾者将被取消比赛资格（在《运动员手册》中有具体说明）；

- (g) Athletes must wear their IRONMAN issued bib number in front of the athlete's person and the bib must be clearly visible at all times on the run course. Bib numbers identify the official athletes in the Race. Folding, cutting the bib number, intentional alteration of any kind, or failure to wear bib number is prohibited and may result in disqualification; and

运动员在跑步赛道上必须全程佩戴 IRONMAN 提供的号码布，号码布需要在身体前方保持随时清晰可见。在比赛中，号码布用来识别比赛运动员的身份。折叠、破坏以及有意修改号码布，或不正确佩戴等行为都将被取消比赛资格；

- (h) Run course cut-off times will be stated in the Event-specific Athlete Information Guide.

跑步赛段关门时间会在《运动员手册》中说明。

Section 6.02 ILLEGAL EQUIPMENT

6.02 非法装备

- (a) Headsets or headphones are prohibited during the run segment of the Race; (1:00 Minute Penalty, DSQ if not remedied promptly)

运动员禁止在跑步赛段佩戴耳机；（违规者将被原地罚时一分钟并给予警告，若不及时改正将被取消比赛资格）

- (b) Athletes may not use communication devices of any type, including but not limited to two-way radios, cell phones, smart watches, smart helmets (i.e., helmets enabled with Bluetooth® technology), in any distractive manner during the Race. A “distractive manner” includes but is not limited to making and receiving phone calls, sending and receiving text messages, playing music, using social media, and taking photographs. Using a communication device in a distractive manner during the Race will result in disqualification; and

比赛期间，运动员不得使用任何类型的通讯设备，包括但不限于手机，智能手表和双向无线电以及带有蓝牙功能的头盔。“分散注意力的行为”包括但不限于拨打和接听电话、发送和接收短信、播放音乐、使用社交媒体和拍照。使用任何通讯设备在比赛中出现任何分散注意力的行为将会被取消比赛资格；

- (c) Cameras, phone cameras, and video cameras are prohibited unless permission is given by IRONMAN. If such permission is given by IRONMAN, it is the athlete's responsibility to notify the Head Referee of such permission prior to the start of the Race. Athletes seen with an unauthorized camera, phone camera, or video camera will be disqualified.

未得到 IRONMAN 的允许，跑步赛段禁止携带相机、拍照手机以及摄影机。得到许可的运动员必须在赛前主动告知裁判长。运动员未经授权携带相机、拍照手机以及摄影机将被取消比赛资格。



Section 6.03 FINISH LINE CONDUCT

6.03 终点冲线

Friends, family members, and/or other spectators are not permitted to cross the finish line or enter the finish chute with participating athletes. (Please note: IRONMAN desires for each athlete to be able to celebrate his/her accomplishment without risking the safety of other Event participants, volunteers, and/or spectators). Athletes who choose not to respect the foregoing finish line policy will be **disqualified**.

朋友、家属以及其他观众不允许陪同参赛运动员一同冲线或是进入终点区域（请注意：IRONMAN 希望每一位运动员都能够在确保其他参赛选手、志愿者以及观众安全的情况下，庆祝自己完赛）。不遵守终点冲线规则的运动员将被取消比赛资格。

Article VII TRANSITION AREA CONDUCT

第七章转换区

Section 7.01 GENERAL

7.01 总则

- (a) Bicycles must be racked in a manner such that the majority of the bicycle is on the athlete's side of the bike rack; (30 or 60 Second Time Penalty (as applicable))
自行车必须得当的挂放在车架上，挂车位置不能影响其他选手的挂车空间；（违规者将被罚时 30 秒或 60 秒）
- (b) Each athlete's equipment must be placed either in the athlete's transition bags, on the athlete's bike, or in the designated transition spot, depending on the policy stated in the Event-specific Athlete Information Guide; (30 or 60 Second Time Penalty (as applicable))
每位运动员的装备都要放在运动员的换项包里、或自行车上、或放在指定的换项位置，具体信息会在《运动员手册》中进行说明；（违规者将被罚时 30 秒或 60 秒）
- (c) Athletes must not interfere with another athlete's equipment in the transition area; (30 or 60 Second Time Penalty (as applicable))
禁止运动员在转换区内扰乱其他运动员的换项装备；（违规者将被罚时 30 秒或 60 秒）
- (d) Athletes must not impede the progress of other athletes in the transition area; (30 or 60 Second Time Penalty (as applicable))
在转换区，运动员不能干扰其他选手进行换项；（违规者将被罚时 30 秒或 60 秒）
- (e) A mount and dismount line will be clearly designated at the entrance and exit of the transition area. Mounting the bike before the designated mount-line is prohibited. Dismounting after the dismount line is prohibited; (30 or 60 Second Time Penalty (as applicable))
上车线和下车线会清楚地标志在转换区的出口和入口。禁止在上车线之前上车，以及下车线之后下车（违规者将被罚时 30 秒或 60 秒）
- (f) Athletes cannot stop in the flow zones of the transition area; (30 or 60 Second Time Penalty (as applicable)) and



运动员在转换去停留期间不能影响其他运动员；（违规者将被罚时 30 秒或 60 秒）

(g) Public nudity or indecent exposure is prohibited. (DSQ)

禁止在公共场所裸体和不文明的暴露。（违规者将被取消比赛资格）

Article VIII PHYSICALLY CHALLENGED (“PC”) OPEN DIVISION

第八章 PC 运动员公开组

Section 8.01 GENERAL

8.01 总则

(a) Participation in the PC Open Division is available to athletes with a medically verified Visual Impairment (as such term is defined below) or a medically verified physical, or neurological impairment that substantially limits one or more major life activities. Athletes with other miscellaneous medical conditions such as, but not limited to, intolerance to temperature extremes, organ transplants, joint replacements (endoprosthetics), kidney dialysis, hearing impairments, and/or cognitive impairment are not eligible to participate in the PC Open Division;

被医学上验证为视力障碍的运动员，或运动障碍，或大大限制一项或两项主要生活活动的神经障碍，可以参加专门设立的残障公开组的比赛。存在其他医疗状况的运动员，例如但不仅限于：不耐受极端温度、器官移植、关节更换、肾脏透析、听力障碍，和/或智力障碍，都不允许报名参加残障公开组；

i. For the purposes of this Section the term “Visual Impairment” means either (A) a visual acuity of 20/200 (6/60 meters) or less in the better-seeing eye with best conventional correction (meaning with regular glasses or contact lenses) or (B) a visual field (the total area an individual can see without moving the eyes from side to side) of 20 degrees or less (also called tunnel vision) in the better-seeing eye;

本章节提及的“视力障碍”是指：（A）经过最佳的常规矫正后（指佩戴普通眼镜或隐形眼镜），优势眼的视觉敏锐度在 20/200（6/60 米）或以下，或（B）优势眼的视野范围在 20 度或以下（又被称作“管状视”）（视野最大范围是指在人眼球固定不动的情况下，眼睛所能看到的空间范围）；

ii. Visually impaired athletes must (A) use only one (1) guide of the same sex throughout the entire Race, (B) be tethered during the swim segment of the Race, (C) ride a tandem bicycle during the bike segment of the Race, and (D) during the run segment of the Race, use either an elbow lead or a tether lead; 视力障碍运动员必须（A）在整个比赛过程中只能由一名同性的导盲员陪伴，（B）在比赛的游泳赛段，二人之间采用系绳引导方式，（C）在比赛的自行车赛段使用双人自行车，（D）在跑步赛段，既可以采用扶肘引领法也可以采用系绳引领方式；



(b) Except as set forth above in (a), PC athletes are not required to request or receive any formal paratriathlon classification;

PC 运动员不需要申请或接受任何正式的残障铁人三项分类，除在（a）条款中提及的情况

(c) Except with respect to the exceptions listed in (i) – (iii) below, adaptive equipment used in the PC Open Division must conform to the equipment specifications listed in the “International Triathlon Union (“ITU”) Paratriathlon Rule Modifications” or as otherwise specified in these Competition Rules with the following exceptions:

除以下(i) – (iii)条款提到的例外清单，PC 运动员使用的改装装备必须符合国际铁人三项联合会（ITU）的残障铁人三项装备改装规则，否则必须符合以下比赛规定；

i. PC athletes with disabilities that affect the athlete’s ability to remain balanced may use stabilizer wheels during the bicycle segment of the Race. (Please note: The BIKE USA, Inc. Stabilizer Wheel Kit is an adult training wheel kit and has been approved for use in Events. For information and pictures of the product, see <http://www.stabilizerwheels.com/>);

无法保持身体平衡的 PC 运动员可以在自行车赛段中使用稳定轮。（请注意：BIKE USA 公司的稳定轮是成人训练装备，并已获得“比赛器材”的资质。具体产品信息，请参考网站 <http://www.stabilizerwheels.com/>）

ii. Recumbent style tricycles are permitted; and
允许使用平躺式三轮车；

iii. Hand-cycles that do not meet the ITU Paratriathlon measurement restrictions (e.g., for length, wheel size, seat angle, and/or safety bars) are permitted.

不符合国际铁人三项联合会残障铁人三项尺寸规格（如：长度、车轮尺寸、座管角度和/或安全车把）的手动力自行车允许使用。

(d) Any request by a PC athlete to use other adaptive equipment (equipment not defined in the ITU Paratriathlon Rules or in the exceptions above) must be submitted to the Event Director or the Head Referee at least 14 days prior to the Event; and

PC 运动员如要使用其他改装装备（在国际铁联残障铁人三项规则中未定义或属上述例外的），必须在赛前至少 14 天向赛事总监或裁判长提出申请；

(e) The PC Open Division is a non-competitive, participatory division; and

PC 运动员公开组是非竞争，完全参与性的组别；

(f) Conduct and standards for handlers and guides of PC athletes is governed by the ITU Paratriathlon Rules.

PC 运动员的赛事程序和指南的管理标准都根据国际铁人三项联合会残障铁人三项规则进行管理。

Section 8.02 SWIM CONDUCT

8.02 游泳规则

(a) Except as set forth in this Article VIII, each PC athlete’s swim conduct shall be consistent with Article IV of the Competition Rules



除在第八章特别规定外，所有 PC 运动员在游泳赛段应遵守第四章中的竞赛规则

- (b) IRONMAN reserves the right to seed PC Open Division athletes at the swim start of the Race (i.e., early start, late start, designated wave, etc.);
IRONMAN 有权决定 PC 运动员游泳出发顺序（如：先出发、后出发，及分批出发）；
- (c) PC Athletes may use wetsuits during the swim segment of the Race at any given water temperature;
无论水温高低，PC 运动员在游泳赛段都允许使用防寒胶衣；
- (d) Prior to the start of the Race athletes must obtain prior approval from the Event Director with respect to all special requests related to swimwear and/or accessories to be used during the swim segment of the Race. Any change thereafter will be grounds for disqualification;
PC 运动员必须在赛前得到赛事总监就游泳赛段所必须的全部特殊游泳装备和/或辅助装备的审批。若审批后对装备做出了改变，将会被取消比赛资格；
- (e) The use of snorkels is prohibited; (DSQ) and
禁止使用呼吸管（违规者将被取消比赛资格）
- (f) The use of any flotation devices is prohibited. (DSQ)
禁止使用任何漂浮装置（违规者将被取消比赛资格）

Section 8.03BIKE CONDUCT

8.03 自行车规则

- (a) Each PC athlete's cycling conduct shall be consistent with Article V of the Competition Rules;
PC 运动员的自行车规则和第五章中的竞赛规则相同；
- (b) Standard bicycles are subject to specifications set forth in Article V of the Competition Rules. Adaptations not specified in Article V must be pre-approved by the Head Referee prior to Race day;
自行车的标准要遵守第五章中的竞赛规则。第五章中未提及的车辆改装事宜必须在赛前得到裁判长的批准；
- (c) Race Officials reserve the right to reject any bicycle/handcycle not meeting IRONMAN's safety standards;
赛事官员有权禁止任何不符合 IRONMAN 安全规范的自行车/手动力自行车参赛；
- (d) Each PC athlete is required to maintain control of his/her bicycle and to operate at a reasonable speed so as not to threaten the safety and well-being of aid station volunteers, other competitors, Race Officials and/or spectators. Operation of a bicycle/handcycle in a dangerous or reckless manner will be grounds for disqualification; and
每位 PC 运动员都要求能够良好地控制其自行车，并保持合理的速度，确保补给站的志愿者、其他运动员、赛事官员和观众的安全和健康。驾驶自行车/手动力自行车造成危险或有鲁莽行为将会被取消比赛资格
- (e) An approved helmet is required during the entire bike segment of the Race (including in and out of the transition area). Any athlete riding without an approved helmet or chinstrap fastened will be disqualified.



在完整自行车赛段，PC 运动员要求使用符合规定的头盔（包括进、出转换区）。没有佩戴头盔或者没有系紧头盔带的运动员都将被取消比赛资格。

Section 8.04 RUN CONDUCT

8.04 跑步规则

- (a) Each PC athlete's running conduct shall be consistent with Article VI of the Competition Rules; and PC 运动员的跑步规则和第六章中的竞赛规则相同；
- (b) For PC athletes using wheelchairs, standard racing chairs must be used. An approved helmet is required during the entire wheelchair (run) segment (including in and out of the transition area). Any athlete riding without chinstrap fastened will be disqualified.

对于使用轮椅的 PC 运动员，必须使用符合标准的竞赛轮椅。PC 运动员需要在完整的轮椅（跑步）赛段使用符合规定的头盔（包括进、出转换区）。任何运动员驾驶轮椅没有系紧头盔带都将被取消比赛资格。

Article IX HANDCYCLE ("HC") DIVISION

第九章手动力自行车组

Section 9.01 GENERAL

9.01总则

- (a) A Handcycle Division may be offered at the Event, provided, however, that, based on certain safety and operational constraints, the Event Director (in the Event Director's sole and absolute discretion) may prohibit the occurrence of an HC Division at any Event;

在某些赛事中会设立手动力自行车组。但是基于安全和操作条件的限制，赛事总监（赛事总监有独立和完全的決定权）也有可能在此类赛事中取消手动力自行车组的比赛；

- (b) Handcycle athletes must use a recumbent handcycle on the bike course and a racing wheelchair on the run course;

手动力自行车组运动员必须在自行车赛段使用躺式手动力车，在跑步赛段使用比赛轮椅

- (c) Conduct and standards for handlers and guides of HC athletes is governed by the ITU Paratriathlon Rules.

作为帮助 PC 运动员的工作人员，其操作标准以及手动力自行车运动员的比赛指南均将根据国际铁人三项协会残疾运动员的竞赛规则制定。

- (d) The HC Division is a competitive division; and

手动力自行车被划分为一个竞赛组别；

- (e) Race awards with respect to the HC Division will not be based upon age-groups within the HC Division, but will be given to the top female and male finishers of the HC Division.

手动力自行车组的奖项不按照年龄组设置，只分别颁发给男、女冠军；



Section 9.02 SWIM CONDUCT

9.02 游泳

- (a) Except as set forth in this Section, each HC athlete's swim conduct shall be consistent with Article IV of the Competition Rules;
除在本章节特别规定外，手动力自行车组运动员的游泳规则和第四章中的竞赛规则相同；
- (b) IRONMAN reserves the right to seed HC Division athletes at the swim start of the Race (i.e., early start, late start, designated wave, etc.);
IRONMAN 有权决定手动力自行车组运动员的游泳出发顺序（如：先出发、后出发，及分批出发）
- (c) HC athletes may use wetsuits during the swim segment of the Race at any given water temperature;
无论水温高低，手动力自行车组运动员在游泳赛段都允许使用防寒胶衣；
- (d) Prior to the start of the Race, HC athletes must obtain prior approval from the Event Director with respect to all special requests related to swimwear and/or accessories to be used during the swim segment of the Race. Any change thereafter will be grounds for disqualification;
手动力自行车组运动员必须在比赛出发前得到赛事总监就游泳赛段所必须的所有特殊游泳装备和/或辅助装备的审批。如果批准之后装备做出了改变，该名运动员将被取消比赛资格；
- (e) The use of snorkels is prohibited; (DSQ) and
禁止使用呼吸管；（违规者将被取消比赛资格）
- (f) The use of any flotation devices is prohibited. (DSQ)
禁止使用任何漂浮装置；（违规者将被取消比赛资格）

Section 9.03 BIKE CONDUCT

9.03 自行车规则

- (a) Except as set forth in this Section, each HC athlete's cycling conduct shall be consistent with Article V of the Competition Rules;
除在本章特别规定，所有手动力自行车组运动员都应遵守第五章自行车的比赛规则；
- (b) Handcycles must meet the specifications outlined in Section 17.13 of the International Triathlon Union Competition Rules;
手动力自行车必须符合国际铁人三项联合会竞赛规则第 17.13 条规定；
- (c) Race Officials reserve the right to reject any bicycle/handcycle not meeting IRONMAN's safety standards;
赛事官员有权禁止任何不符合 IRONMAN 安全规范的自行车/手动力自行车参赛；
- (d) HC Athletes are required to maintain control of his/her handcycle and to operate at a reasonable speed so as not to threaten the safety and well-being of aid station volunteers, spectators, the public, Race Officials, and other athletes. Operation of a handcycle in a dangerous or reckless manner will be grounds for disqualification; and



每位手动力自行车组运动员都要求能够良好地控制其手动力自行车，并保持合理的速度，确保补给站的志愿者、其他运动员、赛事官员和观众的安全和健康。驾驶手动力自行车造成危险操作或有鲁莽行为将会被取消比赛资格；

- (e) An approved helmet is required during the entire bike segment of the Race (including in and out of the transition area). Any HC athlete riding without an approved helmet or chinstrap fastened will be disqualified.

在完整自行车赛段，手动力自行车组运动员要求使用符合规定的头盔（包括进出转换区）。运动员没有佩戴头盔或者没有系紧头盔带都将被取消比赛资格；

Section 9.04 RUN CONDUCT

9.04 跑步规则

- (a) Except as set forth in this Section, each HC athlete's running conduct shall be consistent with Article VI of the Competition Rules;

除在本章特别规定外，手动力自行车组运动员将应遵守第六章的跑步竞赛规则；

- (b) Standard racing chairs are required. The standard racing chair requirements are set forth in Section 17.14 of the International Triathlon Union Competition Rules; and

跑步赛段必须使用标准竞赛轮椅。标准竞赛轮椅的要求请参考国际铁人三项联合会第 17.14 条规定；

- (c) An approved helmet is required during the entire wheelchair (run) segment of the Race (including in and out of the transition area). Any HC athlete riding without chinstrap fastened will be disqualified.

在完整的轮椅跑步赛段，手动力自行车组运动员要求使用符合规定的头盔（包括进、出转换区）。运动员没有佩戴头盔或没有系紧头盔将被取消比赛资格；

Article X RACE OFFICIATING

第十章 赛事裁决

Section 10.01 POWERS OF THE HEAD REFEREE

10.01 裁判长权力

The Head Referee has the power to:

裁判长拥有以下权力：

- (a) To interpret and enforce the Competition Rules and any other regulations or policies of IRONMAN; 解释和执行竞赛规则以及 IRONMAN 其他规章及政策；
- (b) To supervise and control the general conduct of all athletes, and to intervene during the Race at any stage to ensure that the Competition Rules are observed; 监督和管理所有运动员的基本行为，在比赛任何阶段都可以进行干预以确保赛事规则得到执行；
- (c) To enforce the Competition Rules and impose penalties for violations of the Competition Rules; 执行竞赛规则同时对违反竞赛规则的行为进行处罚；



- (d) To make decisions with respect to any Race-related situation before, during, and/or after the Race (including situations not specifically covered in the Competition Rules);
在赛前、赛中和/或赛后对任何与比赛相关的情况做出判决（包括在竞赛规则中未列举的情况）；
- (e) To instruct, direct, assign duties to, and delegate authority to all other Race Referees;
指导、分配职责并将权力下放给其他比赛裁判；
- (f) To overrule any Judge, Marshal, or other Race Official on any point of interpretation of the Competition Rules;
对任何裁判、技术官员、赛事官员所做出的比赛规则的解释拥有否决权；
- (g) To examine the equipment or other items of any athlete at any time to check compliance with the Competition Rules, and to make the final and binding decision as to whether any equipment or other item is improper or unauthorized; and
有权在任何时候检查任何运动员的所有装备或物品，以确保运动员遵守比赛规则，并对其设备或物品是否符合比赛规定做出最终决定；
- (h) To establish all aspects of protest procedures (including the time and place of hearing), to impose sanctions for noncompliance with established procedures, and to assess penalties in accordance with the resolution of any protests.
建立抗议申述程序（包括听证会的时间和地点），对既定程序的违规行为实施制裁，同时根据抗议决议评估处罚；

Section 10.02 RACE REFEREES

10.02 比赛裁判

Race Referees will follow all instructions of the Head Referee. Race Referees shall have jurisdiction over all persons in their respective areas of assignment and shall enforce these Competitive Rules by reporting, in writing, violations to the Head Referee.

比赛裁判需要遵照裁判长的指示进行工作。裁判有权在各自任务区域内对所有运动员进行监督和管理，同时需要向裁判长以书面形式汇报运动员违反规定的行为，以此来执行比赛规则；

Section 10.03 HEAD TIMER

10.03 主计时官

The Head Timer is responsible for collecting and processing all data relevant to the calculation and determination of official Race results.

主计时官负责收集和处理所有与赛事成绩相关的数据，并计算和确定运动员的正式比赛成绩；

[Appendix A]

附件 A:



APPENDIX A: Common Competition Rule Violations and Penalties

附件 A: 常见竞赛违规及处罚

The following is a summary of the most common Competition Rule violations and penalties and is not intended to be an all-inclusive list of violations and penalties (“Summary”). In any instance where this Summary is inconsistent with or otherwise contradicts the Competition Rules set forth in Articles I-X, the Competition Rules set forth in Articles I-X shall govern. Each athlete is responsible for knowing and understanding all Competition Rules (including without limitation any additional rules set forth in the Event-specific Athlete Information Guide).

以下是最常见的竞赛规则违规和处罚摘要，并非所有的违规和处罚（“摘要”）全部列入其中。在任何情况下，本摘要如果和竞赛规则中第一到九章所述内容不一致，则以竞赛规则中第一到九章所示为准。每位运动员有责任了解和理解全部竞赛规则（包括但不限于在《运动员手册》中做的其他规定）。

*SUMMARY OF GENERAL COMPETITION RULES 常见违规行为摘要	PENALTIES 处罚
Public nudity or indecent exposure 公开裸体或不文明暴露	DSQ 取消比赛资格
Littering outside of the trash/rubbish drop zones 在非丢弃区丢弃垃圾	5:00 Minute Time Penalty 5 分钟罚时
Using unsportsmanlike behavior 违反体育精神的行为	DSQ and potential suspension 取消比赛资格及可能被禁赛
Failure to follow the prescribed course 不按比赛路线比赛	DSQ 取消比赛资格
Failure to wear a shirt or sport top during the bike or run 在自行车和跑步项目中裸露上身	30 or 60 Second Time Penalty (as applicable) if remedied, DSQ if not remedied promptly 30 秒或 60 秒的罚时，如不改正，将会被取消比赛资格。
Accepting assistance from anyone other than Race Referees, Race Officials or other Race participants in accordance with the Competition Rules 接受比赛裁判、赛事官员或其他比赛运动员以外的人员提供的帮助	If it is possible to amend and return to the original situation then a 30 or 60 Second Time Penalty (as applicable) Time Penalty will be assessed, If not: DSQ 如果运动员可以回到原状态，裁判员会视情况而定给予30或60秒的罚时，如不能回到原状态，将被取消比赛资格。
Giving another athlete a complete bike, frame, wheel(s), helmet, bike shoes, running shoes or any other item equipment which results in the donor athlete being unable to continue with their own Race, or assisting the physical forward progress of another athlete on any part of the course during the Race 为其他运动员提供整车、车架、轮组、头盔、自行车锁鞋、跑鞋或其它任何装备。而由于提供了这些装备，将导致提供方无法继续比赛或者在任意地点为其他运动员提供向前运动动力的行为。	DSQ of both athletes 取消双方比赛资格
Fraud by entering under an assumed name or age, falsifying an affidavit, or giving false information 提供虚假姓名或年龄，伪造资料或提供虚假信息参加比赛	DSQ and potential suspension 取消比赛资格及可能禁赛
Not stopping in the next penalty tent after being obliged to do so 在被告知处罚后未在下一个处罚帐篷接受处罚	DSQ 取消比赛资格

<p>Use of communication devices of any type, including but not limited to two-way radios, cell phones, smart watches, smart helmets (i.e., helmets enabled with Bluetooth® technology), in any distractive manner, during the Race.</p> <p>使用任何类型的通讯设备，包括但不限于手机，智能手表和双向无线电以及智能头盔（具有蓝牙功能的头盔）。以及任意一种“分散注意力的行为”</p>	<p>DSQ 取消比赛资格</p>
<p>Use of any device that will distract the athlete from paying full attention to their surroundings, including but not limited to making and receiving phone calls, sending and receiving text messages, using social media, taking photographs, and using a device as a bike computer.</p> <p>使用任意一种有可能将会分散运动员对周围环境注意力的设备不限于接打电话、收发消息、使用社交软件、拍照及自行车电脑。</p>	<p>DSQ 取消比赛资格</p>
<p>SUMMARY OF SWIM RULES 游泳赛道常见违规摘要</p>	<p>PENALTIES 处罚</p>
<p>In a non-wetsuit swim, wearing clothing covering any part of the arms below the elbow and/or clothing covering any part of the legs below knee</p> <p>在禁止穿防寒胶衣的比赛中，使用覆盖肘部以下的任何部位和/或覆盖超过膝盖的任何部位的泳衣</p>	<p>DSQ 取消比赛资格</p>
<p>In a non-wetsuit swim, wearing swimwear that is not 100% textile material.</p> <p>在禁止穿防寒胶衣的比赛中，使用不是 100% 编织材料的泳衣</p>	<p>DSQ 取消比赛资格</p>
<p>Wearing a wetsuit that measures more than 5mm thick</p> <p>使用超过 5mm 厚度的防寒胶衣</p>	<p>DSQ 取消比赛资格</p>
<p>Using a snorkel</p> <p>使用呼吸管</p>	<p>DSQ 取消比赛资格</p>
<p>**SUMMARY OF BIKE RULES 自行车常见违规摘要</p>	<p>PENALTIES 处罚</p>
<p>Drafting violation</p> <p>尾随</p>	<p>5:00 Minute Time Penalty 5 分钟罚时</p>
<p>Blocking (side by side riding)</p> <p>并排骑行</p>	<p>30 or 60 Second Time Penalty 30 秒或 60 秒的罚时</p>
<p>Once overtaken, re-passing prior to dropping out of the draft zone</p> <p>在被超越时，未退出尾随区就进行反超</p>	<p>30 or 60 Second Time Penalty 30 秒或 60 秒的罚时</p>
<p>Once overtaken, remaining in the draft zone for more than 25 seconds</p> <p>在被超越时，停留在跟随区超过 25 秒</p>	<p>5:00 Minute Time Penalty 5 分钟罚时</p>
<p>Failure to wear a shirt or sport top during the bike portion</p> <p>在自行车赛段裸露上身</p>	<p>30 or 60 Second Time Penalty if remedied, DSQ if not remedied promptly 违规者将被进行 30 秒或 60 秒的罚时并给予警告，如不改正将取消比赛资格</p>
<p>Wearing a uniform with front zipper undone below the point of the end of the breastbone(sternum) during the competition;</p> <p>比赛过程中身着胸前带有拉链的骑行服时，拉锁拉到了胸骨以下的位置；</p>	<p>DSQ if not remedied promptly 如不改正将取消比赛资格</p>
<p>During the bike segment, wearing the helmet unfastened or insecurely fastened</p> <p>在自行车赛段中，不系头盔或未安全系紧头盔</p>	<p>30 or 60 Second Time Penalty if remedied, DSQ if not remedied promptly 违规者将被进行 30 秒或 60 秒的罚时并给予警告，如不改正将取消比赛资格</p>
<p>Wearing headsets or headphones during competition</p> <p>在比赛中使用耳机</p>	<p>30 or 60 Second Time Penalty if remedied, DSQ if not remedied promptly 违规者将被进行 30 秒或 60 秒的罚时并给予警告，如不改正将取消比赛资格</p>



Not wearing a helmet during all Event activities when the athlete rides the bike: e.g., competition, familiarization, and training sessions 在整个赛事活动期间，骑车不戴头盔。比如：比赛、熟悉赛道、训练期间等	30 or 60 Second Time Penalty if remedied, DSQ if not remedied promptly 违规者将被进行 30 秒或 60 秒的罚时并给予警告，如不改正将取消比赛资格
Make forward progress without bike during the bike segment 在自行车比赛中脱离自行车前进	30 or 60 Second Time Penalty if remedied, DSQ if not remedied promptly 违规者将被进行30秒或60秒的罚时并给予警告，如不改正将取消比赛资格
SUMMARY OF RUN RULES 跑步常见违规摘要	PENALTIES 处罚
Wearing headsets or headphones during competition 在比赛中使用耳机	30 or 60 Second Time Penalty if remedied, DSQ if not remedied promptly 违规者将被进行 30 秒或 60 秒的罚时并给予警告，如不改正将取消比赛资格
Failure to wear a shirt or sport top during the run portion 在跑步赛段中上身不穿着T恤或者运动上装	30 or 60 Second Time Penalty (as applicable) if remedied, DSQ if not remedied 违规者将被进行 30 秒或 60 秒的罚时并给予警告，如不改正将取消比赛资格
Wearing a uniform with front zipper undone below the point of the end of the breastbone(sternum) during the competition; 比赛过程中身着胸前带有拉链的服装时，拉锁拉到了胸骨以下的位置；	DSQ if not remedied promptly 如不改正将取消比赛资格
Crossing the finish line with a non-participating individual 和非参赛人员一起冲线	DSQ 取消比赛资格
SUMMARY OF TRANSITION AREA RULES 转换区常见违规摘要	PENALTIES 处罚
Blocking the progress of other athletes 阻挡其他运动员行进	30 or 60 Second Time Penalty if remedied, 违规者将被进行 30 秒或 60 秒的罚时
Interfering with another athlete's equipment 扰乱其他运动员的换项装备	30 or 60 Second Time Penalty if remedied, 违规者将被进行 30 秒或 60 秒的罚时

Notes:

注意

1. *Please note: due to the local laws and ordinances at select Event venues, intentional littering will result in **disqualification** (See Event-specific Athlete Information Guide for more information).

1 请注意：根据某些赛事举办地的法律和规定，有意丢弃垃圾将被取消比赛资格（更多信息请见《运动员手册》）
2. **Please note: at select Event venues athletes are required to wear their athlete bib number on both the bike and run segments of the Race (See Event-specific Athlete Information Guide for more information).

2 请注意：运动员在自行车和跑步赛段都需要佩戴号码簿（更多信息请详见《运动员手册》）