

**Regulations on the holding of the Open Indoor/Outdoor Triathlon
Championship, the supersprint distance**

1. PURPOSE AND OBJECTIVES

Indoor Triathlon Championship "INDOOR ALMATY" is a competition held with the aim of developing triathlon in Almaty.

The objectives of the competition are:

- increasing the number of athletes and triathlon enthusiasts;
- ensuring the mass development of triathlon in Almaty;
- the growth of amateur sports skills;
- popularization of the sport.

2. PLACE AND TIME OF THE SPORTS COMPETITION

2.1. Date: June 9, 2024

2.2. Location: Invictus Sadu Fitness Club, Almaty, Al-Farabi Avenue 128/7.

2.3. Distance: Supersprint.

2.4. The program of the competition day:

- **Professional athletes will take part on June 09, 2024**
- **Categories- U13, U15 and U17 (LIMIT of 66 participants)**
- Super sprint: INDOOR -300m swimming and 8km cycling
OUTDOOR – 3,3 km running

06:15	Gathering of participants
06:45-06:55	Opening of the Competition
07:00	Start of the I stream
07:45	Start of the II stream
08:30	Start of the III stream
Until 15:00h.	Calculation of the results of the Swimming and Cycling stages
15-00	Announcement of the list and time of participants, issuance of starting numbers for the Running stage
Until 16:00h.	Building in the start cluster
16-00	Start of the running stage

17:30	Awarding of winners of all categories, closing of the competition
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- **On June 09, 2024**, amateur athletes of the AGE Group and teams will take part.
- Super sprint: INDOOR -300m swimming and 8km cycling
OUTDOOR – 3,3 km running
- **AGE GROUP categories:**
 - **18-29 years old, 30-39 years old, 40-49 years old, 50+ (LIMIT of 72 participants)**
 - **Team competition**, 1st participant – swimming (300m), 2nd participant - cycling stage (8km), 3rd participant - running.
- Types of teams;** men's team, women's team, mixed team (**LIMIT of 16 teams**)

08:30	Gathering of participants of the I stream of Individual credit
09:15 – 09:25	Opening of the Competition + Briefing
09:30	The start of the I stream – Individual competition
09:30	Gathering of participants of the II stream
10:15 – 10:25	Briefing and warm-up of the II stream
10:30	Start of the II stream – Individual competition
10:30	Gathering of participants of the III stream of Individual competition
11:15 – 11:25	Briefing and warm-up of the III stream
11:30	Start of the III stream – Individual competition
11:30	Gathering of participants of the IV stream of Individual competition+Team standings
12:15 – 12:25	Briefing and warm-up of the IV stream
12:30	The start of the IV stream – Individual competition +Team standings
До 15-00ч.	Calculation of the results of the Swimming and Cycling stages
15-00	Announcement of the list and time of participants, issuance of starting numbers for the Running stage
До 16:00ч.	Building in the start cluster
16-00	Start of the running stage
17:30	Awarding of winners of all categories, closing of the competition

2.5. Swimming stage.

- The swimming stage is held in the pool. The distance is 300 m.

The length of the pool is 25 meters. The whole number of segments of 25 m, which the participant of the competition will swim, is taken into account.

Participants can use any type of swimming.

During the swimming stage, participants must use swimming caps and swimming goggles.

Prohibited: additional equipment that facilitates the rapid passage of the stage and the use of wetsuits.

Start from the side of the track, the participant can start from the bottom only at the beginning and at the end of the track.

A participant experiencing difficulties and discomfort, in need of medical assistance, should raise his hand above his head, wave, ask for help. At the same time, the participant who received medical assistance, even regardless of whether the request was voluntary or forced, must leave the race without continuing the fight.

If the Chief Judge of the competition or the stage judge considers that the participant who was assisted cannot continue the stage by seeking medical help during the start, the participant is prohibited from continuing and returning to the distance.

2.6. The cycling stage

- The cycling stage is held on an exercise bike. The distance is 8 km

Prohibited: the use of bicycle headphones, headphones, glassware.

Do not use a mobile phone during the cycling stage.

If the Chief Judge of the competition or the stage judge considers that the participant who was assisted cannot continue the stage by seeking medical help during the start, the participant is prohibited from continuing and returning to the distance.

To record the results of the stage, the built-in electronic console of the exercise bike is used.

2.7. The running stage is held in the "Trail OUTDOOR" format (the number of laps is 1).

The participant must receive a starting number and a timing chip, after reviewing the starting list (formed based on the results of the Swimming and cycling stages) from 15-00 to 15:30h. and go to the starting cluster before 15:55h.

from 15-30 to 15-55h. the judges at the participants of the starting class, line up all participants according to the starting number according to the lists

16-00h. START of the running stage.

The participants start at the signal of the Judges.

Participants will be invited to the starting line of the running leg according to the total swimming and cycling times.

Prohibited: the use of headphones, glassware. Do not use a mobile phone during the stage.

If the Chief Judge of the competition or the stage judge considers that the participant who was assisted cannot continue the stage by seeking medical help during the start, the participant is prohibited from continuing and returning to the distance.

3. PARTICIPATING ORGANIZATIONS

3.1. The organization of the preparation and conduct of the competition is entrusted to the Organizing Committee.

3.2. Partners:

- INVICTUS SADU Fitness Club
- Multisport channel "#Different you"
- Corporate Fund "Courage to be the First" (Almaty Marathon)
- Scientific and Educational Fund "Shakhmardan Yessenov Foundation"

4. PARTICIPANTS OF THE COMPETITION AND THE STARTING ORDER

4.1. Professional athletes and amateur athletes take part in the competitions.

4.2. Professional athletes are allowed to participate in the following categories:

- 10-13 years old
- 14-15 years old
- 16-17 years old

4.3. Amateur athletes are allowed to participate in the following categories:

The team competition is over 18 years old

Individual competition

- 18-29 years old
- 30-39 years old
- 40-49 years old
- 50 years and older

4.4. You must have the following documents with you:

- identity card
- a receipt for personal responsibility for physical health, according to the form from athletes over the age of 18 (Appendix 1)
- a receipt for underage athletes on responsibility for physical health (Appendix 2)

4.5. THE PARTICIPANT MUST:

- Know and follow the rules throughout the event and after leaving it
- Keep a safe distance in the pool (sufficient for overtaking and other maneuvers)
- To participate in the cycling and running stages with a closed torso

4.6. THE PARTICIPANT OF THE COMPETITION MUST HAVE:

- Goggles and swimming cap, swimming suit
- Running gear

4.7. Wetsuits and compression swimming suits of closed type are prohibited.

4.8. The use of studded shoes is prohibited.

5. THE NUMBER OF PARTICIPANTS

5.1. The maximum number of professional participants is 66 people.

5.2. The maximum number of amateur participants is 72 people.

5.3. The maximum number of teams is 16

6. RESULTS ASSESSMENT SYSTEM

6.1. The final time of the participant in the individual competition / team is determined according to the result according to the sum of the time of all three stages.

6.2. The results will be published within 48 hours after the end of the competition on the website www.almatytriathlon.org

7. AWARDING

7.1. Participants who have taken 1-3 places in their age and gender groups are awarded.

8. REGISTRATION, COST OF PARTICIPATION

8.1. Registration for the competition is available on the website

https://almatytriathlon.org/ru/events/almaty_triathlon_league_indoor_outdoor_triathlon/22/

Participation is **free** for professional athletes.

The entry fee for the participation of AGE GROUP Amateurs:

in the individual competition - **17,000 (Seventeen thousand) tenge;**

in the team competition – **45,000 (Forty-five thousand) tenge.**

8.2. Registration ends:

- on June 06, 2023 until 18:00h.

or

- When the limit of registered participants is reached.

The confirmation of participation is the payment of the entry fee.

Applications for participation without paying the entry fee will be considered invalid.

Registration fees are non-refundable.

For additional information, please write to the e-mail: info@almatytriathlon.org

9. THE COMPOSITION OF THE JUDGING PANEL

9.1. The composition of the judging panel is approved by the "Almaty Triathlon Federation" PA.
The judging panel.

The judges carefully monitor compliance with the rules of the competition, so that the wrestling is conducted fairly and honestly, and the winner is determined objectively. All sports referees serving this competition make up the judging panel.

9.2. The judging panel includes:

- The Chief judge of the competition

The chief judge checks the readiness of the competition venue in advance, distributes the judges to individual work areas and monitors the performance of their duties. After the end of the competition, the chief judge draws up a report on the event and submits it and the results of the competition to the Organizing Committee.

- Chief Secretary of the competition

The chief Secretary of the competition processes the protocols and outputs the results, draws up the necessary materials in a timely manner to inform the judges, participants and spectators about the progress of the starts, and after the end of them draws up a general report on the results.

- Judges at the participants

The judges at the participants warn the athletes about the start time, prepare the participants of the next stream of competitions, checking their names according to the start protocol and compliance of the appearance of the athletes with the rules of the competition, and bring the

participants to the starting place in an organized manner.

This Regulation is an official invitation to participate in the competition.

RECEIPT OF THE RESPONSIBILITY OF THE PARTICIPANT OF THE COMPETITION

I'm, _____
(full NAME)

Date of birth " ____ " _____

I EXPRESS MY DESIRE to participate in the Indoor/Outdoor Triathlon Championship, super sprint distance, which is held at the address: Almaty, Al-Farabi Avenue 128/7, date: June 09, 2024, organized by the "Almaty Triathlon Federation" PA (hereinafter – the Competition).

I voluntarily sign this document as a condition of participation in the Competition. I am familiar with the Competition rules and fully agree to follow them. According to Article 145 of the Civil Code of the Republic of Kazakhstan and in order to popularize the sport "Triathlon", I give my consent to the video and photography and subsequent use of my image at the discretion of the Organizer.

I CONFIRM that:

- I take full responsibility for possible injuries and other consequences of accidents that may happen to me during the Competition, including particularly serious consequences.
- I am physically and mentally prepared to participate in Competitions and to the possible mental and physical stress associated with such participation.
- During the Competition, I will never, under any circumstances, intentionally create situations that may cause harm to other participants, organizers, outsiders, as well as their property.
- I will persistently follow all the rules of the competition.

I AGREE that in the event of damage to the property of citizens and organizations during the Competition or in connection with their conduct, damage to the life or health of me and the participants of the Competition or other persons, the person who caused the damage bears full responsibility for the possible consequences of harm.

Personal signature: _____/
signature decryption of the signature

Date: " ____ " _____ 2024

Appendix 2

RECEIPT FROM PARENTS

(if the participant is under the age of 18 at the time of the competition, a receipt from both parents is provided)

I, _____,
(full NAME)

ID card: number _____, issued _____
by whom when

Mobile phone: +7 (____) _____

I am a legal representative

(full name of the child)

I hereby confirm that I am solely responsible for the decision made by allowing my son/daughter to participate in the Indoor/Outdoor Triathlon Championship, super sprint distance, which is held at the address: Almaty, Al-Farabi Avenue 128/7, date: June 09, 2024, organized by the "Almaty Triathlon Federation" PA (next – the Competition).

I am fully aware of all the possible consequences and risks of participating in the Competition. According to article 70 of the Code of the Republic of Kazakhstan "On Marriage (Matrimony) and family", I perform my duties as a parent. I waive any material claims against the organizers of the "Almaty Triathlon Federation" PA regarding the state of health of my child, as well as personal belongings lost during the competition.

I give my consent for my son/daughter to participate in the Competition.

In accordance with Article 145 of the Civil Code of the Republic of Kazakhstan and in order to popularize Triathlon, as well as the activities of the "Almaty Triathlon Federation" PA (hereinafter the Federation) I hereby give my consent for the Federation or third parties acting on behalf of and in the interests of the Federation to make video and photograph images (photo and/or video clip) / participate in the Indoor/Outdoor Triathlon Championship, as well as give the Federation's consent to publish, reproduce and distribute, the use of the image by any means and by any means without limitation on the period and territory of use. I provide this consent free of charge.

I hereby confirm that according to article 39 of the Law of the Republic of Kazakhstan "On Physical Culture and Sports", the Federation is responsible for compliance with safety rules and health protection of participants in the Competition.

Personal signature: _____/
signature decryption of the signature

Date: "___" _____ 2024