

Regulations 2019

Gigathlon Switzerland



For ease of reading, these regulations will dispense with parallel, separate references to female and male competitors. All references to persons apply equally for all genders. Hereinafter, the event is referred to as «Gigathlon». These regulations relate exclusively to Gigathlon Switzerland 2019, and they are not valid for events outside Switzerland.

A. Definition of terms

1. Supporters

Used below to refer to the officially-accredited helpers for Gigathletes. They carry a supporter accreditation.

2. Externals

Used below to refer to all non-accredited persons.

B. Branding and logo

The Gigathlon brand and the Gigathlon logo, the silhouette and the pictograms are copyright-protected trademarks and may not be used without the written permission of the organiser. In particular, printing onto T-shirts and other items of clothing is prohibited. The use of the logo is reserved to the organiser, the sponsors and partners who make the Gigathlon possible. In addition, it is not permitted to use the "Gigathlon" brand for commercial advertising purposes or for offers linked to the event. Intentional violation of these guidelines on the branding and logo may result in criminal proceedings being lodged against the culpable company or individual under Swiss trademark protection legislation (Markenschutzgesetz - MSchG; SR 232.11) and/or to the disqualification of the Single, Couple or Team of Five being supported.

C. General rules

1. Form of competition

Gigathlon Switzerland 2019 is staged as two daily stages of different lengths, held on Saturday 29 June and Sunday 30 June 2019. The following five disciplines are incorporated: Trailrun, swimming, cycling, biking, running and inline.

The Single and one Gigathlete from each Couple and Team of Five will line up for the SwimRun on the evening of Friday, 28 June 2019 in Sarnen. Swimming in the Lake Sarnen and running through the beach resorts and sports grounds of Sarnen. A wetsuit and running shoes are worn throughout the whole SwimRun. Only one team member starts in the Couple and Team of Five categories. The SwimRun is paused without split times and counts towards the overall competition time of the Gigathlon.

2. Categories

Single Woman and Single Man

A woman or man who tackles the whole route on their own.

Disciplines: SwimRun, swimming, cycling, biking, trailrun and inline.

Couples

Two people, at least one of whom is a woman. Each person completes at least two disciplines per day. Couples are free to decide who will complete the prologue on the Friday.

«Inline» version: SwimRun, swimming, cycling, biking, trailrun and inline.

«Running» version: SwimRun, swimming, cycling, biking, trailrun and running.

Teams of Five

Five people who each complete one discipline per day. At least two women form part of the Team of Five. Teams of Five are free to decide who will complete the prologue on the Friday.

«Inline» version: SwimRun, swimming, cycling, biking, trailrun and inline.

«Running» version: SwimRun, swimming, cycling, biking, trailrun and running.

3. Responsibility

All participants are themselves responsible for ensuring that they participate in the Gigathlon in good physical health and having trained appropriately for the event. It is a condition of entry that every participant is competent in the discipline(s) to be undertaken. Participants must respect these regulations and the traffic regulations of the road traffic legislation and follow the organiser's instructions and those of the officials. Singles and Couples may compete if born in or after 2001. Younger persons born in or after 2003 may only start with the written permission of their parents (to be submitted together with the registration via email to info@gigathlon.ch) and only in the Team of Five category.

4. Rules

The Gigathlon is staged on public roads and paths and is therefore subject to local regulations and laws. Violations of the provisions of the Swiss Road Traffic Act will be punished by disqualification of the respective start number. The organiser has contacted all enforcement authorities ahead of the race, as far as possible. However, there may be instances of discrepancies between a Gigathlete and a non-accredited person. Should this be the case, the race management will decide whether this may result in a time adjustment.

It is forbidden to hamper other competitors in any way, whether by hitting them, forcing them away, blocking their route, sabotaging their equipment or disadvantaging them in some other way. If a participant exits the route, he must resume the race at the same place. Competitors may not shorten the route, omit a part of the route or gain advantage in some other manner.

Where a railway crossing barrier is down or a red light is showing, the time is not stopped or credited back. Passing beyond a railway crossing barrier when down or running a red light results in disqualification. Participants are to follow any instructions given to them by staff.

Crossing safety lines, whether on straight sections or on bends, is prohibited and will result in disqualification.

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Where a Gigathlete has an accident, any passing accredited person is obligated to offer assistance. It is possible to apply for the time lost due to giving assistance to be neutralised, at the information desk at the race headquarters.

5. Starting position allocation / Registration / Entry fees

Allocation of starting places

Starting places are allocated on the basis of "first come, first served". The number of starting places is limited.

Registration

Registration takes place on <http://reg.gigathlon.com>.

Confirmation of starting place

The registration will be confirmed by the event organiser by email once payment has been received. The team captain may now invite his team members to allocate the disciplines and complete or amend the team details.

No refund of entry fees, cancellation costs insurance

After a starting place has been purchased, the organiser shall not reimburse any entry fees. Even in the event of termination, shortening or cancellation of the Gigathlon, there is no entitlement to claim back the entry fee. Entrants are advised to take out their own cancellation costs insurance, which in the event of being prevented from competing (accident, sickness, etc.) would refund the entry fee.

6. Check-in

Check-in is on Friday, 28 June 2019 from 12:00 to 18:00 in Sarnen.

Singles, Couples and Teams of Five collect their starting documents at the official check-in times. Only one person from each team needs to be there for collection.

At the check-in, the collecting person must present a proof of identity (ID card, passport, driving licence or similar) and hand in the Gigathletes' Declaration signed by all team members (incl. supporters).

7. Supporters

The entry fee for a Single and for a Couple includes one supporter. Teams of Five do not need a supporter. Extra supporters may be booked in for an additional charge, however. For Gigathletes, accreditation is evidenced by a non-transferable, sealed wristband, and for supporters there is supporter accreditation. The regulations are similarly binding for supporters. They must also follow the instructions of the security personnel and of the officials. Violations of the regulations by supporters are punished by penalising the Gigathletes they are accompanying.

8. External assistance

Participants must not be directly accompanied on the route in any way whatsoever, whether by supporters or externals. An exception will be made on the last section of the course in the final discipline on the Sunday.

Receiving food and other items (clothing, shoes etc.) from supporters outside the transition zone is not permitted during the competition.

Entering the handover area in the transition zone is only permitted for Gigathletes who are next to compete or accredited supporters.

9. Supporter vehicle

Every team will need a supporter vehicle to move from the headquarters in Sarnen to Ennetbürgen-Buochs and Engelberg and back. The supporter or one team member must have a driving licence. Each team comes to the event with no more than one supporter vehicle.

The issued vignette/parking permit is to be placed in a clearly visible position on the front windscreen of the vehicle, in accordance with the regulations, and must not be removed during the Gigathlon.

The accredited vehicle together with any trailer must not exceed an overall length of 8 metres. Motorhomes are permitted but caravans are not.

The competition sections and the prohibited zones publicised in the General Information must not be entered by supporter vehicles.

10. Medical and first-aid services

The instructions of the race doctor and of the first-aid services are to be followed in all cases. These persons are authorised to retire participants from the race at any time if their health or safety is at risk. Participants who have been given first aid may continue the race again from the same place, if the doctor/first-aider agrees to this.

11. Exclusion of liability

Participation in the Gigathlon is on the entrant's own responsibility and at the entrant's own risk. The organiser excludes any liability for any injury to person or property. No claims for liability may be lodged against the organiser. Insurance against accident, illness or theft and for the individual's own liability is the responsibility of each participant. By registering for the Gigathlon, each participant accepts the Gigathletes' Declaration and releases the organiser and its auxiliary agents, insofar as this is permitted in law, from all liability claims.

12. Chasing start

Women's Singles, Men's Singles, Couples and Teams of Five who are less than one hour behind the leaders in their category in the overall classification will take part in the chasing start on Sunday. When the Gigathletes start, they will be separated by their respective time differences from the leading competitor in their category. The Gigathletes involved will be notified about inclusion in the chasing start at the latest by 21:00 on the Saturday, by text message. Teams qualifying for the chasing start must take up their allotted place. If they fail to participate in the chasing start, a time penalty of 60 mins. will be added to their overall time.

GPS tracking Those Singles, Couples and Teams of Five taking part in the chasing start on the Sunday will be equipped with a GPS tracker. The GPS trackers will be handed over directly to the Gigathletes involved at the start on the Sunday morning. The tracker is the size of a matchbox and can be kept in a shirt pocket. The tracker must be taken along on all courses, with the exception of swimming. Couples and Teams of Five

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must also pass the trackers on to the next Gigathletes in the transition zones, in the same way as timing chips. Trailrunners must hand in the trackers together with the timing chips at the finish.

13. Cut-off time

All cut-off times in the transition zones, at the individual refreshment points and at the finish must be respected. Gigathletes arriving too late are taken out of the race and are no longer featured. They appear in the rankings as "unclassified" or "out of the competition".

The last participant in the field is accompanied by an event organiser. The cut-off times and decisions of this person are binding and final.

If it is already apparent before reaching the transition zone or the finish that the cut-off time can clearly no longer be achieved, the official in charge of the rear escort decides when the competitor needs to step into the escort vehicle.

Team members and partners in Couples who are still waiting for their handover may tackle the next section when the cut-off time is reached (or as part of the mass start). For safety reasons, Gigathletes are not permitted to start the next section/discipline once the time limit has elapsed or after the last possible starting time.

14. Not completing a stage

If a Single, a Couple or a Team of Five are unable to complete a stage (e.g. exceeding the cut-off time, injury, accident), the Gigathlon can be continued on the next stage. However, the team is not ranked in the overall assessment, but shows as "out of the competition".

15. Neutralised sections / Neutralisation

Time can be neutralised by the organiser only in the event of special circumstances (incidents for which the organiser is responsible or unexpected incidents) that are not the Gigathlete's responsibility. The request for neutralisation is to be notified as soon as possible to the information desk at the respective transition zone, and reasons given.

Cycling Saturday: Neutralisation from Brunnen landing stage to Treib landing stage. The timekeeping will be paused on arrival at the Brunnen landing stage. Cyclists will take the ferry to the Treib landing stage. The timekeeping will start on arrival in Treib; no stops allowed.

Biking Saturday: Neutralisation from Trübsee station to Jochpass station. The timekeeping will be paused on arrival at the Trübsee station. Bikers will take the chairlift to the Jochpass station. The timekeeping will start on arrival at the Jochpass; no stops allowed.

16. Equipment

All Gigathletes are personally responsible for their equipment and are to ensure that it complies with the regulations of the road traffic legislation and is in perfect condition.

Accredited supporters are obliged to wear the supporter accreditation issued during the entire race.

All participants are responsible for ensuring that they are wearing clothing suitable for the weather conditions. Particularly in the event of cold weather, for sections at high altitudes or where there is a risk of the weather changing and on the trailrun, cycling and bike sections, participants are responsible for ensuring that their clothing will protect the body from cooling down. In the event of strong heat, suitable sun protection must be worn (cap, sunglasses, sun cream) and sufficient fluids taken along. Where a Gigathlete must reckon on completing a discipline in the dark, he is responsible for ensuring that he has fitted appropriate lights in the correct manner.

17. Race numbers and timing chip

The race numbers issued are to be worn during the competition in the designated places.

The wristband is individual to the wearer and must be worn throughout the Gigathlon. The timing chip is to be worn on the left ankle during the competition. An exception is made for the inline course, when the timing chip will be worn on the left wrist. Early removal of the timing chip makes it

impossible to measure the time correctly. All Gigathletes are responsible for ensuring that they are wearing the timing chip correctly and that this is registered when crossing the timing mats and check points on the course (check for a beep from the timing mat).

The timing chip and other materials on loan are to be passed on to the next Gigathlete in the transition zones and returned on the final day after crossing the finishing line. Any chips or materials on loan which are not returned or are lost will be charged at CHF 100 per item.

18. Tents

Only red Gigathlon tents from 2009 to 2019 are permitted on the Gigathlon campsite. Other tents are not allowed.

19. Waste

Gigathletes care for the environment. Any dropping of litter or other objects (water bottles, clothing etc.) on the route will be penalised with a time penalty. Food waste may only be thrown away in the waste zone, which ends 200 metres after the refreshment point. The end of the refreshment zone is marked by a sign. After that, any waste must be carried to the next refreshment point.

20. Photos and pictures

Participants agree that photos, film shots, interviews and the information given in the registration may also be used for advertising purposes by the organiser, sponsors or other service providers on the radio, television and internet, and in printed media, books and films without a claim to remuneration.

D. Cycling / Biking

1. Cycle/bike equipment

Only cycles and bikes powered solely by human force are permitted. Supplementary housings fitted to any parts of the cycle which improve its aerodynamics are not permitted. Wheels may not contain any component advantaging the drive being applied. They must be constructed in such a way that it is possible to check on this rule.

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All Gigathletes are responsible for ensuring that the cycle and bike are in perfect condition and have been checked by a qualified mechanic before travelling to the Gigathlon.

2. Mandatory lights on cycle/bike

All Gigathletes must fit lights on their cycles for the cycling course on the Saturday. Anyone without lights on their cycle will not be permitted to start.

The following applies on all other bike and cycle courses: Gigathletes who expect to be out and about after dark must fit their cycles and bikes with lights.

3. Mandatory wearing of helmets

The wearing of a functional hard helmet and of the official helmet cover is mandatory.

4. Bike courses

The Gigathlon bike courses contain technically challenging sections. All Gigathletes are responsible for controlling their bikes.

E. Trailrun

The trailrun discipline at Gigathlon Switzerland 2019 consists of a trailrun following predominantly hiking trails of an adventurous nature. The trailrunners need to be self-sufficient on the largest section of the course and must therefore carry their own refreshments. There are very few drinking water fountains on the courses and no refreshment points on some longer sections.

1. Equipment

Sticks may be used on the trailrun sections. Trailrunners must be equipped with a headlamp in the (approaching) dark on the Sunday.

2. Accompaniment by supporters

The supporters or team members in all categories may accompany the trailrunners for the last kilometre on the Sunday.

F. Running

The running discipline at Gigathlon Switzerland 2019 takes place mainly on asphalt and gravel roads.

1. Use of sticks

Sticks may not be used on the running sections.

G. Inline

1. Use of sticks / roller skis

Sticks and roller skis are prohibited on the inline sections.

2. Mandatory wearing of helmets / equipment

The wearing of a functional hard helmet and of the official helmet cover is mandatory. Further protective equipment, such as elbow pads, knee pads and wrist protectors, is recommended. The timing chip is to be worn on the left wrist.

H. Swimming

1. Wetsuit

The wearing of a neoprene wetsuit is mandatory in principle. If water temperatures are very high, however, the organiser may lift this requirement. The following applies when wearing a wetsuit: Hands and feet must remain uncovered. Knees and elbows must be covered. If the wetsuit does not comply with these guidelines, the swimmer will not be allowed access to the swimming section. The race number must be written onto the swimming cap issued by the organiser, which must be worn. The timing chip is to be worn on the left ankle.

2. Swimming aids

Artificial aids such as paddles, flippers, snorkels, gloves and shoes or similar are not allowed.

3. Water temperatures / Substitute sections

Certain meteorological conditions may make it necessary to alter the courses and requirements. If the water temperatures are too low or in the event of a storm or thunder and lightning, for example, the swimming section will be shortened or replaced by a running section:

Swimming courses:

below 12.0 °C	The swimming course will be substituted by a replacement running course
12.0 °C – 12.9 °C	Max. swimming course 750 m per section
13.0 °C – 13.9 °C	Max. swimming course 1.5 km per section
over 14.0 °C	Max. swimming course 3 km per section

The final decision cannot be based on the above-mentioned temperatures alone. If air temperatures are low, this will also be taken into account. The event organiser reserves the right to take special measures at any time in order to guarantee the safety of procedures. The event organiser will announce the final decision before the start.

I. SwimRun

The SwimRun discipline consists of several swimming sections, each of which is interrupted by a running section.

1. Neoprene wetsuit/equipment

The wearing of a neoprene wetsuit is mandatory. If water temperatures are very high, however, the organiser may lift this requirement. The following applies when wearing a wetsuit: It is not obligatory to cover knees and elbows. The race number must be written onto the swimming cap issued by the organiser. The cap must be worn when swimming and can be worn or carried by participants when running. The timing chip is to be worn on the left ankle. Participants must also wear running shoes and keep them on

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during the swim. The wetsuit may be folded down to the hip when running, if required. SwimRun suits are permitted.

2. Swimming aids

Paddles and pullbuoys are allowed as swimming aids but are not compulsory. All aids must be carried when running. The following are not allowed: flippers, tow ropes and any other aids.

3. Water temperatures / Substitute sections

Certain meteorological conditions may make it necessary to alter the courses and requirements. If the water temperatures are too low or in the event of a storm or thunder and lightning, for example, the swimming section will be shortened or replaced by a running section.

Water temperatures which result in the swimming course being shortened are not defined. The event organiser reserves the right to make changes to the original course in order to guarantee the safety of procedures. This may result in swimming courses being shortened substantially. The event organiser will announce the final decision before the start. The SwimRun discipline is subject to the same regulations as the swimming discipline.

J. Breaches of the regulations / protests

1. Referees

Referees are used to monitor for compliance with the regulations, and breaches of the regulations may be penalised. Referees may issue direct instructions to competitors, which must be followed at all times.

2. Penalties

Depending on the nature and severity of the offence, the following penalties may be imposed by the referees:

- Verbal warning
- Time penalty
- No classification
- Disqualification

- Race disqualification

The penalty is notified to the Gigathlete in person or to the team captain via a text message. The organiser reserves the right to interpret the severity of the offence in the spirit of the Gigathlon. The organiser may issue new rules and penalties following the occurrence of extreme, unforeseen events which are not covered by these Regulations.

3. Protests

Protests by Gigathletes and supporters against decisions by referees and against other arrangements by the organisers (timing, misdirection, etc.) are to be lodged at the Gigathlon information desk at the race headquarters or in the transition zones with a CHF 100 deposit being paid. The protest is in principle to be lodged within one hour of the referee's decision being notified to the Gigathlete or the team captain. If the referee's decision is notified during the competition, the protest is to be lodged at the latest four hours after the Gigathlete concerned arrives at the finish at the transition zone.

4. Form of the protest

Protests are to be lodged in writing, signed, and indicating the circumstances with advice regarding possible witnesses, using the official protest form. The form is available from the information desk at the race headquarters or in the transition zones.

5. Race Jury decisions

The Race Jury has full decision-making authority. The decisions of the Race Jury are final and cannot be contested. Where a protest is upheld, the deposit of CHF 100 is returned to the person who lodged the protest.

6. Doping offences

Violations of the anti-doping provisions and the punishment for that is governed by the anti-doping statute and the associated provisions on implementation of Antidoping Switzerland. Antidoping Switzerland can carry out doping controls at any time.

7. Gigathletes' Declaration

Every Gigathlete and supporter accepts these regulations when registering. By signing the

Gigathletes' Declaration he undertakes to comply with the corresponding provisions.

8. Rankings

Any inaccuracies in the unofficial rankings must be reported no later than 17:00 on Monday, 1 July 2019 (email: info@gigathlon.ch). Any requests for changes after this time will not be accepted.

K. Final provisions

1. Final provisions

These Regulations were enacted on 30 April 2019 by invents.ch AG, the organiser of Gigathlon Switzerland. In the event of contradictions in translations, the German version of the regulations will apply. The Regulations are valid for Gigathlon Switzerland 2019. Supplements and amendments will be notified to Gigathletes on the official website or sent to the team captain.

2. List of sanctions for breaches of the regulations

Non-permitted accompaniment / support by supporters on the course or Non-permitted discarding of waste

First offence: 60 minute time penalty
Second offence: 120 minute time penalty
Third offence: Disqualification

Other, general breaches of the regulations

- Depending on the severity of the offence, time penalty of 30 min. or more, up to disqualification and/or race disqualification.
- Passing beyond a railway crossing barrier when down: Disqualification!
- Crossing a safety line: Disqualification!
- Running a red light: Disqualification!
- Deliberately completing an incorrect section: Disqualification!
- Altering or theft of Gigathlon signs: Disqualification!

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