**Free State Triathlon**

**Rules**

**Events sanctioned by Free State Triathlon and Triathlon South Africa**

I, the undersigned, have read the rules and conditions of entry and undertake to participate entirely at my own risk. I agree that I shall have no claim whatsoever against the organizing body, any individual organizer of official, marshal, assistant, helper or agent, the sponsors or any local authority or their employees, in respect or any loss or damage whatsoever which a dependant or third party may suffer, arising from injury to my person or loss of property, as a result of, or arising out of such loss or damage, regardless of whether or not the same shall have been caused by negligence of the organizing body, any individual organizer or official marshal, helper or agent, the sponsor or any local authority or their employees. I have read and understand the rules and shall abide by them.

1. The race will be accordingly to the rules of Triathlon SA and World Triathlon.

2. Only participants and officials may enter the transition area.

3. Drafting only permissible in draft legal races. FST events are normally non-drafting (will be confirmed on our WhatsApp group).

4. Cyclists must ride predictably and responsibly and obey all traffic regulations and instructions from traffic officers and marshals.

5. The routes will be shown on the map and cyclists must satisfy themselves that they understand exactly where and how to ride.

6. Athletes must complete the route entirely under their own power.

7. All athletes shall wear a brightly coloured swim cap during the swim.

8. Every cyclist confirms that his bicycle is in a roadworthy condition.

9. Failure to comply with any of the rules may result in disqualification. The ruling of the organizers will be final in any dispute of whatever nature.

10. No entry fees will be refunded (consideration can be taken to transfer the fees to the next event).

11. TSA and FST rules and regulations apply.

12. No assistance from parents or friends are allowed during a race.

13. No seconding is allowed.

14. The event is open to any athlete.

15. Cyclists are to keep to the left of the road and are not to cross the centre line of the road at any time.

16. Athletes may not cycle or run with bare torso.

17. No unauthorised vehicles of family and friends are allowed to accompany the cyclist along the route, no assistance from any moving vehicle.

18. Entrants confirm that their state of health, to the best of their knowledge, is good and that they are aware of the route and that they are physically able to complete the trip.

19. All participation is entirely at their own risk and concedes that they or their next cyclist event of kin, have no claim whatsoever against the Managing Town Council, sponsors or officials arising from an accident in any way related to the event in respect of any injury or damage to persons or property.

21. Race briefing must be attended.

22. Practice goods sportsmanship always and avoid use of abusive language.

23. Only athletes (8-11years) that can proof they receive formal swimming lessons will be allowed in the “kids’ fun” triathlon event. Athletes who cannot proof of formal swimming lessons will only be allowed to do the duathlon event.

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Athlete Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_