

IRONMAN[®] VIOLATIONS


IRONMAN will operate under the “three strikes and you’re out” principle with respect to BLUE CARD violations. DRAFTING AND LITTERING are the only two violations that will result in a BLUE CARD violation and an athlete will incur a five-minute time penalty (to be served in the closest penalty tent, located along the bike course). YELLOW CARD violations (**one-minute time penalty for IRONMAN events/30-second time penalty for IRONMAN 70.3 events.**) also require an athlete to stop at the closest penalty tent location along the bike course. Any penalties incurred on the run course are to be served at the point of infraction. While YELLOW CARD violations will not count against your three strikes, IRONMAN Competition Rules still allow an athlete to be disqualified for repeated rule violations should an athlete receive excessive yellow card violations.


So that you understand the rules on race day, please take the time to read and understand the rules in the Athlete Guide and the 2022 IRONMAN Competition Rules.


The POSITION violations are summarized:


- Always ride on the right side of your lane to avoid an ILLEGAL POSITION or BLOCKING call.
- Keep six bike lengths of clear space between your bike’s front wheel and the rear wheel of the cyclist in front of you to avoid a DRAFTING call.
- Always pass on the left of the cyclist in front of you, never on the right, to avoid an ILLEGAL PASS call. Complete your pass within 25 seconds to avoid a DRAFTING call.
- Passed athletes must be seen making immediate and constant rear progress out of the drafting zone to avoid a DRAFTING call.
- Do not use any device that will distract you from paying full attention to your surroundings. Using a device in a distracting manner will result in disqualification.


Triathlon is an individual event, and it is your responsibility to fully understand the rules and avoid penalties. The referee’s ruling is final in the case of POSITION violations, and there are no protests or appeals. Other common violations include:


-  **HELMET CHINSTRAP**
Your chinstrap must be securely fastened whenever you are on your bike on race day.

-  **RACE NUMBER**
You must wear your bib number during the run portion of the race. In addition, your bike frame sticker must be properly attached to your bike frame and must be visible from both sides.


-  **LITTERING**
Do not throw ANYTHING outside of official aid stations. Littering will result in a BLUE CARD violation, which is a five minute time penalty.


-  **UNAUTHORIZED EQUIPMENT**
Sorry, absolutely NO communication devices, MP3 players or other audio devices (Yes, that means NO cell phones) may be used during competition.


-  **OUTSIDE ASSISTANCE**
Non-racers may NOT ride or run alongside you.


-  **TIME PENALTIES**
Remember that even though DRAFTING and LITTERING are the only violations that incur a five minute time penalty, you must go to a penalty tent for any violation to have your number marked. There will be no penalty tents on the run. If you are penalized on the run, the official will mark your number on the spot.

Jimmy Riccitello
GLOBAL DIRECTOR OF RULES
& OFFICIATING

	DRAFTING VIOLATION
	BLUE CARD
	Five-minute time penalty served in a penalty tent on the bike course.

	LITTERING VIOLATION
	BLUE CARD
	Five-minute time penalty served in a penalty tent on the bike course.

	BLOCKING VIOLATION
	YELLOW CARD
	One-minute (IRONMAN)/30-second (IRONMAN 70.3) time penalty served at the next penalty tent.

	DISQUALIFICATION (DSQ)
	RED CARD

Please treat other athletes, all volunteers, and your referees with courtesy and consideration. Not doing so is UNSPORTSMANLIKE CONDUCT and may result in disqualification. I sincerely hope you have a great race and achieve all your goals.