

General Guidelines

Age Groups

No separate divisions for men and women will be provided. Age Group prizes will be at the discretion of the organizers. All participants must have reached their 18th birthday by December 31, 2018.

Aid Stations

Aid stations will not be provided by event officials. Water and limited toilet facilities will be available at the start/finish lines of each stage.

Application and Invitation Process

Applications will be accepted up to and including September 15, 2018.* (*Applications may stay open at the discretion of the Race Director). The information provided with the application will be crucial. Special emphasis will be placed on the applicant's endurance activities to date, and the demonstrated ability to finish all three stages. The Application Review Committee will select 40 (Forty) entries on September 25, 2018. Selected applicants will receive an Official Invitation. Waitlisted athletes and qualified applications in excess of the event maximum places will be advised of their application status. Waitlisted athletes may receive invitations as slots become available, at the discretion of the Application Review Committee. Special consideration will be given to individuals who have volunteered or crewed in previous TUC events and other Ultraman distance events; however this will not exclude the need for meeting the qualifying standards, and will only apply if there are more applications than slots available. The decisions of the Application Review Committee are final.

Awards

Each Finisher will receive a distinctive award. A Finisher is an athlete who has made each cut-off and completed all portions of the course. Any athlete who does not reach the designated finish line before the cut-off, or has not completed all portions of the course, will be declared a Participant. Each Participant will receive an award. Disqualified athletes are not eligible for any awards. The right to limit or expand the awards based on the number of entries is reserved. All Awards will be presented at the Awards Banquet the day after the completion of Stage 3. The Awards Banquet is an interactive function with a large degree of participation by all in attendance. Athletes, crews, friends and family are encouraged to attend, as the format is unique, and completes the TUC experience.

Bike Equipment Inspection

Each athlete must have their bike inspected in Tel Aviv prior to completing the registration process. This inspection will be carried out by TUC's official bike shop, and will include all items on the Bike Safety Inspection Certificate included in the Bike Manual. The complete Bike Safety Inspection Certificate must be presented at Registration for any bike to be used during the event, including spare bike and/or frame

if applicable. Registration cannot be completed without the Bike Safety Inspection Certificate. Event officials may check each bike again in the transition area of the swim to bike. It is the responsibility of each athlete to ensure that all aspects of their bike are safe to the user, other athletes, team members, officials, and the general public at all times during the event. Equipment which the officials deem does not meet minimum standards may not be used until the problem is corrected. All repairs are the responsibility of the athlete.

Categories

All athletes, whether officially registered by a national governing body as amateur, elite or professional will participate in the age group category.

Check-In Procedure

At the beginning and end of each stage or segment, each athlete and team captain must check in with event officials who will be located adjacent to the respective start/finish line. In addition, at the start of the swim, the swim escort must check-in along with the team captain to the event officials. Failure to follow this procedure may preclude participation in the event, and in future events.

Communications

Each Team must have an operating Israeli mobile telephone. Numbers will be listed and distributed to each crew and event support vehicle. Mobile telephone numbers will be taken at Registration and distributed to every team before the start of Stage 1.

Contingencies

If conditions develop prior to or during the event which necessitate a change in plans, the following action(s), in order of severity, will take place: (1) postponement, (2) course modification, (3) cancellation. If it is unsafe to conduct the swim as scheduled, this portion of Stage 1 may be postponed until the morning following the end of Stage 3. If the event or any portion of it is postponed, modified, or cancelled, there will be no refunds.

Course

The responsibility for following the official event course rests with the athlete and crew. No time credits or adjustments in finishing results shall be made for athletes who fail to follow the proper course for any reason. Time penalties or disqualification may result from failure to follow the proper course. Every effort will be made to mark each intersection on the course. Detailed course descriptions and route maps will be made available to each athlete and crew.

Cut-off Times

For safety and insurance reasons, the following cut-off times have been established:

Stage 1 Swim 6 hours Stage 1 Bike 6 hours Total Stage 1 12 hours

Stage 2 Bike 12 hours
Stage 3 Run 12 hours Total Event 36 hours

Any athlete who does not reach the designated finish line before a cut-off will be declared a Participant and will be asked to leave the course if they are unable to reach the finish line within 15 minutes after the cut-off time (at the Race Director's discretion).

Athletes may be allowed to continue onto the next stage as a Participant if they cooperate with this request and receive the clearance to do so from event organizers, including medical or monitoring staff if available. Only athletes who have made each cut-off and completed all portions of the course will be designated as a Finisher.

The Stage 3 Run course has additional cut-offs at 42km - 6 hours, and 63km - 9 hours.

Athletes unable to make these cut-offs will be asked to leave the course. Any athlete not cooperating with this request will be disqualified. Cut-off times may be modified if course conditions warrant. Disqualification Athletes or team members not adhering to the Rules and Regulations and Guidelines of the event are subject to the athlete being disqualified. Disqualified athletes may not continue on any part of the course except at the sole discretion of event organizers. In any case, no disqualified athlete will receive any Finisher or Participant awards.

Distances

Day 1 Stage 1 Swim 10.0 km | Bike 145 km
Day 2 Stage 2 Bike 275 km
Day 3 Stage 3 Run 84.4 km

Drafting

This is an individual endurance event and drafting of any type, during any portion of any stage, **not** including the swim, is prohibited.

Entry Fees

Entry fees will be charged to the pay pal or bank transfer provided at registration after the athlete has been invited to participate in the event, and accepted the invitation. After Invitations are issued and payments are taken, the Refunds & Withdrawals rules will apply.

The Entry fee covers the athlete and two land crew members (minimum requirement), and includes: ***Full accommodation**, on a half board basis, for all race days, including the night before, as well as the night after the race, respectively (i.e. – 5-9 March, 2019) (1 Athlete and 2 Crew in 1 triple room). All participants will be hosted by our name sponsor, the Rimoni Hotels & Resorts chain, which will provide all necessary conditions for our athletes, in each one of the hotels which we will visit during our event (see further details on Transportation and Accommodation)

Running shirt
Finisher shirt
Cycling shirt
Swimming goggles

3 x Award Banquet Tickets (1 Athlete and 2 Crew) • Registration Gift Bag Price does NOT include: Transportation to and from Tel Aviv • Meals, other than those listed as part of the entry fee • Nutritional needs • Other race supplies • Vehicle rentals • Expenses associated with additional crew, swim escort and boat requirements.

***an extra cost of 400\$ will be added for staying alone in a double bedroom.**

Filming

Filming of the event will be permitted whether for personal or commercial purposes and can be used by the event organizers without prior notice and/or approval.

Insurance

The Policy will cover liability from organizing activities leading up to the event, the event itself, and the post-race activities. It will respond to claims from spectators, competitors, volunteers and the general public.

Language

Each athlete must be able to either speak and understand English or provide a team member who can speak and understand English and act as a translator between the athlete, other team members, and event organizers. The event organizers will not provide translation services or provide bilingual team members in most cases; this is an athlete responsibility. Athletes cannot rely on these services being available at the event location.

Limitation of Entries

The starting field will be limited to 40 (forty) solo entries. Entry will be by invitation only.

Meals

Two meals (breakfast and dinner) every day are included in the Entry fee: • Pre-race Dinner & Race Briefing (attendance is mandatory for all athletes and land crew members), held on the day before the start of Stage 1; • Awards Banquet, held on the day after the completion of Stage 3 (attendance is not mandatory but highly recommended).

Medical Insurance

Athlete must have personal medical insurance for the duration of your stay, especially for international competitors.

If you have an accident you must pay for your own medical expenses. Therefore, we recommend you obtain adequate personal medical insurance. Please note: if you are transported by an ambulance to hospital and you are not a permanent resident of Israel, you will be invoiced for the service.

Medical Support

Monitoring and Studies Emergency medical assistance will not be provided by event officials; nor is any liability assumed for not providing such. The organiser's ability to provide on-course medical support is very limited due to the distances involved. Emergency medical contacts and information will be provided to each support crew. Athletes and crew are responsible for reviewing and being familiar with the medical and emergency sections of the race manual. Athletes are responsible for their own medical condition and should be cleared by their own doctor before competing. Monitoring of certain indicators will be available during the event. Athletes will be asked to provide baseline information, and there will be a check-in and check-out procedure for each stage of the event. The monitoring team will have the authority to withdraw an athlete from the event if the indicators fall outside safe limits, or the athlete refuses to cooperate with the monitoring team.

Administration of IV fluids during any portion of any stage, including the time from the finish of any stage to the beginning of the next stage, will constitute an unfair advantage and result in disqualification or the athlete being declared a Participant and not a Finisher. Therefore, any fluids used by the athlete must be taken orally.

Medical assistance to an athlete, which does not result in the administration of IV fluids or the transport over or removal from the designated course, is not, by itself, grounds for disqualification. Qualified medical personnel, who may treat an athlete, shall have the final and ultimate authority to remove an athlete from any portion of the event if the athlete is judged to be physically incapable of continuing in the event without risk of serious injury or death. Independent medical studies may be conducted in conjunction with the event. Participation in these studies will be voluntary.

No Feed Zones

For safety reasons, certain short portions of the land course will be designated "No Feed Zones". These are areas where the support team is not allowed to accompany the athlete nor are they allowed to stop in the zones. Crews are to proceed to the end of the "No Feed Zone" and wait for their athlete to exit the zone. "No Feed Zones" are monitored by event personnel, who are responsible for athlete safety. It is the responsibility of the support crew to ensure that their athlete is prepared to look after their own hydration, nutritional and minor mechanical problems, including flats, while in the "No Feed Zones". It is recommended that the athlete carry at least one water bottle and one spare tube/tyre while in the "No Feed Zone".

Numbering

Bike: Each athlete will receive two jersey numbers – one to be worn on the lower back each day, and a frame number to be placed on the bike frame in a visible location so that it can be read from the side.

Run: Each athlete will be given one number to be worn on the front so that it is visible at all times. The pacer will be given a ribbon to identify them as a pacer. The ribbon is to be worn anytime the pacer is on the course and must be visible from the front.

Vehicle: Each team will be given two numbers to affix to the crew vehicle. The first is to be affixed to the lower right (driver's side) of the back windshield. The second should be affixed to the lower left (passenger's side) front windshield. Numbers identify official athletes and teams, and must be clearly visible at all times. Numbers must be worn as directed by event organizers. No alteration of any numbers is permitted.

Pacing

Pacing of the athlete is allowed during the run portion of the event only, however, the athlete may not be paced by more than one non-competitor at the same time. All pacers must be on foot or bike. No pacer may do any headwind blocking.

Parking

Parking is limited in all staging areas. In certain stages there may be a volunteer to direct crew vehicles to appropriate parking areas. In any circumstance, all vehicles must be parked legally and safely off any highway or road, and in such a manner that it does not obstruct the normal flow of traffic or create a hazard to anyone. Do not block private driveways, and be courteous if approached to move your vehicle.

Customs & Immigration

International entrants will require a valid passport to gain entry into Israel. If you are flying into Israel you will be required to go through both immigration and customs at your FIRST port of entry. Make sure you physically claim all of your luggage and your bike at this time.

Penalties

Penalties will be levied for infractions and/or misconduct. Penalties will normally consist of time penalties assessed against the athlete at the end of each stage, with immediate disqualification occurring for major misconduct and/or infractions. Time penalties for consist of 6 minutes for the first infraction and 12 minutes for a second infraction. The third penalty equals disqualification from the event. Penalties are cumulative for all three days. The Race Director has the authority, at any time, to overrule any rule or invent a new rule based on extenuating, unforeseen, and/or unusual circumstances and/or to maintain the integrity and fair play necessary for the successful completion, and continuation of the race. The Race Director has ultimate authority in regard to all rules, their interpretation, and their enforcement. All entrants and their support crews willingly acknowledge this fact, as well as all other race rules by attending the race in any capacity.

Personal Property

It is strongly suggested that all personal property be adequately and indelibly identified with the owner's name and event number prior to the start of Stage 1. Event officials assume no responsibility for the theft, loss, or destruction of any personal property of any athlete or support team member.

Planning

The advantages of proper planning cannot be emphasized enough. In addition to making the necessary travel plans, it is crucial that each athlete properly informs, trains, organises and prepares each team member. This includes providing them with copies of event information, and keeping them up to date on changes. Plan to drive the entire land course before the start of the event. Athletes who are utilizing local residents as team members are urged to be in contact with them as early as possible to make sure all necessary arrangements, including vehicles, lodging, food are in place. No one will be permitted to begin any stage without a complete team and the required equipment. Plan to arrive in Tel Aviv by the Saturday before the event (at the latest) – you will need at least one day before registration to arrange your bike check - and depart on the Tuesday after the event (at the earliest).

Race Briefings

Race briefings, detailed on the Schedule of Events, must be attended by the Athlete and the Support Team Captain. Other team members are encouraged to attend, and it is recommended that they do so. Athletes and crews must register before the start of the Pre-Event/Race sessions.

Prohibited Aid, Equipment & Substances

No athlete will be permitted to use fins, snorkels, paddles or any flotation device during the swim; likewise, no swim escort will be permitted to use any sail craft or motorized craft or any escort craft. Athletes (and pacers during Stage 3) may not use any device that interferes with normal hearing or provides any independent means of forward motion. No team may utilize more than one support vehicle. No athlete or team member may use any illegal or otherwise banned substances at any time during any portion of the event.

Protests

The Team Captain will be the person responsible for submitting any official protest on behalf of the athlete or team member(s) as the result of misconduct by another athlete or team. Such protest must be in writing and filed within 30 minutes after finishing the stage in which the alleged incident occurred.

Qualification for Entry

At a minimum, the applicant must have finished an iron distance event during the 18 months prior to the date applications open. The finishing time for the qualifying event must be under 14 hours and 30 minutes. Events that consist of distances that are of at

least iron distance in some disciplines, but not all three, may be considered when combined with other events that contain at least the iron distance of the discipline missing from the first event.

Refunds and Withdrawals

Your entry fees will be processed when you are selected for TUC Rimonim 2019, and accepted your invitation. If you withdraw from the event for any reason, the following refund policy will apply:

14 days following registration - 95% refund of entry fee

Withdrawals until October 14th, 2018 - 80% refund of entry fee

Withdrawals until December 7th, 2018 - 60% refund of entry fee

Withdrawals until January 31st, 2019 - 30% refund of entry fee

Withdrawals following January 31st, 2019 - no refund of entry fee

In case of non-participation for any reason after the last date of cancellation (January 31st, 2019), the registration fee will not be refunded and no transfer to another competition will be possible.

Participants who have not canceled their registration will be able to receive the TUC Israel participant kit up to 30 days following the competition.

We will not make any exceptions for athletes that can provide a medical certificate, and the refunds following withdrawal will be as stated above in any case.

It will not be possible to transfer the registration fee to a different event/competition

It is the athlete's responsibility to ensure that the intention to withdraw has been received by an event representative.

Registration

Athlete Registration will be on Tuesday March 5th (9.00am to 4.00pm). Athletes and team members must register in person during those times. To pick-up registration material, each invitee is required to present photo identification, Bike Safety Inspection Certificate(s), complete information about his/her team, including name, contact phone number and a signed individual Team Agreement for each team member, as well as the vehicle model/make/license number being used for the race. Race materials will only be issued to those completing the registration process and only those individuals will be allowed to begin Stage 1. Late Registration is not permitted. Failure to register will result in forfeit of the entry fee.

Safety

Safety is the primary consideration for athletes and their support teams, and you are required to follow the guidelines and regulations throughout the event. This event requires tremendous individual endurance and stamina, and the risk of accident, injury, and illness may be present throughout all three stages. Proper training, well maintained and appropriate equipment, good judgment, respect, common sense and courtesy will be crucial in making this a safe and successful event. If an emergency situation necessitates or causes a rule infraction, event organizers may make allowances in the interest of promoting safety.

Special Required Equipment

Athletes will be required to wear/utilize the following special equipment: • official swim cap • event numbers as provided by the organizers, • approved hard shell helmet •

Starting Procedures

At two minutes, one minute and 30 seconds prior to the start of each stage, announcements will be made. Ten seconds prior to the start, a countdown will begin followed by a starting signal. Prompt starts will be adhered to. It is each athlete's responsibility to be ready to start at the designated times. No time allowance will be made for athletes not starting as scheduled.

Storage

Storage of athletes' event-related equipment is the responsibility of each athlete and Team Captain. Provision for storage by event organizers before, or after the event will not be made.

Sponsors

Without the monetary, product and service contributions of many individuals and businesses, the staging of this event would not be possible. Special thanks and appreciation are extended to each of them. Whenever the opportunity arises, please show your appreciation and patronage.

Support Team

Due to the length and nature of the event, it is mandatory that a support team of at least two adult persons and no more than four adult persons, and no more than one vehicle, accompany each athlete throughout all stages of the event. No athlete will be allowed to participate without having a support team. Each athlete is responsible for securing, organizing, and training their support team. Each team member, will be required to provide complete information, including name, contact phone number and a signed individual Team Agreement. In addition, the team member who is designated Team Captain will act as the official spokesperson for the athlete and team and will be required to attend all briefing sessions (other members are encouraged to attend as well). It is the responsibility of the athlete to cover all the expenses of the Support Team members unless otherwise previously agreed between them.

Support Vehicle

Each athlete must arrange for, or bring and pay for, one vehicle to be used as a team vehicle throughout the event. The vehicle may not be wider than six (6) feet but must be large enough to accommodate all equipment, team members, the athlete, and all of their needs. For safety reasons, the use of campers, large vans and trucks is prohibited. No team may have more than one vehicle on the course at a time.

Swim Escort and Escort Craft

It is **not** mandatory that each athlete be accompanied by an escort and escort craft at all times during the swim portion of Stage 1.

Teamwork and Team Conduct

Although this event will be one of individual endurance, no one will be able to finish it without the cooperation inherent in good teamwork. Each support team will be required to provide for their athlete's needs and must not hinder or interfere with another athlete or team at any time. On the other hand, the underlying philosophy of this event is to encourage and promote the spirit of camaraderie with respect for all. Therefore, honesty, good judgment and sportsmanship are all integral parts of the event and will be expected of everyone at all times. No athlete will be able to compete or continue to compete in the event in the case of a Support Team abandoning the race. No Athlete or Support Team Member shall mistreat or abuse either physically, verbally or mentally anyone connected to the event. No Athlete is to ask any member of any Support Team to take any action that would contravene the Rules and Regulations, Guidelines, or the spirit of competition of TUC Israel; doing so would lead to immediate disqualification and removal from the event. Any Support Team member or athlete that feels they have a complaint against any individual is to bring their concerns to the Race Director at the earliest possible opportunity so that it may be dealt with as quickly as possible. Do not wait until the event is over.

Travel and Accommodations

All travel arrangements – air and ground, - are the responsibility of the athlete. It is important that plans for travel be made well in advance of arrival in Tel Aviv.

Hotel accommodations and meals are included in the registration fee.