TERMS & CONDITIONS – WAIVER

Jevnaker Triathlon is organized according to Norwegian Triathlon Federation competition rules and Jevnaker Triathlon regulations

- At all times, competitors must obey the instructions given by Race officials and police officers and beware of vehicular transport. Any competitor who fails to obey the instructions of Race officials or the police will be removed from the Event and will be disqualified. The Event Race Director and Race Head Referee are authorized to disqualify competitors.
- The Roads will be closed for regular trafic. But still, road rules and regulations must be followed at all times. Right hand drive rules apply. There will be MC Maschals or trafic guards in all major crossroads.

- Link to the norwegian competition rules (in Norwegian): https://triatlonforbundet.no/media/oejndxq3/ntf-konkurransereglement-revidert-250326-tillegg-28072026.pdf

After signing up for **Jevnaker Triathlon**, you have the possibility to cancel your you participation in the race year 2027 and move your slot to 2028. This have to be done **June 1st** 2027 at the latest. There will be **NO** exeption to this rule.

Your participatin slot is ***PERSONAL***. This means that you can NOT sell your slot to others. Jevnaker Triathlon will not under any circumstances reimburse you start fee.

For the team relay: No changes in team members are permitted after August10th 2026.

Entries close on August 20th 2027.

The Event Medical Team will be authorized to make the final decision as to the suitability of a competitor to continue in the Event, and likewise if they should be withdrawn from the Event.

- No competitor may use any banned substances with the intent to improve their performance, eliminate the sense of fatigue, or for any other purpose. Doping tests will be administered.
- It is important for all competitors to exhibit good behavior and sportsmanship conduct, and to treat fellow competitors, Event organizers, volunteers, and contractors with courtesy and respect. Failure to do so may result in disqualification at any time before, during, or after the Event.
- If a competitor withdraws from the Event, they must inform the course officials of their withdrawal immediately. Any competitor failing to do so and being the subject of a resulting search and rescue operation will incur all costs relating to this exercise if they are found to be in their accommodation or other safe place.

- **JEVNAKER TRIATHLON** reserves the right to alter rules, regulations, Event courses, and venues at any time, provided that athletes are advised prior to the Event, or if such a change is in the interest of the competitor's safety.
- No headphones or headsets may be worn during swim legs, bike legs, or run legs of the event.
- **JEVNAKER TRIATHLON** competitors may not compete with a bare torso.
- Each competitor must be familiar with the entire course and it is their responsibility to follow the correct route.
- The competition are held on roads closed for regular trafick. You still have to follow the trafick rules and guiding by the trafick guards or police when participating.
- In case of bad weather conditions, **JEVNAKER TRIATHLON** reserves the right to convert the Event to duathlon status in the interest of competitor's safety, but will not be held liable for any loss as a result of such a decision. If the conditions are still deemed to be unsafe to hold a duathlon, **JEVNAKER TRIATHLON** has sole discretion and may cancel the Event without obligation to refund entry fees.
- **JEVNAKER TRIATHLON** may at its sole discretion (for safety, legal and/or circomstances outside **JEVNAKER TRIATHLON** controll) for any reason, without notice; a) choose to change the competition course or competition format; or b) postpone or cancel the competition, or parts thereof, if **JEVNAKER TRIATHLON** considers that the conditions for the competition are unsafe or unsuitable. If the conditions have not changed within a reasonable time, set by **JEVNAKER TRIATHLON**, **JEVNAKER TRIATHLON** has sole discretion and may cancel the Event without obligation to refund entry fees.
- **JEVNAKER TRIATHLON** may, with the help from Anti Doping Norway, test any athlete for the use of a prohibited substance at its own discretion. A positive test will result in disqualification.
- Provided race numbers must be visible at all times throughout the race. On the back during the bike segment and on the front dureing the run segment.
- All athletes must register during the allocated times and attend the compulsory race briefing. All individuals and teams must rack their bicycles during the allocated times – there will be no exceptions to this rule. The Event organizers reserve the right to disqualify anyone not adhering to these rules.

- I accept that photos, film footage, interviews, advertisements and other promotional tools Jevnaker Triathlon or their partners taken during these events are the property of Jevnaker Triathlon and can be freely used by the Jevnaker Triathlon, including on social media.

SWIM RULES

- Compulsory gear includes a wetsuit and swim cap (cap provided). This may be altered or added to at the Race briefing subject to the water conditions, temperature, and swim course/distance (at the Event organizer's absolute discretion).
- No fins, paddles, snorkels, flotation devices of any kind are permitted.
- Swim goggles or face masks may be worn.

- Any assistance required during the swim may result in disqualification.
- When you're training on the course immediately prior to the event, brightly colored swim caps must be worn for you own safety. Anyone reported swimming without a brightly colored cap may be disqualified from the race.
- Event organizers have the right to change the location of the swim course, the distance of the swim course, or cancel the swim course (at their absolute discretion) taking into account the weather, water temperature, and general water conditions.

BIKE RULES

- No drafting is permitted. The cycle draft zone is a 20 meter long by three meter wide rectangle between the front edge of the leading cycle and the front edge of the following cycle, extending each side of the cycle by 1.5 meter, measured from the leading edge of the front wheel. Another athlete has 40 seconds to pass through that zone. Furthermore, once an athlete has passed they have 5 seconds to drop back out of the draft zone.
- Race numbers must not be altered in size or appearance, and must be worn on the back during the bike legs.
- Helmets must be secured by the chin strap before taking the bike from the rack, and must remain fastened until the cyclist has dismounted the bike and returned it to its rack.
- No individual support is allowed. The bike course is closed to all supporter traffic and no competitor may seek or receive outside help from spectators, members of the public, or any third party with the exception of the official technical support crew or within the indicated coach stations.
- Each participant is responsible for the state or repair of his/her own bike. Bikes must have been serviced within three weeks of the event and be in a safe and roadworthy condition. Assistance by anyone will be grounds for immediate disqualification. This disallows the use of spare wheels and back-up bikes and requires that each competitor be prepared to handle any possible mechanical malfunction. All bikes must undergo a compulsory check by the official technical support in the lead up to the race or at registration. Only checked bikes will be allowed into transition.
- Cyclists are expected to heed directions and instructions of all race officials and public authorities. Participants may run/walk with their bike if necessary.
- Competitors must keep as far to the right as is practically possible at all times, and pass others on the left and must obey all traffic laws, traffic regulations, and the directions of Event officials and the Police. The athlete will use the right lane only, to secure free left lane for emergency and race officials.
- The penalty for drafting, dangerous riding or unsportsmanlike conduct will be determined by the race official and can result in disqualification.
- Event organizers have the right to change the location of the bike course or the distance of the bike course (at their absolute discretion) and taking into account the weather and course conditions.

RUN RULES

- Competitors must not alter the size or appearance of the race number, and must wear it clearly and visibly on the front side during the run legs.
- Slower competitors must keep to the right while other competitors overtake on the left.
- No individual support vehicles or non-participant escort runners or cyclists are allowed. Friends, family members, coaches, or supporters of any type may not bike, drive or run alongside competitors, may not pass food or other items to competitors and should be warned to stay completely clear of all participants to avoid the disqualification of a participant. Runners are expected to follow the directions and instructions of all race officials and public authorities. Outside assistance is strictly forbidden and the size and nature of penalties for such an offense are at the sole discretion of the Event Race Director and Race Head Referee.
- Competitors must obey all traffic laws, traffic regulations, and the directions of Event officials and the Police.
- The run course will close for all competitors, both teams and individuals, at 16.00 pm. Event organizers reserve the right to remove from the course competitors who do not complete the race by this cut-off time.
- Event organizers have the right to change the location of the run course or the distance of the run course (at their absolute discretion) and taking into account the weather and course conditions.

In consideration of my acceptance of entry into 2027 Jevnaker Triathlon, I agree that the LOC (Local Organizing Comity) and officials, The Norwegian Triathlon Federation, its directors, employees, subcontractors, volunteers, members and sponsors shall not be liable for injuries or loss I might suffer because of my participation in these events.