

## Regulations of the IRONMAN GDYNIA event (hereinafter referred to as: "EVENT")

### I. ORGANISER

- 1.1. The organiser of IRONMAN Gdynia (the "Event") is Sport Evolution Group Sp. z o.o., Zimowa 31a/28, 05-515 Nowa Iwiczna, registered in the District Court for the capital city of Warsaw, XIII Wydział Gospodarczy Krajowego Rejestru Sądowego, KRS 0000779253, NIP: 1231431002, REGON: 382960037, address for correspondence ul. Janki, ul. Falencka 1B, 05-090 Raszyn, (hereinafter referred to as the "Organizer").
- 1.2. The race is an event organized and managed by an independent licensee of the World Triathlon Corporation based at 3407 West Martin Luther King Jr. Blvd, Suite #100 Tampa, Florida 33607, United States of America. The name and logo are used with permission from World Triathlon Corporation.

### II. DEFINITIONS

- 2.1. Organizer - the entity responsible for organising the event;
- 2.2. Athlete - a legal person who has registered for the Event by completing the registration form and paying the entry fee;
- 2.3. Entry fee - the fee that must be paid to register for the event;
- 2.4. Resignation - resignation from participation in the event, resignation means deleting the athlete from the list of event participants;
- 2.5. Transfer - transferring the entry fee to another athlete, transfer means deleting the athlete from the list of event participants;
- 2.6. Transition Zone - a designated area where athletes change their clothes and equipment between swimming and cycling, and between cycling and running;
- 2.7. Starting Zone (Start) - a designated area where athletes start participating in the event;
- 2.8. Finish Zone (Finish) - a separate area where athletes finish their participation in the event.
- 2.9. Race Office - a separate area where athletes collect items necessary to take part in the event;
- 2.10. Event website - the official website of the event, [www.ironmangdynia.pl](http://www.ironmangdynia.pl) oraz [www.ironman.com/im-gdynia](http://www.ironman.com/im-gdynia).
- 2.11. Extra Service - an additional service purchased by the athlete, which is not included in the entry fee.

### III. GENERAL RULES

- 3.1. As this is an IRONMAN event there are specific rules that apply, and the IRONMAN Competition rules will take priority over National Federation rules. The competition will be run under these Regulations which are based on the provisions of the IRONMAN Competition Rules, and the convention "without drafting".

#### [IRONMAN COMPETITION RULES](#)

- 3.2. Athlete licenses (annual or daily) issued by national triathlon associations are required to compete in the race.
- 3.3. The rules were developed on the basis of the guidelines of the Ministry of Culture and National Heritage, the Ministry of Development and the Chief Sanitary Inspector. The rules apply to the organization of mass events during the SARS-Cov-2 virus pandemic and the and the Act of March 2, 2020 on special solutions related to the prevention counteraction and combating of COVID-19, other infectious diseases and crisis situations caused by them (Dz.U. z 2020 r. poz. 374). Each athlete undertakes to adhere strictly to the sanitary regime referred to in the preceding sentences.

#### IV. DATE AND PLACE

- 4.1. The event will take place on August 8, 2021 in Gdynia.
- 4.2. Start and Finish will be located on the City Beach in Gdynia.
- 4.3. The start time of the event will be published in the "Program of the event" on the event website at a later date.

#### V. DISTANCE, ROUTE, TIME LIMIT

- 5.1. The race will be held at the distance of 3.8 km of the swimming stage, 180 km of the cycling stage and 42.2 km of the running stage.
- 5.2. Swimming at the distance of 3.8 km. The start will take place in the Rolling Start formula from the shoreline of the City Beach in Gdynia. Expected water temperature: 17 - 21 ° C. For safety reasons, it is obligatory to swim in neoprene and triathlon wetsuits during the race. Long sleeve wetsuits will be compulsory at temperatures below 17 ° C. Time limit to complete the swimming is: 2 hours 20 minutes.
- 5.3. Cycling on a distance of 180 km. Traffic is closed on the entire route. Convention competition without drafting! Only road bicycles and triathlon bicycles allowed. Time limit to complete the swimming and cycling: 10 hours 30 minutes.  
[Bicycles allowed during the Event.](#)
- 5.4. Running a distance of 42.2 km. The route is marked out along the main streets of Gdynia and on the Seaside Boulevard. Time limit to complete the swimming, cycling and running: 16 hours.

- 5.5. The time limit for the completion of the individual sections of the cycling and running route of the Event will be published on the website of the Event no later than 30 days before the Event.
- 5.6. The detailed route of the race will be published on the event website. The organizer has the right to change the route. Such a change does not result in any additional claims and obligations.
- 5.7. Apart from the Organiser, persons authorised by the Organiser and public services, no person without a start number is allowed on the route. Persons violating this prohibition may be removed from the route by appropriate services.
- 5.8. Electronic time measurement control points will be located on the route of the race. Omitting the control gate may result in disqualification.
- 5.9. There will be refreshment points on the route of the event (cycling and running course).
- 5.10. After the limit expires, the athlete is obliged to immediately leave the race route.
- 5.11. A person who stays on the route after the time has expired, does so at his own risk and may be punished for breaking traffic regulations and the Civil Code.

## VI. PARTICIPATION

- 6.1. A person who is 18 years of age at the day of the race (person born before August 7, 2003) may participate in the event.
- 6.2. Each athlete must be verified at the Race Office.
- 6.3. The condition for positive verification is the personal appearance of the athlete in the Race Office and showing the confirmation of the application in the form of a QR ticket and an identity document or passport.
- 6.4. The QR ticket will be shared to the athlete up to 7 days before the event.
- 6.5. The opening hours of the Race Office will be published in the Program of the event on the event website.
- 6.6. The athlete is obliged to leave the bike in the Transition Zone the day before the event.
- 6.7. Only athletes who have a wristband, a helmet with a starting number, a bike with a starting number and a chip have access to the Transition Zone.
- 6.8. The Transition Zone opening hours will be published on the event website.
- 6.9. The cost of the entry fee, accommodation, travel and own meals are covered by the athlete on his own..

## VII. SAFETY

- 7.1. By entering the starting line, the athlete confirms that he starts solely at his own risk and bears the risk associated with it, acknowledging that participation in the event is associated with physical effort and entails a natural risk and risk of accidents, the possibility of injury and injury. physical damage (including death) as

well as property damage and loss and has voluntarily decided to take the risk. The above does not exclude the Organiser's liability resulting from mandatory legal regulations.

- 7.2. The athletes are obliged to strictly follow the instructions of the Organizers, services responsible for road traffic management, including the Police, Municipal Police, judges and other services securing the route of the event.
- 7.3. The decisions of the medical service regarding the continuation of the race by athletes are final and indisputable. The medical transport of the athlete results in his disqualification.
- 7.4. The organizer provides accident insurance to athletes who have been correctly verified in the Race Office. Each athlete will be covered by insurance cover in the field of accident insurance occurring during the insurer's liability period in the territory of the Republic of Poland, consisting in bodily injury or health disorder, causing permanent health impairment or death of the insured. The insurance is paid by the Policyholder, ie the Organizer.
- 7.5. If an athlete decides to withdraw from the race at any time of the race, he is obliged to report this fact to the Judges or the Organizer.
- 7.6. To reduce the risk of contracting Covid-19, we recommend that all people diagnosed with one of the following conditions: pregnancy, diabetes, high blood pressure, recent stroke, chronic lung or heart disease, chronic renal failure with dialysis, chronic liver disease with cirrhosis , decreased immune function did not participate in the event.
- 7.7. While staying at the event site and moving on the premises of the facility, athletes should comply with the applicable regulations, in particular ensuring social distancing and stay at a safe distance from each other, in accordance with the current guidelines of the Ministry of Health and the Chief Sanitary Inspector, WHO and law. The guidelines are available on the following pages:
  - Chief Sanitary Inspector ([website](#))
  - Ministry of Health ([webiste](#))
  - World Health Organisation ([website](#))
- 7.8. It is forbidden to enter the event by persons staying in quarantine, under epidemiological supervision or showing signs of infection (fever, cough, shortness of breath).
- 7.9. Each athlete is required to complete a screening questionnaire, which will be included in the QR ticket.
- 7.10. Each athlete is obliged to: cover his mouth and nose with a mask or a protective helmet, disinfect his hands upon entering the event area (ie the Race Office, Expo, Transition Zone, Start, Finish).
- 7.11. Gathering and piling when passing through doors, passages, corridors and in toilets should be avoided. Each Athlete undertakes to follow the written and oral instructions given by the Organiser in this respect.

- 7.12. It is obligatory to have nose and mouth protection and it is a condition of participation in the event.
- 7.13. Uncovering the mouth and nose is possible only if it is necessary to identify or verify the identity of a person.
- 7.14. When coughing or sneezing, it is recommended to cover your mouth and nose with a bent elbow or a tissue, which should be immediately disposed in a waste container and hands should be washed or disinfected with an alcohol-based disinfectant.
- 7.15. The athlete declares that he is aware of the risk incurred when it comes to infection with the COVID - 19 virus during the event. He is aware that despite the implementation of a sanitary regime and compliance with appropriate procedures by the Organizer, there is a risk of infection.
- 7.16. The athlete declares that he has read the epidemic safety rules applicable during the event and undertakes to comply with them.
- 7.17. The athlete declares that he will not make any claims against the Organizer in the event of being infected with the COVID-19 virus during the event.

## VIII. REGISTRATION

- 8.1. Registration for the event will be accepted via the application form available at SlotMarket.pl.
- 8.2. Online registrations will be accepted from December 2, 2020 to July 25, 2021 or until there are available places.
- 8.3. The limit of athletes in the event is 2,500 people. If the limit is reached, the Organizer reserves the right to close the registration earlier.
- 8.4. The organizer reserves the right to invite people to take part in the event after the limit of places has been reached.
- 8.5. The organizer reserves the right to change the limit of places, and everyone who has purchased the package by the date of announcement of such a change has a guaranteed right to start.
- 8.6. The registration is considered when the application form is correctly completed and when the payment of the entry fee is paid in the amount specified in these regulations.
- 8.7. The confirmation of successful registration is:
  - confirmation of registration for the event from SlotMarket.pl (confirmation from the email address [contact@slotmarket.pl](mailto:contact@slotmarket.pl))
  - payment confirmation from DotPay (confirmation from email address [transakcje@dotpay.pl](mailto:transakcje@dotpay.pl))
  - information about registration in the Registration History on the SlotMarket.pl in user account (status: "Registered").

## IX. GROUP REGISTRATION

- 9.1. Group registrations are accepted via the email address [faktury@sportevolution.pl](mailto:faktury@sportevolution.pl).
- 9.2. Payment for group registration is made to the Organiser's bank account based on the Pro-Forma document. A Pro-Forma document is issued for the start of at least five participants (it is not possible to receive a Pro-Form for starting a group of up to four people and for an individual start).
- 9.3. Group registrations are accepted up to 30 days before closing the registration form.
- 9.4. In order to receive a Pro-Forma document, please send: invoice details and the number of participants to the address [faktury@sportevolution.pl](mailto:faktury@sportevolution.pl).
- 9.5. After making the payment for the Pro-Forma document, registration codes will be sent, reducing the entry fee.
- 9.6. Registration codes are valid for 14 days from the date of receipt of the codes.
- 9.7. People who register using codes are required to fill in the event registration form available on the SlotMarket.pl website and provide the code in the last step of registration.
- 9.8. Persons who do not register using the code, will not be allowed to take part in the Event.
- 9.9. Person who have registered using a group application is excluded by the transfer and resignation policy described in Chapter XIV.

## X. ENTRY FEE

- 10.1. The entry fee to participate in the event, depending on time of registration, is as follows:
  - Tier 1 – 450 EUR, 500 entries
  - Tier 2 – 475 EUR, 500 entries
  - Tier 3 – 500 EUR, 500 entries
  - Tier 4 – 525 EUR, 500 entries
  - Tier 5 – 550 EUR, 500 entries
- 10.2. The entry fee should be paid via the DotPay transaction service. All data provided in payments are entered on a secure encrypted page.
- 10.3. The fee must be paid upon registration, otherwise the application will be canceled.
- 10.4. The Entry Fee consists of servicing the athlete before the event (e-mail communication and via Social Media channels), maintaining the servers of the event website, purchases and renting products necessary to organize the event, as well as organizing and promoting the event.
- 10.5. An athlete who wants to receive an invoice for the paid entry fee should select the appropriate option in the registration form and enter the required data needed to issue the document. The invoice will be generated automatically after the payment is credited and will be available for download from the athlete's profile.

- 10.6. In accordance with tax regulations, due to the payment made before the service is provided, an advance invoice will be issued covering the full amount of the fee paid. Thus, the advance invoice is also the final invoice. By selecting the Invoice option, the Athlete agrees to sending/sharing invoices without the recipient's signature, in electronic form.
- 10.7. The organizer does not issue invoices in paper form.
- 10.8. If the athlete requests an invoice after payment, the invoice will be issued only for a legal person. The invoice may be requested by writing to the address [faktury@sportevolution.pl](mailto:faktury@sportevolution.pl) until the end of the event.

## XI. PAYMENT OPTION PLAN

- 11.1. The entry fees in the payment option plan are from the third entry fee threshold.
- 11.2. The athlete paying the entry fee by payment option plan is obliged to pay 50% of the entry fee during registration.
- 11.3. The athlete is obliged to pay the remaining amount between January 2 and March 31, 2021 via a special link.
- 11.4. If the remaining amount of the entry fee is not paid, the athlete will be removed from the list of people registered for the event, and the amount paid will not be refunded.
- 11.5. Payment Option Plan is available for players registering by 31 December 2020.

## XII. STARTING KIT

- 12.1. As part of the event, each athlete receives:
  - Bib number with a set of stickers
  - a swimming cap
  - wristband
  - deposit bag
  - chip
  - IRONMAN backpack with the Race logo
  - food voucher
- 12.2. Athletes who have completed the event are entitled to get a medal and a finisher t-shirt.
- 12.3. The size of the T-shirt must be provided during registration. T-shirt size can be changed up to 30 days before the event.
- 12.4. The basis to receive the starting kit is scanning the QR code at the Race Office and verification of data on the basis of an identity document or passport.
- 12.5. When collecting the starter package, the athlete is obliged to wear a wristband. The wristband should be put on next to the volunteer.
- 12.6. The location and opening hours of the Race Office will be given in the event program on the event Website.

- 12.7. The athlete is obliged to collect the starting kit himself and to bring in and pick up the bike to / from the Transition Zone.
- 12.8. Starting kits which will not be collected during the Race Office's working hours will not be issued or sent out at a later date.

### XIII. EXTRA SERVICES

- 13.1. During registration for the event and after its completed, the athlete may purchase Extra Services.
- 13.2. The purchase of Extra Services is not obligatory and is not necessary to complete the race. The purchase of Extra Services is possible up to 7 days before the date of the race.
- 13.3. The extra services that the athlete may purchase are:
  - Additional food voucher
  - Finisher Photo
  - Finisher Photo + video package from the finish line
  - Medal engraving
  - Hotel
  - Cancellation Insurance
  - Personal Accident Insurance
  - Polish Triathlon Association License
- 13.4. The price for the Extra Services is given in the event registration form on the Slotmarket.pl website.
- 13.5. The athlete has the option to resign from the purchased extra services up to 45 days before the event. At a later date, it will not be possible to resign from the purchased extra services.
- 13.6. In case of cancellation of the Service, the Competitor will be refunded the fee for the purchased service, reduced by the cost of its return in accordance with the rules of service provision by the payment operator.
- 13.7. The following are not refundable:
  - Cancellation Insurance
  - Personal Accident Insurance
  - Polish Triathlon Association License
- 13.8. The Resignation Costs and Personal Accident Insurance policies shall be purchased in the TU Europa Insurance Company through the portal Slotmarekt.pl. In this relation, the Organiser acts as an intermediary, not an insurer.
- 13.9. When purchasing the Cancellation Insurance and Personal Accident Insurance, the athlete accepts the General Terms and Conditions of Insurance.
- 13.10. Athletes who purchased a Photo Package and a Photo Package + video from the finish line will receive the service within 7 days from the end of the event.

#### XIV. WITHDRAWALS AND TRANSFERS

- 14.1. It is not possible to transfer the paid entry fee to another participant or to another year.
- 14.2. Withdrawal from the event should be reported via the [form](#). The amount of the refund of the entry fee depends on the date of registration:
  - up to 4 months before the event (i.e. until April 8, 2021) we refund: 50% of the entry fee;
  - up to 45 days before the event (i.e. until June 24, 2021) we refund: 25% of the entry fee;
  - less than 45 days before the event (i.e. after June 24, 2021), the entry fee is not returned.
- 14.3. During registration for the event, the athlete has the option to take out additional Cancellation insurance. The insurance is purchased from TU Europa Insurance Company through the Slotmarket.pl website.
- 14.4. It is possible to transfer from the event to other IRONMAN race.
- 14.5. The transfer option is available for IRONMAN events in Europe, Middle East and Africa (EMEA) only.
- 14.6. There is a 39 EUR (or 28 GBP, 42 CHF, 372 SEK, 291 DKK, 355 NOK, 50 USD) transfer fee + 8% Active Fee.
- 14.7. The event transferred to must be in the same calendar year as the original event.
- 14.8. If an athlete is transferring from a higher priced race to a lower priced race, the athlete will not be refunded the difference.
- 14.9. If an athlete is transferring from a lower priced race to a higher priced race, the athlete will be required to pay the difference in addition to the transfer fee and 8% Active fee.
- 14.10. A transfer into sold out events is not available. Transfers into events that only have foundation and/or charity as well as travel entries open is not available.
- 14.11. Athletes must transfer out of a race 45 days prior to race day (the race the athlete initially registered for).
- 14.12. Athletes may transfer into eligible races as long as registration is open, unless points 10 or 16 apply.
- 14.13. If additional purchases (e.g. medal engraving or FinisherPix) have been purchased along with the original race entry, it cannot be transferred to the new race. Additional purchases will be refunded until 45 days prior to the race and will need to be repurchased by the athlete.
- 14.14. Transfers are applicable to individual race entries only – entries purchased or provided through sponsors, charities and free entries cannot be transferred. A transfer of a race entry purchased with Nirvana Europe to a regular race entry of an open race is possible.
- 14.15. Races to be transferred to must have been open to the general public for at least ten days.

- 14.16. Once a transfer or refund has been redeemed, the option to transfer again. You may only transfer once.
- 14.17. If athletes choose to transfer, they forfeit their eligibility for a refund to the event they originally entered. A partial refund is eligible for the race an athlete has transferred into, if the withdrawal of this race is submitted 45 days prior to race date.
- 14.18. If an athlete qualifies for the IRONMAN 70.3 World Championship, an existing IRONMAN 70.3 entry will not transfer from or to either of these events.
- 14.19. Transfer to another event must be reported via [the form](#).
- 14.20. In the case of the athlete's death before the event, the entry fee will be fully refunded.
- 14.21. In the case of pregnancy, the entry fee is refunded after presentation of a medical certificate confirming the inability to take part in the race.
- 14.22. The athlete has the option to defer the entry fee for the event, which will be organized in 2022.
- 14.23. Deferrals are only available for individual entries and not for relay teams, complimentary entries or sponsor entries.
- 14.24. The deferral option is available to athletes that registered within 90 days of general entries opening.
- 14.25. A deferral is excluded for athletes who paid the entry fee in whole or in part by redeeming a voucher credit at the time of registration.
- 14.26. Athletes who elect to defer their entry forfeit any right for a partial refund, transfer or insurance refund.
- 14.27. All deferral requests will be honored until 45 days out from the original event date.
- 14.28. The deferral must be reported via [the form](#).
- 14.29. In the case of athletes who paid the entry fee by payment option plan, the deferral and transfers of the entry fee will be possible after paying the full amount of the entry fee.
- 14.30. In the case of athletes who paid the entry fee by payment option plan, a partial refund of the entry fee is possible only after all payments have been made. If an athlete withdraws before all payments have been made, the entry fee will not be refunded.
- 14.31. Starting kits purchased in whole or in part using a voucher or discount code are not refundable or transferable to another event.

## XV. CLASSIFICATIONS AND PRIZES

- 15.1. The following classifications will be held as part of the race:

WOMEN	MEN
W 18 (ages 18-24)	M 18 (ages 18-24)

W 25 (ages 25-29)	M 25 (ages 25-29)
W 30 (ages 30-34)	M 30 (ages 30-34)
W 35 (ages 35-39)	M 35 (ages 35-39)
W 40 (ages 40-44)	M 40 (ages 40-44)
W 45 (ages 45-49)	M 45 (ages 45-49)
W 50 (ages 50-54)	M 50 (ages 50-54)
W 55 (ages 55-59)	M 55 (ages 55-59)
W 60 (ages 60-64)	M 60 (ages 60-64)
W 65 (ages 65-69)	M 65 (ages 65-69)
W 70 (ages 70-74)	M 70 (ages 70-74)
W 75 (ages 75-79)	M 75 (ages 75-79)
W 80 (ages 80 and over)	M 80 (ages 80 and over)

- 15.2. The year of birth determines belonging to the age category.
- 15.3. The results will be announced no later than 15 minutes before the awards ceremony. The results will be hosted on the timekeeping company's website.
- 15.4. The results will be published on the event website and delivered to the media.
- 15.5. In the case of absence from the award ceremony, the prizes can only be collected at the Organizer's office up to 30 days after the end of the event.
- 15.6. The winners of places 1-3 in the age groups of women and men will receive souvenir trophies.
- 15.7. The winners of places I-III in the Best Gdynia Man and Best Gdynia Female categories will receive souvenir trophies.
- 15.8. The classification in the Best Gdynia man and Best Gdynia female categories is based on the town given during registration.
- 15.9. The organizer reserves the right to introduce additional prizes in selected categories.
- 15.10. PRO athletes, depending on the result obtained, will also receive qualification points. More information at <http://www.eu.ironman.com>.

## XVI. PROTECTION OF PERSONAL INFORMATION

- 16.1. Personal data controller of participants is Sport Evolution Group sp. z o. o., ul. Zimowa 31a/28, 05-515 Nowa Iwiczna, daneosobowe@sporteolution.pl. In relation to some participant data IRONMAN® Germany Germany GmbH Höchster Strasse 90, 65835 Liederbach, Germany are joint controllers.

- 16.2. Personal data of participants of Event will be processed for the purposes of organizing and carrying out Event, to select the winner and to award, release, receive the prize and other activities related to the economic activity and will not be shared with other customers.
- 16.3. For the purposes of chip timing and result sheet creation as well as sending one's bib number information and official time, personal data of the athlete (name, last name, year of birth, gender, city, email address, phone number) will be shared with Datasport, ul. Okrężna 22, 58-310 Szczawno Zdrój.
- 16.4. The participant has a right to access his/her data and correct them. Providing personal data and consent to their processing is optional, but necessary to achieve the said objectives. Failure to provide data or lack of consent to their processing prevents participation in the event. Please be advised that your consent may be revoked at any time.
- 16.5. Processing of participants data, in connection with participation in the event, includes publication of name, surname, year of birth, club participant with the name of the town in which he resides - in every way in which the project will be published.
- 16.6. All information concerning participants obtained by the Organiser and included in the registration form will be recorded in electronic way and in each case they will be used pursuant to in accordance with the applicable law.
- 16.7. The organizer reserves the right to carry out interviews with each of the participants, take photos and film them for advertising, promotional purposes, use on the Internet or in radio and TV broadcasts and for other commercial purposes.
- 16.8. The Organiser reserves the right to use, without compensation, all photographs, films, interviews, and voice recordings introducing the Event participants. These materials may be used by the Organiser in the form of CD-ROMs, DVDs, catalogues, internet sites, newspapers, and exhibition stands, as well for promotional-commercial purposes concerning the Events run by the organizers.

## XVII. COMPLAINTS PROCEDURE

- 17.1. A written protest regarding the non-compliant behavior of athletes, non-compliance with the provisions in other matters related to the race or the decision of the judges may be submitted to the main judge within 5 minutes from the end of the race (the last athlete running in) at the head referee with a deposit paid to the race office in the amount of USD 50 (ITU Rules art. 12.7a).
- 17.2. Complaints concerning matters related to the Event shall be submitted in writing with justification to the Organizer's correspondence address, with the note "IRONMAN Gdynia - Complaint", within 7 days from the date of the event - directly or by registered mail (the date of the postmark is decisive) or to the address: [contact@slotmarket.pl](mailto:contact@slotmarket.pl), with the note "IRONMAN Gdynia - Complaint".
- 17.3. Complaints sent after the deadline in point 17.2. will not be considered.

- 17.4. Complaints about race will be considered by Organiser within 60 days of their receipt.
- 17.5. The Organiser's decision on complaints about race will be final.
- 17.6. The above does not limit the Consumer's rights to pursue their claims under mandatory provisions of law before common courts.

## XVIII. COMPLAINTS PROCEDURE

- 18.1. All Event participants are bound by these Regulations.
- 18.2. The regulations apply from November 26, 2020.
- 18.3. Each participant is obliged to read the regulations.
- 18.4. Ignorance of the Regulations does not release the athlete from the rules specified by the Organizer in these Regulations.
- 18.5. It is forbidden to bring any kind of narcotic, illegal substance, drugs improving athletic performance, as well as alcoholic products to the area encompassing the Event. Participants are prohibited from taking such drugs and substances both before and during the race, failure to abide by this rule may result in exclusion from participation in the Event. If it is found that an athlete violates the above prohibition, the organizer reserves the right not to allow him to participate in the race or exclude him during the race.
- 18.6. No athlete may use measures or actions to increase efficiency. Any attempt of doping will be dealt in accordance with the IRONMAN Anti-Doping Rules. Athletes may be required to undergo testing before and after the Event. If an athlete is called upon to control, he/she is required to appear for inspection.
- 18.7. The Medical Control Rules are in accordance with IRONMAN Anti-Doping Rules on banned substances and will be binding on all athlete. In addition, other rules and regulations, even if not yet recognized by the IRONMAN Anti-Doping Rules, may be instituted, which if such occurs, you agree to abide by.
- 18.8. Each athlete is obliged to participate in the race in the swimming cap provided in the starting package, to put the starting number under the saddle during cycling and on the bicycle helmet; during the run: in front, at waist level - under penalty of disqualification. It is recommended to put the bib number on the back while riding a bike due to the chip on the back of the number. During the running stage, the athlete is obliged to put the bib number in front of him under penalty of disqualification.
- 18.9. On the reverse of the bib number there will be a table that each athlete should fill in for easier identification in the case of an accident. The table contains data on the medications taken, possible allergies and the telephone number of the person to be contacted by the Organizer in the case of an accident.
- 18.10. The organizer provides emergency medical care along the route and at the finish line.
- 18.11. The event Organiser provides safety in the water during the race (through WOPR).
- 18.12. The organizer provides cloakrooms and a deposit.
- 18.13. The Organiser is not responsible for lost valuables during the Event.

- 18.14. The Organiser takes responsibility only for the necessary equipment, i.e. bike, helmet, bike shoes and swimsuit. Athletes are solely responsible for any other additional equipment (e.g. bike computers, watches, goggles) left in the transition zone.
- 18.15. In case of theft or damage to equipment, each athlete is obliged to report this fact to the Organiser representative in the Transition zone and the police. Entries will be accepted by the Organiser only until it receives the equipment and leave the Transition zone by an athlete.
- 18.16. The organizer reserves the right to cancel or modify the event without giving reasons. If it is not possible to conduct a swimming competition (red flag), the swimming will be canceled or a 10 km run will be organized.
- 18.17. The Organiser reserves the right to make rule changes at any time provided all athletes are notified in writing and/or at the pre-race athlete briefing meeting. Notification of any change will be in accordance with WTC procedures.
- 18.18. Absence of technical check doesn't exempt the athlete from complying with these Regulations on this check-in.
- 18.19. In the event of cancellation or rescheduling of the Event due to a COVID-19 pandemic, the Contestant agrees to receive a voucher, the value of the entry fee paid, to be used for the Event taking place in the IRONMAN cycle in Poland in the following year. Money for additional services purchased will be returned to the competitor within 180 days. No refunds will be made for NNW insurance, "Cancellation Costs" insurance and Polish Triathlon Association License.
- 18.20. Each of Organiser and WTC may assign these Regulations to other entity/s or individual/s ("assignees") at any time, and any such assignment will grant assignees the full rights and protections accorded in these Regulations, consistent with Organizer's, WTC's and other Released Parties' rights and protections under these Regulations.
- 18.21. Only the organizer of the event is entitled to a binding and final interpretation of the regulations of these regulations. If any of the provisions of the Regulations is partially or entirely changed - all other provisions remain valid.
- 18.22. The organizer reserves the right to change the name of the event
- 18.23. In matters not covered by the regulations, the Organiser shall decide on the basis of the applicable law. The above does not limit the right to court in case of a dispute.