

Rules for XS, S, M, L Triathlons

Registration for the competition implies acceptance of the rules of the French Triathlon Federation FFTri (available on <http://www.fftri.com/reglementation-sportive-0/>) In case of non-compliance with the FFTri regulations, the competitor is exposed to sanctions notified by the presentation of a yellow card (warning, re-compliance), blue (in case of drafting on the cycling part) or red (disqualification). Some major or specific points of the Obernai-Benfeld International Triathlon are recalled below.

Registrations refund : Only if subscription of the "cancellation insurance" option at the time of registration and if requested before 20.5.2026.

Bib transfer: Accepted until 25/05/2026 and only in the same race

Time barriers: In case of exceeding the time limit (consult the schedule table), the bike start, run start or 2nd loop of the L run will be refused and the competitor disqualified by the juge.

Bib: only 1 bib per competitor. It must imperatively be fixed in 3 points minimum on a **bib belt**.

Wearing the bib is **prohibited during swimming** and **mandatory** by bike (at the back) and running (at the front).

Start: Competitors must gather for the briefing 10 minutes before the start of each race.

Swimming: Wearing a wetsuit is mandatory below 16°C, optional between 16 and 24°C and prohibited above 24°C. Nudity is strictly prohibited in the transition area. The change of clothing, if necessary, must be done out of sight. Mandatory to wear a swimming cap

Cycling: The road rules must be respected, drafting is prohibited with respect of a distance of 7m (S & M) and 12m (L) and clear overtaking on a parallel axis. Wearing a helmet is mandatory. - The possible stop at the train level crossing (approx. 35 sec.) does not give rise to a time adjustment. In case of poor visibility and for your safety, the bike must be equipped with a front and rear light
Position of aid station: Format L at km 27 (end of first ascent), 45 (Col de la Charbonnière) and 63 (Mont Ste.Odile) – Format M at km 28 (Mont Ste. Odile)

Blue card penalty : Concerns competitors penalized with a blue card during the cycling. The competitor must, on his own initiative, and under the control of a juge, stop in the penalty area located at the entrance to the bike/run transition area. The duration of the stop is 1mn for the XS and S format, 2mn for the M format and 5mn for the L format.

Running: A bracelet is given for the 2nd loop of the L. Position of aid stations per loop: Formats M, L 4 to 5 aid station per lap of 9,6km – Format S 2 aid stations

Relay: The passage of the relay is done by transmission of the chips between swimmer and cyclist at the bib location in the transition area No. 1 in Benfeld and by transmission of the bib belt + chips between the cyclist and the runner at the bib location in the transition area No. 2 in Obernai. It is accepted that one of the competitor can do 2 disciplines.

Image rights: Each participant expressly authorises the organiser and its beneficiaries such as partners and the media, to publish, use or have used or reproduce or reproduce, free of charge, their name, image (photographs, videos), voice (interviews, videos) and sporting performance in the context of the competition with a view to any direct or derivative exploitation of the event, in any medium on which he/she may appear on the occasion of his/her participation in the Obernai-Benfeld Triathlon, including video, CD, DVD, radio, television, podcast, webcast (Internet), recordings, film, advertising, advertising material, including promotional and/or advertising materials, worldwide and for the longest period provided for by law, regulations or treaties in force, including any extensions that may be made to this period. The audiovisual rights relating to the competition belong exclusively to the organizer

In general:

Triathlon is an individual sport. It does not allow any external assistance (except in Paratriathlon practice).

Non-compliance with the environmental charter (throwing waste on the ground, abandonment of equipment, clothing, accessories) is prohibited outside the cleanliness zones located at the aid station. Failure to comply with this rule, which is detrimental to the sustainability of the event and the image of athletes, is punishable by disqualification (red card).

Detailed race information: All information on the detailed operation of the events will be communicated by a specific document downloadable or distributed by email to each competitor on d-10. In particular, the bib number, withdrawal of bibs, the arrangements between the transition areas of Benfeld and Obernai, the repatriation of swimming belongings, the content of supplies, etc....

Maps of the routes and "spectator-supporter" itineraries: available on: www.triathlon-obernai.fr
For your supporters and fan club, geolocation and arrival prediction on S, M & L formats