

FITDAYS MGEN 2022 RULES

PREAMBLE: MGEN FITDAYS 2022 AND THE HAUT-LANUEDOC TRIATHLON

In 2022, participants in the FitDays mgen stage tour have the possibility to link the Haut-Languedoc triathlon events according to the following modalities:

➤ chain the 4 or 5 stages of the FitDays mgen from Sunday 10 July 2022 to Thursday 14 July 2022 = silver finisher after the first 4 stages or gold finisher if first 4 stages + L of 14 July.

ARTICLE 1: SPECIFICITIES OF THE MGEN FITDAYS

The mgen FitDays is subject to specific organisation and race rules, detailed below, which are in addition to those of the French Triathlon Federation's Sports Regulations. By registering for the mgen FitDays, triathletes undertake to respect these rules, under penalty of sporting sanctions, fines or even exclusion. Apart from the specific organisational and race rules explained below, the Sports Regulations of the French Triathlon Federation apply. Athletes may participate individually or in teams.

ARTICLE 2: INDIVIDUAL PARTICIPATION

➤ 2-1: Triathletes must comply with the specifications of the French Triathlon Federation's medical regulations of which they are informed.

➤ 2-2: The organisers of the FitDays mgen reserve the right to refuse the participation of a triathlete.

➤ 2-3: registrations: the organisers of the mgen FitDays limit the number of registrations to 150 individual triathletes (for the 5 consecutive stages from 10 to 14 July). The latter pay the registration fee (175 € until 2 november 2021 and 250 € from 3 november 2021 to 8 July 2022). For triathletes who enter only the first 4 stages from 10 to 13 July, the entry fee is €105 until 30 april 2022 then €130 from 1st May 2022 to 8 July 2022.

➤ 2-4: Like the invited elite teams, individual participants can benefit from lunch in the partners' village as well as access to the care of the FitDays Mgen physiotherapists' team, provided that they book this service when registering: €50 the pass for the 5 days (€40 the pass for the 4 days from 10 to 13).

It is also possible to attend the opening dinner on July 9th and the closing dinner dance by reserving your place at the time of registration: 50€ for the 2 evenings.

Finally, it is also possible to book the dinners on 10, 11, 12, 13 July: 80 € for the 4 dinners.

➤ 2-5: For accommodation, please visit <https://www.fitdays.fr/informations-hebergement-haut-languedoc.html> to find the accommodation that the organisation has visited for you...

ARTICLE 3: TEAM PARTICIPATION

3-1: A team must be made up of 3 triathletes. To be eligible for the team ranking, the elite and young athletes (junior and hopeful - born between 1999 and 2004) must form a mixed team, i.e. with at least one woman. If they do not have a coach, their captain can take this place.

For the youths, to be eligible for the team ranking, the team must participate in the distance L triathlon on 14 July 2022 in the form of a type B relay.

3-2: One of the members of the club or amateur team must be designated "captain". He (she) is the sole contact for the organisers of the mgen FitDays.

➤ 3-3: Triathletes must comply with the specifications of the FFTRI medical regulations of which they are informed.

3-4: The organisers of the FitDays mgen reserve the right to refuse the participation of a triathlete.

3-5: Registration: The mgen FitDays organisers limit registration to 30 teams. Teams pay the registration fee of :

- 525 €/team of 3 (5 days) until 2 november 2021

- 315 €/team of 3 (4 days) until 30 April 2022

- 750 € per team of 3 (5 days) from 3 november 2021 to 8 July 2022.

- 390 € per team of 3 (4 days) from 1st May 2022 to 8 July 2022.

- For young people who participate in the 4 linked triathlons + the L in relay type B, 375€/team of 3 until 30 April 2022 or 450€/team of 3 from 1 May 2022 to 8 July 2022.

Any team that has not paid the full amount before the start of the mgen FitDays is not allowed to start the circuit. The coach can access the various catering services listed in article 2 at the same rate as each triathlete. For more information on these possibilities, please contact the organisation before 28 February 2022.

➤ 3-6: teams can also benefit from lunch in the partners' village as well as access to the physiotherapists' team of the FitDays Mgen, provided that this service is booked at the time of registration: 200 € per pass for the 5 days (coach food included).

Finally, it is also possible to book the dinners on the 9th, 10th, 11th and 12th July: 320 € for the 4 dinners, coach included.

3-7 : Transfers between stages : the team leaders are required to drive the team's support vehicle(s) from one stage to the other. They are responsible for transporting the triathletes and their equipment from one stage to another.

ARTICLE 4: BRIEFINGS

4-1: Only the coaches of the elite teams, the captains of the club or amateur teams and the individual athletes attend the daily briefings. In case of unavailability, the presence of another team representative will be accepted on an exceptional basis.

➤ 4-2: A general start briefing at which all triathletes must be present will take place on Sunday 10 July at 11am in Nages. Athletes will have to present their current licence. The different questions can be discussed. The briefing will be in French and English.

4-3: During this general start briefing, the race material (number, swimming cap, electronic timing chip, frame plate, helmet label, tamper-proof bracelet, etc.) will be distributed. Each coach, captain or athlete will be responsible for them during the whole duration of the FitDays mgen 2022. Only one bib will be distributed, therefore it is mandatory to use a bib belt that complies with the general regulations.

➤ 4-4: an elite briefing will take place on 9 July at 7pm during this general start briefing, the race material (race number, swimming cap, electronic timing chip, frame plate, helmet label, tamper-proof bracelet...) will be distributed. Each coach, captain or athlete will be responsible for them during the whole duration of the FitDays mgen 2022. Only one bib will be distributed, therefore it is mandatory to use a bib belt that complies with the general regulations.

➤ 4-5: Each day, a technical briefing will be scheduled. For each stage, a theoretical support (site map and particular points, recommendations specific to the race) and an oral presentation will be given by the race director and the main referee of the stage. The presence of the coach, captain or individual athlete is imperative. Everyone will sign the attendance sheet at the beginning of the meeting. The times of the daily briefings will be communicated from one day to the next.

ARTICLE 5: PROTOCOL

5-1: Triathletes are required to participate in the following ceremonies:

Presentation of the teams to the media and partners on 9 July at 8pm in Haut-Languedoc

Final prize-giving ceremony on 13 July at La Salvetat sur Agout at 4.30 pm (athletes completing 4 stages)

Final prize-giving ceremony on 14 July in La Salvetat sur Agout at 3pm (athletes completing 5 stages).

NB: Athletes must be present 15 minutes before the start time of the ceremonies.

➤ 5-2: presentation of the jerseys at the protocol podium: the athletes must remain at the disposal of the protocol officer after the arrival of each stage and present themselves, at the call of the official announcer, at the protocol podium.

➤ 5-3: media relations: athletes must remain in the V.I.P. village at the disposal of journalists after the finish of each stage for the daily press conference to be held there.

Failure and/or non-compliance with the instructions in the Protocol article will result in a fine of 200 euros per athlete. These penalties must be paid within two weeks of the end of the event concerned.

➤ 5-4: Elite ranking: team and individual bonuses :

Individual bonuses (stage or general ranking) will be granted to triathletes provided that they have completed the 4 stages of the MGEN FitDays in a row from 10 to 13 July 2022, except in the case of a break due to injury or illness, as evidenced by a medical certificate. In the latter case, they will be able to keep the stage bonuses already earned.

All winnings and bonuses shall be paid exclusively to the team, which shall distribute them among its members in accordance with the terms and conditions previously agreed between them. On 9 July, during the welcome ceremony, each team manager must submit to the organisation the arrangements for the distribution of prizes within the team.

The payment of the winnings and bonuses will be made following validation by the race jury according to the results of the anti-doping tests and at the latest according to the deadline set out in the team commitment contract, i.e. 30 November 2022. This deadline allows for the verification that all sums due by the teams (hotel extras, accommodation costs, etc.) have been paid.

➤ 5-5: stage classification: on each stage, the winner of the stage receives the "stage town" jersey, which is worn during the prize-giving ceremony.

➤ 5-6: individual general classification: at the end of each stage, a classification by addition of times will be established for the award of jerseys:

the 1st and the 1st in the general ranking receive the MGEN green jersey

the best swimmer in the general classification receives the blue EDF jersey

the best cyclist in the general classification receives the yellow Renault jersey

the best runner in the general ranking receives the red Ecouter-Voir jersey

the 1st young rider outside elite athletes (born between 1999 and 2004) and the 1st young rider outside elite athletes (junior or hopeful) in the general ranking receive respectively the turquoise La Salvetat jersey for the boy and the white/green Occitanie jersey for the girl

All jerseys are worn by the athletes concerned at the prize-giving ceremony.

The jerseys, except for the "city-stage" jersey, have a matching tri-suit that will be worn on the next stage by the jersey holder.

5-7: team classifications :

5-7-1: Elites and youths: the team time is obtained by adding the times of the 3 triathletes in the team each day and then by adding the team time of the previous day. The overall team ranking is defined by adding the team time on each stage. If an athlete does not finish a stage, he/she can no longer participate in the team classification or the general individual classification. He may continue the tour but will not be entitled to the stage bonuses.

5-7-2: Amateurs: the rules are the same as for elite teams. There will be a classification for women's, mixed and men's teams.

5-8: individual rankings: The final individual rankings are the rankings obtained by each athlete at the end of all the stages of the MGEN FITDAYS circuit. There will be a men's, women's, veteran men's and women's, young men's and women's ranking.

If a triathlete is the holder of several jerseys, he/she will start the next stage with the one best placed in this hierarchy: 1 => green mgen jersey 2 => blue EDF jersey 3 => yellow Renault jersey 4 => red Ecouter Voir jersey 5 => green/white Occitanie jersey or turquoise La Salvetat jersey. As soon as a triathlete is in possession of a leader's jersey, he/she must respect the following rules under penalty of a 500 euro fine:

Wear the leader's jersey at the jersey award ceremony;

Wear the tri-function suit that matches the jersey during the stage;

not to conceal the advertising (names and logos) of the partner of the award jersey in question.

ARTICLE 6: PRIZES

With the exception of the youth category (hopefuls and juniors), prizes are exclusively reserved for elite athletes. Consequently, young people must specify at the time of their registration whether they wish to be classified as elite or as a young amateur.

➤ 6-1: stage prizes on 10 and 12 July

1st man and 1st woman of each stage = 200€ each

2nd man and 2nd woman of each stage = 160€ each

3rd man and 3rd woman of each stage = 120€ each

4th man = 90€ each

5th man = 70€ each

6th man = 40€ each

1st and 1st young amateur (not elite) = 50€ each

1st elite team of each stage = 300€ each

➤ 6-2: Premiums for the mixed relay stage on 11 July

1st team = 900

2nd team = 600

3rd team = 300€ each

1st young team = 300€.

➤ 6-3: bonuses for the stage on 13 July (with handicap for men - women will start 13 minutes ahead of men)

1st of the stage = 350€.

2nd of the stage = 300 €.

3rd in the stage = 250 €.

4th of the stage = 200€.

5th of the stage = 150€ (for the men)

6th of the stage = 100€.

7th of the stage = 80€.

8th of the stage = 50€.

1st young rider in the stage = 150€.

2nd young rider in the stage = €100

3rd young rider of the stage = 50€.

1st elite team of each stage = 300€.

➤ 6-4: General classification bonuses at the end of the 4 stages from 10 to 13 July:

1st man and 1st woman: 400€ each

2nd man and 2nd woman: 300€ each

3rd man and 3rd woman: 200€ each

4th man: 150€ each

5th man: 100€ each

1st young men and women (not elite): 200€ each

2nd young men and 2nd young women (non-elite): €100 each

3rd young men and 3rd young women (non-elite): €50 each

1st elite team: €900

2nd elite team: €600

3rd elite team: €300

➤ 6-4 : classification of the best swimmer, best cyclist, best runner jerseys :

First to fourth day: 50€

➤ 6-5 : classification of the green jerseys leader female and male and youth jerseys (male and female) :

First to third day: €50 each

Fourth day: general bonus

➤ 6-6: Bonuses on the L Triathlon of July 14th (reserved for triathletes having completed all 5 stages).

1st man and 1st woman elite = 200€ each

2nd man and 2nd woman elite = 150€ each

3rd man and 3rd woman elite = 100€ each

4th man elite = 80€ each

5th man elite = 50€ each

1st and 1st young amateur (not elite) = 100€ each

1st elite team = 300€ each

➤ 6-7: Exceptional bonuses: these reward the "elite" athletes who have achieved the best cumulative times on the stages from 10 to 13 July + on the distance L event on 14 July (gold finisher):

1st man and 1st woman: 450€ each

2nd man and 2nd woman: 300€ each

3rd man and 3rd woman: 250€ each

4th man and 4th woman: 200€ each

5th man and 5th woman: 150€ each

6th man: €100

7th man: €75

8th man: €50

1st young men and women (except elites): 200€ each

1st team: €600

2nd team: €450

3rd team: €300

Best swimmer, cyclist and runner after the 5 stages: 100€ each

The amateur classification will reward the 1st amateur gold finisher with a bonus of 400 € each and the best master gold finisher with a bonus of 200 € each. These prizes cannot be accumulated.

For young people (except for elites born between 1999 and 2004), the team classification over 5 days will be based on the addition of the cumulative team times of the first 4 days + the time of the 5th stage in type B relays (each member of the team will do a discipline)

1st young team (not elite) after 4 stages + type B relay 5th day = 300€.

ARTICLE 7: START FORMALITIES AND EQUIPMENT

➤ 7-1: Signing: Before each stage start, the team must present itself at the podium at the call of the official announcer at the time indicated below for the presentation to the public and the signing by each team member of the stage race sheet:

10 July at 12 noon in Nages (81) - Plage du Lac du Laouzas

11 July at 9am in Nages (81) - Plage du Lac du Laouzas

12 July at 10am in La Salvetat sur Agout (34) then at 5pm (before the second round) - Lac de la Raviège

13 July at 1pm in La Salvetat sur Agout (34) - Lac de la Raviège

14 July at 9am in La Salvetat sur Agout (34) - Lac de la Raviège

➤ 7-2: the equipment is deposited in the transition area by the athlete after it has been checked (tamper-proof bracelet). It is checked at the entrance to the transition area. Bikes must comply with the Sporting Regulations of the French Triathlon Federation.

➤ 7-3: The equipment deposited in the transition area is under the responsibility of the organiser only during the opening hours of this area. The times will be communicated to the coaches during the briefings.

➤ 7-4: Before each stage start, the triathlete must respect the equipment drop-off and warm-up times. After the warm-up, he/she must report to the official starter in the area provided 10 minutes before the start.

7-5 The wearing of a neoprene suit is compulsory for a water temperature lower than 16°C, authorised between 16°C and 24.5°C, and forbidden above 24.5°C.

ARTICLE 8: RACE PROCEDURE AND RULES FOR EACH STAGE

The General Regulations of the French Triathlon Federation are applicable in their entirety to the mgen FitDays.

➤ 8-1: 1st stage: M distance triathlon from Nages - Lac du Laouzas (81): 1500 m swim in 2 loops with Australian exit, 38.5 km bike (D+ = 616 m) in 1 loop, 10 km run in 4 loops.

➤ 8-2: 2nd stage: XS distance triathlon in mixed relay by team of 3 from Nages - Lac du Laouzas (81): each triathlete in the team completes 375 m of swimming + 4 km of flat bike in 1 AR + 1 km of flat run in 1 AR + 4 km of flat bike in 1 AR + 1 km of flat run in 1 AR, then passes the relay to the 2nd triathlete of the team who starts again for the same course, before passing the relay to the 3rd of the team who also starts again for the same course. For mixed teams (mandatory for elite and youth teams competing for the ranking), the woman starts in the 2nd wave. Each triathlete keeps her time for the rest of the general ranking.

For this type A relay on 11 July, elite teams, youth teams (junior and hopeful) as well as amateur teams (mixed, female or male), the starting order of this relay must be declared to the organisation the day before before before 8 pm.

Single competitors will be grouped in teams of 3 by the organisation.

➤ 8-3: 3rd stage: XS distance triathlon in two heats at La Salvetat-sur-Agoût (34): 375 m swimming in 1 loop, 10 km cycling in 1 loop, 2.5 km running in 1 loop

➤ 8-4: 4th stage: S distance triathlon from La Salvetat sur Agout - Lac de la Ravière (34): 750 m swimming in 2 loops with Australian exit, 24 km cycling (D+ = 459 m) in 1 loop, 5 km running in 2 loops. The men will start with a time handicap after the women. This time handicap will be taken into account for the general classification and the distribution of scratch prizes for both the elite and the youth. It will be calculated the evening before according to the gap between the male and female leaders after 3 stages.

➤ 8-5: 5th stage: distance L triathlon from La Salvetat-sur-Agout - Lac de la Ravière (34): 3000 m of swimming in 2 loops with an Australian exit, 78 km of cycling (D+ = 1330 m) in 1 loop, 19 km of running in 3 loops

ARTICLE 9: ASSISTANCE AND TIMING

➤ 9-1 : neutral assistance : The change of bike is forbidden during the stage except in the case of a mechanical incident that renders it unusable. In the event that the bike is unusable, any person is likely to provide a bike if the FitDays mgen mobile assistance cannot respond to this mechanical problem. But in all cases, the damaged bike must be left in the broom wagon for examination by the jury after the event. The conformity of the replacement equipment must comply with federal regulations and will also be checked at the end of the event. In this case, the bike is left in the same condition as it was when the participant arrived, to be examined by the race jury. A mobile assistance (van) will be present to allow triathletes to be helped during the race: teams will be able to entrust wheels or bikes before the start. This van will be located after the last elite triathlete in the race. The organisation will also take 4 bikes of different sizes to lend in case of breakage or puncture.

9-2 : Check-in and vehicles on the course Each coach will be able to check-in his riders in a fixed position. Motorbikes or team cars are not allowed in the race.

9-3: timing and results The FitDays mgen is timed by electronic chips. The time is taken into account when the chips pass over the mats installed at the swim exit, at the bike park exit and at the final finish. The general classification is based on the overall time, including the changeover times. Each

discipline will be timed except for the change times which are included in the bike time. Triathletes must wear the electronic chip during the whole race. The results of each stage, as well as the final rankings, are validated by the race director and the main referee. At the end of each stage, they will sign the results sheet for final approval.

ARTICLE 10: CLAIMS AND DISPUTES

➤ 10-1: If a coach or captain wishes to make a protest, he/she must send it to the main referee in writing within one hour of the official publication of the day's results.

➤ 10-2: Any dispute on the present rules, or any other fact, will be submitted to the appreciation and decision of the Race Jury. This decision may be appealed to the Appeals Committee by the coach or captain of the triathlete concerned by the dispute. The appeal must be made in writing to the Appeals Committee within half an hour of the announcement of the decision of the Race Jury.

➤ 10-3: race jury:

10-3-1: The mission of the race jury is to ensure that the various events run smoothly. It guarantees compliance with the rules set out but also the quality of the sporting spirit of the FitDays mgen. It is composed of ▪ the race director ▪ the main referee ▪ an athlete drawn at random by the race director, each day, before the start of the events.

10-3-2: when a protest is registered after the official publication of the stage results, the race jury shall confirm or invalidate the results as well as any sanctions and/or fines.

➤ 10-4: appeals commission :

10-4-1: the only body authorised to rule in the event of a challenge to the decisions of the race jury, the appeals commission is composed of: ▪ the members of the Race Jury ▪ the general manager of the Fitdays mgen; ▪ a coach or captain drawn at random from among the coaches or captains who have not lodged a protest. The Appeals Committee reserves the right to hear any person at its convenience.

10-4-2: the coach or captain of the athlete concerned by the dispute may come to defend this athlete before the Appeals Board.

➤ 10-5: sanctions :

10-5-1: individual sanction: competitors are full moral representatives of the event. Those who do not respect these rules or who behave in a defamatory and disrespectful manner towards anyone during the mgen FitDays, will be liable to financial penalties which will be defined by the race jury (a fine of 100 € to 300 €). Failure to attend one of the official ceremonies (opening and closing) will result in a fine of €200 (to be paid within two weeks of the end of the events).

10-5-2 : Team sanction : Competitors who do not respect the present rules or who behave in a defamatory and disrespectful manner towards anyone during the mgen FitDays, will be liable to financial penalties (from 100 to 600 €) which will be defined by the race jury. Penalties will be applied to the team as a whole.

➤ 10-6: Doping control: each stage of the mgen FitDays may be subject to control. Designated triathletes must submit to the legal procedures put in place under the authority of the testing physician and under the control of the federal delegate. In the event of a doping control on one or

more of the stages of the mgen FitDays, the winnings or bonuses will be recorded and paid out only after receipt of the report from the control laboratory.

➤ 10- 7: Medical regulations: all triathletes are required to submit to a possible doping control. Any refusal to undergo this procedure will result in immediate and irreversible elimination.

ARTICLE 11: SUSTAINABLE DEVELOPMENT

Participants in the mgen FitDays events undertake to adopt an eco-responsible attitude in all circumstances. In this respect, any throwing of waste or abandonment of objects is strictly forbidden during all the events. Competitors are also encouraged to limit and pool their travel.

The participation of an athlete in the 2022 edition of the FitDays mgen requires the full and complete acceptance of the present rules.