



RULS
FOR PARTICIPATION IN
LION HEART ULTRA CROSS TRIATHLON
(hereinafter referred to as the “Competition”)

The intention of these rules is to create conditions for equality and fair play, to guide participants in their preparation, to encourage sportsmanship and to punish those participants who gain or attempt to gain an unfair advantage.

1. Competition format

1.1. "Lion Heart" Ultra Cross Triathlon is an adventure, mountain race (of the "ultra cross triathlon" type), organized by the NGO Lion Heart, with the following contact information: address: Burgas, Pirotka St. 39, e-mail: [contact@lionheart .bg](mailto:contact@lionheart.bg);

1.2. Lion Hheart is an autonomous competition. Each participant must start and finish with the mandatory equipment, relying solely on themselves during the course of the race. Assistance

in any form other than that provided by the organizers, volunteers and teams along the route is prohibited within the competition;

1.3. The winner is the participant who goes through the three stages of the course in the shortest time, counted from the official start until the last passes on a timing bracelet through the final arch;

1.4. The area of the competition is on the territory of the municipality of Primorsko, the municipality of Malko Tarnovo and the municipality of Tsarevo. See www.ultra.lionheart.bg for specific details of the competition area;

1.5. The day of the event is Saturday, the first weekend of September. The day before the race, documents are accepted and personal equipment is checked. The day of the race, there is an awards ceremony and a farewell party;

1.6. The competition has one route with a minimum length of 140 km and three mandatory disciplines;

1.7. The crossing time of the routes is 13 hours, distributed as follows:

1.7.1. Swimming – 2 hour;

1.7.2. Cycling – 8 hours with control times 12 o'clock at Zubernovo village checkpoint, 15:00 o'clock at Kosti village checkpoint and 16:30 o'clock at Fazanovo village checkpoint;

1.7.3. Running – 3 hour with control times 18 o'clock at Beglick Tash checkpoint.

1.7.4. The time a participant saves in one stage is automatically added to the next one;

1.7.5. In the event that a participant does not cover the general control time or that of the specific checkpoint, he or she must suspend his or her participation in the competition from the point of view of security and is not allowed to continue moving along the course. The participant waits for and complies with the instruction of the organizers.

1.8. Only participants over the age of 18 are admitted to the competition, regardless of gender, age and nationality;

1.9. Age categories are calculated by year of birth, not by date of birth;

1.10. The official language of the competition is Bulgarian.

1.11. The official website of the competition is <http://www.ultra.lionheart.bg>

2. DISCIPLINES / STAGES

- Open water swimming – 3 km in open water consisting of four lengths of 700 meters plus 100 meters entry and exit in the water area of Perla Gulf, Primorsko;

*In case of bad weather, the total distance and the number of lengths may change.

- Mountain biking – 116 km in Strandzha mountain;

- Mountain running – 21 km around the area of Ropotamo National Reserve.

3. RACE OFFICIALS / ORGANIZERS

3.1. Race Director – responsible for all aspects of the event, can change the format of the race (track, date and start time) in its course, cancel stages or cancel the entire race;

3.2. Race Coordinator (Race Coordinator) - monitors the observance of rules in the changing area, passing the relays, collects information from all points and teams, coordinates the logistics of the mobile teams along the route;

3.3. Timing and Timekeeping Director (Time Lord) – officializes the final results, monitors for violations, applies penalties in the results of the participants;

3.4. Head Referee - has the right to apply the current regulations, formalizes the imposed penalties;

3.5. Volunteers – provides assistance to the participants, serves food and drinks, keeps time, monitors violations;

3.6 Medical person (Medics) - monitors health and health documents, provides medical assistance if needed, has the right to suspend a participant until the final decision of the chief judge.

4. CATEGORIES

Participation in the "Lion Heart " Ultra Cross Triathlon is divided into two categories:

4.1 Individual - in the "Ultra" category, each athlete completes the entire course in the above sequence of sports disciplines (see item 2). In order to pass from one discipline to another, the competitor must pass through the transition area, enter the control times, follow the rules of behavior in the transition area and wear the mandatory equipment for each stage. In case of going beyond the stipulated control times, lack of mandatory equipment or non-observance of the rules in the Base Camp and on the route, the Organizers have the right to disqualify the participant. In case of disqualification, the athlete must return the equipment provided by the organizers (timing bracelet and GPS tracking device) and withdraw from the track. In the event that a participant loses any of the above-mentioned equipment, he/she owes a penalty of BGN 120 for a lost GPS, and BGN 30 in the case of a lost timing bracelet, if applicable;

4.1.1 In the case of unreturned timing bracelet and/or GPS device, the participant should notify the Organizers and send the device at their own expense;

4.2 Team - in the "Team" category, athletes participate in team competition. The "Team" category allows teams of three competitors and teams of two competitors:

4.2.1 Team of three athletes - each athlete participates in a separate discipline, passing the baton (timing bracelet and GPS device, where applicable) to his teammate in the designated place in the presence of an organizer and/or volunteer;

4.2.2 A team of two athletes - the athletes distribute the three disciplines among themselves at their discretion without mandatory alternation between the stages as the passing of the relay (the timing bracelet and the GPS device where applicable) takes place in the designated place in the presence of an organizer and/or volunteer;

4.3 All runners participating in the "Lion Heart" Half Marathon are registered as individual participants in the mountain running discipline. They start after the participants in the ultra and relay categories leave Base camp. The start of the half marathon race is given by the

Organizers after a short briefing for all runners. All rules in this rulebook are valid and apply to participants in this category.

5. TRANSITION ZONE

The changing area, also called the "transition area", is a fenced area created for the comfort of the competitors. Each competitor has a place to put their prescribed mandatory equipment and bike. The area has a changing zone and sanitary facilities, as well as timing antennas. Passing through it between stages for both categories is mandatory. Access by outsiders is completely prohibited. Only Lionheart competitors, volunteers, organizers and medical teams have access to the transition zone.

5.1 Behavior in the transition zone

5.1.1. Each competitor receives a basin for personal belongings after equipment inspection.

5.1.2. Only competitors who have passed the mandatory equipment check and have the mandatory equipment for participation have access to the area. The basin is not removed from the transition zone.

5.1.3. In the transition zone, as well as in the entire area of the Base camp only walking and running is allowed. Cycling in the zones is completely prohibited. When leaving the transition zone, each competitor must have their mandatory equipment on for the upcoming stage.

5.1.4. In case the mandatory equipment is not on the person, the stewards have the right to stop the competitor from progressing to the next stage. Failure to comply with the rules will result in direct disqualification.

5.1.5. Each competitor must return the equipment provided by the Organizers and the provided basin for personal belongings to the Organizers. Basins should be cleaned.

5.1.6. A competitor who loses or does not return his basin owes a fine of BGN 10. In the event that the basin remains in the athlete's possession, he should notify the Organizers and send it back at his own expense.

5.1.7. Any finished or disqualified competitor must collect their gear and leave the transition zone. Bicycles can be removed from the changing area after 17:00 p.m.

6. REGISTRATION, REQUIRED DOCUMENTS AND PARTICIPATION FEE

6.1. Registration for the competition is performed online at the official website of the competition - <http://www.ultra.lionheart.bg> until July 31, 2023, 11:59 p.m. or until the slots are exhausted. Registrations and payments after the mentioned deadlines are invalid;

6.2. The entry fee is valid for one competitor and is variable according to the number of entries and time of payment.

6.3. The participation fee is non-refundable in case of non-appearance of a participant for the competition, in case of refusal or withdrawal from it after July 31 and in case of disqualification, as well as in case of changes to the Competition in its course as a result of unforeseen/emergency situations;

6.4. Registrations for participation are final and are not subject to changes after payment has been made by the participant. The only possibility to change participation is to cancel participation within a period of up to one week before the end of registration, which is done from the participant's profile by pressing a button. The participant receives an email with a unique voucher code that stores the amount paid. The voucher is valid for 1 calendar year from the date of cancellation. The voucher can be used for competition registration by its holder or another person, as well as can be used for the purchase of goods from the "Lion Heart" online store. If the cancellation occurs in the last week before the registration closes, the value of the voucher will be 20% less than the amount paid. The voucher can be redeemed for its cash value with a 10% deduction after notifying and providing the code to the organizers by email.

6.5. After July 31, fees become non-refundable. A competitor who is prevented from participating may receive his start pack. After July 31, any changes to the participation status

of the specific registration are impossible. The Participant has the right to receive his starter pack post-factum at the event with shipment at his or her own expense;

6.6. In the event of a team relay, the waiver rules 6.4 apply in full. After the 31st of July, the fee is non-refundable. The team has the right to replace a participant until July 31. Changes from triple to double relay are possible after registration closes after notifying the organizers by email, at the discretion of the Organizers. In the event that the team has no way to transform or supplement with a participant from another incomplete team, after July 31st the only permitted change in case of force majeure for the team is to participate with its available participants, in the disciplines relevant to them, outside the official ranking of the competition.

6.7. In the case of an incomplete relay team, the latter has the right to participate in the competition outside the official classification, as described in point 6.6. Competitors in the swimming stage start with the mass start of the race. Competitors in the cycling stage start at the signal of the organizers immediately after the start of the swimmers, passing through the start and finish of the competition. Competitors in the running stage start at the signal of the Organizers, passing through the transition zone and through the final arch. These starts will be observed by the Organizers and will take place in front of the organizing tent at Lion Heart Base Camp;

6.8. When starting in an incomplete team, the participants are obliged to inform the Organizers;

6.9. No athlete should embark on the course without coordinating with the Organizers. Failure to do so will result in immediate disqualification, withdrawal from the competition and the possibility of losing the right to participate in future editions;

6.10. Conversion from double to triple team participation is accepted until July 31;

6.11. Changes in the name of a team are accepted until July 31;

6.12. A team cannot be converted to an individual entry. A participant in an individual category cannot form a team. The Organizers reserve the right to offer incomplete teams a merger for the purpose of their participation, at their discretion;

6.13. The participation fee includes the starting package provided for the category and the necessary medical and rescue needs for first aid during each stage;

6.14. The entry fee does NOT include insurance. Each participant is obliged to have a personal insurance valid for cross-country competition and to present it at registration. A participant without personal insurance will not be allowed to participate;

6.15. Before the start of the competition, participants must meet the following requirements:

6.15.1. To have completed the registration form and paid the participation fee;

6.15.2. To have filled out a participation contract by hand and submitted it for registration;

6.15.3. To be equipped with the mandatory equipment according to the regulations of the Competition - subject to inspection before the start and during the competition;

6.15.4. To wear the mandatory numbers and insignia of the competition related to the specific stage;

6.15.5. To provide the following documents: medical note for fitness to participate, participation contract, copy of personal insurance.

6.15.6. Official race licenses are accepted as proof of personal insurance and medical examination.

6.16. In the event that the participant has not prepared the participation contract signed by hand on paper and needs a copy to fill out on spot, the participant is obliged to pay a fee of BGN 5;

6.17. In the event that a Participant has knowingly provided false information about his or her participation or has impersonated another Participant, he or she will forfeit his or her right to participate in the Lion Heart League Competitions and will be immediately disqualified.

6.18. If a participant does not appear at the competition, he or she may receive his or her starter pack at his or her own expense by providing recipient details and a collection office from a courier designated by the Organizers, within one month after the end of the competition, at his or her own expense.

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EQUIPMENT

7.1. Mandatory equipment:

- Lion Heart swimming cap with the corresponding color according to the category of participation;
- Helmet adapted for mountain terrain;
- Sunglasses protecting the eyes from small insects;
- MTB type bicycle;
- Set of 2 spare tire, tire patch, pump and replacement tools (tool);
- Water container with a capacity of at least 750 ml for cycling;
- Comfortable cycling/running shoes;
- Charged phone for cycling and running stages;

7.2. Recommended Equipment:

- Cycling gloves;
- Jersey with padding or leggings with padding for cycling;
- Sports belt with pockets;
- CamelBak water backpack;
- Insect repellent;
- Towel/head hat;
- Protective scarf type BUFF;
- Sports clothes for final training/warm-ups;
- GPS type equipment and measuring devices;
- Favorite food before competition;
- Waterproof sunscreen lotion;
- Anti-friction lotion.
- Towel;

7.3. Equipment provided by the Organizer:

- Swimming cap according to the category of participation;
- Accessories according to the participation category;
- Timing chip /bracelet type/;
- GPS tracking device.

7.4. Prohibited equipment:

- Prohibited stimulants according to WADA regulations;
- Knives and sharp objects with an open blade;
- Weapons of any type;
- Electric bicycle;
- Gravel or Road bicycle;
- Headphones;
- Aerobars for the handlebars of the bicycle;
- Snorkel, fins and pedals;
- Any floating devices other than those provided by the Organizers.

7.5. Other equipment:

- Swimming mask and swimming goggles are neither mandatory nor prohibited;
- Wetsuit for swimming is neither required nor prohibited.

8. RANKING, TIMING, PENALTY TIME AND FINISH

8.1. The ranking is determined based on the time from the official start to the finish of the race after crossing the course in its entirety.

8.2. The official finish time is the time detected by the timing chip/wristband, after it has been made official by the Director of Timing and Timing and after the penalty time, if any, has been applied;

8.3. In the event of a appeal or claim, the Director of Timing and Timing and the Chief Judge have the right to use data from various sources (GPS tracker, competitor's timing device segment, etc.) to determine the final ranking;

8.4. Each competitor's time will be recorded at each checkpoint of the respective route;

8.5. Penalty time will be added to the time of the current stage. In the event that a participant goes beyond the control times after applying a penalty, the participant ceases to participate in the competition;

8.6. The final results are official when they are announced as final on the competition website;

8.7. A participant who has missed a lap in a swim stage will receive a penalty time of 30 minutes;

8.8. A competitor who has shortened a section of a cycling stage:

- Between Vizitsa and CCP “Bulgari” checkpoint will be disqualified;
- From the entrance of Kosti village to the Kosti village checkpoint will receive a penalty time of 30 minutes;
- Between CCP “Bulgari” checkpoint and Primorsko will be disqualified.

8.9. A competitor who has shortened the running course:

- by missing the detour to Maslen nos checkpoint will receive a 30 minute penalty;
- by missing the detour to Ropotamo river checkpoint will receive a 45 minute penalty;
- by missing the detour to Lion’s Head checkpoint will receive a 1 hour penalty.

8.10. After the Final, participants must collect their medal and clear the final zone as quickly as possible. Family, friends and fans of the participants can only stand outside the enclosures.

9. DISQUALIFICATION, WITHDRAWAL, REVOKING THE RIGHT OF PARTICIPATION

Organizers reserve the right to disqualify:

9.1. Any competitor who violates the rules of this Regulation:

9.1.1. Any competitor engaging in indecent or unsportsmanlike behavior, polluting or damaging the environment, disobeying the laws of the Republic of Bulgaria, destroying the Organizer's equipment or sabotaging another competitor in any way;

9.1.2. Any competitor using any external assistance, including the delivery or collection of luggage, food, drink, equipment, changing bikes or other equipment other than mandatory equipment. Any participant receiving such help or assistance from his team on the course will receive a direct disqualification.

9.1.3. Any competitor who does not wear the race insignia in the designated places, namely - swimming cap according to his discipline, bike and helmet number, body number may be stopped and disqualified if he does not apply them;

9.1.4. Any competitor who submitted false information or falsified a document required for his/her participation will receive direct disqualification and the inability to participate in future editions;

9.1.5. Any competitor not complying with the conditions for crossing the transition zones and public areas without the right of way, as well as not complying with the rules of traffic on the roads, may be stopped and/or disqualified;

9.1.6. Any competitor possessing or using prohibited equipment will be suspended and disqualified;

9.1.7. Any competitor violating the instructions of the Organizers (including medical teams, rescuers, etc.), or exhibiting obscene or aggressive behavior towards them, will be suspended and disqualified;

9.1.8. Any competitor who does not wear protective equipment during the race or is found to be missing a part of the mandatory personal equipment will receive a penalty time of 30 minutes. Any competitor without a helmet will be disqualified;

9.1.9. Any competitor competing with a pacer will receive a direct disqualification;

9.1.10. Any competitor who goes outside the control times and the official course will be stopped;

9.1.11. Any competitor who requires technical assistance preventing the free completion of the competition will be stopped and disqualified if he cannot be assisted by another competitor or the Organizers;

9.1.12. Withdrawal (refusal) from the competition: In the event of withdrawal/refusal of a competitor/participation, the competitor is obliged to inform the Organizers as soon as possible by calling or stopping at a checkpoint. In case of withdrawal/refusal, the competitor is disqualified and must proceed to the nearest checkpoint and remain there until further

instructions from the Organisers. The competitor must return the timing chip, tracking device to the organizers upon returning to Base Camp.

10. ENVIRONMENTAL PROTECTION RULES

10.1. All Lion Heart participants are obliged to protect the environment, not to destroy or damage plant and animal species, to comply with the specific legal requirements when passing through National Parks and other protected areas, not to light fires outside the designated places, litter etc.

10.2. Each participant should dispose of their waste only in the areas designated for this - checkpoints, base camp or in trash cans along the route.

11. INTELLECTUAL PROPERTY. MEDIA

11.1. "Lion Heart" is a subject to copyright.

11.2. All media wishing to cover the event must contact the Organizer for detailed information.

11.3. Any unauthorized help from the media shall lead to disqualification of the competitor it is addressed to.

11.4. All media representatives shall wear badges which will be provided by the Organizer.

11.5. The athletes have the right to carry and use personal photo and video cameras, but are not allowed to use the materials for trade purposes;

11.6. Broadcasting of the Competition, distribution and/or use of video, photo materials, logos or any other copyrighted material belonging to the Lion Heart Association shall be conducted upon receipt of the explicit written consent of the Lion Heart Association.

9.7. The Lion Heart NGO possess all right over photo and video materials connected to and taken at the Competition. All use of the latter materials as well as the "Lion Heart" insignia is a violation of the copyright and is forbidden unless approved by the Competition organizers.

12. ADDITIONAL INFORMATION

The Organizer has the right to amend unilaterally these Rules before the beginning of the Competition (explicitly mentioning any such amendment on the official Internet page of the Competition), amend the Rules of the Competition and its route, even after the Competition has started, if required by safety considerations resulting from, but not limited to, the occurrence of unforeseen weather or other emergencies. Participants will be informed of any such amendments at the check points or in any other way the Organizer deems suitable.

13. REGULATIONS

13.1. Competitors must stick to the course that follows the markings - signs, spray, Lionheart marking tape;

13.2. Each competitor must move and pass safely among other competitors, vehicles and people on and around the course. When lane-switching, keep to the right;

13.3. Only registered participants who have paid their entry fee and have attached their timing bracelet are admitted to the race;

13.4. Competitors are obliged to strictly follow the instructions of the organizers, as well as of the rescue teams along the route; Competitors can only swim along the course marked by the Organizers;

13.5. The Medical Officers and the Organizers may terminate the participation of any competitor whose physical or mental condition does not permit their further participation in the competition at their discretion;

13.6. The Organizers have the right to change the place of the start/finish and the course and/or to cancel the start of the race if the roughness of the sea does not allow a safe passage;

13.7. During a swim leg, each participant must line up in the group of swimmers that matches their ability – professionals and high level swimmers at the front, amateurs of moderate ability in the middle, novice swimmers and participants with little competitive swimming experience in open water at the back;

13.8. During the cycling stage, each participant must strictly comply with the Road Traffic Act, the official route and the instructions of the Organizers, not to take the right of way from other road users, look around and pass through other road users when they are with right of way or has the potential for collision;

13.9. Participants are not allowed to help each other by pushing, pulling or any physical assistance to each other. They can only help each other by exchanging random items such as food, pump, tire, tool, drink, but not mandatory equipment such as helmet, bike or shoes;

13.10. During the running stage, each participant must comply with the Road Traffic Act, the official route and the instructions of the Organizers;

13.11. Each participant must consider the speed and trajectory of movement so as not to endanger other competitors, road users, the public, Organizers, mobile teams and volunteers. In cases where the Organizers and Volunteers notice a participant with aggressive, dangerous, intentional behavior that endangers the health of the participant himself and the people around him, this participant will be disqualified and suspended from the track;

13.12. It is the responsibility of each participant to familiarize themselves with the correct course and to ensure that they follow it at all times. For this purpose, the tracks are open for training all year round, and the Organizers provide an up-to-date GPS track on the page of the competition;

13.13. Participants do not have the right to help and assistance beyond what is indicated by the Organizers, Volunteers and Medical personnel. Any participant who is assisted with food, directions, pacing, equipment or mechanical assistance such as drafting behind a car/bike,

towing, holding or passing equipment will be disqualified and may be prohibited from participating in future editions;

13.14. Participants must always and at all times wear the mandatory sports numbers in the respective stages in a visible place;

13.15. Participation fees are non-refundable, unless the event is not due to the fault of the organizers;

13.16. The organizers have the right to terminate and/or reschedule the competition on a new date if it cannot be held or due to a natural disaster, war, severe thunderstorm, act of terrorism, pandemic, hurricane or other serious threat to the life of the participants;

13.17. All participants are required to appear no later than 1 hour before the start;

13.18. The Organizers request, at the time of receiving race numbers, that all competitors submit a signed declaration/contract printed on paper and in their own hand writing, in which each competitor agrees with the rules and regulations;

13.19. All competitors are obliged to render assistance if possible to any person – another competitor, judge, checkpoint staff, as well as spectators and tourists in case of need, regardless of any delay that may be caused by this;

13.20. If you find yourself in a dangerous situation together with other people, please take care of your own safety first before helping others;

13.21. When passing through populated areas and driving on roads, please follow the traffic rules.

13.22. The passing of the baton takes place in the designated places;

13.23. Cyclists get on their bikes immediately after passing under the start/finish arch and disembark their bikes before passing under the start/finish arch;

13.24. In the event that a competitor from the team relay is disqualified, the team will have the right to compete with the other participants according to the instructions of the Organizers;

13.25. During the swim stage, competitors are allowed to hold on to the buoys or lifeboats for a short break. In the event that they need to be helped to complete the course, they will be disqualified. In the event that a participant shortens the course voluntarily or not, the Organizers have the right to disqualify him.

13.26. Each participant has the right to appeal against a penalty imposed by the Organizers. This must be substantiated with evidence after the end of the competition to the Director of Timing and Timing and the Chief Judge.

14. FORTIFYING STATIONS AND EXTERNAL ASSISTANCE

14.1. Along the triathlon route the Organizer will build fortifying checkpoints at the appropriate places. These stations will offer water, sports drinks and food to the competitors;

14.2. Food and water offered at the refreshment stations is intended solely for the officially registered competitors;

14.3. Participants in Lion Heart Utopia Olympic Cross Triathlon will receive during the technical briefing scheduled the night before race day a sports bag. In it, the athletes must leave all unnecessary equipment before the swimming stage. Another bag is intended for used equipment from previous stages (swimming). After a successful equipment check prior to the start of the race, at the registration on “Lion Heart” base camp the athletes will be able to place their bags at the corresponding number in the transition area.

The competitors are not allowed to add or change equipment after the official check on race day;

14.4. Pacers are forbidden in all stages of the race;

14.5. Movement of unregistered participants along with competitors on the track is forbidden.

15. MEDICAL CARE AND RULES OF WITHDRAWAL

15.1. The Organizer will provide medical teams situated at the start/finish line, as well as transport for injured competitors on the route. However, all competitors must be aware of the risks and dangers related to the participation in such an event and declare that they participate in the triathlon on their own responsibility;

15.2. Given the specificity of the location, all participants should be aware that it may take some time before medical or rescue teams could reach them in case of need;

15.3. At their discretion, medical personnel or the Competition staff situated at the checkpoints may terminate the participation of any contestant whose physical and / or mental condition indicated inconsistency with further participation in the Competition;

15.4. The Organizer will provide transport from any refreshment station to the start/finish line of the contest for the withdrawn competitors;

15.5. In case of an accident where a participant finds oneself along the route between two checkpoints and he / she is not able to reach any of these without the help of a third party, he / she should contact the Organizer dialing the phone number printed on the Competition number. In case this is not possible, any such participant should call the single European emergency number (112), which will also be printed on the Competition number.

Lion Heart wishes you success!