



lionheart-logo-en.pdf

RULES  
FOR PARTICIPATION IN  
LION HEART UTOPIA OLYMPIC CROSS  
TRIATHLON  
(hereinafter referred to as the “Competition”)

*Please read carefully! Violating any of the rules set out herein may result in the imposition of penalties or immediate disqualification.*

## 1. FORMAT OF THE COMPETITION

1.1. “Lion Heart Utopia – Olympic Cross Triathlon” is an adventurous, mountain competition, falling within the "olympic cross triathlon" category (hereinafter referred to as the „Competition“ or “Lion Heart Utopia”).

1.2. The Competition is organized by the Lion heart Association being a non-profit organization established in accordance to the Law on Non-Profit Organizations, with ID No. 177032702 , having its seat in the city of Burgas on and its management address at 39 Pirotska Str. (hereinafter referred to a separate entity or in combination with any of its representatives or any of its representatives alone as the “Organizer”).

1.3. Contact Information

- e-mail: [Contact@lionheart.bg](mailto:Contact@lionheart.bg)

1.4. The Competition is held within the territory of Burgas And Sozopol Municipality. Specific details of the exact route of the Competition will be announced three months before the start.

1.5. The Competition is held Saturday, the last weekend of July.

1.6. The Competition route has a minimum length of 50 kilometers and comprises of three separate and compulsory stages;

1.7. The minimum time for completing the routes is 7:15 hours, distributed in the following way:

1.7.1 Swimming – 1:15 hour;

1.7.2 Cycling – 4 hours with cut-off times 2:15 hours for Ravna Gora village and 3 hours before the Bakarlaka climb;

1.7.3 Running – 2 hours.

1.7.4 In case any participant does not depart from the checkpoint before the cut-off time he or she will be disqualified and his/her participation will end for safety precautions.

1.7.5 The overall time is compounding, meaning any extra time saved in any of the previous stages will be added to the next.

1.8. The participants must be over the age of 18, regardless of sex, age and nationality.

1.9. The official language of the Competition is Bulgarian.

1.10. The official website of the Competition is <http://www.utopia.lionheart.bg>.

## 2. DISCIPLINES / STAGES

- Swimming – 1.5 km in open waters, comprising of 1 straight from St. Anastacia island to Rosenets Beach North.

- Cycling – 40 km mountain bike in Strandzha mountain;

- Running – 10 km trail around Rosenets park.

## 3. SCHEDULE

A detailed schedule of the Competition will be published on the official Internet page of Lion Heart, no later than 15 days before the start.

## 4. CATEGORIES

Athletes are able to partake in the Competition on two categories:

4.1. Individual – in “Individual” category athletes go through the entire entity of the course finishing all stages in the respective time frames. Passing from one stage to the other every athlete must pass through the Transition zone wearing all mandatory equipment. Failure to comply with cut-off times, mandatory equipment or the following rules and regulations may lead to disqualification. In case of disqualification the athlete must leave all provided by the organizers equipment and seize participation in the race. In case of disqualification the athlete must return the obligatory equipment (GPS device and timing bracelet) to the organizers at the designated places and must leave the transition zone until it opens for clearing. In case any participant loses any or all of the obligatory equipment he or she is obliged to cover the cost of the device – 120 lv for the GPS and/or 20 lv for the timing bracelet;

4.1.1 In case the participant forgets to return any of the aforementioned equipment he or she is obliged to inform the organizers as soon as possible and send the equipment at his/her expense;

4.2. Team – in the “Team” category athletes can partake in teams of two and three.

4.2.1. A team of three athletes – every athlete participates in only one of three stages passing the relay timing chip and GPS device and designated places and under the surveillance of organizers and volunteers. Every athlete must pass through the specific sport corridor provided in the transition zone;

4.2.2. A team of two athletes – athletes choose how to distribute the stages among themselves regardless of sequence or sport. Any athlete can do any two stages. Every athlete must pass through the specific sport corridor provided in the transition zone. The relay must be passed on at the designated place under the surveillance of organizers;

## 5. TRANSITION ZONE

The transition zone is an enclosed zone designated ONLY for athletes, volunteers and organizers. Access to the transition zone is strictly forbidden to all other guests. Every

athlete will receive a basket for equipment. The zone provides sanitary comforts, a wardrobe and a timing antennae.

Riding bicycles in the transition zone is strictly forbidden. Leaving the transition zone every athlete must wear all mandatory equipment Failure to comply with the latter rules may lead to disqualification. Every athlete must return the basket clean to the organizers after the race. In case a basket goes missing or stays in position of the athlete, he or she must return it to the organizers at his/her own expense. Every athlete who brakes or fails to return his or her basket is eligible to a 10 lv fine.

\*All athlete either finisher or disqualified has to take his or her equipment and leave the transition zone. Bikes may be taken outside of the transition zone after the organizers allow it.

## 6. REGISTRATION, REQUIRED DOCUMENTS AND PARTICIPATION FEE

6.1. To participate in the Competition, you must register online on the official website of the Competition - <http://www.utopia.lionheart.bg> in the respective deadlines. Registrations and payments outside of these deadlines are considered invalid.

6.2. The participation fee varies according to the category and number of registered participants. All registration information is provided on the registration page at [www.utopia.lionheart.bg/en](http://www.utopia.lionheart.bg/en).

6.3 The participation fee is non-refundable in case of default of a participant, denial or withdrawal thereof after 31<sup>st</sup> of May as well as disqualification, as well as if changes in the Competition are implemented in its course due to unforeseeable, force majeure or other emergency circumstances.

\*Instructions for payment of the fee will be sent via e-mail confirming the registration of the participant;

6.3. Any changes in the participation status may take place before 31<sup>st</sup> of May. The participation fee may be reimbursed if specific, respectable reasons (unforeseen personal circumstances, injury etc.) apply after providing evidence for the latter or after major changes in the race rule book. The options provided are reimbursement with a 10% deduction or transfer of the participation for the year to come;

6.4. After 31<sup>st</sup> May fees cannot be returned. Any athlete who can't or won't participate may transfer his ticket to another person no later than 31<sup>st</sup> June. After 31<sup>st</sup> June no more changes can be made to the participation status. Any athlete who can't or won't participate has the right to acquire his or her starter package at his or her expense after the race;

6.5. In the case of Team the same rules as per 6.4 apply. After 31<sup>st</sup> May fees are non-refundable. Until 31<sup>st</sup> June the team may change a participant in accordance to the instructions of the organizers. After 31<sup>st</sup> June the only changes that are allowed for a team is to reorganize a team of 3 into a team of 2. If the team is not fit to take up the whole race with an athlete short, the Relay may take place outside of official rankings with participants taking place ONLY in their respective sport;

6.6. In case a team misses a member, the team may participate outside of official rankings as follows. Swimmers start with the rest of the participants at 8 AM. Athletes taking part in the cycling leg start at 9 AM and must cross the Start/Finish line. Athletes taking part in the running leg start at 11 AM and must cross the transition zone. The organizers of the race will facilitate these starts. No athlete should leave without informing the race stewards;

6.7. Teams of three may shrink to teams of two participants until 31<sup>st</sup> June;

6.8. Changes in team names are allowed until the 31<sup>st</sup> June;

6.9. Changes among members within the team may occur until 31<sup>st</sup> June;

6.10. A team may not shrink to one participant in Individual. A participant in Individual may not switch to a team participation. The race organizers keep the right to suggest a merge between two teams in case the former have failed to complete their teams in time;

6.11. The registration fee includes "Accident" insurance;

6.12. Prior to the start of the Competition, participants must have met the following requirements:

6.4.1. Have filled in the registration form and paid the participation fee (to be filled in on-line);

6.4.2. Have filled in a waiver of liability declaration (to be filled in in person before the Organizer);

6.4.3. Have the Mandatory Equipment as specified in item 5.1. hereof available with them. Availability of Mandatory Equipment will be subject to inspection by

the Organizer implemented prior to the start, in the course of the Competition and / or after the final;

6.4.4. Provide the following documents: medical note signed by a pediatrician stating eligibility to participate.

## 7. EQUIPMENT

### 7.1. Mandatory Equipment:

- Lion heart swimming cap with the respective color according to the category of participation;
- helmet - suitable for mountainous terrain;
- riding gloves;
- sunglasses – suitable for providing protection from small insects;
- mountain bike;
- 1 spare tire (tube), air pump, tape and appropriate tools to change a flat tire during the race;
- bottle / other water vessel - having a minimum capacity of 750 ml for biking and minimum 500 ml for running;
- Triathlon tricot (leotard) or riding wedge;
- comfortable biking / hiking shoes plus any linen necessary for their use;

### 7.2. Recommended Equipment:

- sport belt with pockets;
- repelling lotion (against insects);
- cap or any other accessory which may be used for protecting one's head from the sun;
- safety scarf BUFF type;
- separate sportswear and accessories for trainings before the start of the Competition;
- windshield jacket;
- CamelBak;
- watch and measurement accessories;
- compact battery charger;

- any favorite food to eat before and during the race;
- swimming goggles;
- waterproof sunscreen lotion;
- a set of tools – multi-collaboration tool, pocket pump, tube, tape;
- lotion for abrasions, blisters, etc.
- towel.

#### 7.3. Equipment to be provided by the Organizer:

- swimming cap;
- race accessory;
- timing bracelet;
- GPS device;

#### 7.4. Prohibited Gear and Substances:

- artificial stimulants;
- knives or other sharp objects having an open blade;
- weapons of all kinds;
- electric bicycles;

### 8. RANKING

The ranking shall be based on time spent to reach the final line. The specific time of each competitor shall be recorded at every check point.

### 9. DISQUALIFICATION AND WITHDRAWAL

#### 9.1. The Organizer has the right to disqualify any competitor who:

- violates any of the rules set herein;
- acts in an indecent or unsportsmanlike manner, pollutes or anyhow contaminates the environment, or destroys equipment provided by the Organizer or belonging to another competitor, or sabotages in any way another competitor;
- has recourse to any unsportsmanlike assistance from a third party not involved in the Competition including friend and family taking or giving any kind of equipment to and from the competitor;

- does not wear the insignia of the Competition;
- has presented incorrect information;
- does not act in compliance with the rules for crossing zones with special regime of passage;
- possesses or uses prohibited gear or substances;
- abandons an athlete in trouble;
- violates the instructions of the Organizer (including but not limited to instructions of medical or emergency personnel), or acts indecently or aggressively towards any such person;
- does not wear Mandatory Equipment during the relevant stages of the race.
- denies to use or wear photo or video recording equipment provided by the Organizer;

9.2. Every competitor has the right to withdraw from the Competition at any time.

9.3. In case of withdrawal from the Competition, the respective competitor shall duly inform the Organizer on a timely fashion. To this end, the withdrawing competitor shall proceed to the nearest checkpoint, inform the Organizer and remain with them until given further instructions. The athlete must make sure he or she has informed the organizers of the race and must return all provided equipment duly (timing bracelet, GPS device, basket for equipment or anything else provided by the race stewards).

## 10. ENVIRONMENTAL PROTECTION RULES

All participants in the Competition are obliged to protect the environment, to not destroy or damage plants and animal species, to observe the specific legal requirements when passing through national parks and other protected areas, to not light fires outside of specifically designated areas for such purpose, etc.

## 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 are required to adhere to the official route following the designated areas;

13.2. Each competitor must try to always move (swim, run, walk, ride) and get away with the other participants and third persons who may be on or around the track safely. In case of two participants pass each other standing face-to-face – always stick to the right;

13.3. Only duly registered competitors who have paid the participation fee

and wear their magnetic bracelet shall be allowed to take part in the Competition

13.4. Competitors are required to strictly follow the instructions of the Organizer and the Emergency Personnel/Medical Staff;

13.5. Competitors are allowed to swim only within boundaries of the route duly marked by the Organizer;

13.6. Emergency Personnel/Medical Staff or Organizer may terminate the participation of any contestant whose physical or mental condition prevents one's own further participation in the Competition;

13.7. Organizer has the right to change the location of the Start/Finish line and/or the route, and/or cancel/postpone the start of the Competition should the weather conditions so require;

13.8. Participation fees will not be returned unless the event does not take place due to the fault of the Organizer;

13.9. The Organizer has the right to terminate and/or schedule a new date for the Competition, in case of an inability for the triathlon to be conducted or because of natural disaster, war, severe thunderstorm, terrorist attack, hurricane or other severe threat to the lives of the participants;

13.10. All participants are required to appear no later than 30 minutes before the start. The arrangement of the participants at the starting line respects the principle of those who came earlier.

13.11. During the collection of racing numbers the Organizer can ask all competitors to sign in manuscript a declaration, or any competitor to certify by signing an agreement with the above text;

13.12. All competitors are required to assist another competitor, judge, staff at the checkpoints, as well as spectators and tourists in case of need, regardless of any delay that could be caused therefrom;

13.13. In case you get yourself into a dangerous situation together with other people, please take care first for your own safety before helping the others;

13.14. While passing through settlements and moving along automobile roads, please observe the traffic rules;

13.15. Passing the team relay from one team member to another happens only in the designated places;

13.16. The cyclist jump on and jump off their bicycles after passing through the start/finish gate;

13.17. In case that a team relay member is disqualified before the race, the team relay will be allowed with one team member competing in the swimming and running stages and the other team member competes in the cycling stage;

13.18. During the swimming stage, the athletes shall have the right to take a short pause and rest, holding to the buoys or the kayaks of the safety team. If they need to be assisted with the completion of the stage, they shall be disqualified.

#### 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. Competitors are not allowed to receive help from outsiders. Obtaining any help from outsiders except in cases of extreme necessity, is inadmissible. Pacers are allowed.

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!*