

PENALTIES



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no.	Infringement	Description	Penalty	Appeal Procedure	Penalty Serving Location
1	Starting Before the Starter's Signal	Commencing the race start prior to the official starter's signal.	2 - minute time penalty	May be appealed within 30 min after finishing the race	Transition 1 Penalty Box
2	Starting in an Incorrect Wave	Starting in a wave earlier than the one assigned to the athlete.	Disqualification	Cannot be appealed	N/A
3	Not Wearing the Official Swim Cap	Failing to wear the official race-provided swim cap during the swim stage.	Warning / Amend or Disqualification	May be appealed within 30 min after finishing the race	N/A
4	Deliberately Impeding Another Athlete	Deliberately targeting another athlete to impede their progress, gain advantage, or potentially cause harm.	Disqualification	Cannot be appealed	N/A
5	Failure to Mount After Mount Line	Athletes must mount their bicycles after the mount line, ensuring at least one foot fully contacts the ground before crossing the line.	2 -minute time penalty	May be appealed within 30 min after finishing the race	Penalty Box that comes right after the infringement
6	Failure to Dismount Before Dismount Line	Athletes must dismount their bicycles before the dismount line, ensuring at least one foot fully contacts the ground before crossing the line.	2 -minute time penalty	May be appealed within 30 min after finishing the race	Penalty Box that comes right after the infringement



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7	Drafting - Mountain Bike	Riding in another athlete's slipstream (less than 12 meters) to gain advantage during MTB.	Warning/ -5minute time penalty	May be appealed within 30 min after finishing the race	Penalty Box that comes right after the infringement
8	Improperly Racking the Bicycle	Racking the bike improperly outside the athlete's marked space or blocking the progress of other athletes.	2 -minute time penalty	May be appealed within 30 min after finishing the race	Transition 1 Penalty Box
9	Wash Riding - Kayak	Paddling in another athlete's wake less than 10 meters longitudinally and 3m laterally	Warning/-5minute time penalty	May be appealed within 30 min after finishing the race	Penalty Box that comes right after the infringement
10	Incorrect Kayak Portage Area Use	Failing to collect and return kayak from the same designated portage area; using another athlete's space or unauthorized portage entry/exit.	2 -minute time penalty or Disqualification	May be appealed within 30 min after finishing the race	Penalty Box that comes right after the infringement
11	Acceptance of External Assistance	Receiving help from spectators or unauthorized personnel.	Disqualification	Cannot be appealed	N/A
12	Failure to Follow the prescribed course	Not following official course markers, if advantage is gained.	5 -minute time penalty or disqualification	May be appealed within 30 min after finishing the race	Penalty Box that comes right after the infringement

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13	Removing or Moving Ground Markers	Tampering with or removing course markers.	Disqualification	Cannot be appealed	N/A
14	Entering Prohibited Areas	Entering areas marked as out-of-bounds.	5 -minute time penalty	May be appealed within 30 min after finishing the race	Penalty Box that comes right after the infringement
15	Dumping Litter	Disposing of trash or equipment improperly around the course and in transition zones.	Warning/ Amend or 2 - minute time penalty	Cannot be appealed	Penalty Box that comes right after the infringement
16	Failure to Wear the Unaltered Race Number	Missing or obscured race number or not wearing on the proper place.	Warning / Amend or Disqualification	Cannot be appealed	N/A
17	Failure to Adhere to Dress Code	Not following official clothing rules.	Warning / Amend or Disqualification	May be appealed within 30 min after finishing the race	N/A
18	Doping and Stimulant Use	Use of substances prohibited by WADA.	Disqualification	Can appeal through Qatar Anti-Doping Commission or Court of Arbitration for Sport	N/A

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19	Abandoning without notice	Leaving the race without notifying officials.	Disqualification	Cannot be appealed	N/A
20	Misconduct	Unsportsmanlike or aggressive language, behaviour toward any event personnel or spectator.	-5minute time penalty or DSQ	May be appealed within 30 min after finishing the race	Penalty Box that comes right after the infringement
21	Photography Without Permission	Unauthorized photo/video taking.	-5minute time penalty	May be appealed within 30 min after finishing the race	Penalty Box that comes right after the infringement
22	Taking Another Racer's Equipment	Tampering with or using another athlete's gear.	Disqualification	Cannot be appealed	N/A
23	Changing Racer Number	Altering or swapping race numbers.	Disqualification	Cannot be appealed	N/A
24	Misleading the Referee	Intentionally giving false information to officials.	5 -minute time penalty/ Disqualification	May be appealed within 30 min after finishing the race	Penalty Box that comes right after the infringement

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25	Failure to Follow Instructions	Ignoring or disobeying race official directions.	5 -minute time penalty	May be appealed within 30 min after finishing the race	Penalty Box that comes right after the infringement
26	Blocking/Obstructing Other Athletes	Blocking, changing, obstructing or interfering the forward progress of another athlete.	5 -minute time penalty	May be appealed within 30 min after finishing the race	Penalty Box that comes right after the infringement
27	Violating Competition Specific Traffic Regulations	Violating race-specific traffic rules: warning given for minor breaches, amended or disqualification if intentional and serious.	Warning / Amend or Disqualification	May be appealed within 30 min after finishing the race	N/A
28	Incorrect Wearing of Race Clothes	Not wearing race clothes over both shoulders on the field of play.	Warning / Amend or Disqualification	May be appealed within 30 min after finishing the race	Penalty Box that comes right after the infringement
29	Displaying Unauthorized Demonstrations	Displaying any kind of demonstration of political, religious, or racial propaganda against local rules and regulations.	Warning / Amend or Disqualification	May be appealed within 30 min after finishing the race	N/A
30	Competing with Bare Torso	Competing without proper upper body clothing; bare torso on the field of play.	Warning / Amend or Disqualification	May be appealed within 30 min after finishing the race	N/A

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31	Indecent Exposure or Nudity	Deliberate or accidental public nudity or indecent exposure during the event.	Warning / Amend or Disqualification	May be appealed within 30 min after finishing the race	n/A
32	Fraudulent Registration	Registering under an assumed name or providing false information or documents.	Disqualification	Cannot be appealed	n/A
33	Failure to Stop at any Designated Penalty Boxes	Failing to stop at the next designated penalty box when officially instructed to do so by a Technical Official.	Disqualification	Cannot be appealed	n/A
34	Use of Unauthorized Power-Assist Devices	Using any device or mechanism that provides propulsion or assistance beyond human power, resulting in technological fraud.	Disqualification	Cannot be appealed	n/A
35	Physical Assistance to Another Athlete	An athlete physically assisting the forward progress of another athlete, providing unfair advantage.	Warning / Amend or Disqualification	Cannot be appealed	n/A