

Regulations VTF

July version 2026



Every participants in the « Valais Triathlon Festival » agree to abide by the following regulations when registering.

Table of contents

Article 1:	Preamble.....	2
Article 2:	terms of participation	2
Article 3:	Regulations by discipline.....	3
Article 4:	Routes	5
Article 5:	Safety and responsibility	6
Article 6:	registrations	6
Article 7:	Bib withdrawal.....	6
Article 8:	Postponement, cancellation or change of distance.....	6
Article 9:	Timing & ranking	7
Article 10:	Awards ceremony	8
Article 11:	Claims and protests	9
Article 12:	Ethics	9
Article 13:	Respect for the environment	10
Article 14:	Legal provisions	10
Article 15:	Image rights	10
Article 16:	Data protection.....	10
Article 17:	Acceptance of regulations	11

Article 1: Preamble

Le The present Regulations may be modified up to the day of the event in the interest of the riders and their safety. In this case, participants will be notified by electronic means (email, Organizer's website and social networks) of any significant changes.

The Valais Triathlon Festival is an event organized from August 14 to 16, 2026 by the Valais Triathlon Festival Association and R&D Cycling Sàrl. The event features the following races:

Friday, August 14, 2026:

- Race 6 to 7 years (25m / 1km / 400m)
- Race 8 to 9 years (50m / 2km / 900m)
- Race 10 to 11 years (100m / 2km / 900m)
- Race 12 to 13 years (200m / 4km / 1600m)
- Family relay 1 adult and 1 child aged 6 to 13 (100m / 2km / 900m)

Saturday, August 15, 2026:

- Full from age 18 (3.9km / 180km / 42.195km)
- Half from age 18 (1.9km / 90km / 21.1km)
- The Gege Splash Race 1km from age 16 (swim, paddle and freestyle)
- Youth Race age 14 to 17 (250m / 10km / 2500m)
- Découverte from age 14 ans (250m / 10km / 2500m)

Sunday, August 16, 2026:

- Olympic from age 16 (1.5km / 40km / 10km)
- Short from age 16 (500m / 20km / 5km)

Age category membership is determined by the athlete's age on December 31 of the year of the competition. For example, an athlete born in 2006 belongs to the 20-34 age category, as he or she will be 20 years old in 2026.

2 or 3-participant relay

In all the above races (except Kids formats), the participants can take part in a relay race with 2 or 3 runners. Each participant must hand over the transponder in the changing area, which will collect the time of each athlete according to their discipline (swimming, cycling or running).

Article 2: terms of participation

All races are open to both licensed and non-licensed participants.

A competition license from Swiss Triathlon (StartPass) or a foreign federation is required for the following formats: Full, Half and Olympic. If the athlete does not have an annual license, it is possible to purchase a Daily Pass at the time of registration.

Race format	Type of Pass	Price
Full	StartPass	CHF 42.50
Half	EasyPass	CHF 10.-
Olympic	FunPass	CHF 3.-

Participants must be in good health and properly trained. A licence and/or medical certificate is not required to take part in triathlon events in Switzerland. However, the organization strongly recommends that participants consult a doctor to confirm their fitness for this type of effort.

Each participant must be covered by his/her own insurance (accident and third-party liability), covering bodily injury and property damage on Swiss territory.

The Organizer will set up a number of measures to ensure the safety of the course : signposting, flagmen, signs indicating passages requiring particular attention.

Throughout the race, participants must comply with the safety instructions issued by race personnel (civil protection, motorcyclists, volunteers, etc.). Safety measures end at the finish line.

Roundabouts are passed exclusively on the right, and participants must drive on the right-hand side of the road.

Any participant who has had or witnessed an accident, or who is in need of medical assistance, is obliged to render assistance to others and to notify the emergency services by calling the emergency number on his/her race number.

The participant remains solely responsible for any incident, accident or breach of the event rules. All costs arising from medical treatment (ambulance, doctor, hospitalization, etc.) are to be borne by the participant concerned. The liability of the Organizer, its employees and other auxiliaries for direct or indirect damage suffered by a participant in the course of or in connection with participation in the event is expressly excluded, whether in the event of accident, theft or damage of any kind. Registration confirms that the participant is covered by such insurance and waives all legal claims against the Organizer.

Motorized assistance or private following vehicles on the course are strictly forbidden.

Par By registering, each participant confirms that he/she has read and understood all the information, particularly that relating to safety, and undertakes to comply with it.

Article 3: Regulations by discipline

To officially enter the transition zone, each participant must present himself to a member of the organization. This person will be able to check that the competitor is in possession of a race number with the assigned number visible. Competitors must comply with the use of their race equipment.

Headphones are forbidden on all races.

Triathlon format rules

Swim

- All swim strokes are permitted.
- Wearing the official swim cap provided by the organizer is mandatory.
- Swim goggles are allowed.

Prohibited equipment (except during The Gege Splash Race):

Snorkels, fins, flotation vests, pull-buoys, gloves, paddles, kickboards, or any device providing additional buoyancy are not permitted.

Children aged 6 to 13 are allowed to use swimming aids (such as floaters, noodles, or similar devices).

Wetsuit rules:

- Mandatory if the water temperature is $\leq 15.9^{\circ}\text{C}$
- Prohibited if the water temperature is $> 24^{\circ}\text{C}$
- The swim segment is cancelled if the water temperature is $\leq 11.9^{\circ}\text{C}$

Cycling

- All standard bicycles are permitted.
- Recumbents, fixed-gear bikes without brakes, tandems, and e-bikes are prohibited.
- Bicycles must be equipped with two independent braking systems (front and rear).

Aerobars: Allowed if they do not extend beyond the front wheel. All bar ends must be capped.

Aero position: Riding in the aero position (forearms resting on the aerobars) is prohibited on specific sections indicated in the athlete guide.

Safety rules:

- A properly fastened helmet is mandatory at all times while handling the bike, including in transition zones.
- Mounting the bike before the mount line and dismounting after the dismount line is strictly prohibited.

Drafting:

- A minimum distance of 12 meters must be maintained between athletes.
- Once initiating a pass, the athlete has a maximum of 25 seconds to complete the overtake.

The race bib must be worn on the back, clearly visible and unfolded.

Only participants aged 6 to 7 are permitted to use training wheels during the cycling segment.

Run

- Helmets are not allowed during the run segment.
- The bib must be worn on the front, visible and unfolded.
- No external assistance or pacers are permitted on the run course.

Relay Formats

- Relay formats may be completed by teams of two or three athletes.
- The timing chip functions as the relay baton and may only be exchanged within the transition zone.
- Each relay must respect the standardized sequence: Swim > Bike > Run.

Transition Area

- Access is strictly limited to registered athletes.
- No accompanying persons allowed, except in the 6–7-year-old race (one adult permitted).

Check-in requirements:

- Visible race bib (on race belt or pinned)
- Bicycle in safe working condition
- Helmet worn and fastened
- Stickers applied on helmet and seatpost
- Timing chip worn on the left ankle

Check-out:

- Performed after the race upon presentation of the race bib.

Penalty Box

A penalty box is located at the exit of the transition area.

Sanctions:

- 1st offence: warning
- 2nd offence: time penalty
- 3rd offence: disqualification

All decisions are at the discretion of the race officials and the race director.

Article 4: Routes

The course maps for each event will be available on the official website www.valaistriathlon.ch.
Cut-off times are implemented for safety reasons.

Full Distance

- Exit Transition 1: max 2h15 after race start
- At km 90 on the bike: max 6h45 after race start
- Exit Transition 2: max 10h00 after race start
- At km 21 on the run: max 13h30 after race start
- Maximum overall race time: 16h00

Half Distance

- Exit Transition 1: max 1h15 after race start
- Exit Transition 2: max 6h00 after race start
- Maximum overall race time: 9h00

Olympic Distance

- Exit Transition 1: max 1h00 after race start
- Exit Transition 2: max 3h00 after race start
- Maximum overall race time: 4h30

Other race formats

Other formats have additional cut-off times specified in the Athlete Guide and on the website.
The organizer reserves the right to adjust schedules and/or courses up until the day before the event.

Article 5: Safety and responsibility

The Organizer will provide a number of safety measures, including signposting and personnel.

Throughout the course, participants must comply with the safety instructions issued by race personnel (firefighters, police officers, volunteers, etc.). Safety measures end at the finish line.

Any participant who has had or witnessed an accident, or who is in need of medical assistance, is obliged to render assistance to others and to notify the emergency services by calling the emergency number on his/her race number.

The participant remains solely responsible for any incident, accident or breach of the event regulations. All costs arising from medical treatment (ambulance, doctor, hospitalization, etc.) are the responsibility of the participant concerned. The liability of the Organizer, its employees and other auxiliaries for direct or indirect damage suffered by a participant in the course of or in connection with his or her participation in the event is expressly excluded, whether in the event of accident, theft or damage of any kind. By registering, the participant confirms that he/she is covered by such insurance and waives all legal claims against the Organizer.

By registering, each participant confirms that he/she has read and understood all the information, particularly those concerning safety, and undertakes to comply with them.

Article 6: registrations

Until 13 August 2026, registrations for the event must be completed exclusively through the online registration platform at www.valaistriathlon.ch. On-site registration will be possible from Friday 14 August to Sunday 16 August at the Domaine des Îles in Sion, provided that the maximum participant quota has not been reached.

Prices are available on the event website : www.valaistriathlon.ch.

The Organizer reserves the right to refuse the registration of any competitor.

No refunds or postponements will be made in the event of accident or illness. Registration fees remain the property of the Organizer, whatever may happen. As a number is allocated and reserved, no reimbursement will be made in the event of a participant's absence, withdrawal, postponement or cancellation of the event, for any reason whatsoever. No transfer of registration is authorized for any reason whatsoever, except in accordance with the conditions described in article 8. Any person who transfers his or her race number to a third party without having made the official change may be held liable in the event of an accident occurring or caused by the third party during the event.

Article 7: Bib withdrawal

Each participant must collect his/her number in person. All number assignments are firm and final.

Les Race numbers and start gifts must be collected on race day. No numbers or gifts will be sent by post.

Article 8: Postponement, cancellation or change of distance

Each participant can choose the distance that suits him or her best, and this choice must be indicated when registering.

MAXIFLEX Option

Valid for the following formats: Kids, Discovery Triathlon, and The Gege Splash Race

The MAXIFLEX option provides maximum flexibility for CHF 9.00. With this option, participants may, without additional fees or justification, from the date of registration until 5 August at 12:00 (local time):

- Change the bib holder
- Change race distance, paying only the price difference if the new distance is more expensive (no refund if the new distance has a lower entry fee)
- Postpone the registration to 2027 (until Wednesday, 12 August)

ULTRAFLEX Option

Valid for the following formats: Full Triathlon, Half Triathlon, Olympic Triathlon, Short Triathlon

The ULTRAFLEX option provides maximum flexibility for CHF 19.00 (CHF 35.00 for the Full). With this option, participants may, without additional fees or justification, from the date of registration until 5 August at 12:00 (local time):

- Change the bib holder
- Change race distance, paying only the price difference if the new distance is more expensive (no refund if the new distance has a lower entry fee)
- Postpone the registration to 2027 (until Wednesday, 12 August)

WITHOUT OPTIONS

Applies to all race formats.

Without the MAXIFLEX or ULTRAFLEX options, participants still benefit from additional flexibility. Until 23 July 2026 at 23:59 (local time), they may:

- Postpone their registration to 2027 upon presentation of a medical certificate, for a fee of CHF 35.00
- Change the bib holder for CHF 15.00
- Change race distance for CHF 15.00, paying the price difference if the new distance is more expensive (no refund if the new distance has a lower entry fee)

After this date, without the ULTRA FLEX or MAXI FLEX option, no further changes will be possible.

Requests made after the deadline will not be processed. In all cases, registration fees are non-refundable.

All registrations considered valid for the following year are strictly personal and cannot be transferred to a third party. If a person is unable to participate a second time, the registration fee will be forfeited

Article 9: Timing & ranking

Timing is carried out using an electronic detection system. All entrants will be issued with a timing chip in the form of a transponder (ankle-mounted chip).

This chip will be used to establish results and rankings for the event.

Athletes must pick up their number before the race and display it clearly and distinctly throughout the competition. Wearing a race number is compulsory during the cycling and running events, on pain of disqualification. The participant's number must be inscribed on the

arm during the swimming event. In the cycling event, the race number must be worn on the back, lined with the self-adhesive backing on the seatpost. The race number must be visible on the runner's stomach for the running event.

A transponder will be provided when you collect your race number. It must be worn at all times during the competition, otherwise you will be disqualified and/or your time will not be officially recorded.

To ensure normal operation, the chip must not be bent or damaged. The electronic detection system is selected according to strict reliability criteria. Despite the tests carried out by the manufacturers and the excellent experience gained, there is always a very small risk of non-detection. The absence of data resulting from this non-detection will not allow the Organizer to include the official time of the participant concerned in the ranking. The Organizer cannot be held responsible.

The transponder must be returned at the end of the race, failing which it will be invoiced at CHF 50.

At the end of the event, the following categories will be visible on the final ranking:

14 à 15 ans Jeunesse M14-15/F14-15

- 14-15 years Youth M14-15/F14-15
- 16 to 17 years Youth M16-17/F16-17
- 18 to 19 years Juniors M18-19/F18-19
- 20 to 34 years Age category M20-34/F20-34
- 35 to 44 years Age category M35-44/F35-44
- 45 to 54 years Age category M45-54/F45-54
- 55 to 64 years Age category M55-64/F55-64
- 65 and over Age category M65+/F65
- Women scratch
- Men scratch
- Relay Women's scratch and men's/mixed scratch rankings

Alphabetical ranking

- Relay Family
- 6 to 7 years Kids M6-7/F6-7
- 8 to 9 years Kids M8-9/F8-9
- 10 to 11 years Schoolchildren M10-11/F10-11
- 12 to 13 years Schoolboys M12-13/F12-13

Article 10: Awards ceremony

The Organizer reserves the right to establish the prize board. The top three finishers in each category must present their race number and proof of identity to receive their prize.

Prizes will be awarded only to the first 3 women and the first 3 men in the overall classification for all categories ("scratch" classification) in each race, as well as to the first 3 women's scratch relay teams and the first 3 men's/mixed scratch relay teams. They will have access to the official prize-giving ceremony and to the podium, which will take place shortly after their race.

Prizes must be collected on site on race day. No prizes will be sent by post..

For Full Triathlon, Half Triathlon, Olympic Triathlon and Short Distance races, the first 3 women and the first 3 men in each category will also have access to the podium.

Please refer to the table below for more information:

	Scratch	Women Scratch	Men Scratch	Relay Scratch Women	Relay Scratch Men/Mix
Full		✓	✓	✓	✓
Half		✓	✓	✓	✓
Olympic		✓	✓	✓	✓
Short		✓	✓	✓	✓
Découverte		✓	✓	✓	✓
Gege Splash Race Swim	✓				
Gege Splash Race Paddle	✓				
Gege Splash Race open	✓				
Youth (14-17)		✓	✓		

Article 11: Claims and protests

Any protest may be lodged in writing with the race office, no later than fifteen minutes after the classification has been established. Protests must state the reasons on which they are based.

It must be accompanied by a deposit of CHF 100. This amount will be refunded if the protest is upheld. Protests will be judged by the race jury (race director, timekeeper). The decisions of the race directors are final.

Article 12: Ethics

The Organizer is committed to the Olympic values of excellence, friendship and respect, which are the cornerstones of fair and sustainable sport. Participants must treat other competitors, organizers, volunteers and spectators with respect. The Organizer reserves the right to disqualify participants who engage in violent behavior or verbal abuse that discriminates against anyone.

The Organizer is subject to Swiss Olympic's "Statute on Doping". Anti-doping tests may therefore be carried out. By entering and taking part in this competition, athletes agree to abide by Swiss Olympic's anti-doping regulations and accept the exclusive jurisdiction of its "Disciplinary Chamber for Doping Cases" and that of the Court of Arbitration for Sport (Lausanne), to the exclusion of any other ordinary court. They must also accept the consequences (suspension/denunciation).

Article 13: Respect for the environment

In order to respect the environment and the natural spaces crossed, it is strictly forbidden to abandon waste (paper, plastic packaging, tubes containing energy gels, etc.) on the course.

Participants must keep their waste and packaging until the Organizer has indicated a place to dispose of it.

The Organizer reserves the right to disqualify participants who deliberately dispose of waste outside the designated areas.

Article 14: Legal provisions

Participation in the race is at the runners' own risk, and they waive all rights of recourse against the Organizer for any damage suffered or caused.

In the event of an accident, all liability of the Organizer and all persons or entities involved in the organization, including but not limited to the Organizer's bodies and employees, agents, contractors, auxiliaries, including volunteers, is excluded to the fullest extent permitted by law.

Each runner expressly authorizes the Organizer and their assignees, such as partners and the media, to use still or audiovisual images of the race, including the preparatory and post-race phases, in which he/she may appear, taken during his/her participation in the VTF, on all media including promotional and/or advertising documents, worldwide and for the longest period provided for by the law, regulations and treaties in force, including any extensions that may be made to this period.

Participation in the race does not confer any right to use the race for promotional or commercial purposes. No communication about the event or use of images of the event is permitted without the express written authorization of the Organizer, who will set the conditions.

The place of jurisdiction is Sion, Valais.

Article 15: Image rights

are informed and accept that during the race their image may be captured by the organization or its service providers.

By participating in the event, each runner expressly authorizes the organization (or its assignees) to use, have used, copy or have copied his or her name, image, voice and sporting performance within the framework of the event, for any direct or indirect exploitation, regardless of the medium, place or means known or unknown to date, and for the entire duration of the protection now granted to these exploitation activities, either directly or as a result of legal provisions or regulatory, judicial and/or arbitral decisions of any country, as well as by virtue of existing or future international conventions, including any extensions that may be granted during this period.

Article 16: Data protection

Confidential data concerning Swiss citizens will be governed by the Federal Law on the New Data Protection Act (nLPD) in September 2023. The persons concerned have the right to access and rectify their personal data, which can be exercised at the following email address: info@rd-events.ch

Personal data concerning European citizens is governed by the General Data Protection Regulation (GDPR) dated April 27, 2016, which came into force on May 25, 2018.

R&D Cycling processes personal data for the following purposes:

- Registration, participant and event management at the Valais Triathlon Festival.
- Newsletter for information and promotion
- Publication of results.

The legal basis for this processing is consent and the legitimate interest in the organization and smooth running of the event. The information collected will be communicated exclusively to R&D Cycling. You may access your personal data, rectify it, request its deletion or exercise your right to limit the processing of your data. To exercise these rights, or if you have any questions about the processing of your data under this system, please contact info@rd-events.ch.

Article 17: Acceptance of regulations

Participation in the VTF implies each competitor's express and unreserved acceptance of these regulations. In the event of any discrepancy between the texts of the different versions of the regulations, the French version of the regulations shall prevail.

Sion, July 22, 2026.

Valais Triathlon Festival Association & R&D Cycling Sàrl