



REGULATION 2023

ARTICLE 1. GENERAL

The Ocean Lava Lanzarote is a triathlon event with Olympic and Medium Distance. It also develops an aquathlon modality in Supersprint format. It is organized by K3 Servicios Deportivos Integrales SL, with the collaboration of the Ayuntamiento de Tías, Cabildo de Lanzarote, the Government of the Canary Islands, and various private entities.

The test is sanctioned by the Canarian Triathlon Federation.

The Olympic distance will have, as a novelty this year, a team modality, which will run the distance in relays. Each of the disciplines will be covered by a different athlete. One person will do the 1.5 km swim, another the 40 km bike ride and another the 10 km run. These teams may be made up of participants of different gender, age or physical condition who will compete in the same category. For further information, please refer to Annex III of these regulations.

ARTICLE 2. DATES OF DEVELOPMENT OF THE EVENT

The dates of the event will be:

Kids: October 20th, 2022.

Aquathlon Supersprint: October 21st, 2022.

Olympic (individual and relays) and Medium Distance: October 21st, 2022.

ARTICLE 3. SPORTS BEHAVIOR AND RESPECT FOR THE ENVIRONMENT

The Ocean Lava Lanzarote is celebrated with absolute respect for the environment. Even though, for safety reasons, the race will be held in a closed circuit, the participants will respect the rules of the road in towns and highways of use and of public domain. Participants who present paramilitary attitudes, apologize for terrorism, show violent or xenophobic attitudes, or litter in nature will be disqualified from the competition.

ARTICLE 4. REGISTRATION, CANCELLATIONS AND CHANGES OF OWNERSHIP

4.1. INSCRIPTION

Only registrations made through the website www.oceanlavalanzarote.com will be accepted.



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Each participant must correctly fill in her personal data, since these will be collated by the organization during the withdrawal of dorsal.

The registration period will be from November 1st, 2022 at 12:00 until October 10th, 2022 at 23:59.

The different price periods are as shown below:

SUPER SPRINT (aquathlon)

From 11/01/22 to 10/10/22 (€ 20)

OLYMPIC

From 11/01/22 to 03/31/22 (€ 60,5)

From 04/01/22 to 04/30/21 (€ 71,5)

From 05/01/21 to 06/30/21 (€ 82,5)

From 07/01/21 to 10/01/21 (€ 88)

OLYMPIC (relays team)

From 11/01/22 to 03/31/22 (€ 25/competitor; €75 team total)

From 04/01/22 to 04/30/21 (€ 30/competitor; €90 team total)

From 05/01/21 to 06/30/21 (€ 35/competitor; €105 team total)

From 07/01/21 to 10/01/21 (€ 40/competitor; €120 team total)

HALF DISTANCE

From 11/01/22 to 03/31/22 (€ 170,5)

From 04/01/22 to 04/30/21 (€ 181,5)

From 05/01/21 to 06/30/21 (€ 192,5)

From 07/01/21 to 10/01/21 (€ 198)

4.2. CANCELLATION OF REGISTRATION

Participants in the Ocean Lava Lanzarote in 2023 will have two options to cancel their registration:

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4.2.1 CONTRACTING THE RETURN INSURANCE

The test will have a return insurance at a cost of:

SUPER SPRINT: € 10

OLYMPIC: € 20

OLYMPIC RELAY: € 20

HALF DISTANCE: € 30

Which will include the return of the registration (except the amount of insurance and contracted services). If the event is canceled by a health alert decree or that the participant is affected by a health alert both in the country of origin and in Spain, the organization will return the full amount of the registration (except the insurance amount and the contracted services) until the date of the decree.

The refund will also be effective up to 30 days before the race (except the amount of insurance and contracted services) given the following duly justified cases via email info@oceanlavalanzarote.com:

- An injury or serious illness, accident, or death of the runner, his spouse or partner or his first-degree ascendants / descendants.
- A serious illness that requires hospitalization or the death of his spouse or partner or his or her first-degree ascendants or descendants up to thirty days before the event.

4.2.2 WITHOUT CONTRACTING THE RETURN INSURANCE

The participant who does not contract the return insurance at the time of registration may have a refund of a percentage of the registration amount (not counting the contracted services) according to the following dates:

- Until May 1, 2021: Refund of 60% of the registration.
- Until June 1, 2021: Refund of 50% of registration
- Until September 1, 2021: Refund of 40% of registration.

After this date, the race organization will not reimburse in any case the registration fee to those participants who have not taken out return insurance.

4.3 CHANGES OF OWNERSHIP

They will be allowed up to 30 days before the race. Participants who want to give their number to another person must communicate it in a timely manner through the email info@oceanlavalanzarote.com. This management will cost € 5.



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4.4. DISCOUNTS

Members of the **Ocean Lava Club** will have a discount, to access it, they must write an email to info@oceanlavalanzarote.com, requesting it.

ARTICLE 5. PARTICIPATION REQUIREMENTS 5.1

5.1. GENERALITIES

In general, all participants of the Ocean Lava Lanzarote must:

- Be of legal age.
- Know and accept the conditions of these Regulations.
- Correctly carry out all the registration steps.

5.2. DISCLAIMER OF LIABILITY

All participants registered in the Ocean Lava Lanzarote, voluntarily declare, when registering that:

- He is in perfect physical condition to carry out the test.
- Participate in the competition voluntarily and under your responsibility.
- Exempts the organizers, clubs, competition committee, test judges, volunteers, and other personnel who participate in one way or another in the organization of the test from any responsibility, from physical or material damage that may occur before, during or after the Competition.
- They accept, at the time of registration, the text of the disclaimer document.
- All participating people must accept a responsible statement in which they state that they are in adequate health situations and that they do not have symptoms of Covid-19, including cohabiting people, being obliged to communicate any change to the organization.

5.3. MEDICAL CERTIFICATE

It is not necessary to present a medical certificate for the Ocean Lava Lanzarote.

All participants declare that they are in perfect physical condition and are responsible for it, and exempt the organization from any responsibility, at the time of registration.

5.4. ACCIDENT CERTIFICATE



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All participants of the Ocean Lava Lanzarote must have accident insurance in accordance with the R.D. 849/1993.

For those participants who, at the time of registration, do not have their own accident insurance, must subscribe, at the time of registration, a valid insurance for the day of the test.

ARTICLE 6. IMAGE, ADVERTISING AND DATA PROTECTION RIGHTS

6.1 IMAGE RIGHTS

The organizing entity exclusively reserves the right to the image of Ocean Lava Lanzarote, as well as the audiovisual, photographic, and journalistic exploitation of the competition or for research purposes. Any media or advertising project must first have the express written consent of the organization. Otherwise, as many legal actions as deemed appropriate will be taken.

6.2 ADVERTISING

It will be mandatory for runners to use and place the advertising material provided by the organization in the indicated space. Modifying, folding, or hiding the advertising material will be penalized. In addition, the maintenance of said material will be the responsibility of the participants.

6.3 DATA PROTECTION

In accordance with Organic Law 15/1999, we inform you that your data will be incorporated into a data file under the responsibility of K3 SERVICIOS DEPORTIVOS INTEGRALES S. L. to comply with the commitments derived from the relationship that we maintain with you as a participant.

By registering for Ocean Lava Lanzarote, participants give their consent for the organization of the test to automatically process their personal data for sports, promotional or commercial purposes.

In accordance with Organic Law 3/2018, of December 5, on the Protection of Personal Data and guarantee of digital rights, the participant has the right to access these files to rectify or cancel all or part of their content. For this purpose, it must be requested in writing at the following address: info@oceanlavalanzarote.com

Likewise, the registrants expressly assign to the organization the right to reproduce the name and surname, the classification obtained, the category and their image.



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Unless you inform us otherwise, we will understand that your data has not been modified and that you agree to notify us of any changes to them and that we have your consent for their treatment.

ARTICLE 7. REMOVAL OF NUMBERS AND WARDROBE

7.1. USE OF CHIP AND NUMBER

The use of chip and number given by the organization to the runner is mandatory throughout the test, except in the swimming segment, in which identification will be by other means. The number must be visibly always placed on the runner. It cannot be folded or trimmed. The manipulation or transfer of the bib number may be grounds for immediate penalty or disqualification.

7.2. EXIT WARDROBE

Participants who wish to do so may keep a bag that they can deliver with their personal items up to 30 minutes before departure at the place indicated by the organization for this purpose. The delivery and collection time for these bags will be established in the race program.

ARTICLE 8. REFRESHMENTS STATIONS

The refreshment points are points established by the organization to stock up on liquid, solid or both.

ARTICLE 9. ABANDONMENTS

Dropouts must be made at the refreshment stations. If due to an accident or injury, the runner is immobilized and cannot reach a refreshment station, he will activate the rescue operation by contacting the organization by phone through the Emergency Mobile Phone (it will be available on the bib number).

A runner may withdraw from the event whenever he wishes, but must do so in accordance with the following points:

1. He will retire at a refreshment station and hand over the bib number.
2. The competitor will assume all responsibility since he voluntarily leaves the event and may leave the area by his own means.
3. If the participant so wishes, the organization will facilitate the evacuation to the finish area of the runners who have decided to leave after the closure of the refreshment station where they are.

ARTICLE 10. REGULATIONS, SAFETY RULES AND GENERAL BEHAVIOR

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- Every runner has the duty to provide relief to another participant who is in danger or injured, being obliged to notify the nearest control or emergency telephone immediately. The deprivation of assistance may be penalized with immediate disqualification.
- It is the obligation of each runner to carry with him any waste that he generates: containers, papers, organic waste, etc., to the places indicated and authorized by the organization.
- The food carried by the runner must be marked with the bib number.
- All runners must complete the route marked by the organization. Not respecting it or not going through any of the established controls will be a cause of penalty that will be determined by the race commissioners and that can range from the warning to the total disqualification, as the case may be.
- Participants must follow, always and throughout the tour, the instructions of the members of the organization.
- Competitors must always behave sportily and be respectful towards other athletes, stewards, and other members of the organization. In addition, they must be careful with the facilities enabled for the test.
- The competition is governed, in the aspects not included in this document, by the regulations of the Spanish Triathlon Federation.

ARTICLE 11. PRIZES

11.1. SUPER SPRINT (aquathlon)

1st General male and female: trophy

2nd General male and female: trophy

3rd General male and female: trophy

Male and female first in the following categories: Trophy

- Cadets (14 and 15 years old)
- Youth (16 and 17 years old)
- Junior (18 and 19 years old)
- AAGG20-24
- AAGG 25-29
- AAGG 30-34
- AAGG 35-39
- AAGG 40-44
- AAGG 45-49
- AAGG 50-54
- AAGG 45-49

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- AAGG 50-54
- AAGG 55-59
- AAGG 60-64

- AAGG 65-69
- AAGG 70-74
- AAGG 75-79
- AAGG 80-84
- AAGG 85-89
- AAGG >90

Detail finisher to all participants who manage to finish the test in the minimum time required.

11.2. OLYMPIC

1st General male and female: € 150 + trophy

2nd General male and female: € 100 + trophy

3rd General male and female: € 50 + trophy

Male and female first in the following categories: Trophy

- Junior (18 and 19 years old)
- AAGG20-24
- AAGG 25-29
- AAGG 30-34
- AAGG 35-39
- AAGG 40-44
- AAGG 45-49
- AAGG 50-54
- AAGG 45-49
- AAGG 50-54
- AAGG 55-59
- AAGG 60-64
- AAGG 65-69
- AAGG 70-74
- AAGG 75-79
- AAGG 80-84
- AAGG 85-89
- AAGG >90

Detail finisher to all participants who manage to finish the test in the minimum time required.

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11.3. OLYMPIC (RELAY TEAM)

1st General: trophy

2nd General: trophy

3rd General: trophy

11.4. HALF DISTANCE

1st General male and female: € 200 + trophy

2nd General male and female: € 150 + trophy

3rd General male and female: € 100 + trophy

Male and female first in the following categories: Trophy

- Junior (18 and 19 years old)
- AAGG20-24
- AAGG 25-29
- AAGG 30-34
- AAGG 35-39
- AAGG 40-44
- AAGG 45-49
- AAGG 50-54
- AAGG 45-49
- AAGG 50-54
- AAGG 55-59
- AAGG 60-64
- AAGG 65-69
- AAGG 70-74
- AAGG 75-79
- AAGG 80-84
- AAGG 85-89
- AAGG >90

Detail finisher to all participants who manage to finish the test in the minimum time required.

ARTICLE 12. SCHEDULES, TRANSITION ZONE AND ROUTES

12.1 SCHEDULES

Friday, October 20th

COLLECTING BIB NUMBERS- 10:00-13:00 and 16:00-19:00



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CHECK-IN / OLYMPIC AND HALF BICYCLE CONTROL- 16:00-19:00

KIDS- Delivery of bibs 15:00 / Start 16:00

16:00 under 7

16:30 under 9

17:00 under 11

17:30 under 13, cadets and youth

SUPERSPRINT (aquathlon)- Start: 18:00

Saturday, October 21st

COLLECTING BIB NUMBERS AND CHECK-IN- 06:30-07:30 (Only for exceptional cases approved by the organization).

OLYMPIC AND OLYMPIC RELAYS- Start 08:00

ADECCO OLYMPIC- Start 08:05

HALF- Start 08:30

AWARDS CEREMONY- TO BE DETERMINED

12.2 TRANSITION ZONE

- To access the transition zone, you must present a valid triathlon license or ID. At the entrance to this area, the judges of the test will carry out the control, especially of the bicycle and the protection material.
- Equipment must be placed in the designated bike rack and assigned bike rack.
- Only the equipment used for the competition can be left in the transition area, other belongings must be removed before the start of the race.
- If a box is provided, all used equipment must be deposited in the box.
- Bicycle equipment such as shoes, glasses, helmet, bottles, energy bars, etc. they can be placed on the bicycle.
- It is forbidden to carry any glass container inside the transition zone.

12.3. OLYMPIC AND HALF COURSES

GENERALITIES

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The rules governing the regulations of the Spanish Triathlon Federation for the current season shall apply.

COURSE DESCRIPTION OLYMPIC DISTANCE SWIMMING

Departure from and arrival at the big beach of Puerto del Carmen. There will be a distance of 1500 meters in a single lap circuit.

COURSE DESCRIPTION HALF DISTANCE SWIMMING

Departure from and arrival at the big beach of Puerto del Carmen. There will be a distance of 1900 meters in a single lap circuit.

There will be a liquid refreshment (water only) in the transition area to bike for both distances.

CUT-OFF TIMES FOR SWIMMING

OLYMPIC AND RELAYS - 09:15 h

OLYMPIC ADECCO - 09:20 h

HALF -09:45 h

13.2.2. BICYCLE ROUTE

DESCRIPTION OF THE OLYMPIC DISTANCE CYCLING COURSE

With Drafting (wheel riding is allowed).

Departure from the transition park along the Avenida de las Playas in the direction of Noruega Street, uphill along Norway Street until joining the LZ - 40.

Noruega, incorporated to the LZ - 40 towards the airport until the turning point. Once made the turn we go towards the Toro traffic circle and turn at the second turning point. When we reach the exit to the Rancho Texas traffic circle (Calle Noruega), we will have a complete turn. We make another complete circuit in the LZ - 40 and we will have the second lap. We start the last lap of the circuit on the LZ - 40 and when we reach the exit at the Rancho Texas traffic circle (Calle Noruega), we will take the exit to go back through Calle Noruega and Avenida de Las Playas to the transition park.

3 laps of the LZ - 40 circuit.

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There are no refreshments on the bike course for the Olympic distance

DESCRIPTION OF THE HALF DISTANCE CYCLING COURSE

No Drafting (NO wheeling allowed).

Departure from the transition park along the Avenida de las Playas in the direction of Noruega Street, up Noruega Street until joining the LZ - 40.

Once incorporated into the LZ-40 towards the airport until the turning point. Once we have made the turn, we go towards the Toro traffic circle and pass the turning point to join the ascent to the Hoya Limpia road. We follow the signs until we join the LZ - 501.

join the LZ - 501. We pass Conil, Tegoyo and arrive at the junction with the LZ - 30. Once we join the LZ - 30 towards Masdache we are inside the circuit.

In the Bodega Testeina we find the first refreshment point. We continue towards La Florida until we arrive just before the exit to Calle Calderetas in San Bartolomé, where the turning point is located. We return by the LZ - 30 in the direction of Masdache until we reach the junction with the LZ - 56 towards Tinguatón. Before entering Tinguatón we have the next turning point and we will find the second refreshment point. We return by the LZ - 56 until the junction with the LZ - 30 and we join the road towards La Geria. Before the Bodega Stratus we find the third turning point. We continue along the LZ - 30 towards Masdache. When we arrive at the height of the junction with the LZ - 501 we will have completed the first lap of the circuit. We do the same route to complete the second round. When we pass through the third turning point we continue to the junction of the LZ - 30 with the LZ - 501 and exit in the direction of Conil. We make the return trip until we reach the exit to the Rancho Texas traffic circle (Calle Noruega), we will take the exit to return through Noruega Street and Las Playas Avenue to the transition park.

2 laps of the circuit of the LZ - 30 and LZ - 56.

2 refreshment posts on the bike course for the Half distance, passing through them twice.



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1st 24,7 kilometer

3rd 54,0 kilometer

2nd 39,3 kilometer

4th 68,7 kilometer

CYCLING CUTTING TIMES

OLYMPIC AND RELAYS - 11:15h

ADECCO OLYMPIC - 11:20h

HALF -13:15 h

12.3.3 RACE WALKING COURSE

DESCRIPTION OF THE OLYMPIC DISTANCE RUNNING COURSE

Departure from the transition park along the Avenida de las Playas in the direction of Noruega Street along the bike lane (the lane on our left). Once past the intersection of Noruega Street, we run along the asphalt (on the lane on our left) until we reach the turning point located on Avenida de las Playas in front of the Costa Mar Shopping Center. We return in the same way by the opposite lane to the outbound lane until we reach the turn point to the turning point located before the finish line. We make the turn and start the second lap. Once the second lap is completed, we do not make the turn and enter the finish line.

2 laps of the Avenida de Las Playas circuit.

The refreshment point will be located near the Dolomiti ice cream parlor. Refreshments both on the outward and return of the circuit. In total there will be 4 refreshment posts to complete the 10 kilometers.

1st 1,1 kilometer

3rd 6,1 kilometer

2nd 4,1 kilometer

4th 9,1 kilometer

DESCRIPTION OF THE HALF DISTANCE RUNNING COURSE

Departure from the transition park along the Avenida de las Playas in the direction of Noruega Street along the bike lane (the lane on our left). Once we have passed at the intersection of Noruega Street we run along the asphalt (on the lane on our left) until we

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reach the turning point located on left) until we reach the turning point located on Avenida de las Playas in front of the Costa Mar Shopping Center. We return in the same way by the opposite lane to the outbound lane until we reach the turn point to the turning point located before the finish line. We make the turn and start the second lap. Once the second lap is completed we make the turn and start the third lap. Once the third lap is completed, we make the turn and start the fourth lap. Once completed the fourth lap we do not make the turn and enter the finish line.

4 laps of the Avenida de Las Playas circuit.

The refreshments will be placed at the height of the Dolomiti ice cream parlor, being able to take refreshments both on the outward and return of the circuit. In total there will be 8 refreshment posts to complete the 20 kilometers.

1st 1,1 kilometer	5th 11,1 kilometer
2nd 4,1 kilometer	6th 14,1 kilometer
3rd 6,1 kilometer	7th 16,1 kilometer
4th 9,1 kilometer	8th 19,1 kilometer

RUNNING CUTTING TIMES

OLYMPIC AND RELAYS - 12:45h

ADECCO OLYMPIC - 13:00h

HALF -16:30 h

12.4 SUPERSPRINT (aquathlon) COURSE

GENERALITIES

The rules governing the regulations of the Spanish Triathlon Federation for the current season shall apply to Triathlon for the current season.

DESCRIPTION OF THE SUPERSPRINT DISTANCE RUNNING COURSE

Departure from Avenida de las Playas, at the Arco de Meta, in the direction of Noruega Street, we will run in that direction 625 meters, we will take the turning point and we return

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to the transition park completing the first segment with a total of 1,25 km. The baskets will be arranged in the park so that they can change and do the swimming circuit (second segment). Once the swim is over, we return to the transition park and change to start the third segment, same course as the first but finishing at the Finish Arch.

DESCRIPTION OF THE SUPERSPRINT DISTANCE SWIMMING COURSE

Departure from and arrival at the big beach of Puerto del Carmen. There will be a distance of 500 meters in a single lap circuit.

There will be a liquid refreshment at the finish line.

SUPERSPRINT CUTTING TIMES

FINISH LINE - 19:00h

12.5 KIDS MODALITY COURSE (aquathlon)

GENERAL

The rules governing the regulations of the Spanish Triathlon Federation for the current season shall apply to Triathlon for the current season.

DESCRIPTION OF THE KIDS DISTANCE RUNNING COURSE

Starting from Avenida de las Playas, at the Finish Line, in the direction of Noruega Street, doing half the distance corresponding to each category (see attached table), we will take the turning point and return to the transition park, completing the first segment. In the park the baskets will be arranged so that they can change and do the swimming circuit (second segment). Once the swim is finished, we return to the transition park and make the change to start the third segment, same route as the first segment, but finishing at the goal arch.

DESCRIPTION OF THE KIDS DISTANCE SWIMMING COURSE

Departure from and arrival at the big beach of Puerto del Carmen. There will be a distance depending on the category (see attached table) in a one-lap circuit.

There will be a liquid refreshment point at the finish line.

KIDS CATEGORIES AND DISTANCES

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CATEGORIES	RUNNING	SWIMMING	RUNNING
Prebenjamin (under 7)	125 meters	50 meters	125 meters
Benjamin (under 9)	250 meters	100 meters	250 meters
Child (under 11)	500 meters	200 meters	500 meters
Youth (under 13)	1,25 meters	500 meters	1,25 meters
Cadet (under 15)	1,25 meters	500 meters	1,25 meters
Juvenile (under 18)	1,25 meters	500 meters	1,25 meters

KIDS CUTTING TIMES

There are no cut-off times

12.6. BRIEFING

An explanatory video will be made with the characteristics of the different modalities that will be made available to the participants in our social networks and website a few days before the celebration of the event.

ARTICLE 13. COMPLAINTS

All claims will be accepted upon payment of a € 30 deposit. This deposit will only be refunded if the organization considers that the complaint is justified. Claims will be made in writing and must comply with a type of minimum format, which will include the following:

- Name and surname of the person who performs it.
- DNI.
- Name and surname of the affected athletes.
- Bib number.
- Alleged facts.

Claims regarding the provisional classifications may be submitted up to 30 minutes after the finish line of the modality in question.

ARTICLE 14. SUSPENSION OR CANCELLATION OF THE TEST



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The organization reserves the right to suspend or cancel the event due to force majeure, under the prescription of the competent authorities and / or adverse meteorological phenomena. In this case, the registration fee will not be reimbursed not will the expenses of the participants be covered.

Likewise, race directors may suspend, shorten, modify, neutralize, or stop the race for safety or force majeure beyond their control and not attributable to the organization (weather, adverse sea situations, alerts decreed by the authorities, etc.).

ARTICLE 15. ACCEPTANCE OF THE TERMS OF THE REGULATION

Registration in the Ocean Lava Lanzarote implies acceptance of the provisions contained in these regulations. These regulations can be corrected, modified, or improved at any time by the organization, as well as any data, rule, or section for an optimal performance of the test. The fact of making the registration shows the compliance of the participant with these regulations.

ARTICLE 16. WAIVER OF LIABILITY

- The organization of the Ocean Lava Lanzarote declines all responsibility for damage, breakage, loss, or theft of any type of material used for the race.
- No refunds will be made of the amount paid in the event of cancellation, alteration, modification, or suppression of the published schedules due to force majeure or other exceptional circumstances.
- Ocean Lava Lanzarote reserves the right to modify or make changes without prior notice.
- Ocean Lava Lanzarote reserves the right of admission.