

PARTICIPATION REGULATIONS KOS XTREME TRIATHLON

These regulations contemplate all the extremes that bind all the participating parties in the KOS XTREME TRIATHLON 2026 that will take place on June 6th 2026 in LA PALMA, CANARY ISLANDS.

All the provisions contained therein are intended to ensure that the test runs safely, satisfactorily and without incidents in any way.

As it is a highly demanding test, a series of obligations are determined both for the organizer and for the volunteers and participants, so that if all the participants follow them, the objective of enjoying a test in which the only protagonist is the sport. Likewise, since it is a sporting event, in which fair play must prevail, a series of illegal behaviors are determined that cannot be consented to and that will give rise to the corresponding sanction. Along with a sanctioning guarantee procedure in which the interested parties may intervene and which will end with a reasoned resolution.

In this line, with the aim of avoiding misunderstandings and controversies between all the interested parties, it is agreed that all the differences that could arise in connection with the test or due to any of the fortuitous conditions that could occur will be resolved through a mediation procedure.

APPLICABLE REGULATIONS.

Article 1-. Adherence to the Competition Regulations of the FETRI Federation.

This competition takes place in accordance with the provisions of the Competition Regulations of the Spanish Triathlon Federation (RCFETRI) in its 2026 edition. Adherence to said text implies a series of obligations for both the organization and the participants, which all of them are required to comply with. And in what is not provided, the competition will be governed by the provisions of these mandatory regulations for all participants.

The RCFETRI is available through the following link on the official FETRI website: <https://triatlon.org/documentacion/reglamentos/>

PURPOSE AND CONDITIONS OF PARTICIPATION IN THE TEST

Article 2-. Object.

The test consists of a combination of sports and physical resistance in which different disciplines are developed in various segments. These disciplines are: swimming, cycling and running.

Due to the combination of different disciplines, the duration and demand of the different routes that the test has, this test supposes an activity of high physical demand for which the participants must be adequately prepared, that is why this organization communicates, informs, and is previously exempted from, any medical, physical or any other problem that the participant had not communicated in the health questionnaire previously provided to the participants

Article 3-. People with the possibility of participating

Athletes of any nationality, federated or not, may participate in this competition, provided they are over 18 years of age.

All persons with the possibility of participating in the sports event as established in the previous section, are responsible in accordance with article 2.5 of the (RCFETRI), and must ensure that they do not present any health problem or medical contraindication that prevents or simply advises against taking part in the competition.

Article 4-. test development

The test will take place along a series of paths for each of the disciplines that comprise it. The determination of these layouts is the obligation of the organization, as well as their publication on the test website at least 15 days in advance. In this way, it is possible for the participants in the test to know the circuit physically or through the data offered in order to be able to prepare the test correctly and successfully pass it without setbacks.

The information that the organization will publish about the development of the test will include the following points: description of the test, development of the test, identification material for the participant, waste treatment, circuits, schedules, and refreshment points in the different modalities; All these points are collected in the document that will be published on the web as a data sheet of the event endorsed by the FECANTRI on the web: www.kosxtremtri.com this information having been previously agreed with the relevant authorities (Town Hall, Local Police, Civil Guard, Ministry of Health, etc.).

As this information is accessible to the participants, they are obliged to access it to familiarize themselves with the places where they will compete, and autonomously assess the risks and personal safety measures that they should adopt.

Article 5-. Physical condition of the participants

As determined in article 3 of this text, there is a high physical requirement to achieve the objectives of the test, so, according to the FETRI criteria, it is advisable to have professional medical certificates that confirm the participant's physical aptitude for the development of the activity, in addition to a prior medical check-up sufficiently in advance to observe the training to participate in this test as determined in article 2.5. section c) of the RCFETRI.

For these purposes, the participants are obliged to answer a series of questions on this aspect in the health questionnaire provided by the organization. In case of not having such professional information, the athletes will be directly responsible for the possible consequences in accordance with section 2.2 of the (RCFETRI).

Article 6-. technical domain

Given the characteristics of the different disciplines that make up this test, the participant is obliged to have sufficient technical preparation for an activity of high physical demand such as the triathlon. Said technical mastery being necessary, together

with adequate physical preparation, to overcome each segment within the times set in the organization for the development of the test according to article 4 of these regulations and its annexes.

TITLE III: DEVELOPMENT OF THE TEST

Article 7-. Damages to third parties

Athletes have to perform each of the segments diligently, so that recklessness or negligence is not committed during their development. In the event that, due to the reckless or negligent action of any of the participants, damages are caused to third parties, the compensation of the same will be borne by the originator, recommending this organization that each participant subscribe, personally, an insurance of Civil Liability independent of the one that this organization already has.

Article 8-. Technical meeting

The organizers of the event are obliged to hold a technical meeting prior to the race; which will be sent by email to all participants. The following contents will be addressed in this meeting:

Aspects on the development of the test contained in art. 4 second paragraphs.

- Personal safety plan for participants.
- Test road safety plan.
- Maritime security plan.
- Emergency plan.

All this so that each of the participants in the sporting event is aware of all these extremes so that the race takes place safely for all of them. For this reason, the organization will publish on its website together with the attendance reports, the necessary documentation for this purpose.

This meeting is mandatory and the participants in the test will have the obligation to provide the organization with a valid email address to send all the information of its content. This information will be mandatory for all participants, its ignorance does not exempt from an infraction that will be determined in article 26 of these regulations as exclusion from the test.

Article 9-. Sports rules of application

This test will be governed in general, by the rules of the FETRI, specifying its content in what is not regulated in the same by means of this regulation and its annexes. In addition, the organization reserves the right that on the day of the test, due to force majeure and security, modify the route, communicating it prior to the start of the test and having previously agreed on this point with the competent authorities.

Article 10-. Material usable in the test

Each participant will receive from the organization the distinctive material necessary for the development of the test. These badges are mandatory to use so that both the

participants and the bicycles used can be correctly identified. The mode of use of the same will be determined in Annex II of this regulation.

For the realization of each of the segments it will be necessary that the material meets the technical specifications of the event and of the FETRI and this organization will not be responsible for the deterioration or misuse that occurs on said material during the test. In addition, together with the number, a summary of the route, documents of the technical meeting and a document exempting this organization from any responsibility, and that the participants have been adequately informed, will be delivered. This document must be signed by each participant in order to start the test, and delivered when collecting the number.

Article 11-. Access to material areas

The areas of materials necessary for the test will have restricted access. These areas will be controlled by private security personnel arranged by the organization and the judges of the FECANTRI. The staff will ensure that only accredited people from the organization and the participants have access to it.

Access to these areas of people outside the previous groups is prohibited, so that participants will not be able to use assistants to help them with the exception of the people determined and accredited by the organization for this purpose. The companions and relatives of the participants must respect the security and internal rules established in these regulations, with regard to the route, and the security measures that will be published on the web.

Article 12-. identified access

The athletes will have the identification material provided by the organization. Said material will be made up of the following elements: a swimming cap, a bib number, an identification bracelet with an approved chip, four stickers with the same numbering that will be used: 1 for the wardrobe, two for the helmet and one more for the bicycle, which you will find available in the basket in the transition area.

Article 13. Security

Security at the event will be guaranteed by the coordinated attendance of the State Security Forces and Bodies with which the volunteer team will coordinate.

The public order forces will guarantee the safety of the participants on public roads, carrying out the predetermined actions to guarantee the road safety of the participants. The FECANTRI judges will be in charge of the internal access controls of the test, as well as the access to the materials area in the terms established in article 11.

Article 14-. Sports refereeing and timing

During the development of the test, a referee appointed by the Canarian Triathlon Federation (FECANTRI) will hold the final decision in the event of any anomaly during the course of the test. This referee judge will be assisted by judges and auxiliary officials from FECANTRI.

Timing will be carried out by means of an electronic system with an approved chip. In accordance with Annex II, each runner will have a chip that will be delivered along with

the rest of the identification material. The electronic device will be worn by each runner on the left ankle.

Article 15-. vehicle access

The access of vehicles to the determined circuits will be limited. Only the official vehicles necessary for the organization of the event, the ambulances necessary for the health and emergency device in the event of possible contingencies and the vehicles determined by the organization may access these areas. The latter will be determined in advance and will have visible accreditations at all times.

Article 16-. Medical assistance

The organization is obliged to provide ambulances and other medical devices necessary to act in the event of an accident during the event, in order to safeguard the physical integrity of the participants in this area as much as possible.

For these purposes, the number of ambulances and health personnel, as well as their distribution, will be determined in the corresponding Plan included in Annex II to these regulations. Said plan must contemplate, as a minimum, the following extremes:

In the transition and finish area, as well as all the routes through which the test runs, ambulances, medical personnel and health assistants will be available according to the needs of each location.

In the swimming segment, the safety device must have safety boats and buoy control canoes, ensuring the safety of the participants and carrying out the necessary actions to achieve it. In the cycling segment, the team made up of doctors, health assistants and ambulances will carry out prevention and assistance tasks in the event of an accident. These teams will be connected by mobile devices and will have evacuation routes to different hospitals in the area.

In the running segment, the device will be made up of teams similar to the previous ones.

An emergency team will be arranged at the finish line according to the number of participants who attend each test. This device will be complemented with physiotherapy equipment that will serve the runners who need it and request it.

The previous emergency device must be completed with agreements with the various hospitals and medical centers in the area, with which the organization will need to coordinate so that they are prepared for the various contingencies that may occur during the development of the test.

The medical services have sufficient authority to indicate to the participants that they must abandon the race based on their technical knowledge.

Any emergency vehicle that needs to use the routes along which the test runs may do so as long as it activates the light and sound signals, in order to let the rest of the participants know that they must allow passage.

Article 17-. Registration, prices and conditions

120 places

Each participant must individually formalize their registration for the test. Said registration may be made in a period from the opening of registrations up to 15 days before the date of the test or until the bibs are exhausted.

Together with the aforementioned registration, it will be necessary for each participant to expressly consent to submit to these regulations, constituting a binding contract for all parties.

These registrations will be for limited quotas. This means that it has a maximum number of participants that the organization determines to be 130. In this way, the test runs comfortably and safely for the participants, the organization adopting the appropriate measures for any type of contingency that could occur to the maximum participation possible in accordance with what is determined in this text.

Prices:

From 20/10/2025 to 31/12/2025

- **Federated:** €85
- **Non-federated:** €90

From 01/01/2026 to 30/03/2026

- **Federated:** €95
- **Non-federated:** €100

From 01/04/2026 to 10/05/2026

- **Federated:** €105
- **Non-federated:** €110

Relays:

Place for 20 teams.

Minimum 3 components. Each one will do a sector (swimming, cycling, running).

Minimum age 15 years old

Relay Teams

- **Available slots:** 20 teams
- **Team composition:** Minimum of 2 members
- **Format:** Each participant completes one discipline (swimming, cycling, running)
- **Minimum age:** 15 years

Prices

From 20/10/2025 to 31/12/2025

- **Federated:** €145
- **Non-federated:** €160

From 01/01/2026 to 30/03/2026

- **Federated:** €165
- **Non-federated:** €180

From 01/04/2026 to 20/05/2026

- **Federated:** €185
- **Non-federated:** €200

Article 18-. Causes of cancellation or postponement

As it is a test that takes place outdoors and on land that is not specifically used for sports, there is the possibility of changes or cancellations in relation to the practice of the event. In this sense, in relation to section 2.11 of the RCFETRI, there is the possibility that, in exceptional cases, a series of solutions may be adopted in accordance with the problem in question. These modifications may take place both prior to the sporting event and once the competition has started.

For this reason, special mention must be made of the possibility that the competent authorities indicate the need to take measures in accordance with said special circumstances, without this being understood as the responsibility of the organization.

Making special reference to the necessary security conditions in a terrorist alert situation such as the one in our country, which could even lead to the cancellation of the test for security reasons in the event of a threat of attack or if without prior notice. In the event that weather conditions or due to a force majeure event make it impossible to carry out the test under the terms and conditions determined by the organization, the organization is obliged to carry out an alternative test in accordance with the judges of the FECANTRI. This test will be repeated with the prizes provided for the different classifications and will be postponed to another date.

There is also the possibility that there may be a setback at the time of the test, the organization may adapt the test to the specific circumstances. In this way, it will have the power to suppress any of its segments or modify their organization, without this implying any type of responsibility for the organization.

All these modifications, produced by circumstances beyond the control of the organizers, in no case will produce the right to reimbursement of any kind.

Article 19-. Participation Categories

The participants will compete in an absolute male and female category to which all the athletes will belong.

The age of the participants will be counted on the date of the event in which the test takes place.

In the relay categories, the ages will be determined by the distance in which the test consists and always following the criteria established in article 3 of these regulations and in accordance with the provisions of the FETRI and the FECANTRI.

Article 20-. Awards

At the end of the test, all participants who manage to finish it will receive a finisher medal.

There are no age group awards for relays. Only for the general classification the first 3 classified. Teams can be mixed or not

The first three of the generals of each sex will receive the corresponding trophy. AND €10,200 will be distributed among the top 3 male and female classifieds:

- 1st classifieds: 2.500€
- 2nd classifieds: 1.400€
- 3rd classifieds: 800€
- 4th classifieds: 250€
- 5th classifieds: 150€

TITLE IV: VOLUNTEERING

Article 21-. volunteer collaboration

For the correct development of the test, the organization will reach agreements with different organizations so that their members make up the auxiliary team with which the organization will coordinate together with all the bodies and technical teams involved in it. For this, the organization must sign the corresponding agreements with the entities.

Article 22-. Volunteer Obligations

The volunteers who join the test as an auxiliary team must be available one hour before the review of the layout by the competent authorities begins.

Once all the volunteers are present, the organization will proceed to place them according to the needs of the test, and they must remain in their positions until another function is indicated to them.

At the time the test ends, the volunteers will be informed by the organization of the end of their duties. At this time, the volunteers will deliver to the organization the identification and functional materials that have been necessary for the development of the race, taking responsibility for their integrity.

Article 23-. Volunteer Rights

As it is an altruistic activity, volunteers will not receive any compensation for their collaboration. However, the organization is obliged to provide them with the necessary materials for their identification and performance of the functions entrusted to them, being responsible for their integrity.

Likewise, they will also be given the necessary supplies during the day, paying special attention to the weather conditions and adapting the deliveries of liquids to them.

Article 24-. Volunteer Powers

The volunteers, as they are an auxiliary team of the organization, will be able to indicate to the participants the route to follow or any other points necessary for the development of the test, also collaborating with the redirection of residual traffic.

In the event that any participant ignores the indications of the volunteers, they will be witnesses in the corresponding sanctioning procedure in the event that an infraction has been incurred. Special attention must be paid to the statements that could be made insofar as they are third parties with no direct interest in the result of the test.

TITLE V: PUNISHMENT PROCEDURE

Article 25-. Sanctioning power

In relation to the possible infringing behaviors that will be developed in this title, the team of judges and referees (or in charge of the times) is determined as competent personnel to determine the possible sanctions that may correspond according to the graduation of the infringing actions determined in the following items.

Article 26-. Violations.

Violation of the provisions of these regulations will entail infringement of the same. Violations may be minor, serious or very serious. Specifically, the following actions will constitute infractions of this regulation:

They will be minor infractions:

- Access to restricted areas by people outside the competition in order to help participants
- Receive external help other than that provided by the organization.

Serious offenses will be:

- Deposit waste outside the authorized places along the route.
- Depositions outside the toilets provided for this purpose.
- Harm other participants through recklessness or negligence.
- Obstruct the passage of emergency vehicles in case they need to use the race route for reasons of assistance or urgency.

They will be very serious infractions:

- Failure to use a fastened rigid helmet during the segment in which the bicycle is used.
- Transfer of enrollment in the test.
- Lack of attendance at the technical meeting or accredited knowledge of its content.

- Lack of personal identification.
- Modification of identification of the materials used by the participants.
- Failure to complete the prior questionnaire determined in Annex III.
- Lack of truth in the responsible statement about the personal circumstances stated.
- Not carrying the identification chip
- Not wearing the identification chip according to the indications contained in art. 14 of these regulations.
- Manipulate the identification chip by altering the data that the referees have through it.
- Non-observance of medical indications during the race.
- Recidivism in any of the infractions included in these regulations.
- Drafting is allowed but not with relay

Article 27-. sanctions

The infractions determined in these regulations will carry the corresponding sanction. The corresponding sanction will be graduated according to the seriousness of the infraction committed.

In the event that an infraction typified as minor or serious according to the previous article is incurred, the judges will proceed to impose the corresponding sanction according to the Third Point of the RCFETRI.

Behaviors classified as very serious infractions will carry the sanction of disqualification from the test, and the people in charge of the competition may force the person in question to leave the test at that very moment.

Given the possibility that the same participant incurs in different infractions, in case of accumulation of the same, the corresponding sanction will be applied to the infraction of greater severity. In the same way, if the infractions committed fall into different graduations, the maximum sanction corresponding to the most serious infraction will correspond.

Article 28-. Resources

The sanctions imposed on the athletes will be appealable before the arbitrator appointed by the FECANTRI. These appeals must be submitted in writing within 1 hour from the time the sanction is imposed or from the end of the test if the participant had continued with it. The writing must contain an exposition of the facts and the foundations that the interested party alleges in defense of his interests. The arbitrator/judge must rule on said appeal prior to the publication of the general results of the test.

TITLE VI: CONFLICT RESOLUTION

Article 29-. Submission to Mediation

In the event of a dispute between any of the participants and the organization of the test, except for those that are merely sports, the parties agree to submit to Mediation in order to resolve it without the need to go to the ordinary jurisdiction. The mediation

attempt will be mandatory for both parties in accordance with art. 10 of Law 5/2012 on mediation in civil and commercial matters.