

# **Competition Rules**

**February , 2005 Edition**



## Version 3, February 28, 2005

These Competition Rules are the master source document, found on ITU's website at [www.triathlon.org](http://www.triathlon.org) under "Inside ITU". The web based document acts as the official (authorised) reference document and is maintained based on authorised amendments in accordance with recommendations by the ITU Technical Committee, which are accepted by the ITU Executive Board.

This version (**3: February 2005**) becomes outdated with the release of Version 4, headed by **Leslie Buchanan**, ITU Technical Director.

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## A INTRODUCTION

### A.1 Purpose

- a) The International Triathlon Union is the sole governing body, responsible to enact Competition Rules for Triathlon, Duathlon, Winter Triathlon, Aquathlon and other modern multi sports;
- b) The International Triathlon Union Technical Committee (ITU-TC) will ensure that technical aspects of ITU competitions are of the highest quality;
- c) The ITU Competition Rules specify the conduct and behaviour of competitors during ITU competitions. Where the ITU Competition Rules do not specify, the rules of FINA, UCI, FIS and IAAF will apply;
- d) The ITU Event Organizers Manual sets safety and logistical standards for host National Federations (NFs) and to the Organizing Committee (OC);
- e) The ITU Officials Program sets the standards for certifying ITU officials;
- f) Some rules apply only to the World Championships. Rules intended only for the Triathlon and Duathlon World Championships are designated with an asterisk (\*);
- g) Authority to sanction and enforce Competition Rules at International level events is retained exclusively by ITU, but initial sanctioning is to be conducted and clearances gained from NF civil authorities by Associations in which those events are staged, and recommendations made to ITU as to the suitability or otherwise of the events for sanctioning. Final sanctioning endorsement of International level events by the ITO/NF provides assurance that the event is planned and structured to be safe and fair.

### A.2 Intention

The ITU Competition Rules are intended to:

- a) Create an atmosphere of sportsmanship, equality, and fair play;
- b) Provide safety and protection;
- c) Emphasize ingenuity and skill without unduly limiting the competitor's freedom of action;
- d) Penalize competitors who gain an unfair advantage;
- e) Endorse the principle that Triathlon and Duathlon are individual sports and encourage individual performance and initiative.

Definitions of all terms used in these Competition Rules are provided at **Appendix D**. Any difficulty in the interpretation or application of these Rules should be referred to the ITU Technical Committee without delay.

### **A.3 Modifications**

- a) These rules will be adapted for other modern multi-sport competitions, which fall within the jurisdiction of ITU, i.e. Duathlons, Winter Triathlons, Indoor Triathlons, Aquathlons, Canoe Triathlons and Team Competitions;
- b) A competitor must not be permitted an advantage not intended by a rule. To implement this, many of the rules are in general terms. This eliminates a multiplicity of rules and provides officials with authority to adapt the rules to fit conditions. Officials base their judgment on whether an advantage, not intended by the rules, has been gained;
- c) ITU Competition Rules will be applicable to international competitions hosted by National Federations (NFs) affiliated to ITU.

### **A.4 Exceptions**

These ITU Competition Rules will be applicable to all events sanctioned by ITU and are to be implemented by its appointed Technical Delegate (TD) as appropriate. Where the ITU Competition Rules conflict with the laws of the jurisdiction in which the event is to be held, those laws will override the ITU Competition Rules to the extent of the inconsistency, and competitors must be notified of the implications of these laws as early as possible and not later than prior to the start of the event. Exceptions for special circumstances in a particular event may only be gained from ITU with prior approval. A request for an exception to these Rules must be made in writing to the ITU Technical Committee (ITUTC) through the NF to whom the application has been submitted or is being submitted.

### **A.5 Special Rules**

A race TD may approve the addition of special rules for a particular race, provided that:

- a) Each additional special rule does not conflict with another ITU Competition Rule;
- b) Each additional special rule is made available in written form and is announced to the participants before the event; and
- c) Each additional special rule and the reasons for its inclusion are advised to the ITUTC before the day on which the event is to be conducted. The ITUTC may invalidate the incorporation of an additional special rule only on the authority of the ITU Executive Board.

### **A.6 Unauthorized Exceptions or Additions**

The unauthorised exception to or addition of a Competition Rule will prevent an event from being sanctioned and will invalidate a sanction, which has already been granted to an event. This could result in legal complications,

particularly in the case of accidents during the event and in subsequent requests for approval from NFs and/or municipal authorities to use roads and waterways. Insurance authorities have also warned that claims made under such circumstances may be considered invalid.

## **A.7 Rule Changes**

These Competition Rules may be changed from time to time by the ITUTC in its absolute discretion, under the direction of the ITU. Any such rule change(s) shall be advised in writing to the affiliated NFs at least 14 days before it is to take effect. Updated ITU Competition Rules will be posted on the ITU website ([www.triathlon.org](http://www.triathlon.org)).

## **B CONDUCT OF COMPETITORS**

### **B.1 General Conduct**

Triathlon, Duathlon, Aquathlon, Winter Triathlon and the other related modern multi-sports involve many competitors. Race tactics are part of the interaction between competitors. Competitors will:

- a) Practice good sportsmanship at all times;
- b) Be responsible for their own safety and the safety of others;
- c) Understand the ITU Competition Rules, available from their NF;
- d) Obey traffic regulations and instructions from race officials;
- e) Treat other competitors, officials, volunteers, and spectators with respect and courtesy;
- f) Avoid the use of abusive language;
- g) If they violate the rules knowingly, report the violation to a race official, and if necessary retire promptly from the competition;
- h) Inform race officials after withdrawing from the race.

### **B.2 Drug Abuse**

- a) ITU condemns the use of substances, which artificially enhance performance;
- b) Competitors will follow the ITU Doping Control Rules and Procedural Guidelines;
- c) All competitors are responsible for familiarizing themselves with the ITU Doping Rules and Procedural Guidelines including medical control tests, testing obligations and procedures, penalties and appeal processes, and forbidden substances;
- d) ITU has adopted the ITU Anti-Doping rules and abides by rules set by the World Anti-Doping Agency (WADA) Code.

### **B.3 Health**

- a) Triathlons, Duathlon, Aquathlon, Winter Triathlon and other modern multi-sport competitions are strenuous. To be able to compete, competitors should be in excellent physical condition. Their health and welfare is of paramount importance;
- b) Time limits for the swim leg, cycle leg and overall finish time will be established for each competition by the Technical Delegate (TD). These limits may be published in the pre-event registration material.

### **B.4 Eligibility**

#### **B.4.1 World Championships**

Qualification Criteria for the Triathlon World Championships (Elite):

- a) Be ranked among the top 50 in the ITU Triathlon World Ranking, based on a date fourteen (14) days before the World Championships;
- b) Place in the top three at any of the five ITU Regional Qualifying Events, competing as a member of a National Federation within the relevant region;
- c) Invited athletes may be awarded starting positions by ITU upon application from their National Federation no later than 30 days prior to the date of the World Championships. ITU will have the sole authority to award any or all of the invited athlete starting positions.

#### **B.4.2 Junior World Championships**

- a) 16 – 19 Junior Sprint World Championship: (Sprint Distance – Drafting Race);
- b) Age as on 31 December in the year of the competition;
- c) Lower age limit: If an athlete is 15 years old and turns 16 in the year of the competition they are eligible to compete;
- d) Upper age limit: If an athlete is 18 years old and turns 19 in the year of the competition they are eligible to compete;
- e) This Category replaces the age group 16 – 19 yrs category;
- f) The maximum number of athletes a NF may enter will be determined by rules set by the ITU Technical Committee.

#### **B.4.3 Entries**

- a) NFs will automatically have the right to enter three (3) athletes based on their own qualification system;

- b) Each NF in good standing with ITU has the right to automatically enter three (3) juniors into both the Women's and Men's junior category;
- c) Based on the number of athletes the NF had in the previous year's World Championships results, they will be allowed either one or two additional entries for a maximum of five (5) per NF;
- d) If the NF had three (3) or more athletes in the top 50, they will be allowed two (2) additional entries;
- e) If the NF had two (2) athletes in the top 50 of the previous year they will be allowed one (1) additional place.

#### **B.4.4 Under 23 World Championship: (Olympic Distance – Drafting Race) to be known as U/23**

- a) Age as on 31 December in the year of the competition;
- b) Lower age limit: If an athlete is 17 years old and turns 18 in the year of the competition they are eligible to compete;
- c) Upper age limit: If an athlete is 22 years old and turns 23 in the year of the competition they are eligible to compete;
- d) This category replaces the Junior 17 – 19yrs category;
- e) Each country will be allowed to qualify a minimum of three (3) athletes to a maximum of five (5);
- f) For the U/23 event additional slots will be awarded as per the quota system posted on the ITU Website, based on the previous year's performance;
- g) All entries for the U/23 and Junior Sprint World Championships must be done through ITU Headquarters, and must be accompanied by a copy of the athlete's birth certificate.

#### **B.4.5 ITU Events**

To compete in ITU events:

- a) Competitors must hold a valid license in their NF;
- b) Competitors under suspension by ITU or any other NF will not be eligible to compete in ITU competitions;
- c) Citizens of a country may represent that country (NF) in ITU competitions. A competitor who has represented one country (NF) in the ITU World Championships may not represent another country (NF) in the World Championships during the same and the next calendar year without the agreement of both NFs concerned;
- d) A competitor who possesses dual nationality may only represent one country during the same calendar year. If the competitor chooses to represent the other country in question,

- he/she must inform both NFs in writing, and during the same and following calendar year he/she shall not be able to represent either of the two countries in the ITU World Championships without the approval of both NFs concerned;
- e) A competitor may represent the country of his/her birth and of which he/she is a citizen unless he/she opts to take the nationality of his/her father or mother;
  - f) A naturalized competitor may not participate in an ITU World Championship to represent his/her new country during the same and the next calendar year without the approval of both NFs concerned. The period following naturalization may be reduced or canceled with the agreement of the NFs concerned and approval of the ITU Executive Board;
  - g) If a new country recognized by the IOC and ITU is created, a competitor may continue to represent the country to which he/she belongs or belonged. However, he/she may choose to represent his/her new NF if one exists. This choice may only be made once;
  - h) Athletes residing in a country for at least three (3) years since the date when they last represented another NF in any ITU sanctioned event may compete for their country of residence if the two NFs concerned and the ITU Executive Board agree. This period of residence may be reduced to one year, if the two NFs concerned and the ITU Executive Board agree.
  - i) An athlete may represent his/her new NF in International Competitions after completing a period of three (3) years continuous residence in his/her new country.

#### B.4.6 World Cup Entry Qualification Criteria

NFs may enter their competitors in ITU Triathlon World Cup events based on the following Entry Qualification Criteria;

- a) Women's and Men's events are considered distinct and the criteria applies equally to both. All entry applications must be sent by fax or e-mail to ITU and must be made by NFs (i.e. individuals may not enter themselves);
- b) The entry **DEADLINE** is noted on the Entry Form;
- c) **Eligibility:** Entrants must be members in good standing with their NF and not be under suspension for any violation as defined by the ITU Competition Rules and Policies;
- d) **Automatic Acceptance:** Competitors ranked in the Top 25 of the ITU Triathlon World Rankings within 30 days of an event shall receive automatic entry acceptance;
- e) **Conditional Acceptance:** Competitors ranked 26 through 75 on the ITU Triathlon World Rankings within 30 days of an

event shall be conditionally accepted, provided that no more than eight (8) competitors from any country are entered;

- f) **Invited Competitors:** Competitors placing among the first three (3) finishers or who have accumulated 200 World Ranking points at ITU International Series Triathlon events within 120 days of an Event may be invited by ITU to compete;
- g) **Wild Cards:** ITU may offer Wild Card entries to competitors upon written application by NFs;
- h) **Increase in Country Numbers:** If an NF has more than the maximum number of qualified competitors, the NF must select the team not to exceed the maximum number. ITU reserves the right to increase the number of athletes permitted per NF.

#### **B.4.7 Olympic Games**

- a) All decisions regarding a competitor's nationality and eligibility to compete in the Olympic Games will be based on the conditions laid down in the Charter of the International Olympic Committee (IOC).

#### **B.4.8 Insurance**

- a) Each competitor must have adequate insurance coverage, guaranteed by their NF and/or will be required to purchase day-of-race coverage;

### **B.5 Registration**

#### **B.5.1 Entry**

- a) Entry to the World Championships will be via the competitor's NF, except elite competitors, who must qualify by meeting the standards outlined under B.2;
- b) All competitors must be in good standing with their NFs, and they all must sign the ITU Competitor Agreement.

#### **B.5.2 Language and Communication**

- a) The official language is English;
- b) Translators will be provided by NFs.

#### **B.5.3 Team Uniforms**

- a) For ITU World Championships, each competitor must wear the official team uniform of the country he/she represents. Failure to do so will result in their inability to participate or disqualification;

- b) All National Team Uniforms must conform with the ITU World Championships Uniform Specifications;
- c) All National Team Uniforms must conform with the ITU World Championships Uniform Specifications.

#### **B.5.4 Pre-Race Meeting**

- a) A compulsory meeting of elite competitors will be held before all ITU competitions and will be conducted by the Technical Delegate and the Race Director;
- b) For the Triathlon, Duathlon and Winter Triathlon World Championships and for World Cups, elite competitors must be in attendance.

#### **B.5.5 Packet Pick-Up**

- a) At Triathlon, Duathlon and Winter Triathlon World Championships, Junior and Age Group competitors must pick-up their own race packet at the official race registration area during designated time.
- b) At all ITU events, elite and Under 23 competitors will pick up their race packet at Registration and the Race Briefing. Elite competitors are expected to have a separate briefing to Under 23.

#### **B.5.6 Packet Pick-Up Times**

- a) For Age Group and Junior competitors at Triathlon, Duathlon and Winter Triathlon World Championships, there will be two (2) days of race package pick-up;
- b) The hours shall be from 9:00 a.m. to 7:00 p.m. two (2) days prior to the Competition;
- c) If an NF is unable to make the designated registration time, they must request a different time, in writing, to the Organizing Committee.

#### **B.5.7 Packet Contents**

Race packets will contain a minimum of:

- a) Five (5) official race numbers (one for body – none for elite athletes, one for bike and three for helmet) and four safety pins;
- b) Security/Credentials Pass;
- c) Schedule of Events;
- d) Start List;

- e) Course maps;
- f) Event Tickets;
- g) Competition Rules specific to the competition. (It is the competitor's responsibility to know the ITU Competition Rules. It is the NF's responsibility to ensure that competitors have a copy of the ITU Competition Rules).

## **B.6 Timing and Results**

The official results shall be in accordance with the ORIS standards. Time splits to be included are:

- a) Finish of the swim or first segment;
- b) Cycle (to include both swim/cycle and cycle/run transitions);
- c) Run time;
- d) Overall finish time;
- e) Results will include disqualifications and reasons;
- f) Results will include athletes who do not finish (DNF) and those athletes who were entered but did not start (DNS).

## **C DISCIPLINE OF COMPETITORS**

### **C.1 General Rules**

- a) Failure to comply with the ITU Competition Rules may result in a competitor being warned, disqualified, suspended, or expelled;
- b) Prior to competing in any ITU event, elite competitors will sign the ITU Competitors' Agreement, which states that any dispute arising from the rules and regulations of the International Triathlon Union (ITU), which cannot be settled by its existing appeal procedure, shall be settled finally by the Court of Arbitration for Sport (CAS) in Lausanne, Switzerland, to the exclusion of recourse to ordinary courts.

### **C.2 Warnings**

- a) It is not necessary for an official to give a warning prior to issuing a more serious penalty;
- b) The purpose of a warning is to alert a competitor about a possible rule violation and to promote a "proactive" attitude on the part of officials.
- c) **Assessment**  
A warning will be given at the discretion of the official. They shall assess a warning by:

- (i) Sounding a whistle or horn;
- (ii) Showing a yellow card;
- (iii) Calling (in English) the competitor's number and saying "STOP".

**A warning may be given when:**

- (iv) A competitor violates a rule unintentionally;
- (v) An official believes a violation is about to occur;
- (vi) No advantage has been gained.

d) **Procedure during warning:**

- (i) When assessed a yellow card, the competitor will stop in a safe manner and follow the instructions of the official;
- (ii) If on a bicycle, the competitor will stop in a safe manner, dismount to the outside from the course with both feet on one side of the bicycle, and follow the instructions of the Technical Official;
- (iii) The official will then say "GO", at which time the competitor will continue in a safe manner.

### C.3 Disqualification

a) **General**

- (i) A disqualification is a penalty appropriate for a violation.

b) **Assessment**

Officials assess a disqualification by:

- (i) Sounding a whistle or horn;
- (ii) Showing a red card or flag;
- (iii) Calling (in English) the competitor's number and saying "STOP".

c) **Procedure after Disqualification**

A competitor may be disqualified for, but not limited to the following:

- (i) A competitor may finish the race if an official calls a disqualification. A disqualified competitor may appeal the decision (except in the case of a judgment call) in accordance with the provisions of Appeals of the Competition Rules;
- (ii) In the event of Elite, Under 23 being lapped on the cycle course, a disqualification requires the athlete to exit the Field of Play (FOP) immediately (where safe).

d) **Reasons for Disqualification**

- (i) Failing to follow the prescribed course;

- (ii) Using abusive language or behavior toward any official or unsportsmanlike behavior (also possible suspension);
- (iii) Blocking, charging, obstructing, or interfering with the forward progress of another competitor;
- (iv) Unfair contact. The fact that contact occurs between competitors does not constitute a violation. When several competitors are moving in a limited area, contact may occur. This incidental contact between competitors in equally favourable positions, is not a violation;
- (v) Accepting assistance from anyone other than race officials or accepting assistance from a race official that constitutes an unfair advantage;
- (vi) Refusing to follow the instructions of race officials;
- (vii) Departing the course for reasons of safety, but failing to re-enter at the point of departure;
- (viii) Failure to wear the unaltered race number provided by the Organizing Committee in the proper way, which is: during the entire run segment the number must be worn on the front.
- (ix) Leaving equipment or discarding personal articles on the course. Tires, plastic bottles, and other discarded items must be placed safely off the course;
- (x) Wearing items deemed a hazard to self or others, i.e., a hard cast, jewelry, headsets, or headphones;
- (xi) Using unauthorized equipment to provide an advantage or which will be dangerous to others;
- (xii) Violating traffic regulations;
- (xiii) Contrived or intentional ties by elite athletes and junior athletes in ITU sanctioned events.

#### **C.4 Suspension**

##### **a) General**

- (i) Means a competitor will not take part in ITU competitions or competitions sanctioned by NFs affiliated to ITU during a stated suspension period.

##### **b) Reasons for Suspension**

A competitor will be suspended for, (but not limited to):

- (i) Unsportsmanlike conduct;
- (ii) Fraud, i.e., entering under an assumed name or age, falsifying an affidavit, or giving false information;
- (iii) Participating when not eligible;
- (iv) Repeated violations of ITU Rules;

- (v) Drug abuse;
- (vi) Suspensions will be assessed by the Competition Jury, for lengths from three (3) months to four (4) years, depending on the violation.

## C.5 Expulsion

### a) **General**

- (i) For the lifetime of the competitor they will not take part in ITU competitions or competitions sanctioned by NFs affiliated to ITU.

### b) **Reasons for Expulsion**

A competitor will be expelled for life (but not be limited to):

- (i) For a second drug offense as outlined in the ITU Doping Control Rules and Procedural Guidelines and the World Anti-Doping Agency Rules;
- (ii) For an unusual and violent act of unsportsmanlike behavior.

### c) **Procedure during Expulsion**

- (i) A competitor will not be eligible to compete in ITU competitions while suspended or expelled from ITU.

### d) **Expulsion due to Drug Abuse**

- (i) If the suspension or expulsion is for drug abuse, the competitor will not be able to compete in any other sport whose federation is recognized by the ITU, IOC or GAISF (General Assembly of International Summer Federations)

### e) **Disciplinary Notice**

- (i) When a competitor is suspended or expelled, the President of ITU will notify the concerned NF, in writing, within 30 days;
- (ii) All suspensions and expulsions will be announced in the ITU newsletter and communicated to the IOC and GAISF.

### f) **Right of Appeal**

- (i) Competitors charged with a violation have the right to appeal, except in the case of judgment calls by officials.

### g) **Reinstatement**

- (i) After suspension, a competitor must apply to the President of ITU for reinstatement.

## D SWIMMING CONDUCT

### D.1 General Rules

- a) Competitors may use any stroke to propel themselves through the water. They may also tread water or float;
- b) A competitor may stand on the bottom or rest by holding an inanimate object such as a buoy or stationary boat;
- c) A competitor may not make use of either the bottom or inanimate objects to gain an advantage;
- d) In an emergency, a competitor should raise an arm overhead and call for assistance. Once official assistance is rendered, the competitor must retire from the competition.

## D.2 Wetsuit Use

The use of wetsuits will be determined by the following tables:

- a) Elite and Under 23 athletes in ITU Olympic Distance Events and the Olympic Games:

Swim Length	Forbidden above:	Mandatory below:	Maximum stay in water
1500m	20° C	14° C	30 min

- b) Junior athletes at ITU Sprint distance events:

Swim Length	Forbidden above:	Mandatory below:	Maximum stay in water
750m	20° C	14° C	20 min

- c) For Age Group competitors:

Swim Length	Forbidden above:	Mandatory below:	Maximum stay in water
1500m	22° C	14° C	1 h 10 min
1501m-3000m	23° C	15° C	1 h 40 min
3001m-4000m	24° C	16° C	2 h 15 min

- d) **Modifications:** If weather conditions dictate, i.e., ambient air temperature, the ITU-Medical Committee (MC) may advise the TD to adapt the limits on wetsuit use. A ruling on wetsuit use will be made 24 hours before the start of the race, with the final ruling one hour before the start, by the TD and will be clearly communicated to the competitors.
- e) **Water Temperature:** Water temperature must be taken one (1) day prior to race day and race morning one (1) hour prior to the start of the event. It must be taken in the middle of the course at a depth of 60 cm.

- f) **Second Suit:** For non-wetsuit swims, competitors must wear their ITU approved uniform on the outside. If they wear a second suit, it must be worn underneath the official uniform and cannot be removed after the swim.

### D.3 Starting Position DRAW

- a) Elite athletes at Triathlon World Cup and Championship draw their starting position according to their current World ranking;
- b) Top Ten athletes select their position first. It will not be posted until the end of the draw when all athletes have chosen their starting position;
- c) In the case an athlete does not attend the starting position draw, the ITU Technical Officials will wait until those athletes in attendance have all chosen before assigning missing athletes' spots. (See note 1 below);
- d) Moving sideways or backward is prohibited. Athletes can only move forward. Violation of this rule is a disqualification. (See note 2 below):

**Note 1** The ITU Technical Committee has decided that effectively immediately, there will be a change in the Pontoon Draw procedure used at ITU events. In the past, if an athlete has not attended the pontoon draw, then a Technical Official has given the athlete the lowest numbered spot available when the athlete's name has been called. From now on, the Technical Official will wait until those athletes who are in attendance have chosen their spot on the pontoon before assigning the missing athlete's spot.

**Note 2** The ITU Technical Committee would like to remind athletes that they must move in a forward direction at the start. It is unacceptable and dangerous to move sideways or backwards. Penalties will be assessed for this violation.

### D.4 Equipment

#### D.4.1 Legal Equipment

- a) A competitor must wear the swim cap provided by the race organization. If the swim cap is lost unintentionally during the swim section, the competitor will not be penalized;
- b) Goggles and nose clips are allowed.

#### D.4.2 Illegal Equipment

Athletes must not use:

- a) Artificial propulsion devices, (i.e. fins, socks, gloves, paddles, or floatation devices);
- b) Wetsuits with thickness exceeding 5mm;
- c) Wetsuit bottoms only;
- d) Swimsuits made of material not approved by FINA or ITU in non-wetsuit events;
- e) A second swim suit that they remove after the swim in non-wetsuit events.

## **E CYCLING CONDUCT**

### **E.1 General Rules**

A competitor is not permitted to:

- a) Block others;
- b) Cycle while their bare torso is exposed;
- c) Make forward progress without the bicycle;

#### **E.1.1 Dangerous Behavior**

- a) Competitors must obey traffic laws unless otherwise directed by an official. Any competitor who appears to officials to present a danger to themselves or others may be disqualified and removed from the competition.

#### **E.1.2 Bike Check**

- a) A bike check will take place at least 24 hours before the competition to allow time for competitors to make modifications, if necessary, to comply with the rules.

### **E.2 Drafting**

#### **E.2.1 General Guidelines**

- a) For Elite, U/23 and Junior competitors only, the drafting rule will be eliminated for Triathlon World Championships, World Cup, Olympic Games, ITU Regional Championships and ITU International Events.
- b) The Drafting Rule will NOT be eliminated for age group competitions or for Long Distance Triathlon and Duathlon World Championships (all categories);
- c) It is within the power of each NF to organize events within their jurisdiction where the draft rule applies to Elite and Junior athletes (where applicable).

### E.2.2 Draft-Illegal Races

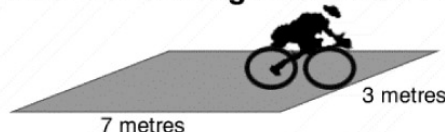
In races where the drafting rule applies:

- a) Drafting off another competitor or motor vehicle is forbidden. Competitors must reject attempts by others to draft;
- b) A competitor is entitled to any position on the course, provided they get to that position first, and without contacting others. When taking a position, a competitor must allow reasonable space for others to make normal movements without making contact. Adequate space must be available before passing;
- c) A competitor who approaches from any position to take advantage of the draft, bears responsibility for avoiding the draft.

### E.2.3 Bicycle Draft Zone

- a) **For all Age Group competitions in Short/Olympic Distance events** the draft zone will be a rectangle 7 meters long by 3 meters wide. The center of the leading 3-meter edge will be measured from the leading edge of the front wheel. A competitor may enter the draft zone of another competitor, but must be seen to be progressing through that zone. A maximum of 15 seconds will be allowed to pass through the zone of another competitor;

**Diagram 1** Distance of Drafting Zone for ALL Competitors



### E.2.4 Entry into Bicycle Draft Zone

A competitor may enter a bicycle draft zone (subject to the official's judgment) in the following circumstances:

- a) If the competitor enters the draft zone, and progresses through it within 15 seconds, (15 seconds in Olympic Distance [and below](#) for age group competitors);
- b) For safety reasons;
- c) At an aid station;
- d) At the exit or entrance of a transition area;
- e) At an acute turn;
- f) If race officials exclude a section of the course because of narrow lanes, construction, detours, or for other safety reasons.

### E.2.5 Overtaking Definition

- a) A competitor is passed when another competitor's front wheel is ahead of theirs;
- b) Once overtaken, a competitor must immediately move out of the draft zone of the leading competitor;
- c) Competitors must keep to the side of the course and not create a blocking incidence. Blocking is where a competitor(s) behind cannot pass due to the leading competitor being poorly placed on the course.

**Diagram 2 Drafting**



A has overtaken B and B is now drafting the lead cyclist A. B must drop out of A's draft zone before attempting to re-pass A. A must move to the Left Hand Side of the road when safe otherwise A can be called for blocking. B can only overtake A on A's Right Hand Side.

**Diagram 3 Blocking**



A and B are maintaining adequate separation between each other, even though they are abreast to one another. B is not drafting A in this instance. A however, is now in a BLOCKING position. If A remains out to the Right Hand Side, A will receive a blocking penalty.

**Diagram 4 Drafting and Not Drafting**



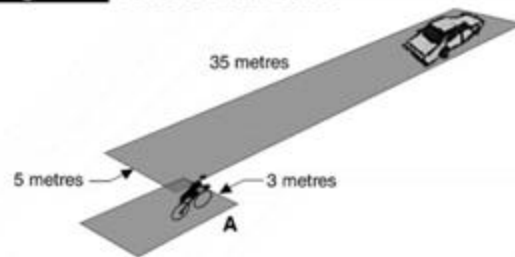
A and B are maintaining adequate separation. C is not attempting to pass B. C is drafting B. A and B are not drafting.

### E.2.6 Vehicle Draft Zone

- a) Motorcycles are the only vehicles allowed on any section of the course. All drivers, officials, media, and race personnel must wear a securely fastened certified motorcycle helmet at all times when on the motorcycle;
- b) The vehicle draft zone is a rectangle thirty-five (35) meters long by five (5) meters wide, which surrounds every vehicle on the cycle segment. The front edge of the vehicle will define the center of the leading 5 meter edge of the rectangle;

- c) Competitors may not pass through this zone. The responsibility for ensuring that this zone is upheld lies with the driver of the vehicle and the Vehicle Control Official (VCO). All vehicles on the course will be controlled by the regulations outlined in the Event Organizers' Manual.

**Diagram 5** Vehicle Draft Zone



A is travelling at the same speed as the vehicle. A is drafting. A must move to the Left Hand Side of the road otherwise A can also be called for blocking.

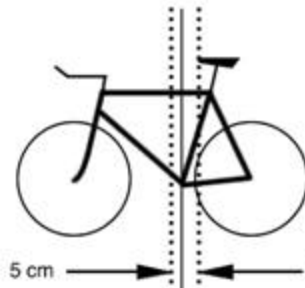
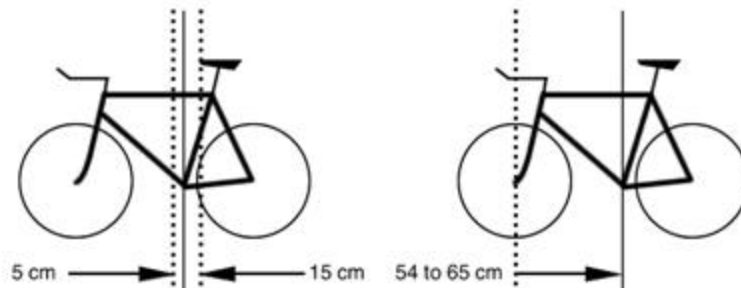
## E.3 Equipment

### E.3.1 Bicycles

Bicycles must have the following characteristics:

- For Elite, Under 23 and Junior competition in standard distance Duathlon and Triathlon events the frame of the bicycle shall be of a traditional pattern, i.e., built around a main triangle of three straight or tapered tubular elements which may be round, oval, flattened, teardrop shaped or otherwise in cross-section;
- For Elite, Under 23 and Junior competition in standard distance Duathlon and Triathlon, BOTH wheels must be of spoke construction. In long distances or Age Group competition, covers are allowed on the rear wheel. However, this provision may be changed by the TD in the interest of safety, i.e. high-winds;
- The frame will be no more that two (2) meters long, and fifty (50) centimeters wide for Elite, Under 23 and Juniors, in Triathlon World Cup, Olympic Games, ITU Regional Championships, ITU International Events, Duathlon World Cup Series, Triathlon and Duathlon World Championships. For all other competitions, two (2) meters long and seventy-five (75) centimeters wide will be permitted;
- The frame will measure at least 24 centimeters from the ground to the center of the chain wheel axle;
- There will be a vertical line touching the front-most point of the saddle which will be no more than 5 centimeters in front of and no more than 15 centimeters behind a vertical line passing through the center of the chain wheel axle, and a competitor must not have the capability of adjusting the saddle beyond these lines during competition;

- f) There will be no less than 54 centimeters and no more than 65 centimeters between a vertical line passing through the center of the chain wheel axle and a vertical line through the center of the front wheel axle. (Exceptions may be given for the bicycles of very tall or very short competitors). This will be determined by the Race Referee or ITU Technical Committee Representative);

**Diagram 6 Saddle Fore-Aft Position**

**Diagram 7 Front to Centre Distance**


- g) Fairings which reduce air resistance are prohibited;
- h) No wheel may contain mechanisms which are capable of accelerating it. Disc wheels and rear wheel covers are permitted. However this provision may be changed by the TD in the interest of safety; (i.e. High wind);
- i) Tires must be well glued, headsets tight and wheels true;
- j) There must be a brake on each wheel;
- k) Non-traditional or unusual bicycles or equipment shall be illegal unless prior approval has been received from the Chief Race Official prior to the start of the competition.

### E.3.2 Handlebars

Handlebars must have certain characteristics: **For Elite, Under 23 and Junior competitors in Triathlon World Cups, Olympic Games, ITU Regional Championships, ITU International Events**, the following rule on handlebars apply (Note: This rule will not apply to age group competitions or long distance events):

- a) Only traditional drop handlebars are permitted. The handlebars must be plugged;
- b) Clip-ons will be permitted provided they do not extend more than 15 cm beyond the front wheel axle, and they are not longer than the brake levers' foremost line;
- c) Straight forward clip-ons must be bridged, and must not carry forward facing brake levers;
- d) No forward facing bar or gear shifters are allowed on the end of the clip-ons. The only exception will be grip shifter;

- e) Elbow pads are permitted.

### **E.3.3 Helmets**

- a) Helmets must be approved by a national accredited testing authority recognised by a national federation that is an affiliate of the ITU;
- b) An alteration to any part of the helmet including the chin strap, or the omission of any part of the helmet, including an outer cloth cover, is prohibited;
- c) The helmet must be securely fastened at all times when the competitor is in possession of the bicycle, i.e., from the time they remove their bicycle from the rack at the start of the cycle leg, until after they have placed their bicycle on the rack at the finish of the cycle leg;
- d) If a competitor moves the bicycle off the course through disorientation, or for reasons of safety, or the need to carry out mechanical repairs or conduct personal toilet the competitor may not unfasten or remove the helmet from the head until after he/she has moved outside the boundary of the bicycle course route and has dismounted the bicycle; and he/she must fasten the helmet securely on the head before returning onto the bicycle course route or before remounting the bicycle.

### **E.3.4 Helmets at Race Site**

- a) Competitors who do not wear approved helmets while cycling at the race site, within 7 days of an ITU event, may be disqualified from competition or fined.

### **E.3.5 Illegal Equipment**

- a) Headphone(s) or headset;
- b) Glass containers;
- c) Mobile phone.

## **F RUNNING CONDUCT**

### **F.1 General Rules**

The competitor:

- a) May run or walk;
- b) May not crawl;
- c) May not run with a bare torso;
- d) May not run without shoes on any part of the course.

## **F.2 Finish Definition**

- a) A competitor will be judged as "finished," the moment any part of the torso, not including the head, neck, shoulders, arms, hips or legs, reaches the perpendicular line extending from the leading edge of the finish-line.

## **F.3 Safety Guidelines**

- a) The responsibility of remaining on the course rests with the competitor. Any competitor who appears to officials to present a danger to themselves or others may be removed from the competition.

## **F.4 Illegal Equipment**

- a) Glass containers, headphones and headsets are not permitted.

# **G TRANSITION AREA CONDUCT**

## **G.1 General Rules**

The following rules apply to all competitors:

- a) All competitors must have their helmet securely fastened from the time they remove their bicycle from the rack at the start of the cycle until after they have placed their bicycle on the rack at the finish of the cycle;
- b) Competitors must use only their designated bicycle rack and must rack their bike;
- c) Competitors must ensure all unused personal equipment stays within their transition area and is not discarded on the field of play or left in the space of another competitor;
- d) Competitors must not impede the progress of other competitors in the Transition Area;
- e) Competitors must not interfere with another competitor's equipment in the Transition Area;
- f) Competitors must mount and dismount their bicycle at the designated area or line;
- g) Cycling is not permitted in the Transition Area;
- h) Nudity or indecent exposure is forbidden.

# **H COMPETITION CATEGORIES**

## **H.1 Triathlon World Championships**

### H.1.1 Elite

- a) NFs may name a maximum of six (6) men and six (6) women to their National Elite Team based on the following qualification criteria:
- b) World Ranking: the top 50 athletes in the ITU Triathlon World Ranking, based on a maximum number of World Cup events as of 14 days before the World Championships;
- c) Top 3 Men and Women from ITU Regional Championships in:
  - (i) Africa;
  - (ii) Asia;
  - (iii) Europe;
  - (iv) Pan America;
  - (v) Oceania.
- d) Should any of the top three finishers at the ITU Regional Championships have qualified by being ranked in the top 50 by a date 14 days before the World Championships, the qualification shall automatically be assigned to the next athlete on the ITU World Ranking;
- e) Invited athletes may be awarded starting positions by ITU upon application from their NF no later than 30 days prior to the World Championships. ITU shall have the sole authority to award any or all of the invited athlete starting positions.

### H.1.2 16 – 19 Junior Sprint World Championship: (Sprint Distance – Drafting Format)

- a) The maximum number of athletes a NF may enter will be determined by rules set by the ITU-TC;
- b) Each NF in good standing with ITU has the right to automatically enter two (2) juniors into both the Women's and Men's Junior category;
- c) Based on the number of athletes the NF had in the previous year's World Championships results, they will be allowed either one, two or three additional entries for a maximum of five (5) per NF;
- d) If the NF had three (3) or more athletes in the top 25 of the previous year, they will be allowed an additional three (3) entries;
- e) If the NF had three (3) or more athletes in the top 50, they will be allowed two (2) additional entries;
- f) If the NF had two (2) athletes in the top 50 of the previous year they will be allowed one (1) additional place;

### H.1.3 Under 23 World Championship: (Olympic/Standard Distance - Drafting Race to be known as U/23)

- a) Each country will be allowed to qualify a minimum of 3 athletes to a maximum of five (5);
- b) For the U/23 event additional slots will be awarded as per the quota system posted on the ITU website, based on the previous year's performance;
- c) All entries for the U/23 and Junior Sprint World Championships must be done through ITU Headquarters, and must be accompanied by a copy of the athlete's birth certificate.

### H.1.4 Age Groups:

- a) Eligibility determined by age on 31st of December in the year of competition;
- b) The categories for age group competitors are:

(i)	18 - 19 years	(x)	60 - 64 years
(ii)	20 - 24 years	(xi)	65 - 69 years
(iii)	25 - 29 years	(xii)	70 - 74 years
(iv)	30 - 34 years	(xiii)	75 - 79 years
(v)	35 - 39 years	(xiv)	80 - 84 years
(vi)	40 - 44 years	(xv)	85 - 89 years
(vii)	45 - 49 years	(xvi)	90 - 94 years
(viii)	50 - 54 years	(xvii)	95 - 99 years
(ix)	55 - 59 years	(xviii)	Etc...

## H.2 Team World Championships

- a) Team World Championships will be organized at the discretion of the ITU Executive Board and the host NF.

# I PRIZES AND AWARDS

## I.1 Prize Money

- a) Prize money for ITU World Championships and ITU World Cups will be deposited in an ITU account eight (8) weeks prior to the competition. It shall be distributed equally between men and women in both amount and depth;

### I.1.1 Medals

- a) All competitors who place in the top three (3) of their category will receive official ITU World Championship medals. The first three (3) Age Group winners will receive medals, which will be presented at an awards ceremony;

### **I.1.2 Trophies**

- a) When team competitions are organized, the first three (3) Junior Men and Women team members will be awarded a team trophy. All six (6) designated team members will be awarded medals, except in the case of disqualification;

### **I.1.3 Awards Presentation**

- a) The rituals and standards for award presentations will be equal, for Elite, Under 23, Junior, and age group men and women. For all Elite, Under 23 and Junior individual awards, the flags of the top three will be raised and the anthem of the winner will be played according to the ITU Awards Protocol. Competitors at the race briefing will be reminded about the protocol and the time of awards;

## **I.2 Awards Presentation Protocol**

- a) All ITU event awards presentations will adhere to the following standard protocol. There are two different types of awards presentations:
  - (i) The "official" awards, presented immediately following the competition at the event venue;
  - (ii) Another awards ceremony presented at a social function some hours after the event;

### **I.2.1 Format**

- a) The presentation area will be clean of all signage, except:
  - (i) ITU Global Partners;
  - (ii) Official Sponsors of the event;
- b) The backdrop for the winner's stand will be a minimum of 4 meters tall and 4 meters wide;
- c) The backdrop design, which must be approved by ITU, will include:
  - (iii) ITU Global Partners;
  - (i) Official Sponsors of the event;
- d) The winners' stand will include three steps, each with a top surface area of approximately 1 meter by 1 meter. The top of the center step will be .75 meter above the ground;
- e) The top of the left step (as you face the steps) will be 0.75 meters above the ground;
- f) The top of the right step will be .5 meters above the ground;

- g) The front of the winners' stand will be marked with the corresponding numbers '1' (center step), '2' (left step), and '3' (right step);
- h) Each number will be 30 cm tall and in the typeface Helvetica;
- i) The ITU logo will be placed below the number 1;
- j) A red carpet (1 meter wide x 6 meters long) will be placed on the ground leading up to the front of the winners' stand;
- k) The entire area will be hard fenced to restrict access. Television and press photographers will be positioned in a restricted area with a clear view of the proceedings, preferably on a raised or tiered stand;
- l) The presentation area must be clearly visible from the VIP tribunal/area.

### I.2.2 Procedure

The procession leading to the winners' stand will be as follows:

- a) The medal bearer and flower bearer will lead the presenters, followed by the competitors, up the red carpet toward the winners' stand;
- b) The order of the competitors in the procession will be second, then first, then third;
- c) The medal bearer and the flower bearer will walk and stand to the left of the winners' stand. They will stand 1 meter to the left of the winners' stand in a line perpendicular to the winners' stand;
- d) The Presenters will walk and stand to the right of the winners' stand. They will stand 1 meter from and perpendicular to the winners' stand;
- e) The competitors will continue to walk past the presenters, behind the winners' stand (in a counter-clockwise direction) and stop behind their respective placing step;
- f) When all are in position, the announcer will state  
**"Presenting medals today will be Mr/Ms X (including his/her title/position). Presenting flowers today will be Mr/Ms Y (including his/her title/position)."**
- g) After pausing for 5 seconds, the announcer will continue,  
**"In third place, and the winner of the bronze medal, at the (Competition Name) is (Athlete's name) from (Country)".**
- h) Once his/her name is called, the third placed competitor takes his/her position on the top step. The medal presenter and medal bearer approach the stand and the presenter places the

medal around the winners' neck. The flower bearer and flower presenter approaches the stand and the presenter hands the winner a bouquet of flowers. Following this, the bearers and presenters step back 2m to offer the press a clear view of the winner;

- i) The procedure for medal and flower presentation is replicated for the second and first place finishers;
- j) The national anthem of the winning competitor will be played after the medals and flowers have been presented to all three competitors and will be accompanied by the raising of the three (3) country flags;
- k) As an option, champagne may be presented to the three (3) competitors after the anthem is complete for a ceremonial uncorking;
- l) When the anthem and flag raising is complete and the press has had sufficient opportunity for photographs, the bearers, presenters and athletes will line up again for the recessional away from the podium;
- m) The women competitors will receive their awards before the men competitors;
- n) At the time of final photos the women may join the men on the podium under direction from ITU officials.

### **I.2.3 Awards Presenters**

- a) Two presenters are required, one (1) for medals and one (1) for flowers;
- b) The medal and flower presenters will be chosen from the highest-ranking IOC, ITU, government and sponsor persons planning to attend the event;
- c) The TD in consultation with the OC will agree to the appropriate selection to provide gender equity and suitability;
- d) Everyone involved in the ceremony (except the athletes) will meet for one half hour to rehearse the protocol;
- e) The athletes will be reminded about the ceremony at the Athletes' Briefing;
- f) If possible, there will be separate presenters for the Women's and Men's Awards Presentations.

## **J OFFICIALS**

### **J.1 General**

- a) The duties of the Officials are to conduct the Competition in accordance with the ITU Competition Rules.

### **J.1.1 ITU Officials**

The officials at all ITU races are:

- a) The ITU Technical Delegate (TD) ensures that all aspects of the ITU Competition Rules and Operations Manuals are fulfilled;
- b) The Race Referee (RR) directs the certification of race officials and makes final judgments on rule violations;
- c) The Chief Technical Official (CTO) assigns and monitors the work of all Race Officials;
- d) Race Officials are assigned to Registration, Start/Finish, Transition Area(s), Swim, Cycle, Run, Wheel Stations, Aid Stations and Vehicle Control. An adequate number of race officials will be assigned to each area and will be responsible for the enforcement of ITU Competition Rules within their assigned jurisdiction;
- e) The Competition Jury, which will be appointed by the Technical Delegate.

### **J.1.2 World Cup Competition Jury**

For Triathlon World Cup events, the Competition Jury consists of three (3) people, being:

- a) A member of the ITU Executive Board or Council member;
- b) A representative of the host NF;
- c) The TD or a person designated by the chair of the ITU Technical Committee.

### **J.1.3 World Championship Competition Jury**

For Triathlon and Duathlon World Championships, the Competition Jury will consist of five (5) people, being:

- a) A member of the ITU Executive Board;
- b) The TD;
- c) A representative from the host NF;
- d) A representative from the ITU-TC, (other than the TD);
- e) A representative from the ITU-Medical Committee (MC).

### **J.1.4 Duties of the Competition Jury**

- a) The Competition Jury rules on all appeals (against the decision of the Referee) and all protests (against the approved Competition results).

### **J.1.5 Jury Integrity**

The Competition Jury will observe the following principles:

- a) Give equal weight to the evidence and testimony provided by all;
- b) Recognize that honest testimony can vary and be in conflict as a result of personal observation or recollection;
- c) Keep an open mind until all evidence has been submitted;
- d) Recognize that a competitor is innocent until the alleged violation has been established to the complete satisfaction of the Jury.

### **J.1.6 Videotapes**

- a) ITU officials may use videotapes to acquire data on rule infractions. This includes but is not limited to: Pontoon start; swim turns, cycle turns, run turns, Finish line.

## **J.2 Volunteer Certification**

- a) All volunteers who are assigned to areas of responsibility on the Field of Play (FOP) must be educated to ITU's minimum standard. Education kits obtained from ITU will cover points of interest.

## **K PROTESTS**

### **K.1 General**

- a) A protest is against the conduct of a competitor, race official, or the conditions of the competition. A competitor or an NF designate may file a protest with the Referee provided that the protest has not been previously observed by the officials and ruled upon by the Referee.

### **K.2 Protest Jurisdiction**

- a) Protests cannot be made on "judgment calls". A "judgment call" shall include, but not be limited to:
  - (i) Drafting;
  - (ii) Blocking;
  - (iii) Unsportsmanlike conduct;
- b) Where ITU Competition Rules do not cover the issue, FINA, UCI, FIS and IAAF Rules will apply;

#### **K.2.1 Protests Concerning Eligibility**

- a) Protests concerning the eligibility of a competitor shall be made in writing to the Referee before the start of the competition. The affected competitor may compete. A decision on the protest will be made prior to the announcement of results.

#### **K.2.2 Protests Concerning the Course**

- a) Protests concerning the safety of the course or its variance on regulation must be made in writing to the Referee twenty-four (24) hours before the start of the race.

#### **K.2.3 Protests Concerning the Race**

- a) A competitor who protests against another competitor or official must do so in writing to the Referee within fifteen (15) minutes of his/her finish time.

#### **K.2.4 Protests Concerning Timing and Results**

- a) Protests concerning an error in timing must be delivered within thirty (30) minutes after the posting of the unofficial results by the Referee. A NF may protest the official results 30 days after the competition, in writing, to the President of the ITU.

#### **K.2.5 Protests Concerning Equipment**

- a) Protests concerning a competitor's equipment which infringes on the conditions set out in this manual must be delivered in writing to the Referee fifteen (15) minutes after his/her finish time.

### **K.3 Protest Contents**

- a) A deposit of USD 50 must accompany the appropriate protest and will be refunded if the protest is successful. Protest forms may be obtained from the Referee;
- b) Information to be included is:
  - (i) The alleged rule violated;
  - (ii) The location and approximate time of the alleged violation;
  - (iii) Persons involved in the alleged violation;
  - (iv) A statement, including a diagram of the alleged violation, if possible;
  - (v) The names and signatures of witnesses who observed the alleged violation.

### **K.4 Protest Procedures**

- a) The following is the procedure which will be followed in the event of a protest:
- (i) Protests will be filed in writing to the referee, signed by the protester, within the time limits specified above;
  - (ii) Protests will be made available to the competitor(s) and official(s) prior to the hearing;
  - (iii) The time and place of the Competition Jury Meeting will be announced at the pre-race meeting;
  - (iv) The protester and the accused and/or their national representative must be present. If the protester does not attend, the protest hearing may be postponed or cancelled. The Competition Jury will determine if the absence from the hearing is valid;
  - (v) Failure of any party to attend the hearing may justify the Competition Jury making a decision without them;
  - (vi) A representative for either the protester or the accused may be designated to appear if approved by the Chairperson of the Competition Jury;
  - (vii) The hearing will not be open to the public;
  - (viii) The Competition Jury Chairperson will read the protest;
  - (ix) The protester and the accused will be given adequate time to give their account of the incident;
  - (x) Witnesses (two each) may speak for three (3) minutes each;
  - (xi) The Competition Jury will hear the evidence and render a decision, by simple majority;
  - (xii) The decision will be posted immediately, and delivered in writing to the parties.
- b) **Protest Time Limit:** The time for an elite competitor, or official team representative, to file a protest is not later than 15 minutes after finishing and the time to appeal is no later than 15 minutes after finishing or the posting of the infraction, whichever is later.

## L APPEALS

### L.1 Appeal Jurisdiction

- a) An appeal is a request for a review of a decision made by a referee. An appeal cannot be made on "judgment calls". A "judgment call" shall include, but not be limited to:
- (i) Drafting (age group, AWAD);
  - (ii) Blocking;
  - (iii) Unsportsmanlike conduct.

- b) Where ITU Competition Rules do not cover the issue, FINA, UCI, FIS and IAAF Rules will apply;

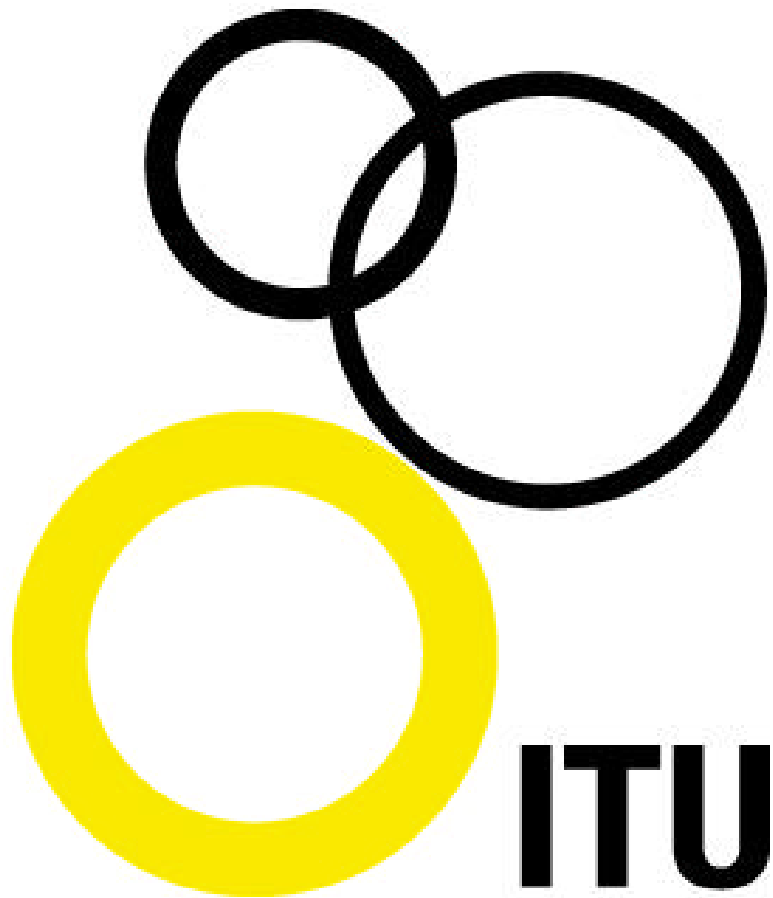
## L.2 Levels of Appeal

- a) **Level 1:** Representative of a NF or a competitor may appeal the decision of the referee to the Competition Jury. Each appeal will be accompanied by a fee of USD 50. It will be refunded if the appeal is successful. If the appeal is denied, there will be no refund. The time for a competitor or official team representative to file an appeal is no later than fifteen (15) minutes after his or her finishing time or the posting of the infraction, whichever is later;
- b) **Level 2:** The decision of the Competition Jury may be appealed to the ITU Executive Board. Such an appeal must be received by the ITU President within 14 days of the decision of the Competition Jury;
- c) **Level 3:** The decision of Executive Board may be appealed, as a final and last resort, to the Court of Arbitration for Sport (CAS) in Lausanne, Switzerland, to the exclusion of any recourse to ordinary courts. Any decision taken by the said court (CAS) shall be without appeal and shall be binding on the parties concerned.

## L.3 Appeal Contents

- a) The appropriate appeal form can be obtained from the Referee and must be submitted with an appeal fee of USD 50. An appeal will contain:
  - (i) Competition name, location, date;
  - (ii) Race director, address, phone, fax;
  - (iii) Appellant's name, address, phone, fax, email;
  - (iv) Witness(s): name, address, phone, fax, email;
  - (v) Alleged rule violation, page, section, number, etc;
  - (vi) Facts of the violation;
  - (vii) Rationale/summary of appeal.





# **Additional Competition Rules**



## **M INDOOR TRIATHLON**

### **M.1 Introduction**

These rules are intended to provide safe and fair competition.

#### **M.1.1 Time Penalties**

- a) Time penalties are heavy, regarding the overall time of competition (less than 13 minutes), and are used as a proactive strong reminder to compete within the rules.

#### **M.1.2 Videotapes**

- a) All races will be video taped. Video Tapes will be used to assist officials to make decisions in unclear cases or when a decision is appealed.

#### **M.1.3 Uniforms**

- a) Elite competitors must wear their country's uniform, which must comply with the ITU Uniform Specifications.

#### **M.1.4 Assessing Penalties**

- a) The Chief Race Official will use the Public Address system to inform competitors and spectators about penalties. The Chief Race Official will make the call immediately by announcing the competitor's number, penalty time and reason and will also use hand signals when assessing a time penalty or disqualification.

### **M.2 Swim Course**

#### **M.2.1 Start**

- a) A dive start will be used. The starter's instructions will be: "Take your mark"...Horn.

#### **M.2.2 False Start**

- a) In the case of a false start, a second shot will immediately be fired (within 3 seconds). Any competitor responsible for two (2) false starts will be disqualified.

#### **M.2.3 Finish**

- a) There will be a ten (10) second "neutralized" time period that is compulsory for all competitors. The purpose of this period is to sponge excess water off competitors. Water on the track

makes it very slippery and dangerous for all competitors. Non-compliance with this rule will result in disqualification.

### **M.3 Transition Area**

#### **M.3.1 Interference**

- a) Competitors must leave equipment so it does not interfere with other competitors. A 3 second penalty will apply to any competitor who fails to comply;
- b) Competitors must not interfere with the progress of another competitor (15 second penalty);
- c) Competitors must use only their designated bike rack. (15 second penalty).

#### **M.3.2 Helmets**

- a) All competitors must have their helmets securely fastened from the time they remove their bicycle from the rack at the start of the cycle, until after they have placed their bicycle on the rack at the finish of the cycle;
- b) Failure to do so will incur a 3 second penalty.

### **M.4 Cycle Course**

#### **M.4.1 Safety**

- a) Competitors must behave in a safe manner. Dangerous behavior that results in the fall of one or more competitors will be penalized by a disqualification.

#### **M.4.2 Dismount Line**

- a) Competitors must dismount prior to the dismount line (3 second penalty). Competitors must not enter the transition area on the bike (15 second penalty).

### **M.5 Run Course**

#### **M.5.1 Shoes**

- a) Running barefoot will result in a disqualification.

#### **M.5.2 Assistance of Curves**

- a) Using posts or ornamental trees to assist maneuvering curves are not allowed (3 second penalty).

## **N LONG DISTANCE**

### **N.1 General**

- a) For elite, the drafting rule has been eliminated for Triathlon and Duathlon World Championships, World Cup, Olympic Games, ITU Regional Championships and ITU International Events. It will NOT be eliminated for age group competitions or for Long Distance Triathlon World Championships.

#### **N.1.1 Outside Assistance**

- a) To protect the spirit and originality of the discipline, no outside assistance of any kind will be permitted. This does not include medical assistance and normal food and liquid items provided by the OC at aid stations or at coaches' stations.

#### **N.1.2 Age Group Categories**

The competition categories are:

- a) Elite Male and Elite Female;
- b) Age Group Male and Age Group Female (5 year categories);
- c) There is no junior category.

#### **N.1.3 Medical Guidelines**

- a) Specific Medical Guidelines, including "hot weather" guidelines and medical evacuation plans will be developed by the Race Medical Director in conjunction with the ITU Medical Committee.

#### **N.1.4 Team Competition**

- a) A team competition for the Elite category may be organized at both the Triathlon and Duathlon Long Distance World Championships. The following applies:
  - (i) National teams will be permitted a maximum of six (6) male and six (6) female competitors;
  - (ii) Team standings will be determined by adding the 3 (three) best times of the nominated team members;
  - (iii) In the event of a tie, the placing of the third team member nearest the overall winner will break the tie;
  - (iv) The names of the scoring members of the team will be given to the LOC by the team manager at the pre-race briefing;

- (v) Due to the usual early race start, any changes in the composition of the team must be given to the LOC no later than 12 hours prior to the scheduled start of the race;
- (vi) Awards will be presented to the top three (3) Men's and Women's teams.

## N.2 Distances

- a) Long Distance Triathlon will not be less than:
  - (i) 3.8 km swim;
  - (ii) 120 km cycle;
  - (iii) 30 km run;
- b) Demanding and technical courses should ALWAYS be preferred. A 5% error margin will be accepted for the cycle and run course provided the margin has been approved by the TD. The "Nice" distance is:
  - (i) 4.0 km swim;
  - (ii) 120 km cycle;
  - (iii) 30 km run;
- c) Long Distance Duathlon distances will not be less than:
  - (i) 20 km run;
  - (ii) 120 km cycle;
  - (iii) 10 km run;

## N.3 Cycling

### N.3.1 Bicycle Draft Zone

- a) The draft zone for all Elite and Age Group competitors in Long Distance Competitions and all Elite competitions will be a rectangle 7 meters long by 3 meters wide. The center of the leading 3 meter edge will be measured from the leading edge of the front wheel. A competitor may enter the draft zone of another competitor, but must be seen to be progressing through that zone. A maximum of 30 seconds will be allowed to pass through the zone of another competitor.

## N.4 Penalties

- a) To compensate for an unfair advantage gained in drafting situations where it is not safe for an official to intervene (narrow, winding roads, steep descents) and to comply with the pro-active officiating ITU philosophy, a penalty other than disqualification is implemented at ITU Long Distance events;

- b) It consists of the penalized competitor having to run an additional distance before or during the running segment, or to remain in a "penalty box" for a number of minutes;
- c) Officials assess a Penalty lap by:
  - (i) Sounding a horn or a whistle;
  - (ii) Waving a black card;
  - (iii) Calling (in English) the competitor's number;
- d) When back at his/her Transition Area place, the competitor will find one/ two black stickers on his/her starting number, for the number of penalties he/she has been assessed;
- e) In the case a competitor is assessed three Penalty laps he/she will find a red sticker indicating a disqualification.

## **N.5 Equipment**

- a) Handlebar ends must be plugged;
- b) Clip-ons will be permitted;

## **O TEAM CHAMPIONSHIPS**

### **O.1 General**

- a) The team competition is not an individual competition, but rather developed from the "Relay" format, used in Athletics, swimming, Track cycling or Cross country ski, to rank Countries at a specific event;
- b) The Team Championship is held as a relay of National teams competing all at the same time. The athletes composing the relay, have to complete individually a Triathlon, Duathlon, or Winter Triathlon;
- c) In a relay all athletes must complete his/her own Triathlon, Duathlon or Winter Triathlon before passing the relay to his/her team mates ;
- d) Depending of the discipline the starting order of the athletes might be different (see *Winter Triathlon*). In this competition only a fraction of the overall distance of the Short course is completed by each member of the relay. The sum of the three not exceeding a Sprint Distance;

### **O.2 Team Make-up**

- a) Three athletes make up a team.
- b) Distances for relay competitions are:
  - (i) Triathlon: 300m Swim, 8k Biking, 2k Running X 3;
  - (ii) Duathlon: 2k Running, 7k Cycling, 1k Running X 3;

- (iii) Winter Triathlon: 1.5k Running, 2k MTB, 2k Ski Skating X 3;
- c) Team Uniforms: All team members will wear their country's uniform, which must comply with the ITU Uniform guidelines, including their letter country code. Each competitor must also:
  - (i) Wear an unaltered competition number;
  - (ii) "Wear" the body marking as determined by the host LOC and sponsors;
- d) Team Captain: Each team must name a team captain, who will be responsible for team tactics. No team managers will be allowed on the courses, except in designated coaching areas.

### **O.3 Team Swim**

- a) The Start: Teams start every 2 minutes until there are ten (10) teams left. The last ten teams are started every 3 minutes. Note: Adjusting the interval between team starts may be adjusted by the Technical Delegate (TD);
- b) Start Order: The start order will be based on the finish order of the previous team championships. For new teams, the TD will randomly draw the start order at the pre-race briefing;
- c) Start Preparation: All teams must be present on the starting line five (5) minutes before their actual start time and the following will also apply:
  - (i) Only complete teams will be permitted to start;
  - (ii) The time for late teams will begin at their scheduled start time;
  - (iii) The five team members start at the same time;
- d) Finish: The split time is taken when the third athlete exits the swim.

### **O.4 Team Transition Area**

- a) Dimensions: Additional space must be provided to accommodate the needs of the five (5) team members, this includes increasing the width of the lanes between the racks to 5 meters from 3 meters, and providing each competitor with at least 1.5 meters of rack space;
- b) Mount and Dismount Area: There must be a minimum of three team members for the team to leave the transition area. The check point for this is located 15 meters before the actual mount line.

## **P ATHLETES WITH A DISABILITY (AWAD)**

### **P.1 General**

- a) For the physically challenged participants in any competition sanctioned by or conducted under the auspices of the International

- Triathlon Union (ITU), the rules of that organization will apply with only the specific modifications outlined in this section;
- b) All blind athletes must be guided regardless of the degree of blindness;
  - c) Blind athletes may not be seen to be pulled through the race course at any time by the person guiding them. Especially during the run portion of the race the guide must not at anytime be in front of the blind athlete and be judged as pulling the athlete along;
  - d) All blind athletes competing in an ITU World Championship or qualifying race must be guided by the same gender as the athlete;
  - e) On the run portion of the race course the only acceptable footwear attire are running shoes. The only exception of this rule is with leg amputees who may use a flexfoot or like prosthetic;
  - f) At the ITU World Championships all AWAD athletes will be required to provide a doctors letter outlining their degree of disability.

## P.2 AWAD Competition Categories

- a) Physically Challenged Competitive Categories shall be established based upon disability and age groups established. Medical evidence shall be required as to disability and classification;
- b) Categories shall be:
  - (i) **Handcycle:** Paraplegic, Quadraplegic, Polio, Double above knee. Must use handcycle on bike course, racing wheelchair on run;
  - (ii) **Lower Extremity:** Single below knee. Rides bicycle, runs with prosthesis or crutches;
  - (iii) **Wheelchair 1:** Single above knee. Rides bicycle, racing wheelchair to run;
  - (iv) **Wheelchair II:** Double below knee, Double below knee/above knee, Double above knee if elected by triathlete. Rides bicycle, racing wheelchair on run;
  - (v) **Upper Extremity Above Elbow:** single above elbow. Prosthesis on bike;
  - (vi) **Upper Extremity Below Elbow:** single below elbow. Prosthesis on bike;
  - (vii) **Double Above Elbow:**
  - (viii) **Double Below Elbow:**
  - (ix) **Blind :** legally blind 20/200 with best corrected vision requiring handler throughout race;tandem bike and tethered during swim and run;
  - (x) **Les Autres:** multiple sclerosis, muscular dystrophy, cerebral palsey.

### **P.3 AWAD Transition Area Conduct**

- a) Assistance to physically challenged triathletes in and out of the water; to and in transition shall be permitted;
- b) Assist dogs will not be allowed at any time;
- c) Securing qualified aides (**handlers**) shall be the responsibility of the triathlete and all such handlers shall be identified to the Referee;
- d) It is intended that each triathlete have adequate assistance with appropriate credentials:
  - (i) 1 handler for upper extremity amputees and the blind;
  - (ii) 2 handlers for lower extremity amputees;
  - (iii) 2-3 for paraplegics, quadraplegics, polio) , to ensure safety and fair competition
- e) All handlers shall be subject to rules of competition and further instructions deemed appropriate by the Referee;
- f) Any infraction perpetrated by a handler which enhances the performance of one triathlete over another may in the discretion of the referee or protest committee be grounds for a time penalty or disqualification imposed on the triathlete whose performance was enhanced;

### **P.4 AWAD Swimming Conduct / Equipment**

- a) Artificial propulsive devices, including but not limited to fins, paddles, or floating devices of any kind will not be allowed resulting in disqualification;
- b) Wetsuits will be allowed, at all temperatures. It will be left up to the athlete to determine if it is too warm to wear a wetsuit.

### **P.5 AWAD Cycling Conduct / Equipment**

- a) All bicycles, tricycles, handcycles shall be propelled by human force. Arms or legs shall be used to propel the cycle but not both. Prostheses are permissible. Any violation shall result in disqualification;
- b) For physically challenged triathletes bicycle shall include bicycle, tricycle, handcycle and or racing wheelchair;
- c) Bicycle specifications as to length, height, width, number of wheels, "front to center" distance with respect to handcycles and tricycles shall be established by the year 2000. In the interim such vehicles shall conform to those in general use and shall be subject to inspection by the referee before the event to ensure safety and fair competition;

- d) There will be no protective shield, faring or other device which has the effect of reducing resistance used. Aerodynamic carriers need not be attached to handlebars of tricycle or handcycle;
- e) There must be at least one working brake (generally on the drive wheel) capable of safely stopping/ slowing the vehicle;
- f) Physically challenged triathletes who use a bicycle shall be governed by the aforementioned specifications regarding length, height, width, number of wheels, and front to center distance.

## **P.6 AWAD Running Conduct / Equipment**

- a) Physically challenged triathletes may use prosthesis, canes or crutches to ambulate the course;
- b) Physically challenged triathletes who perform this leg in a wheelchair shall be governed by the rules of ITU, and shall include wheelchair specifications as well as racing conduct;
- c) **Wheelchair Specifications:**
  - (i) The wheelchair shall have at least two large wheels and one small wheel;
  - (ii) The wheelchair design must not incorporate any device to enhance its aerodynamic capacity. (Note: "Wheelchair design does not include wheels"; all wheels may be spoke solid or composite construction. Wheel covers are permitted);
  - (iii) The maximum diameter of the large wheel including the inflated tire shall not exceed 70 cm. and maximum diameter of the small wheel including the inflated tire shall not exceed 50 cm;
  - (iv) Only one plain, round, standard type handrim is allowed for each large wheel;
  - (v) No mechanical gears or levers shall be allowed that may be used to propel the chair;
  - (vi) There is no limit on the length of the racing wheelchair;
  - (vii) Only hand operated mechanical steering devices will be allowed;
  - (viii) Athletes must ensure that no part of their lower limbs can fall to the ground during a race;
  - (ix) Competitors may receive technical advice from cyclo computer type devices installed on their own wheelchairs;
  - (x) In no instance may a physically challenged triathlete for this leg use a bicycle, handcycle, tricycle or motorized vehicle or other equipment used in the cycling leg;
  - (xi) It is permissible however to use a legal "racing wheelchair" as that defined above in the cycling leg and the running leg of a triathlon providing there is no risk to the safety of any

participant or time violation (e.g.) meeting cutoff time established by the Referee;

- (xii) Triathletes must provide proof in advance that he / she has completed the cycling distance in his / her racing chair in a verifiable time not greater than the time required by the Referee for cyclists to complete the course.

## **Q WINTER TRIATHLON**

### **Q.1 General**

- a) ITU Winter Triathlon competitions constitute a new concept of Triathlon consisting of running, mountain biking (MTB) and Cross country skiing. The rules outlined in this document are mandatory and strict;

### **Q.2 Registration**

- a) A compulsory meeting of elite competitors will be held before all ITU competitions and will be conducted by the Technical Delegate and the Race Director. For any World Championships, each NF must have a team captain and/or coach and/or team manager and/or competitors in attendance;

### **Q.3 Running Conduct**

- a) Running shoes with spikes are allowed;
- b) Wearing a helmet during the running segment is not accepted.

### **Q.4 Mountain-Biking Conduct**

***Only mountain bikes can be used in Winter Triathlon World Cup and Championship***

- a) The minimal tire dimension for the MTB should not be less than 26x1,5 inch, (599-40) which means that the largest part of the tires should not be less than 40mm;
- b) Cleated and/or slick tires are allowed depending on ground surface;
- c) The cycling segment of the Winter Triathlon Competitions is laid out as a cross-country course over snow and may follow in its part normal roads or paths;
- d) Competitors are allowed to push or carry the bike over the course;
- e) Drafting is allowed; it may be forbidden to pass other competitors before entering the Transition Area;
- f) Competitors are personally responsible for ensuring that their bicycles are in legally satisfactory condition at the start of the competition;

- g) Competitors must bring their own necessary tools and parts and must carry out repairs;
- h) Competitors are not allowed to receive help from others, by their fellow competitors or outside helpers;
- i) All bicycle parts can be changed during the course of competition except the frame itself.

### **Q.5 Skiing Conduct**

- a) Testing of equipment (skis) is allowed prior and during the race on specially marked tracks, or on the race-course if announced by the Race Officials;
- b) The beginning of the third (last) segment is clearly marked;
- c) Putting skis in Transition Area is forbidden;
- d) During the race, competitors cannot be accompanied by team members, team managers or other pacemakers on the course;
- e) Competitors are allowed to change ski poles during the competition;
- f) Competitors may ski freestyle. This includes all known techniques;
- g) Certain zones may have restrictions to classical style or double polling;
- h) Due to the effect of cold temperatures on motility, wearing a helmet is permitted during the ski segment;
- i) Once a request to pass is made by a competitor, the competitor being passed must move to the side as soon as possible;
- j) In the finish chute (30-50m), skiing freestyle may be forbidden. Double polling may be required. Prepared tracks must then be used;
- k) Competitor can remove their skis 10m behind the finish line where the last ski check will take place (numbers according to the competitor's number).

### **Q.6 Transition Area Conduct**

- a) Competitors must use only their designated area;
- b) They must not impede the progress of other competitors in the Transition Area;
- c) Competitors must not interfere with another competitor's equipment;
- d) Competitors must mount and dismount their mountain bike at the designated area or line;
- e) In the Transition Area, Race Officials may assist competitors by receiving and placing their bikes and handing out their equipment. This service must be the same for all competitors ;
- f) Skiing inside the transition area is forbidden.

## **Q.7 Insurance**

- a) Each competitor must have adequate insurance coverage, guaranteed by their NF or they will be required to purchase day-of-race coverage;

## **Q.8 Finish Definition**

- a) A competitor will be judged as "finished," the moment the tip of the ski boot crosses the finish line;

## **K. UNIFORMS**

### **K.1 General**

#### **K.1.1 Overview**

All competitors wishing to participate must abide by the ITU Uniform Specifications. Failure to comply with these Specifications will be grounds for penalties.

These specifications do not apply to the ITU Regional Qualifiers or ITU International Triathlon Series events in 2002.

Competitors may compete in any uniform design or style they wish, providing it complies with the ITU Uniform Specifications.

All dimensions are measured when the uniform is off the competitor.

### **K.2 ITU World Championships Events**

#### **K.2.2 General**

The format for the country name (language, spelling, abbreviation, etc.) is at the discretion of the National Federation.

### **K.3 ITU Uniform Specifications**

#### **K.3.10 Bicycle**

Only marks/logos of bicycle related products may appear on the competitor's bicycle.

Such marks/logos may not interfere with or hinder the placement of the bicycle race number on the bicycle frame.

#### **K.3.3 Headwear – CYCLE**

Competitors must place race number stickers with the Event Presenting Sponsor, as provided by ITU, on the front and both sides of the helmet.

No identification may impair the official ITU decals on the helmets.

The helmet manufacturer's mark/logo may appear on the helmet, either by one 40 square cm location on the front, or one 20 square cm on each side.

No other sponsor mark/logo may appear on the helmet.

#### **K.3.4 Headwear, RUN**

Competitors may wear hats or visors on the run section.

#### **K.3.5 Uniforms**

Competitor uniforms shall be completely clean of any mark/logo, or images other than those described below.

All descriptions apply to all uniforms worn during competition, including any outerwear for cold weather.

#### **K.3.6 Uniform**

Competitors are allowed to include up to five marks/logos on the sleeves and legs of their uniform. They may also combine marks/logo spaces.

There is no restriction on the type of mark/logo used in these spaces.  
All marks/logos must be permanently applied to the uniform.

### **K.3.7 Uniform Back – Elite Only**

Competitors are required to include their surname (last name) on the lower back bottoms of their racing uniform.

The name should be clearly visible to spectators and television, and the lettering is recommended to be at least 5 cm in height and of a clear, bold type style.

No other images may appear in this area.

### **K.3.8 Uniform Sides**

Logos/marks and sponsor names may appear on the sides of the uniforms.

### **K.3.9 Race Numbers**

No other logos, other than those printed on this body number will be accepted.

## **L. PRIZES AND AWARDS**

### **L.1.3 Trophies**

When team competitions are organized: the first three (3) or four (4) Elite men and women, junior men and women team members will be awarded a team trophy. For elite athletes, all three or four designated team members will be awarded medals, except in the case of disqualification.

## **WINTER TRIATHLON TEAM RELAY COMPETITION**

**Purpose:** The intention of the Team Relay Competition is to rank countries in a specific world-class competition.

**Teams:** The Team consists of three to four athletes of the same nationality and gender, without consideration for age category.

**Countries:** More than one team may be entered by the same country.

**Start:** All athletes beginning the relay are lined up on the starting line. Two lines or more may be used according to the number of teams at the start.

**Relay Hand Off:** The relay hand off takes place in the relay area, when the cross-country skier finishing, touches any part of the body of the runner starting the next stretch of the race. Only classic style skiing might be permitted in this area.

**Finish:** A team is declared finished when the third or the fourth athlete crosses the finish line. Classic style only might be allowed in the finish chute.

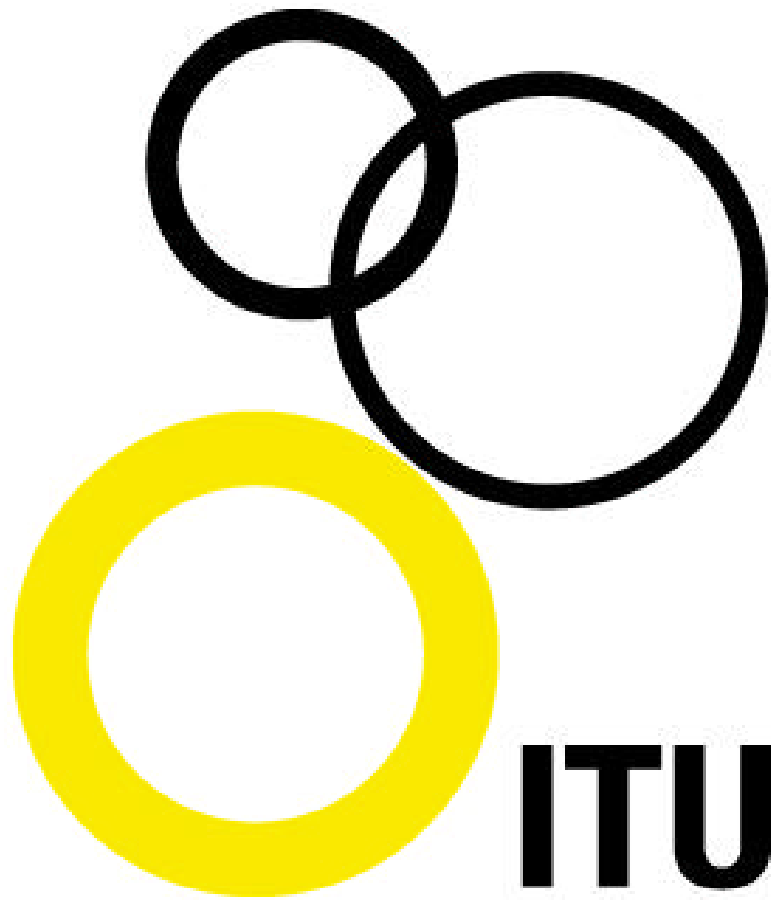
**Ranking:** The team is ranked according to the added finish times of the three or four individuals.

**DNFs:** In the event of one athlete not finishing, the team will be placed after the last complete team, taking the time of the finishing athletes into consideration.

### **Notes for any Rules Changes**

Prior to the next printed edition of the ITU Competition Rules, write down any amendments here for easy reference.





## **Appendices**

## *Appendix A – Standard Distance Categories*

### 1. Standard Distance Categories – **Triathlon**

	<b>Swim</b>	<b>Cycle</b>	<b>Run</b>
<b>Sprint</b>	750 m	20 km	5 km
<b>Olympic</b>	1.5 km	40 km	10 km
<b>Long</b>	3.8 km	120 km	30 km

### 2. Standard Distance Categories – **Duathlon**

	<b>Run</b>	<b>Cycle</b>	<b>Run</b>
<b>International</b>	10 km	40 km	5 km
<b>Long</b>	10 km	60 km	10 km

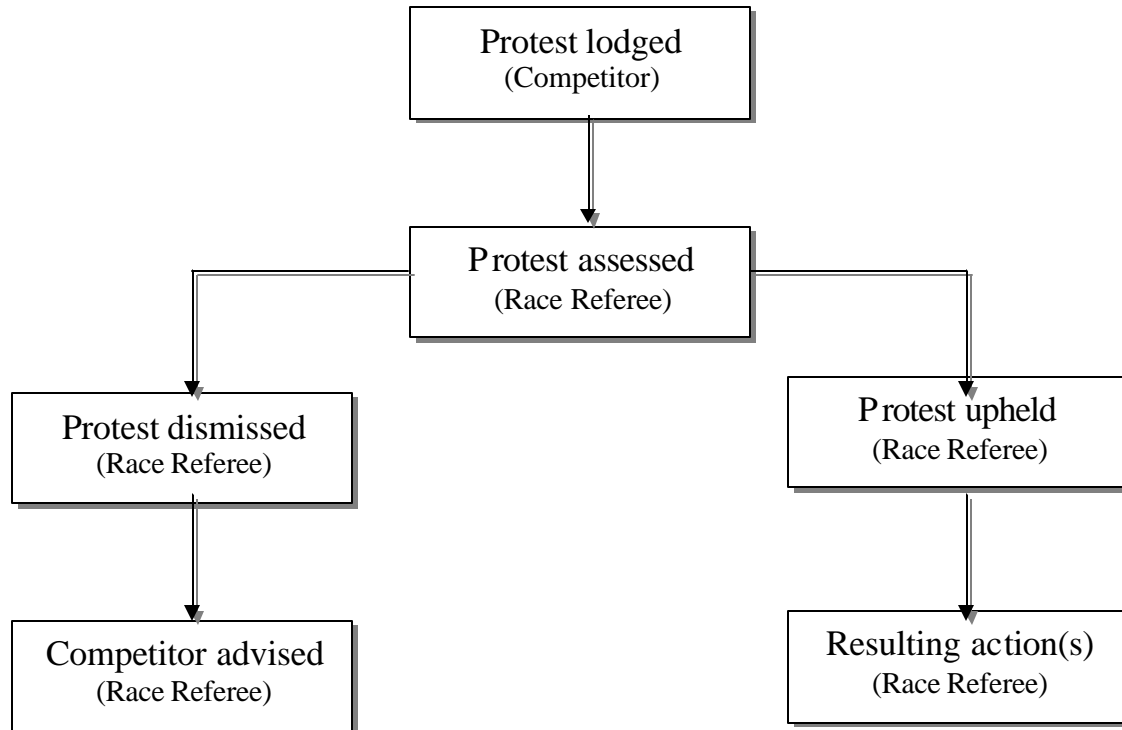
### 3. Standard Distance Categories – **Aquathlon**

	<b>Run</b>	<b>Swim</b>	<b>Run</b>
<b>International</b>	2.5 km	1 km	2.5 km
<b>Long</b>	5 km	2 km	5 km

### 4. Standard Distance Categories – **Winter Triathlon**

	<b>Run</b>	<b>Mountain Bike</b>	<b>X-C Ski</b>
<b>International</b>	7 km	15 km	10 km
<b>Sprint</b>	3 km	7 km	5 km

## *Appendix A – Protest Flow Chart and Sample Form*





# Race Protest Form

International Triathlon Union (ITU)

Competition Rule K

## Part 1 To be completed by Competitor

Protest must be filed and signed by the protester under the conditions outlined in the ITU Competition Rule Book, and submitted to the Referee. Judgment calls cannot be protested.

Event Name ..... Event Date .....

Event Location ..... Time .....

Name of Protestor ..... Race Number .....

Country of Protestor .....

Address of Protestor .....

.....

Telephone (H) ..... (W) .....

Name of Protestee ..... Race Number .....

Country of Protestee .....

A protest is a formal complaint against the conduct of a fellow competitor or race official, or against conditions of the Competition. You must have substantial evidence, including witnesses, and you must be willing to take part in an interview. Any protest must be accompanied with a cheque for **USD 50**.

**What** type of Protest is involved? **Tick one box only.**

- Protest Concerning the Course
- Protest Concerning Eligibility
- Protest Concerning Equipment
- Protest Against Another Competitor or an Official
- Protest Concerning Timekeeping

### **Witness Details (2):**

Name of Witness 1 .....

Address of Witness 1 .....

.....

Telephone (H) ..... (M) .....

Fax ..... Email .....

Name of Witness 2 .....

Address of Witness 2 .....

.....

Telephone (H) ..... (M) .....

Fax ..... Email .....



Rule(s) Violated ..... Time of Incident .....

Where did the Violation occur (Define location – draw diagram if required)? .....

Who was involved in the Violation? .....

How did the Violation occur (brief statement explaining alleged violation)? .....

Signature of Protestor ..... Date .....

Part 2 To be completed by Race Referee

Time received by Race Referee ..... USD 50 attached? Yes  No

Protestor’s version of the incident .....

Protestee’s version of the incident .....

Official’s version of the incident .....

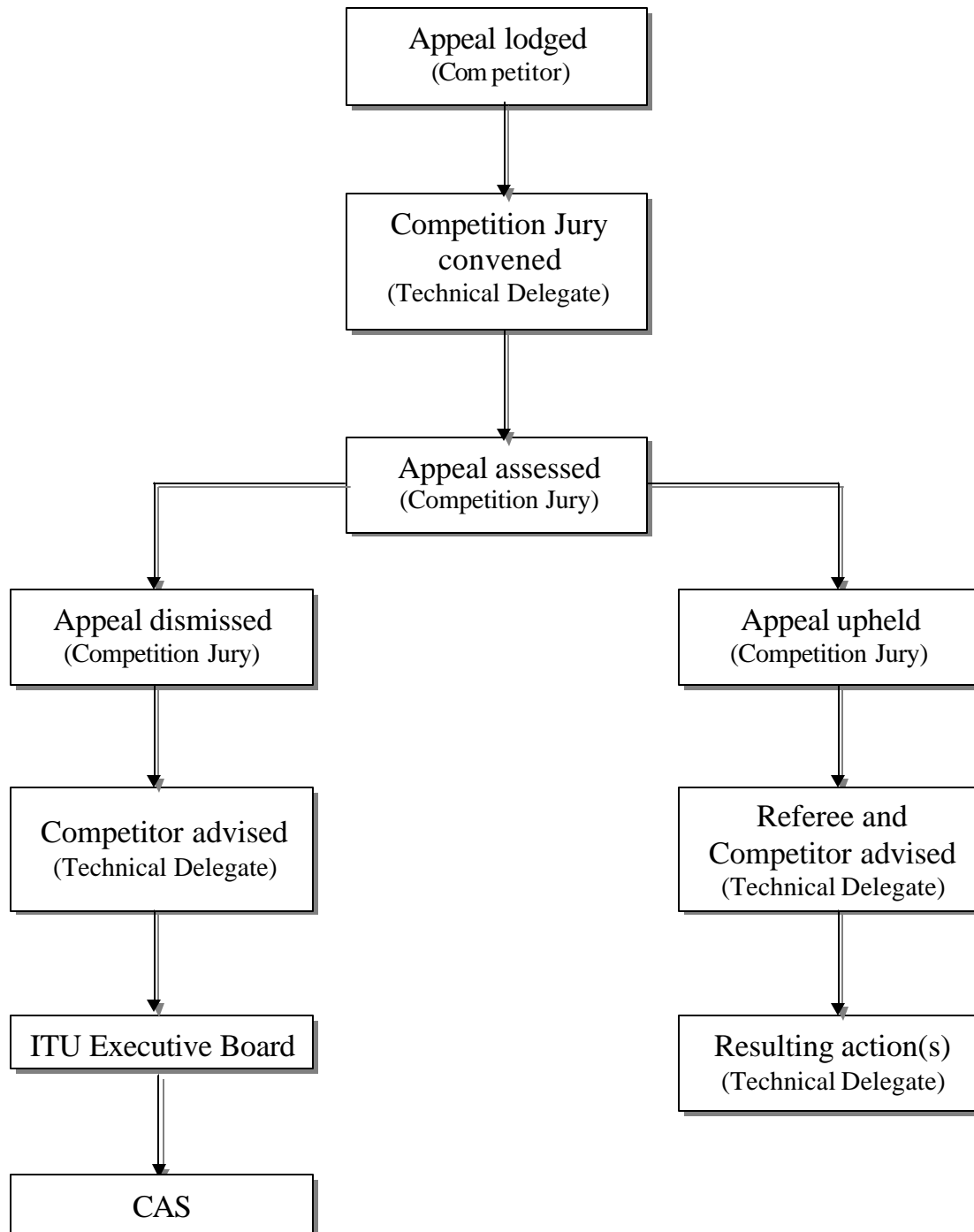
Decision of Race Referee: Disqualification Nil

Race Referee’s Name ..... Signature .....

Decision of Competition Jury: Disqualification Nil

Competition Jury Chair’s Name ..... Signature .....

## Appendix C – Appeal Flow Chart and Sample Form





# Race Appeal Form

International Triathlon Union

Competition Rule L

## Part 1 To be completed by Appellant

Appeals must be filed and signed by the appellant under the conditions outlined in the ITU Competition Rules, and submitted to the Technical Delegate. An appeal is a request for a review of a decision made by the Referee. This is the first level of appeal and will be heard by the Competition Jury. All appeals must be accompanied with a cheque for **USD 50**.

Event Name ..... Event Date .....

Event Location ..... Time Appeal Submitted .....

Name of Appellant ..... Race Number .....

Country of Appellant .....

Address of Appellant .....

.....

Telephone (H) ..... (W) .....

Type of Penalty Received ..... Degree of Penalty ..... (DQ, Suspension)

Was the Penalty confirmed by the Race Referee? Tick one box only. Yes  No

Type of Appeal? Tick one box only.

Appeal against the Referee's ruling on a Violation Report

Appeal against the Referee's ruling on a Protest:

Protest Concerning the Course  Protest Against Another Competitor or an Official

Protest Concerning Eligibility  Protest Concerning Timekeeping

Protest Concerning Equipment

Specific Location on the Course .....

.....

Name and Number of Race Official(s)/ Competitor(s) / Spectator(s) if Known .....

.....

.....

Description of the Incident (Use additional paper if required) .....

.....

.....

.....

.....

.....



**Witness Details (2):**

Name of Witness 1 .....

Address of Witness 1 .....

.....

Telephone (H) ..... (M) .....

Fax ..... Email .....

Name of Witness 2 .....

Address of Witness 2 .....

.....

Telephone (H) ..... (M) .....

Fax ..... Email .....

Signature of Appellant ..... Date .....

USD 50 is attached

**Part 2 Official use only**

Is this Appeal to reverse a Competition Jury decision? Yes  No

**If 'Yes' attach Competition Jury Decision and action(s) and Referee Decision and action(s).**

**Competition Jury** Members (Names) – (1) .....

(2) ..... (3) .....

(4) ..... (5) .....

**Competition Jury** Action .....

.....

.....

.....

.....

.....

Competition Jury Chair's Name ..... Signature .....

Time, Date Appeal Received .....

Time, Date Appeal processed .....

Amount (Withheld/Refunded) .....

## **Appendix D – Definitions**

### **Aid/Nutrition**

Any food, drink, equipment or relief allowed by the Competition Rules.

### **Appeal**

A request to the Competition Jury/Executive Board of an event for a review of the decision of the Race Referee/Competition Jury. (Note: This cannot include an appeal against the finding of a doping violation or against the penalty imposed for the finding of a doping violation. These appeals must be directed to the ITU Executive Board independently.)

### **Appellant**

A competitor submitting an appeal.

### **Aquathlon**

The term recognised by the ITU for a sport of individual character and motivation which combines swimming and running skills in continuum.

### **Assistance**

Any attempt by an unauthorised or unofficial source to help or to stabilise a competitor.

### **Assistant Chief Technical Official**

Responsible to the Chief Technical Official for coordinating the employment of the officials assigned to his/her race course segment or area.

### **Bicycle Course**

That part of the race route over which it has been defined in the race brief that the bicycle is to be ridden, walked or carried within distinctive lane boundaries. The bicycle course commences from the Mount Line and concludes at the Bicycle Dismount Line.

### **Bike Dismount Line**

A designated line at the entrance to the Transition Area from the bicycle course within or before which competitors are to fully dismount their bicycles and proceed to the bicycle racks. The Dismount Line will normally extend for the width of the entrance and be identified by flags/line/Technical Official or combinations of.

### **Bicycle Mounting Zone**

A designated line at the exit from the Transition Area onto the bicycle course within or after which competitors are to mount their bicycles and proceed. The Mount Line will normally extend for the width of the exit and be identified by flags/line/Technical Official or combinations of.

### **Blocking**

The deliberate impeding or obstructing of progress of one competitor by another. A competitor on the cycle course who is not keeping to the Left Hand Side of the Road.

### **Charge**

The contacting of one competitor by another from the front, rear or side, and hindering that competitor's progress.

### **Chief Technical Official**

Appointed by the Race Referee and is responsible for the control and co-ordination of the employment of Technical Officials.

### **Competition Jury**

The Jury appointed by the Race Sanctioning Authority and convened and chaired by one of its members. It is responsible to the Race Sanctioning Authority to determine, hear and rule on all appeals against decisions handed down through the Race Referee, including decisions on protests.

### **Competition Rules**

The official ITU Rules which govern all triathlon, duathlon, aquathlon and other multi-endurance sports events.

### **Course**

A forward line of progress from start to finish which must be clearly marked and measured to prescribed specifications.

### **Crawl**

The action by a competitor of bringing three or more limbs in contact with the ground, either together or in any sequence, to enable forward propulsion.

### **Disqualification**

A penalty assigned as appropriate for the rule violation which has been reported or for which a protest has been upheld. As a result of this penalty the competitor will not be given finish or split times for the event, no account will be taken of the competitor when placings are assessed for any category or for the race as a whole, and the competitor's details will not be included in the published race results.

### **Draft Zone Bicycle and Motor Cycle**

The draft zone for all competitors is a rectangle 7 metres long and 3 metres wide which surrounds every bicycle on the bicycle course. The front edge of the front wheel defines the centre of the leading 3 metre edge of the rectangle.

### **Draft Zone Vehicle**

The draft zone for a motor vehicle is a rectangle 35 metres long and 5 metres wide which surrounds every vehicle on the bicycle course. The centre front of the vehicle defines the centre of the leading 5 metre edge of the rectangle.

### **Drafting**

Any time the draft zone of a competitor overlaps the draft zone of another competitor on the bicycle course of an event.

**Duathlon**

The term recognised by the ITU for a sport of individual character and motivation which combines bicycling and running skills in continuum.

**Elite**

Elite competitors are those who hold a professional membership and are recognised by the ITU.

**Expulsion**

A competitor penalised by expulsion will not be permitted, during his or her lifetime, to take part in any ITU sanctioned event, or any event sanctioned by one of its member associations (National Federation) affiliated with the ITU.

**Finisher**

A competitor who completes the entire race course within the rules and crosses the finish line, or a vertical extension of the forward edge of the finish line, with any part of the torso (i.e. as distinct from the head, neck, arms, legs, hands or feet).

**Incapable Competitor**

A competitor deemed by race medical staff as not being able to continue the event without the likelihood of causing injury to him/herself or another competitor.

**Indecent Exposure**

The wilful complete uncovering of either or both buttocks, or of the pubic area or of the genital area. In addition, in the case of a female competitor, the wilful complete uncovering of either or both nipples.

**Interference**

A deliberate block, charge or abrupt motion which impedes another competitor.

**Judgement Call**

Any assessment of events, circumstances or the race environment by a technical official or other official resulting in either:

- (i) a determination by that official that a competitor is guilty of a breach of the rules or has gained an unfair advantage contrary to the rules, or
- (ii) any other determination by a technical official or other official that follows from an assessment of the course, the race conditions or the conduct of the race.

For the avoidance of any doubt a judgement call includes, but is not limited to, a determination that a competitor is guilty of drafting, blocking or gaining an unfair advantage.

**Marshall**

A person who is responsible for maintaining the flow of the event, keeping control of spectators and traffic, or maintaining security.

**Overtake**

On the bicycle course, when the leading edge of the front wheel of the overtaking bicycle moves in front of the leading edge of the front wheel of the bicycle being overtaken. A competitor cannot pass another competitor on the Left Hand Side.

### **Pack**

Two or more competitors with overlapping draft zones.

### **Pass**

When one competitor's bicycle draft zone overlaps another competitor's bicycle draft zone, makes continual forward progress through that zone and overtakes within a maximum period of 15 seconds. A competitor cannot pass another competitor on the Left Hand Side.

### **Protest**

A formal complaint against the conduct of another competitor or a race official, or against the conditions of the competition.

### **Race Referee**

A Technical Official who is responsible to the Race Technical Delegate to hear and make final decisions on all rules violations reported by Technical Officials and on all protests (Level 1).

### **Results**

The timed finish positions of all competitors after violation reports have been ruled on, protests and appeals have been heard, and penalties have been awarded.

### **Right of Way**

When a competitor has established a lead position and pursues a desired course within the limits of these Race Competition Rules.

### **Run Course**

That part of the race route over which it has been defined in the race brief that the competitor is to run or walk within distinctive lane boundaries. In triathlons and aquathlons, the run course commences at the exit from the Transition Area and concludes at the Finish Line. In Duathlons, the first Run Course commences at the start line and finishes at the entry to the Transition Area; the second Run Course commences at the exit from the Transition Area and concludes at the Finish Line.

### **Sanction**

A permit issued by the ITU through the authority of the TD, for the conduct of an event. The issue of such a permit is a declaration by the sanctioning authority that plans for the event have been thoroughly inspected and have been found to comply fully with the requirements of ITU Operating requirements to provide the greatest potential for the conduct of a safe and fair event.

### **Sports Conduct**

The behaviour of a triathlete during competition. Previously referred to as 'sportsmanship', good sports conduct is interpreted as fair, rational and courteous behaviour, while bad sports conduct is any behaviour on the part of a competitor which is judged to be unfair, unethical or dishonest, a violent act, intentional

misconduct, abusive language, intimidating behaviour, or persistent infringement of the rules.

### **Stop-Start Penalty**

A method of imposing a brief delay on a competitor who is assessed by a race official to have unintentionally infringed the rules, for example, drafting on the bicycle course. The aim of the Stop-Start Penalty is to break up two or more competitors who are moving together in a drafting situation.

### **Suspension**

A competitor awarded this penalty will not be permitted during the stated suspension period, to take part in any events sanctioned by ITU or its member associations (where determined) affiliated with the ITU.

For any suspension because of a doping violation, the competitor will not be able to compete in any IOC affiliated sport at any local, regional, state, national or international level. The suspension period may vary in length, depending on the severity of the violation. In the case of a suspension imposed by the ITU, the length of the suspension will be determined by the ITU Executive Board.

### **Swim Course**

That part of the race route over which it has been defined in the race brief that the competitor is to swim within distinctive lane boundaries. In triathlons and aquathlons, the swim course commences at the start line and concludes at the water's edge/exit prior to entry to the Transition Area.

### **Technical Delegate**

A Technical Official who is qualified by ITU, who is responsible for ensuring that all aspects of the ITU Competition Rules and Event Manual are fulfilled in preparation for, during, and after the event. Where appeals are lodged, the TD is generally a member of the Competition Jury. The TD will normally be responsible for conducting or overseeing the conduct of event sanctioning.

### **Technical Official**

Technical officials accredited by ITU and the host NF responsible for observing, assessing and reporting on the performance of competitors in a sanctioned event in relation to ITU Competition Rules, and those who consider and rule on violation reports and protests (Race Referee) and appeals (Competition Jury).

### **Torso**

That section of the body extending from the base of the neck to the base of the sternum.

### **Transition Area**

A location within a defined boundary which is not a part of the swim course, the bicycle course or the run course and within which each competitor is allocated an area for the storage of individual items of clothing and equipment.

### **Triathlon**

A sport of individual character and motivation which combines swimming, cycling and running skills in continuum.



**Violation**

A rule infringement which results in the awarding of a penalty.

**Warning**

A verbal caution issued by a technical official to a competitor during the course of a race. The purpose of a warning is to alert the competitor to the potential for a rule violation to occur and to promote a pro-active attitude.