

ITU Competition Rules

2010 Edition

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The ITU Competition Rules is the master source document, found on ITU's website at www.triathlon.org. 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 and accepted by the ITU Executive Board.

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1. INTRODUCTION:

1.1. Purpose:

- a.) The International Triathlon Union (ITU) is the sole governing body, responsible to enact Competition Rules for Triathlon, Duathlon and its related other multisports. The complete list of sports under the jurisdiction of ITU is included as Appendix A and Appendix J;
- 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 athletes during ITU competitions. Where the ITU Competition Rules do not specify, the rules of FINA, UCI, FIS and IAAF will apply in their specific segment;
- d.) The ITU Event Organisers' Manual and its related documents set safety and logistical standards for host National Federations (NFs) and for the Local Organizing Committee (LOC);
- e.) The ITU Technical Officials' (ITO) Programme sets the standards for certifying ITU Technical Officials;
- f.) When a rule applies only for specific competitions, this will be indicated in the rule.

1.2. Intention:

- a.) The ITU Competition Rules are intended to:
 - (i) Create an atmosphere of sportsmanship, equality, and fair play;
 - (ii) Provide safety and protection;
 - (iii) Emphasise ingenuity and skill without unduly limiting the athlete's freedom of action;
 - (iv) Penalise athletes who gain an unfair advantage;
- b.) Definitions of all terms used in these ITU Competition Rules are provided in Appendix D. Any difficulty in the interpretation or application of these ITU Competition Rules should be referred to the ITU Technical Committee.

1.3. Modifications:

- a.) These ITU Competition Rules will be adapted for other modern multisport competitions, which fall within the jurisdiction of ITU.
- b.) An athlete must not be permitted an advantage not intended by a rule, or to conduct him/herself in a dangerous way. To implement this, every infringement related in these ITU Competition Rules has a sanction attached. 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.

1.4. Exceptions:

- a.) ITU Competition Rules will be applicable to all events sanctioned by ITU and are to be implemented by the appointed Technical Delegate as appropriate. Where the ITU Competition Rules conflict with the laws of the jurisdiction in which the event is to be held, the ITU Competition Rules will override the laws of the jurisdiction to the extent of the inconsistency, and athletes 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 (ITU-TC) through the NF to whom the application has been submitted or is being submitted.

1.5. Specific Regulations:

- a.) A Technical Delegate may approve the addition of specific regulations for a particular race, provided that:
 - (i) Each additional specific regulation does not conflict with another ITU Competition Rule;
 - (ii) Each additional specific regulation is made available in written form and is announced at the athletes' briefing; and
 - (iii) Each additional specific regulation and the reasons for its inclusion are advised to the ITU-TC one week before the day on which the event is to be conducted. The ITU-TC may invalidate the incorporation of an additional specific regulation only on the authority of the ITU Executive Board.

1.6. Unauthorised Exceptions or Additions:

- a.) 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.

1.7. Rule Updates:

- a.) These ITU Competition Rules may be changed from time to time by the ITU-TC in its absolute discretion, with the approval of the ITU Executive Board. 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).

2. CONDUCT OF ATHLETES:

2.1. General Conduct:

- a.) Triathlon and ITU's other related multisports involve many athletes. Race tactics are part of the interaction between athletes. Athletes will:
 - (i) Practice good sportsmanship at all times;
 - (ii) Be responsible for their own safety and the safety of others;
 - (iii) Know, understand and follow the ITU Competition Rules, available from their NF and on www.triathlon.org;
 - (iv) Obey traffic regulations and instructions from race officials;
 - (v) Treat other athletes, officials, volunteers, and spectators with respect and courtesy;
 - (vi) Avoid the use of abusive language;
 - (vii) Inform a Technical Official after withdrawing from the race.

2.2. Drug Abuse:

- a.) Athletes will follow the ITU Anti-Doping Rules;

- b.) All athletes are responsible for familiarising themselves with the ITU Anti-Doping Rules including medical control tests, testing obligations and procedures, penalties and appeal processes, and forbidden substances;
- c.) ITU has adopted the ITU Anti-Doping Rules and abides by rules set by the World Anti-Doping Agency (WADA) Code.

2.3. Health:

- a.) Triathlons, and ITU's other related multisports are strenuous. To be able to compete, athletes should be in excellent physical condition. Their health and welfare is of paramount importance. By entering in a race, the athlete declares that they are in good health and are in appropriate physical condition to complete the race;
- b.) Time limits for the swim leg, bike leg and overall finish time will be established for each competition by the Technical Delegate. These limits must be published in the pre-event registration material.

2.4. Eligibility:

- a.) All athletes must be in good standing with their National Federations. To ensure this all the entries must be done by the NFs, not by the athletes themselves.
- b.) No athletes under suspension are allowed to compete in any ITU events.
- c.) Athletes aged 16 to 19 years old, as per 31st of December in the year of the competition, are eligible to compete in the Junior category.
- d.) Athletes aged 18 to 23 years old, as per 31st of December in the year of the competition, are eligible to compete in the U23 category.
- e.) The different qualification criteria are published in Appendix E.
- f.) Specific Olympic qualification criteria are published in Appendix E.
- g.) Athletes are not allowed to compete within 48 hours in more than one event of the same individual ITU related multisport. See Appendix J for a list all ITU related multisports.
- h.) Age limits: athletes must be a minimum age to compete in any ITU Event, as outlined in Appendix A. The age limits will be calculated as per 31st of December in the year of the competition. Continental Confederations may use other age limits for Continental Championships, i.e., youth categories with super-sprint events.

2.5. Insurance:

- a.) Each athlete competing in an ITU event must have adequate personal insurance coverage, guaranteed by their NF. LOCs or NFs cannot oblige the athletes to pay for a day of race fee for insurance purposes.

2.6. Registration:

- a.) Entry:
 - (i) Age group athletes will register for the World Championships via the athlete's NF following their NF qualification system or other ITU approved qualification system;
 - (ii) Elite, U23 and Junior athletes qualify by following the eligibility rules outlined in 2.4 and Appendix E of these ITU Competition Rules;
 - (iii) Prior to competing in ITU Triathlon World Cups or ITU Triathlon World Championships Series events, elite athletes must sign the ITU Athletes' Agreement, which states that any dispute arising from the ITU Rules, 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. Once signed, the ITU Athletes' Agreement is valid until the end of the competition year in which it has been signed;

- (iv) NFs are responsible for entering their athletes and coaches for all ITU Events using the ITU online system on www.triathlon.org;
 - (v) All age group, junior and U23 athletes must provide picture ID at race registration/packet pick up prior to their competition;
- b.) Language and Communication:
- (i) The official language of ITU Events is English;
 - (ii) NFs are responsible for translation services as required.
- c.) Pre-Race Briefings:
- (i) Coaches Meeting: At ITU Triathlon World Championship Series events and ITU Triathlon World Cups, a Coaches' Meeting will be scheduled one hour before the Athletes' Briefing. The Coaches' Meeting will be conducted by the TD. The meeting agenda will include all the technical details of the event as well as specific information for coaches. The Coaches' Accreditation will be handed out at this meeting;
 - (ii) Age-Group Team Managers' Briefing: At World Championships, an Age-Group Team Managers' and Coaches briefing will be conducted by the TD. Only Age-Group Team Managers are allowed to attend. The agenda of this briefing will include all the necessary information of the event. A separate briefing will be conducted for Paratriathlon;
 - (iii) Elite Athletes' Briefing: At all ITU Events, an Athletes' Briefing will be conducted by the TD. Elite athletes must be in attendance. Elite coaches may also attend the briefing. The following penalties apply to athletes who miss the briefing:
 - Athletes not attending the briefing, without informing the TD about their absence, will be removed from the start list;
 - Athlete not attending the briefing, but who have informed the TD about their absence, will be reallocated to the last position on the pre-start line up;
 - For the World Championship Series or Triathlon World Cup events, if an athlete misses more than two briefings in a calendar year, they will be removed from the start list for the third missed briefing and each missed briefing thereafter;
 - (iv) Athletes must register prior to entering the briefing venue;
 - (v) In the case of force majeure, the athletes' status will be referred to the Competition Jury;
 - (vi) For Triathlon World Championships Series and ITU Triathlon World Cups, there is one single Athletes' Briefing for female and male athletes. The briefing will be held at 17h00 local time two days prior to the first elite competition day. Athletes who are late for start of the briefing will be considered as having missed the briefing.

d.) Packet Pick-Up:

(i) ITU World Championships-Age Group:

- All athletes must pick up their own race packet at the official race registration area during a designated time. Packet pick-up will be opened on two (2) separate days, starting from 3 days prior to their competition. The hours shall be from 09:00 to 19:00. If an NF is unable to make the designated registration time, they must request a different time at least 14 days in advance, in writing to ITU.
- The race packets will contain a minimum of: five (5) official race numbers (one (1) for body, one (1) for bicycle and three (3) for helmet) and four (4) safety pins, numbered swim cap, timing chip, accreditation pass, athletes' guide, ticket for all the social functions. LOC gifts may be distributed at the same time.

(ii) All ITU Events, Elite, U23 and Junior Competitions:

- All athletes will pick up their own race packet at Registration following the Athletes' Briefing.
- The race packet will include: three (3) helmet numbers, one (1) bike number, body decals for both arms and both legs, accreditation pass, athletes' guide, tickets for all the social functions. LOC gifts may be distributed at the same time.

e.) Race Day Check-in:

(i) Technical Officials will conduct the race day Elite, U23 and Junior check-in in the Athletes' Lounge and will include the following:

- Distribution of the swim caps and timing chips.
- Control of the athletes uniform, which must comply with the ITU Uniform Rules. (Appendix F). Each uniform will be photographed.
- Distribution of the race packets to the athletes who missed the briefing.

f.) Timing and Results:

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

- Swim or first segment;
- Transition 1;
- Bike;
- Transition 2;
- Run;
- Overall finish time.

(ii) Results will include disqualifications (DSQ) and reasons;

(iii) Results will include athletes who do not finish (DNF) and those athletes who were entered but did not start (DNS).

3. PENALTIES:

3.1. General Rules:

- a.) Failure to comply with the ITU Competition Rules may result in an athlete being warned (verbally or given a "stop and go" time penalty), disqualified, suspended, or expelled;

- b.) The nature of the rule violation will determine the resulting penalty.
- c.) A suspension or an expulsion should be very rare, but will occur with very serious violations of either the ITU Competition Rules or the ITU Anti-Doping Rules.
- d.) Reasons for Penalty: An athlete may be issued a warning (verbal or a "stop and go" time penalty) or disqualified for failing to abide by the ITU Competition Rules. All the infringements and penalties are listed in Appendix L.
- e.) The Technical Officials are allowed to assess penalties, even if the infringement is not listed, if the Technical Official judges that an unfair advantage has been gained, or if a dangerous situation has been created intentionally.

3.2. Warnings:

- a.) May be either verbal or a time penalty;
- b.) It is not necessary for a Technical Official to give a warning prior to issuing a more serious penalty;
- c.) The purpose of a warning is to alert an athlete about a possible rule violation and to promote a "proactive" attitude on the part of officials. A time penalty is appropriate for minor infringements;
- d.) Time penalties will be served in a designated "Penalty Box";
- e.) Giving a Warning:
 - (i) A warning will be given at the discretion of the Technical Official. If time and conditions permit, a Technical Official will assess a warning by:
 - Sounding a whistle or horn;
 - Showing a yellow card;
 - Calling (in English) the athlete's number and saying, "Time Penalty";
 - For safety reasons, a Technical Official may have to delay issuing a warning.
- f.) A warning may be given when:
 - (i) An athlete violates a rule unintentionally;
 - (ii) A Technical Official believes a violation is about to occur;
 - (iii) No advantage has been gained.
- g.) Procedure during serving a time penalty:
 - (i) When given a yellow card, the athlete will stop in a safe manner and follow the instructions of the Technical Official.
- h.) Time Penalty at the Bike Penalty Box:
 - (i) The athlete will be told by the Technical Official to enter the next Penalty Box and follow the instructions of the Technical Official;
 - (ii) The Technical Official will say "GO" after the appropriate time has elapsed, at which time the athlete will leave the Penalty Box and continue in a safe manner.
- i.) Time Penalty at the Run Penalty Box:
 - (i) Penalised athlete's numbers will be clearly displayed on a board before the Penalty Box;
 - (ii) Penalised athlete will proceed into the Penalty Box and will inform the Technical Official in charge of their identity. The penalty time starts upon the athlete is entering to the Penalty Box. At the end of the penalty time, the Technical Official

will allow the athlete to exit, and the sanctioned athlete will continue with the race;

- (iii) The penalised athlete's number will be removed from the board.

3.3. Disqualification:

a.) General:

- (i) A disqualification is a penalty appropriate for severe rule violations, or dangerous or unsportsmanlike conduct.

b.) Assessment:

- (i) A Technical Official will assess a disqualification by:
 - Sounding a whistle or horn;
 - Showing a red card;
 - Calling (in English) the athlete's number and saying "Disqualified";
- (ii) For safety reasons, a Technical Official may have to delay issuing a disqualification.

c.) Procedure after Disqualification:

- (i) An athlete may finish the race if a Technical Official calls a disqualification. A disqualified athlete may appeal the decision in accordance with the provisions of Appeals Procedure of the ITU Competition Rules.

3.4. Suspension:

a.) General:

- (i) Suspension is a penalty appropriate for fraudulent or very severe rule violation, or repeated dangerous or unsportsmanlike conduct;
- (ii) A suspended athlete will not take part in ITU competitions or competitions sanctioned by NFs affiliated to ITU during a stated suspension period.

b.) Assessment:

- (i) The procedure is the same as the disqualification procedure. The athlete will be informed at the end of the race and a report will be sent to the ITU Executive Board for possible suspension.

c.) Reasons for Suspension:

- (i) A list of infringements, which may result in a suspension, is described in Appendix L;
- (ii) Suspensions will be assessed by the ITU Executive Board, for a period of three (3) months to four (4) years, depending on the violation.

3.5. Expulsion:

a.) General:

- (i) Athlete who have been expelled will not take part in ITU competitions or competitions sanctioned by NFs affiliated to ITU for lifetime.

b.) Reasons for Expulsion:

- (i) An athlete will be expelled for life for repeated rule violation that has suspension as the penalty.

- (ii) Expulsion due to Drug Abuse: If the suspension or expulsion is for drug abuse, the athlete will not be able to compete in any other sport whose federation is recognised by ITU, IOC or GAISF (General Assembly of International Summer Federations) and vice versa.
- c.) Disciplinary Notice:
 - (i) When an athlete 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.

3.6. Right of Appeal:

- a.) Athletes charged with a violation have the right to appeal.

3.7. Reinstatement:

- a.) After suspension, an athlete must apply to the ITU Executive Board for reinstatement.

4. SWIMMING CONDUCT:

4.1. General Rules:

- a.) Athletes may use any stroke to propel themselves through the water. They may also tread water or float. It is allowed to push off the ground at the beginning and the end of every swim lap.
- b.) Athletes must follow the prescribed swim course.
- c.) Athletes may stand on the bottom or rest by holding an inanimate object, such as a buoy or stationary boat.
- d.) In an emergency, an athlete should raise an arm overhead and call for assistance. Once official assistance is rendered, the athlete must retire from the competition.

4.2. Wetsuit Use:

- a.) Wetsuit use is governed by the following tables:

Elite, U23 and Junior athletes

Swim Length	Forbidden Above	Mandatory Below	Maximum Stay in Water
300m	20° C	14° C	10 min.
750m	20° C	14° C	20 min.
1500m	20° C	14° C	30 min.
3000m	22° C	16° C	1 h 15 min.
4000m	22° C	16° C	1 h 45 min.

For Age Group athletes:

Swim Length	Forbidden Above:	Mandatory Below:	Maximum Stay in Water
750m	22° C	14° C	30 min.
1500m	22° C	14° C	1 h 10 min.
3000m	23° C	16° C	1 h 40 min.
4000m	24° C	16° C	2 h 15 min.

4.3. Modifications:

a.) The swim distance can be shortened or even cancelled according to this table:

Original swim distance	Temperature of water				
	16.9°C – 16.0°C	15.9°C – 15.0°C	14.9°C – 14.0°C	13.9°C – 13.0°C	Below 13.0°C
750 m	750 m	750 m	750 m	750 m	Cancel
1500 m	1500 m	1500 m	1500 m	750 m	Cancel
3000 m	3000 m	3000 m	1500 m	Cancel	Cancel
4000 m	4000 m	3000 m	1500 m	Cancel	Cancel

* **Note:** The temperatures above are not always the water temperature used in the final decision. If the air temperature is lower than the water temperature, then the adjusted value is to decrease the measured water temperature by 0,5°C every 1.0°C of difference between the air and water temperatures.

(*)		Air temperature							
		15°C	14°C	13°C	12°C	11°C	10°C	9°C	8°C
Water temperature	18°C	16.5°C	16°C	15.5°C	15°C	14.5°C	14°C	13.5°C	13°C
	17°C	16°C	15.5°C	15°C	14.5°C	14°C	13.5°C	13°C	Cancel
	16°C	15.5°C	15°C	14.5°C	14°C	13.5°C	13°C	Cancel	Cancel
	15°C	15°C	14.5°C	14°C	13.5°C	13°C	Cancel	Cancel	Cancel
	14°C	14°C	14°C	13.5°C	13°C	Cancel	Cancel	Cancel	Cancel

- b.) If other weather conditions dictate, i.e., high winds, heavy rain, etc. the Technical and Medical Delegates may adapt limits on the swim length or provisions about the wetsuit use. The final decision will be made one hour before the start, and will be clearly communicated to the athletes by the Technical Delegate.
- c.) Water Temperature: Water temperature must be taken one (1) hour prior to the start of the event on race day. It must be taken at the middle of the course and in two other areas on the swim course, at a depth of 60 cm. The lowest measured temperature will be considered as the official water temperature.

- d.) Athletes must wear their ITU approved uniform for non-wetsuit swims. If athletes choose to wear a second suit, it must be worn underneath the official uniform and cannot be removed during the entire competition.

4.4. Starting Position Selection: (Elite Athletes):

- a.) Prior to the start of the competition athletes are lined up in the order of their start number unless, their position has been reallocated after the Athletes' Briefing.
- b.) The athletes go directly to their selected numbered position upon entering the pontoon and stay in that position behind the pre-start line until the start procedure. A selected position cannot be changed by any athlete during the Starting Position Selection process.
- c.) Start-line Technical Officials note each athlete's race number and the starting position selected.
- d.) Starting Position Selection ends when every athlete is in a start position.

4.5. Start Procedure: (Elite Athletes):

- a.) After all athletes are in position (confirmed and noted by the Start-line Technical Officials) "On your marks!" is announced and the athletes step forward to the start-line (without stepping on it).
- b.) Any time after the announcement, the start signal will be given, by blasting a horn and the athletes will move forward towards the first turn buoy (triathlon).
- c.) The following Technical Officials are involved in the start procedure with equipments:
 - (i) Two Start Technical Officials are standing beside each other in the middle of the start area behind the athletes;
 - The first Start Technical Official is responsible for announcing "On your marks";
 - The second Start Technical Official is responsible for giving the start signal;
 - (ii) Two False Start Technical Officials stand on both sides of the start area to have a clear view of the start;
 - An air horn is used to provide a false start signal (several short horn blasts);
 - A photo/video camera is used to identify early starts;
- d.) False Start: In case of a false start (several athletes move forward before the start horn) the athletes have to come back to their previously selected position. This will be controlled by the Start-line Technical Officials and the start procedure will begin again.
- e.) Early Start: In the case of an early start of a few athletes, the race can continue, the False Start Technical Officials can decide the start valid. The early starters will receive a 15 seconds Stop and Go time penalty in Transition 1.
- f.) The same procedure will apply for the start of any other Multisport Events starting with running with adaptations from swim start to run start.

4.6. Equipment:

- a.) Legal Equipment:
 - (i) An athlete must wear the swim cap provided by the LOC at all times during the swim. In case the athlete decide to wear additional swim caps, the one provided by the LOC must be the external one.
 - (ii) Goggles and nose clips are allowed.

- (iii) Only certified wetsuits are allowed when wetsuit use is permitted. The certification procedure is outlined in Appendix H.

b.) **Illegal Equipment:**

- (i) Athletes must not use:
 - Artificial propulsion devices;
 - Flotation devices;
 - Gloves or socks (including but not limited to compression socks);
 - Wetsuits with thickness exceeding 5mm;
 - Wetsuit bottoms only;
 - Wetsuits when they are forbidden because of the water temperature;
 - Non certified swimsuits: Wetsuits and swimsuits that do not comply with the ITU Uniform Rules;
 - Clothing covering arms from shoulders to hands and clothing covering legs from knees to toes in a non-wetsuit swim.

5. CYCLING CONDUCT:

5.1. General Rules:

- a.) An athlete is not permitted to:
 - (i) Block other athletes;
 - (ii) Cycle with a bare torso;
 - (iii) Make forward progress without being in possession of the bike.
- b.) Dangerous Behaviour
 - (i) Athletes must obey the specific traffic regulations for the event, unless Technical Official advises otherwise.

5.2. Equipment:

- a.) Bikes:
 - (i) In general, UCI rules will apply:
 - UCI road race rules for draft legal triathlon and duathlon races.
 - UCI time trial rules for draft illegal triathlon and duathlon races.
 - UCI MTB rules for winter triathlon, cross triathlon and cross duathlon races.
 - (ii) Bikes must have the following characteristics:
 - For draft legal races, the frame of the bike 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.
 - The frame will be no more than two (2) metres long, and fifty (50) centimetres wide for draft legal competitions. For all other competitions, two (2) metres long and seventy-five (75) centimetres wide will be permitted.
 - The frame will measure at least 24 centimetres 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 centimetres in front of, and no more than 15

centimetres behind , a vertical line passing through the centre of the chain wheel axle, and an athlete must not have the capability of adjusting the saddle beyond these lines during competition.

- There will be no less than 54 centimetres and no more than 65 centimetres between a vertical line passing through the centre of the chain wheel axle and a vertical line through the centre of the front wheel axle. (Exceptions may be given for the bikes of very tall or very short athletes. This will be determined by the Technical Delegate).
- Fairings, which reduce air resistance, are prohibited.
- Non-traditional or unusual bikes or equipment shall be illegal unless prior approval has been received from the Technical Delegate, prior to the start of the competition.
- Branding on bikes must comply with the ITU Uniform Rules.

Diagram 6 Saddle Fore-Aft Position

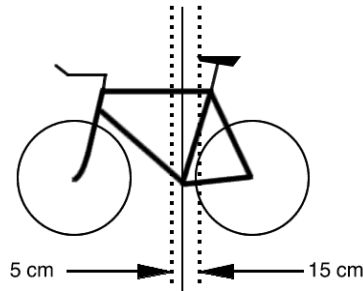
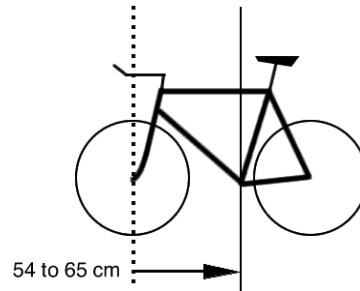


Diagram 7 Front to Centre Distance



b.) Wheels:

- (i) UCI rules will apply, as indicated above.
- (ii) For draft legal competitions, wheels must have the following characteristics:
 - A diameter between 70 cm maximum and 55 cm minimum, including the tyre.
 - Both wheels should be either 26" or 28".
 - Wheels shall have at least 12 spokes.
- (iii) Spokes can be round, flattened or oval, provided their width does not exceed 10 mm.
- (iv) Only wheel designs approved by UCI may be used.
- (v) No wheel may contain any mechanisms, which are capable of accelerating it.
- (vi) Tyres must be well glued, headsets tight and wheels true.
- (vii) There must be a brake on each wheel.
- (viii) For draft illegal competitions, covers are allowed on the rear wheel. However, this provision may be changed by the Technical Delegate in the interest of safety, i.e. high-winds.
- (ix) Wheels can be replaced only at official Wheel Stations where provided.

- (x) Officials at the Wheel Station will give the proper wheel to the athlete. The athlete is responsible for replacing the wheel in the forks. Wheels designated specifically for other athletes or teams can't be used.
- c.) Handlebars:
- (i) UCI rules will apply as indicated above.
- (ii) For draft legal races the following rule on handlebars apply:
- Only traditional drop handlebars are permitted. The handlebars must be plugged;
 - Certified clip-on handlebars will be permitted if they are not longer than the foremost line of the brake levers'. Certification guidelines can be found in Appendix H;
 - Straight forward clip-on handlebars must be bridged with a solid material, and must not carry brake levers that are facing forward;
 - No forward facing bar or gear shifters are allowed on the end of the clip-on handlebars. The only exception will be a grip shifter;
 - Elbow pads are permitted.
- (iii) For draft illegal races, the following rules on handlebars apply:
- Certified clip-on handlebars will be permitted if they do not extend more than 15 cm beyond the front wheel axle.
 - Straight forward clip-on handlebars must be bridged with a solid material, and must not carry forward facing brake levers;
 - Elbow pads are permitted.
- d.) Helmets
- (i) UCI rules will apply, as indicated above.
- (ii) The following applies during competition and also during familiarisation sessions and official training:
- Helmets must be approved by a national accredited testing authority recognised by a NF that is an affiliate of the ITU,;
 - 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;
 - The helmet must be securely fastened at all times when the athlete is in possession of the bike, which means from the time they remove their bike from the rack at the start of the bike leg, until after they have placed their bike on the rack at the finish of the bike leg;
 - If an athlete moves the bike off the course through disorientation, or for reasons of safety, or the need to carry out mechanical repairs or to conduct personal toilet the athlete may not unfasten or remove the helmet from the head until after he/she has moved outside the boundary of the bike course route and has dismounted the bike; and he/she must fasten the helmet securely on the head before returning onto the bike course route or before remounting the bike.
 - Helmets must comply with the ITU Uniform Rules.

- e.) Platform Pedals
 - (i) UCI rules will apply, as indicated above.
 - (ii) Platform pedals are allowed, providing a quick-release mechanism is fitted to ensure the release of the feet in the case of a fall.
- f.) Illegal Equipment
 - (i) UCI rules will apply, as indicated above. Illegal equipment includes, but is not limited to:
 - Headphone(s) or headset(s);
 - Glass containers;
 - Mobile phone(s).
 - Bike or parts of the bike not complying with these rules.
 - Uniform not complying with the ITU Uniform Rules.

5.3. Bike Check:

- a.) A bike check will take place upon Check-in to the Transition Area before the competition. Technical Officials will check that the bikes comply with the ITU Competition Rules.
- b.) Athletes may request approval from the Technical Delegate during the Athletes' Briefing to allow them to make modifications, if necessary, to comply with the rules.

5.4. Overlapping:

- a.) Athletes who have been lapped during the bike segment of the draft legal races, (Elite, U23 and Junior categories) will be withdrawn from the race. This provision can be modified by the TD.

5.5. Drafting:

- a.) General Guidelines
 - (i) There are two kinds of competitions, depending of the allowance of drafting:
 - Draft legal races
 - Draft illegal races.

(ii) The races will be draft legal or illegal according to this table:

	Junior	U23	Elite	Age-Group	Paratriathlon
TRIATHLON					
Team Relay	legal	legal	legal		
Sprint Distance	legal	legal	legal	illegal	illegal
Standard Distance		legal	legal	illegal	illegal
Long Distance Triathlon (O2, O3)			illegal	illegal	illegal
DUATHLON					
Team Relay	legal	legal	legal		
Sprint Distance	legal	legal	legal	illegal	illegal
Standard Distance		Legal	legal	illegal	illegal
Long Distance			illegal	illegal	illegal
AQUATHLON					
WINTER TRIATHLON (all distances)	legal				
CROSS TRIATHLON AND DUATHLON (all distances)	legal				

b.) Draft-Illegal Races:

- (i) Drafting from another athlete or motor vehicle is forbidden. Athletes must reject attempts by others to draft;
- (ii) An athlete is entitled to any position on the course, provided they get to that position first, and without contacting others. When taking a position, an athlete must allow reasonable space for others to make normal movements without making contact. Adequate space must be available before passing;
- (iii) An athlete, who approaches from any position to take advantage of the draft, bears responsibility for avoiding the draft;
- (iv) To draft is to enter the bicycle or vehicle drafting zone:
 - Bicycle draft zone: the draft zone will be a rectangle. The width will always be 3 metres wide. The center of the leading 3-metre edge will be measured from the leading edge of the front wheel. The length of the rectangle will depend on the distance of the race: for Long distance events the length will measure 12 metres; for Standard distance events or shorter, the length will measure 10 metres.
 - An athlete may enter the draft zone of another athlete, but must be seen to be progressing through that zone. A maximum time will be allowed to pass through the zone of another athlete: 20 seconds for Long Distance events and 15 seconds for Standard distance events or shorter;
 - Vehicle draft zone will be a rectangle thirty-five (35) metres long by five (5) metres wide, which surrounds every vehicle on the bike segment. The front edge of the vehicle will define the center of the leading 5 metre edge of the rectangle.

- (v) Entry into the bicycle drafting zone: An athlete may enter a bike draft zone in the following circumstances:
- If the athlete enters the draft zone, and progresses through it within 15 seconds for Standard distance events or shorter or 20 seconds for Long Distance events in the overtaking manoeuvre;
 - For safety reasons;
 - 100 metres before and after an aid station or transition area;
 - At an acute turn;
 - If the Technical Delegate excludes a section of the course because of narrow lanes, construction, detours, or for other safety reasons.
- (vi) Overtaking:
- An athlete is passed when another athlete's front wheel is ahead of theirs;
 - Once overtaken, a athlete must move out of the draft zone of the leading athlete within 5 seconds.
 - Athletes must keep to the side of the course and not create a blocking incidence. Blocking is where an athlete who is behind cannot pass due to the leading athlete being poorly placed on the course.
- (vii) See the diagrams below for events where left hand side road rules apply.

Diagram 1 Distance of Drafting Zone for ALL Competitors

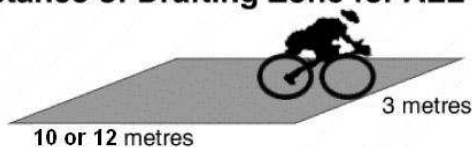
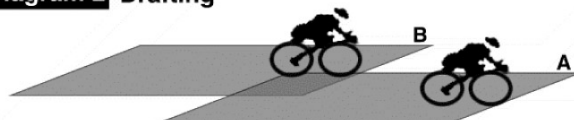
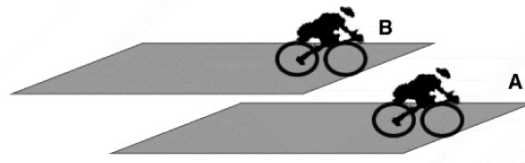


Diagram 2 Drafting



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 repass **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



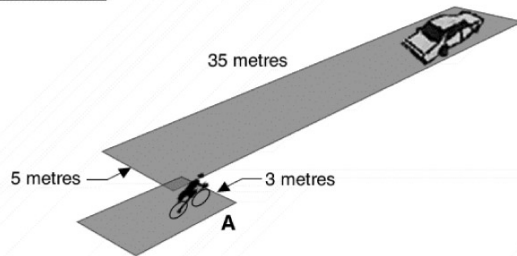
A and **B** are maintaining adequate separation between each other, even though they are abreast to one another. **B** is not drafting **A** in this instance. **A** however, is now in a **BLOCKING** position. If **A** remains out to the Right Hand Side, **A** will receive a blocking penalty.

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.

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.

5.6. Penalties for Drafting:

- a.) It is forbidden to draft in a race declared as draft illegal.
- b.) Technical Officials will notify the athletes who draft that they are subject to a time penalty sanction. This notification has to be clear and unambiguous.
- c.) The athlete sanctioned has to stop in the next Penalty Box and must stay there for a specific time depending on the race distance. 1 minute for sprint distance, 2 minutes for standard distance and 5 minutes for long distance.
- d.) It is the athlete's responsibility to stop in the next Penalty Box. Failing to do this will result in disqualification.
- e.) A second drafting offence will lead to a disqualification in standard distance events or shorter.
- f.) The third drafting offence will lead to disqualification for Long Distance events.

6. RUNNING CONDUCT:

6.1. General Rules:

- a.) The athletes will:
 - (i) Run or walk;

- (ii) Not crawl;
- (iii) Not run with a bare torso;
- (iv) Not run without shoes or run barefoot on any part of the course;
- (v) Not run with a bike helmet on;
- (vi) Not use posts, trees or other fixed elements to assist manouvering curves;
- (vii) Not be accompanied by team members, team managers or other pacemakers on the course.

6.2. Finish Definition:

- a.) An athlete will be judged as "finished," the moment any part of the torso, reaches the perpendicular line extending from the leading edge of the finish line.

6.3. Safety Guidelines:

- a.) The responsibility of remaining on the course rests with the athlete. Any athlete, who appears to Technical or Medical Officials to present a danger to themselves or others, may be removed from the competition.

6.4. Illegal Equipment:

- a.) Headphone(s) and headset(s);
- b.) Glass containers;
- c.) Mobile phones;
- d.) Uniform not complying with the ITU Uniform Rules.

7. TRANSITION AREA CONDUCT:

7.1. General Rules:

- a.) All athletes must have their helmet securely fastened from the time they remove their bike from the rack at the start of the bike leg, until after they have placed their bike on the rack at the finish of the bike leg;
- b.) Athletes must use only their designated bike rack and must rack their bike;
- c.) Athletes 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 athlete. If a bin is provided, all unused equipment must be placed beside the bin, on the ground, but in the athletes' individual space. All the equipment that is already used should be deposited inside the bin;
- d.) Bike shoes, glasses, helmet, and other bike equipment can be placed on the bike. Running shoes can be placed in front of/outside the box as close as possible to the bike rack;
- e.) Athletes must not impede the progress of other athletes in the Transition Area;
- f.) Athletes must not interfere with another athlete's equipment in the Transition Area;
- g.) Cycling is not permitted inside the Transition Area: Athletes must mount their bicycles after the mount line and dismount their bicycles before the dismount line;
- h.) When horizontal bar racks are used, for transition one bikes must be left at the rack in an upright position with the front of the saddle hooked over the horizontal bar so that the front wheel is pointing to the middle of transition lane;

- i.) Nudity or indecent exposure is forbidden;
- j.) Only items used during the competition can be placed in the Transition Area during the competition;
- k.) Athletes can not stop in the flow zones of the Transition Area;
- l.) Marking position in the Transition Area is not allowed. Marks will be removed and the athletes will not be notified.

8. COMPETITION CATEGORIES:

8.1. ITU may organize World Championships in the distances and categories shown in this chart:

	Elite	U23	Junior	Age-Group	Paratriathlon
TRIATHLON					
Team Relay	yes				
Sprint Distance	yes	yes	yes	yes	yes
Standard Distance	yes	yes		yes	yes
Long Distance (O2, O3)	yes			yes	yes
DUATHLON					
Team Relay	yes		yes		
Sprint Distance	yes	yes	yes		
Standard Distance	yes	yes		yes	yes
Long Distance	yes			yes	yes
AQUATHLON					
Standard Distance	yes	yes	yes	yes	yes
Long Distance	yes			yes	yes
WINTER TRIATHLON					
Team Relay	yes		yes		
Sprint Distance			yes	yes	yes
Standard Distance	yes	yes			
CROSS TRIATHLON AND DUATHLON					
Team Relay	yes		yes		
Sprint Distance			yes		
Standard Distance	yes	yes		yes	yes

8.2. NFs and Continental Confederations should include each of these categories in their national and continental championships.

9. PRIZES AND AWARDS:

9.1. Prize Money:

- a.) General Rules:
 - (i) Prize money for the ITU Triathlon World Championship Series and ITU World Cups shall be distributed equally between men and women in both amount and depth, according to the ITU Prize Money Percentage Breakdown, as outlined in Appendix I.

9.2. Primes:

- a.) Primes may be offered at ITU events. There will be primes at World Championship Series and World Cup events. Primes are payable to the athletes as follows:
 - (i) Be in first position:
 - After the first lap of the swim: the prime goes to the first athlete entering the water for the second lap. In cases where athletes do not exit the water during the swim, the prime will be awarded to the athlete exiting the water first, after the 1500m swim;
 - At the end of the second lap of the bike;
 - At the end of the penultimate lap (bell lap) of the bike;
 - (ii) Finish the competition ;
 - (iii) There is no limit to the number of primes an athlete can win in a race.
 - (iv) If the prime is not collected by an athlete due to not finishing, the prime remains with ITU to be used at its discretion;
 - (v) The amount of the primes will be announced at the Athletes' Briefing of each competition and will always be awarded equally in amount to men and women.

9.3. Awards:

- a.) Athletes or team members who place 1st, 2nd or 3rd at any ITU event will be awarded an official ITU medal (gold, silver, bronze);
- b.) In addition, teams may receive a trophy for 1st, 2nd and 3rd position.

10. TECHNICAL OFFICIALS:

10.1. General:

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

10.2. ITU Technical Officials:

- a.) The officials at all ITU races are:
 - (i) The ITU Technical Delegate (TD) ensures that all aspects of the ITU Competition Rules and Operations Manuals are fulfilled;
 - (ii) The Assistant Technical Delegate (ATD) assists the TD with his/her duties;
 - (iii) The Referee checks the certification of the Technical Officials and makes final judgments on rule violations;
 - (iv) The Chief Race Official (CRO) assigns and monitors the work of all Technical Officials;
 - (v) Technical Officials are assigned to Registration, Start, Finish, Transition Area(s), Swim, Bike, Run, Wheel Stations, Prime Lines, Aid Stations, Technology, Penalty Boxes and Vehicle Control. An adequate number of Technical Officials will be assigned to each area and will be responsible for the enforcement of ITU Competition Rules within their assigned jurisdiction;
 - (vi) The Competition Jury is appointed by the Technical Delegate;
 - (vii) The ITU Medical Delegate, appointed by the ITU Medical Committee, is responsible for all medical and anti-doping issues on behalf of ITU.

10.3. Competition Jury:

- a.) ITU Technical Delegate will appoint the members of the Competition Jury as follows::
- (i) For Triathlon World Championships Grand Final the Competition Jury consists of five persons being selected from:
 - The Technical Delegate, who chairs the Competition Jury;
 - A member of the ITU Executive Board;
 - A representative of the host NF;
 - A representative from ITU Technical Committee;
 - A representative from the ITU Medical Committee.
 - (ii) For all the other ITU events the Competition Jury consists of three persons being selected from:
 - The Technical Delegate, who chairs the Competition Jury;
 - A member of the ITU Executive Board or any Committees or Commission, in case none present a member of the Continental Confederation's Executive Board or any Committees or Commission, in case none present a representative from the host NF;
 - A representative from the host NF.
- b.) Duties of the Competition Jury:
- (i) The Competition Jury rules on all appeals and all protests;
 - (ii) The Competition Jury has the authority to modify the competition results as a consequence of their decision on the appeal or protest;
 - (iii) The Competition Jury must be available from before the Athletes Briefing until after the end of the competition;
 - (iv) The Competition Jury chair is responsible for filing a written statement on all appeals and decisions reached.
- c.) Competition Jury Integrity:
- (i) The Competition Jury observes the following principles:
 - Give equal weight to the evidence and testimony provided by all.
 - Recognize that honest testimony can vary and be in conflict as a result of personal observation or recollection.
 - Keep an open mind until all evidence has been submitted.
 - Recognise that a athlete is innocent until the alleged violation has been established to the complete satisfaction of the Competition Jury.
 - (ii) Conflict of interest:
 - The chair of the Competition Jury decides if any member has a conflict of interest.
 - In case of a conflict of interest, the chair of the Competition Jury replace the member who has the conflict of interest at his/her discretion.
 - The chair of the Competition Jury has never have a conflict of interest.

10.4. Technology Tools:

- a.) ITU Officials may use any kind of electric, electronic, magnetic, or other technological support to acquire data or evidence on rule infractions.

10.5. 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 key areas of FOP responsibility.

11. PROTESTS:

11.1. General:

- a.) A protest is against the conduct of an athlete, Technical Official, or the conditions of the competition. An athlete or an NF designate may file a protest with the Referee provided that the protest has not been previously observed by the Technical Officials and ruled upon by the Referee.
- b.) Where ITU Competition Rules do not cover the issue, FINA, UCI, FIS and IAAF Rules will apply.

11.2. Protests Concerning Eligibility:

- a.) Protests concerning the eligibility of an athlete shall be made to the Referee before the Athletes' Briefing. The Competition Jury will decide on this in a meeting scheduled immediately after the Athletes' Briefing.

11.3. Protests Concerning the Course:

- a.) Protests concerning the safety of the course or its variance to the regulations must be made to the Referee no later than twenty-four (24) hours before the start of the race.

11.4. Protests Concerning the Race:

- a.) An athlete, who protests against another athlete or official, must do so to the Referee within fifteen (15) minutes of his/her finish time. However, the intention to write a protest has to be announced to the Referee within five (5) minutes of his/her finish time. After this deadline, only protest following this process will be admitted.

11.5. 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 Technical Delegate.

11.6. Protests Concerning Equipment:

- a.) Protests concerning an athlete's equipment, which infringes on the conditions set out in the ITU Rules, must be delivered to the Referee fifteen (15) minutes after his/her finish time. However, the intention to write a protest has to be announced to the Referee within five (5) minutes of his/her finish time. After this deadline, only protest following this process will be admitted.

11.7. Contents of a Protest:

- a.) A deposit of USD 50, or its equivalent, must accompany the appropriate protest and will be refunded if the protest is successful. If the protest is denied, there will be no refund and the money will be retained by ITU. Protest forms may be obtained from the Referee, A sample of the protest form is included in Appendix B.

- (i) Information to be included:
 - The alleged rule violated;
 - The location and approximate time of the alleged violation;
 - Persons involved in the alleged violation;
 - A statement, including a diagram of the alleged violation, if possible;
 - The names of witnesses who observed the alleged violation.

11.8. Protest Procedures:

The following procedure will be followed in the event of a protest:

- a.) Protests will be filed to the Referee, signed by the protester, within the time limits specified above;
- b.) The protester and the accused and/or their national coach or 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;
- c.) Failure of any party to attend the hearing may justify the Competition Jury making a decision without them;
- d.) A representative for either the protester or the accused may be designated to appear if approved by the Chairperson of the Competition Jury;
- e.) The hearing will not be open to the public;
- f.) The Competition Jury Chairperson will read the protest;
- g.) The protester and the accused will be given adequate time to give their account of the incident;
- h.) Witnesses (two each) may speak for three (3) minutes each;
- i.) The Competition Jury will hear the evidence and render a decision, by simple majority;
- j.) The decision will be posted immediately, and delivered in writing to the parties upon request.
- k.) Protest Time Limit: The time for an elite athlete, 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. However the intention to write a protest has to be announced within five (5) minutes after finishing or posting of the infraction. After this deadline only announced protest will be admitted. For the team competitions, this time limit is related to the final team time.

12. APPEALS:

12.1. Appeal Jurisdiction:

- a.) An appeal is a request for a review of a decision made by the Referee. A sample of the Appeal Form is available in Appendix C.
- b.) Where ITU Competition Rules do not cover the incident, FINA, UCI, FIS and IAAF Rules will apply.

12.2. Levels of Appeal:

- a.) Level 1: Representative of a NF or an athlete may appeal the decision of the Referee to the Competition Jury. Each appeal will be accompanied by a fee of USD 50 or equivalent. It will be refunded if the appeal is successful. If the appeal is denied, there will be no refund and the money will be retained by ITU. The time for an athlete 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. However the intention to write an appeal has to be announced to the Referee within five (5) minutes of his/her finishing time or posting of the infraction. After this deadline, only protest following this process will be admitted. For the team competitions, this time limit is related to the final team time.
- 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 ITU 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.

12.3. Appeal Contents:

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

12.4. Appeal Procedures:

- a.) The following procedure will be followed in the event of an appeal:
- b.) Appeals will be filed in writing to the Referee, signed by the appellant, within the time limits specified above;
- c.) The appellant and the accused and/or their national representative must be present. If the appellant does not attend, the appeals hearing may be postponed or cancelled. The Competition Jury will determine if the absence from the hearing is valid;
- d.) Failure of any party to attend the hearing may justify the Competition Jury making a decision without them;
- e.) A representative for either the person appealing or the accused may be designated to appear if approved by the Chairperson of the Competition Jury;
- f.) The hearing will not be open to the public;
- g.) The Competition Jury Chairperson will read the appeal;
- h.) The appellant and the accused will be given adequate time to give their account of the incident;

- i.) Witnesses (two each) may speak for three (3) minutes each;
- j.) The Competition Jury will hear the evidence and render a decision, by simple majority;
- k.) The decision will be posted immediately, and delivered in writing to the parties upon request.



ITU COMPETITION RULES: SPECIFIC DISCIPLINE COMPETITION RULES

2010 Edition



13. INDOOR TRIATHLON:

13.1. Definition:

- a.) Indoor triathlon consists of a triathlon, which takes place in a closed space such as a sports pavillion, which has a swimming pool, a cycling track and a running track.

13.2. Swim:

- a.) Two athletes are allowed per lane of 2.5 metres wide.

13.3. Transition Area:

- a.) Following the swim there will be a ten (10) second "neutralized" time period that is compulsory for all athletes. The purpose of this period is to sponge excess water off athletes. Water on the track makes it very slippery and dangerous for all athletes. Non-compliance with this rule will result in disqualification.

13.4. Bike Segment:

- a.) The lapped athletes will be not removed from the race.
- b.) Athletes can draft from others who are in a different lap.

14. LONG DISTANCE TRIATHLON:

14.1. Outside Assistance:

- a.) Medical assistance and normal food and liquid items are permitted at LOC aid stations or at coaches' stations. All other outside assistance is prohibited.

14.2. 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 Delegate.

14.3. Distances:

- a.) The course should have demanding hills and challenging technical aspects. A 5% tolerance margin will be accepted for the distance of the bike course, provided it has been approved by the Technical Delegate.

14.4. Penalties:

- a.) A 5 minute penalty will be imposed for violation of the drafting rule, which must be applied in the next penalty box.
- b.) If an athlete is awarded three drafting penalties, he/she will be disqualified.

14.5. Coaches Stations:

- a.) Coaches will have a designated space available on both in bike and run segments in order to supply athletes with their own food and beverages.

14.6. Transition Area:

- a.) In the Transition Area, Technical Officials may assist athletes by receiving and placing their bikes and handing out their equipment. This service must be the same for all athletes.

15. TEAM AND RELAY CHAMPIONSHIPS:

15.1. Types of Events:

- a.) ITU may organise Team Events in the distances and categories shown in this chart (all distances are in km with the exception of the swims in metres):

	Type of competition	Distance
Triathlon	3 x 4 x Mixed	3x (250 + 6.6 + 1.6) 4x (250 + 6.6 + 1.6)
Triathlon LD	Adding 3 best times	O2, O3
Duathlon	3 x 4 x Mixed	3x (2 + 8 + 1) 4x (2 + 8 + 1)
Duathlon LD	Adding 3 best times	
Winter	3 x 4 x Mixed	3x (2 to 3 + 4 to 5 + 3 to 4) 4x (2 to 3 + 4 to 5 + 3 to 4)
Cross Triathlon	3 x 4 x Mixed	3x (200 + 4 to 5 + 1.2 to 1.6) 4x (200 + 4 to 5 + 1.2 to 1.6)
Cross Duathlon	3 x 4 x Mixed	3x (1.2 to 1.6 + 4 to 5 + 0.6 to 0.8) 4x (1.2 to 1.6 + 4 to 5 + 0.6 to 0.8)
Corporate Triathlon	Corporate	3x (250 + 6.6 + 1.6) 1x1500 + 1x40 + 1x10

15.2. Continental Championships and National Federation Events:

- a.) Continental Confederations and National Federations should include each of these team competitions in their championships.

15.3. Definitions:

- a.) **Mixed relay:** A team is composed of 4 athletes: 2 men and 2 women, who will compete in the order woman, man, woman, man. Each of them will cover a complete triathlon/duathlon/winter triathlon. The total time for the team is from the start of the 1st team member to the finish of the 4th. Time is continuous and the watch does not stop between athletes.
- b.) **3x relay:** A team is composed by 3 same gender athletes. Each of them will cover a triathlon/duathlon/winter triathlon/cross triathlon/cross duathlon. The total time for the team is from the start of the 1st team member to the finish of the 3rd. Time is continuous and the watch does not stop at the handover between the athletes.
- c.) **Corporate:** A team is composed of 3 athletes no matter what gender. The first athlete will cover the swim segment, the second one the bike segment and the third one the run segment. The total time for the team is from the start of the 1st team member to the finish of the 3rd. Time is continuous and the watch does not stop at the handover between the athletes.
- d.) **Team competition based on the individual results:** The total team time is the addition of the 3 best times of the athletes from the same nation and gender. In case of a tie, the time of the third team member will determine the team result.

15.4. Results:

- a.) Each NF can enter more than one team, but only the team with the best finishing position will be listed in the results.

15.5. Eligibility:

- a.) The general eligibility rules apply. The minimum age required is 16 years.

15.6. Uniform:

- a.) The ITU Uniform Rules apply. All members of a team must wear the same country uniform.

15.7. Relay Briefing:

- a.) Team relay briefing. A briefing for the coaches will be conducted the day before the event.

15.8. Team Composition:

- a.) The team coach will nominate the team members at the team relay briefing.
- b.) One hour before the race start the coach can communicate a different team composition to the TD, otherwise the team composition communicated at the team relay briefing will remain as definitive.

15.9. Race Day Check-In:

- a.) All the team members must check in together.

15.10. Relay Exchange:

- a.) The relay exchange from one team member to another will take place inside the "Relay Zone", which is 15 metres long.
- b.) The relay exchange is completed by the in-coming athlete, using their hand to contact the body of the out-going athlete within the relay zone.
- c.) If the contact occurs outside the relay zone, both athletes must return to the relay zone and complete the exchange properly.
- d.) If the exchange is not completed inside the relay zone, the team will be disqualified.
- e.) Prior to the relay exchange, the athletes will wait in a pre-relay area until the moment when the Technical Official tells them to enter the relay zone.

15.11. Finish:

- a.) Only the last team member is allowed to cross the finish line.

16. PARATRIATHLON:**16.1. General:**

- a.) Paratriathletes, as defined under ITU rule P.2 will be governed by the International Triathlon Union (ITU) Competition Rules with the following specific modifications:
 - (i) Prior to attending the ITU World Championships, all paratriathletes are required to provide a doctor's letter to their National Federation, outlining their degree of disability.
 - (ii) Paratriathletes are required to be classified by an ITU designated Classification Officer to ensure athletes are assigned to the proper category.

- b.) For an athlete to be eligible to participate in paratriathlon categories TRI1, TRI2, TRI3, TRI4 or TRI5, they must have a minimum disability of 15% impairment of any one (1) limb.
- c.) For an athlete to be eligible for category TRI6, they must have a maximum of 20/200 vision with best corrective vision.
- d.) All Triathlon and Duathlon World Championships and Triathlon and Duathlon Continental Championship events, hosting an Age-Group competition, are obliged to organize a Paratriathlon competition.
- e.) The ITU Competition Rules specify the conduct and behaviour of paratriathletes during ITU competitions. Where the ITU Competition Rules do not specify, the rules of International Paralympic Committee (IPC) Swimming, International Cycling Union (UCI) Paracycling and International Paralympic Committee (IPC) Athletics will apply in their specific segment.
- f.) It is mandatory for all paratriathlon competitors, who use catheters or other urinary diversion devices, to prevent spillage by using a catheter bag at all times. This includes training, competition and classification.

16.2. Paratriathlon Competition Categories:

ITU Paratriathlon Competition Categories shall be established based on physical disabilities. Medical evidence shall be required as to disability and classification. The six (6) categories are as follows:

- a.) TRI 1 - Handcycle: Including Paraplegic, Quadriplegic, Polio, Double Leg Amputee. Must use a "handcycle" (as described in section 16.11) on the bike course and "racing wheelchair" (as described in section 16.13) on run.
- b.) TRI 2 - Severe leg impairment including above knee amputees: Must ride a bicycle and run with approved prosthetics or crutches. Racing wheelchairs are not allowed.
- c.) TRI 3 - Les Autres: Includes (but is not limited to) Multiple Sclerosis, Muscular Dystrophy, and Cerebral Palsy, double leg amputee runners or paralysis in multiple limbs. Must ride a bicycle and run with braces or approved prosthetics. Racing wheelchairs are not allowed.
- d.) TRI 4 - Arm impairment: Including paralysis, above elbow amputees and below elbow amputees, or impairment in both upper limbs. Must ride a bicycle. Approved upper-extremity prosthetics, braces or slings are allowed.
- e.) TRI 5 - Moderate leg impairment: Including below-knee amputees. Must ride a bicycle and run with approved prosthetics. Racing wheelchairs are not allowed.
- f.) TRI 6 - Visual Impairment, legally blind (20/200 vision with best corrected vision): A single handler of the same gender is mandatory throughout the race. Competitors are tethered during the swim and the run portions and must ride a tandem bicycle.

16.3. Classification:

- a.) All paratriathlon competitors shall be classified by an ITU Paratriathlon Classifier prior to competition. Each competitor will be required to:
 - (i) Provide medical evidence/documentation describing their disability.
 - (ii) Be available to the classifier to be assessed prior to the competition.
 - (iii) Meet the minimum impairment criteria.
- b.) Ineligible disabilities: paratriathletes with miscellaneous conditions such as, but not limited to: intolerance to temperature extremes, organ transplants, joint replacements

(endoprosthetics), kidney dialysis and hearing impairments are not eligible, as defined by these standards.

16.4. Paratriathletes' briefing:

- a.) A compulsory meeting of paratriathlon competitors will be held before all ITU competitions and will be conducted by the Technical Delegate (TD) (paratriathlon coaches may also attend the briefing.)
 - (i) Competitors not attending the briefing because of circumstance beyond their control (force majeure), but who have informed the TD of their absence prior to the briefing, will be reallocated on the pre-start line up 10 positions back in relation to their position on the start list.
 - (ii) Competitors not attending the briefing without informing the TD of their absence, may be either removed from the start list or reallocated to the last position on the pre-start line up, at the TD's discretion.
 - (iii) Competitors must notify registration official(s) of their presence upon entering the briefing room.
- b.) All guides and handlers must be registered at the briefing.

16.5. Paratriathlon Handlers:

- a.) Securing qualified aides ("Handlers") shall be the responsibility of the paratriathlete and all such handlers shall be identified to and receive credentials from the Referee at the Paratriathlon Briefing.
- b.) "Handlers" are to be allotted as follows:
 - (i) One (1) handler for categories TRI 2, TRI 3, TRI 4, and TRI 5;
 - (ii) Up to two (2) handlers for category TRI 1;
 - (iii) No handlers for category TRI 6 (Guides may act as handler for this category).
- c.) "Handlers" are specifically allowed to assist paratriathletes by:
 - (i) Helping with prosthetic devices or other assistive devices.
 - (ii) Lifting participants in and out of handcycles and wheelchairs.
 - (iii) Removing wetsuits or clothing.
 - (iv) Repairing flats punctures and helping other equipment.
- d.) All handlers shall be subject to all ITU Competition Rules in addition to further regulations deemed appropriate or necessary by the Referee.
- e.) Any action taken by a handler, which propels the competitor forward may, at the discretion of the Race Referee, be grounds for a time penalty or disqualification (DSQ).

16.6. Wetsuit Removal Area conduct:

- a.) If a "wetsuit removal area" exists, competitors in categories TRI-1, TRI-2, TRI-3 and TRI-5 may remove their wetsuits before accessing wheelchairs or other ambulatory devices in this area. Handlers are then permitted to carry the wetsuit to their paratriathlete's assigned space in the transition area.
- b.) Handlers are allowed to assist their assigned paratriathlete in this area but may not propel them forward.

16.7. Transition Area Conduct:

- a.) No guide dogs will be allowed in the transition area at any time.

- b.) At swim exit area, the Local Organizing Committee (LOC) shall provide a minimum of six (6) “swim exit handlers”, who will be responsible for assisting the paratriathletes from the swim exit to the “wetsuit removal area”. The final number of “swim exit handlers” shall be determined by the Technical Delegate. Only these persons will be allowed to enter this area. Their training should be supervised by the Technical Delegate.
- c.) During the swim exit, the competitors will receive assistance from the “swim exit handlers” according to their swim cap colours, as follows:
 - (i) Red colour: Competitor needs to be lifted from the swim exit to the wetsuit removal area.
 - (ii) Blue colour: Competitor needs to be supported to walk/run from the swim exit to the wetsuit removal area.
 - (iii) White colour: Competitor does not need any assistance at the swim exit.
- d.) Bicycles, handcycles or tricycles are not allowed as conveyance from the swim exit to the transition area.
- e.) All equipment shall remain within each competitor’s assigned space in the transition zone. The only exception to this rule is when a “wetsuit removal area” exists. (This area shall be set-up in coordination with the Technical Delegate.)
- f.) With the exception of TRI-1 competitors, all other paratriathletes must observe the mount and dismount lines.
- g.) For TRI-1 competitors, handcycles are allowed as a conveyance to and from the mount line within the transition area. Any modification of this rule will be addressed at the Paratriathlon Briefing.

16.8. Paratriathlon Swimming Conduct / Equipment:

- a.) For safety reasons, during the paratriathlete presentation at race start, categories will be presented in the following order: TRI-6, TRI-5, TRI-4, TRI-3, TRI-2, TRI-1. (For safety reasons, TRI-1 competitors should always enter the water after all other classes are in place.)
- b.) The swim start shall be an “in-water” start for all paratriathlon competitions.
- c.) If the swim portion consists of multiple loops, paratriathletes will not be required to exit the water before completing additional loops.
- d.) Artificial propulsive devices including (but not limited to) fins, paddles, or floating devices of any kind are not allowed. All prosthetic and/or orthoses are considered “propulsion devices”. Use of any such devices will result in disqualification.
- e.) Wetsuits are allowed at all temperatures. However, the provisions for cold waters are shown in the following table:

Swim Length	Wetsuits Mandatory below	Maximum stay in water
750	18 °	45 m
1500	18 °	1h 10 min
3000	18 °	1h 40 min
4000	18 °	2h 15 min

- f.) The maximum time allotted to complete the swim course in a Sprint Distance Paratriathlon competition is forty-five (45) minutes. If any competitor has not

completed the swim course within this time limit and is more than 100 metres short of the finish, they shall be immediately removed from the water.

- g.) The swim portion may be cancelled if the “real water temperature” is lower than 16° C. (“Real water temperature” is calculated as follows):
- (i) When the air temperature is lower than the water temperature, the adjusted value (“real water temperature”) is the measured temperature decreased by 0.5° every 1.0° of difference between the air and water temperatures.

		Air temperature					
		16°	15°	14°	13°	12°	11°
Water temperature	20°	18°	17.5°	17°	16.5°	16°	Cancel
	19°	17.5°	17°	16.5°	16°	Cancel	Cancel
	18°	17°	16.5°	16°	Cancel	Cancel	Cancel
	17°	16.5°	16°	Cancel	Cancel	Cancel	Cancel
	16°	16°	Cancel	Cancel	Cancel	Cancel	Cancel
	15°	Cancel	Cancel	Cancel	Cancel	Cancel	Cancel

16.9. Paratriathlon TRI 1 Swimming Conduct:

- a.) Competitors in the TRI-1 category shall have both legs bound together between the ankle and knee during the swim portion. The binding must remain in place until they are inside the “wetsuit removal area”.

16.10. Paratriathlon Cycling Conduct / Equipment:

- a.) Paratriathlon competitions are non-drafting events.
- b.) In paratriathlon competitions, the term “bicycle” used herein shall include bicycles, tricycles or handcycles.
- c.) All bicycles, tricycles and handcycles shall be propelled by human force. Arms or legs can be used to propel the cycle, but not both. Any violation shall result in disqualification.
- d.) Bicycle specifications for paratriathlon competitions are outlined in ITU Competition Rules section 5.2.
- e.) Protective shields, fairings or other devices, which have the effect of reducing resistance, are not allowed.
- f.) Artificial handgrips and prosthetics are allowed but may not be fixed to the cycle. Rigid prosthetic adaptations that are mounted or fixed to any part of the cycle are not allowed.
- g.) Except for handcycles (TRI-1), a rider’s position shall be supported solely by the pedals, the saddle and the handlebars.
- h.) A rider in the TRI-2 category not wearing a prosthesis may use a support for the thigh only if there is no fixation of the thigh to the bicycle. (For example, the support may be a half tube attached to the cycle, with a closed base and maximum of 10 cm closed side at the base, but no “thigh fixing devices” are allowed.)
- i.) There must be at least one working brake (generally on the drive wheel) capable of safely stopping the vehicle.

- j.) All requests for impairment adaptations to any cycle must be submitted in writing for ITU approval. (with proper explanation and pictures) at least one (1) month before any event. If the adaptation is approved, a certificate will be sent to the applicant.
- k.) The specifications of a tricycle are as follows:
 - (i) The tricycle is a vehicle with three (3) wheels of equal diameter. The front wheel, or wheels shall be steerable. The rear wheel(s) shall be driven through a system comprising pedals and a chain.
 - (ii) Recumbent tricycles are not allowed.
 - (iii) All tricycles shall conform to International Cycling Union (UCI) construction and measurements for a bicycle, including the bottom bracket, seat tube and saddle position (excluding the rear triangle).
 - (iv) Wheels of the tricycle may vary in diameter between 70 cm maximum and 55 cm minimum including the tyre, using conventional cycle components. Modified hub attachments may be used if necessary. The width of tricycle double wheels may vary between a 85 cm maximum and 60 cm minimum, measured at the centre of each tyre as it touches the ground.
 - (v) If a tricycle's two-wheel rear axle does not have a differential, only one wheel must be driven, due to the different speeds of the wheels in turns.
 - (vi) A tricycle shall not measure more than 200 cm in length and 95 cm in width overall.
 - (vii) The tricycle's top tube may slope down rearwards, to an inclination parallel with the down tube to facilitate easy mounting by the rider.
 - (viii) The two wheels of a tricycle may be offset a maximum of 10 cm either side of a centreline, which passes through the single wheel and the frame top tube.
 - (ix) A tricycle shall be fitted with a safety bar to prevent the front wheel of a following tricycle from entering the space between the rear wheels. The safety bar must be fixed to the tricycle so that there is no risk of the bar moving during competition. The distance from the ground to the centre of the safety bar should be the same as the distance between the ground and the middle of the hub when the tyres are inflated to the pressure used in competition.
- l.) No guide dogs will be allowed on the bike course at any time.
- m.) No bike course shall have a maximum gradient of over 12% at the steepest section.

16.11. Paratriathlon TRI 1 Cycling Conduct:

- a.) Paratriathletes must use a handcycle in a "recumbent position".
- b.) Specifications of a "recumbent position" handcycle are as follows:
 - (i) A handcycle shall be an "arm powered", three wheeled vehicle with an open frame of tubular construction, which conforms to the general principles of International Cycling Union (UCI) construction for bicycles (except that the chassis frame tubes need not be straight.) For the seat or backrest construction, the maximum frame tube diameter may not exceed the maximum defined by the general principles of UCI.
 - (ii) The single wheel may be of a different diameter to the double wheels. The front wheel or wheels shall be steerable; the single wheel, either front or rear, shall be driven through a system comprising handgrips and a chain. The handcycle shall be propelled solely through a chainset and conventional cycle drive train, of

crank arms, chainwheels, chain and gears, with handgrips replacing foot pedals. It shall be propelled by the hands, arms and upper body only.

- (iii) So that the rider has clear vision, the horizontal of the eyeline must be above the crank housing (crank set) when the rider's hands are on the handlebars facing forward at full extent, the tip of both shoulder blades are in contact with the backrest and the head is in contact with the headrest (when applicable).
- (iv) From this seated "recumbent position" described above (16.11.b.iii), conforming measurements are calculated as follows; (#1) The distance from the ground to the centre of the rider's eyes and (#2) the distance from the ground to the centre of the crank housing (crank set). Measurement #1 (from the eyes to the ground) must be equal or greater than measurement #2 (from the centre of the crank housing to the ground.)
- (v) All riders shall remain seated in this "recumbent position" with bodyweight supported through the seat and backrest. The seat angle of the handcycle may vary in angle between a 30° minimum and 45° maximum, measured between the horizontal and the back of the rider.
- (vi) All handcycles must have a mirror fixed either to the helmet of the rider or at some point on the front of the bike to ensure rear-view vision.
- (vii) Adjustments (except emergency repairs) to handcycle equipment may not be made during the race.
- (viii) Wheels of the handcycle may vary in diameter between a 406 mm minimum and a 622 mm maximum. Modified hub attachments may be used if necessary. The width of handcycle double wheels may vary between 55 cm minimum and 70 cm maximum, measured at the centre of each tyre where the tyres touch the ground.
- (ix) Disk wheels for handcycles are not permitted in mass start competitions.
- (x) A handcycle shall not measure more than 250 cm in length or 70 cm in width.
- (xi) The shifting device can either be within the extremities of the handlebars, or on the side of their body.
- (xii) The largest chain ring shall have a guard securely fitted to protect the rider. This protection shall be made of a sufficiently solid material and fully cover the chain ring over half of its circumference (180°) on the side facing the rider.
- (xiii) Maximum frame tube dimension shall be 80 mm, irrespective of tube material, or profile. Any fillets, or ribs, inserted at joins between tubes, shall be for strengthening purposes only. Non-functional, aerodynamic devices are not permitted for competition.
- (xiv) A quick release body harness is permitted.

16.12. Paratriathlon TRI2 to TRI 6 Running Conduct / Equipment:

- a.) Competitors may use prosthetics, canes or crutches to ambulate the course.
- b.) The only acceptable footwear on the run course (aside from prosthetics) are running shoes.
- c.) No guide dogs are allowed on the run course at any time.

16.13. Paratriathlon TRI1 Running conduct/equipment:

- a.) TRI-1 competitors perform the run portion in a "racing wheelchair" and are governed by all ITU Competition Rules with regards to safety.

- b.) The specifications of a “racing wheelchair” (hereafter referred to as “the chair”) are as follows:
- (i) The chair shall have at least two large wheels and one small wheel.
 - (ii) No part of the body of the chair may extend forwards beyond the hub of the front wheel and be wider than the inside of the hubs of the two rear wheels. The maximum height from the ground of the main body of the chair shall be 50 cm.
 - (iii) The maximum diameter of the large wheel including the inflated tyre shall not exceed 70 cm. The maximum diameter of the small wheel including the inflated tyre shall not exceed 50 cm.
 - (iv) Only one plain, round, hand rim is allowed for each large wheel. This rule may be waived for persons requiring a single arm drive chair, if so stated on their medical qualification cards.
 - (v) No mechanical gears or levers shall be allowed, that may be used to propel the chair.
 - (vi) Only hand operated, mechanical steering devices will be allowed.
 - (vii) Competitors must be able to turn the front wheel(s) manually both to the left and the right.
 - (viii) The use of mirrors is not permitted.
 - (ix) No part of the chair may protrude behind the vertical plane of the back edge of the rear tyres.
 - (x) It will be the responsibility of the competitor to ensure the wheelchair conforms to all the above rules, and no event shall be delayed while adjustments are made to the chair.
 - (xi) Competitors must ensure that no part of their lower limbs can fall to the ground during the event.
 - (xii) Competitors shall wear an approved bike helmet at all times while seated in the chair.
- c.) A paratriathlete attempting to overtake another competitor carries the responsibility of ensuring full clearance of the chair being overtaken before cutting across. The paratriathlete being overtaken has the responsibility not to obstruct or impede the passing competitor once the front wheel(s) of the passing chair are in sight.

16.14. Paratriathlon TRI 6 Conduct:

The following additional rules apply to all visually impaired (TRI-6) competitors and their guides:

- a.) All competitors must use and furnish a guide of the same gender.
- b.) Each competitor is allowed a maximum of one (1) guide for any one (1) competition.
- c.) All competitors must be tethered during the swim. The tether may be used around the waist, leg or foot.
- d.) All competitors and guides must use a tandem bicycle. The specifications of the tandem bicycle are as follows:
 - (i) The tandem is a vehicle for two riders, with two wheels of equal diameter, which conforms to the general principles of UCI construction for bicycles. The front wheel shall be steerable by the front rider, known as the ‘pilot’. Both riders shall

face forward in the traditional cycling position and the rear wheel shall be driven by both cyclists through a system comprising pedals and chains.

- (ii) The tandem top tube and any additional strengthening tubes, may slope to suit the morphological sizes of the riders.
- e.) Elite or professional triathletes who have entered in an ITU international event must respect a waiting period of twelve (12) months after their last international event before acting as a guide.
- f.) All guides must be over 18 years of age on the day of the event.
- g.) In the event of an injury or illness and upon presentation of a medical certificate, a guide may be replaced up to 24 hours before the official start of the competition. No changes will be allowed after this deadline.
- h.) All TRI-6 competitors must be tethered during the run. They may receive verbal instructions only from their guide.
- i.) All TRI-6 competitors shall use approved "black out glasses" during the entire run portion (beginning at their assigned space in the transition area.)
- j.) Paddleboards, kayaks, etc. (on the swim portion) or bicycles, motor bicycles, etc., (on the run portion) or any other mechanical means of transport by guides are not allowed.
- k.) At no time may a guide "lead" or "pace" the competitor nor propel them forward by pulling or pushing.
- l.) Whether or not a tether is being used, the competitor and guide shall not be more than 0.5 metres apart at all times.
- m.) As the TRI-6 competitor crosses the finish line, the guide must be beside or behind the competitor but not further apart than the required 0.5 metres maximum separation distance.
- n.) Infringement of any these rules may, at the discretion of the Referee, be grounds for a time penalty or disqualification (DSQ).

17. WINTER TRIATHLON:

17.1. Definition:

- a.) Winter Triathlon consists of running, mountain biking and cross country skiing. All segments of the race will be on snow depending on the natural conditions.

17.2. Official Training and Familiarisation:

- a.) Official training and familiarisation sessions will be conducted by the Technical Delegate and the LOC. Athletes and coaches may attend these official training and familiarisation sessions.
- b.) Conduct on race days: Athletes are not allowed to warm up or do any familiarization on the course while a race is in progress.

17.3. Running Conduct:

- a.) Running shoes are mandatory on the running segment. This rule is not applicable to age groupers;
- b.) Running shoes with spikes are allowed.

17.4. Mountain Biking Conduct:

- a.) The minimal tyre dimension is 26x1.5 inches (599-40), which means that the smallest part of the tyre should not be less than 40mm;
- b.) Cleated and/or slick tyres are allowed;
- c.) The bike segment of the Winter Triathlon Competitions is laid out as a cross-country course over snow, and may follow normal roads or paths;
- d.) Athletes are allowed to push or carry the bike over the course;
- e.) Drafting is allowed; for safety reasons it may be forbidden to pass other athletes before entering the Transition Area. Lapped athletes will be not removed from the race;
- f.) Athletes must bring their own tools and parts, and must carry out their own repairs;
- g.) Bike shoes are mandatory in the bike segment. This rule is not applicable to age group athletes;

17.5. Coaches Zone:

- a.) Both in bike and ski segments, coaches will have one space to feed their athletes in a designated zone.

17.6. Skiing Conduct:

- a.) Testing of equipment (skis) is allowed prior to the race on specially marked tracks, or on the race-course, if announced by the Technical Officials;
- b.) During the race, athletes cannot be accompanied by team members, team managers or other pacemakers on the course;
- c.) Athletes are allowed to change one ski and both poles;
- d.) Athletes may ski using their preferred technique;
- e.) Certain zones may have restrictions to classic style or double poling;
- f.) Wearing the bike helmet during the ski segment is not allowed. Due to the effect of cold temperatures on mobility, wearing a helmet could be authorised by the TD;
- g.) Once a request to pass is made by a athlete, the athlete being passed must move to the side as soon as possible;
- h.) In the finish chute (30-50m), skiing freestyle may be forbidden. Double poling may be required. Prepared tracks must then be used;
- i.) Athletes cannot remove their skis until at least 10 metres past the finish line. The last ski check will take place after this line;
- j.) Ski shoes are mandatory in the cross country ski segment. This rule is not applicable to age group athletes.

17.7. Transition Area Conduct:

- a.) Skiing inside the transition area is forbidden;
- b.) In the Transition Area, Technical Officials may assist athletes by receiving and placing their bikes and handing out their equipment. This service must be the same for all athletes.

17.8. Finish Definition:

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

17.9. Weather conditions:

- a.) The race will be cancelled when the air temperature is lower than -18°.

18. CROSS TRIATHLON AND DUATHLON:

18.1. General:

- a.) Cross Triathlon consists of swimming, mountain biking (MTB) and cross country running.
- b.) Cross Duathlon consists of cross country running, mountain biking (MTB) and cross country running.

18.2. Distances:

- a.) The distance of Cross Triathlon will be as outlined in Appendix A.
- b.) The distance of Cross Duathlon will be as outlined in Appendix A.
- c.) The course should have demanding hills and challenging technical aspects. A 5% tolerance margin will be accepted for the distance of the bike course, provided it has been approved by the Technical Delegate.

18.3. Official Training and Familiarisation:

- a.) Official training and familiarisation sessions will be conducted by the Technical Delegate and the LOC. Athletes and coaches may attend these official training and familiarisation sessions.
- b.) Conduct on race days: Athletes are not allowed to warm up or do any familiarization the course while a race is in progress.

18.4. Mountain Biking Conduct:

- a.) The maximal tyre diameter for the MTB is 28 inches. The minimal cross section is 1.5 inch, (599-40), which means that the smallest part of the tyres should not be less than 40mm.
- b.) Studded and/or slick tyres are allowed.
- c.) Athletes are allowed to push or carry the bike over the course.
- d.) Lapped athletes will be not removed from the race.

18.5. Running Conduct:

- a.) Spike shoes are allowed.



APPENDICES

2010 Edition



APPENDIX A: RACE DISTANCES AND AGE REQUIREMENTS:

Triathlon:

	Swim	Bike	Run	Minimum age required
Team Relay	250 m	6.6 km	1.6 km	16
Sprint Distance	750 m	20 km	5 km	16
Standard Distance	1500 m	40 km	10 km	18
Long Distance (O2)	3000 m	80 km	20 km	18
Long Distance (O3)	4000 m	120 km	30 km	18

Duathlon:

	Run	Bike	Run	Minimum age required
Team Relay	2 km	8 km	1 km	16
Sprint Distance	5 km	20 km	2,5 km	16
Standard Distance	10 km	40 km	5 km	18
Long Distance	20 km	80 km	10 km	18

Aquathlon:

	Run	Swim	Run	Minimum age required
Standard Distance	2.5 km	1000 m	2.5 km	16
Long Distance	5 km	2000 m	5 km	18

Winter Triathlon:

	Cross Country Run	Mountain Bike	Cross Country Ski	Minimum age required
Team Relay	2 to 3 km	4 to 5 km	3 to 4 km	16
Sprint Distance	3 to 4 km	5 to 6 km	5 to 6 km	16
Standard Distance	7 to 9 km	12 to 14 km	10 to 12 km	18

Cross Triathlon:

	Swim	Mountain Bike	Cross Country Run	Minimum age required
Team Relay	200 m	4 to 5 km	1.2 to 1.6 km	16
Sprint Distance	500 m	10 to 12 km	3 to 4 km	16
Standard Distance	1000 m	20 to 25 km	6 to 8 km	18

Cross Duathlon:

	Cross Country Run	Mountain Bike	Cross Country Run	Minimum age required
Team Relay	1.2 to 1.6 km	4 to 5 km	0.6 to 0.8 km	16
Sprint Distance	3 to 4 km	10 to 12 km	1,5 to 2 km	16
Standard Distance	6 to 8 km	20 to 25 km	3 to 4 km	18

APPENDIX B: RACE PROTEST FORM:



INTERNATIONAL TRIATHLON UNION

PROTEST FORM

Part 1: To be completed by the protester.

Protest must be filed and signed by the protester under the conditions outlined in the ITU Competition Rules and submitted to the Referee.

Event Name:	_____	Event Date:	_____
Event Location:	_____		
Name of Protester:	_____	Race Number:	_____
Country of Protester:	_____	Email:	_____
Address of Protester	_____		
Telephone (home):	_____	Telephone (mobile):	_____
Name of Protestee:	_____	Race Number:	_____
Country of Protestee:	_____		_____

A protest is a formal complaint against the conduct of a fellow athlete 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 or cash for USD 50 or equivalent currency.

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

- Protest Concerning the Course
- Protest Against Another Athlete or a Technical Official
- Protest Concerning Eligibility
- Protest Concerning Timekeeping
- Protest Concerning Equipment

Witness Details (2):

Name of Witness 1: _____

Name of Witness 2: _____

Rule(s) Violated: _____ **Time of Incident:** _____

Where did the Violation occur _____



(Define location. If required use additional paper and draw a diagram.)

Who was involved in the Violation?

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

Signature of Protester:

Date:

Part 2: To be completed by Referee

Time received by Race

Fee attached? Yes No

Referee:

Protester's version of the incident:

Protestee's version of the incident:

Official's version of the incident:

Decision of Referee:

Referee's Name:

Signature

APPENDIX C: RACE APPEAL FORM:



INTERNATIONAL TRIATHLON UNION

APPEAL FORM

Part 1: To be completed by the 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 or cash for USD 50 or equivalent currency.

Event Name:	_____	Event Date:	_____
Event Location:	_____	Time Appeal Submitted:	_____
Name of Appellant:	_____	Race Number:	_____
Country of Appellant:	_____	Email:	_____
Address of Appellant	_____		
Telephone (home):	_____	Telephone (mobile):	_____
Type of Penalty Received		Type of Penalty: (DQ, Suspension):	_____
Was the Penalty confirmed by the Referee?	Yes <input type="checkbox"/>	No <input type="checkbox"/>	

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:

Specific Location on the Course: _____

Name and Number of Race _____
Official(s) / Athlete(s) / _____
Spectator(s) if Known _____
Description of the Incident (Use _____
additional paper if required) _____

Witness Details (2):



Name of Witness 1: _____

Name of Witness 2: _____

Date:

Signature of Appellant: _____

Part 2 Official use only

Appeal Fee \$50 US attached	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Is this Appeal to reverse a Competition Jury decision?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
If 'Yes', attach Competition Jury Decision and action(s) and Referee's decision and action(s).		
Competition Jury Members (Names) and tick box to indicate if it was a 3 person jury or 5 person. <input type="checkbox"/> 3 person jury <input type="checkbox"/> 5 person jury	1.	
	2.	
	3.	
	4.	
	5.	
Competition Jury Action:		
Competition Jury Chair's Name Signature:		
Time, Date Appeal Received:		
Time, Date Appeal processed:		
Amount of fee withheld/refunded:		

APPENDIX D: DEFINITIONS:

Aid/Outside Assistance:	Any food, drink, equipment or relief allowed by the ITU Competition Rules.
Appeal:	A request to the Competition Jury of an event or the ITU Executive Board for a review of the decision of the 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	An athlete submitting an appeal.
Aquathlon	The term recognised by the ITU for a sport of individual character and motivation that combines swimming and running skills in continuum.
Assistance	Any attempt by an unauthorised or unofficial source to help or to stabilise an athlete.
Assistant Chief Technical Official	Responsible to the Chief Technical Official for coordinating the employment of the Technical Officials assigned to his/her race course segment or area.
Athletes	The competitors who register for and compete in ITU Events.
Athletes' Briefing	The meeting for elite athletes conducted by the Technical Delegate at 17h00 local time two days prior to the first elite competition day for ITU World Championships and ITU Triathlon World Cups, and 1 day prior to the first elite competition day for all other ITU events.
Bike Course	That part of the race course over which it has been defined in the Athletes' Briefing that the bike is to be ridden, walked or carried within distinctive lane boundaries. The bike course commences from the Mount Line and concludes at the Dismount Line.
Blocking	The deliberate impeding or obstructing of progress of one athlete by another. An athlete on the bike course, who is not keeping to the appropriate side of the road.
Charge	The contacting of one athlete by another from the front, rear or side, and hindering that athlete's progress.
Chief Technical Official	Appointed by the Referee and is responsible for the control and co-ordination of the deployment of Technical Officials.
Competition Jury	The Jury appointed and chaired by the Technical Delegate. It is held responsible to determine, to hear and to rule on all appeals against decisions handed down through the Referee, including decisions on protests.
Competition Rules	The official ITU Competition Rules, which govern all Triathlon, and other related Multisports events worldwide, unless that sport is under the jurisdiction of an international governing body recognised by IOC, CISM or Sportaccord.
Continental Technical Officials (CTOs)	The Level 2 Technical Officials certified by ITU.
Course	A forward line of progress from start to finish, which must be clearly marked and measured to prescribed specifications.

Crawling	The action by an athlete of bringing three or more limbs in contact with the ground, either together or in any sequence, to enable forward propulsion.
Dismount Line	A designated line at the entrance to the Transition Area from the bike course before which athletes are to dismount their bikes fully and proceed to the bike racks. The Dismount Line will normally extend for the width of the entrance to the Transition Area and be identified by flags/line/Technical Official, or combinations thereof.
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 athlete will not be given finish or split times for the event, no account will be taken of the athlete when placings are assessed for any category or for the race as a whole, and the athlete's results will appear as DSQ.
Draft Zone Bicycle	The draft zone is a rectangle created by every athlete in which other athletes can enter for a limited period of time and for overtaking purposes. The dimensions of the draft zone are dependent on the race distance.
Draft Zone Vehicle	The draft zone for a motor vehicle is a rectangle 35 metres long and 5 metres wide which surround every vehicle on the bike 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 athlete overlaps the draft zone of another athlete, vehicle or motorcycle on the bike course of an event.
Duathlon	The term recognised by the ITU for a sport of individual character and motivation, which combines cycling and running skills in continuum.
Elite	Elite athletes are those competing in elite races.
Event Organisers Manual (EOM)	A document, which has been developed to ensure the implementation of consistently high global event management and marketing standards.
Expulsion	An athlete 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.
Field of Play (FOP)	The course on which the competition portions of the ITU Event will take place.
Finisher	An athlete 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).
Force Majeure	Action of the elements, strike, lockout or other industrial disturbance, unlawful act against public order or authority, war blockade, public riot, lightning, fire or explosion, storm, flood, blacklisting, boycott or sanctions however incurred, freight embargo, transportation delay or any other, event which is not reasonably within the control of the party affected.
Incapable Athlete	An athlete deemed by race medical staff as not being able to continue the event without the likelihood of causing injury to him/herself or

	another athlete.
Indecent Exposure	The wilful uncovering of either or both buttocks, or of the pubic area or of the genital area. In addition, in the case of a female athlete, the wilful complete uncovering of one or both nipples.
Interference	A deliberate block, charge or abrupt motion, which impedes another athlete.
International Technical Officials (ITOs)	The Level 3 Technical Officials certified by ITU.
International Triathlon Union (ITU)	The world governing body of triathlon, duathlon, aquathlon, winter triathlon and all other related multisport, a not-for-profit corporation incorporated under the laws of Canada, domiciled and residing at #221-998 Harbourside Dr., in the city of North Vancouver, Province of British Columbia, Canada.
ITU Competition Rules	The document that contains all the rules and regulations that governs fair and safe competitions.
ITU Rules	The ITU Event Organisers' Manual (latest edition), ITU Competition Rules, ITU Constitution and By-Laws, ITU Uniform Rules, ITU Anti-Doping Rules and WADA Code, ITU Athletes' Agreement, ITU Qualification Criteria, ITU Ranking Criteria and any other rules adopted and amended by ITU from time to time and available for consultation via the download section of the ITU's official internet website www.triathlon.org .
Local Organising Committee (LOC)	The organising entity of an ITU Event.
Mount Line	A designated line at the exit from the Transition Area onto the bike course or after which athletes are to mount their bicycles and proceed. The Mount Line will normally extend for the width of the exit of the Transition Area and be identified by flags/line/Technical Official, or combinations thereof.
National Federation (NF)	National triathlon governing body affiliated to ITU.
National Technical Officials (NTOs)	The Level 1 Technical Officials certified by the NF.
Overtake	On the bike course, when the leading edge of the front wheel of the overtaking bike moves in front of the leading edge of the front wheel of the bike being overtaken. An athlete can pass another athlete only on the appropriate side.
Pack	Two or more athletes with overlapping draft zones.
Pass	When one athlete's bike draft zone overlaps another athlete's bike draft zone, makes continual forward progress through that zone and overtakes within a maximum period of 15 seconds (for standard distance events or shorter events) or 20 seconds (for long distance events). An athlete can pass another athlete only on the appropriate side.
Penalty	The consequence on an athlete, who is assessed by an ITU Technical Official to have unintentionally committed a rule infringement/violation. A penalty may take the form of a time delay, disqualification, suspension or expulsion.

Penalty Box	An area on the bike course or the run course, set aside for the implementation of a time penalty for a rule infringement/violation.
Protest	A formal complaint against the conduct of another athlete or a race official, or against the conditions of the competition.
Referee	A Technical Official, who is responsible to the Technical Delegate to hear and make final decisions on all rules violations reported by Technical Officials.
Results	The timed finish positions of all athletes after violation reports have been ruled on, protests and appeals have been heard, and penalties have been awarded.
Right of Way	When an athlete has established a lead position and pursues a desired course within the limits of these ITU Competition Rules.
Run Course	That part of the race course, which has been defined at the Athletes' Briefing where the athlete 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 National Federation 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 National Federation operating requirements to provide the greatest potential for the conduct of a safe and fair event.
Sports Conduct	The behaviour of an athlete 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 an athlete, 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 and Go Time Penalty	A method of imposing a brief delay on an athlete who is assessed by a Technical Official to have unintentionally infringed the rules, for example, drafting on the bike course. A Penalty Box may be used for this penalty.
Suspension	<p>An athlete 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.</p> <p>For any suspension because of a doping violation, the athlete 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.</p>
Swim Course	That part of the race course over which it has been defined in the Athletes' Briefing that the athlete 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, and who is responsible for ensuring that all aspects of the ITU Competition Rules and ITU Event Organisers' Manual are fulfilled in preparation for, during, and after the event. Where appeals are lodged, the Technical Delegate will be the chair of the Competition Jury. The Technical Delegate will normally be responsible for conducting or overseeing the conduct of event sanctioning.
Technical Official	A member of the joint team of International Technical Officials (ITOs), Continental Technical Officials (CTOs) and National Technical Officials (NTOs) at an ITU event. .
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 bike course or the run course and within which each athlete is allocated an area for the storage of individual items of clothing and equipment.
Triathlon	A sport of individual or team character and motivation, which combines swimming, cycling and running skills in continuum.
Venue	All warm-up and competition areas, the air space above such areas, official hotel, broadcasters, press and media areas, sport expo area, contiguous areas, including without limitation spectators' area, VIP areas, transition area, finish area and all other areas under control of LOC.
Violation	A rule infringement which results in the awarding of a penalty.
Warning	A verbal caution issued by a Technical Official to an athlete during the course of a race. The purpose of a warning is to alert the athlete to the potential for a rule violation to occur and to promote a pro-active attitude.

APPENDIX E: LINK TO CRITERIA ON www.triathlon.org:

1. Qualification Criteria:

- 1.1. ITU World Championships Series
- 1.2. ITU Triathlon World Cup
- 1.3. ITU Triathlon Continental Cup
- 1.4. ITU Aquathlon World Championships
- 1.5. ITU Cross Triathlon World Championships
- 1.6. ITU Duathlon World Championships
- 1.7. ITU Long Distance Duathlon World Championships
- 1.8. ITU Long Distance Triathlon World Championships
- 1.9. ITU Winter Triathlon World Championships

2. Ranking Criteria:

- 2.1. ITU World Championships Series
- 2.2. ITU U23 Triathlon
- 2.3. ITU Points List
- 2.4. ITU Continental
- 2.5. ITU Duathlon
- 2.6. ITU Long Distance Triathlon

3. Olympic Qualification Criteria:

- 3.1. 2010 Youth Olympic Games
- 3.2. 2012 Olympic Games

APPENDIX F: LINK TO UNIFORM RULES ON www.triathlon.org:

1. ITU Uniform Rules:

- 1.1. ITU Uniform Rules – Elite, Junior and U23
- 1.2. ITU Uniform Rules – Age Group
- 1.3. ITU Uniform Rules – Paratriathlon

APPENDIX G: LINK TO PARATRIATHLON CLASSIFICATION MANUAL ON www.triathlon.org:

1. Paratriathlon Classification Manual:

APPENDIX H: ITU ATHLETES' EQUIPMENT CERTIFICATION:

1. Introduction:

The Certification System has been developed in response to the need for better quality products in top level competitions and the recent rapid developments in athletes' equipment. It also recognises the growing trend towards international standardisation of product specifications.

Not only will the Certification System serve and protect triathlon manufacturers around the world but the innovation will also give vital support to ITU's mission in helping and protecting athletes at the top levels of the sport world-wide. This will encourage a higher standard of improving technique through the use of better quality equipment in ITU competitions.

2. Certification of Athletes' Equipment:

- 2.1. Athletes' equipment is considered but not limited to Wetsuits, Swimsuits, and Handlebars.
- 2.2. Only certified athletes' equipment may be used in all ITU competitions from January 1st, 2011.
- 2.3. ITU may, on application by any manufacturer or supplier, and, subject to such tests and certification, which ITU at its discretion require, grant a Product Certificate for the athletes' equipment in the terms hereinafter described and with such conditions or time limitations as are deemed by ITU to be appropriate.
- 2.4. All costs associated with the certification including, but not limited to, costs of transport of samples, laboratory test fees, cost of processing of applications together with a fee to be set by ITU, will be met by the manufacturer or supplier.
- 2.5. All product certification will be valid until 31st of December in the year of the Summer Olympic Games.
- 2.6. Manufacturers or suppliers shall inform ITU of any proposed changes which may affect the certification of any certified product and shall supply such information as is deemed necessary by ITU to ITU or to any testing institute(s) nominated by ITU for the purpose of ensuring that the product still conforms with ITU Rules.
- 2.7. ITU will regularly publish an updated list of all certified athletes' equipment. This list will be available on the ITU website and on request from ITU.

3. Method of Application:

- 3.1. Each application shall be on an ITU application form (sample is shown at the end of this Appendix) and shall give full details of the product including materials.
- 3.2. Product Certificates may be renewed if applied for, and on payment of the appropriate fee in any case where the applicant certifies that the product is unchanged and where this is confirmed by monitoring during the previous period.

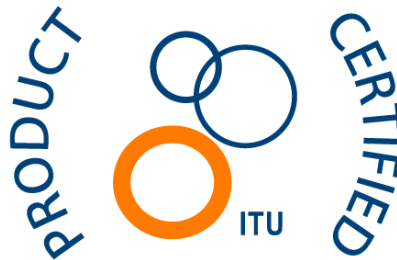
4. Certification Procedure:

- 4.1. Equipment (Wetsuits, Swimsuits & Handlebars): The applicant, at his/her own cost, should submit to the ITU Events Department for certification one (1) piece of each equipment, along with the ITU application form (chapter 8) and all the necessary documentation.
- 4.2. The ITU will assess and test products according to the ITU regulations.
- 4.3. The ITU Events Department will submit a report for the applied equipment - prepared by a three member committee consisting of the ITU Sport Director, ITU Technical Operations Manager and an International Technical Official (Level 3) - to the ITU Technical Committee, responsible for issuing the Certification.

- 4.4. Once a product is certified, the applicant shall indicate such certification in the product documentation and/or on the product packaging and/or product labels by the ITU Certification Logo (no other ITU logo may be used) and must market an ITU Certified product as "Certified by ITU".

5. Logo Use Guidelines:

- a.) Guidelines on the use of the logo are available from ITU.
- b.) Commercial use in advertising and promotion is not permitted and subject to a specific agreement with ITU.



6. Criteria:

- 6.1. Wetsuits:
- a.) Design In accordance with the current ITU Uniform Rules;
 - b.) Material In accordance with the ITU Competition Rules.
- 6.2. Swimsuits:
- a.) Design In accordance with the current ITU Uniform Rules and ITU Competition Rules;
 - b.) Material:
 - (i) In accordance with the FINA Requirements for Swimwear Approval (RFSA);
 - (ii) Neoprene or material with buoyant properties are expressly forbidden.
 - c.) Construction:
 - (i) In accordance with the FINA Requirements for Swimwear Approval (RFSA)
 - (ii) Note the applicant should submit the swimsuit for approval accompanied by the FINA Approval letter for the specific type of Swimsuit. ITU will post a Swimsuit Certified List.
- 6.3. Handlebars:
- a.) In accordance with the ITU Competition Rules.

7. Product Certification:

- 7.1. the applicant should submit their product for certification. ITU will post a Handlebars Certified List for Draft Legal Events.

7.2. Control and monitoring procedure:

- a.) Each item certified will be allocated a unique certification number, which must be used in all materials relating to that item and to that item only.

- b.) In a case where the monitoring procedures indicate that a Product Certification is no longer appropriate to the product, the holder of the Product Certification will be notified and will have the opportunity within thirty (30) days of the date of the notification to show reason why the certification should not be withdrawn by ITU.

7.3. Certification Fees:

- a.) The cost of certification for athletes' equipment has been set as follows:

Equipment	1st Certification	Renewal
Wetsuit	300 US\$	150 US\$
Swimsuit	300 US\$	150 US\$
Handlebars (Draft Legal Events)	300 US\$	150 US\$

- b.) The fees are non-refundable and the payment in full must accompany the application.

7.4. Exclusion of liability/ indemnity:

- a.) Exclusion of liability: To the full extent permitted by law, the applicant expressly waives any claim against ITU its officers, employees and/or Committee Members arising out of or in connection with the certification process set forth in these provisions.
- b.) Indemnity: The applicant shall indemnify and keep ITU and its officers harmless against claims, damages or costs (including attorney's fees) arising out of or linked with claims by third parties based on the certification of applicant's products and/or use by the applicant of the certification notice.

7.5. Review of Decision:

- a.) The applicant may apply for review of a decision of the ITU Technical Committee denying certification before the ITU Executive Board within twenty-one days of the notification of the decision.
- b.) Decisions of the ITU Executive Board shall be deemed as accepted and final if not challenged before the Court of Arbitration for Sport in Lausanne (CAS) in accordance with chapter 9 below.

7.6. Arbitration / applicable law:

- a.) Subject to the review by the ITU Executive Board, any dispute (including challenge of ITU Executive Board decision or disputes in connection with payments or other disputes) in connection with a certification procedure shall be exclusively submitted to the Court of Arbitration for Sport in Lausanne.
- b.) Swiss law shall apply as substantive law.
- c.) For the avoidance of doubt, criteria set forth in these provisions shall not be subject to review.

For further details please contact:
International Triathlon Union
at email events@triathlon.org

8. Athletes' Equipment Certification Application Form:

This form must be sent to: International Triathlon Union
#221, 998 Harbourside Dr.,
North Vancouver, BC,
Canada, V7P 3T2
events@triathlon.org

We hereby apply for approval for:

1st Certification

Renewal

Wetsuit

Swimsuit

Handlebars

Product's Trade Name	
Colour	
Manufacturer	
Contact Person	
Address	
Phone Number	
Fax Number	
Email	
Website	
Date of Application	
Certification Number (if renewal application)	

Technical Description of Product (provide information regarding design, material, construction, testing methods, observations)
Empty space for technical description

Attached Documents

- | | |
|--|--|
| <input type="checkbox"/> Technical Description | <input type="checkbox"/> Photograph(s) |
| <input type="checkbox"/> Full Technical Scale Drawings | <input type="checkbox"/> 1 sample of the equipment |
| <input type="checkbox"/> Other IF Approval Letter | <input type="checkbox"/> Other |

This application is made in accordance with the ITU Athletes' Equipment Certification Manual in force at the time of application and is subject to the provisions contained therein.

ITU shall keep the application, supporting documentation and samples confidential.

Date	
Name	
Signature	

APPENDIX I: PRIZE MONEY BREAKDOWN:

1. Introduction:

- 1.1. The ITU Prize Money Percentages were created to provide a fair and equitable formula to distribute prize money to athletes.
- 1.2. If an ITU Event Organiser wants to modify these percentages, they must apply in writing to events@triathlon.org. If the modification is approved, it must be posted on the ITU Event's webpage and on www.triathlon.org.
- 1.3. The amount and depth of prize money must be equal for women and men. There is no modification to this.
- 1.4. The prize money formula for the Dextro Energy Triathlon - ITU World Championships Series has been modified to suit the Series and can be found on www.triathlon.org.

2. Percentages:

- 2.1. The table below shows the four basic prize money percentages.
- 2.2. For an easy tool to calculate the prize money percentage based on the event prize money, please visit www.triathlon.org.

	Top 15 (40 001 USD and more overall prize money)	Top 10 (10 001 – 40 000 USD overall prize money)	Top 5 (3 001 – 10 000 USD overall prize money)	Top 3 (3 000 USD and less overall prize money)
1.	25.00%	25.00%	30.00%	50.00%
2.	20.00%	20.00%	25.00%	30.00%
3.	15.00%	15.00%	20.00%	20.00%
4.	10.00%	10.00%	15.00%	
5.	7.00%	8.00%	10.00%	
6.	6.00%	7.00%		
7.	5.00%	6.00%		
8.	3.00%	4.00%		
9.	2.25%	3.00%		
10.	1.75%	2.00%		
11.	1.50%			
12.	1.25%			
13.	1.00%			
14.	0.75%			
15.	0.50%			

APPENDIX J: ITU RELATED MULTISPORTS:

- Long Distance Triathlon
- Aquathlon
- Duathlon
- Winter Triathlon
- Cross Triathlon
- Cross Duathlon
- Indoor Triathlon

APPENDIX K: ITU EVENTS AND ITU EVENT CATEGORIES:

ITU Events

- World Championships (Series for elite Triathlon)
- World Cup Circuit
- World Series in Duathlon and Long Distance Triathlon
- Continental Championships
- Continental Cup Series
- Continental Tour Event

ITU Event Categories

- Elite
- U 23
- Junior
- Paratriathlon
- Age Group (as defined in 5 year increments from 16-19 to 90+)

APPENDIX L: PENALTIES AND VIOLATIONS:

Rules	Penalty
1. Starting before the starter's signal;	<ul style="list-style-type: none"> - Stop and Go - 15 seconds in T1
2. Failing to follow the prescribed course;	<ul style="list-style-type: none"> - Stop and Go and reenter the race by the same point. If fails to that DSQ
3. Using abusive language or behaviour toward any official;	<ul style="list-style-type: none"> - DSQ and report to the EB for possible suspension
4. Using unsportsmanlike behavior;	<ul style="list-style-type: none"> - DSQ and report to the EB for possible suspension
5. Blocking, charging, obstructing, or interfering with the forward progress of another athlete;	<ul style="list-style-type: none"> - Unintentionally: verbal warning - Intentionally: DSQ
6. Unfair contact. The fact that contact occurs between athletes does not constitute a violation. When several athletes are moving in a limited area, contact may occur. This incidental contact between athletes in equally favourable positions, is not a violation;	<ul style="list-style-type: none"> - Unintentionally: verbal warning - Intentionally: DSQ
7. Accepting assistance from anyone other than a Technical Official or race official ;	<ul style="list-style-type: none"> - If it is possible to amend and return to the original situation Stop and Go - If not: DSQ
8. Refusing to follow the instructions of Technical Officials or race officials;	<ul style="list-style-type: none"> - DSQ
9. Departing the course for reasons of safety, but failing to re-enter at the point of departure;	<ul style="list-style-type: none"> - Unintentionally: verbal warning, and correct if possible
10. Failure to wear the unaltered race numbers if provided by the Local Organizing Committee, in the proper way ordered by the Technical Delegate and announced on the Athletes' Briefing;	<ul style="list-style-type: none"> - Unintentionally: verbal warning, and correct if possible (i.e. before the race) - Intentionally: DSQ
11. Leaving equipment or discarding personal articles on the course. Tyres, plastic bottles, and other discarded items must be placed safely off the course;	<ul style="list-style-type: none"> - Stop and Go, when amended - If not: DSQ
12. Wearing items deemed a hazard to self or others;	<ul style="list-style-type: none"> - Stop and Go, when amended - If not: DSQ
13. Using unauthorized equipment to provide an advantage or which will be dangerous to others;	<ul style="list-style-type: none"> - Stop and Go, when amended - If not: DSQ
14. Violating race specific traffic regulations;	<ul style="list-style-type: none"> - Unintentionally: verbal warning, and correct if possible - Intentionally: DSQ

15. Contrived or intentional ties by elite, u23 and junior athletes in ITU sanctioned events;	- DSQ
16. Not attend the Athletes' Briefing, but informing The TD about the absence.	- Athlete not attending the briefing, but who have informed the TD about their absence, will be reallocated to the last position on the pre-start line up; - For the World Championship Series or Triathlon World Cup events, if an athlete misses more than two briefings in a calendar year, they will be removed from the start list for the third missed briefing and each missed briefing thereafter;
17. Not attend the Athletes' Briefing, without notify the TD;	- Athletes not attending the briefing, without informing the TD about their absence, will be removed from the start list.
18. Wearing a different uniform than the one presented in the check-in;	- If the new uniform complies with the rules. Warning - If not: DSQ
19. Fraud by entering under an assumed name or age, falsifying an affidavit, or giving false information;	- DSQ and inform ITU EB for a possible suspension
20. Participating when not eligible;	- DSQ and inform ITU EB for a possible suspension
21. Repeated violations of ITU Rules;	- DSQ and inform ITU EB for a possible suspension
22. Drug abuse;	- Penalties will apply according to the WADA rules
23. For an unusual and violent act of unsportsmanlike behaviour;	- Expulsion
24. Compete with a bare torso;	- Stop and Go when amended - If not: DSQ
25. Make forward progress without the bike, during the bike segment;	- Stop and Go when amended - If not: DSQ
26. Nudity or indecent exposure;	- DSQ
27. Draft in a draft illegal race on sprint distance events;	- 1st offence: 1 minute in the next penalty box - 2nd offence: DSQ
28. Draft in a draft illegal race on standard distance events;	- 1st offence: 2 minutes in the next penalty box - 2nd offence: DSQ
29. Draft in a draft illegal race on long distance events;	- 1st and 2nd offences: 5 minutes in the next penalty box - 3rd offence: DSQ
30. Not stopping in the next penalty box being obliged to do so;	- DSQ
31. Wearing the helmet unfastened or unsecurely fastened, during the bike segment;	- Stop and Go when amended - If not: DSQ
32. Take off the helmet on the bike course, even if stopped;	- Stop and Go when amended - If not: DSQ
33. Not wearing a helmet during the bike	- DSQ

segment;	
34. Compete with illegal or unauthorized equipment;	<ul style="list-style-type: none"> - Stop and Go when amended - If not: DSQ
35. Crawl during the running segment;	<ul style="list-style-type: none"> - DSQ
36. Run without shoes during any part of the running segment;	<ul style="list-style-type: none"> - DSQ
37. Run wearing a helmet;	<ul style="list-style-type: none"> - DSQ
38. Rack the bike outside the athletes' own space;	<ul style="list-style-type: none"> - Before the race warning and amend - During the race: <ul style="list-style-type: none"> - Age-Group: Stop and Go when amended - Elite: 15 seconds in the first penalty box
39. Mount the bike before the mount line;	<ul style="list-style-type: none"> - Age-Group: Stop and Go when amended - Elite: 15 seconds in the next penalty box
40. Dismount the bike after the dismount line;	<ul style="list-style-type: none"> - Age-Group: Stop and Go when amended - Elite: 15 seconds in the next penalty box
41. Discharge or store the athlete equipment outside the designated area;	<ul style="list-style-type: none"> - Stop and Go when amended - Elite: 15 seconds in the next penalty box
42. To use posts, trees or other fixed elements to assist maneuvering curves;	<ul style="list-style-type: none"> - Elite: 15 seconds in the next penalty box
43. Team relay exchange completed outside of the relay exchange zone;	<ul style="list-style-type: none"> - Team DSQ
44. Warming up on the course while another race is in progress;	<ul style="list-style-type: none"> - Warning and amend - If not amended: DSQ
45. Wearing clothing covering arms from shoulder to hand and/or clothing covering legs from knee to toes (in a non-wetsuit swim) and on bike and run;	<ul style="list-style-type: none"> - Warning and amend - If not amended: DSQ
46. Use of illegal equipment on the bike and/or run, including but not limited to headphones, glass containers, mobile phones, uniform not complying with ITU Uniform Rules;	<ul style="list-style-type: none"> - Warning and amend - If not amended: DSQ
47. Marking of position in Transition Area;	<ul style="list-style-type: none"> - Warning and amend - If not amended, marking will be removed and athlete will not be notified