



Competition Rules

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These Competition Rules are 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, which are accepted by the ITU Executive Board.

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A INTRODUCTION

A.1 Purpose

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

A.2 Intention

The ITU Competition Rules are intended to:

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

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

A.3 Modifications

- a) These rules will be adapted for other modern multi-sport competitions, which fall within the jurisdiction of ITU, i.e. Duathlons, Winter Triathlons, Indoor Triathlons, Aquathlons, Canoe Triathlons, Off-Road Triathlon/Duathlon and Team Competitions;

- b) A competitor must not be permitted an advantage not intended by a rule. To implement this, many of the rules are in general terms. This eliminates a multiplicity of rules and provides officials with authority to adapt the rules to fit conditions. Officials base their judgment on whether an advantage, not intended by the rules, has been gained;
- c) ITU Competition Rules will be applicable to international competitions hosted by National Federations (NFs) affiliated to ITU.

A.4 Exceptions

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

A.5 Special Rules

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

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

A.6 Unauthorized Exceptions or Additions

The unauthorised exception to or addition of a Competition Rule will prevent an event from being sanctioned and will invalidate a sanction, which has already been granted to an event. This could result in legal complications, particularly in the case of accidents during the event and in subsequent requests for approval from NFs and/or municipal authorities to use roads and waterways. Insurance authorities have also warned that claims made under such circumstances may be considered invalid.

A.7 Rule Updates

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

B CONDUCT OF COMPETITORS

B.1 General Conduct

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

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

B.2 Drug Abuse

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

B.3 Health

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

B.4 Eligibility

B.4.1 Elite Triathlon World Championships

Qualification Criteria:

- a) NFs may name a maximum of six (6) men and six (6) women to their National Elite Team based on the following qualification criteria:
- b) Top 3 Men and Women from ITU Continental Championships in:

- (i) Africa;
 - (ii) Asia;
 - (iii) Europe;
 - (iv) Pan America;
 - (v) Oceania.
- c) ITU World Cup Ranking:
- (i) The top 40 athletes in the ITU World Cup Ranking as of 21 days before the World Championships;
 - (ii) The ITU Points List will be used for the next 15 spots;
- d) Wild cards may be awarded to athletes by ITU upon application from their NF no later than 30 days prior to the World Championships. Wild cards will be awarded 20 days prior to the World Championships. ITU shall have the sole authority to award any or all of the wild cards.

B.4.2 Junior World Championships (Sprint distance, Drafting race)

- a) Age Requirement: 16 – 19 years as of 31 December in the year of the competition;
- b) Lower age limit: If an athlete is 15 years old and turns 16 in the year of the competition they are eligible to compete;
- c) Upper age limit: If an athlete is 18 years old and turns 19 in the year of the competition they are eligible to compete;
- d) Each NF in good standing with ITU has the right to automatically enter three (3) athletes into both the Women's and Men's junior category;
- e) Based on the number of athletes the NF had in the previous year's World Championships results, they will be allowed either one or two additional entries for a maximum of five (5) per NF;
- f) If the NF had two (2) or more athletes in the top 25 of the previous year's World Championships, they will be allowed to enter a maximum of five (5) athletes;
- g) If the NF had three (3) or more athletes in the top 50 of the previous year's World Championships, they will be allowed to enter a maximum of four (4) athletes.
- h) Wild cards may be awarded to athletes by ITU upon application from their NF no later than 30 days prior to the World Championships. Wild cards will be awarded 20 days prior to the World Championships. ITU shall have the sole authority to award any or all of the wild cards.

B.4.3 Under 23 World Championship: (Olympic Distance, Drafting Race) to be known as U23

- a) Age Requirement: 18 to 23 as on 31 December in the year of the competition;
- b) Lower age limit: If an athlete is 17 years old and turns 18 in the year of the competition they are eligible to compete;

- c) Upper age limit: If an athlete is 22 years old and turns 23 in the year of the competition they are eligible to compete;
- d) Each NF in good standing with ITU has the right to automatically enter three (3) U23 athletes into both the Women's and Men's U23 category;
- e) Based on the number of athletes the NF had in the previous year's World Championships results, they will be allowed either one or two additional entries for a maximum of five (5) per NF.
- f) If the NF had two (2) or more athletes in the top 25 of the previous year's World Championships, they will be allowed to enter a maximum of five (5) athletes.
- g) If the NF had three (3) or more athletes in the top 50 of the previous year's World Championships, they will be allowed to enter a maximum of four (4) athletes.
- h) Wild cards may be awarded to athletes by ITU upon application from their NF no later than 30 days prior to the World Championships. Wild cards will be awarded 20 days prior to the World Championships. ITU shall have the sole authority to award any or all of the wild cards.

B.4.4 Age-Groups:

- a) Age for each of the age group categories 18-19 yrs, and 5 year categories from 20 years to 80+ will be determined as of 31 December in the year of the competition;
- b) A maximum of 18 athletes can be entered in each category by their National Federation;
- c) The categories for age group competitors are:

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

B.4.5 World Cup Entry Criteria

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

- a) Women's and Men's events are considered distinct and the criteria applies equally to both. All entry applications must be filled out on-line with a copy by e-mail to ITU and must be made by NFs (i.e. individuals may not enter themselves);
- b) National Federations may submit requests to participate in a World Cup event until 30 days prior to the competition; The NFs may submit a maximum of 8 names per race, except for the host NF which may submit a maximum of 10 names per race.

- c) 30 days prior to competition if there are 70 athletes or fewer, all the requests are accepted and the admission process will continue until 75 spots are filled;
- d) 30 days before the competition if there are more than 70 requests, ITU will produce a list of 70 athletes who are accepted to compete based on the following criteria:
 - Those qualified based on the current World Cup Ranking, the Top 1-25 will be automatically accepted and the next 45 athletes on the start list will be from the ITU Points ranking;
 - 5 spots will be reserved for ITU's discretion;
 - The remaining athletes will be put on the waiting list.

B.4.6 Olympic Games

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

B.4.7 Insurance

- a) Each competitor competing in an ITU event must have adequate insurance coverage, guaranteed by their NF. Host NFs are not permitted to charge athletes a day of race fee for insurance purposes.

B.5 Registration

B.5.1 Entry

- a) Age group athletes will register for the World Championships via the competitor's NF following their qualification system;
- b) Elite, U23 and Junior athletes qualify by following the Eligibility rules outlined in B.4 of these rules;
- c) All competitors must be in good standing with their NFs, and they all must sign the ITU Competitor Agreement;
- d) NFs are required to ensure that all their Elite, U23 and Junior athletes are registered on the NF page on www.triathlon.org.

B.5.2 Language and Communication

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

B.5.3 Team Uniforms

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

B.5.4 Pre-Race Briefing

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

B.5.5 Packet Pick-Up

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

B.5.6 Packet Pick-Up Times

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

B.5.7 Packet Contents

Race packets will contain a minimum of:

- a) Five (5) official race numbers (one for body – none for elite athletes, one for bicycle and three for helmet) and four safety pins;
- b) Security/Credentials Pass;
- c) Schedule of Events;
- d) Start List;
- e) Course maps;
- f) Event Tickets;
- g) Competition Rules specific to the competition. (It is the competitor's responsibility to know the ITU Competition Rules. It is the NF's responsibility to ensure that competitors have a copy of the ITU Competition Rules).

B.6 Timing and Results

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

- a) Finish of the swim or first segment;

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

C DISCIPLINE OF COMPETITORS

C.1 General Rules

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

C.2 Warnings

- a) It is not necessary for an official to give a warning prior to issuing a more serious penalty;
- b) The purpose of a warning is to alert a competitor about a possible rule violation and to promote a "proactive" attitude on the part of officials.
- c) **Assessment**

A warning will be given at the discretion of the official. If time and conditions permit a Technical Official will assess a warning by:

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

A warning may be given when:

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

- d) **Procedure during warning:**

- (i) When assessed a yellow card, the competitor will stop in a safe manner and follow the instructions of the Technical Official;
- (ii) If on a bicycle, the competitor will stop in a safe manner, dismount to the outside from the course with both feet on one side of the bicycle, and follow the instructions of the Technical Official;

- (iii) The Technical Official will then say "GO", at which time the competitor will continue in a safe manner.

C.3 Disqualification

a) **General**

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

b) **Assessment**

If time and conditions permit a Technical Official will assess a disqualification by:

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

c) **Procedure after Disqualification**

- (i) A competitor may finish the race if an official calls a disqualification. A disqualified competitor may appeal the decision (except in the case of a judgment call) in accordance with the provisions of Appeals of the Competition Rules;
- (ii) In the event of Elite and U23, being lapped on the cycle course, requires the athlete to exit the Field of Play (FOP) immediately (where safe).

d) **Reasons for Disqualification**

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

- (i) Failing to follow the prescribed course;
- (ii) Using abusive language or behaviour toward any official or unsportsmanlike behavior (also possible suspension);
- (iii) Blocking, charging, obstructing, or interfering with the forward progress of another competitor;
- (iv) Unfair contact. The fact that contact occurs between competitors does not constitute a violation. When several competitors are moving in a limited area, contact may occur. This incidental contact between competitors in equally favourable positions, is not a violation;
- (v) Accepting assistance from anyone other than a Technical Official ;
- (vi) Refusing to follow the instructions of race officials;
- (vii) Departing the course for reasons of safety, but failing to re-enter at the point of departure;
- (viii) Failure to wear the unaltered race number if provided by the Local Organizing Committee, in the proper way, which is: worn on the front during the entire run segment;
- (ix) Leaving equipment or discarding personal articles on the course. Tires, plastic bottles, and other discarded items must be placed safely off the course;

- (x) Wearing items deemed a hazard to self or others, i.e., a hard cast, jewelry, headsets, or headphones;
- (xi) Using unauthorized equipment to provide an advantage or which will be dangerous to others;
- (xii) Violating traffic regulations;
- (xiii) Contrived or intentional ties by Elite athletes, U23 and Junior athletes in ITU sanctioned events.

C.4 Suspension

a) **General**

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

b) **Reasons for Suspension**

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

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

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

C.5 Expulsion

a) **General**

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

b) **Reasons for Expulsion**

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

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

c) **Procedure during Expulsion**

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

d) **Expulsion due to Drug Abuse**

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

- e) **Disciplinary Notice**
 - (i) When a competitor is suspended or expelled, the President of ITU will notify the concerned NF, in writing, within 30 days;
 - (ii) All suspensions and expulsions will be announced in the ITU newsletter and communicated to the IOC and GAISF.
- f) **Right of Appeal**
 - (i) Competitors charged with a violation have the right to appeal, except in the case of judgment calls by officials.
- g) **Reinstatement**
 - (i) After suspension, a competitor must apply to the President of ITU for reinstatement.

D SWIMMING CONDUCT

D.1 General Rules

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

D.2 Wetsuit Use

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

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

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

- b) Junior athletes at ITU Sprint distance events:

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

- c) For Age Group competitors:

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

- d) **Modifications:** If weather conditions dictate, i.e., ambient air temperature, the ITU-Medical Committee (ITU-MC) may advise the Technical Delegate to adapt the limits on wetsuit use. A ruling on wetsuit use will be made 24 hours before the start of the race, with the final ruling one hour before the start, by the Technical Delegate and will be clearly communicated to the competitors.
- e) **Water Temperature:** Water temperature must be taken one (1) day prior to race day and one (1) hour prior to the start of the event on race day. It must be taken in the middle of the course at a depth of 60 cm.
- f) **Second Suit:** For non-wetsuit swims, competitors must wear their ITU approved uniform on the outside. If they wear a second suit, it must be worn underneath the official uniform and cannot be removed after the swim.

D.3 Starting Position Selection: (Elite Athletes)

- a) Prior to the start of the competition athletes in the order of their current World Cup Ranking are asked to select their starting position. For those athletes who do not have a World Cup Ranking, ITU Points will be used after all those with a World Cup Ranking have selected.
- b) The athletes upon entering the pontoon go directly to their selected numbered position and stay in that position until the start.
- c) Start line Technical Officials note each athlete's race number and selected starting position.
- d) Selection of start positions ends when every athlete is in a start position.

D.4 Start Procedure: (Elite Athletes)

- a) A Pre-start line is marked 50cm from the edge of the start platform.
- b) After all athletes are in position (confirmed and noted by the Start-line, the Technical Officials) "**take your mark**" is announced.
- c) 3-6 seconds after the start signal is to be given.
- d) Three Technical Officials are involved in the start procedure.
- The first and second Start Technical Officials are standing beside each other in the middle of the start area behind the athletes.
 - The third Start Technical Official stands on the side of the start area to have a clear view of the start.
 - The third Start Technical Official has an air horn in case it is needed to give a false start signal (several short horn blasts).

- The first Start Technical Official is responsible for announcing "Take your mark".
 - The second Start Technical Official is responsible for giving the start signal.
- e) Athletes must move forward after the start horn.
- f) In case of a false start, the athletes have to come back to their previously selected position controlled by the Start-line Technical Officials and the start procedure has to begin again.
- g) The LOC is expected to provide electronic start horns.

D.5 Equipment

D.5.1 Legal Equipment

- a) A competitor must wear the swim cap provided by the race organization at all times during the swim.
- b) Goggles and nose clips are allowed.

D.5.2 Illegal Equipment

Athletes must not use:

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

E CYCLING CONDUCT

E.1 General Rules

A competitor is not permitted to:

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

E.1.1 Dangerous Behavior

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

E.1.2 Bicycle Check

- a) A bicycle check will take place upon Check-in to the Transition Area before the competition. Technical Officials will be checking that the bicycles comply with the rules;
- b) Athletes may request approval from a Technical Official during the Athletes' pre-race briefing to allow time for competitors to make modifications, if necessary, to comply with the rules.

E.2 Drafting

E.2.1 General Guidelines

- a) For Elite, U23 and Junior competitors only, the drafting rule will not apply for any ITU event including the World Championships, World Cup, Olympic Games, ITU Continental Championships and ITU Continental Events in Triathlon, Duathlon and Winter Triathlon.
- b) The Drafting Rule will apply for age group competitions and for Long Distance Triathlon and Long Distance Duathlon (all categories);
- c) NFs affiliated to ITU will organize events within their jurisdiction where the draft rule does not apply to Elite, U23 and Junior athletes.

E.2.2 Draft-Illegal Races

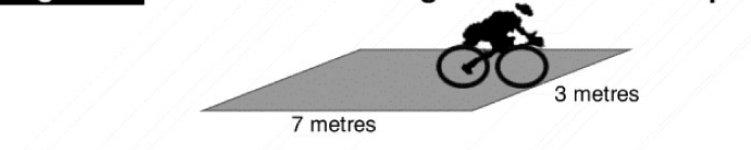
In races where the drafting rule applies:

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

E.2.3 Bicycle Draft Zone

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

Diagram 1 Distance of Drafting Zone for ALL Competitors



E.2.4 Entry into Bicycle Draft Zone

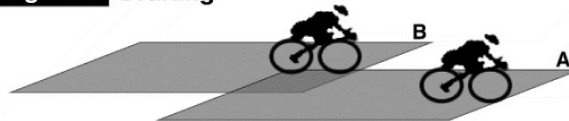
A competitor may enter a bicycle draft zone (subject to the official's judgment) in the following circumstances:

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

E.2.5 Overtaking Definition

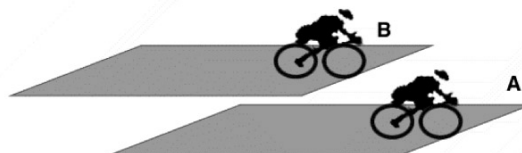
- a) A competitor is passed when another competitor's front wheel is ahead of theirs;
- b) Once overtaken, a competitor must immediately move out of the draft zone of the leading competitor;
- c) Competitors must keep to the side of the course and not create a blocking incidence. Blocking is where a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

Diagram 2 Drafting



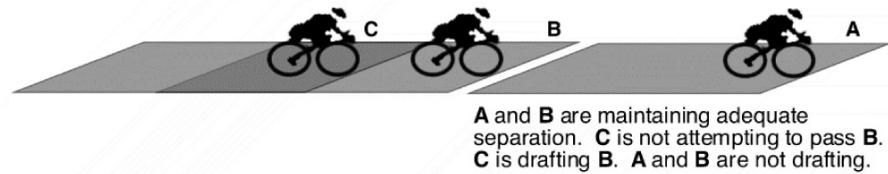
A has overtaken **B** and **B** is now drafting the lead cyclist **A**. **B** must drop out of **A**'s draft zone before attempting to re-pass **A**. **A** must move to the Left Hand Side of the road when safe otherwise **A** can be called for blocking. **B** can only overtake **A** on **A**'s Right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

Diagram 3 Blocking



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

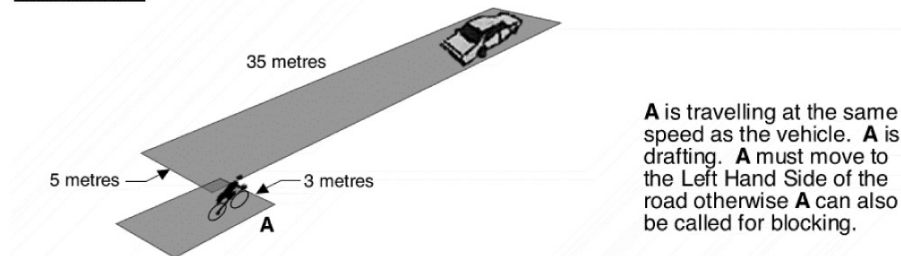
Diagram 4 Drafting and Not Drafting



E.2.6 Vehicle Draft Zone

- a) Motorcycles are the only vehicles allowed on any section of the course. All drivers, officials, media, and race personnel must wear a securely fastened certified motorcycle helmet at all times when on the motorcycle;
- b) The vehicle draft zone is a rectangle thirty-five (35) meters long by five (5) meters wide, which surrounds every vehicle on the cycle segment. The front edge of the vehicle will define the center of the leading 5 meter edge of the rectangle;
- c) Competitors may not pass through this zone. The responsibility for ensuring that this zone is upheld lies with the driver of the vehicle and the Vehicle Control Official (VCO). All vehicles on the course will be controlled by the regulations outlined in the Event Organizers' Manual.

Diagram 5 Vehicle Draft Zone



E.2.7 Penalties for Drafting

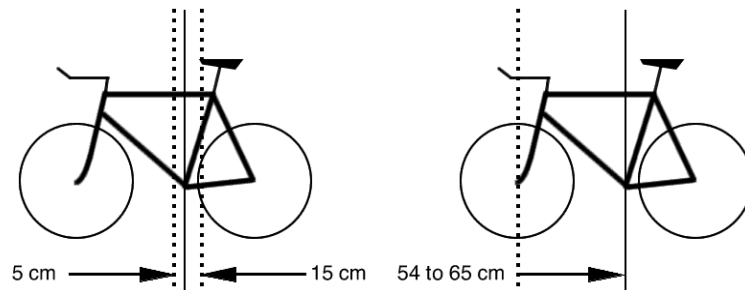
- a) When assessed a yellow card, the competitor will stop in a safe manner and follow the instructions of the Technical Official;
- b) If on a bicycle, the competitor will stop in a safe manner, dismount to the outside of the course with both feet on one side of the bicycle, and follow the instructions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

E.3 Equipment

E.3.1 Bicycles

Bicycles must have the following characteristics:

- a) For draft legal competitions the frame of the bicycle shall be of a traditional pattern, i.e., built around a main triangle of three straight or tapered tubular elements which may be round, oval, flattened, teardrop shaped or otherwise in cross-section;
- b) For draft legal competitions, both wheels must be of spoke construction. In long distances or Age Group competition, covers are allowed on the rear wheel. However, this provision may be changed by the Technical Delegate in the interest of safety, i.e. high-winds;
- c) The frame will be no more than two (2) meters long, and fifty (50) centimeters wide for draft legal competitions. For all other competitions, two (2) meters long and seventy-five (75) centimeters wide will be permitted;
- d) The frame will measure at least 24 centimeters from the ground to the center of the chain wheel axle;
- e) There will be a vertical line touching the front-most point of the saddle which will be no more than 5 centimeters in front of and no more than 15 centimeters behind a vertical line passing through the center of the chain wheel axle, and a competitor must not have the capability of adjusting the saddle beyond these lines during competition;
- f) There will be no less than 54 centimeters and no more than 65 centimeters between a vertical line passing through the center of the chain wheel axle and a vertical line through the center of the front wheel axle. (Exceptions may be given for the bicycles of very tall or very short competitors. This will be determined by the Race Referee or ITU Technical Committee Representative);

Diagram 6 Saddle Fore-Aft Position
Diagram 7 Front to Centre Distance


- g) Fairings which reduce air resistance are prohibited;
- h) No wheel may contain mechanisms which are capable of accelerating it;
- i) Tires must be well glued, headsets tight and wheels true;
- j) There must be a brake on each wheel;
- k) Non-traditional or unusual bicycles or equipment shall be illegal unless prior approval has been received from the Technical Delegate or Race Referee prior to the start of the competition.

E.3.2 Handlebars

Handlebars must have certain characteristics: **For draft legal competitions**, the following rule on handlebars apply (Note: This rule will not apply for draft illegal competitions):

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

E.3.3 Helmets

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

E.3.4 Helmets at Race Site

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

E.3.5 Illegal Equipment

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

F RUNNING CONDUCT

F.1 General Rules

The competitor:

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

F.2 Finish Definition

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

F.3 Safety Guidelines

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

F.4 Illegal Equipment

- a) Headphone(s) and headsets;
- b) Glass containers;
- c) Mobile phones.

G TRANSITION AREA CONDUCT

G.1 General Rules

The following rules apply to all competitors:

- a) All competitors must have their helmet securely fastened from the time they remove their bicycle from the rack at the start of the cycle until after they have placed their bicycle on the rack at the finish of the cycle;
- b) Competitors must use only their designated bicycle rack and must rack their bicycle;
- c) Competitors must ensure all unused personal equipment stays within their transition area and is not discarded on the field of play or left in the space of another competitor. If a bin is provided all unused equipment must be placed in the bin and not left on the ground;
- d) Competitors must not impede the progress of other competitors in the Transition Area;

- e) Competitors must not interfere with another competitor's equipment in the Transition Area;
- f) Competitors must mount and dismount their bicycle at the designated area or line;
- g) Cycling is not permitted in the Transition Area;
- h) Bicycles must be left at the rack in an upright position. i.e. Not laying to the side by one handlebar;
- i) Nudity or indecent exposure is forbidden;
- j) Only items used during the competition can be placed in the Transition Area during the competition.

H COMPETITION CATEGORIES

H.1 Triathlon World Championships

- a) Elite Men and Women;
- b) U23 Men and Women;
- c) Junior Men and Women;
- d) Age Group Men and Women: 18-19yrs and 5 year age categories starting at 20 years;
- e) AWAD: based on categories outlined by the ITU AWAD Commission;
- f) Team: 3 per team for Elite Men and Women.

H.2 Triathlon World Cup, Continental Championships and National Federation Events, including National Championships:

- a) NFs hosting an ITU World Cup or Continental Championship or National Federation event are strongly encouraged to include each of these categories;
- b) NFs affiliated to ITU are strongly encouraged to include each of these categories in their national and state/provincial championships.

I PRIZES AND AWARDS

I.1 Prize Money

I.1.1 General Rules

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

I.1.2 Primes

Primes will be offered at Triathlon World Championships and World Cup events. Primes are payable to the athletes as follows:

- a) Be in first position:
 - i. 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;

- ii. At the end of the second lap of the cycle;
- iii. At the end of the second last lap (bell lap) of the cycle;
- b) Finish the competition in the first half of the field of the finishers;
- c) There is no limit to the number of primes an athlete can win in a race;
- d) If the prime is not collected by an athlete due to not finishing in the first half of the field, the prime goes to a pool of primes that will be paid on the last World Cup of the year;
- e) The amount of the primes will be announced at the pre-race briefing of each competition and will always be awarded equally in amount to men and women.

I.1.3 Medals

- a) Athletes who place 1st, 2nd or 3rd at a World Cup Triathlon will be awarded an official ITU World Cup medal (gold, silver, bronze);
- b) All competitors who place in the top three (3) of their category at the ITU World Championship will receive official ITU World Championship medals. The medals will be presented at an awards ceremony.

I.1.4 Trophies

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

J TECHNICAL OFFICIALS

J.1 General

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

J.1.1 ITU Technical Officials

The officials at all ITU races are:

- a) The ITU Technical Delegate (TD) ensures that all aspects of the ITU Competition Rules and Operations Manuals are fulfilled;
- b) The Race Referee (RR) directs the certification of race officials and makes final judgments on rule violations;
- c) The Chief Technical Official (CTO) assigns and monitors the work of all Technical Officials;
- d) Technical Officials are assigned to Registration, Start, Finish, Transition Area(s), Swim, Cycle, Run, Wheel Stations, Aid Stations, Technology 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;

- e) The Competition Jury, which is appointed by the Technical Delegate;
- f) The ITU Medical Director, appointed by the ITU Medical Committee, is responsible for all medical and doping issues on behalf of ITU.

J.1.2 World Cup Competition Jury

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

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

J.1.3 World Championship Competition Jury

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

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

J.1.4 Duties of the Competition Jury

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

J.1.5 Jury Integrity

The Competition Jury observes the following principles:

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

J.1.6 Videotapes

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

J.2 Volunteer Certification

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

K PROTESTS

K.1 General

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

K.2 Protest Jurisdiction

- a) Protests cannot be made on "judgment calls". A "judgment call" shall include, but not be limited to drafting blocking and unsportsmanlike conduct;
- b) Where ITU Competition Rules do not cover the issue, FINA, UCI, FIS and IAAF Rules will apply;

K.2.1 Protests Concerning Eligibility

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

K.2.2 Protests Concerning the Course

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

K.2.3 Protests Concerning the Race

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

K.2.4 Protests Concerning Timing and Results

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

K.2.5 Protests Concerning Equipment

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

K.3 Contents of a Protest

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

K.4 Protest Procedures

- a) The following is the procedure which will be followed in the event of a protest:
 - (i) Protests will be filed in writing to the Referee, signed by the protester, within the time limits specified above;
 - (ii) Protests will be made available to the competitor(s) and official(s) prior to the hearing;
 - (iii) The time and place of the Competition Jury Meeting will be announced at the pre-race briefing;
 - (iv) The protester and the accused and/or their national representative must be present. If the protester does not attend, the protest hearing may be postponed or cancelled. The Competition Jury will determine if the absence from the hearing is valid;
 - (v) Failure of any party to attend the hearing may justify the Competition Jury making a decision without them;
 - (vi) A representative for either the protester or the accused may be designated to appear if approved by the Chairperson of the Competition Jury;
 - (vii) The hearing will not be open to the public;
 - (viii) The Competition Jury Chairperson will read the protest;
 - (ix) The protester and the accused will be given adequate time to give their account of the incident;
 - (x) Witnesses (two each) may speak for three (3) minutes each;
 - (xi) The Competition Jury will hear the evidence and render a decision, by simple majority;

- (xii) The decision will be posted immediately, and delivered in writing to the parties.
- b) **Protest Time Limit:** The time for an elite competitor, or official team representative, to file a protest is not later than 15 minutes after finishing and the time to appeal is no later than 15 minutes after finishing or the posting of the infraction, whichever is later.

L APPEALS

L.1 Appeal Jurisdiction

- a) An appeal is a request for a review of a decision made by the Referee. An appeal cannot be made on "judgment calls". A "judgment call" shall include, but not be limited to:
 - (i) Drafting (age group, AWAD);
 - (ii) Blocking;
 - (iii) Unsportsmanlike conduct.
- b) Where ITU Competition Rules do not cover the issue, FINA, UCI, FIS and IAAF Rules will apply.

L.2 Levels of Appeal

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

L.3 Appeal Contents

- a) The appropriate appeal form can be obtained from the Referee and must be submitted with an appeal fee of USD 50. An appeal will contain:
 - (i) Competition name, location, date;
 - (ii) Competition Manager, address, phone, fax;
 - (iii) Appellant's name, address, phone, fax, email;
 - (iv) Witness(s): name, address, phone, fax, email;

- (v) Alleged rule violation, page, section, number, etc;
- (vi) Facts of the violation;
- (vii) Rationale/summary of appeal.

L.4 Appeal Procedures

- c) The following is the procedure which will be followed in the event of an appeal:
 - (i) Appeals will be filed in writing to the Referee, signed by the appellant, within the time limits specified above;
 - (ii) Appeals will be made available to the competitor(s) and official(s) prior to the hearing;
 - (iii) The time and place of the Competition Jury Meeting will be announced at the pre-race meeting;
 - (iv) The 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;
 - (v) Failure of any party to attend the hearing may justify the Competition Jury making a decision without them;
 - (vi) A representative for either the person appealing or the accused may be designated to appear if approved by the Chairperson of the Competition Jury;
 - (vii) The hearing will not be open to the public;
 - (viii) The Competition Jury Chairperson will read the appeal;
 - (ix) The appellant and the accused will be given adequate time to give their account of the incident;
 - (x) Witnesses (two each) may speak for three (3) minutes each;
 - (xi) The Competition Jury will hear the evidence and render a decision, by simple majority;
 - (xii) The decision will be posted immediately, and delivered in writing to the parties.



Additional Competition Rules

M INDOOR TRIATHLON

M.1 Introduction

These rules are intended to provide safe and fair competition.

M.1.1 Time Penalties

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

M.1.2 Videotapes

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

M.1.3 Uniforms

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

M.1.4 Assessing Penalties

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

M.2 Swim Course

M.2.1 Start

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

M.2.2 False Start

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

M.2.3 Finish

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

M.3 Transition Area

M.3.1 Interference

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

M.3.2 Helmets

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

M.4 Cycle Course

M.4.1 Safety

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

M.4.2 Dismount Line

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

M.5 Run Course

M.5.1 Shoes

- a) Running barefoot will result in a disqualification.

M.5.2 Assistance of Curves

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

N LONG DISTANCE

N.1 General

- a) Long Distance Triathlon and Duathlon World Championships are draft illegal competitions for Elite and Age Group competitors.

N.1.1 Outside Assistance

- a) No outside assistance of any kind will be permitted. This does not include medical assistance and normal food and liquid items provided by the LOC at aid stations or at coaches' stations.

N.1.2 Age Group Categories

The competition categories are:

- a) Elite Male and Elite Female;
- b) Age Group Male and Age Group Female (5 year categories);
- c) There is neither Junior nor U23 categories.

N.1.3 Medical Guidelines

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

N.1.4 Team Competition

- a) A team competition for the Elite category may be organized at both the Triathlon and Duathlon Long Distance World Championships. The following applies:
 - (i) National teams will be permitted a maximum of six (6) male and six (6) female competitors;
 - (ii) Team standings will be determined by adding the 3 (three) best times of the nominated team members;
 - (iii) In the event of a tie, the placing of the third team member nearest the overall winner will break the tie;
 - (iv) The names of the scoring members of the team will be given to the LOC by the team manager at the pre-race meeting;
 - (v) Due to the usual early race start, any changes in the composition of the team must be given to the LOC no later than 12 hours prior to the scheduled start of the race;
 - (vi) Awards will be presented to the top three (3) Men's and Women's teams.

N.2 Distances

- a) Long Distance Triathlon will be either “double Olympic” or “triple Olympic” distance:
- b) Demanding and technical courses should always be preferred. A 5% error margin will be accepted for the cycle and run course provided the margin has been approved by the Technical Delegate. The “double Olympic” distance is:
 - (i) 3 km swim;
 - (ii) 80 km cycle;
 - (iii) 20 km run.
- c) The “triple Olympic” distance is:
 - (i) 4km swim (note: not 4.5km);
 - (ii) 120 km cycle;
 - (iii) 30 km run.
- d) Long Distance Duathlon
 - (i) 20 km run;
 - (ii) 80 km cycle;
 - (iii) 10 km run.

N.3 Penalties

- a) To compensate for an unfair advantage gained in drafting situations where it is not safe for an official to intervene (narrow, winding roads, steep descents) and to comply with the pro-active officiating ITU philosophy, a penalty other than disqualification is implemented at ITU Long Distance events;
- b) It consists of the penalized competitor having to run an additional distance of 300m before or during the running segment, or to remain in a “penalty box” for 2 minutes;
- c) The choice of the penalty is determined by the LOC with the agreement of the Technical Delegate;
- d) Officials assess a Penalty by:
 - (i) Sounding a horn or a whistle;
 - (ii) Waving a black card;
 - (iii) Calling (in English) the competitor’s number.
- e) When back at his/her Transition Area place, the competitor will find one/ two black stickers on his/her starting number, for the number of penalties he/she has been assessed;
- f) In the case a competitor is assessed three Penalties he/she will find a red sticker indicating a disqualification.

N.4 Equipment

- a) Handlebar ends must be plugged;
- b) Clip-on handlebars will be permitted.

O TEAM CHAMPIONSHIPS

O.1 General

- a) The team competition is not an individual competition, but rather developed from the “Relay” format, used in athletics, swimming, track cycling or cross country skiing, to rank teams at a specific event;
- b) The Team Championship is held as a relay of National, Corporate or other teams competing all at the same time. The athletes composing the relay, have to complete individually a Triathlon, Duathlon, or Winter Triathlon;
- c) In a relay all athletes must complete his/her own Triathlon, Duathlon or Winter Triathlon before passing the relay to his/her team mates;
- d) Depending on the discipline the starting order of the athletes might be different (see *Winter Triathlon*).
- e) In the team competition, only a fraction of the overall distance of the course is completed by each member. The sum of the three should not exceed a Sprint Distance for the Elite category. The sum of the three should not exceed an Olympic distance for the Corporate Team World Championships.

O.2 Team Make-up

- a) Three athletes make up a team;
- b) Distances for relay competitions are:
 - (i) Elite Team Sprint Triathlon: 300m Swim, 8k Biking, 2k Running X 3;
 - (ii) Corporate Team Olympic Triathlon: 500m Swim, 13k Biking, 3.3k run X 3;
 - (iii) Duathlon: 2k Running, 7k Cycling, 1k Running X 3;
 - (iv) Winter Triathlon: 1.5k Running, 2k Mountain Biking (MTB), 2k Ski Skating X 3.
- c) Team Uniforms: All Elite team members will wear their country’s uniform, which must comply with the ITU Uniform guidelines, including their three letter country code or country name. Each competitor must also:
 - (i) Wear an unaltered competition number as determined by the LOC;
 - (ii) “Wear” the body marking as determined by the LOC..
- d) Team Captain: Each team must name a team captain, who will be responsible for team tactics. No team managers will be allowed on the courses, except in designated coaching areas.

P ATHLETES WITH A DISABILITY (AWAD)

P.1 General

- a) Athletes with Disabilities, as defined under ITU rule P.2 will be governed by all International Triathlon Union (ITU) competition rules with the following specific modifications.
- b) Prior to attending the ITU World Championships all Athletes with a Disability are required to provide a doctor's letter to their National Federation, outlining their degree of disability.

P.2 AWAD Competition Categories

AWAD Competition Categories

Physically Challenged Competition Categories shall be established based on physical disabilities. Medical evidence shall be required as to disability and classification. The six categories, as of 2007, are as follows:

PC1 – Handcycle: Paraplegic, Quadriplegic, Polio, Double Leg Amputee. Must use hand cycle on bike course and racing wheel chair on run.

PC2 – Below Knee Amputee: Rides bicycle and runs with prosthesis or crutches.

PC3 – Above Knee Amputee: Rides bicycle and runs with prosthesis or crutches.

PC4 – Upper Extremity: Single Arm Amputee (above or below elbow), Upper Extremity Paralysis resulting in significant use of the arm. May use prosthesis, brace or sling on the bike and/or run.

PC5 – Blind: Legally Blind (20/200 vision with best corrective vision). A handler of the same sex is mandatory throughout the race. Athlete is tethered during the swim, uses a tandem bicycle and may be tethered during the run.

PC6 – Les Autre: Multiple Sclerosis, Muscular Dystrophy, Cerebral Palsy, Double Leg Amputee Runners, Double Arm Amputees. These athletes will ride a bicycle and run. They may use braces or prosthesis if required.

P.3 AWAD Transition Area Conduct

Athletes with a Disability shall be permitted the following in regard to outside assistance:

- a) No assist dogs will be allowed at any time.
- b) "Handlers" are specifically allowed to assist AWAD competitors by
 - Assisting/carrying athletes from the water to transition area.
 - Helping with prosthetic devices.
 - Lifting participants in and out of handcycles and wheelchairs.
 - Removing wetsuits or clothing.
 - Repairing flats and other equipment.
- c) Securing qualified aides ("Handlers") shall be the responsibility of the athlete and all such handlers shall be identified to and receive credentials from the Race Referee at least one (1) day prior to the competition.
- d) It is intended that each athlete have adequate assistance. Therefore handlers are to be allotted as follows:
 - (i) One (1) handler for upper extremity amputees.

- (ii) Two (2) handlers for lower extremity amputees.
- (iii) Two to three (2-3) for non-ambulatory competitors (i.e., paraplegics, quadriplegics, polio sufferers)
- e) All handlers shall be subject to all ITU rules of competition as well as further instructions deemed appropriate by the Race Referee.
- f) 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 (DQ).

P.4 AWAD Swimming Conduct / Equipment

- a) Artificial propulsive devices including (but not limited to) fins, paddles, or floating devices of any kind are not allowed. Use of such devices will result in disqualification.
- b) Wetsuits are allowed at all temperatures.

P.5 AWAD Cycling Conduct / Equipment

- a) For Athletes with a Disability, the term “bicycle” used herein shall include bicycles, tricycles or handcycles.
- b) All bicycles, tricycles, 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.
- c) Bicycle specifications for AWAD competitors are outlined in ITU rules section E.3. Specifications with respect to handcycles and tricycles are outlined in the International Paralympic Committee’s Cycling Rule Book.
- d) Protective shields, faring or other device which has the effect of reducing resistance are prohibited.
- e) There must be at least one working brake (generally on the drive wheel) capable of safely stopping the vehicle.

P.6 AWAD Running Conduct / Equipment

- a) Athletes with a Disability may use prosthetics, canes or crutches to ambulate the course. The only acceptable footwear on the run course (aside from prosthetics) is running shoes.
- b) AWAD competitors who perform this leg in a wheelchair shall be governed by all ITU rules with regards to safety.
- c) Specifications with respect to racing wheelchairs are outlined in the International Paralympic Committee’s Combined Athletics Rule Book.

P.7 AWAD Blind Category Conduct

The following additional rules apply to blind athletes and their guides:

- a) Blind athletes must use a guide of the same gender in competition and (with few exceptions) must furnish their own guide.

- b) The blind athlete may choose to use an elbow lead, tether lead or to run free. The runner may receive verbal instruction only from his/her guide.
- c) No triathlete registered as an elite nor cyclist registered with a UCI trade team may participate as a guide.
- c) Paddle boards, kayaks, bicycles, motor bicycles or any other mechanical means of transport may not be used by guides on the swim or run.
- d) At no time may the guide "lead" or "pace" the athlete nor propel the athlete forward by pulling or pushing.
- f) Whether or not a tether is being used, the athlete and guide shall not be more than 0.5 meters apart at all times.
- g) As the blind athlete crosses the finish line, the guide must be beside or behind the athlete but not further than the required 0.5 meter maximum separation distance.
- h) Infringement of any these rules may, at the discretion of the Head Referee, be grounds for a time penalty or disqualification (DQ).

Q WINTER TRIATHLON

Q.1 General

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

Q.2 Registration

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

Q.3 Official Training

- a) Official training session: The intent of these sessions is to bring the safety level to the highest. Official training session will be conducted by the Technical Delegate and the Competition Manager. Athletes, team captains and coaches will attend this official training session;
- b) Conduct on race days: It is not accepted that any competitor warm up or do reconnaissance of the course while a race is going on.

Q.4 Running Conduct

- a) Running shoes are mandatory on the running segment. This rule is not applicable for age groupers;
- b) Running shoes with spikes are allowed;
- c) Wearing a helmet during the running segment is not accepted.

Q.5 Mountain Biking Conduct

Only mountain bikes can be used in Winter Triathlon World Cup and Championships.

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

- g) Competitors must bring their own necessary tools and parts and must carry out repairs;
- h) Competitors are not allowed to receive help from others, by their fellow competitors or outside helpers;
- i) All bicycle parts can be changed during the course of competition except the frame itself;
- j) Bicycle shoes are mandatory in the MTB segment. This rule is not applicable for age group athletes.

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

Q.7 Transition Area Conduct

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

Q.8 Finish Definition

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

Q.9 TEAM RELAY COMPETITION

- a) **Purpose:** The intention of the Team Relay Competition is to rank countries in a specific world-class competition.
- b) **Teams:** The Team consists of three athletes of the same nationality and gender, without consideration for age category.
- c) **Countries:** More than one team may be entered by the same country.
- d) **Start:** All athletes beginning the relay are lined up on the starting line. Two lines or more may be used according to the number of teams at the start.
- e) **Relay Hand Off:** The relay hand off takes place in the relay area, when the cross-country skier finishing, touches any part of the body of the runner starting the next stretch of the race. Only classic style skiing might be permitted in this area.
- f) **Finish:** A team is declared finished when the third athlete crosses the finish line. Classic style only might be allowed in the finish chute.
- g) **Ranking:** The team is ranked according to the added finish times of the three individuals.
- h) **DNFs:** In the event of one athlete not finishing, the team will be placed after the last complete team, taking the time of the finishing athletes into consideration.



Appendices

Appendix A – Standard Distance Categories

1. Standard Distance Categories – Triathlon

	Swim	Cycle	Run
Sprint	750 m	20 km	5 km
Olympic	1.5 km	40 km	10 km
Long: Double Olympic	3 km	80 km	20 km
Long: Triple Olympic	4km	120 km	30 km

2. Standard Distance Categories – Duathlon

	Run	Cycle	Run
Standard	10 km	40 km	5 km
Long	20 km	80 km	10 km

3. Standard Distance Categories – Aquathlon

	Run	Swim	Run
Standard	2.5 km	1 km	2.5 km
Long	5 km	2 km	5 km

4. Standard Distance Categories – Winter Triathlon

	Run	Mountain Bicycle	X-C Ski
Standard	7 to 9 km	12 to 14 km	10 to 12 km
Sprint	3 to 4 km	5 to 6 km	5 to 6 km
Team (x3)	2 to 3 km	4 to 5 km	3 to 4 km



Race Protest Form

International Triathlon Union (ITU)

Part 1 To be completed by Competitor

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

Event Name Event Date

Event Location Time

Name of Protester Race Number

Country of Protester..... Email

Address of Protester

.....

Telephone (H) (W)

Name of Protestee Race Number

Country of Protestee

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

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

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

Witness Details (2):

Name of Witness 1

Address of Witness 1

.....

Telephone (H) (M)

Fax Email

Name of Witness 2

Address of Witness 2

.....

Telephone (H) (M)

Fax Email



Rule(s) Violated Time of Incident

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

Who was involved in the Violation?

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

Signature of Protester Date

Part 2 To be completed by Race Referee

Time received by Race Referee USD 50 attached? Yes No

Protester’s version of the incident

Protestee’s version of the incident

Official’s version of the incident

Decision of Race Referee

Race Referee’s Name Signature



Race Appeal Form

International Triathlon Union (ITU)

Part 1 To be completed by Appellant

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

Event Name Event Date

Event Location Time Appeal Submitted

Name of Appellant Race Number

Country of Appellant..... Email.....

Address of Appellant

.....

Telephone (H) (F)

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

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

Type of Appeal: Tick one box only.

Appeal against the Referee's ruling on a Violation Report

Appeal against the Referee's ruling on a Protest:

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

Specific Location on the Course

.....

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

.....

.....

Description of the Incident (Use additional paper if required)

.....

.....

.....

.....

Witness Details (2):

Name of Witness 1

Address of Witness 1

.....

Telephone (H) (M)

Fax Email

Name of Witness 2

Address of Witness 2

.....

Telephone (H) (M)

Fax Email

Signature of Appellant Date

USD 50 is attached

Part 2 Official use only

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

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

Competition Jury Members (Names) – (1)

(2) (3)

(4) (5)

Competition Jury Action

.....

.....

.....

.....

.....

Competition Jury Chair's Name Signature

Time, Date Appeal Received

Time, Date Appeal processed

Amount (Withheld/Refunded)

Appendix D – Definitions

Aid/Nutrition

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

Appeal

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

Appellant

A competitor submitting an appeal.

Aquathlon

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

Assistance

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

Assistant Chief Technical Official

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

Bicycle Course

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

Bicycle Dismount Line

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

Bicycle Mounting Line

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

Blocking

The deliberate impeding or obstructing of progress of one competitor by another. A competitor on the cycle course who is not keeping to the appropriate side of the road.

Charge

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

Chief Technical Official

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

Competition Jury

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

Competition Rules

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

Course

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

Crawl

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

Disqualification

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

Draft Zone Bicycle

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

Draft Zone Vehicle

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

Drafting

Any time the draft zone of a competitor overlaps the draft zone of another competitor, vehicle or motorcycle on the bicycle 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 competitors are those who hold a professional membership or an elite card and are recognised by the ITU.

Expulsion

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

Finisher

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

Incapable Competitor

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

Indecent Exposure

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

Interference

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

Judgement Call

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

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

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

Marshall

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

Overtake

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

Pack

Two or more competitors with overlapping draft zones.

Pass

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

Protest

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

Race Referee

A Technical Official who is responsible to the Technical Delegate to hear and make final decisions on all rules violations reported by Technical Officials.

Results

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

Right of Way

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

Run Course

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

Sanction

A permit issued by the 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 a competitor which is judged to be unfair, unethical or dishonest, a violent act, intentional misconduct, abusive language, intimidating behaviour, or persistent infringement of the rules.

Stop-Start Penalty

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

Suspension

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

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

Swim Course

That part of the race route over which it has been defined in the race brief that the competitor is to swim within distinctive lane boundaries. In triathlons and aquathlons, the swim course

commences at the start line and concludes at the water's edge/exit prior to entry to the Transition Area.

Technical Delegate

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

Technical Official

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

Torso

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

Transition Area

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

Triathlon

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

Violation

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

Warning

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