ITU Competition Rules

07/02/2011 Edition

Approved by the ITU Executive Board, January 2011
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.

Contact

International Triathlon Union (ITU)
#221-998 Harbourside Drive
North Vancouver, British Columbia
Canada, V7P 3T2
Tel (1 604) 904 9248
Fax (1 604) 904 9249
Email: ituhdq@triathlon.org
For general information about ITU visit www.triathlon.org
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1. INTRODUCTION:

1.1. Purpose:

a.) The International Triathlon Union (ITU) is the sole governing body, responsible for Competition Rules for Triathlon, Duathlon and its other related 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 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 segments;

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 Committees (LOCs);

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 ITU's jurisdiction.

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 judgments 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 with ITU.

1.4. Exceptions:

a.) The 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, 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 30 days before it is to take effect. Updated ITU Competition Rules will be posted on the ITU website ([www.triathlon.org](http://www.triathlon.org)).

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 NFs and on [www.triathlon.org](http://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;


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 starting in a race, the athletes declare 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.

c.) ITU encourages athletes to perform periodic health evaluation (PHE)

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 (as determined by the start time of the first waves) 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 add other age limits for Continental Championships, for youth categories with super-sprint events. The age limits as outlined in Appendix A cannot be modified.

i.) An athlete who competes in a category different from his/her age, in a distance in which is not allowed, or before the 48-hour period, will be disqualified from the events he/she took part in. Any awards, prizes and points will be removed.

2.5. Insurance:

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

2.6. Registration:

a.) Entry:

(i) NFs will register their age-group athletes for the World Championships 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 Championship Series events, elite athletes must sign the ITU Athletes’ Agreement, which states that any dispute arising from the ITU Rules that 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 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 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 pre-determined ITU Triathlon World Championship Series events and ITU Triathlon World Cups, a Coaches’ Meeting will be scheduled one hour before the Athletes’ Briefing. The TD will conduct the Coaches’ Meeting. The meeting agenda will include all the technical details of the event as well as specific information for coaches. Coaches’ Accreditation will be handed out at this meeting;

(ii) Age-Group Team Managers’ Briefing: At World Championships, the TD will conduct the Age-Group Team Managers’ and Coaches briefing. Only Age-Group Team Managers are allowed to attend. The agenda of this briefing will include all the necessary information for the event. A separate briefing will be conducted for Para-triathlon;

(iii) Elite/U23/Junior Briefings: At all ITU Events, the TD will conduct the Athletes’ Briefing. Elite/U23/Junior athletes must be in attendance. 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;

• Athletes entering the briefing hall after it has started and athletes not attending the briefing, but 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 ITU 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 Cup events, 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, tickets 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 at 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 athletes who do not finish (DNF) and those athletes who were entered but did not start (DNS).

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

g.) Assignment of race numbers:

(i) General:
   - Athlete’s race numbers are assigned based on previous race results in similar events.
• The elite men’s and women’s events will be numbered starting with number 1, except in Long Distance events.
• Number 13 will be not used.

(ii) Specific events numbering criteria:
• Triathlon World Championship Series and Grand Final:
  First criteria: Current WCS rankings
  Second criteria: ITU Points List
  Third criteria: random

• Triathlon U23 World Championship:
  First criteria: Current WCS rankings
  Second criteria: ITU Points List
  Third criteria: ITU U23 World Ranking
  Fourth criteria: random

• Junior - Any event:
  First criteria: One athlete per nation randomly.
  Second criteria: Other athlete per nation randomly.
  Third criteria: Other athlete per nation randomly. Continue this process till the list is exhausted.

• Triathlon World Cup events:
  First criteria: ITU Points List
  Second criteria: random

• Triathlon Continental Cup events:
  First criteria: ITU Points List
  Second criteria: Continental rankings from the same continent as the event.
  Third criteria: random

• Triathlon Elite Continental Championships:
  First criteria: Top 10 the previous year.
  Second criteria: ITU Points List
  Third criteria: Continental rankings from the same continent of the event
  Fourth criteria: random

• Triathlon U23 Continental Championships:
  First criteria: ITU Points List
  Second criteria: random

• Multisport – Any Elite event:
  First criteria: ITU Related Rankings
  Second criteria: random

• Age Group - Any event:
  First criteria: Age group by age group
  Second criteria: Grouped by nations in alphabetical order starting by the host nation.
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 deems an unfair advantage has been gained, or if a dangerous situation has been created intentionally.

3.2. **Warnings:**

   a.) May be with or without time penalty (see appendix L for the list of infringements and penalties)

   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 or in the Transition Area.

   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”(if appropriate). For safety reasons, a Technical Official may have to delay issuing a warning.

      (ii) Alternatively the athletes may be informed about the penalties by displaying the athlete's number on a panel posted at the entrance of the penalty box. It is the athlete's responsibility to check this board.

   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 follow the instructions of the Technical Official.

   h.) Time Penalty in Transition

      (i) The Technical Official will hold a yellow card as the penalized athlete arrives at his/her position. The athlete will be ordered to stop in his/her transition space without touching any equipment.

      (ii) Once the athlete stops, the Technical Official starts to time the penalty.
(iii) When the penalty time is completed, the Technical Official will say “Go” and the athlete can continue with the race.

i.) 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 there. It is the athlete’s responsibility to report.

   (ii) The penalised athletes will proceed into the Penalty Box and inform the Technical Official of their identity. The time penalty starts when the athlete enters the Penalty Box. At the end of the penalty time, the Technical Official will say "Go" and the athlete can continue with the race.

j.) Time Penalty at the Run Penalty Box:

   (i) The penalised athletes’ numbers will be clearly displayed on a board before the Penalty Box;

   (ii) The penalised athletes will proceed into the Penalty Box and will inform the Technical Official of their identity. The penalty time starts when the athlete enters the Penalty Box. At the end of the penalty time, the Technical Official will allow the athlete to exit, and the athlete can continue with the race;

   (iii) The penalised athlete’s number will be removed from the white 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) If time and conditions permit, 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";
      • For safety reasons, a Technical Official may have to delay issuing a disqualification.

   (ii) Alternatively the athletes may be informed about the penalties by displaying the athlete’s number on the white board posted at the post finish area.

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 with ITU during a 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.
   (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.

c.) Reasons for Suspension:
   (i) A list of infringements, which may result in a suspension, is described in Appendix L;

3.5. Expulsion:
   a.) General:
      (i) Athletes who have been expelled will not participate in ITU competitions or competitions sanctioned by NFs affiliated with ITU for life.
   b.) Reasons for Expulsion:
      (i) An athlete will be expelled for life for repeated rule violations that incur 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. Athletes are 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**

<table>
<thead>
<tr>
<th>Swim Length</th>
<th>Forbidden Above</th>
<th>Mandatory Below</th>
<th>Maximum Stay in Water</th>
</tr>
</thead>
<tbody>
<tr>
<td>300m</td>
<td>20°C</td>
<td>14°C</td>
<td>10 min.</td>
</tr>
<tr>
<td>750m</td>
<td>20°C</td>
<td>14°C</td>
<td>20 min.</td>
</tr>
<tr>
<td>1500m</td>
<td>20°C</td>
<td>14°C</td>
<td>30 min.</td>
</tr>
<tr>
<td>3000m</td>
<td>22°C</td>
<td>16°C</td>
<td>1 h 15 min.</td>
</tr>
<tr>
<td>4000m</td>
<td>22°C</td>
<td>16°C</td>
<td>1 h 45 min.</td>
</tr>
</tbody>
</table>

**Age-Group athletes:**

<table>
<thead>
<tr>
<th>Swim Length</th>
<th>Forbidden Above</th>
<th>Mandatory Below</th>
<th>Maximum Stay in Water</th>
</tr>
</thead>
<tbody>
<tr>
<td>750m</td>
<td>22°C</td>
<td>14°C</td>
<td>30 min.</td>
</tr>
<tr>
<td>1500m</td>
<td>22°C</td>
<td>14°C</td>
<td>1 h 10 min.</td>
</tr>
<tr>
<td>3000m</td>
<td>23°C</td>
<td>16°C</td>
<td>1 h 40 min.</td>
</tr>
<tr>
<td>4000m</td>
<td>24°C</td>
<td>16°C</td>
<td>2 h 15 min.</td>
</tr>
</tbody>
</table>

4.3. Modifications:

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

<table>
<thead>
<tr>
<th>Original swim distance</th>
<th>Temperature of water</th>
<th>Temperature of water</th>
</tr>
</thead>
<tbody>
<tr>
<td>750 m</td>
<td>16.9°C – 16.0°C</td>
<td>15.9°C – 15.0°C</td>
</tr>
<tr>
<td></td>
<td>14.9°C – 14.0°C</td>
<td>13.9°C – 13.0°C</td>
</tr>
<tr>
<td></td>
<td>Below 13.0°C</td>
<td></td>
</tr>
<tr>
<td>1500 m</td>
<td>1500 m</td>
<td>750 m</td>
</tr>
<tr>
<td></td>
<td>1500 m</td>
<td>750 m</td>
</tr>
<tr>
<td></td>
<td>750 m</td>
<td>750 m</td>
</tr>
<tr>
<td>3000 m</td>
<td>3000 m</td>
<td>3000 m</td>
</tr>
<tr>
<td></td>
<td>1500 m</td>
<td>1500 m</td>
</tr>
<tr>
<td></td>
<td>Cancel</td>
<td>Cancel</td>
</tr>
<tr>
<td>4000 m</td>
<td>4000 m</td>
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<td>3000 m</td>
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<td>1500 m</td>
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</tbody>
</table>

*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°C of difference between the air and water temperatures.*
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.) For aquathlon events, if the water temperature is below 22º C the event will be modified to a Swim-Run event.

d.) 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.

e.) 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/U23/Junior athletes):

a.) Prior to the start of competition, athletes are lined up in the order of their start numbers, unless their positions have 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. An athlete cannot occupy more than one start position.

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/U23/Junior 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 must 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 event 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. If an athlete decides 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
• Wetsuits with thickness exceeding 5mm;
• Wetsuit bottoms only;
• Wetsuits when they are forbidden because of the water temperature;
• Non-certified swimsuits: Wetsuits and swimsuits not in compliance with the ITU Uniform Rules;
• Clothing covering any part of the arms below the shoulders and clothing covering any part of the leg below the knees.

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 a Technical Official advises otherwise.

5.2. Equipment:

a.) In general, UCI rules (as 1st January of the current year) will apply:

(i) UCI road race rules for draft-legal triathlon and duathlon races.
(ii) UCI time trial rules for draft-illegal triathlon and duathlon races.
(iii) UCI MTB rules for winter triathlon, cross triathlon and cross duathlon races.

b.) Bikes must have the following characteristics:

(i) 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.
(ii) 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.

(iii) The frame will measure at least 24 centimetres from the ground to the centre of the chain wheel axle.

(iv) 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.

(v) 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.

(vi) Fairings are prohibited.

(vii) Non-traditional or unusual bikes or equipment shall be illegal unless prior approval has been granted from the Technical Delegate, prior to the start of the competition.

(viii) Branding on bikes must comply with the ITU Uniform Rules.

c.) Wheels:

(i) No wheel may contain any mechanisms, which are capable of accelerating it.

(ii) Tyres must be well glued, headsets tight and wheels true.

(iii) There must be a brake on each wheel.

(iv) Wheels can be replaced only at official Wheel Stations where provided.

(v) 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 cannot be used.

(vi) 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 of equal dimension.
- Wheels shall have at least 12 spokes.
- Spokes can be round, flattened or oval, provided their width does not exceed 10 mm.
(vii) 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.

d.) Handlebars:

(i) 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 joined with a standard bridge piece.
- Brake levers must be mounted on the handlebar, not on the clip-on and may not face forward.
- No forward facing bar or gear shifters are allowed on the end of the clip-on handlebars.

(ii) For draft-illegal races, the following rules on handlebars apply:

- Only handlebars and clip-on bars not extending beyond the leading edge of the front wheel will be permitted. Clip-on bars in two pieces don’t need to be bridged. All tube ends have to be plugged.

e.) Helmets

(i) 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 an NF affiliated with 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 safety reasons, or to carry out mechanical repairs, or to use the toilet, the athlete may not unfasten or remove the helmet 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 or before remounting the bike;
- Helmets must comply with the ITU Uniform Rules.

f.) Platform Pedals

(i) Platform pedals are allowed, provided a quick-release mechanism is fitted to ensure the release of the feet in case of a fall.
9.) Illegal Equipment
   (i) Illegal equipment includes, but is not limited to:
       - Headphone(s) or headset(s);
       - Glass containers;
       - Mobile phone(s) or any other electronic listening communication device.
       - 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 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 draft-legal races (Elite, U23
       and Junior categories) will be withdrawn from the race. This provision can be modified
       by the TD, following the procedure outlined in 1.5.

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:

<table>
<thead>
<tr>
<th></th>
<th>Junior</th>
<th>U23</th>
<th>Elite</th>
<th>Age–Group</th>
<th>Paratriathlon</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>TRIATHLON</strong></td>
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<tr>
<td>Team Relay</td>
<td>legal</td>
<td>legal</td>
<td>legal</td>
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<tr>
<td>Sprint Distance</td>
<td>legal</td>
<td>legal</td>
<td>legal</td>
<td>illegal</td>
<td>illegal</td>
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<tr>
<td>Standard Distance</td>
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<td>legal</td>
<td>illegal</td>
<td>illegal</td>
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<tr>
<td>Long Distance Triathlon (O2, O3)</td>
<td></td>
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<td>illegal</td>
<td>illegal</td>
<td>illegal</td>
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<tr>
<td><strong>DUATHLON</strong></td>
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<tr>
<td>Team Relay</td>
<td>legal</td>
<td>legal</td>
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<tr>
<td>Sprint Distance</td>
<td>legal</td>
<td>legal</td>
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<td>illegal</td>
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<tr>
<td>Standard Distance</td>
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<td>Long Distance</td>
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<tr>
<td><strong>AQUATHLON</strong></td>
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<tr>
<td>WINTER TRIATHLON (all distances)</td>
<td></td>
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<td>Legal</td>
<td></td>
</tr>
<tr>
<td>CROSS TRIATHLON AND DUATHLON (all distances)</td>
<td></td>
<td></td>
<td></td>
<td>Legal</td>
<td></td>
</tr>
</tbody>
</table>
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 of 20 seconds will be allowed to pass through the zone of another athlete.

- 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 20 seconds 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, an 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 incident. 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

Diagram 3  Blocking

Diagram 4  Drafting and Not Drafting

Diagram 5  Vehicle Draft Zone

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.

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.

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

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 they are subject to a time penalty sanction. This notification must 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 stop 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 manoeuvring 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 as presenting 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 or any other electronic listening communication device;
   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 space and is not placed on the field of play or placed in the space of another athlete. If a bin is provided, any unused equipment must be placed within the athlete’s space on the ground beside the bin. All equipment already used must be deposited in the bin. An equipment piece is considered deposited when one part of the equipment is 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 or 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 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 positions 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:

<table>
<thead>
<tr>
<th></th>
<th>Elite</th>
<th>U23</th>
<th>Junior</th>
<th>Age-Group</th>
<th>Paratriathlon</th>
</tr>
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<tbody>
<tr>
<td><strong>TRIATHLON</strong></td>
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<tr>
<td>Team Relay</td>
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<tr>
<td>Sprint Distance</td>
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<tr>
<td>Standard Distance</td>
<td>yes</td>
<td>yes</td>
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<td>yes</td>
<td>yes</td>
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<tr>
<td>Long Distance ((O_2, O_3))</td>
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<tr>
<td><strong>DUATHLON</strong></td>
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<td>Team Relay</td>
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<td>Standard Distance</td>
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<td>Long Distance</td>
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<td><strong>AQUATHLON</strong></td>
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<td>Standard Distance</td>
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<tr>
<td>Long Distance</td>
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<td><strong>WINTER TRIATHLON</strong></td>
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<td>Team Relay</td>
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<td>Sprint Distance</td>
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<td>Standard Distance</td>
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<tr>
<td><strong>CROSS TRIATHLON AND DUATHLON</strong></td>
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<tr>
<td>Team Relay</td>
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<td>Sprint Distance</td>
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<tr>
<td>Standard Distance</td>
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<td>yes</td>
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<td>yes</td>
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</tbody>
</table>

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 events 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. Primes are payable to the athletes as follows:

   (i) Be in first position through the prime line;

   (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 positions.

9.4. Prizes, Points and Awards in combined events:

a.) In case of events which take place together, the awards, prize money and points will be distributed as follows:

<table>
<thead>
<tr>
<th>Events taking place together:</th>
<th>Awards (medals) to:</th>
<th>Prize money to:</th>
<th>Points to:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elite and U23</td>
<td>Awards for Elite</td>
<td>Elite</td>
<td>Overall</td>
</tr>
<tr>
<td></td>
<td>Awards for U23</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Elite, U23 and Junior</td>
<td>Awards for Elite</td>
<td>Elite</td>
<td>Overall</td>
</tr>
<tr>
<td></td>
<td>Awards for U23</td>
<td></td>
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<tr>
<td></td>
<td>Awards for Junior</td>
<td></td>
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<tr>
<td>U23 and Junior</td>
<td>Awards for U23</td>
<td>n/a</td>
<td>Overall</td>
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<tr>
<td></td>
<td>Awards for Junior</td>
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<tr>
<td>All</td>
<td>Awards per categories</td>
<td>Elite</td>
<td>Overall</td>
</tr>
<tr>
<td>Triathlon Continental Championships with extra</td>
<td>Award for the athletes from the continent</td>
<td>All</td>
<td>Athletes from the continent</td>
</tr>
<tr>
<td>continental athletes</td>
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</tr>
<tr>
<td>Multisport Continental Championships with extra</td>
<td>Award for the athletes from the continent</td>
<td>All</td>
<td>Overall</td>
</tr>
<tr>
<td>continental athletes</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Continental Cups</td>
<td>Overall</td>
<td>Overall</td>
<td>ITU points: overall</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Continental points: Athletes from the continent</td>
</tr>
</tbody>
</table>

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 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 Championship Series 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, or if none are present, a member of the Continental Confederation’s Executive Board or any Committees or Commission, or if none are 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 its decision on the appeal or protest;

(iii) The Competition Jury must be available starting before the Athletes’ Briefing until after the end of competition;

(iv) The Competition Jury chair is responsible for filing a written statement on all appeals and decisions reached.

c.) Competition Jury meetings schedule:

(i) Competition Jury will meet, at minimum:

- After the race briefing;
- One hour before the start of the event;
- After the last finisher.

(ii) Additionally, in the Age-Group events, the Jury will meet, at minimum:

- After the first finisher;
- After the finish of the first half of the field.
d.) 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 an 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 can replace the member who has the conflict of interest at his/her discretion.
   • The chair of the Competition Jury is deemed not to 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 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 protests 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. An 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 protests following this process will be admitted.

11.7. Contents of a Protest:
   a.) A deposit of $50 USD, 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 absence from the hearing is valid;
   c.) Failure of any party to attend the hearing may justify the Competition Jury in 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 accounts 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 no 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 must be announced within five (5) minutes after finishing or posting of the infraction. After this deadline only announced protests will be admitted. For 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: A Representative of an NF or an athlete may appeal the decision of the Referee to the Competition Jury. Each appeal will be accompanied by a fee of $50 USD 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 must be announced to the Referee within five (5) minutes of his/her finishing time or posting of the infraction. After this deadline, only protests following this process will be admitted. For 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 the 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 $50 USD or equivalent.

b.) An appeal will contain:

(i) Competition name, location, date;

(ii) Appellant’s name, address, phone, fax, email;

(iii) Witness(es) name(s);

(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 absence from the hearing is valid;

d.) Failure of any party to attend the hearing may justify the Competition Jury in making a decision without them;

e.) A representative for either the appellant 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 accounts 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

2011 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 pavilion, 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. Not complying 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 receives three drafting penalties, he/she will be disqualified.

14.5. Coaches Stations:

a.) Coaches will have a designated space available in the 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 kilometres with the exception of the swims, which are in metres):

<table>
<thead>
<tr>
<th>Type of competition</th>
<th>Distance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Triathlon</td>
<td>3 x 250 + 6.6 + 1.6</td>
</tr>
<tr>
<td></td>
<td>4 x 200 to 250 + 5 to 6.6 + 1.2 to 1.6</td>
</tr>
<tr>
<td>Triathlon LD</td>
<td>Adding 3 best times</td>
</tr>
<tr>
<td>Duathlon</td>
<td>3 x 2 to 3 + 4 to 5 + 3 to 4</td>
</tr>
<tr>
<td></td>
<td>4 x 200 + 4 to 5 + 1.2 to 1.6</td>
</tr>
<tr>
<td>Winter</td>
<td>3 x 200 + 4 to 5 + 1.2 to 1.6</td>
</tr>
<tr>
<td>Cross Triathlon</td>
<td>3 x 250 + 6.6 + 1.6</td>
</tr>
<tr>
<td></td>
<td>1 x 1500 + 1 x 40 + 1 x 10</td>
</tr>
<tr>
<td>Cross Duathlon</td>
<td>3 x 250 + 6.6 + 1.6</td>
</tr>
<tr>
<td>Corporate Triathlon</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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 of 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 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 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 Technical Official tells them to enter the relay zone.

15.11. Penalty Box:
   a.) Time penalties to be served at the penalty box can be served by any team member currently competing on the field of play.

15.12. Finish:
   a.) Only the last team member is allowed to cross the finish line.

16. PARA Triathlon:

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 Federations, 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 segments.

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.

g.) All paratriathletes are allowed to compete in triathlon, duathlon and aquathlon events. Paratriathletes from the categories TRI2, TRI3, TRI4, TRI5 and TRI6 are allowed to compete in winter triathlon, cross triathlon and cross duathlon events.

16.2. Paratriathlon Competition Categories:

ITU Paratriathlon Competition Categories shall be established based on physical disabilities. Medical evidence shall be required for 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 the 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 the 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.

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:

<table>
<thead>
<tr>
<th>Swim Length</th>
<th>Wetsuits Mandatory below</th>
<th>Maximum stay in water</th>
</tr>
</thead>
<tbody>
<tr>
<td>750</td>
<td>18 °C</td>
<td>45 m</td>
</tr>
<tr>
<td>1500</td>
<td>18 °C</td>
<td>1h 10 min</td>
</tr>
<tr>
<td>3000</td>
<td>18 °C</td>
<td>1h 40 min</td>
</tr>
<tr>
<td>4000</td>
<td>18 °C</td>
<td>2h 15 min</td>
</tr>
</tbody>
</table>

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 16º 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 0.5º every 1.0º of difference between the air and water temperatures.

<table>
<thead>
<tr>
<th>Water temperature</th>
<th>Air temperature</th>
</tr>
</thead>
<tbody>
<tr>
<td>16º C</td>
<td>15º C</td>
</tr>
<tr>
<td>20º C</td>
<td>18º C</td>
</tr>
<tr>
<td>19º C</td>
<td>17.5º C</td>
</tr>
<tr>
<td>18º C</td>
<td>17º C</td>
</tr>
<tr>
<td>17º C</td>
<td>16.5º C</td>
</tr>
<tr>
<td>16º C</td>
<td>16º C</td>
</tr>
</tbody>
</table>

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.
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 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 bodies;

(xii) The largest chain ring shall have a guard securely fitted to protect the rider. This protection shall be made of an 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 TRI 2 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 stated on their medical qualification cards;

(v) No mechanical gears or levers that propel the chair shall be allowed;

(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 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 competitor’s responsibility 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 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 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) A 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.
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 preferably on snow. Depending on the circumstances, the run and bike segment can be moved to a different surface.

17.2. Official Training and Familiarization:
   a.) Official training and familiarization 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. Run Segment:
   a.) Running shoes are mandatory on the running segment. This rule is not applicable to Age-group athletes;
   b.) Running shoes with spikes are allowed.

17.4. Mountain Bike Segment:
   a.) The minimal tyre dimension is 26x1.5 inches (599-40), which means the smallest part of the tyre should not be less than 40mm;
   b.) The bike segment of winter triathlon competitions is laid out as a cross-country course over snow and may follow normal roads or paths;
   c.) Athletes are allowed to push or carry the bike over the course;
   d.) 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;
   e.) Athletes must bring their own tools and parts and must carry out their own repairs;
   f.) Bike shoes are mandatory in the bike segment. This rule is not applicable to age-group athletes;

17.5. Coaches Zone:
   a.) Coaches will have one space to feed their athletes in a designated zone on both the bike and ski segments.

17.6. Ski Segment:
   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.) Athletes cannot be accompanied by team members, team managers or other pacemakers on the course, during the race;
   c.) Athletes are allowed to change one ski and both poles;
   d.) Athletes may ski using their preferred technique;
   e.) Specified zones may have restrictions to classic style or double poling;
   f.) Wearing the bike helmet during the ski segment is not allowed. However, 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 an 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. This circumstance has to be announced clearly in the athletes’ briefing;

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.) An 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 -18º.
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 is outlined in Appendix A.
   b.) The distance of Cross Duathlon is 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 Familiarization:
   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 course familiarization while a race is in progress.

18.4. Mountain Biking Conduct:
   a.) The maximum tyre diameter for the MTB is 29 inches. The minimum cross section is 1.5 inch, (599-40), which means 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

2011 Edition
APPENDIX A: RACE DISTANCES AND AGE REQUIREMENTS:

### Triathlon:

<table>
<thead>
<tr>
<th></th>
<th>Swim</th>
<th>Bike</th>
<th>Run</th>
<th>Minimum age required</th>
</tr>
</thead>
<tbody>
<tr>
<td>Team Relay</td>
<td>200 to 250 m</td>
<td>5 to 6.6 km</td>
<td>1.2 to 1.6 km</td>
<td>16</td>
</tr>
<tr>
<td>Sprint Distance</td>
<td>750 m</td>
<td>20 km</td>
<td>5 km</td>
<td>16</td>
</tr>
<tr>
<td>Standard Distance</td>
<td>1500 m</td>
<td>40 km</td>
<td>10 km</td>
<td>18</td>
</tr>
<tr>
<td>Long Distance (O2)</td>
<td>3000 m</td>
<td>80 km</td>
<td>20 km</td>
<td>18</td>
</tr>
<tr>
<td>Long Distance (O3)</td>
<td>4000 m</td>
<td>120 km</td>
<td>30 km</td>
<td>18</td>
</tr>
</tbody>
</table>

### Duathlon:

<table>
<thead>
<tr>
<th></th>
<th>Run</th>
<th>Bike</th>
<th>Run</th>
<th>Minimum age required</th>
</tr>
</thead>
<tbody>
<tr>
<td>Team Relay</td>
<td>2 km</td>
<td>8 km</td>
<td>1 km</td>
<td>16</td>
</tr>
<tr>
<td>Sprint Distance</td>
<td>5 km</td>
<td>20 km</td>
<td>2.5 km</td>
<td>16</td>
</tr>
<tr>
<td>Standard Distance</td>
<td>10 km</td>
<td>40 km</td>
<td>5 km</td>
<td>18</td>
</tr>
<tr>
<td>Long Distance</td>
<td>20 km</td>
<td>80 km</td>
<td>10 km</td>
<td>18</td>
</tr>
</tbody>
</table>

### Aquathlon:

<table>
<thead>
<tr>
<th></th>
<th>Run</th>
<th>Swim</th>
<th>Run</th>
<th>Minimum age required</th>
</tr>
</thead>
<tbody>
<tr>
<td>Standard Distance</td>
<td>2.5 km</td>
<td>1000 m</td>
<td>2.5 km</td>
<td>16</td>
</tr>
<tr>
<td>Standard Distance (cold waters)</td>
<td>1000 m</td>
<td>5 km</td>
<td>16</td>
<td></td>
</tr>
<tr>
<td>Long Distance</td>
<td>5 km</td>
<td>2000 m</td>
<td>5 km</td>
<td>18</td>
</tr>
<tr>
<td>Long Distance (cold waters)</td>
<td>2000 m</td>
<td>10 km</td>
<td>18</td>
<td></td>
</tr>
</tbody>
</table>

### Winter Triathlon:

<table>
<thead>
<tr>
<th></th>
<th>Cross-Country Run</th>
<th>Mountain Bike</th>
<th>Cross-Country Ski</th>
<th>Minimum age required</th>
</tr>
</thead>
<tbody>
<tr>
<td>Team Relay</td>
<td>2 to 3 km</td>
<td>4 to 5 km</td>
<td>3 to 4 km</td>
<td>16</td>
</tr>
<tr>
<td>Sprint Distance</td>
<td>3 to 4 km</td>
<td>5 to 6 km</td>
<td>5 to 6 km</td>
<td>16</td>
</tr>
<tr>
<td>Standard Distance</td>
<td>7 to 9 km</td>
<td>12 to 14 km</td>
<td>10 to 12 km</td>
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Cross Triathlon:

<table>
<thead>
<tr>
<th>Distance</th>
<th>Swim</th>
<th>Mountain Bike</th>
<th>Cross Country Run</th>
<th>Minimum age required</th>
</tr>
</thead>
<tbody>
<tr>
<td>Team Relay</td>
<td>200 m</td>
<td>4 to 5 km</td>
<td>1.2 to 1.6 km</td>
<td>16</td>
</tr>
<tr>
<td>Sprint Distance</td>
<td>500 m</td>
<td>10 to 12 km</td>
<td>3 to 4 km</td>
<td>16</td>
</tr>
<tr>
<td>Standard Distance</td>
<td>1000 m</td>
<td>20 to 25 km</td>
<td>6 to 8 km</td>
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</table>

Cross Duathlon:

<table>
<thead>
<tr>
<th>Distance</th>
<th>Cross Country Run</th>
<th>Mountain Bike</th>
<th>Cross Country Run</th>
<th>Minimum age required</th>
</tr>
</thead>
<tbody>
<tr>
<td>Team Relay</td>
<td>1.2 to 1.6 km</td>
<td>4 to 5 km</td>
<td>0.6 to 0.8 km</td>
<td>16</td>
</tr>
<tr>
<td>Sprint Distance</td>
<td>3 to 4 km</td>
<td>10 to 12 km</td>
<td>1.5 to 2 km</td>
<td>16</td>
</tr>
<tr>
<td>Standard Distance</td>
<td>6 to 8 km</td>
<td>20 to 25 km</td>
<td>3 to 4 km</td>
<td>18</td>
</tr>
</tbody>
</table>
APPENDIX B: RACE PROTEST FORM:

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 $50 USD or equivalent currency.

What type of Protest is involved? (Check 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.)

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
<table>
<thead>
<tr>
<th><strong>Who was involved in the Violation?</strong></th>
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<thead>
<tr>
<th><strong>How did the Violation occur (brief statement explaining alleged violation)?</strong></th>
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<tbody>
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<table>
<thead>
<tr>
<th><strong>Signature of Protester:</strong></th>
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<tr>
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<td><strong>Date:</strong></td>
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### Part 2: To be completed by Referee

<table>
<thead>
<tr>
<th><strong>Time received by Race Referee:</strong></th>
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<tbody>
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</table>

<table>
<thead>
<tr>
<th><strong>Fee attached?</strong></th>
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<tbody>
<tr>
<td>Yes ☐ No ☐</td>
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</table>

<table>
<thead>
<tr>
<th><strong>Protesting’s version of the incident:</strong></th>
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<table>
<thead>
<tr>
<th><strong>Protestee’s version of the incident:</strong></th>
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<table>
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<tr>
<th><strong>Official’s version of the incident:</strong></th>
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</table>

<table>
<thead>
<tr>
<th><strong>Decision of Referee:</strong></th>
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</table>

<table>
<thead>
<tr>
<th><strong>Referee’s Name:</strong></th>
</tr>
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</table>

<table>
<thead>
<tr>
<th><strong>Signature</strong></th>
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</tbody>
</table>
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 $50 USD 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

Was the Penalty confirmed by the Referee? Yes ☐  No ☐

Type of Appeal: (Check 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: 

Signature of Appellant: 

Date: 

<table>
<thead>
<tr>
<th>Appeal Fee $50 USD attached</th>
<th>Yes ☐  No ☐</th>
</tr>
</thead>
<tbody>
<tr>
<td>Is this Appeal to reverse a Competition Jury decision?</td>
<td>Yes ☐  No ☐</td>
</tr>
<tr>
<td>If ‘Yes’, attach Competition Jury Decision and action(s) and Referee’s decision and action(s).</td>
<td></td>
</tr>
<tr>
<td>Competition Jury Members (Names) and tick box to indicate if it was a 3 person jury or 5 person.</td>
<td>1.</td>
</tr>
<tr>
<td>☐ 3 person jury</td>
<td>2.</td>
</tr>
<tr>
<td>☐ 5 person jury</td>
<td>3.</td>
</tr>
<tr>
<td>4.</td>
<td></td>
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<tr>
<td>5.</td>
<td></td>
</tr>
<tr>
<td>Competition Jury Action:</td>
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</tr>
<tr>
<td>Competition Jury Chair’s Name Signature:</td>
<td></td>
</tr>
<tr>
<td>Time, Date Appeal Received:</td>
<td></td>
</tr>
<tr>
<td>Time, Date Appeal processed:</td>
<td></td>
</tr>
<tr>
<td>Amount of fee withheld/refunded:</td>
<td></td>
</tr>
</tbody>
</table>
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 Part of the race course over which it has been defined in the Athletes' Briefing 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 coordination of the deployment of Technical Officials.

Clean Start All the athletes start after the horn. The race continues.

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 Before The Mount Line An athlete's foot must contact the ground entirely before the dismount line. If this contact doesn't occur, it is considered an infringement of the rules.

Dismount Line A designated line at the entrance of 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 an 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.

Early start When an athlete’s foot crossed the vertical plane of the start line, before the start signal.

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
**International Triathlon Union (ITU)**
The world governing body of triathlon, duathlon, aquathlon, winter triathlon and all other related multisport, a non-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.

**International Triathlon Union (ITU) Competition Rules**
The document that contains all the rules and regulations that govern fair and safe competitions.

**ITU Rules**

**Invalid Start**
Some athletes start clearly before the horn and some others stay behind the start line. The start is not clean and is declared invalid.

**Local Organising Committee (LOC)**
The organising entity of an ITU event.

**Mount After The Mount Line**
An athlete’s foot must contact the ground entirely past the mount line. If this contact doesn’t occur, it is considered an infringement of the rules.

**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 with 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 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 willful 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 willful 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.
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**
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 judged to be unfair, unethical or dishonest, a violent act, intentional misconduct, abusive language, intimidating behaviour, or persistent infringement of the rules.

**Standard Bridge Piece**
A rigid piece, of plastic or metal, which joins both sides of the handlebar clip-on at the ends and is commercially available.

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

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 ITU, the length of the suspension will be determined by the ITU Executive Board.

**Swim Course**
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 responsible for ensuring 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**
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.

**Valid Start with Early Starters**
Almost all the athletes start after the horn, but few of them did start before the horn. The start is declared valid and the early starters will receive a time penalty warning in T1.

**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 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 of the potential for a rule violation to occur and to promote a pro-active attitude.
E1. Qualification Criteria:

E1.1 ITU World Championships Series

Dextro Energy Triathlon – ITU World Championship Series
QUALIFICATION CRITERIA

1. ELITE:

1.1. ITU World Championship Series events:
   a) Gold Group: ITU will determine a group of athletes called Gold Group. The qualification criteria to be part of the Gold Group are described in the document called “Dextro Energy Triathlon ITU World Championships Series - Athletes benefits” and can be found on www.triathlon.org.
   b) The National Federations must enter the athletes (including those in the Gold Group) into the wait list via the ITU online entry system no fewer than 32 days before the first competition day.
   c) 32 days before the first competition day, the start list for both the men’s and women’s will be published on www.triathlon.org adding athletes from the waitlist in the following order:
      • Athletes from the Gold Group;
      • 30 athletes with the best ranking from the current ITU Triathlon World Championship Rankings. If, at the time of this selection, there is no ranking from the current year, then the final rankings from the previous year will be used;
      • 20 athletes with the most points from the current ITU Points List, excluding those already on the start list. This number can be increased to put 60 athletes on the start list;
      • The remaining athletes on the wait list will be ordered by their position on the current ITU Points List. Athletes without any ITU points will be ordered at the bottom of the wait list according to the time of their entry.
   d) National Federation quota in each of the men’s and women’s event:
      • Maximum per National Federation is 6 athletes.
      • Maximum per host National Federation is 8 athletes.
      • Gold Group athletes will not be included in their National Federation’s maximum quota.
      • Maximum per National Federation and host National Federation may be increased by a maximum of 4 quota places if by step 1.1. c) (3rd bullet) the number of athletes on the start list is lower than 60.
   e) Late Entries: Entries received 29 or fewer days before the first competition day will be placed at the bottom of the wait list at the time the National Federation entered the athlete into the ITU online entry system.
   f) Substitutions: Each National Federation will be allowed to substitute 1 athlete per gender per event. The names of both athletes involved in the substitution must be emailed to entries@triathlon.org. Substitutions are only allowed up to 12 days prior to the first competition day. There are no substitutions for athletes in the Gold Group. If the substitute athlete is ranked higher than the worse ranked athlete qualified for the start list, this substitution doesn’t affect the quota of substitution.
   g) Withdrawals: An athlete who is withdrawn from the start list will be replaced by the next athlete on the wait list. According to the rule 2.6.c) (iii) Athletes not attending the briefing, without informing the TD about their absence, will be removed from the start list. In this case, athletes from the wait list who attended the briefing will be called to fill the empty slots. Athletes present in the race briefing and still remaining on the wait list must stay nearby and in close contact in order to take the place of any upcoming withdrawals, until registration closes.
   h) Invitations: 26 days before the first competition day, ITU will award a maximum of 5 invitations based on the requests emailed by respective National Federations to
entries@triathlon.org and they will be put on the start list. If ITU awards less than 5 invitations, the remaining spot will be filled by the next athlete on the wait list.

i) Athletes’ Briefing: will take place at 17:00, 2 days before the first day of competition.

j) If a National Federation withdraws an athlete from the start list within 25 days of the competition they must email entries@triathlon.org. If there is a second withdrawal within 25 days of the first day of competition by the same National Federation, the country will lose 1 quota spot for the following 2 ITU World Championship Series events and the maximum quota of the National Federations affected will be adjusted accordingly for those events. This penalty could carry over to the following year.

k) National Federations withdrawing an athlete from the start list after the Monday at 13:00 GMT prior to the event, the athlete will be removed from all start lists and wait lists of any ITU events for the next 30 days and will not be reinstated in any of the races on the same weekend as the race from which they were withdrawn. A number of unexpected withdrawals without being penalized because last minute issues are fixed. This number depends on the number of participations of each NF over the previous year, as follows.

<table>
<thead>
<tr>
<th>Number of participations (*)</th>
<th>Number of late withdrawals not penalized (*)</th>
<th>Nations for 2011 (*)</th>
</tr>
</thead>
<tbody>
<tr>
<td>60 or more</td>
<td>4</td>
<td>AUS, GBR, GER, JPN, RUS, USA</td>
</tr>
<tr>
<td>40 to 59</td>
<td>3</td>
<td>ESP, NZL</td>
</tr>
<tr>
<td>20 to 39</td>
<td>2</td>
<td>CAN, FRA, POR, RSA, SUI</td>
</tr>
<tr>
<td>19 or less</td>
<td>1</td>
<td>All the others</td>
</tr>
</tbody>
</table>

(*) This includes men and women events in all WCS events and the Grand final

l) An athlete not personally present at the Athletes’ Briefing and who has not provided prior notification to the Technical Delegate by email or by phone will be removed from all start lists and wait lists of any ITU events for the next 30 days and will not be reinstated in any of the races on the same weekend as the race from which they were withdrawn.

m) Athletes present at the Athletes’ Briefing but are forced to withdraw from the competition due to last minute illness or injury, as proven by a certificate from a medical doctor, will remain on future start lists and wait lists of all ITU events.

1.2. ITU World Championship Grand Final:

a) Gold Group: ITU will determine a group of athletes called the Gold Group. The qualification criteria to be part of the Gold Group are described in the document called “Dextro Energy Triathlon ITU World Championship Series-Athletes benefits” and can be found on www.triathlon.org

b) The National Federations must enter the athletes (including those included in the Gold Group) into the waitlist via the ITU online entry system no fewer than 30 days before the first competition day.

c) 25 days before the first competition day, the start list for both the men’s and women’s will be published on www.triathlon.org adding athletes from the waitlist in the following order:

- Athletes from the Gold Group.
- 25 athletes with the best ranking from the current 2010 ITU Triathlon World Championship Rankings.
- 15 athletes with the most points from the current ITU Points List, excluding those already on the start list. This number can be increased to put 50 athletes on the start list.
- The top 3 finishers of the last ITU Triathlon Continental Championships in elite category from all 5 continents. If the athlete is qualified by the first 3 bullets above, the spots will be allocated according to the ITU Points List.
• The remaining athletes on the wait list will be ordered by their positions on the current ITU Points List. Athletes without any ITU points will be ranked at the bottom of the wait list according to the time of their entry.

d) 20 days before the first competition day, 5 more athletes from the waitlist will be added to both the men’s and women’s start list with the most points from the current ITU Points List.

e) National Federation quota in each of the men’s and women’s event:
   • Maximum per National Federation and host National Federation is 6 athletes.
   • Gold Group athletes will not be included in their National Federation’s maximum quota.
   • Maximum per National Federation and host National Federation may be increased by a maximum of 4 quota places if by step 1.2. c) the number of athletes on the start list is lower than 70.

f) Late Entries: Entries received 24 or fewer days before the first competition day will be placed at the bottom of the wait list at the time the National Federation entered the athlete into the ITU online entry system.

g) Substitutions: Each National Federation will be allowed to substitute 1 athlete per gender per event. The names of both athletes involved in the substitution must be emailed to entries@triathlon.org. 1 extra substitution is allowed if the substituted athlete is entered in the ITU Triathlon U23 World Championships instead of the elite events of the ITU World Championship Grand Final. Substitutions are only allowed up to 12 days prior to the first competition day. If the substitute athlete is ranked higher than the worse ranked athlete qualified for the start list, this substitution doesn’t affect the quota of the substitution.

h) Withdrawals: An athlete who is withdrawn from the start list will be replaced by the next athlete on the wait list. According to the rule 2.6.c) (iii) Athletes not attending the briefing, without informing the TD about their absence, will be removed from the start list. In this case, athletes from the wait list who attended the briefing will be called to fill the empty spots. Athletes present in the race briefing and still remaining on the wait list must stay nearby and in close contact in order to take the place of any upcoming withdrawals, until registration closes.

i) Invitations: 20 days before the first competition day, ITU will award a maximum of 5 invitations based on the requests emailed by respective National Federations to entries@triathlon.org and they will be put on the start list. If ITU awards less than 5 invitations, the remaining spot will be filled by the next athlete on the wait list.

j) Athletes’ Briefing: will take place at 17:00, 2 days before the first day of competition.

k) If a National Federation withdraws an athlete from the start list within 20 days of the competition they must email entries@triathlon.org. If there is a second withdrawal within 20 days of the first day of competition by the same National Federation, the country will lose 1 quota spot for the following 2 ITU World Championship Series events and the maximum quota of the National Federations affected will be adjusted accordingly for those events. This penalty could carry over to the following year.

l) National Federations withdrawing an athlete from the start list after the Monday at 13:00 GMT prior to the event, the athlete will be removed from all start lists and wait lists of any ITU events for the next 30 days and will not be reinstated in any of the races on the same weekend as the race from which they were withdrawn. A number of unexpected withdrawals without being penalized because last minute issues are fixed. This number depends on the number of participations of each NF the previous year, as follows.
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(*) This includes men and women events in all WCS events and the Grand final

m) Athletes not personally present at the Athletes’ Briefing and who have not provided prior notification to the Technical Delegate by email or by phone will be removed from all start lists and wait lists of any ITU events for the next 30 days and will not be reinstated in any of the races on the same weekend as the race from which they were withdrawn.

n) Athletes present at the Athletes’ Briefing but are forced to withdraw from the competition due to last minute illness or injury, as proven by a certificate from a medical doctor, will remain on future start lists and wait lists of all ITU events.

2. **UNDER23:**
   2.1. Qualification for the ITU Triathlon U23 World Championships for both men’s and women’s event will be:
       a) Each National Federation in good standing with ITU has the right automatically to enter 2 athletes in the ITU Triathlon U23 World Championships.
       b) Based on the number of athletes the National Federations had in the previous year’s ITU Triathlon U23 World Championships results, they will be allowed 1 additional entry for a maximum of 3 in total per National Federation, if the NF had 2 or more athletes in the top 25 of the previous year’s ITU Triathlon U23 World Championships.
   2.2. Invitations places may be awarded to athlete by ITU upon request emailed by respective National Federations to entries@triathlon.org no later than 40 days prior to the ITU Triathlon U23 World Championships. Invitation places will be awarded 20 days prior to the ITU Triathlon U23 World Championships. ITU shall have the sole authority to award any or all of the invitation places.
   2.3. If the number of athletes entered 32 days before the race is less than 70, National Federations can apply for maximum 2 more invitations exceeding their maximum quotas.

3. **JUNIOR:**
   3.1. Qualification for the ITU Triathlon Junior World Championships for both men’s and women’s event will be:
       a) The quota system for allocating the spots 1 to 70 is determined on the basis of the 5 continental confederations.
       b) The following were considered to create continental quotas:
           • The number of National Federations affiliated with ITU within the continent.
           • The number of National Federations that participated in the previous 2 ITU Triathlon Junior World Championships.
           • The number of National Federations that participated in the previous ITU Triathlon Junior Continental Championships.
       c) Quotas per Continent (total: 70):
           • Africa: 4
           • Americas: 15
           • Asia: 9
           • Europe: 36
           • Oceania: 6
d) Continental Championships: Based on the results of the last ITU Triathlon Junior Continental Championships held minimum 45 days prior to the ITU Triathlon Junior World Championships, a National Federation may earn a maximum of 3 spots. In case the ITU Triathlon Junior Continental Championships will take place after the 45 days term previously indicated, the Continental Confederation can apply to ITU to give the junior continental qualification status to another event. Spots will be awarded on a simple roll-down system through the results. As soon as a National Federation has 3 spots, additional spots will go to the next eligible National Federation on the results lists. Any place not claimed by a National Federation by entering the athlete through the ITU online entry system within 32 days of the ITU Triathlon Junior World Championships will be given to the Invitation places.

3.2. Host National Federation (spot 71 – if required): The host National Federation will get a minimum of 1 spot. If the host National Federation already has a spot from the ITU Triathlon Junior Continental Championships, the spot will go to the Invitation places.

3.3. Invitation: (spots 72 to 80): At the discretion of ITU, spots may be earned based on an athlete’s past results and/or current rankings. This could include, but is not limited to, mechanical difficulties or illness at the ITU Triathlon Junior Continental Championships. National Federations must apply for an Invitational spot by email to entries@triathlon.org at least 40 days before the entry deadline.

3.4. If the number of athletes entered 32 days before the race is less than 70, National Federations can apply for maximum 2 more invitations exceeding their maximum quotas.

4. AGE-GROUPS:

4.1. Olympic distance:
   a) Qualification for the ITU Triathlon Age-Group World Championships Olympic distance will be:
      • Every National Federation can enter 20 athletes in every age-group.
      • The host National Federation has a larger quota of 25 athletes in every age-group.
      • The winners of each age-group category of each ITU World Championship Series event will qualify and will increase their National Federation’s quotas in the following calendar year’s ITU Triathlon Age-Group World Championships Olympic Distance.
      • All the qualified athletes for the ITU Triathlon Age-Group World Championships, no matter if they qualify through the age-group events of the ITU World Championships Series or the National Federation’s domestic qualification process, need to be entered in the ITU Triathlon Age-Group World Championships through the National Federations.
      • The quota for any National Federation in any age-group can be increased at the discretion of ITU.

4.2. Sprint distance:
   a) Qualification for the ITU Triathlon Age-Group World Championships Olympic distance will be:
      • Every National Federation can enter 20 athletes in every age-group.
      • The host National Federation has a larger quota of 25 athletes in every age-group.
      • The winners of each age-group category of each ITU World Championship Series event will qualify and will increase their National Federation’s quotas in the following calendar year’s ITU Triathlon Age-Group World Championships Sprint Distance.
      • All the qualified athletes for the ITU Triathlon Age-Group World Championships, no matter if they qualify through the age-group events of the ITU World Championships Series or the National Federation’s domestic qualification process, need to be entered in the ITU Triathlon Age-Group World Championships through the National Federations.
• The quota for any National Federation in any age-group can be increased at the discretion of ITU.

5. **PARATHRIATHLON**

5.1. Qualification for the ITU Paratriathlon World Championships Olympic distance will be:

a) Every National Federation can enter 6 athletes in every Paratriathlon category.

b) The host National Federation has a larger quota of 8 athletes in every Paratriathlon category.

c) The winners of Paratriathlon categories of each ITU Triathlon World Championship Series event will qualify and will increase their National Federation quotas in the following calendar year’s ITU Paratriathlon World Championships.

d) All the qualified athletes for the ITU Paratriathlon World Championships, no matter if they qualify through the ITU World Championships Series events or the National Federation’s domestic qualification process, need to be entered in the ITU Paratriathlon World Championships through the National Federations.

e) The quota for any National Federation in any Paratriathlon category can be increased at the discretion of ITU.
1. ELITE:
   1.1. ITU Triathlon World Cup events:
      a) The National Federations must enter the athletes into the wait list via the ITU online entry system no less than 32 days before the first competition day.
      b) 32 days before the first competition day, the men’s and women’s start lists will be published on www.triathlon.org and adds athletes from the waitlist in the following order:
         • 25 athletes with the best ranking from the current ITU Triathlon World Championship Rankings. If, at the time of this selection, there is no ranking from the current year, the final rankings from the previous year will be used.
         • 45 athletes with the most points from the current ITU Points List, excluding those already on the start list. This number can be increased to put 70 athletes on the start list.
         • The remaining athletes on the wait list will be ordered by their position on the current ITU Points List. Athletes without any ITU points will be ordered at the bottom of the wait list according to the time of their entry.
      c) National Federation quota in each of the men’s and women’s event:
         • Maximum per National Federation is 6 athletes.
         • Maximum per host National Federation is 8 athletes.
         • Maximum per National Federation and host National Federation may be increased by a maximum of 4 quota places if by step 1.1. c) (2nd bullet), or later the number of athletes on the start list is lower than 70.
      d) Late Entries: Entries received 31 or fewer days before the first competition day will be placed at the bottom of the wait list at the time the National Federation entered the athlete into the ITU online entry system.
      e) Substitutions: Each National Federation will be allowed to substitute 2 athletes per gender per event. The names of both athletes involved in the substitution must be emailed to entries@triathlon.org. If the substitute athlete is ranked higher than the worse ranked athlete qualified for the start list, this substitution doesn’t affect the quota of substitution.
      f) Withdrawals: An athlete who is withdrawn from the start list will be replaced by the next athlete on the wait list. According to the rule 2.6.c) (iii) Athletes not attending the briefing, without informing the TD about their absence, will be removed from the start list. In this case, athletes from the wait list who attended the briefing will be called to fill the empty spots. Athletes present in the race briefing and still remaining on the wait list must stay nearby and in close contact in order to take the place of any upcoming withdrawals.
      g) Invitations: 26 days before the first competition day, ITU will award invitations based on the requests emailed by respective National Federations to entries@triathlon.org and they will be put on the start list. The National Federation quota may be increased by a maximum of 2 more by awarding invitations.
      h) Athletes’ Briefing: will take place at 17:00, 2 days before the first day of competition.
      i) National Federations withdrawing an athlete from the start list after the Monday at 13:00 GMT prior to the event, the athlete will be removed from all start lists and wait lists of all ITU events for the next 30 days and will not be reinstated in any of the races on the same weekend as the race from which they were withdrawn.
      j) Athletes not personally present at the Athletes’ Briefing and who have not provided prior notification to the Technical Delegate by email or by phone will be removed from all start lists and wait lists of all ITU events for the next 30 days and will not be reinstated in any of the races on the same weekend as the race from which they were withdrawn.
      k) Athletes present at the Athletes’ Briefing but are forced to withdraw from the competition due to last minute illness or injury, as proven by a certificate from a medical doctor, will remain on future start lists and wait lists of all ITU events.
1. **ELITE:**

1.1. **ITU Triathlon Continental Cup events:**

   a) The National Federations must enter the athletes into the wait list via the ITU online entry system no less than 32 days before the first competition day.

   b) 32 days before the first competition day, the men’s and women’s start lists will be published on [www.triathlon.org](http://www.triathlon.org) and adds athletes from the waitlist in the following order:
   - Athletes with the most points from the current ITU Points List.
   - Athletes with the best ranking from the current ITU Continental Ranking (the continent where the event is held), excluding those already on the start list.
   - The remaining athletes will be placed on the wait list will be ordered by their position on the current ITU Points List.
   - Athletes on the wait list not present on the current ITU Points List will be ordered by their position on the current ITU Continental Ranking (the continent where the event is held).
   - Athletes on the wait list not present on the current ITU Points List and not present on the current ITU Continental Ranking (the continent where the event is held) will be ordered at the bottom of the wait list according to 1.1 f) below.

   c) National Federation quota in each of the men’s and women’s event:
   - Maximum per National Federation is 10 athletes.
   - Maximum per host National Federation is 15 athletes.
   - Maximum per National Federation and host National Federation may be increased if by step 1.1. b) (2nd bullet) the number of athletes on the start list is less than 70.

   d) Late Entries: If there were free spots on the start list, entries received from National Federations with athletes ranked in the ITU Points List or in the Continental Rankings (the continent where the event is held) between 32 and 25 days before the first competition day, they will be accepted in the start list. Athletes on the wait list not present on the current ITU Points List and not present on the current ITU Continental Ranking (the continent where the event is held) will be ordered at the bottom of the wait list according to the time of their entry.

   e) Invitations: 26 days before the first competition day, ITU will award invitations based on the requests emailed by respective National Federations to entries@triathlon.org and they will be put on the start list. The National Federation quota may be increased by awarding invitations.

   f) Roll-down: 26 days before the first competition day, if there are still spots free in the start list, the athletes on the wait list not present on the current ITU Points List and not present on the current ITU Continental Ranking (the continent where the event is held), will be moved to the start list until full, according to the following criteria:
   - First athlete per nation, starting with the host National Federation, and followed by the National Federations in alphabetical order;
   - Second athlete per nation, starting with the host National Federation, and followed by the National Federations in alphabetical order;
   - Third athlete per nation, starting with the host National Federation, and followed by the National Federations in alphabetical order;
   - Continue with the same principles.

   g) Substitutions: Each National Federation will be allowed to substitute three athletes per event per gender. The names of both athletes involved in the substitution must
be emailed to entries@triathlon.org.

h) Withdrawals: An athlete withdrawn from the start list will be replaced by the next athlete on the wait list.

i) National Federations withdrawing athletes from the start list after the Monday at 13:00 GMT prior to the event, the athlete will be removed from all start lists and wait lists of all ITU events for the next 30 days and will not be reinstated in any of the races on the same weekend as the race from which they were withdrawn.

j) Athlete not personally present at the Athletes’ Briefing and who have not provided prior notification to the Technical Delegate by email or by phone will be removed from all start lists and wait lists of all ITU events for the next 30 days and will not be reinstated in any of the races on the same weekend as the race from which they were withdrawn.

k) Athletes present at the Athletes’ Briefing but are forced to withdraw from the competition due to last minute illness or injury, as proven by a certificate from a medical doctor, will remain on future start lists and wait lists of all ITU events.
ITU Aquathlon World Championships
QUALIFICATION CRITERIA

1. ELITE:
   1.1. National Federation quota for the ITU Elite Aquathlon World Championships in each of the men’s and women’s event:
       a) Maximum per National Federation is 6 athletes.
       b) All qualified athletes for the ITU Elite Aquathlon World Championships need to be entered through their National Federations.
       c) The quota for any National Federation can be increased at the discretion of ITU.

2. UNDER23:
   2.1. National Federation quota for the ITU Aquathlon U23 World Championships in each of the men’s and women’s event:
       a) Maximum per National Federation is 6 athletes.
       b) All qualified athletes for the ITU Aquathlon U23 World Championships need to be entered through their National Federations.
       c) The quota for any National Federation can be increased at the discretion of ITU.

3. JUNIOR:
   3.1. National Federation quota for the ITU Aquathlon Junior World Championships in each of the men’s and women’s event:
       a) Maximum per National Federation is 6 athletes.
       b) All qualified athletes for the ITU Aquathlon Junior World Championships need to be entered through their National Federations.
       c) The quota for any National Federation can be increased at the discretion of ITU.

4. AGE-GROUPS:
   4.1. Qualification for the ITU Aquathlon Age-Group World Championships will be:
       a) Every National Federation can enter 20 athletes in every age-group.
       b) The host National Federation has a larger quota of 25 athletes in every age-group.
       c) All qualified athletes for the ITU Aquathlon Age-Group World Championships need to be entered through their National Federations.
       d) The quota for any National Federation in any age-group can be increased at the discretion of ITU.
       e) The age-group categories are indicated in the ITU Competition Rules.

5. PARATRIATHLON:
   5.1. Qualification to the ITU Paratriathlon Aquathlon World Championships will be:
       a) Every National Federation can enter 6 athletes in every Paratriathlon category.
       b) The host National Federation has a larger quota of 8 athletes in every Paratriathlon category.
       c) All qualified athletes for the ITU Paratriathlon Aquathlon World Championships need to be entered through their National Federations.
       d) The quota for any National Federation in any Paratriathlon category can be increased at the discretion of ITU.
       e) The Paratriathlon categories are indicated in the ITU Competition Rules.
ITU Cross Triathlon World Championships

QUALIFICATION CRITERIA

1. ELITE:
   a. National Federation quota for the ITU Elite Cross Triathlon World Championships in each of the men’s and women’s event:
      i. Maximum per National Federation is 6 athletes;
      ii. All qualified athletes for the ITU Elite Cross Triathlon World Championships need to be entered through their National Federations.
      iii. The quota for any National Federation can be increased at the discretion of ITU.

2. AGE-GROUPS:
   a. Qualification for the ITU Cross Triathlon Age-Group World Championships will be:
      i. Every National Federation can enter 20 athletes in every age-group.
      ii. The host National Federation has a larger quota of 25 athletes in every age-group.
      iii. All qualified athletes for the ITU Cross Triathlon Age-Group World Championships need to be entered through their National Federations.
      iv. The quota for any National Federation in any age-group can be increased at the discretion of ITU.
      v. The age-group categories are indicated in the ITU Competition Rules.

3. PARATHRATHLON:
   a. Qualification for the ITU Paratriathlon Cross Triathlon World Championships will be:
      i. Every National Federation can enter 6 athletes in every Paratriathlon category (TRI 2 to TRI 6);
      ii. The host National Federation has a larger quota of 8 athletes in every Paratriathlon category (TRI 2 to TRI 6);
      iii. All qualified athletes for the ITU Paratriathlon Cross Triathlon World Championships need to be entered through their National Federations.
      iv. The quota for any National Federation in any Paratriathlon category can be increased at the discretion of ITU.
      v. The Paratriathlon categories are indicated in the ITU Competition Rules.
E1.6 ITU Duathlon World Championships

ITU Duathlon World Championships
QUALIFICATION CRITERIA

1. **ELITE:**
   1.1. National Federation quota for the ITU Elite Duathlon World Championships in each of the men’s and women’s event:
   a) Maximum per National Federation is 6 athletes.
   b) All qualified athletes for the ITU Elite Duathlon World Championships need to be entered through their National Federations.
   c) The quota for any National Federation can be increased at the discretion of ITU.

2. **UNDER23:**
   2.1. National Federation quota for the ITU Duathlon U23 World Championships in each of the men’s and women’s event:
   a) Maximum per National Federation is 6 athletes.
   b) All qualified athletes for the ITU U23 Duathlon World Championships need to be entered through their National Federations.
   c) The quota for any National Federation can be increased at the discretion of ITU.

3. **JUNIOR:**
   3.1. National Federation quota for the ITU Duathlon Junior World Championships in each of the men’s and women’s event:
   a) Maximum per National Federation is 6 athletes.
   b) All qualified athletes for the ITU Duathlon Junior World Championships need to be entered through their National Federations.
   c) The quota for any National Federation can be increased at the discretion of ITU.

4. **AGE-GROUPS:**
   4.1. Qualification for the ITU Duathlon Age-Group World Championships will be:
   a) Every National Federation can enter 20 athletes in every age-group.
   b) The host National Federation has a larger quota of 25 athletes in every age-group.
   c) All qualified athletes for the ITU Duathlon Age-Group World Championships need to be entered through their National Federations.
   d) The quota for any National Federation in any age-group can be increased at the discretion of ITU.
   e) The age-group categories are indicated in the ITU Competition Rules.

5. **PARATRIATHLON:**
   5.1. Qualification to the ITU Paratriathlon Duathlon World Championships will be:
   a) Every National Federation can enter 6 athletes in every Paratriathlon category.
   b) The host National Federation has a larger quota of 8 athletes in every Paratriathlon category.
   c) All qualified athletes for the ITU Paratriathlon Duathlon World Championships need to be entered through their National Federations.
   d) The quota for any National Federation in any Paratriathlon category can be increased at the discretion of ITU.
   e) The Paratriathlon categories are indicated in the ITU Competition Rules.
E1.7 ITU Long Distance Duathlon World Championships

ITU Long Distance Duathlon World Championships
QUALIFICATION CRITERIA

1. ELITE:
   1.1. National Federation quota for the ITU Elite Long Distance Duathlon World Championships in each of the men’s and women’s event:
       a) Maximum per National Federation is 6 athletes.
       b) All qualified athletes for the ITU Elite Long Distance Duathlon World Championships need to be entered through their National Federations.
       c) The quota of any National Federation can be increased at the discretion of ITU.

2. AGE-GROUPS:
   2.1. Qualification for the ITU Long Distance Duathlon Age-Group World Championships will be:
       a) Every National Federation can enter 20 athletes in every age-group.
       b) The host National Federation has a larger quota of 25 athletes in every age-group.
       c) All qualified athletes for the ITU Long Distance Duathlon Age-Group World Championships need to be entered through their National Federations.
       d) The quota for any National Federation in any age-group can be increased at the discretion of ITU.
       e) The age-group categories are indicated in the ITU Competition Rules.

3. PARATRIATHLON:
   3.1. Qualification to the ITU Paratriathlon Long Distance Duathlon World Championships will be:
       a) Every National Federation can enter 6 athletes in every Paratriathlon category.
       b) The host National Federation has a larger quota of 8 athletes in every Paratriathlon category.
       c) All qualified athletes for the ITU Paratriathlon Long Distance Duathlon World Championships need to be entered through their National Federations.
       d) The quota for any National Federation in any Paratriathlon category can be increased at the discretion of ITU.
       e) The Paratriathlon categories are indicated in the ITU Competition Rules.
1. **ELITE:**
   1.1. National Federation quota for the ITU Elite Long Distance Triathlon World Championships in each of the men’s and women’s event:
   a) Maximum per National Federation is 6 athletes.
   b) All qualified athletes for the ITU Elite Long Distance Triathlon World Championships need to be entered through their National Federations.
   c) The quota for any National Federation can be increased at the discretion of ITU.

2. **AGE-GROUPS:**
   2.1. Qualification for the ITU Long Distance Triathlon Age-Group World Championships will be:
   a) Every National Federation can enter 20 athletes in every age-group.
   b) The host National Federation has a larger quota of 25 athletes in every age-group.
   c) All qualified athletes for the ITU Long Distance Triathlon Age-Group World Championships need to be entered through their National Federations.
   d) The quota for any National Federation in any age-group can be increased at the discretion of ITU.
   e) The age-group categories are indicated in the ITU Competition Rules.

3. **PARATRIATHLON:**
   3.1. Qualification to the ITU Paratriathlon Long Distance Triathlon World Championships will be:
   a) Every National Federation can enter 6 athletes in every Paratriathlon category.
   b) The host National Federation has a larger quota of 8 athletes in every Paratriathlon category.
   c) All qualified athletes for the ITU Paratriathlon Long Distance Triathlon World Championships to be entered through their National Federations.
   d) The quota for any National Federation in any Paratriathlon category can be increased at the discretion of ITU.
   e) The Paratriathlon categories are indicated in the ITU Competition Rules.
ITU Winter Triathlon World Championships
QUALIFICATION CRITERIA

1. **ELITE:**
   1.1. National Federation quota for the ITU Elite Winter Triathlon World Championships in each of the men’s and women’s event:
      a) Maximum per National Federation is 6 athletes.
      b) All qualified athletes for the ITU Elite Winter Triathlon World Championships need to be entered through their National Federations.
      c) The quota for any National Federation can be increased at the discretion of ITU.

2. **UNDER 23:**
   2.1. National Federation quota for the ITU Winter Triathlon U23 World Championships in each of the men’s and women’s event:
      a) Maximum per National Federation is 6 athletes.
      b) All qualified athletes for the ITU Winter Triathlon U23 World Championships need to be entered through their National Federations.
      c) The quota for any National Federation can be increased at the discretion of ITU.

3. **JUNIOR:**
   3.1. National Federation quota for the ITU Winter Triathlon Junior World Championships in each of the men’s and women’s event:
      a) Maximum per National Federation is 6 athletes.
      b) All qualified athletes for the ITU Winter Triathlon Junior World Championships need to be entered through their National Federations.
      c) The quota for any National Federation can be increased at the discretion of ITU.

4. **AGE-GROUPS:**
   4.1. Qualification for the ITU Winter Triathlon Age-Group World Championships will be:
      a) Every National Federation can enter 20 athletes in every age-group.
      b) The host National Federation has a larger quota of 25 athletes in every age-group.
      c) All qualified athletes for the ITU Winter Triathlon Age-Group World Championships need to be entered through their National Federations.
      d) The quota for any National Federation in any age-group can be increased at the discretion of ITU.
      e) The age-group categories are indicated in the ITU Competition Rules.
E2. Ranking Criteria:

E2.1 ITU World Championships Series

Dextro Energy Triathlon ITU World Championship Series

RANKING CRITERIA

1. PURPOSE:
   a) ITU World Championship Rankings will be used to determine the best performing triathletes of the season.
   b) The ITU World Champions will be established at the end of the series and the ITU World Championship Series Bonus Pool Prize Money will be distributed after the last scoring event according to the ITU World Championship Rankings.
   c) The ITU World Championship Rankings will become the first priority list to determine the eligible athletes for ITU World Championship Grand Final, ITU World Championship Series events and the ITU Triathlon World Cup events.

2. POINTS AND SCORING:
   a) Scoring events:
      (i) There will be 3 levels of events included in the ITU World Championship Rankings:
         - The ITU World Championship Grand Final
         - The ITU World Championship Series events
         - The ITU Triathlon World Cup events
      (ii) The points earned by the best athlete for each event will be:
         - 1200 for the ITU World Championship Grand Final
         - 800 for the ITU World Championship Series events
         - 300 for the ITU Triathlon World Cup events
      (iii) The points table for each level of event will be from:
         - 1st to 50th for the ITU World Championship Grand Final
         - 1st to 40th for the ITU World Championship Series events
         - 1st to 30th for the ITU Triathlon World Cup events
      (iv) The points will be decreased according to points table below.
   b) Cut off: To earn points, athletes must finish within the cut-off time which will be determined by adding 5% to the winner’s time in the men’s event and 8% in the women’s event.
   c) Races scoring: The final score will be obtained by adding the points gained in the ITU World Championship Grand Final plus the 4 best scores in the ITU World Championship Series events and the ITU Triathlon World Cup events with the following limitations:
      (i) A maximum of 2 ITU Triathlon World Cup events scores will count for the final rankings.
      (ii) The intermediate rankings will be set as follows:

<table>
<thead>
<tr>
<th>After the ITU World Championship Series events number</th>
<th>Total events to add</th>
<th>Maximum ITU Triathlon World Cups to count</th>
<th>ITU World Championship Grand Final</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>2</td>
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</tr>
<tr>
<td>6</td>
<td>4</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>After Grand Final</td>
<td>4+Grand Final</td>
<td>2</td>
<td>1</td>
</tr>
</tbody>
</table>
e) **Minimum ITU World Championship Series events to score:** Athletes must score points in a minimum of 2 ITU World Championship Series events to be eligible among the top 20 final rankings.

f) **Season:** The ITU World Championship Series season starts the immediately after the ITU World Championship Grand Final and finishes with the ITU World Championship Grand Final.

3. **POINTS TABLE:**

<table>
<thead>
<tr>
<th>Finish Position</th>
<th>ITU World Championship Grand Final</th>
<th>ITU World Championship Series events</th>
<th>ITU Triathlon World Cup events</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1200</td>
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<tr>
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<td>43</td>
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</tr>
</tbody>
</table>
4. **Modified events:**
   a) When a race cannot be held in the original form due to force majeure, the points will be reduced depending on the conditions on which finally the event took place:
      (i) If the event remains the same ITU multisport race, but any or all of the disciplines are shortened according to the ITU Competition Rules, 100% of the original points will be awarded.
      (ii) If the event becomes another ITU multisport race according to the ITU Competition Rules in terms of distances and conditions, 75% of the original points will be awarded.
      (iii) If the event becomes another ITU multisport race with deviations from the ITU Competition Rules in terms of distances and conditions, 50% of the original points will be awarded.
E2.3 ITU U23 Triathlon

ITU U23 Triathlon Ranking Criteria

1. **SCORING EVENTS:**
   
1.1. **General:**
   - a) There will be 3 levels of events included in the ITU Triathlon U23 Rankings:
     - The ITU Triathlon U23 World Championships
     - The ITU Triathlon World Cup events
     - The ITU Triathlon U23 Continental Championships.
   - b) The points earned by the best U23 athlete for each event will be:
     - 600 for the ITU Triathlon U23 World Championships
     - 500 for the ITU Triathlon World Cup events
     - 200 for the ITU Triathlon U23 Continental Championships.
   - c) The points table for each level of event will be from:
     - 1st to 40th for the ITU Triathlon U23 World Championships
     - 1st to 30th for the ITU Triathlon World Cup events
     - 1st to 20th for the ITU Triathlon U23 Continental Championships.
   - d) The points will be decreased according to points table below.

1.2. **Cut-off:** To earn points, athletes must finish within the cut-off time which will be determined by adding 10% to the winner’s time in both men’s and women’s events.

1.3. **Total Events to Count:** Athletes’ final ranking will be determined by adding their scores from the ITU Triathlon U23 World Championships plus the 3 best scores from the ITU Triathlon World Cup events and the ITU Triathlon U23 Continental Championships. An athlete may not earn points from more than 2 events on 1 continent excluding the ITU Triathlon U23 World Championships.

1.4. **ITU Triathlon World Cup Events:** Only U23 athletes can earn points for the ITU Triathlon U23 World Rankings.

1.5. **ITU Triathlon U23 Continental Championships:** Only U23 athletes from National Federations affiliated with both ITU and their respective Continental Confederation can earn points for the ITU Triathlon U23 World Rankings.

1.6. **Award:** Athletes must score in minimum of 3 events one of which must be the ITU Triathlon U23 World Championships to be eligible for the year-end award.

2. **Modified events**
   
2.1. When a race cannot be held in the original form due to force majeure, the points will be reduced depending on the conditions under which finally the event took place:
   - a) If the event remains the same ITU multisport race, but any or all of the disciplines are shortened according to the ITU Competition Rules, 100% of the original points will be awarded.
   - b) If the event becomes another ITU multisport race according to the ITU Competition Rules in terms of distances and conditions, 75% of the original points will be awarded.
   - c) If the event becomes another ITU multisport race with deviations from the ITU Competition Rules in terms of distances and conditions, 50% of the original points will be awarded.
ITU Points List Criteria

1. PURPOSE:
   1.1. ITU Points List will be used to determine athletes’ eligibility to enter ITU Triathlon World Championship Series events, ITU Triathlon World Cup events, ITU Sprint Triathlon World Championships and ITU Triathlon Continental Championship events.
   1.2. Continental Confederations may also use the ITU Points List to determine National Federation quotas for ITU Triathlon Continental Championships.
   1.3. The ITU Points List will be posted on www.triathlon.org, but will not be considered as a ranking.

2. ELIGIBILITY:
   2.1. Only athletes in good standing with their National Federation affiliated with ITU are eligible to be included in the ITU Points List.

3. SCORING EVENTS:
   3.1. General:
      a) There will be 7 levels of events included in the ITU Points List:
         • The ITU World Championship Grand Final
         • The ITU World Championship Series events
         • The ITU Triathlon World Cup events
         • The ITU Sprint Triathlon World Championships
         • The ITU Triathlon Continental Championships
         • The ITU Triathlon U23 World Championships
         • The ITU Triathlon Continental Cup and ITU Triathlon Premium Continental Cup events (these events can be either sprint or standard distance)
      b) The points earned by the best athlete for each event will be:
         • 1000 for the ITU World Championship Grand Final
         • 750 for the ITU World Championship Series events
         • 500 for the ITU Triathlon World Cup events
         • 500 for the ITU Sprint Triathlon World Championships
         • 400 for the ITU Triathlon Continental Championships
         • 200 for the ITU Triathlon U23 World Championships
         • 200 for the ITU Triathlon Continental Cup and ITU Triathlon Premium Continental Cup events
      c) The points table for each level of event will be from:
         • 1st to 50th for the ITU World Championship Grand Final
         • 1st to 50th for the ITU World Championship Series events
         • 1st to 50th for the ITU Triathlon World Cup events
         • 1st to 50th for the ITU Sprint Triathlon World Championships
         • 1st to 50th for the ITU Triathlon Continental Championships
         • 1st to 20th for the ITU Triathlon U23 World Championships
         • 1st to 20th for the ITU Triathlon Continental Cup and ITU Triathlon Premium Continental Cup events
d) The points will be decreased by 7.5%. (i.e., if the winner of the ITU World Championship Grand Final gets 1000 points, the second will get 925, the third 855.62, the fourth 791.45, the fifth 732.09, etc.)

3.2. **Cut-off:** To earn points, athletes must finish within the cut-off time which will be determined by adding 5% to the winner’s time in the men’s event and 8% in the women’s event.

3.3. **Quality of field:** Every athlete ranked in the top 20 of the current ITU Points list who starts the race will increase the value of the race by 2% up to a maximum of 20% per event.

3.4. **Total Events to Count:** The total number of points acquired by an athlete in a given year will be determined by adding the 6 best scores in the current year races, plus 1/3 of the points from the preceding year. An athlete may not earn points from more than 3 ITU Triathlon Continental Cup or ITU Triathlon Premium Continental Cup events.

3.5. **Removing from the ITU Points List:** Athletes with two complete calendar years without earning any point will be removed from the ITU Points List. This adjustment takes place every year on 1 January.

4. **Modified events:**
4.1. When a race cannot be held in the original form due to force majeure, the points will be reduced depending on the conditions under which finally the event took place:
   a) If the event remains the same ITU multisport race, but any or all of the disciplines are shortened according to the ITU Competition Rules, 100% of the original points will be awarded.
   b) If the event becomes another ITU multisport race according to the ITU Competition Rules in terms of distances and conditions, 75% of the original points will be awarded.
   c) If the event becomes another ITU multisport race with deviations from the ITU Competition Rules in terms of distances and conditions, 50% of the original points will be awarded.
ITU Continental Ranking Criteria

3. GENERAL:
   3.1. There are 5 Continental Rankings (one per continent: Africa, the Americas, Asia, Europe and Oceania).
   3.2. The ITU Triathlon Continental Cup events may be categorised into two levels, according to system established by the Continental Confederation (i.e., difference in prize money, in television coverage, etc). The higher level ITU Triathlon Continental Cup events will be called “ITU Triathlon Premium Continental Cup” and the lower level “ITU Triathlon Continental Cup”.
   3.3. The title of the event will have the name of the continent replacing the word, “continent”, i.e., 2010 Pontevedra ITU Triathlon Premium European Cup.

4. ELIGIBILITY:
   4.1. Only athletes in good standing with their National Federations affiliated with ITU are eligible to be included in the ITU Continental Rankings.

5. SCORING EVENTS:
   5.1. General:
      a) There will be 6 levels of events included in the ITU Points List:
         - The ITU Triathlon Continental Championships
         - The ITU Triathlon Continental Cup Final events
         - The ITU Triathlon Premium Continental Cup events
         - The ITU Triathlon Continental Cup events
         - The ITU Triathlon U23 Continental Championships
         - The Triathlon National Championships
      b) The points earned by the best athlete for each event will be:
         - 600 for the ITU Triathlon Continental Championships
         - 500 for the ITU Triathlon Continental Cup Final events
         - 400 for the ITU Triathlon Premium Continental Cup events
         - 250 for the ITU Triathlon Continental Cup events
         - 250 for the ITU U23 Triathlon Continental Championships
         - 100 for the Triathlon National Championships
      c) The points table for each level of event will be from:
         - 1st to 40th for the ITU Triathlon Continental Championships
         - 1st to 30th for the ITU Continental Cup Final events
         - 1st to 20th for the ITU Triathlon Premium Continental Cup events
         - 1st to 20th for the ITU Triathlon Continental Cup events
         - 1st to 20th for the ITU Triathlon U23 Continental Championships
         - 1st to 5th for the Triathlon National Championships
      d) The points will be decreased by 7.5% (i.e., if the winner of the ITU Continental Championships gets 600 points, the second will get 555.00, the third 513.38, the fourth 474.87, etc.)
      e) The events included in more than one level (i.e. National Championships taking place in a Continental Cup event) will give only one score to every athlete. If an athlete
should gain points by more than one way (i.e. points for the overall event and points for the National Championships) only the highest score will be considered.

5.2. Cut-off: To earn points, athletes must finish within the cut-off time which will be determined by adding 5% to the winner’s time in the men’s event and 8% in the women’s event.

5.3. Quality of field: Each athlete starting the race among the top 20 of the current ITU Continental Rankings will increase the value of the event by 2%. This increase is limited to 20%.

5.4. Total Events to Count:
   It will be a maximum of 10 events to count:
   a) 5 from the 365 days previous to the date of the publication of the rankings (current period).
   b) 5 from the days between the 366th and 730th previous to the date of publication of the rankings (previous period).

5.5. Value of the points depending on the periods
   a) The value of the points in the current period is the same as those gained in the event.
   b) The value of the points in the previous period is 1/3 of those gained in the event.

5. Modified events:
   a) When a race cannot be held in the original form due to force majeure, the points will be reduced depending on the conditions under which finally the event took place:
      (i) If the event remains the same ITU multisport race, but any or all of the disciplines are shortened according to the ITU Competition Rules, 100% of the original points will be awarded.
      (ii) If the event becomes another ITU multisport race according to the ITU Competition Rules in terms of distances and conditions, 75% of the original points will be awarded.
      (iii) If the event becomes another ITU multisport race with deviations from the ITU Competition Rules in terms of distances and conditions, 50% of the original points will be awarded.
ITU Duathlon Ranking Criteria

1. **PURPOSE:**
   1.1. ITU Duathlon Rankings will be used to determine the best performing duathletes of the season.

2. **POINTS AND SCORING:**
   2.1. **Scoring events:**
     a) There will be 6 levels of events included in the ITU World Championship Rankings:
        - The ITU Duathlon World Championships
        - The ITU Long Distance Duathlon World Championships
        - The ITU Duathlon World Series events (Long and Standard Distances)
        - The ITU Duathlon Continental Championships events (Long and Standard Distances)
        - The ITU Duathlon Continental Championships events (Long and Standard Distances)
        - The Duathlon National Championships
     b) The points earned by the best athlete for each event will be:
        - 1000 for the ITU Duathlon World Championships (Long and Standard Distances)
        - 600 for the ITU Duathlon Continental Championships (Long and Standard Distances)
        - 400 for the ITU Duathlon World Series events (Long and Standard Distances)
        - 150 for the Duathlon National Championships
     c) The points table for each level of event will be:
        - 1st to 25th for the ITU Duathlon World Championships
        - 1st to 15th for the ITU Long Distance Duathlon World Championships
        - 1st to 15th for the ITU Duathlon World Series events
        - 1st to 15th for the ITU Duathlon Continental Championships
        - 1st to 10th for the ITU Duathlon Continental Cup events
        - 1st to 5th for the Duathlon National Championships
     d) The points will be decreased by 7.5% every position.
     e) The events included in more than one level (i.e. National Championships taking place in a Continental Cup event) will give only one score to every athlete. If an athlete should gain points by more than one way (i.e. points for the overall event and points for the National Championships) only the highest score will be considered.
   2.2. **Total Events to Count:** The total number of points acquired by an athlete in a given year will be determined by adding the 4 best scores in the current year races.
   2.3. **Removing from the ITU Duathlon Rankings:** Athletes will be removed every year from the ITU Duathlon Rankings on 1 January.
   2.4. **Bonus Pool Prize Money:**
     a) The ITU Duathlon Rankings winners will be established at the end of the series and the ITU Duathlon Rankings Bonus Pool Prize Money will be distributed after the last scoring event according to the ITU Duathlon Rankings.
     b) Athletes must score in a minimum of 3 events for ITU Duathlon Rankings in the same calendar year to be eligible for the Bonus Pool Prize Money.
3. MODIFIED EVENTS:
3.1. When a race cannot be held in the original form due to force majeure, the points will be reduced depending on the conditions under which finally the event took place:
   a) If the event remains the same ITU multisport race, but any or all of the disciplines are shortened according to the ITU Competition Rules, 100% of the original points will be awarded.
   b) If the event becomes another ITU multisport race according to the ITU Competition Rules in terms of distances and conditions, 75% of the original points will be awarded.
   c) If the event becomes another ITU multisport race with deviations from the ITU Competition Rules in terms of distances and conditions, 50% of the original points will be awarded.
ITU Long Distance Triathlon Ranking Criteria

1. **PURPOSE:**
   1.1. ITU Long Distance Triathlon Rankings will be used to determine the best performing long distance triathletes of the season.

2. **POINTS AND SCORING:**
   2.1. **Scoring events:**
   a) There will be 5 levels of events included in the ITU World Championship Rankings:
   - The ITU Long Distance Triathlon World Championships
   - The ITU Long Distance Triathlon World Series events
   - The ITU Long Distance Triathlon Continental Championships
   - The ITU Long Distance Triathlon Continental Cup events
   - The Long Distance Triathlon National Championships
   b) The points earned by the best athlete for each event will be:
   - 750 for the ITU Long Distance Triathlon World Championships
   - 500 for the ITU Long Distance Triathlon World Series events
   - 500 for the ITU Long Distance Triathlon Continental Championships
   - 250 for the ITU Long Distance Triathlon Continental Cup events
   - 150 for the Long Distance Triathlon National Championships
   c) The points table for each level of event will be from:
   - 1st to 25th for the ITU Long Distance Triathlon World Championships
   - 1st to 15th for the ITU Long Distance Triathlon World Series events
   - 1st to 15th for the ITU Long Distance Triathlon Continental Championships
   - 1st to 10th for the ITU Long Distance Triathlon Continental Cup events
   - 1st to 5th for the Long Distance Triathlon National Championships
   d) The points will be decreased by 7.5% every position.
   e) The events included in more than one level (i.e. National Championships taking place in a Continental Cup event) will give only one score to every athlete. If an athlete should gain points by more than one way (i.e. points for the overall event and points for the National Championships) only the highest score will be considered.

2.2. **Total Events to Count:** The total number of points acquired by an athlete in a given year will be determined by adding the 4 best scores in the current year races.

2.3. **Removing from the ITU Long Distance Triathlon Rankings:** Athletes will be removed every year from the ITU Long Distance Triathlon Rankings on 1 January.

2.4. **Bonus Pool Prize Money:**
   a) The ITU Long Distance Triathlon Rankings winners will be established at the end of the series and the ITU Long Distance Triathlon Rankings Bonus Pool Prize Money will be distributed after the last scoring event according to the ITU Long Distance Triathlon Rankings.
   b) Athletes must score in a minimum of 3 events for ITU Long Distance Triathlon Rankings in the same calendar year to be eligible for the Bonus Pool Prize Money.
3. **MODIFIED EVENTS:**

3.1. When a race cannot be held in the original form due to force majeure, the points will be reduced depending on the conditions under which finally the event took place:

a) If the event remains the same ITU multisport race, but any or all of the disciplines are shortened according to the ITU Competition Rules, 100% of the original points will be awarded.

b) If the event becomes another ITU multisport race according to the ITU Competition Rules in terms of distances and conditions, 75% of the original points will be awarded.

c) If the event becomes another ITU multisport race with deviations from the ITU Competition Rules in terms of distances and conditions, 50% of the original points will be awarded.
E.2.8 Winter Triathlon World Ranking

ITU Winter Triathlon Ranking Criteria

1. **PURPOSE:**

1.1. ITU Winter Distance Triathlon Rankings will be used to determine the best performing winter triathletes of the season

2. **POINTS AND SCORING:**

2.1. **Scoring events:**

   a) There will be 5 levels of events included in the ITU World Championship Rankings:
      - The ITU Winter Triathlon World Championships
      - The ITU Winter Triathlon World Cup events
      - The ITU Winter Triathlon Continental Championships
      - The ITU Winter Triathlon Continental Cup events
      - The Winter Triathlon National Championships

   b) The points earned by the best athlete for each event will be:
      - 750 for the ITU Winter Triathlon World Championships
      - 500 for the ITU Winter Triathlon World Series events
      - 500 for the ITU Winter Triathlon Continental Championships
      - 250 for the ITU Winter Triathlon Continental Cup events
      - 150 for the Winter Triathlon National Championships

   c) The points table for each level of event will be from:
      - 1st to 25th for the ITU Winter Triathlon World Championships
      - 1st to 15th for the ITU Winter Triathlon World Series events
      - 1st to 15th for the ITU Winter Triathlon Continental Championships
      - 1st to 10th for the ITU Winter Triathlon Continental Cup events
      - 1st to 5th for the Winter Triathlon National Championships

   d) The points will be decreased by 7.5% every position.

   e) The events included in more than one level (i.e. National Championships taking place in a Continental Cup event) will give only one score to every athlete. If an athlete should gain points by more than one way (i.e. points for the overall event and points for the National Championships), only the highest score will be considered.

2.2. **Total Events to Count:** The total number of points acquired by an athlete in a given year will be determined by adding the 3 best scores in the current year races.

2.3. **Removal from the ITU Winter Triathlon Rankings:** Athletes will be removed every year from the ITU Winter Distance Triathlon Rankings on 1 January.

3. **MODIFIED EVENTS:**

3.1. When a race cannot be held in the original form due to force majeure, the points will be reduced depending on the conditions on which finally the event took place:

   a) If the event remains the same ITU multisport race, but any or all of the disciplines are shortened according to the ITU Competition Rules, 100% of the original points will be awarded.

   b) If the event becomes another ITU multisport race according to the ITU Competition Rules in terms of distances and conditions, 75% of the original points will be awarded.

   c) If the event becomes another ITU multisport race with deviations from the ITU Competition Rules in terms of distances and conditions, 50% of the original points will be awarded.
APPENDIX F: UNIFORM RULES:

F.1 ELITE UNDER 23 AND JUNIOR UNIFORM RULES

1. Overview:
   1.1. To compete in ITU events, athletes must comply with the ITU Uniform Rules.
   1.2. Failure to comply with the ITU Uniform Rules may result in an athlete having to wear a triathlon suit supplied by ITU (see section 8) or covering any logos on the uniform not allowed by the rules.
   1.3. The images on this document are reproducing a typical triathlon uniform. For winter triathlon and in some cases in triathlon, duathlon and aquathlon, the long sleeves and pants are allowed. This rule applies in the same way for all the cases.

2. Purpose:
   2.1. Provide a clean and professional image of our sport to local and global spectators and media.
   2.2. Provide sponsors with reasonable space for viable exposure.
   2.3. Provide a framework for enabling ITU member National Federations (NFs) and athletes to have a mutually beneficial relationship with respect to rights and responsibilities, as per Appendix F.2.

3. General Requirements:
   3.1. Uniforms will be completely clean of any logos or images other than those described below.
   3.2. These rules apply to uniforms worn during competition and award ceremony, including any outer wear for cold weather.
   3.3. Logos will be measured on a flat surface when the athlete is not wearing the uniform. The “ITU Logo Measurement Template” will be used to measure the logo sizes.
   3.4. There is no restriction on the type of logo used in the sponsor spaces other than those representing tobacco, spirits and products containing any substance on the WADA Prohibited List.
   3.5. One piece uniforms are preferred. If a two piece uniform is used, the space between the top and the bottom may not be visible, so the two pieces overlap. The athlete must cover their torso for all aspects of the race.
   3.6. Zippers must be on the back and will be a maximum of 30cm long. Front zippers are not allowed.
   3.7. The uniform must be worn over both shoulders for the duration of the competition.
   3.8. There must be a minimum clearance space of 1.5cm around all marks including:
      a) The ITU logo;
      b) The family name
      c) The country code;
      d) All sponsor logos
4. **Uniform Colour and Design:**

   4.1. Uniforms must be in the colours chosen by the National Federation (NF) for ITU World Championship Grand Final, ITU World Championship Series, ITU Continental Championships and ITU Multisport World Championships events. For all other ITU events the uniform colors have no restrictions.

   4.2. The colour and design of the uniform and podium apparel must be distinct to that country and must be approved by ITU in advance.

   4.3. Country uniforms must have a distinct look, however the design requirements should not impact on technical requirements athletes might have due to body shape or size.

   4.4. The approval process for the uniform colour and design is outlined in Appendix F.8. The goal of the approval process is to ensure countries do not have the same uniform colour and design.

   4.5. ITU reserves the right to establish a specific rule till 30th of January 2011 regarding the color of the uniform of the actual leader of ITU World Championship Series has to wear.

5. **Family Name and Country Code/Name:**

   5.1. The family name and the IOC country code must be placed on the upper front of the uniform and also on the buttocks. The representation of both the family name and country code must meet the following criteria:

     a) **Font Type:**

        - The font type must be “Arial”.
        - Letters for the family name and country code must be in upper case, unless the name is more than 9 letters, in which case lower case letters should be used following the first capital letter. (See Diagram 2: Family Name Layout).
b) Colour:
   - If the uniform is a dark colour, the letters must be white. If the uniform is a light colour, the letters must be black.

c) Position:
   - Front: The position on the front is below the ITU logo and Sponsor Spaces B and F. The athlete's family name is above the country code and Sponsor Space A.
   - Back: The position on the back is below the waistline so that it is clearly visible when the athlete is on the bike.
   - Height: The family name and the country code must be 5cm in height, regardless of the number of letters in the name.
   - Width: The length for the family name is a minimum of 12cm and a maximum of 15cm. A family name with few letters must still be a minimum length of 12 cm. (See Diagram 2: Family Name Layout) The width for the country code must be 8cm in length.

6. ITU Logo:
   6.1. The official ITU logo will appear on the upper right shoulder.
   6.2. It will conform to the official ITU rings with the letters ITU on the bottom right.
   6.3. The horizontal dimension will be 4cm.
   6.4. The white version should be applied to dark coloured uniforms, the blue and orange version should be applied to light coloured uniforms (see 6.5, 6.6, Diagram 3).
6.5. Click here for the print version of the ITU logo.

Diagram 3. ITU Logo Layout

![ITU Logo Diagram](image)

6.6. Diagram 3 above shows the correct layout for the ITU Logo.

a) ITU Orange:
   - Pantone 144C (Coated papers)
   - CMYK conversion (four-colour process) - C: 0%, M: 49%, Y: 100%, K: 0%

b) ITU Blue
   - Pantone 2955C (Coated papers)
   - CMYK conversion (four-colour process) - C: 100%, M: 45%, Y: 0%, K: 37%

7. Sponsor Spaces:

7.1. Sponsor Space A:
   a) This space is directly below the country code (See Diagram 1. Sponsor Logos: size and space).
   b) The maximum height is 20cm.
   c) The maximum length is 15cm.
   d) Up to 3 sponsor logos may be positioned in this space.
   e) The athlete may have 1, 2 or 3 logos in this space. Each of the logos must represent a different sponsor.

7.2. Sponsor Space B: upper left front:
   a) This space is for the manufacturer of the uniform or for another sponsor.
   b) The maximum height is 4cm.
   c) The maximum length is 5cm.
   d) The space must be on the left hand shoulder of the uniform – not the middle.

7.3. Sponsor Spaces C: side panels:
   a) Sponsor logos may appear on the side panel.
   b) The maximum width is 5cm.
   c) The maximum length 15cm.
   d) Only one sponsor logo is allowed on each side and it must be the same sponsor logo.
   e) This space must be visible from the side of the body. If, due to the athlete body, this space is partly visible from the front, it has to be visible also from the back.
7.4. **Sponsor Space D: lower front:**
   a) The maximum height is 4cm.
   b) The maximum length is 5cm.
   c) This space can be on the lower left or right side of the uniform but not both.

7.5. **Sponsor Space E: upper back:**
   a) One logo of any sponsor may appear above the family name on the back.
   b) The maximum height is 10cm.
   c) The maximum length is 15cm.

7.6. **Sponsor Space F: upper front:**
   a) One logo of any sponsor may appear above the family name on the front.
   b) The maximum height is 5cm.
   c) The maximum length is 15cm.

8. **Headwear:**

8.1. **Swim:**
   a) All athletes must wear the official event swim cap during the swim segment.
   b) Swim caps are provided by ITU or the LOC.
   c) If an athlete chooses to wear two caps, the official cap must be on the outside.
   d) No sponsor logos are allowed on the swim Cap other than as prescribed by the ITU / LOC.
   e) Athletes may not alter the swim caps in any manner.
   f) Failure to wear the official swim cap, or altering the official swim cap, may result in a penalty up to and including disqualification.

8.2. **Cycle:**
   a) Athletes must wear helmets on the bicycle segment, as described by the ITU Competition Rules.
   b) Helmet race number stickers, provided by ITU or the LOC, must be placed on the front and both sides of the helmet, without any alteration. No other stickers are allowed.
   c) There must be a clearance around the official helmet number sticker of 1.5cm to ensure the number is clearly visible.
   d) The helmet manufacturer's logo may appear on the helmet, either by one 30cm² location on the front, or one 20cm² on each side. No other sponsor logo may appear on the helmet, and to cover these unacceptable logos with stickers is not allowed.
   e) The helmet can be in any colour.

8.3. **Run:**
   a) Athletes may wear hats or visors on the run section.
   b) Only 1 sponsor logo can be placed on the hat or visor.
   c) The maximum height is 4cm.
   d) The maximum total area is 20cm².
9. **Bicycle:**
   a) Only logos of bicycle related products may appear on the athlete’s bicycle.
   b) Logos may not interfere with, or hinder the placement of, the bicycle race number on the bicycle frame.
   c) Bike race number stickers, provided by ITU or the LOC, must be placed on the bike as instructed, without any alteration.

10. **Wetsuits:**
    10.1. **Model Approval:** All wetsuit models must have prior written approval from ITU.
    10.2. **Logos:**
            a) Only the wetsuit manufacturer’s logo may appear on the wetsuits.
            b) The maximum size is 80cm² on the front and back. This space is allowed both on the inside and outside of the wetsuit.
            c) If the manufacturer wishes to have two or more logos on the front or back, the combined total must not exceed 80cm².
            d) Logos on the side panel must be included within either the 80cm² for the back or the 80cm² for the front.

11. **Race Numbers:**
    11.1. **Traditional race numbers:** will not be used for elite athletes in ITU Triathlon and Multisport World Championships (excluding Winter Triathlon) or World Cup Events.
    11.2. **Body Decals:**
            a) ITU will provide body number decals and each elite athlete will apply them prior to the event.
            b) One set of body number decals are to be applied to each arm and each leg.
            c) For double digit numbers, decals must be applied one above the other, not side by side.

            For example the number 23 should appear like this 23
            Not like this… 23

12. **Temporary Tattoos:**
    12.1. Athletes are not allowed to place any temporary tattoo, other than the race numbers provided by ITU, on their body during ITU events.

13. **Podium apparel.**
    13.1. All the sponsor spaces and design colors indicated in the paragraphs 3 to 8, 9.3 and 13 above, apply as well to the podium apparel.
### APPENDIX F.2: RIGHTS AND RESPONSIBILITIES (Elite, U23 and Junior athletes)

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<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Sponsorship F</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
</tbody>
</table>

**Legend:**
- **No**: There is no negotiation on these areas. Must be as outlined in the ITU Uniform Rules.
- **Yes**: Negotiate in good faith.
F.3 PARATRIATHLON UNIFORM RULES

1. Overview:
   1.1. To compete in ITU events, athletes must comply with the ITU Uniform Rules.
   1.2. Failure to comply with the ITU Uniform Rules may result in an athlete covering any logos on the uniform not allowed by the rules.
   1.3. The images in this document are intended to show a typical triathlon uniform. For winter triathlon, and in some cases in triathlon, duathlon and aquathlon, long sleeves and pants are allowed. This rule applies in the same way in all cases.

2. Purpose:
   2.1. Provide a clean and professional image of our sport to local and global spectators and media.
   2.2. Provide sponsors with reasonable space for viable exposure.
   2.3. Provide a framework for ITU member National Federations (NFs) and athletes to enable both parties to have a mutually beneficial relationship with respect to rights and responsibilities, as per Appendix F.4

3. General Requirements:
   3.1. Uniforms will be completely clean of any logos or images other than those described below.
   3.2. These rules apply to uniforms worn during competition, including any outer wear for cold weather.
   3.3. Logos will be measured on a flat surface when the athlete is not wearing the uniform. The “ITU Logo Measurement Template” will be used to measure the logo sizes.
   3.4. There is no restriction on the type of logo used in the sponsor spaces other than those representing tobacco, spirits and products containing any substance on the WADA Prohibited List. (See Diagram 1 for location of sponsor spaces).
   3.5. One piece uniforms are preferred. If a two piece uniform is used, the space between the top and the bottom may not be visible, so the two pieces overlap. The athlete must cover their torso for all aspects of the race.
   3.6. Zippers must be on the back and will be a maximum of 30cm long. Front zippers are not allowed.
   3.7. The uniform must be worn over both shoulders for the duration of the competition.
   3.8. There must be a minimum clearance space of 1.5cm around all marks including:
      a) The ITU logo;
      b) The family name;
      c) The country code;
      d) All sponsor spaces
4. Uniform Colour and Design:

4.1. Uniforms must be in the colours chosen by the National Federation (NF) for ITU World Championship Grand Final, ITU Continental Championships and ITU Multisport World Championships events.

4.2. The colour and design of the uniform and podium apparel must be distinct to that country and must be approved by ITU in advance.

4.3. It is intended to give the country uniforms a distinct look. However the design definition should not impact on technical requirements that athletes might have due to body shape or size.

4.4. The approval process for the uniform colour and design is outlined in Appendix F.8. The goal of the approval process is to ensure different countries do not have the same uniform colour and design.

5. Family Name and Country Code:

5.1. The IOC country code must be placed on the upper front of the uniform and also on the buttocks. The placement of the family name on the upper front and on the buttock of the uniform is optional for Age Group athletes. The representation of both the family name and country code must meet the following criteria:

a) Font Type:
   - The font type must be "Arial".
   - Letters for the family name and country code must be in upper case, unless the name is more than 9 letters, in which case lower case letters should be used following the first capital letter. (See Diagram 2: Family Name Layout).

b) Colour:
   - If the uniform is a dark colour, the letters must be white. If the uniform is a light colour, the letters must be black.
c) **Position:**

- Front: The position on the front is below the ITU logo and Sponsor Spaces B and F. The athlete’s family name is above the country code and Sponsor Space A.
- Back: The position on the back is below the waistline so that it is clearly visible when the athlete is on the bike.
- Height: The family name and the country code must be a 5cm in height, regardless of the number of letters in the name.
- Width: The length for the family name is a minimum of 12cm and a maximum of 15cm. A family name with few letters must still be a minimum length of 12 cm. (See Diagram 2: Family Name Layout) The width for the country code must be 8cm in length.

![Diagram 2. Family Name Layout](image)

- For family names such as “MAY” above, the height is 5cm and the width is 12cm.
- For longer names such as “Polikarpenko” below, the height is still a minimum 5cm but the name should take up the full 15cm.

6. **ITU Logo:**

6.1. The official ITU logo will appear on the upper right shoulder.
6.2. It will conform to the official ITU rings with the letters ITU on the bottom right.
6.3. The horizontal dimension will be 4cm.
6.4. The white version should be applied to dark coloured uniforms, the blue and orange version should be applied to light coloured uniforms (see 6.5, 6.6, Diagram 3).
6.5. Click [here](#) for the print version of the ITU logo.

**Diagram 3. ITU Logo Layout**

![ITU Logo Layout Diagram](image)

6.6. Diagram 3 above shows the correct layout for the ITU Logo.

   a) ITU Orange:
      - Pantone 144C (Coated papers)
      - CMYK conversion (four-colour process) - C: 0%, M: 49%, Y: 100%, K: 0%
   b) ITU Blue
      - Pantone 2955C (Coated papers)
      - CMYK conversion (four-colour process) - C: 100%, M: 45%, Y: 0%, K: 37%

14. Sponsor Spaces:

   14.1. **Sponsor Space A**:
      a) This space is directly below the country code (See Diagram 1. Sponsor Logos: size and space).
      b) The maximum height is 20cm.
      c) The maximum length is 15cm.
      d) Up to 3 sponsor logos may be positioned in this space.
      e) The athlete may have 1, 2 or 3 logos in this space. Each of the logos must represent a different sponsor.

   14.2. **Sponsor Space B: upper left front**:
      a) This space is for the manufacturer of the uniform or for another sponsor.
      b) The maximum height is 4cm.
      c) The maximum length is 5cm.
      d) The space must be on the left hand shoulder of the uniform – not the middle.

   14.3. **Sponsor Spaces C: side panels**:
      a) Sponsor logos may appear on the side panel.
      b) The maximum width is 5cm.
      c) The maximum length 15cm.
      d) Only one sponsor logo is allowed on each side and it must be the same sponsor logo.
      e) This space must be visible from the side of the body. If, due to the athlete body, this space is partly visible from the front, it has to be visible also from the back.
14.4. **Sponsor Space D: lower front:**
   a) The maximum height is 4cm.
   b) The maximum length is 5cm.
   c) This space can be on the lower left or right side of the uniform but not both.

14.5. **Sponsor Space E: upper back:**
   a) One logo of any sponsor may appear above the family name on the back.
   b) The maximum height is 10cm.
   c) The maximum length is 15cm.

14.6. **Sponsor Space F: upper front:**
   a) One logo of any sponsor may appear above the family name on the front.
   b) The maximum height is 5cm.
   c) The maximum length is 15cm.

15. **Headwear:**

15.1. **Swim:**
   a) All athletes must wear the official event swim cap during the swim segment.
   b) Swim caps are provided by ITU or the LOC.
   c) If an athlete chooses to wear two caps, the official cap must be on the outside.
   d) No sponsor logos are allowed on the swim cap other than as prescribed by the ITU / LOC.
   e) Athletes may not alter the swim caps in any manner.
   f) Failure to wear the official swim cap, or altering the official swim cap, may result in a penalty up to and including disqualification.

15.2. **Cycle:**
   a) Athletes must wear helmets on the bicycle section, as described by the ITU Competition Rules.
   b) Helmet race number stickers, provided by ITU or the LOC, must be placed on the front and both sides of the helmet, without any alteration. No other stickers are allowed.
   c) There must be a clearance around the official helmet number sticker of 1.5cm to ensure the number is clearly visible.
   d) The helmet manufacturer’s logo may appear on the helmet, either by one 30cm² location on the front, or one 20cm² on each side. No other sponsor logo may appear on the helmet, and to cover these unacceptable logos with stickers is not allowed.
   e) The helmet can be in any colour.

15.3. **Run:**
   a) Athletes may wear hats or visors on the run section.
   b) Only 1 sponsor logo can be placed on the hat or visor.
   c) The maximum height is 4cm.
   d) The maximum total area is 20cm².
16. **Bicycle:**
   a) Only logos of bicycle related products may appear on the athlete’s bicycle.
   b) Logos may not interfere with, or hinder the placement of, the bicycle race number on the bicycle frame.
   c) Bike race number stickers, provided by ITU or the LOC, must be placed on the bike as instructed, without any alteration.

17. **Wetsuits:**
   17.1. **Model Approval:** All wetsuit models must have prior written approval from ITU.
   17.2. **Logos:**
      a) Only the wetsuit manufacturer’s logo may appear on the wetsuits.
      b) The maximum size is 80cm² on the front and back. This space is allowed both on the inside and outside of the wetsuit.
      c) If the manufacturer wishes to have two or more logos on the front or back, the combined total must not exceed 80cm².
      d) Logos on the side panel must be included within either the 80cm² for the back or the 80cm² for the front.

18. **Race Numbers:**
   18.1. **Traditional race numbers:** Race numbers, provided by ITU or the LOC, must be worn as instructed by the ITU Technical Delegate on the Athletes’ or Team Managers’ Briefing, without any alteration.
   18.2. **Body Marking:**
      a) LOC will provide body marking and each elite athlete will apply them prior to the event.
      b) One set of body marking are to be applied to each arm and each leg unless instructed by the ITU Technical Delegate on the Athletes’ or Team Managers’ Briefing.
      One calf of the athletes must be marked with the category and the gender of the athletes. (For example the number M25 should appear for men athletes in the category men 25-29 or the number F40 should appear for the women athletes in category women 40-44.)

19. **Temporary Tattoos:**
   19.1. Athletes are not allowed to place any temporary tattoo.

20. **Specific Rules for TRI6 Category:**
   20.1. The uniform of the Guide of the TRI6 athlete must comply with the rules above and use the same sponsors’ logos and spaces as on the TRI6 athlete’s uniform.
   20.2. At the Family Name space, the uniform of the Guide must have the word “GUIDE”.
   20.3. The font type must be “Arial”, the height 5cm and the width 12 cm.
### APPENDIX F.4: RIGHTS AND RESPONSIBILITIES (ParaTriathlon athletes)

<table>
<thead>
<tr>
<th>Uniform Colour and Design</th>
<th>Sponsorship F</th>
<th>Sponsorship E</th>
<th>Sponsorship D</th>
<th>Sponsorship C</th>
<th>Sponsorship B</th>
<th>Sponsorship A</th>
<th>ITU Logo</th>
<th>Country Code / Name</th>
<th>Family Name</th>
<th>Uniform Colour and Design</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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<td>No</td>
<td>No</td>
</tr>
</tbody>
</table>

**Legend:**

- **No**: There is no negotiation on these areas. Must be as outlined in the ITU Uniform Rules.
- **Yes**: Negotiate in good faith.
F.5 AGE GROUP UNIFORM RULES

1. Overview:
   1.1. To compete in ITU events, athletes must comply with the ITU Uniform Rules.
   1.2. Failure to comply with the ITU Uniform Rules may result in an athlete covering any logos on the uniform not allowed by the rules.
   1.3. The images in this document are intended to show a typical triathlon uniform. For winter triathlon, and in some cases in triathlon, duathlon and aquathlon, long sleeves and pants are allowed. This rule applies in the same way in all cases.

2. Purpose:
   2.1. Provide a clean and professional image of our sport to local and global spectators and media.
   2.2. Provide sponsors with reasonable space for viable exposure.
   2.3. Provide a framework enabling ITU member National Federations (NFs) and athletes to have a mutually beneficial relationship with respect to rights and responsibilities, as per Appendix F.6.

3. General Requirements:
   3.1. Uniforms will be completely clean of any logos or images other than those described below.
   3.2. These rules apply to uniforms worn during competition, including any outer wear for cold weather.
   3.3. Logos will be measured on a flat surface when the athlete is not wearing the uniform. The “ITU Logo Measurement Template” will be used to measure the logo sizes.
   3.4. There is no restriction on the type of logo used in the sponsor spaces other than those representing tobacco, spirits and products containing any substance on the WADA Prohibited List. (See Diagram 1 for location of sponsor spaces).
   3.5. One piece uniforms are preferred. If a two piece uniform is used, the space between the top and the bottom may not be visible, so the two pieces overlap. The athlete must cover their torso for all aspects of the race.
   3.6. Zippers must be on the back and will be a maximum of 30cm long. Front zippers are not allowed.
   3.7. The uniform must be worn over both shoulders for the duration of the competition.
   3.8. There must be a minimum clearance space of 1.5cm around all marks including:
   a) The ITU logo;
   b) The family name;
   c) The country code;
   d) All sponsor spaces
4. Uniform

4.1. Uniforms must be in the colours chosen by the National Federation (NF) for ITU World Championship Grand Final, ITU Continental Championships and ITU Multisport World Championships events.

4.2. The colour and design of the uniform and podium apparel must be distinct to that country and must be approved by ITU in advance.

4.3. Country uniforms must have a distinct look, however the design requirements should not impact on technical requirements athletes might have due to body shape or size.

4.4. The approval process for the uniform colour and design is outlined in Appendix F.8. The goal of the approval process is to ensure different countries do not have the same uniform colour and design.

5. Family Name and Country Code:

5.1. The IOC country code must be placed on the upper front of the uniform and also on the buttocks. The placement of the family name on the upper front and on the buttock of the uniform is optional for Age Group athletes. The representation of both the family name and country code must meet the following criteria:

a) Font Type:
   - The font type must be “Arial”.
   - Letters for the family name and country code must be in upper case, unless the name is more than 9 letters, in which case lower case letters should be used following the first capital letter. (See Diagram 2: Family Name Layout).

b) Colour:
   - If the uniform is a dark colour, the letters must be white. If the uniform is a light colour, the letters must be black.

c) Position:
   - Front: The position on the front is below the ITU logo and Sponsor Spaces B and F. The athlete’s family name is above the country code and Sponsor Space A.
• Back: The position on the back is below the waistline so that it is clearly visible when the athlete is on the bike.

• Height: The family name and the country code must be a 5cm in height, regardless of the number of letters in the name.

• Width: The length for the family name is a minimum of 12cm and a maximum of 15cm. A family name with few letters must still be a minimum length of 12 cm. (See Diagram 2: Family Name Layout) The width for the country code must be 8cm in length.

Diagram 2. Family Name Layout

- For family names such as “MAY” above, the height is 5cm and the width is 12cm.
- For longer names such as “Polikarpenko” below, the height is still a minimum 5cm but the name should take up the full 15cm.

6. ITU Logo:

6.1. The official ITU logo will appear on the upper right shoulder.

6.2. It will conform to the official ITU rings with the letters ITU on the bottom right.

6.3. The horizontal dimension will be 4cm.

6.4. The white version should be applied to dark coloured uniforms, the blue and orange version should be applied to light coloured uniforms (see 6.5, 6.6, Diagram 3).
6.5. Click [here](#) for the print version of the ITU logo.

**Diagram 3. ITU Logo Layout**

![ITU Logo Layout](#)

6.6. Diagram 3 above shows the correct layout for the ITU Logo.

   a) ITU Orange:
      - Pantone 144C (Coated papers)
      - CMYK conversion (four-colour process) - C: 0%, M: 49%, Y: 100%, K: 0%
   b) ITU Blue
      - Pantone 2955C (Coated papers)
      - CMYK conversion (four-colour process) - C: 100%, M: 45%, Y: 0%, K: 37%

7. **Sponsor Spaces:**

   7.1. **Sponsor Space A:**
      a) This space is directly below the country code (See Diagram 1. Sponsor Logos: size and space).
      b) The maximum height is 20cm.
      c) The maximum length is 15cm.
      d) Up to 3 sponsor logos may be positioned in this space.
      e) The athlete may have 1, 2 or 3 logos in this space. Each of the logos must represent a different sponsor.

   7.2. **Sponsor Space B: upper left front:**
      a) This space is for the manufacturer of the uniform or for another sponsor.
      b) The maximum height is 4cm.
      c) The maximum length is 5cm.
      d) The space must be on the left hand shoulder of the uniform – not the middle.

   7.3. **Sponsor Spaces C: side panels:**
      a) Sponsor logos may appear on the side panel.
      b) The maximum width is 5cm.
      c) The maximum length 15cm.
      d) Only one sponsor logo is allowed on each side and it must be the same sponsor logo.
      e) This space must be visible from the side of the body. If, due to the athlete body, this space is partly visible from the front, it has to be visible also from the back.
7.4. **Sponsor Space D: lower front:**
   a) The maximum height is 4cm.
   b) The maximum length is 5cm.
   c) This space can be on the lower left or right side of the uniform but not both.

7.5. **Sponsor Space E: upper back:**
   a) One logo of any sponsor may appear above the family name on the back.
   b) The maximum height is 10cm.
   c) The maximum length is 15cm.

7.6. **Sponsor Space F: upper front:**
   a) One logo of any sponsor may appear above family name and/or the country code on the front.
   b) The maximum height is 5cm.
   c) The maximum length is 15cm.

8. **Headwear:**

8.1. **Swim:**
   a) All athletes must wear the official event swim cap during the swim segment.
   b) Swim caps are provided by ITU or the LOC.
   c) If an athlete chooses to wear two caps, the official cap must be on the outside.
   d) No sponsor logos are allowed on the swim cap other than as prescribed by the ITU / LOC.
   e) Athletes may not alter the swim caps in any manner.
   f) Failure to wear the official swim cap, or altering the official swim cap, may result in a penalty up to and including disqualification.

8.2. **Cycle:**
   a) Athletes must wear helmets on the bicycle section, as described by the ITU Competition Rules.
   b) Helmet race number stickers, provided by ITU or the LOC, must be placed on the front and both sides of the helmet, without any alteration. No other stickers are allowed.
   c) There must be a clearance around the official helmet number sticker of 1.5cm to ensure the number is clearly visible.
   d) The helmet manufacturer’s logo may appear on the helmet, either by one 30cm² location on the front, or one 20cm² on each side. No other sponsor logo may appear on the helmet, and to cover these unacceptable logos with stickers is not allowed.
   e) The helmet can be in any colour.

8.3. **Run:**
   a) Athletes may wear hats or visors on the run section.
   b) Only 1 sponsor logo can be placed on the hat or visor.
   c) The maximum height is 4cm.
   d) The maximum total area is 20cm².
9. Bicycle:
   a) Only logos of bicycle related products may appear on the athlete's bicycle.
   b) Logos may not interfere with, or hinder the placement of, the bicycle race number on the bicycle frame.
   c) Bike race number stickers, provided by ITU or the LOC, must be placed on the bike as instructed, without any alteration.

10. Wetsuits:
   10.1. Model Approval: All wetsuit models must have prior written approval from ITU.
   10.2. Logos:
      a) Only the wetsuit manufacturer’s logo may appear on the wetsuits.
      b) The maximum size is $80cm^2$ on the front and back. This space is allowed both on the inside and outside of the wetsuit.
      c) If the manufacturer wishes to have two or more logos on the front or back, the combined total must not exceed $80cm^2$.
      d) Logos on the side panel must be included within either the $80cm^2$ for the back or the $80cm^2$ for the front.

11. Race Numbers:
   11.1. Traditional race numbers: Race numbers, provided by ITU or the LOC, must be worn as instructed by the ITU Technical Delegate on the Athletes’ or Team Managers’ Briefing, without any alteration.
   11.2. Body Marking:
      a) LOC will provide body marking and each elite athlete will apply them prior to the event.
      b) One set of body marking are to be applied to each arm and each leg unless instructed by the ITU Technical Delegate on the Athletes’ or Team Managers’ Briefing.
      c) One calf of the athletes must be marked with the category and the gender of the athletes. (For example the number M25 should appear for men athletes in the category men 25-29 or the number F40 should appear for the women athletes in category women 40-44.)

12. Temporary Tattoos:
   12.1. Athletes are not allowed to place any temporary tattoo.
### Rights and Responsibilities (Age Group Athletes)

#### Uniform Colour and Design

<table>
<thead>
<tr>
<th></th>
<th>Sponsorship F</th>
<th>Sponsorship E</th>
<th>Sponsorship D</th>
<th>Sponsorship C</th>
<th>Sponsorship B</th>
<th>Sponsorship A</th>
<th>ITU Logo</th>
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</tbody>
</table>
F.7 LOGO MEASUREMENT TEMPLATE
(sizes of the boxes of the measurement template might be different due to printing settings – please make sure that the right dimension before cutting it)

FAMILY NAME and COUNTRY CODE
Front: The position on the front is below the ITU logo and Sponsor Spaces B and F. The athlete’s family name is above the country code and Sponsor Space A.

Back: The position on the back is below the waistline so that it is clearly visible when the athlete is on the bike.

Height: The family name and the country code must be a minimum of 5 cm in height, regardless of the number of letters in the name.

Width: The length for the family name is a minimum of 12 cm and a maximum of 15 cm. A family name with few letters must still be a minimum length of 12 cm.

FAMILY NAME (5 cm height – 15 cm length)

FAMILY NAME (5 cm height – 12 cm length)
**SPONSOR SPACE “A”**
This space is directly below the country code. Up to 3 sponsor logos may be positioned in this space. The athlete may have 1, 2 or 3 logos in this space. Each of the logos must represent a different sponsor. The maximum height is 20cm and the maximum length is 15cm.

15 cm x 20 cm
**SPONSOR SPACE B**
This space is for the manufacturer of the uniform or for another key sponsor. The space must be on the left hand shoulder of the uniform – not the middle. This logo can be the same as one of the sponsor logos in Sponsor Space A. The maximum height is 4cm and the maximum length is 5cm.

![4cm x 5cm]

**ITU LOGO**
The official ITU logo will appear on the upper right shoulder. It will conform to the official ITU rings with the letters ITU on the bottom right. The white and orange version should be applied to dark coloured uniforms, the blue and orange version should be applied to light coloured uniforms. The horizontal dimension will be 4cm.

![4cm]
SPONSOR LOGO C
Sponsor logos may appear on the side panel. Only one sponsor logo is allowed on each side and it must be the same sponsor logo. This space must be visible from the side of the body. If, due to the athlete body, this space is partly visible from the front, it has to be visible also from the back. The maximum width is 5 cm and the maximum length 15 cm.
**SPONSOR LOGO D**
This space can be on the lower left or right side of the uniform but not both.
The maximum height is 4cm and the maximum length 5cm.

4cm x 5cm

**SPONSOR LOGO E**
One logo of any sponsor may appear on the upper back.
The maximum height is 10cm and the maximum length is 15cm.

15 cm x 10 cm
SPONSOR LOGO F
One logo of any sponsor may appear above the family name on the front.
The maximum height is 5cm and the maximum length is 15cm.

15 cm x 5 cm
F.8 ITU COMPETITION UNIFORM APPROVAL PROCESS

1. **Overview:**
   1.1 This process is part of the ITU Uniform Rules and is a specific addition to the ITU Competition Rules.

2. **Purpose:**
   2.1 The process was created to regulate the ITU’s approval of the design of each NF’s competition uniform to be used by their athletes in all ITU competitions according with the ITU Uniform Rules.

3. **General Requirements:**
   3.1 Every NF uniform has to be different from any other NF uniform, according to the ITU Uniform Rules. The difference will be significant to avoid confusion between two different NFs.
   
   3.2 Artistic or creative elements are acceptable provided the ITU Competition Rules are followed. Specifically, if the design contains recognisable commercial logos or trade marks which exceed the surface limits, it will not be approved.
   
   3.3 The same design applies to all types of uniforms: men, women, triathlon style, duathlon style, summer, winter, etc.
   
   3.4 Every NF can request the approval of a different uniform design for every different multisport, and two different uniforms for triathlon, indicating which is the 1st option and which is the 2nd option. However, all athletes from the same NF, competing in the same event, will wear the NF’s same distinctive design.

4. **Timeline for Approval:**
   4.1 Each year, prior to October 15th, NFs will submit a proposed design of their Competition Uniform for the following year, according to these specifications:
      
      a) A pattern provided by ITU will be used, (see Diagram 1, ITU Competition Rules.)
      
      b) Sponsor spaces and dimensions, as outlined the ITU Uniform Rules. The athlete’s family name and NF code positions (front and back) and dimensions of both.
      
      c) The position and dimensions of the ITU logo. The colour(s) used in the design, including the pantone. The proposed design may be submitted in .jpg .gif .bmp or .tif format.
   
   4.2 Once approved, the Uniform approval can be extended to a second year upon written approval by the NF.

5. **Approval:**
   5.1 On November 1st of the preceding year, ITU will inform each NF in writing about the approval or disapproval of their NFs uniform if the design is:
      
      a) Compliant with all the ITU Uniform Rules.
      
      b) Distinct from other NF designs.
   
   5.2 If the request is not approved ITU will:
      
      a) Ask the NF for a new design if the submitted one did not comply with the ITU rules, or
      
      b) Ask the NFs that submitted similar requests to agree to modifying their proposed designs in order to have different uniforms.
      
      c) If the NFs do not get an agreement ITU will decide on which NF can use the proposed design according with these priorities.
• The NF that used the proposed uniform in the past will be given preference.
• If both NFs are proposing new uniforms, a draw will be conducted to choose which NF will use the submitted design and which NF(s) will have to submit a new one.

5.3 On November 15th ITU will produce an electronic catalogue of approved NF’s competition uniforms, which will be used during 2011. This catalogue will be updated monthly with the new proposals, starting in December.

5.4 Requests for uniform approval received after October 15th, will be considered on a monthly basis starting on December 1st. NFs requesting approval at this later stage will choose designs that are different from those already approved. In the case of similar designs, approval will be based on the time of submission, i.e., ‘First come, first serve’.

6. Approval Panel:

6.1 All decisions on uniform approval will be made by a panel composed of:
   a) An ITU Technical Committee member.
   b) A representative of the ITU Sport Department.
   c) A member of the ITU World Championships Series Commission.
   d) A representative of the ITU Media and Television Department.
   e) A representative of the ITU Coaches Commission.

6.2 The decisions of the Approval Panel can be appealed to the ITU Executive Board. This appeal does not suspend the decision of the Approval Panel, but rather the decision will stay in place during the time the Executive Board takes to make a decision on the appeal.
APPENDIX G: LINK TO PARATHLON 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 worldwide. 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, 2012.

   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 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 the 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 deemed necessary by ITU to ITU or to any testing institute(s) nominated by ITU for the purpose of ensuring 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 by 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 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 one (1) piece of each equipment, along with the ITU application form (chapter 8) and all the necessary documentation to the ITU Events Department for certification.

   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 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:

<table>
<thead>
<tr>
<th>Equipment</th>
<th>1st Certification</th>
<th>Renewal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wetsuit</td>
<td>$300 USD</td>
<td>$150 USD</td>
</tr>
<tr>
<td>Swimsuit</td>
<td>$300 USD</td>
<td>$150 USD</td>
</tr>
<tr>
<td>Handlebars (Draft Legal Events)</td>
<td>$300 USD</td>
<td>$150 USD</td>
</tr>
</tbody>
</table>

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 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 accepted and deemed 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 the 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

<table>
<thead>
<tr>
<th>Product’s Trade Name</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Colour</td>
<td></td>
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<tr>
<td>Manufacturer</td>
<td></td>
</tr>
<tr>
<td>Contact Person</td>
<td></td>
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<tr>
<td>Address</td>
<td></td>
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<tr>
<td>Phone Number</td>
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<td>Fax Number</td>
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<tr>
<td>Email</td>
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<tr>
<td>Website</td>
<td></td>
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<tr>
<td>Date of Application</td>
<td></td>
</tr>
<tr>
<td>Certification Number (if renewal application)</td>
<td></td>
</tr>
</tbody>
</table>
Technical Description of Product
(provide information regarding design, material, construction, testing methods, observations)

Attached Documents

- Technical Description
- Photograph(s)
- Full Technical Scale Drawings
- 1 sample of the equipment
- Other IF Approval Letter
- 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.

<table>
<thead>
<tr>
<th>Date</th>
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</thead>
<tbody>
<tr>
<td>Name</td>
<td></td>
</tr>
<tr>
<td>Signature</td>
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</tbody>
</table>
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 Championship 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.

<table>
<thead>
<tr>
<th></th>
<th>Top 15 (50 001 USD and more overall prize money)</th>
<th>Top 10 (10 001 – 50 000 USD overall prize money)</th>
<th>Top 5 (3 001 – 10 000 USD overall prize money)</th>
<th>Top 3 (3 000 USD and less overall prize money)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>25.00%</td>
<td>25.00%</td>
<td>30.00%</td>
<td>50.00%</td>
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<td>2.</td>
<td>20.00%</td>
<td>20.00%</td>
<td>25.00%</td>
<td>30.00%</td>
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<td>3.</td>
<td>15.00%</td>
<td>15.00%</td>
<td>20.00%</td>
<td>20.00%</td>
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<td>4.</td>
<td>10.00%</td>
<td>10.00%</td>
<td>15.00%</td>
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<td>5.</td>
<td>7.00%</td>
<td>8.00%</td>
<td>10.00%</td>
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<td>6.</td>
<td>6.00%</td>
<td>7.00%</td>
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<td>7.</td>
<td>5.00%</td>
<td>6.00%</td>
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<tr>
<td>8.</td>
<td>3.00%</td>
<td>4.00%</td>
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<tr>
<td>9.</td>
<td>2.25%</td>
<td>3.00%</td>
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<tr>
<td>10.</td>
<td>1.75%</td>
<td>2.00%</td>
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<tr>
<td>11.</td>
<td>1.50%</td>
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<tr>
<td>12.</td>
<td>1.25%</td>
<td></td>
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<tr>
<td>13.</td>
<td>1.00%</td>
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<tr>
<td>14.</td>
<td>0.75%</td>
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<tr>
<td>15.</td>
<td>0.50%</td>
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</tbody>
</table>
APPENDIX J: ITU RELATED MULTISPORTS:

- Triathlon
- 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 Winter Triathlon, Duathlon and Long Distance Triathlon
- Continental Championships
- Continental Cup Series
- Continental Tour Event

ITU Event Categories

- Elite
- U23
- Junior
- Paratriathlon
- Age-Group (as defined in 5-year increments from 16-19 to 90+)
**APPENDIX L: PENALTIES AND VIOLATIONS:**

<table>
<thead>
<tr>
<th>Rules</th>
<th>Penalty</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Compete within 48 hours in more than one event of the same individual related multisport;</td>
<td>- DSQ from all the events included in this period.</td>
</tr>
<tr>
<td>2. Starting before the starter’s signal;</td>
<td>- Stop and Go</td>
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<tr>
<td></td>
<td>- 15 seconds in T1</td>
</tr>
<tr>
<td>3. Failing to follow the prescribed course;</td>
<td>- Stop and Go and re-enter the race by the same point. If fails to that DSQ</td>
</tr>
<tr>
<td>4. Using abusive language or behaviour toward any official;</td>
<td>- DSQ and report to the EB for possible suspension</td>
</tr>
<tr>
<td>5. Using unsportsmanlike behavior;</td>
<td>- DSQ and report to the EB for possible suspension</td>
</tr>
<tr>
<td>6. Blocking, charging, obstructing, or interfering the forward progress of another athlete;</td>
<td>- Unintentionally: verbal warning</td>
</tr>
<tr>
<td></td>
<td>- Intentionally: DSQ</td>
</tr>
<tr>
<td>7. 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;</td>
<td>- Unintentionally: verbal warning</td>
</tr>
<tr>
<td></td>
<td>- Intentionally: DSQ</td>
</tr>
<tr>
<td>8. Accepting assistance from anyone other than a Technical Official or race official;</td>
<td>- If it is possible to amend and return to the original situation Stop and Go</td>
</tr>
<tr>
<td></td>
<td>- If not: DSQ</td>
</tr>
<tr>
<td>9. Refusing to follow the instructions of Technical Officials or race officials;</td>
<td>- DSQ</td>
</tr>
<tr>
<td>10. Departing the course for reasons of safety, but failing to re-enter at the point of departure;</td>
<td>- Unintentionally: verbal warning, and correct if possible</td>
</tr>
<tr>
<td>11. 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 at the Athletes’ Briefing;</td>
<td>- Unintentionally: verbal warning, and correct if possible (i.e. before the race)</td>
</tr>
<tr>
<td></td>
<td>- Intentionally: DSQ</td>
</tr>
<tr>
<td>12. Leaving equipment or discarding personal articles on the course. Tyres, plastic bottles, and other discarded items must be placed safely off the course;</td>
<td>- Stop and Go, when amended</td>
</tr>
<tr>
<td></td>
<td>- If not: DSQ</td>
</tr>
<tr>
<td>13. Wearing items deemed a hazard to self or others;</td>
<td>- Stop and Go, when amended</td>
</tr>
<tr>
<td></td>
<td>- If not: DSQ</td>
</tr>
<tr>
<td>14. Using unauthorized equipment to provide an advantage or which will be</td>
<td>- Stop and Go, when amended</td>
</tr>
<tr>
<td></td>
<td>- If not: DSQ</td>
</tr>
<tr>
<td></td>
<td></td>
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<tr>
<td>---</td>
<td>---</td>
</tr>
</tbody>
</table>
| 15. Violating race-specific traffic regulations; | - Unintentionally: verbal warning, and correct if possible  
- Intentionally: DSQ |
| 16. Contrived or intentional ties by elite, U23 and junior athletes in ITU sanctioned events; | - DSQ |
| 17. Not attending 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; |
| 18. Not attending the Athletes’ Briefing, without notifying the TD; | - Athletes not attending the briefing, without informing the TD about their absence, will be removed from the start list. |
| 19. Wearing a different uniform than the one presented in the check-in; | - If the new uniform complies with the rules. Warning  
- If not: DSQ |
| 20. 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 |
| 21. Participating when not eligible; | - DSQ and inform ITU EB for a possible suspension |
| 22. Repeated violations of ITU Rules; | - DSQ and inform ITU EB for a possible suspension |
| 23. Drug abuse; | - Penalties will apply according to the WADA rules |
| 24. For an unusual and violent act of unsportsmanlike behaviour; | - Expulsion |
| 25. Compete with a bare torso; | - Stop and Go when amended  
- If not: DSQ |
| 26. To change the start position once selected; | - Warning and amend.  
- If not DSQ |
| 27. To block more than one start positions; | - DSQ |
| 28. Make forward progress without the bike, during the bike segment; | - Stop and Go when amended  
- If not: DSQ |
| 29. Nudity or indecent exposure; | - DSQ |
| 30. Draft in a draft-illegal race on sprint distance events; | - 1st offence: 1 minute in the next penalty box  
- 2nd offence: DSQ |
| 31. Draft in a draft-illegal race on standard distance events; | - 1st offence: 2 minutes in the next penalty box  
- 2nd offence: DSQ |
| 32. Draft in a draft-illegal race on long distance events; | - 1st and 2nd offences: 5 minutes in the next penalty box  
- 3rd offence: DSQ |
<p>| 33. Not stopping in the next penalty box | - DSQ |</p>
<table>
<thead>
<tr>
<th>Rule</th>
<th>Description</th>
<th>Penalty</th>
</tr>
</thead>
</table>
| 34. | Wearing the helmet unfastened or unsecurely fastened, during the bike segment; | - Stop and Go when amended  
- If not: DSQ |
| 35. | Take off the helmet on the bike course, even if stopped; | - Stop and Go when amended  
- If not: DSQ |
| 36. | Not wearing a helmet during the bike segment; | - DSQ |
| 37. | Compete with illegal or unauthorized equipment; | - Stop and Go when amended  
- If not: DSQ |
| 38. | Crawl during the running segment; | - DSQ |
| 39. | Run without shoes during any part of the running segment; | - DSQ |
| 40. | Run wearing a helmet; | - DSQ |
| 41. | Rack the bike outside the athletes’ own space; | - Before the race warning and amend  
- During the race:  
  - Age-Group: Stop and Go when amended  
  - Elite: 15 seconds in the first penalty box |
| 42. | Mount the bike before the mount line; | - Age-Group: Stop and Go when amended  
- Elite: 15 seconds in the next penalty box |
| 43. | Dismount the bike after the dismount line; | - Age-Group: Stop and Go when amended  
- Elite: 15 seconds in the next penalty box |
| 44. | Discharge or store the athlete equipment outside the designated area; | - Stop and Go when amended  
- Elite: 15 seconds in the next penalty box |
| 45. | To use posts, trees or other fixed elements to assist maneuvering curves; | - Elite: 15 seconds in the next penalty box |
| 46. | Team relay exchange completed outside of the relay exchange zone; | - Team DSQ |
| 47. | Warming up on the course while another race is in progress; | - Warning and amend  
- If not amended: DSQ |
| 48. | Wearing clothing covering any part of the arms below the shoulder and/or clothing covering any part of the legs below knee, in a non-wetsuit swim. | - Warning and amend  
- If not amended: DSQ |
| 49. | 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; | - Warning and amend  
- If not amended: DSQ |
| 50. | Marking of position in Transition Area; | - Warning and amend  
- If not amended, marking will be removed and athlete will not be notified |