ITU Competition Rules

Approved by the ITU Executive Board, in December 2017

Green highlight – added as of December 2017

~~Red highlight~~ – deleted as of December 2017

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)
Maison du Sport International
Av. de Rhodanie 54
Lausanne CH -1007, Switzerland
Tel +41 21 614 60 30
Fax +41 21 614 60 39
Email: ituhdq@triathlon.org
For general information about ITU visit www.triathlon.org

TABLE OF CONTENTS

1. INTRODUCTION: 4
2. CONDUCT OF ATHLETES: 6
3. PENALTIES: 19
4. SWIMMING: 24
5. CYCLING: 31
6. RUNNING: 42
7. TRANSITION AREA: 43
8. COMPETITION CATEGORIES: 45
9. PRIZES AND AWARDS: 46
10. EVENTS: 48
11. TECHNICAL OFFICIALS: 52
12. PROTESTS: 55
13. APPEALS: 58
14. INDOOR TRIATHLON: 63
15. MIDDLE AND LONG DISTANCE EVENTS: 63
16. TEAM AND RELAY EVENTS: 65
17. PARATRIATHLON: 67
18. WINTER TRIATHLON: 82
19. CROSS TRIATHLON AND DUATHLON: 84
20. COMPETITION IN QUALIFYING ROUND FORMAT: 86
21. EVENT IN TIME TRIAL QUALIFYING ROUND FORMAT: 88
22. AQUABIKE: 90
23. APPENDIX A: COMPETITION DISTANCES AND AGE REQUIREMENTS: 91
24. APPENDIX B: COMPETITION PROTEST FORM: 93
25. APPENDIX C: COMPETITION APPEAL FORM: 95
26. APPENDIX D: DEFINITIONS: 97
27. APPENDIX E: QUALIFICATION AND RANKING CRITERIA 106
28. APPENDIX F: ITU GUIDELINES REGARDING AUTHORISED IDENTIFICATION 112
29. APPENDIX G: PARATRIATHLON CLASSIFICATION RULES: 119
30. APPENDIX H: PRIZE MONEY BREAKDOWN: 120
31. APPENDIX I: ITU RELATED MULTISPORTS: 121
32. APPENDIX J: ITU EVENTS AND ITU EVENT CATEGORIES: 122
33. APPENDIX K: PENALTIES AND VIOLATIONS: 124
34. APPENDIX L: RESULTS AND START LIST SAMPLES 134

35. APPENDIX M: ATHLETE'S AGREEMENT 134
36. APPENDIX N: TECHNOLOGICAL FRAUD: 134
37. APPENDIX P: NON-TRADITIONAL OR UNUSUAL BIKE APPROVAL PROCESS 136
38. APPENDIX Q: PPE – PRE PARTICIPATION EVALUATION 137

1. INTRODUCTION:

1.1. Purpose:

a.) The International Triathlon Union (ITU) is the sole governing body, responsible for the 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 ITU 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 International Swimming Federation (FINA), International Cycling Union (UCI), International Association of Athletics Federations (IAAF), International Ski Federation (FIS), IPC Swimming, IPC Athletics and IPC Nordic Skiing will apply in their specific segments, unless ITU Technical Committee decides otherwise;

d.) The ITU Event Organisers' Manual (EOM) and its related documents set safety and logistical standards for host National Federations (NFs) and for the Local Organising Committees (LOCs);

e.) The ITU Technical Officials' Certification Programme sets the standards for certifying ITU Technical Officials;

f.) It will be clearly indicated when a rule applies to a specific competition.

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 the ITU Competition Rules are provided in Appendix D. Any difficulty in the interpretation or application of the ITU Competition Rules should be referred to the ITU Technical Committee.

1.3. Language and Communication:

a.) The official language of ITU Events is English:

(i) National Federations are responsible for providing translation services from/to English for their own athletes;

(ii) Local Organising Committees will communicate at least in English, even if another language is used in parallel.

1.4. Modifications:

a.) The 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 the ITU Competition Rules has a sanction attached. Technical 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 affiliated with ITU.

1.5. 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;

b.) Exceptions for special circumstances in a particular event may only be gained from ITU with prior approval. A request for an exception to the ITU Competition Rules must be made in writing 30 days prior to the event to the ITU Technical Committee through by assigned Technical Delegate;

c.) Exceptions for special circumstances in a particular athlete may only be gained from ITU with prior approval. A request for an exception to the ITU Competition Rules must be made in writing 30 days prior to the event to the ITU Technical Committee by the assigned Technical Delegate from the National Federation to whom the application has been submitted or is being submitted;

d.) The ITU Techical Committee may consult with other ITU committees, commissions or appropriate parties;

e.) For any rule exceptions related to events sanctioned by ITU, but not run within the competition system of ITU or any of the Continental Confederations, a permanent panel will be created with one representative from each of the three parties: ITU Technical Committee, ITU Staff, Event Rights Holder. The final proposal from the panel will go to the ITU Technical Committee for endorsement.

1.6. Specific Regulations:

a.) A Technical Delegate may approve the addition of specific regulations for a particular competition, provided that:

(i) Each additional specific regulation does not conflict with another ITU Competition Rules;

(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 Technical Committee one week before the day on which the event is to be conducted. The ITU Technical Committee may invalidate the incorporation of an additional specific regulation only on the authority of the ITU Executive Board.

1.7. Intellectual Property:

a.) ITU Events are the exclusive property of ITU, which owns all rights associated including, without limitation, the rights to organise, exploit, broadcast and reproduce ITU Events. These rights include any type of digital media, whether that be photographic or video in nature, captured from within the boundaries of the field of play, regardless of ownership of the capturing device. All the personal data from the athlete entered into any ITU event and the data produced from the event, including the results are exclusive property of ITU.

1.8. 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 National Federations and/or municipal authorities to use roads and waterways. Insurance authorities have also warned that claims made under such circumstances may be considered invalid.

1.9. Rule Updates:

a.) The ITU Competition Rules may be changed from time to time by the ITU Technical Committee at its discretion, with the approval of the ITU Executive Board. Any rule change(s) shall be advised in writing to affiliated National Federations at least 30 days before it/they is/are to take effect unless the ITU Executive Board decides otherwise. Updated ITU Competition Rules will be posted on the ITU website (www.triathlon.org).

2. CONDUCT OF ATHLETES:

2.1. General Conduct:

a.) Triathlon and ITU's other related multisports involve many athletes. Competition 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 National Federations and on www.triathlon.org;

(iv) Obey traffic regulations and instructions from race officials;

(v) Treat other athletes, race officials, volunteers, and spectators with respect and courtesy;

(vi) Avoid the use of abusive language;

(vii) Inform a Technical Official after withdrawing from the competition. Failing to do this may result in a suspension;

(viii) Compete without receiving assistance other than from event personnel and race officials;

(ix) Avoid using ambush marketing;

(x) Avoid displaying any kind of demonstration of political, religious or racial propaganda;

(xi) Not dispose of rubbish or equipment around the course except at clearly identified places, such as aid stations or rubbish disposal points. All items must be kept with the athlete and returned to their transition spot;

(xii) Not attempt to gain an unfair advantage from any external vehicle or object;

(xiii) Follow the prescribed course;

(xiv) Not use any device that will distract the athlete from paying full attention to their surroundings:

- Athletes may not use communication devices of any type, including but not limited to cell phones, smart watches, and two-way radios, in any distractive manner during the competition. A "distractive manner" includes but is not limited to making and receiving phone calls, sending and receiving text messages, playing music, using social media, and taking photographs. Using a communication device in a distractive manner during the competition will result in disqualification;
- Cameras, phone cameras, and video cameras are prohibited unless permission is given by the ITU or the license holder of the event. If such permission is given, it is the athlete's responsibility to notify the Head Referee of such permission prior to the start of the competition. Athletes seen with an unauthorized camera, phone camera, or video camera will be disqualified.

2.2. Outside assistance:

a.) The assistance provided by event personnel or Technical Officials is allowed but is limited to providing drinks, nutrition, mechanical and medical assistance, upon the approval of the Technical Delegate or Head Referee. Athletes competing in the same competition may assist each other with incidental items such as, but not restricted to, nutrition and drinks after an aid station, pumps, tubular tyres, inner tubes and puncture repair kits;

b.) Athletes may not provide any item of equipment to an athlete competing in the same competition which results in the donor athlete being unable to continue with their own competition. This includes but is not restricted to complete bicycle, frame, wheels and helmet. The penalty for this will be disqualification of both athletes.

c.) An athlete cannot physically assist the forward progress of another athlete on any part of the course. This will result in both athletes being disqualified.

2.3. Drug Abuse:

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

b.) All athletes and guides are responsible for familiarising themselves with the ITU Anti-Doping Rules including medical and doping control tests, testing

obligations, rights, responsibilities and procedures, penalties and appeal processes, and prohibited substances and methods;

c.) ITU has implemented the ITU Anti-Doping Rules and abides by rules set by the World Anti-Doping Agency (WADA) Code.

2.4. 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 competition, the athletes declare they are in good health and are in appropriate physical condition to complete the competition;

b.) Time limits for the swim leg, bike leg and overall finish time may be established for each competition by the ITU Technical Delegate. These limits must be published in the pre-event registration material;

c.) ITU encourages all the athletes to undergo a periodic health evaluation (PHE) and to undergo a pre-participation evaluation (PPE) prior to engaging in competitive sport. An annual PPE is mandatory for all athletes competing in Youth, Junior, U23, Elite and Paratriathlon events from January 1st, 2018 in any ITU event as outlined in Appendix J. More information about PPE can be found in Appendix Q.

2.5. Eligibility:

a.) All athletes must be in good standing with their National Federations. To ensure this, for ITU and Continental Confederation events, all the entries must be done by the National Federations, not by the athletes themselves;

b.) Athletes under suspension are not allowed to compete in any ITU event, in any competition sanctioned by ITU members, or in any competition held under the ITU Rules;

c.) An athlete's age is determined by their age on December 31st in the year of competition;

d.) Athletes aged 15 to 17 years old are eligible to compete in the Youth category;

e.) Athletes aged 16 to 19 years old are eligible to compete in the Junior category;

f.) Athletes aged 18 to 23 years old are eligible to compete in the U23 category;

g.) All Pro/Elite athletes must be registered on the ITU online system by their respective National Federation in the category they are competing in. They cannot compete in the same calendar year as an Age Group athlete in the same multisport as outlined in Appendix J. Athletes competing in the World Triathlon Series will be automatically tagged as an Elite/Pro in the system.

h.) The different qualification criteria can be found in the ITU Qualification Criteria and published in www.triathlon.org;

i.) Specific qualification criteria affecting Major Games and Recognised Games are published in www.triathlon.org;

j.) Specific qualification criteria affecting events sanctioned by ITU, but not part of the ITU events structure, are published in the respective website of such events;

k.) Athletes may not compete within 36 hours in more than one triathlon or multisport event (see Appendix I) when one event is of standard distance or longer. Exceptions will be for the team relay events at the defined super-sprint distances (see 16.1.a.), PTVI1, PTVI2 and PTVI3 guides and aquathlon;

l.) Age limits: Athletes must be a minimum age to compete in any event, as outlined in Appendix A. Continental Confederations may add other age limits for Continental Championships, for youth and younger categories with super-sprint events. The age limits as outlined in Appendix A cannot be modified;

m.) An athlete who competes in a category different from his/her age, in a distance in which it is not allowed, or before the 36 hour period, will be disqualified from the events he/she took part in. Any awards, prizes and points will be removed;

n.) An athlete who undergoes sexual reassignment and wishes to participate in any competition must meet all the current conditions and criteria established by the International Olympic Committee (IOC) and WADA prior to doing so. The request to participate in any competition further to said sexual reassignment must be made expressly by the athlete to the ITU Medical and Anti-Doping Committee at least 30 days prior to event in which he or she wishes to compete. The ITU Medical and Anti-Doping Committee shall determine whether or not the current IOC and WADA criteria have been met and provide the athlete a written and reasoned decision to that effect. Any such decision on eligibility may be appealed as a Level 3 appeal (see section 13.);

o.) Where the eligibility of a female athlete is questioned due to possible hyperandrogenism and a formal written request has been made to do so, the ITU Medical and Anti-Doping Committee and other experts shall evaluate the suspected case of female hyperandrogenism. In so doing, the ITU Medical and Anti-Doping Committee shall respect and apply the current IOC Regulations on Female Hyperandrogenism which are in effect at the time of the request. The ITU Medical and Anti-Doping Committee will then notify the athlete in question of its determination by way of a written and reasoned decision. Any such decision on eligibility may be appealed as a Level 3 appeal (see section 13.);

p.) Athletes who are competing under ITU flag will be entered in the competition by the National Federation the athlete is moving to. They will compete with the same rights than any other athlete in terms of awards, prizes and points.

2.6. Insurance:

a.) All athletes competing in an event must have personal insurance coverage guaranteed by their National Federation. This insurance will cover:

(i) Any accident occurring before, during and after any competition;

(ii) Any sickness that an athlete could suffer during a trip to a competition or event;

(iii) Liability caused by an athlete during the competition.

b.) The athlete's National Federation guarantees the existence of this insurance by entering an athlete in an event. Local Organising Committees or National Federations organising an event cannot force the athletes to pay for a competition day fee for insurance purposes.

2.7. Registration:

a.) Entry:

(i) National Federations will register their athletes for ITU Events following their National Federation qualification system or other ITU approved qualification system;

(ii) All athletes qualify to any ITU Event as outlined in Appendix J by the eligibility rules outlined in 2.5 and by the qualification criteria outlined in Appendices E;

(iii) Prior to competing in ITU Triathlon World Championships, ITU Triathlon World Cups, ITU World Triathlon Series events, ITU World Paratriathlon Series, ITU Paratriathlon World Cups and ITU Multisport World Championships, Elite, U23, Junior athletes and Paratriathletes 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) 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 in. The Athletes' Agreement is published on www.triathlon.org;

(iv) National Federations are responsible for entering their athletes and coaches for all ITU Events using the ITU online system on www.triathlon.org;

(v) All Paratriathletes, PTVI1, PTVI2 and PTVI3 Guides, Age Group, Youth, Junior and U23 athletes must provide picture ID at registration/packet pick-up prior to competition.

b.) Pre-Race Briefings:

(i) Coaches' Meeting: If a coaches' meeting is scheduled, it will take place one hour before the Athletes' Briefing. The Technical Delegate will conduct the Coaches' Meeting. The agenda will include the announcement of the Competition Jury and all the technical details of the event as well as specific information for coaches. Coaches' accreditations will be distributed at this meeting, or if the Coaches' Meeting is not scheduled, accreditations will be distributed at the end of the Elite/U23/Junior/Youth Athletes' Briefing;

(ii) Age Group Team Managers' and Coaches' Briefing: At World Championships and at Continental Championships (if applicable), the Technical Delegate will conduct the Age Group Team Managers' and Coaches' briefing. Only Age Group Team Managers and Coaches

registered on www.triathlon.org are allowed to attend. The agenda of this briefing will include the announcement of the Competition Jury and all the necessary information for the event. A separate briefing will be conducted for Paratriathlon (outlined in 17.5);

(iii) Paratriathlon Coaches' Meeting: If a Paratriathlon Coaches' Meeting is scheduled, it will take place before the Paratriathlon Briefing. The Technical Delegate will conduct it and the agenda will include the announcement of the Competition Jury and all technical details of the event as well as the specific information on paratriathlon procedures. Coaches' accreditations will be distributed at this meeting, or if the Team Managers' Meeting is not scheduled, accreditations will be distributed at the end of the Paratriathletes' Briefing;

(iv) Elite/U23/Junior/Youth/Paratriathletes Briefings: At all ITU Events, the Technical Delegate will conduct the Athletes' Briefing. Elite/U23/Junior/Youth athletes and Paratriathletes including their Handlers/Guides must be in attendance. Coaches may also attend the briefing. The following penalties apply to athletes who miss the briefing:

- Athletes/Paratriathletes including their Handlers/Guides not attending the briefing, without informing the Technical Delegate about their absence, will be removed from the start list;
- Athletes/ Paratriathletes including their Handlers/Guides entering the briefing hall after the briefing has started and athletes not attending the briefing, but who have informed the Technical Delegate about their absence, will have a delayed start. The delay will be according to the time penalty applicable for the specific distance (see 3.3.f.)(ii)) ~~be reallocated to the last position on the pre-start line up, if the event starts with a swim segment. Athletes will be penalised with a time penalty to be served in the first run, if the event starts with a run or snowshoe segment, if the event starts with those segments~~;
- For the World Triathlon 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, even if they informed the Technical Delegate in advance.

(v) Athletes/Paratriathletes with their Handlers/Guides must register prior to entering the briefing venue;

(vi) For ITU World Triathlon Series and ITU Triathlon World Cup events, there is one single Athletes' Briefing for female and male elite athletes. This briefing will be held at 18:00 local time two (2) days prior to the first elite competition day. For all other ITU Events or for other athlete categories (U23, Junior, Youth), the briefing will take place at 18:00 either one (1) or two (2) days before the first competition day of the related event and category. Alteration to this time should be announced on the ITU website 45 days in advance.

(vii) The pre-race briefings are not open to media.

c.) Packet Pick-Up:

(i) All ITU Events - Age Group:

- All athletes must pick up their own race packet at the official competition 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 a National Federation 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 of the social functions. Local Organising Committee gifts may be distributed at the same time.

(ii) All ITU Events - Elite, U23, Junior, Youth and Paratriathlon 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 of the social functions. Local Organising Committee gifts may be distributed at the same time.

d.) Check-in:

(i) Age Group competitions with more than 700 athletes entered will schedule the Check-in the day before the competition. Age Group events with fewer athletes, and Elite, U23, Junior, Youth and Paratriathlon will have the bike check on same day;

(ii) Technical Officials will conduct the check-in at the athletes' lounge or at the transition area and will include the following:

- Distribution of the swim caps and timing chips (except for the Age Group events);
- Control of the athletes' uniform, which must comply with the ITU Guidelines Regarding Authorised Identification published on www.triathlon.org. Each uniform should be photographed. If an athlete needs to replace the uniform, this process has to be done again;
- The bike check is regulated under section 5.3;
- Distribution of the race packets to the athletes who missed the briefing.

2.8. Uniform:

a.) All athletes competing in ITU Events are required to wear their uniform conforming to the ITU Guidelines Regarding Authorised Identification;

b.) The ITU Guidelines Regarding Authorised Identification set the space limitation on the athletes uniforms to include commercial logos;

c.) Athletes must follow the following rules with respect to wearing uniforms:

(i) Athletes must wear the uniform during the entire competition and award ceremony. Long sleeves and long pants are allowed for the award ceremony;

(ii) The uniform must cover the whole torso in the front. The back may be uncovered from the waist up;

(iii) Arms may be covered in middle and long distance events, except during the swim, when wetsuits are forbidden. Arms must not be covered on standard distance and shorter events, except in extreme weather conditions. The decision rests with Technical Delegate in consultation with the Medical Delegate (if applicable) to allow or make mandatory long sleeves.

(iv) Wetsuits, when authorised, may cover the arms but not the hands.

(v) Athletes are allowed to wear uniforms with sleeves extending from the shoulder up to but not covering the elbow except super-sprint, sprint and standard distance triathlon.

(vi) Paratriathletes competing in PTWC1 and PTWC2 class are allowed to wear uniforms with sleeves extending from the shoulder up to but not covering the elbow;

(vii) Covering the legs below the knees is not allowed in the swim segment when the use of wetsuits is forbidden;

(viii) A one-piece uniform is preferred. If a two-piece uniform is used, both pieces must overlap and no torso must be visible during the entire competition, except middle and long distance events where the midriff is allowed to be exposed;

(ix) If the suit has a zipper it must be located at the back and will not be longer than 40 cm. This rule does not apply for middle and long distance events;

(x) The uniform must be worn over both shoulders for the duration of the competition;

(xi) Elite, U23, Junior, Youth and Paratriathlon athletes must wear the same uniform from the start to the finish in standard distance or shorter events;

(xii) Rain jackets are allowed for middle and long distance events or when the Technical Delegate authorises it. Rain jackets must be the same design and colour as the uniform or transparent;

(xiii) Failure to comply with the ITU Competition Rules related to the uniform may result in an athlete having to wear a triathlon suit supplied by ITU. Alternatively, Technical Officials may request the athlete use a permanent marker or other means to eradicate logos on the uniform that do not comply with the Competition Rules. If during the competition or the award ceremony, an athlete wears a uniform with

logos that do not comply with the Competition Rules (including the ITU Guidelines Regarding Authorised Identification), he/she will be disqualified.

d.) For reasons of religion, athletes are allowed to have the body totally covered (except the face) provided that:

(i) The uniform material is approved by FINA (applicable only for the non-wetsuit swim);

(ii) The uniform will not interfere with the bicycle mechanisms;

(iii) Extra identification elements are to be worn over the uniform, following the Technical Delegate's instructions.

2.9. Race numbers:

a.) Elite, U23, Junior and Youth athletes will not wear official race numbers.

b.) When, due to the competition schedule Age Groups are mixed with other athletes the Technical Delegate can decide on making the use of the official race numbers mandatory for all the athletes;

c.) Official race numbers:

(i) Mandatory for all in the Winter Triathlon events;

(ii) Age Group ~~and Open Paratriathlon~~:

- May be worn for the wetsuit swim segment, but forbidden in a non wetsuit swim segment;
- Mandatory for the ~~bike and~~ run segment;
- Must be visible ~~on the back during the bike segment and~~ on the front during the run segment.

d.) The use of the official race number in Paratriathlon is regulated in section 17;

e.) Body marking:

(i) Elite, U23, Junior, Youth and ~~Elite~~ Paratriathlon:

- The Local Organising Committee or ITU will provide body marking decals, which the athletes must apply prior to the event;
- Body markings are to be applied to each arm and leg, unless instructed otherwise by the ITU Technical Delegate at the briefing;
- Body markings and/or decals using multiple digits will have numbers appearing one above the other, not side by side;

(ii) Age Group ~~and Open Paratriathlon~~:

- The Local Organising Committee will provide body marking or body marking decals, who will apply them prior to the event;
- Body markings are to be applied to each arm, unless instructed otherwise by the ITU Technical Delegate at the briefing;
- Body markings and/or decals using multiple digits will have numbers appearing one above the other, not side by side;

- One calf of each athlete – if not covered - may be marked with the category and gender of the athletes (For example, the number M25 would appear on a male athlete in the 25 – 29 age category or F25 should appear on a female athlete in the same category).

2.10. Assignment of race numbers:

a.) General:

(i) Athletes' race numbers are assigned based on previous results in similar events, by using the most related rankings;

(ii) The Elite men's and women's events will be numbered starting with number 1, except in middle and long distance events;

(iii) Number 13 will be not used.

b.) Specific events numbering criteria:

(i) World Triathlon Series (WTS) and Grand Final:

- First criteria: WTS Ranking;
- Second criteria: ITU World Ranking;
- Third criteria: random.

(ii) Triathlon U23 World Championships:

- First criteria: WTS Ranking;
- Second criteria: ITU World Ranking;
- Third criteria: random.

(iii) Junior - Any event:

- First criteria: ITU World Ranking;
- Second criteria: Applicable Continental Junior Rankings (For example ETU, CAMTRI, etc.);
- Third criteria: random.

(iv) Triathlon World Cup events:

- First criteria: ITU World Ranking;
- Second criteria: random.

(v) Triathlon Continental Cup events:

- First criteria: ITU World Ranking;
- ~~Second criteria: Continental Points List from the same continent as the event;~~
- Second criteria: random.

(vi) Triathlon Elite Continental Championships:

- First criteria: Top 10 classification of the related Continental Championships in the previous year;
- Second criteria: ITU World Ranking;
- ~~Third criteria: Continental Points List from the same continent of the event;~~

- Third criteria: random.

(vii) Triathlon U23 Continental Championships:

- First criteria: ITU World Ranking;
- Second criteria: random.

(viii) Multisport – Any Elite event:

- First criteria: ITU Related Rankings;
- Second criteria: random.

(ix) Age Group - Any event:

- First criteria: Age Group by Age Group;
- Second criteria: Grouped by nations in alphabetical order starting by the host nation.

(x) Paratriathlon; any event:

- First criteria: Athlete Medal Event ~~sport class~~ in this order PTWC Women, PTWC Men, PTS2 Women, PTS2 Men, PTS3 Women, PTS3 Men, PTS4 Women, PTS4 Men, PTS5 Women, PTS5 Men, PTVI Women, PTVI Men;
- Second criteria: Paratriathlon Ranking;
- Third criteria: random.

(xi) Team Relay- Any event:

- First criteria: One team per nation;
- Second criteria: Same team event the preceding year;
- Third criteria: random.

c.) Numbering of the final of events with a qualifying round format is regulated in sections 20.5 and 21.4.

2.11. Timing and Results:

a.) A competition will be won by the athlete who has the shortest time from the start signal to the moment when the athlete finishes the competition as defined in 6.2 a), 17.14 f) and 18.10, except if the event is conducted under the “rolling start system” as defined in 4.8.

b.) The official results will list the athletes according to their finish time and in accordance with the Olympic Results and Information Service (ORIS) standards, a sample of the results format is included in Appendix L. In the event that two athletes tie for a place, and their performances cannot be separated, they will be awarded the same rank, and the next athlete to finish behind them will occupy the same rank plus two places, with the subsequent athletes ranked in order of finishing. Time splits to be included are:

(i) Swim or first segment;

(ii) Transition 1;

(iii) Bike or second segment;

(iv) Transition 2;

(v) Run or third segment;

(vi) Overall finish time.

c.) Results will include the following Invalid Results Markers (IRM) and listed in this order:

(i) athletes who do not finish the competition (DNF),

(ii) any lapped athletes or athletes stopped by the last biker – first runner scenario (LAP),

(iii) not classified participants or not making the cut-off time in any segment (NC),

(iv) Non-eligible Paratriathletes (NE),

(v) those who are disqualified (DSQ)

(vi) and athletes or teams which did not start (DNS):

(vii) If more than one athlete is marked DNF or LAP, those who completed the most laps should be listed first; if several athletes are marked DNF or LAP on the same lap, athletes should be listed according to their times at the previous timing point with the fastest first, or by ascending start number if no times were recorded up to the point at which they retired;

(viii) If more than one participant is included in the same IRM group (different than DNF or LAP), they should be listed within the same group according to ascending start number;

(ix) For DSQ athletes, the final results should not be displayed.

d.) Additional information will be displayed either at the header or the footer of the results:

(i) Swim distance and number of laps;

(ii) Bike distance and number of laps;

(iii) Run distance and number of laps;

(iv) Air temperature;

(v) Water temperature;

(vi) Wetsuit swim/No wetsuit swim;

(vii) Name and country of the Technical Delegate;

(viii) Name and country of the Head Referee;

(ix) Name and country of the members of the Competition Jury.

e.) For relay events, the rules above are applicable and the total time per athlete will be shown;

(i) Results will be official once the Head Referee signs them. Incomplete results can be declared official at any time. The Head Referee will use all the resources available to decide the final position of every athlete. The information from technology will be used to assist in the decision

making process. The Head Referee may decide, based on the available evidence, that a competition is tied if there is no way of defining which athlete crossed the line first. Results of tied athletes will be sorted according to race numbers. However, athletes who finish in a contrived tie situation, where no effort to separate their finish times has been made will be DSQ;

(ii) Paratriathletes changing sport class after classification assessment before the event will be moved to the new sport class. Non-eligible Paratriathletes will be removed from the start list;

f.) Paratriathletes changing sport class after observation during competition will be moved to a new sport class. Non-eligible Paratriathletes will be displayed as NE.

g.) Official results may be modified by the following bodies, without adding or removing time of a penalty:

(i) Head Referee up to 48 hours after the completion of the event;

(ii) Competition Jury;

(iii) ITU Technical Delegate as the result of a protest concerning timing and results;

(iv) ITU Appeal Panel from the time of the medal ceremony till five days after the event;

(v) ITU Technical Committee as the result of a results review process;

(vi) ITU Technical Committee as the result of a change of a paratriathlon sport class process;

(vii) ITU Arbitration Tribunal as the result of a level 2 appeal;

(viii) Anti-Doping Hearing Panel;

(ix) CAS as result of a level 3 appeal.

2.12. Exceptional conditions:

a.) The following list highlights some of the exceptional situations that may happen. Different scenarios from those indicated may arise, which need to be solved by the Technical Delegate following the same principles:

(i) Before the competition:

- A triathlon may be modified to a duathlon, aquathlon, or even in a 2 segments competition: swim-run, bike-run or run-bike, by the equivalent distance. Time trial starts are allowed. The preferred option will be a duathlon with the shorter run first;
- A duathlon may be modified to two segments: bike-run or run-bike. Time trial starts are allowed;
- The Technical Delegate may take other decisions if the above options are not possible to set up.

(ii) Modification of the competition once started:

- Any segment, but only one, may be shortened during the competition. The Technical Delegate and Technical Officials will

take all reasonable actions to ensure the fairness of the event and the safety of the athletes. Otherwise, the competition will be stopped.

(iii) Modification of the third segment by shortening it:

- The athletes will stop the competition no later than the completion of the lap. Those who completed more than the 50% of the last segment will be considered as finishers and will be ranked according to the position in the preceding lap. All of the others, or if the competition is stopped before that moment, will not be considered in the results;
- In the case that all the athletes are stopped before the 50% of the third segment the competition will be restarted, if possible.

3. PENALTIES:

3.1. General Rules:

a.) Failure to comply with the ITU Competition Rules may result in an athlete being verbally warned, issued with a time penalty, disqualified, suspended, or expelled;

b.) The nature of the rule violation will determine the subsequent penalty;

c.) A suspension or an expulsion will occur for 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 verbal warning, punished with a time penalty, or disqualified for failing to abide by the ITU Competition Rules.

e.) Infringements and penalties are listed in Appendix K;

f.) The Technical Officials are allowed to determine 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. Warning:

a.) 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 Technical Officials. Also a Technical Official can determine a warning to an athlete to correct a minor infringement

b.) 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.

c.) Giving a warning: The Technical Official will blow their whistle, the athlete will be stopped if necessary, asked to modify their behavior, and be allowed to continue the competition immediately afterwards.

3.3. Time Penalty:

a.) It is not necessary for a Technical Official to give a warning prior to issuing a more serious penalty;

b.) A time penalty is an appropriate penalty for infringements, which do not warrant a disqualification;

c.) Time penalties will be served in a designated penalty box, in the transition area or on spot;

d.) Technical Officials will decide when an athlete needs to be penalized with a time penalty;

e.) There are two type of infringements penalized with time penalties:

(i) Drafting infringements as defined in 5.5;

(ii) Other infringements. See appendix K for list.

f.) Time penalties vary depending on the type of infringement:

(i) Drafting infringements:

- 5 minutes in long distance events;
- 5 minutes in middle distance events;
- 2 minutes in standard distance events;
- 1 minute in sprint and shorter events.

(ii) Other infringements:

- 1 minute in long ~~and middle~~ distance events;
- 30 seconds in middle distance events;
- 15 seconds in standard distance events;
- 10 seconds in sprint distance and shorter events.

g.) Penalty notification: The Technical Official will determine the time penalty, and notify the athlete as soon as it is safe to do so:

(i) Drafting infringements:

- Sounding a whistle, showing a blue card, calling in English the athlete's number and saying “Drafting penalty, you have to stop at the next penalty box”. The Technical Official has to ensure the athlete received the penalty notification.

(ii) Other infringements:

- Start and swim infringements: Athletes will serve this penalty in transition 1 before touching any equipment. A Technical Official will be positioned by the athletes transition spot, who will sound a whistle, show a yellow card and time the penalty;
- Bike segment infringements: Sounding a whistle, showing a yellow card, calling in English the athlete's number and saying “Time penalty, you have to stop at the next penalty box” or “Time penalty, you have to stop at the run penalty box”. The Technical Official

has to ensure the athlete receives the penalty notification (See table below);

- Infringements in transitions and run segment: Athletes may be notified about penalties by sounding a whistle, showing a yellow card, calling in English the athlete's number and saying "Time penalty, you have to stop" or by displaying the athlete's number on a panel posted at the penalty box. It is the athlete's responsibility to check this board (See table below).

- Athletes who are given a time penalty have the option to decide whether to stop at the penalty box and serve the penalty or continue to the finish. Not stopping will result in disqualification on crossing the finish line. The athlete may then appeal the penalty. Evidence will only be made available if an appeal is filed.

3.4. Applicable penalties for the different categories:

	Elite Draft Legal	Elite Draft-illegal Elite Paratriathlon	Age Group ~~Open Paratriathlon~~
Start	T1	T1	T1
Swim	Run penalty box	Run penalty box	T1
Transition 1	Run penalty box	Run penalty box	Warning at T1
Bike	Run penalty box	Bike penalty box	Bike Penalty box
Transition 2	Run penalty box	Run penalty box	Warning at T2
Run	Run penalty box	Run penalty box	Warning/Time Penalty on the spot

Notes: All the refences to Elite includes Elite, U23, Junior and Youth athletes. In Winter Triathlon run penalty box is replaced with ski penalty box. In Duathlon and Aquathlon events run penalty box means 2nd run penalty box. ~~Open Paratriathlon only applicable on the World Championships.~~

3.5. Procedure while serving a time penalty:

a.) The Technical Official applying the time penalty is not required to give a reason for the penalty;

b.) When given a blue or yellow card, the athlete will follow the instructions of the Technical Official;

c.) Time penalty in Transition 1 (for any infringements up to this point):

(i) The Technical Official will hold a yellow card as the penalised athlete arrives at his/her position. The athlete will be ordered to stop in his/her transition space without touching any of their equipment, the Technical Official will start the timing. If the athlete touches or removes any of their equipment the Technical Official will ask the athlete to stop touching the equipment and the time will be paused. Once the athlete complies the count will continue;

(ii) When the penalty time has been completed, the Technical Official will say "Go" and the athlete can continue with the competition.

d.) Time penalty at the Bike Penalty Box:

(i) The penalised athlete's race numbers are not displayed in a bike penalty box. It is the athlete's responsibility to report to the next penalty box on the course after receiving notification;

(ii) The penalised athlete will enter the penalty box, dismount the bike and inform the Technical Official of their race number the number of penalties to serve and the colour of card(s) received. The time penalty starts when the athlete complies with all above and ends when the Technical Official says "Go", at which time the athlete may continue with the competition. If the athlete leaves the area, the Technical Official will ask the athlete to return and the time will be paused. Once the athlete complies the count will continue;

(iii) While in the bike penalty box, athletes can consume only the food and/or water that is on the athlete's bike or person;

(iv) Athletes are prohibited from using the restroom while serving a penalty in the bike penalty box. The time of penalty will be paused while using the restroom;

(v) Making adjustments to equipment or performing any type of bike maintenance while serving a penalty in the bike penalty box is prohibited.

e.) Time penalty at the Run Penalty Box:

(i) The penalised athletes' race numbers are clearly displayed on a board at the penalty box;

(ii) The penalised athlete will proceed into the penalty box and inform the Technical Official of their race number and number of penalties to serve. The time penalty starts when the athlete complies with all above and ends when the Technical Official says "Go", at which time the athlete may continue with the competition. If the athlete leaves the area, the Technical Official will ask the athlete to return and the time will be paused. Once the athlete complies the count will continue;

(iii) The penalised athlete's number will be removed from the board once the penalty is served;

(iv) A penalised athlete may serve their penalty on any lap of the run;

(v) For relay events, the penalty may be served by any member of the team, who has not yet completed their portion of the event;

(vi) Penalties must be posted on the board before the athlete completes the first half of the run. Postings after this time are invalid.

3.6. Disqualification:

a.) General:

(i) A disqualification is a penalty appropriate for severe rule violations, such as but not limited to, repeated bike draft infringements, and/or dangerous or unsportsmanlike conduct;

b.) Assessment:

(i) If time and conditions permit, a Technical Official will assess a disqualification by:

- Sounding a whistle;
- 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) Athletes will be informed about the penalties by displaying the athlete's number on the white board posted at the post finish area;

(iii) The athlete and or the National Federation needs to be contacted and informed of the disqualification if this is after the athlete has finished and the penalty has not been posted on the board. The athlete or National Federation must respond within 5 days to the Technical Delegate if they wish to appeal.

c.) Procedure after Disqualification:

(i) An athlete may finish the competition if a Technical Official issues a disqualification.

3.7. Suspension:

a.) General:

(i) A suspension is a penalty appropriate for a fraudulent or a very severe rule violation, such as but not limited to repeated dangerous or unsportsmanlike conduct;

(ii) A suspended athlete will not take part in ITU competitions or competitions sanctioned by National Federations affiliated with ITU during a suspension period.

b.) Assessment:

(i) The Head Referee will submit a report to the ITU Arbitration Tribunal including all the details of the action, and the reasons to recommend the athlete for suspension. This report will be submitted to the ITU Secretary General within one week of the competition. The ITU Secretary General will inform the affected National Federations.

c.) Suspensions will be assessed by the ITU Arbitration Tribunal for periods of three (3) months to four (4) years, depending on the violation;

d.) Suspensions based on contriving the ITU Anti-Doping Rules: If the suspension is an Anti-Doping Rule Violation, the athlete will not be able to compete in any other sport whose federation is recognised by ITU, IOC or GAIFS and vice versa.

e.) Reasons for Suspension:

(i) A list of infringements, which may result in a suspension, is described in Appendix K.

f.) Disciplinary Notice:

(i) When an athlete is suspended, the ITU will notify the concerned National Federation, in writing, within 30 days;

(ii) All suspensions will be announced in the ITU newsletter and communicated to the IOC and respective parties.

3.8. Expulsion:

a.) General:

(i) Athletes who have been expelled will not participate in ITU competitions or competitions sanctioned by National Federations 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 an Anti-Doping Rule Violation: If the expulsion is for an Anti-Doping Rule Violation, the athlete will not be able to compete in any other sport whose federation is recognised by ITU, IOC or SportAccord and vice versa.

c.) Disciplinary Notice:

(i) When an athlete is expelled, the ITU will notify the concerned National Federation, in writing, within 30 days;

(ii) Expulsions will be announced in the ITU newsletter and communicated to the IOC and the respective parties.

3.9. Right of Appeal:

a.) Athletes punished with a penalty have the right to appeal with the exception of a drafting violation.

3.10. Reinstatement:

a.) After suspension, an athlete must apply to the ITU Arbitration Tribunal for reinstatement.

4. SWIMMING:

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;

e.) Athletes may sportingly maintain their own space in the water:

(i) Where athletes make accidental contact in the swim and then immediately afterwards move apart no penalty will be incurred;

(ii) Where athletes make contact in the swim, and an athlete continues to impede the progress of the other athlete without moving apart, this action will result in a time penalty;

(iii) Where athletes deliberately target another athlete to impede their progress, gain unfair advantage and potentially cause harm will result in disqualification and may be reported to ITU Arbitration Tribunal for potential suspension or expulsion.

f.) Rules about water quality are outlined in section 10.

4.2. Wetsuit Use:

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

Elite, U23, Junior and Youth athletes:

Swim Length	Forbidden	Mandatory*
Up to 1500m	20 ºC and above	15.9 ºC and below
1501m and longer	22 ºC and above	15.9 ºC and below

* when mandatory, the wetsuit must cover at least the torso

Age Group athletes:

Swim Length	Forbidden	Mandatory*
Up to 1500m	22 ºC and above	15.9 ºC and below
1501m and longer	24.6 ºC and above	15.9 ºC and below

* when mandatory, the wetsuit must cover at least the torso

4.3. Maximum stay in water:

Swim Length	Elite, U23, Junior and Youth	Age Group
Up to 300m	10 min.	20 min.
301m to 750m - below 31ºC	20 min.	30 min.
301m to 750m - 31ºC and above	20 min.	20 min.
751m to 1500m	30 min.	1h 10 min.
1501m to 3000m	1h 15 min.	1h 40 min.
3001m to 4000m	1h 45 min.	2h 15 min.

4.4. Modifications:

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

Original swim distance	Temperature of water						
	Above 32.0 ºC	**31.9ºC-31.0 ºC**	**30.9 ºC – 15.0 ºC**	**14.9 ºC – 14.0 ºC**	**13.9 ºC – 13.0 ºC**	**12.9 ºC – 12.0 ºC**	**Below 12.0 ºC**
Up to 750m	Cancel	750m	750m	750m	750m	750m	Cancel
1000m	Cancel	750m	1000m	1000m	1000m	750m	Cancel
1500m	Cancel	750m	1500m	1500m	1500m	750m	Cancel
1900m	Cancel	750m	1900m	1900m	1500m	750m	Cancel
2000m	Cancel	750m	2000m	2000m	1500m	750m	Cancel
2500m	Cancel	750m	2500m	2500m	1500m	750m	Cancel
3000m	Cancel	750m	3000m	3000m	1500m	750m	Cancel
3800m	Cancel	750m	3800m	3000m	1500m	750m	Cancel
4000m	Cancel	750m	4000m	3000m	1500m	750m	Cancel

** **Note**: The temperatures above are not always the water temperature used in the final decision. If the water temperature is lower than 22ºC and the air temperature is lower than 15º, then the adjusted value is to decrease the measured water temperature according to the next chart.*

(*)		**Air temperature** (All values in ºC)										
		15	**14**	**13**	**12**	**11**	**10**	**9**	**8**	**7**	**6**	**5**
Water Temperature (All values in ºC)	**22**	18.5	18.0	17.5	17.0	16.5	16.0	15.5	15.0	14.5	14.0	Cancel
	21	18.0	17.5	17.0	16.5	16.0	15.5	15.0	14.5	14.0	13.5	Cancel
	20	17.5	17.0	16.5	16.0	15.5	15.0	14.5	14.0	13.5	13.0	Cancel
	19	17.0	16.5	16.0	15.5	15.0	14.5	14.0	13.5	13.0	12.5	Cancel
	18	16.5	16.0	15.5	15.0	14.5	14.0	13.5	13.0	12.5	12.0	Cancel
	17	16.0	15.5	15.0	14.5	14.0	13.5	13.0	12.5	12.0	Cancel	Cancel
	16	15.5	15.0	14.5	14.0	13.5	13.0	12.5	12.0	Cancel	Cancel	Cancel
	15	15.0	14.5	14.0	13.5	13.0	12.5	12.0	Cancel	Cancel	Cancel	Cancel
	14	14.0	14.0	13.5	13.0	12.5	12.0	Cancel	Cancel	Cancel	Cancel	Cancel
	13	13.0	13.0	13.0	12.5	12.0	Cancel	Cancel	Cancel	Cancel	Cancel	Cancel

b.) If other weather conditions dictate, i.e., high winds, heavy rain, changing temperature, current, etc. the Technical Delegate in consultation with the Medical Delegate (if applicable) may adapt limits of the swim length or adopt provisions about the use of wetsuits. 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 (normally run-swim-run), the LOC should plan for a swim-run where the water temperature is expected to be below 22 ºC. Where a run-swim-run aquathlon has been planned, but on competition day the water temperature is below 22 ºC, the format will change to swim-run;

d.) Water temperature must be taken one hour prior to the start of the event on competition 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.

4.5. Starting Position Selection: (Elite/U23/Junior/Youth 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 for a delayed start;

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 starting position.

4.6. Start Procedure: (Elite/U23/Junior/Youth 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. Athletes will move straight ahead towards the first buoy until they will reach the water.

c.) Technical Officials involved in the start procedure are:

(i) Two Start Technical Officials are standing next to 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 starters.

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.) Valid Start with Early Starters: In the case of an early start of a few athletes, the competition can continue, the False Start Technical Officials can decide that the start is valid. The early starters will receive a time penalty in Transition 1~~, according to the distance of the race (10 seconds for sprint, 15 seconds for standard and 30 seconds for middle and long distance)~~. In case of relay events, the time penalty has to be served by the first athlete of the team;

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.

4.7. Start procedure (Age Group/Paratriathlon athletes):

a.) Athletes are grouped at the pre start areas according to the assigned start wave;

b.) Athletes will be called to the start area and they will occupy the start positions according to the TOs instructions;

c.) After all athletes are in position "On your marks!" is announced;

d.) Any time after the announcement, the start signal will be given by blasting a horn. Athletes will move forward;

e.) 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;

f.) Valid Start with Early Starters: In the case of an early start of a few athletes, the competition can continue, the False Start Technical Officials can decide that the start is valid. The early starters will receive a time penalty in Transition 1, according to the distance of the competition;

g.) The same procedure will apply for the start of any other multisport event starting with running with adaptations from swim start to run start;

h.) Athletes starting in any wave before the one that the athlete is assigned to, will be disqualified;

i.) Athletes who are late to the assigned wave will need the approval of the Start Technical Official. The athlete start time will be the start time of the assigned wave.

4.8. Start procedure (Interval Start System):

a.) Athletes are responsible for being at the start line on time;

b.) A video camera shall be used to record the entire start;

c.) The Start Technical Officials are responsible for synchronizing their own and the Timekeepers' watches;

d.) Start Technical Officials must provide all athletes with the opportunity to start at their correct times. An assistant responsible for recording the details for any violations at the start must be placed near the starter. The athletes' actual start time must be noted with both electric and hand timing, in case the Competition Jury decides his/her late start was due to force majeure;

e.) Athletes will be called to the start area and will occupy the start positions according to the TOs' instructions;

f.) Ten minutes before their start time, all the athletes should be ready at the start area;

g.) Five minutes before their start time, athletes will be asked to take their position at the start area;

h.) One minute before their start time, athletes will be asked to enter the water, or approach the start line;

i.) When all athletes are in position, the ‘‘start procedure ‘‘ will be initiated. ’’On your marks!" will be announced;

j.) The start signal (horn blast) will be sounded at the exact start time of the wave;

k.) An athlete who is an ‘‘early starter’’ in a ‘‘valid start’’ will not be recalled to the start line;

l.) The early starters will receive a time penalty in Transition 1;

m.) An athlete who starts any time before the beginning of the ‘‘start procedure’’ or who starts in a wave they are not assigned to, will be disqualified;

n.) Athletes who are late to their assigned wave must get approval of the Start TO to start;

o.) The athlete start time will be the start time of the assigned wave, and no adjustment to his/her start time can be made.

4.9. Start Procedure (Rolling Start System)

a.) This start system is appropriate for long distance events with mass participation. It may be used in draft-illegal events, even if they are not long distance, or where the start conditions do not permit a wide space offering the athletes a safe start to the swim.

b.) This system is only applicable to Age Group competitions.

c.) There will not be a mass start.

d.) The Start Technical Official can interrupt the start procedure at any time.

e.) The Start Technical Official will determine the start time of any athlete in case of incidents at the start.

f.) If one athlete has two or more start times recorded, the first one will be the valid start time

g.) Athletes starting in any wave before the one that the athlete is assigned to, will be disqualified;

h.) Athletes who are late to the assigned wave will need the approval of the Start Technical Official. The athlete start time will be the start time of the first athlete in the assigned wave.

4.10. Equipment:

a.) Swim cap:

(i) All athletes must wear the official event swim cap during the swim segment;

(ii) Swim caps are provided by ITU or the Local Organising Committee;

(iii) If an athlete chooses to wear two caps, the second swim cap must be unbranded and the official swim cap must be on the outside from the moment of the athletes’ line-up procedure starts;

(iv) No sponsor logos are allowed on the official swim cap other than prescribed by ITU/ Local Organising Committee;

(v) Athletes may not alter the swim caps in any manner;

(vi) Failure to wear the official swim cap, or altering the official swim cap, may result in a penalty up to and including disqualification.

b.) Trisuits:

(i) Athletes must wear the approved trisuit for the non-wetsuit swims. If athletes choose to wear more than one trisuit, both have to comply with the specifications.~~, and the external suit has to comply with the Uniform Rules. Uniforms cannot be removed during the entire competition, except in the middle and long distance events.~~

(ii) Trisuits must be 100% textile material, which is defined as materials consisting of natural and/or synthetic, individual and non-consolidated yarns used to constitute a fabric by weaving, knitting and/or braiding (this generally refers to suits made only from nylon or lycra that do not have any rubberized material such as polyurethane or neoprene);

~~Trisuits will not have any neoprene sections;~~

(iii) When the use of wetsuits is forbidden, clothing covering any part of the arms and clothing covering any part of the legs below the knees is also forbidden with the exceptions outlined at 2.8.c.)(iii);

(iv) Trisuits must comply with the applicable Guidelines Regarding Authorised Identifications.

c.) Swimskins:

(i) Swimskins may be removed after the swim segment, except in the standard distance and shorter events.

(ii) Swimskins must be 100% textile material, which is defined as materials consisting of natural and/or synthetic, individual and non-consolidated yarns used to constitute a fabric by weaving, knitting and/or braiding (this generally refers to suits made only from nylon or lycra that do not have any rubberized material such as polyurethane or neoprene);

(iii) Swimskins must comply with the wetsuit section of the applicable Guidelines Regarding Authorised Identifications for middle and long distance events.

d.) Wetsuits:

(i) Wetsuits cannot exceed 5 mm thickness anywhere. If the wetsuit is made in two pieces, the combined thickness in the overlapping areas may not exceed the 5 mm thickness limit;

(ii) Propulsion devices that create an advantage for the athlete, or a risk to others, are forbidden;

(iii) The most external part of the wetsuits will fit to the athletes' body tightly while they are swimming;

(iv) A wetsuit may cover any part of the body except the face, hands and feet;

(v) There is no limitation regarding the length of the zipper.

(vi) Wetsuits must comply with the applicable Guidelines Regarding Authorised Identifications.

e.) Illegal Equipment:

(i) Athletes must not use or wear:

- Artificial propulsion devices;
- Flotation devices;
- Gloves;
- Socks, except when use of wetsuits are mandatory;
- Wetsuits or any part of the wetsuits when they are forbidden;
- Non-certified swimsuits;
- Snorkels;
- Official race numbers (in non wetsuit swim only)
- Headphone(s), headset(s) or technical earplug(s), which are inserted or covering the ears, except ear protection plugs;
- Safety inflatable device (tube) which has been deployed. If deployed the athlete must retire from the race.

(ii) Any jewelry deemed to be a hazard to themselves or other athletes. (Athletes may be requested to remove any such items.)

5. CYCLING:

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.

(iv) Use a different bike during the competition than the one checked-in.

b.) Dangerous Behaviour:

(i) Athletes must obey the specific traffic regulations for the event, unless a Technical Official advises otherwise;

(ii) Athletes leaving the field of play for safety reasons have to return to it without gaining any advantage. If an advantage is gained due to this action, the athlete will receive a time penalty to be served in the transition area for Age Groupers and at the run penalty box for everyone else.

(iii) Dangerous riding may result in a penalty. This includes but it not limited to passing another athlete on the wrong side.

5.2. Equipment:

a.) In general, UCI rules, as of January 1st of the current year, will apply during competition and also during familiarisation sessions and official training:

(ii) UCI road race rules for draft-legal triathlon and duathlon competitions;

(iii) UCI time trial rules for draft-illegal triathlon and duathlon competitions;

(iv) UCI Mountain Bike (MTB) rules for winter triathlon, cross triathlon and cross duathlon competitions.

b.) The bicycle is a human powered vehicle with two wheels of equal diameter. The front wheel shall be steerable; the rear wheel shall be driven through a system comprising of pedals and a chain. Bicycles are referred to as bikes and will have the following characteristics in the following sections:

c.) For draft-legal competitions. Elite, U23, Junior and Youth:

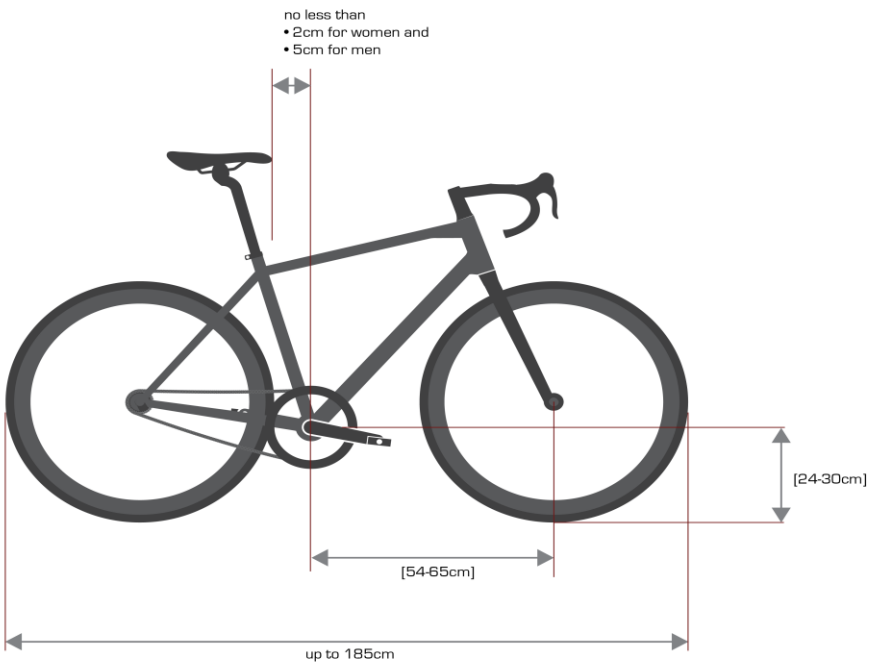
(i) Frames:

- 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) such that the form of each element encloses a straight line. The elements of the frame shall be laid out such that the joining points shall follow the following pattern: the top tube connects the top of the head tube to the top of the seat tube; the seat tube (from which the seat post shall extend) shall connect to the bottom bracket shell; the down tube shall connect the bottom bracket shell to the bottom of the head tube. The rear triangles shall be formed by the chain stays, the seat stays and the seat tube with the seat stays anchored to the seat tube at points falling within the limits laid down for the slope of the top tube. The maximum height of the elements shall be 8 cm and the minimum thickness 2.5 cm. The minimum thickness shall be reduced to 1 cm for the chain stays and the seat stays. The minimum thickness of the elements of the front fork shall be 1 cm; these may be straight or curved. The maximum ratio of any two dimensions in a cross section of any tube is 1:3;
- The bike will be no more than 185 cm long, and 50 cm wide;
- The bike will measure between 24 cm and 30 cm from the ground to the center of the chain wheel axle;
- There will be no less than 54 cm and no more than 65 cm 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;
- Fairings are prohibited. Any device, added or blended into the structure, that is destined to decrease, or which has the effect of decreasing, resistance to air penetration or artificially to accelerate propulsion, such as a protective screen, fuselage form fairing or the like, shall be prohibited;

- Bikes provided with the UCI Road Race homologation label (Code RD) are always allowed in ITU draft legal events, even if they contravene any of the previous bullets in this 5.2 c) (i) insert.
- Bikes provided with the UCI Time Trial homologation label (Code TT) are forbidden unless they comply with the condition listed above.

(ii) Saddle position for U23 and Elite events:

- There will be a vertical line touching the front-most point of the saddle which will be no less than 5 cm for the men, and 2 cm for the women, 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.
- The expected ratio between E (Femur) and F (Tibia) is around 56% to 44%. Where the athlete's ratio is nearer to 50/50 an exception will be considered.
- Exceptions to this rule may be requested 30 days prior to the competition by the National Federation of the athlete to a panel composed of:
  - One person designated by ITU Technical Committee;
  - One person designated by ITU Coaches Committee;
  - One person designated by ITU Medical and Anti-Doping Committee.



(iii) Non-traditional or unusual bikes:

- Non-traditional or unusual bikes or equipment shall be illegal unless details have been submitted to the ITU Technical Committee for approval at least 30 days before the Event.
- Provided all other criteria of the ITU rules are met then full details of the equipment including images must be supplied to the ITU Technical Committee. The procedure is outlined in Appendix P.
- A catalogue of all previously submitted equipment will be available on the website with confirmation as to whether it has been accepted or rejected. A form is available on the ITU website for athletes wishing to submit equipment for approval.

(iv) Logos and race number stickers:

- Only logos of bicycle related products may appear on the athlete's bicycle;
- Logos may not interfere with, or hinder the placement of, the bicycle race number on the bicycle frame;
- Bike race number stickers, provided by ITU or the Local Organising Committee, must be placed on the bike as instructed, without any alteration;

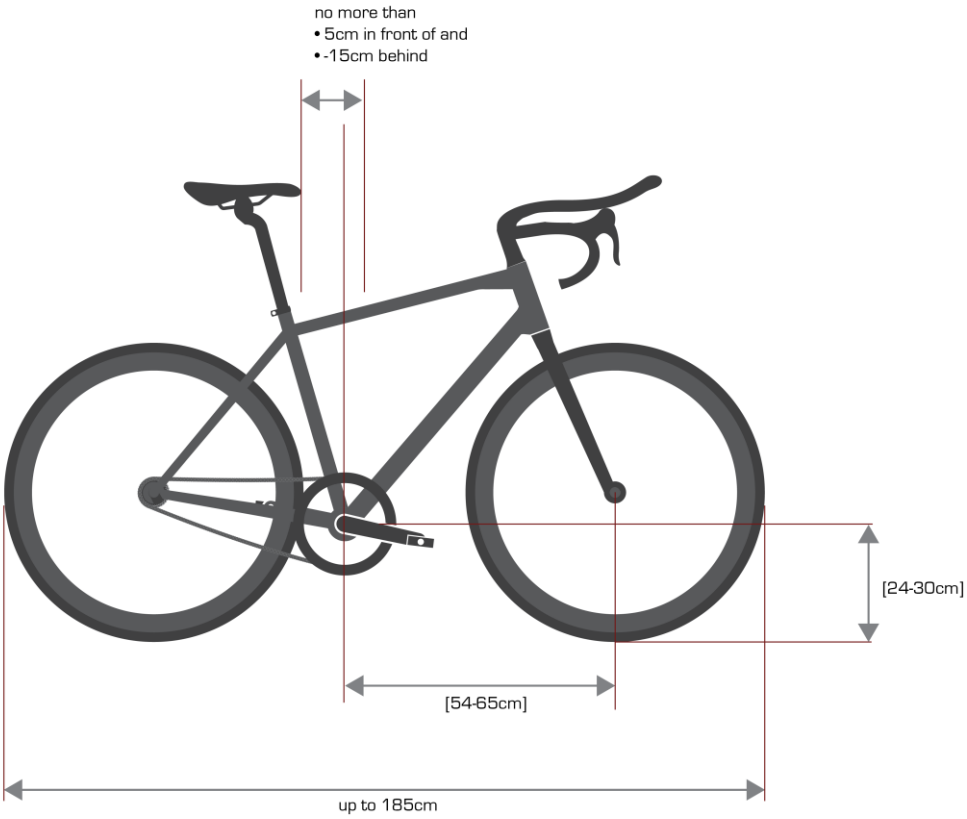
d.) For draft-illegal events, and Age Group draft-legal events:

(i) Frames:

- The bike will be no more than 185 cm long, and 50 cm wide;
- The bike will measure between 24 cm and 30 cm from the ground to the center of the chain wheel axle;
- There will be no less than 54 cm and no more than 65 cm between a vertical line passing through the center of the chain wheel axle and a vertical line through the center of the front wheel axle;
- The frame of the bike shall be of a traditional pattern, i.e., built around a closed frame of straight or tapered tubular elements (which may be round, oval, flattened, teardrop shaped or otherwise in cross-section). Bikes built around a diamond shape (no saddle down tube) or with a rear triangle which does not connect at the top of the down tube/top tube section are considered acceptable.
- Bikes provided with the UCI Time Trial homologation label (Code TT) are always allowed in ITU draft-illegal events, even if they contravene any of the previous bullets in this 5.2 d.) (i) insert.

(ii) Saddle-position:

- There will be a vertical line touching the front-most point of the saddle which will be no more than 5 cm in front of, and no more than 15 cm 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;



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- Logos may not interfere with, or hinder the placement of, the bicycle race number on the bicycle frame;
- Bike race number stickers, provided by ITU or the Local Organising Committee, must be placed on the bike as instructed, without any alteration.

e.) Wheels:

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

(ii) Tubular tyres must be well glued, the levers of the quick releases must be closed tightly onto the hubs and wheels must be fixed properly onto the frame;

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

(iv) Wheels can be replaced only at official wheel stations, where provided;

(v) Technical 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 Elite, U23, Junior and Youth draft-legal competitions, wheels are allowed to be used if they are included in the current UCI approved non-standard wheels lists. (Both list applicable, the one contains wheels approved prior 1st January 2016 and the other after this date.) Wheels not on this list must comply to the following criteria:

- A diameter between 70 cm maximum and 55 cm minimum, including the tyre;
- Both wheels must be of equal diameter;
- Wheels shall have at least 20 metal spokes;
- The maximum rim dimension will be 25 mm. on each side;
- The rim must be alloy;
- All components must be identifiable and commercially available.

(vii) For Age Group draft-legal competitions, wheels must have the following characteristics:

- Wheels shall have at least 12spokes;
- Disc wheels are not allowed.

(viii) For draft-illegal competitions, covers are allowed on the rear wheel. However, this provision may be changed by the Technical Delegate in the interest of safety, i.e. high-winds.

f.) Handlebars:

(i) For Elite, U23, Junior and Youth draft-legal competitions, the following handlebar rules will apply:

- Only traditional drop handlebars are permitted. The handlebars must be plugged;
- Clip-ons, including the bridge, must not exceed the foremost line of the brake levers;
- Clip-ons must have a solid factory bridge or be touching each other;
- Brake levers or gear levers must not be attached to the clip-ons The height difference between the highest point of the handlebar and the lowest inner part of the elbow rest cannot exceed 10 cm;

- Water bottles and water bottle holders may not be mounted onto the handlebars or clip-on.

(ii) For Age Group draft-legal competitions, the following handlebar rules will apply:

- Only traditional drop handlebars are permitted. The handlebars must be plugged;
- Clip-ons are not allowed.

(iii) For draft-illegal competitions, 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 do not need to be bridged. All tube ends have to be plugged.

g.) Helmets:

(i) Helmets must be approved by a national accredited testing authority recognised by a National Federation affiliated with ITU;

(ii) Helmet must be used in all official activities when the athlete rides the bike: competition, familiarisation and training sessions;

(iii) 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;

(iv) The helmet must be securely fastened and fit properly at all times and any garment worn underneath must not affect the fit 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;

(v) If an athlete moves the bike off the course for any reason, 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;

(vi) Helmet race number stickers, provided by ITU or the Local Organising Committee, must be placed on the front and both sides of the helmet, without any alteration. No other stickers are allowed;

(vii) There must be a clearance around the official helmet number sticker of 1.5cm to ensure the number is clearly visible;

(viii) The helmet can be any colour or design.

h.) 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.

i.) Disc brakes:

(i) Disc brakes are allowed. ~~in the follwing ITU Events:~~

~~• All draft-illegal triathlon and duathlon competitions;~~

~~• Cross Triathlon and Cross Duathlon;~~

~~• Winter Triathlon.~~

j.) Illegal Equipment:

(i) Illegal equipment includes, but is not limited to:

- Headphone(s), headset(s), technical earplug(s) or smart helmets which are inserted or covering the ears;
- Glass containers;
- Mirrors;
- Bike or parts of the bike not complying with these rules;
- Uniform not complying with the applicable Guidelines Regarding Authorised Identifications.

k.) Any equipment or devices carried during the bike segment or added to the bike are subject to approval by the Head Referee before the competition, must be securly mounted, not endanger any athlete or give unfair advantage;

l.) For cameras and video cameras, in addition to requiring approval from the Head Referee, all the images and footage taken will be copied by ITU. The use of those images for commercial purpose is subject to approval by ITU.

5.3. Bike Check:

a.) A bike check may include all items listed in 5.2.

b.) A visual 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;

c.) Athletes may request approval from the Head Referee after the Athletes' Briefing if their bike is legal;

d.) Each registered athlete may only check one bike into their transition;

e.) All athletes must rack their bike before Transition Area closes. Any athlete unable to do this must inform the Head Referee.

5.4. Overlapping:

a.) Elite, U23, Junior and Youth, athletes who have been lapped during the bike segment will be withdrawn from the competition by the Technical Officials. Technical Officials may anticipate this decision, for safety reasons, if the athlete is closer than 100 meters ahead from the leader and the Technical Official is totally sure that the overlapping will happen. This provision can be modified by the Technical Delegate, following the procedure outlined in 1.5.

5.5. Drafting:

a.) General Guidelines:

(i) There are two kinds of competitions, depending on the allowance of drafting:

- Draft-legal competitions;
- Draft-illegal competitions.

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

	Junior and Youth	**U23**	**Elite**	**Age Group**	**Paratriathlon ~~Elite and Open~~**
TRIATHLON					
Team Relay	Legal	Legal	Legal		
Sprint Distance	Legal	Legal	Legal	Both options	Illegal
Standard Distance		Legal	Legal	Illegal	Illegal
Middle and Long Distance			Illegal	Illegal	Illegal
DUATHLON					
Team Relay	Legal	Legal	Legal		
Sprint Distance	Legal	Legal	Legal	Both options	Illegal
Standard Distance		Legal	Legal	Illegal	Illegal
Middle and Long Distance			Illegal	Illegal	Illegal
AQUATHLON					
WINTER TRIATHLON (all distances)	Legal				
CROSS TRIATHLON AND DUATHLON (all distances)	Legal				
AQUABIKE				Illegal	

b.) Draft legal events:

(i) It is forbidden to draft off a different gender athlete;

(ii) It is forbidden to draft off an athlete being in a different lap;

(iii) It is forbidden to draft off a motorbike or vehicle.

c.) Draft-Illegal events:

(i) It is forbidden to draft off another athlete or motor vehicle. 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:

- Middle and long distance draft zone: the bicycle draft zone will be 12 meters long measured from the leading edge of the front wheel. An athlete may enter the draft zone of another athlete, but must be seen to be progressing through that zone. A maximum of 25 seconds will be allowed to pass through the zone of another athlete;
- Standard and shorter distance events bicycle draft zone: the bicycle draft zone will be 10 meters long measured from the leading edge of the front wheel. 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;
- Motorbike draft zone: the draft zone behind a motorbike will be 12 meters long. This applies also for draft legal events;
- Vehicle draft zone: The draft zone behind a vehicle will be 35 meters long and applies to every vehicle on the bike segment. This applies also for draft legal events.

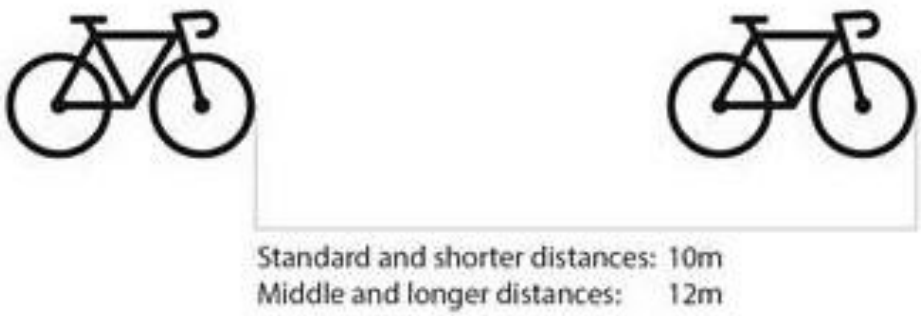
(v) Entry into the bicycle drafting zone: An athlete may enter a bike draft zone in the following circumstances:

- If the athlete enters the draft zone, and progresses through it within ~~20 seconds~~the allotted time in the overtaking manoeuvre;
- For safety reasons;
- 100 meters 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;
- An overtaken athlete must drop out of the draft zone of the passing athlete by continuously make rearward progress out of the draft zone of the passing athlete. Re-passing by an overtaken athlete prior to dropping out of the draft zone will result in a drafting violation;
- Overtaken athletes who remain within the draft zone of the passing athlete for more than the allotted time will be given a drafting violation;
- 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;
- The Technical Delegate will instruct the athletes during the briefing on which side they must pass another athlete when mounted on their bicycle.

(vii) See the diagrams below for events where right hand side road rules apply.



5.6. Penalties for drafting:

a.) It is forbidden to draft in a competition declared as draft-illegal;

b.) Technical Officials will notify the athletes who draft they are subject to a time penalty. 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 competition distance. One minute for the sprint distance, two minutes for standard distance and five minutes for middle and long distance;

d.) It is the athlete's responsibility to stop in the next penalty box. Failing to stop will result in a disqualification;

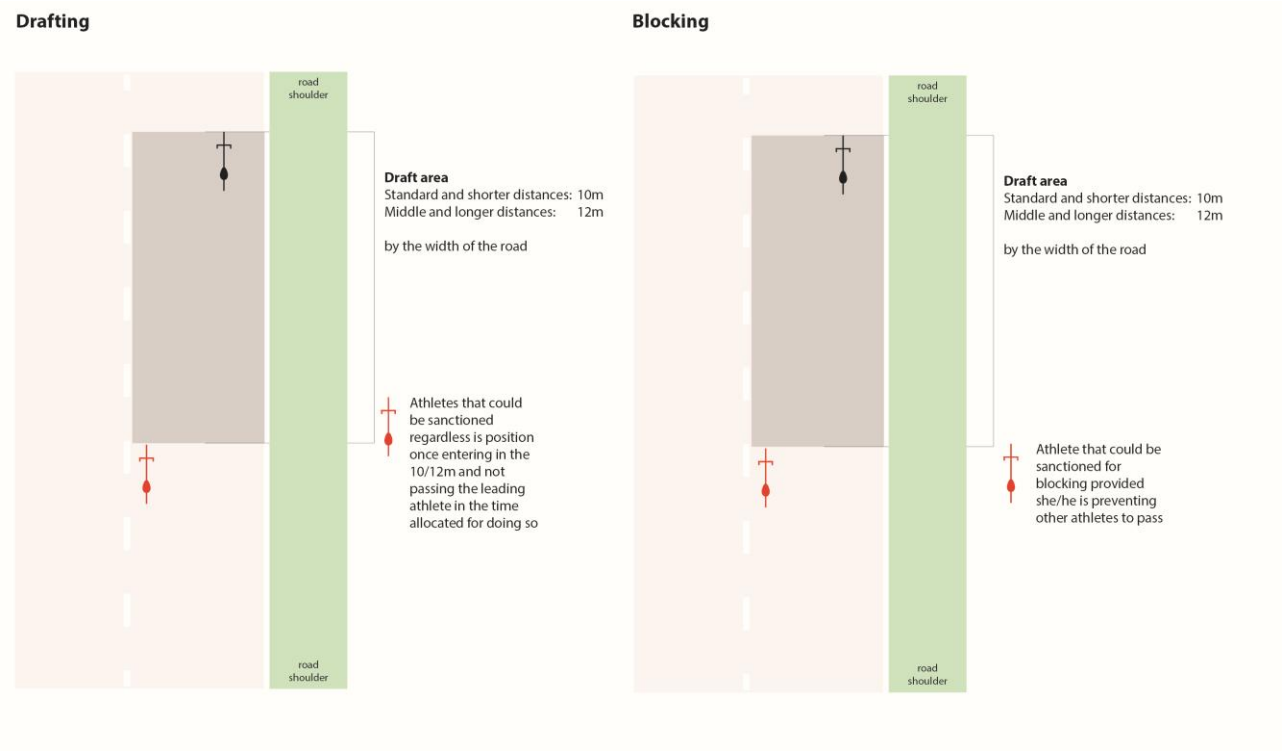
e.) A second drafting offence will lead to a disqualification in standard distance events or shorter;

f.) The third drafting offence will lead to disqualification for middle and long distance events.

g.) Drafting violations cannot be appealed.

5.7. Blocking:

a.) Athletes must keep to the side of the course and not create a hazard by blocking other athletes on the course. Blocking is where an athlete who is behind an athlete cannot pass due to the leading athlete being poorly placed on the course. Athletes ~~seen~~ blocking ~~by a Technical Official~~ will receive a yellow card to be served at the next bike penalty box.



6. RUNNING:

6.1. General Rules:

a.) The athletes will:

(i) Run or walk;

(ii) Wear the official race number (applicable always in the Age Group events. For other events, the Technical Delegate can make it mandatory and athletes will be informed in the race briefing);

(iii) Not crawl;

(iv) Not run with a bare torso;

(v) Not run with a bike helmet on;

(vi) Not use posts, trees or other fixed elements to assist manouvering curves;

(vii) Not be accompanied by any non-competing athletes, team members, team managers or other pacemakers on the course or alongside the course;

(viii) Not run together and/or take pace from other athlete/s who is/are one or more laps ahead (Applicable only to Elite, U23, Junior, Youth athletes and Paratriathletes).

6.2. Finish Definition:

a.) An athlete will be judged as finished, the moment any part of the torso crosses a vertical 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 Officials or Medical personel as presenting a danger to themselves or others, may be removed from the competition;

b.) Athletes can't be accompanied by any non-competing person in the finish chute.

6.4. Illegal Equipment:

a.) Headphone(s), headset(s) or technical earplug(s), which are inserted or covering the ears;

b.) Glass containers;

c.) Uniform not complying with the ITU Guidelines Regarding Authorised Identification.

7. TRANSITION AREA:

7.1. General Rules:

a.) All athletes must have their helmet securely fastened from the time they remove their bike from the rack before the start of the bike leg, until after they have placed their bike on the rack after the finish of the bike leg;

b.) Athletes must use only their designated bike rack and must rack their bike:

(i) For a traditional bike rack, the bike must be racked as follows:

- For the first transition: 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 the transition lane. Technical Officials may apply exceptions;
- For the second transition: In any direction, with both sides of the handlebar, both brake levers or the saddle within 0.5 m of the rack number or name plate. The bike must be racked in a way that does not block or interfere with the progress of another athlete.

(ii) In case of an individual bike rack, the bike must be racked in the first transition by the rear wheel and in the second transition by either of the wheels.

c.) Athletes must place within 0.5m of the bin all equipment to be used at a later stage in the event. If a bin is not provided, the 0.5m will be measured from the point on the ground immediately below the rack number or name plate. The bin, if provided, must be within 0.5m from the rack number or name plate. All equipment already used must be deposited in the bin, exceptions are the bike shoes, which may remain fixed on the pedals. A piece of equipment is considered deposited in the bin when one part of the equipment is inside the bin. Only equipment to be used during the competition can be left in transition. All other belongings and equipment are to be removed before competition start;

d.) If an athlete wishes to use the same shoes in a duathlon for the second run these do not have to be placed in the bin in transition one, however, only one pair of running shoes may be on the floor at any time during the competition. Running shoes must be located within 0.5m of the athlete's bin (rack number/name plate).

e.) Bike shoes, glasses, helmet, and other bike equipment can be placed on the bike in Transition 1;

f.) Athletes must not impede the progress of other athletes in the transition area;

g.) Athletes must not interfere with another athlete's equipment in the transition area;

h.) Cycling is not permitted inside the transition area, except during the cycling segment. Mount and dismount lines are part of the transition area;

i.) Athletes must mount their bicycles after the mount line by having one complete foot contact with the ground after the mount line.

j.) Athletes must dismount their bicycles before the dismount line by having one complete foot contact with the ground before the dismount line.

k.) While in the transition area (before the mount line and after the dismount line) the bike can be pushed only by the athlete's hands.

l.) If during the mount or dismount manoeuvre, the athlete loses their shoe(s) or other equipment, they will be collected by the Technical Officials and no penalty will be applied.

m.) Nudity or indecent exposure is forbidden;

n.) Athetes can not stop in the flow zones of the transition area;

o.) Marking positions in the transition area is forbidden. Marks, towels and objects used for marking purposes will be removed and the athletes will not be notified;

p.) The helmet strap must remain unfastened in the transition area while the athlete is completing the first segment.

~~q.) For the events where bag drop system is in place, all equipment must be deposited inside the proper bag provided by the Local Organising Committee. The only exception is the bike shoes that may remain attached to the pedals at all times.~~

8. COMPETITION CATEGORIES:

8.1. World Championships:

a.) ITU may organise World Championships in the distances and categories shown in this chart:

	Elite	U23	Junior	Age Group	Paratriathlon
TRIATHLON					
Team Relay	Yes	Yes (U23/Jr combined)			
Sprint Distance	Yes	Yes	Yes	Yes	Yes
Standard Distance	Yes	Yes		Yes	Yes
Middle Distance	Yes			Yes	Yes
Long Distance	Yes			Yes	Yes
DUATHLON					
Team Relay	Yes		Yes		
Sprint Distance	Yes	Yes	Yes	Yes	Yes
Standard Distance	Yes	Yes		Yes	Yes
Middle Distance	Yes			Yes	Yes
Long Distance	Yes			Yes	Yes
AQUATHLON					
Standard Distance	Yes	Yes	Yes	Yes	Yes
Long Distance	Yes			Yes	Yes
WINTER TRIATHLON					
Team Relay	Yes		Yes		
Sprint Distance			Yes	Yes	Yes
Standard Distance	Yes	Yes			
CROSS TRIATHLON AND DUATHLON					
Team Relay	Yes		Yes		
Sprint Distance			Yes		Yes
Standard Distance	Yes	Yes		Yes	Yes
AQUABIKE					
Standard Distance				Yes	
Long Distance				Yes	

b.) National Federations and Continental Confederations should include each of these categories in their National and Continental Championships.

~~8.2. Paratriathlon:~~

~~a.) All ITU World Triathlon Series events and ITU Triathlon World Cup events, hosting an Age Group competition, may host a paratriathlon race as part of the mass participation event. The ITU Paratriathlon World Championship and the ITU Paratriathlon Continental Championships in all disciplines must be hosted as a separate event from the Age Group competitions. In all other events, the Technical Delegate and the Local Organising Committee will decide on the schedule of the paratriathlon competition.~~

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 H.

(ii) Prize money will be paid regardless of the points cut-off percentage time of the winner.

~~**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 be distributed equally in amount to men and women.~~

9.2. Awards:

a.) Athletes or team members who place first, second or third at any event will be awarded an official podium medal (gold, silver, bronze);

b.) In addition, teams may receive a medal and/or trophy for first, second and third positions.

9.3. Prizes, Points and Awards in combined events/categories:

a.) In case of events which take place together or different categories competing together in the same wave, the awards, prize money and points will be distributed as follows:

Events taking place together:	Awards (medals) to:	Prize money to:	Points to:
Elite and U23	- Elite awards for all - U23 awards for U23	- Overall	- Overall
Elite, U23 and Junior	- Elite awards for all - U23 awards for U23 - Junior awards for Junior	- Overall	- Overall
U23 and Junior	- U23 awards for U23 - Junior awards for Junior	- Overall	- Overall
All categories	- Elite awards for all - Categories awards per categories	- Overall	- Overall
Triathlon Continental Championships with athletes from other continents	- Award for the athletes from the continent	- All are eligible	- Athletes from the continent
Multisport Continental Championships with athletes from other continents	- Award for the athletes from the continent	- All are eligible	- Overall
Continental Cups	- Overall	- Overall	- ITU points: overall - Continental points: Athletes from the continent

b.) Athletes from other continents can participate in Continental Championships provided that the competition is not full with the athletes from the host continent. In this case, points and medals are going to athletes from the host continent, but prize money is distributed to the athletes in the overall results. The exceptions to this paragraph are the Duathlon and Long distance Triathlon Continental Championships that are part of the World Series as well: in this case points are distributed to the overall results.

10. EVENTS:

10.1. Wave starts:

a.) To ensure the safety of the athletes, there are limits on the quantity of athletes starting at the same time. The Technical Delegate may apply lower limits than the indicated, according to the event conditions:

	WTS WPS	WTS Grand Final	World Cup	Other Standard and shorter distances triathlons	Middle and Long Distance Triathlon. All events (*)	Cross Triathlon. All events	Duathlon All events
Elite	55	65	65	70	100	100	100
U23	n/a	70	n/a	70	n/a	100	100
Junior	n/a	70	n/a	70	n/a	100	100
Youth	n/a	n/a	n/a	70	n/a	n/a	n/a
Semi-final/Final (any category)	90	n/a	90	90	n/a	n/a	n/a
~~**Elite**~~ **Paratriathlon**	70	110	70	80	80	80	80
~~**Open Paratriathlon**~~	~~n/a~~	~~100~~	~~n/a~~	~~n/a~~	~~n/a~~	~~n/a~~	~~n/a~~
AG	n/a	200	n/a	200	500	500	500

(*) Long distance triathlon may have larger start groups if they are in water start events and after Technical Delegate approval.

b.) Athletes from the same age group can be divided in two or more wave starts provided:

(i) Both/all waves will have the similar number of athletes assigned;

(ii) Athletes from the same National Federation will be split in all groups randomly, assigning the similar number to each of the waves;

(iii) National Federations with only one athlete will be entered to one or the other wave, in order to keep the numbers balanced. The same principle will apply to the excess resulting from National Federations with odd number of athletes;

(iv) The champion will be the athlete with quickest time, no matter in which wave he/she is starting in;

(v) The result list of the Age Groups affected will contain the athletes of both waves sorted by times;

(vi) The waves containing athletes from the same age group will be scheduled one immediately after the other;

(vii) These waves will not include athletes from a different Age Group.

10.2. Swim:

a.) The Technical Delegate may modify the distance of the swim segment or even cancel the swim, depending on the speed of the current.

b.) Water quality:

(i) Samples ~~of a mixture~~ of the water collected from three different locations on the swim course will be separately analysed and the poorest results will determine if the swim can take place. The swim will

be allowed if the following values are below the level of tolerance in the different types of water:

- Sea and transition water:
  - PH between 6 and 9;
  - Entero-cocci not more than 100 per 100 ml (ufc/100ml);
  - Escherichiacoli E. Coli not more than 250 per 100 ml (ufc/100ml);
  - Absence of Red Tide Algal bloom.
- Inland water:
  - PH between 6 and 9;
  - Entero-cocci not more than 200 per 100 ml (ufc/100ml);
  - Escherichiacoli E. Coli not more than 500 per 100 ml (ufc/100ml);
  - The presence of Blue-Green Algal blooms/scum (cyanobatteria) not more than 100.000 cells/ml.
- All units have to be ufc/100 ml or nmp/100 ml. (ufc→Colony Forming Units: nmp→ Most Probable Number)

(ii) If the water quality test shows values out of the tolerance limits as indicated above, the swim will be cancelled, unless the ITU Medical and Anti-Doping Committee permits.

10.3. Transition:

a.) The Technical Delegate will determine the position of the mount and dismount lines. Both lines will be considered as part of the transition area.

10.4. Bike:

a.) A 10 % tolerance margin will be accepted for the distance of the bike segment provided that it has been approved by the Technical Delegate. In the middle and long distance events, this tolerance is limited to 5%;

b.) There must be a minimum number of penalty boxes as follows:

- Standard distance or shorter events: one every 10 km;
- Middle and long distance events: one every 30 km.

10.5. Support team:

a.) National Federation's Quota: Every National Federation has a support team quota according to these charts:

(i) Elite events:

Athletes	1 to 3	4 to 6	7 or more
Coaches	2	3	4

(ii) U23 events (U23 not mixed with other categories):

Athletes	1 to 6	7 or more
Coaches	2	3

(iii) Junior events:

Athletes	1 to 6	7 or more
Coaches	2	3

(iv) Youth events:

Athletes	1 to 6	7 or more
Coaches	2	3

(v) Elite Paratriathlon Events:

Athletes	1 to 3	4 to 6	7 or more
Coaches	2	3	4

~~Open Paratriathlon Events:~~

~~Athletes~~	~~1 to 3~~	~~4 to 6~~	~~7 or more~~
~~Coaches~~	~~2~~	~~3~~	~~4~~

(vi) Multisport Festival (Age Group only):

Total number of athletes across all events	1 to 50	51 to 100	More than 101
Coach	2	3	4

(vii) Age Group events:

Athletes	1 to 50	51 to 100	101 to 150	More than 151
Coaches	2	4	6	8

(viii) Delegation support:

Athletes	1 to 50	51 to 100	More than 101
Bike mechanic/Ski man	1	2	3
Medical	1	1	1
NF Representatives *	2	2	2

** Only in case no Congress held in conjunction with the event.*

b.) Head of Delegation:

(i) National Federations with athletes in every category of Elite, U23, Junior in both genders, will be provided with an extra accreditation with coach access for all events during the World Triathlon Series Grand Final.

(ii) National Federations with athletes in all four events - Duathlon, Aquathlon, Cross Triathlon and Long Distance Triathlon – in Elite category in both genders, will be provided an extra accreditation with coach access for all events during the Multisport World Championships Festival.

c.) All the personnel registered as part of the support team will receive an accreditation with access according to their role;

d.) National Federations are responsible for entering their support personnel in the ITU online entry system. ITU will approve the support personnel according to the quota seven days prior to the event. No additions will be admitted after this deadline.

10.6. Start times:

a.) The minimum time difference between waves will be:

	Inter gender start time difference (1)	Elite/AG start time difference (2)
Continental Cup Sprint	45 min	1h
Continental Cup Standard	1h 30 min	2h
World Cup Sprint	1h 45 min	1h 30 min
World Cup Standard	2h 45 min	2h 30 min
World Triathlon Series Sprint	1h 45 min	1h 45 min
World Triathlon Series Standard	2h 45 min	2h 45 min
Duathlon Standard Distance	1h 30 min	2h 30 min
Triathlon and Duathlon Middle and Long Distance	5 min	5 min
3x Team Relay	1h 45 min	n/a

(1) This will be applicable whether the men or the women's event starts first.

(2) This will be applicable for Age Group waves starting after the Elite events. Elite events starting after the Age Group Events will only start once the Age Group Events have finished.

a.) The Technical Delegate can decide to reduce the above indicated differences in Continental Cup and Duathlon standard distance events provided that the men and the women will not be on the bike segment simultaneously;

b.) The Technical Delegate can decide to reduce the above indicated differences in Continental Cups and Duathlon standard distance events to a minimum of five minutes if one of the events has fewer than 10 athletes competing, and enough officials to control any potential drafting between male and female athletes;

c.) The Technical Delegate can also require different start times by asking for a specific regulation, as indicated under section 1.6;

d.) Events not included in the previous chart will need the approval of the Technical Delegate prior to publishing the start times.

10.7. Modified events:

a.) When a competition cannot be held in the original format due to force majeure, all the points for all the rankings related, including Olympic Qualification List points, will be reduced depending on the final conditions under which the event took place:

(i) If the event remains as a triathlon or the multisport originally planned, but any of all of the segments are shortened according to the ITU Competition Rules, 100 % of the points will be awarded;

(ii) If the event becomes another ITU multisport competition according to the ITU Competition Rules in terms of distances and conditions, 75 % of the points will be awarded;

(iii) If a triathlon event becomes a duathlon and the swim is replaced by a running segment with similar duration of the cancelled swim, 75% of the points will be awarded;

(iv) If the event becomes another ITU multisport competition with deviations from the ITU Competition Rules in terms of distances and conditions, 50 % of the points will be awarded.

10.8. Cut-off time:

a.) Technical Delegate may determine a cut-off time for the entire competition or any intermediate point;

b.) If there is a cut-off time, it must be announced at least 30 days before registration closed.

11. TECHNICAL OFFICIALS:

11.1. General:

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

b.) ITU Technical Officials are:

(i) Technical Officials;

(ii) Paratriathlon Specific Technical Officials;

(iii) Chair of the Competition Jury.

c.) Technical Officials must be at least 19 years old on the 31st of December in the year of the competition they are working on;

d.) To hold a competition under these Competition Rules, it is necessary to have the presence of:

(i) A Technical Delegate; and

(ii) A Head Referee.

11.2. ITU Technical Officials:

a.) The Technical Officials at all ITU competitions are:

(i) The ITU Technical Delegate (TD) ensures all aspects of the ITU Competition Rules and ITU Event Organisers' Manual are fulfilled. Local Organising Committees will modify the competition conditions, as per the indications of the Technical Delegate at any time. Accredited coaches will be informed about the modifications;

(ii) The Assistant Technical Delegate (ATD) assists the Technical Delegate with his/her duties;

(iii) The Head Referee checks the certification of the Technical Officials, makes the results official by signing them 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), Pre-transition Area, Swim, Swim exit, Bike, Run, Wheel Stations, ~~Prime Lines,~~ Aid Stations, Technology, Penalty Boxes, Lap Counter, Protocol, Race Control Office, Video Review, 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. A Technical Official may be assigned in more than one position. Additional positions may be created if necessary;

(vi) Technical Officials can be accredited as Bike Check Officials to conduct technological fraud control. Complete procedure can be found in Appendix N.

(vii) The Competition Jury is appointed by the Technical Delegate;

(viii) The ITU Medical Delegate, appointed by the ITU Medical and Anti-Doping Committee, is responsible for all medical and anti-doping issues on behalf of ITU.

11.3. Paratriathlon Specific Technical Officials:

a.) The Chief Classifier is a classifier responsible for the direction, administration, co-ordination and implementation of classification matters;

b.) Classifiers will be responsible for determining the Sport Class and Sport Class Status of the Paratriathletes from PTS2 to PTS5, PTWC1 and PTWC2 Paratriathletes;

c.) Classifiers certified by the International Blind Sports Federation and International Paralympic Committee will be responsible to determine the sport class and sport class status of the PTVI1, PTVI2 and PTVI3 Paratriathletes;

d.) ITU Paratriathlon Classification Rules are included in Appendix G.

11.4. Competition Jury:

a.) The ITU Technical Delegate will appoint the members of the Competition Jury as follows:

(i) For Olympic Games and the Elite competitions of the World Triathlon Series Grand Final the Competition Jury consists of five people being selected from:

- The Technical Delegate or the Assistant Technical Delegate, who chairs the Competition Jury;
- A member of the ITU Executive Board;
- A representative of the host National Federation;
- A representative from the ITU Technical Committee;
- A representative from the ITU Medical and Anti-Doping Committee.

(ii) For all the other ITU Events and other Games that do not include the Olympic Games, the Competition Jury consists of three people being selected from:

- The Technical Delegate or the Assistant Technical Delegate, who chairs the Competition Jury;
- A member of the ITU Executive Board or any Committees or Commissions, or if none are present, a member of the Continental Confederation's Executive Board or any Committees or Commission, or staff liaisons, or if none are present, a representative from the host National Federation;
- A representative from the host National Federation.

(iii) The Competition Jury can invite experts to the hearing, whereby they may have voice but no vote.

b.) Being a member of the Competition Jury in one event is not compatible with:

(i) Being a Technical Official in the same event other than the Technical Delegate;

(ii) Being an accredited coach in the same event;

(iii) Being an athlete competing in the same event.

c.) 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. This results modification is a Field of Play decision;

(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.

d.) Competition Jury meetings schedule:

(i) Competition Jury will meet, at a 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 Competition Jury will meet, at a minimum:

- After the first finisher;
- After the finish of the first half of the field.

e.) 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;
- Have an openminded approach 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 the case of conflict of interest or absence or any other reason the Chair of the Competition Jury can replace the member who has the conflict of interest. The Chair of the Competition Jury can appoint the replacement at his/her discretion. The Competition Jury will remain with the same number of members that it originally had;
- The Chair of the Competition Jury is deemed not to have a conflict of interest.

11.5. Technology Tools:

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

11.6. Volunteer Certification:

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

11.7. Health:

a.) ITU encourages Technical Officials to undergo an annual health evaluation.

11.8. Technical Officials' Certification:

a.) All documents related to the procedures and regulations on Technical Officials' certification as well as the list of certified Technical Officials can be found under - http://www.triathlon.org/development/technical_officials/certification

12. PROTESTS:

12.1. General:

a.) A protest is against the conduct of an athlete, Technical Official, or the conditions of the competition. An athlete or an National Federation designate may file a protest with the Head Referee provided the protest has not been previously observed by the Technical Officials and ruled upon by the Head Referee.

12.2. Protests Concerning Eligibility:

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

12.3. Protests Concerning the Course:

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

12.4. Protests Concerning the Competition:

a.) An Elite, Youth, Junior, U23 athlete and Paratriathlete, who protests against another athlete or Technical Official, must do so to the Head Referee within five (5) minutes of his/her finish time. In case of a protest that is initiated within this period, the time limit will be extended by fifteen (15) more minutes.

b.) An Age Group athlete, who protests against another athlete or Technical Official, must do so to the Head Referee within fifteen (15) minutes after the last athlete finished the competition. In case of a protest that is initiated within this period, the time limit will be extended by thirty (30) more minutes from the time the athlete initiated the protest.

12.5. Protests Concerning Equipment:

a.) Protests concerning an athlete's equipment on an Elite, Youth, Junior, U23 and Paratriathlon competition, which infringes on the conditions set out in the ITU Competition Rules, must be delivered to the Head Referee within five (5) minutes of his/her finish time. In case of a protest that is initiated within this period, the time limit will be extended by fifteen (15) more minutes.

b.) Protests concerning an athlete's equipment on an Age Group competition, which infringes on the conditions set out in the ITU Competition Rules, must be delivered to the Head Referee within fifteen (15) minutes after the last athlete finished the competition. In case of a protest that is initiated within this period, the time limit will be extended by thirty (30) more minutes from the time the athlete initiated the protest.

12.6. Protests Concerning Timing and Results:

a.) Protests concerning ~~typographical~~ errors in the results, which are not reflecting the decisions made by the Head Referee or the Competition Jury, may be delivered in writing by the athlete or the National Federation to the ITU Technical Delegate within thirty (30) days after the competition.

12.7. Contents of a Protest:

a.) The protest related to 12.1, 12.2, 12.3, 12.4 and 12.5 must be accompanied by a deposit of $50 USD, or its equivalent, 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 Head 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.

12.8. Protest Procedures:

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

(i) Protests will be filed with the Head Referee, signed by the protester, within the time limits specified above;

(ii) The Head Referee will announce on the notice board in the finish area that a protest has been filed;

(iii) 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;

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

(v) A representative for either the protester or the accused may be designated to appear if approved by the Chair of the Competition Jury;

(vi) The hearing will not be open to the public;

(vii) The Competition Jury Chair will explain the process and everyone's rights;

(viii) The Competition Jury Chair will read the protest;

(ix) The protester and the accused will be given adequate time to give their accounts of the incident;

(x) Witnesses (up to two each) may speak for up to three (3) minutes each;

(xi) The Competition Jury will hear the evidence and render a decision, by simple majority;

(xii) The decision will be posted immediately and delivered in writing to the parties upon request;

(xiii) The Competition Jury will produce minutes of the meeting, including the Competition Jury's decision, which must be approved by all

members of the Competition Jury, by the end of the meeting. The minutes will be submitted to ITU.

12.9. Results revision process:

a.) National Federations, Continental Confederations or ITU can request the revision of the results based on new evidence. This request will be addressed to the ITU Technical Committee, who decides if a results revision case will be opened.

b.) A revision panel appointed by the ITU Technical Committee consisting of three members including at least one ITU Technical Committee member will make a proposal to ITU Technical Committee.

c.) ITU Technical Committee will decide on the results revision case by maintaining or modifying the results.

d.) The revised results will be announced, published and the athletes informed.

e.) Decisions of the ITU Technical Committee as an outcome of the results revision process can be subject to appeal by a Level 2 appeal process.

13. APPEALS:

13.1. Appeal Jurisdiction:

a.) An appeal is a request for a review of a decision made by the Head Referee (Level 1), the Competition Jury or any ITU panel (Level 2) and the ITU Medical and Anti-Doping Committee solely with regards to eligibility (Level 3) or the ITU Arbitration Tribunal (Level 3). A sample of the Appeal Form is available in Appendix C.

b.) Decisions from any Competition Jury and any ITU panel may be appealed to the ITU Arbitration Tribunal, except:

(i) Decisions made by the ITU Anti-Doping Hearing Panel;

(ii) Field of Play decisions.

13.2. Level 1 Appeal Procedure:

a.) The following procedure will be followed in the event of a Level 1 Appeal until the medal ceremony:

(i) A Representative of a National Federation or an athlete may appeal the decision of the Head Referee to the Competition Jury. The appropriate appeal form can be obtained from the Head Referee;

(ii) Appeals will be filed in writing to the Head Referee, signed by the appellant and 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;

(iii) The Head Referee will post information on the notice board that an appeal has been filed;

b.) The following procedure will be followed in the event of a Level 1 Appeal after the medal ceremony till 48 hours after the end:

(i) A Representative of a National Federation or an athlete may appeal the decision of the Head Referee to the ITU Appeal Panel. The appropriate appeal form can be obtained from the Head Referee;

(ii) Appeals will be filed in writing to the Head Referee, signed by the appellant and 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;

13.3. Level 1 Appeal Timelines:

a.) Appeals against decision taken by the Head Referee between the Athletes'/Team Managers' briefing and the start of the competition:

(i) An Elite, Youth, Junior, U23 athlete/team and Paratriathlete or National Federation representative on behalf of such athlete, who appeals a Head Referee's decision taken between the Athletes' briefing and the start of the competition must do so to the Head Referee within five (5) minutes after the announcement of the Head Referee's decision. In case of an appeal that is initiated within this period, the time limit will be extended by fifteen (15) more minutes.

(ii) An Age Group athlete or National Federation representative on behalf of such athlete, who appeals a Head Referee's decision taken between the Athletes' briefing and the start of the competition must do so to the Head Referee within fifteen (15) minutes after the announcement of the Head Referee's decision. In case of an appeal that is initiated within this period, the time limit will be extended by thirty (30) more minutes.

b.) Appeals against decision taken by the Head Referee during the competition before the athlete finishing:

(i) An Elite, Youth, Junior, U23 athlete/team and Paratriathlete or National Federation representative on behalf of such athlete, who appeals a Head Referee's decision taken before the athlete finished the competition must do so to the Head Referee within five (5) minutes of his/her finish time. In case of an appeal that is initiated within this period, the time limit will be extended by fifteen (15) more minutes. For team competitions, this time limit is related to the final team time;

(ii) An Age Group athlete or National Federation representative on behalf of such athlete, who appeals a Head Referee's decision taken before the athlete finishes the competition must do so to the Head Referee within fifteen (15) minutes after the last athlete finishes the competition. In case of an appeal that is initiated within this period, the time limit will be extended by thirty (30) more minutes from the time the athlete initiated the appeal;

c.) Appeals against decision taken by the Head Referee after the athlete finishes the competition:

(i) An athlete/team or National Federation representative on behalf of such athlete, who appeals a Head Referee's decision made after the

athlete finishes the competition but before 48 hours after the end of competition must do so within five (5) days after the end of the competition;

d.) Appeals 48 hours or more after the end of the competition:

(i) Any decisions on violations are managed by the ITU Technical Committee through the results review process;

e.) Competition Jury existence:

(i) Appeals between the time of the Athletes'/Team Managers' briefing and the medal ceremonies will be managed by the Competition Jury;

(ii) Appeals after the medal ceremonies will be managed by the ITU Appeal Panel with representative from the ITU Technical Committee, ITU Sport Department and the Technical Delegate of the event or if such not available the representative of the LOC.

13.4. Level 1 Appeal Content:

a.) 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.

13.5. Level 1 Appeal Hearing in case of a Competition Jury:

a.) 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;

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

c.) A representative for either the appellant or the accused may be designated to appear if approved by the Chair of the Competition Jury;

d.) The hearing will not be open to the public;

e.) The Competition Jury Chair will explain the process and everyone's rights;

f.) The Competition Jury Chair will read the appeal;

g.) The appellant and the accused will be given adequate time to give their accounts of the incident;

h.) Witnesses (up to two each) may speak for up to three (3) minutes each;

i.) The Competition Jury will hear the evidence and render a decision, by simple majority;

j.) Affected athletes may be heard by the Competition Jury and will be informed about the decision;

k.) The decision will be posted immediately and delivered in writing to the parties upon request;

l.) The Competition Jury will produce minutes of the meeting, including the Competition Jury's decision, which must be approved by all members of the Competition Jury, by the end of the meeting. The minutes will be submitted to ITU.

13.6. Level 1 Appeal Hearing in case of an ITU Appeal Panel:

a.) The appellant and the accused and/or their national representative may be present. If the appellant does not attend in person or by any other mean of communication, the appeals hearing may be postponed or cancelled. The Appeal Panel will determine if absence from the hearing is valid;

b.) Failure of any party to attend the hearing may justify the Appeal Panel in making a decision without them;

c.) A representative for either the appellant or the accused may be designated to be heard if approved by the Chair of the Appeal Panel;

d.) The hearing will not be open to the public;

e.) The Appeal Panel Chair will explain the process and everyone's rights;

f.) The Appeal Panel Chair will read the appeal;

g.) The appellant and the accused will be given adequate time to give their accounts of the incident;

h.) Witnesses (up to two each) may speak for up to three (3) minutes each;

i.) The Appeal Panel will hear the evidence and render a decision, by simple majority;

j.) Affected athletes will may be heard by the Appeal Panel and will be informed about the decision;

k.) The decision will be communicated immediately and delivered in writing to the parties upon request;

l.) The Appeal Panel will produce minutes of the meeting, including the Appeal Panel's decision, which must be approved by all members of the Appeal Panel, by the end of the meeting. The minutes will be submitted to ITU.

13.7. Level 2 Appeal Procedure:

a.) The following procedure will be followed in the event of a Level 2 Appeal:

(i) Decisions from any Competition Jury and any ITU panel (except the ITU AD Hearing Panel) may be appealed to the ITU Arbitration Tribunal;

(ii) Only appeals supported by National Federation will be admitted;

(iii) Appeals may be submitted up to thirty natural days after the Competition Jury met or within thirty natural days from the Competition Jury or Panel decision;

(iv) Appeals will be submitted in writing to the ITU Secretary General and will be accompained by a deposit of $ 500 USD. It will only be refunded if the appeal is successful.;

(v) Level 2 appeal decisions may be appealed to CAS (Level 3 of Appeal)

13.8. Level 3 Appeal Procedure:

a.) The following procedure will be followed in the event of a Level 3 Appeal:

(i) The decision of the ITU Arbitration Tribunal or of the ITU Medical and Anti-Doping Committee (solely with regards to eligibility) may be appealed, as a final and last resort, to the Court of Arbitration for Sport (CAS), to the exclusion of any recourse to ordinary courts, within thirty (30) natural days from the decision of ITU Arbitration Tribunal.

(ii) Any decision taken by the said court (CAS) shall be without appeal and shall be binding on the parties concerned.

14. INDOOR TRIATHLON:

14.1. Definition:

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

14.2. Swim:

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

14.3. 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 the athletes. Water on the track makes it very slippery and dangerous for all athletes. Not complying with this rule will result in disqualification.

14.4. Bike Segment:

a.) The lapped athletes will be not removed from the race;

b.) Athletes can draft from others who are on a different lap.

15. MIDDLE AND LONG DISTANCE EVENTS:

15.1. 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.

15.2. 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.

15.3. Penalties:

a.) Details about penalties are outlined in section 3. ~~A 5-minute penalty will be imposed for violation of the drafting rule, which must be served in the next penalty box;~~

~~If an athlete receives three drafting penalties, he/she will be disqualified.~~

15.4. Coaches Stations:

a.) In elite races, coaches will have a designated space available on the bike and run segments in order to supply athletes with their own food and beverages.

15.5. Special Needs Station:

a.) Additional stations on the bike and or run may be provided for special needs;

b.) Any items given out at these stations will be the handed out by volunteers supplied by the Local Organising Committee;

15.6. Transition area:

a.) In the transition area, Technical Officials or Local Organising Committee staff may assist athletes by receiving and placing their bikes and handing out their equipment. This service must be equal for all athletes;

b.) Athletes are allowed to replace their uniforms in the transition area. If the athlete needs to become nude to do it, this action needs to be done inside the tent provided by the Local Organising Committee for this purpose. All the uniforms used by the athlete have to comply with the ITU Competition Rules;

c.) Wetsuits must be removed in the designated area;

d.) For the events where bag drop system is in place, all equipment must be deposited inside the proper bag provided by the Local Organising Committee. The only exception is the bike shoes that may remain attached to the pedals at all times.

15.7. Uniform:

a.) Front zipper is allowed;

b.) Zipper can be undone to the point of the end of the breastbone (sternum) during the competition, with the exception of the last 200 meters of the run, when it needs to be zipped up.

15.8. Outside Assistance:

a.) Medical assistance, food and liquid are permitted at aid stations, special needs stations or at coaches' stations;

b.) Bike catchers may be provided;

c.) Bike Mechanic support may be provided at the approved locations and by the approved vehicles;

d.) The Local Organising Committee may provide helpers to remove wetsuits;

e.) All other outside assistance is prohibited.

16. TEAM AND RELAY EVENTS:

16.1. Types of Events:

a.) ITU may organise Team Events in the distances and categories shown in this table:

	Type of competition
Triathlon	3 x Same Gender / 4 x Mixed
Triathlon LD	Adding 3 best times
Duathlon	3 x Same Gender / 4 x Mixed
Duathlon LD	Adding 3 best times
Winter	3 x Same Gender / 4 x Mixed
Cross Triathlon	3 x Same Gender / 4 x Mixed
Cross Duathlon	3 x Same Gender / 4 x Mixed
Corporate Triathlon	Corporate

16.2. Continental Championships and National Federation Events:

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

16.3. Definitions:

a.) **Mixed relay:** A team is composed of 4 athletes: 2 men and 2 women, who will compete in the following order: woman, man, woman, man. Each of them will cover a complete triathlon, cross triathlon, duathlon, cross duathlon or winter triathlon. The total time for the team is from the start of the 1st team member to the finish of the 4th athlete. Time is continuous and the timing does not stop between athletes. ITU may allow mixed nation teams for specific competitions;

b.) **3x relay:** A team is composed of 3 athletes of same gender. Each of them will cover a complete triathlon, cross triathlon, duathlon, cross duathlon or winter triathlon. The total time for the team is from the start of the 1st team member to the finish of the 3rd athlete. Time is continuous and the timing does not stop between athletes. ITU may allow mixed nation teams for specific competitions;

c.) **Corporate:** A team is composed of 3 athletes regardless of 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 athlete. Time is continuous and the timing does not stop between athletes. ITU may allow mixed nation teams for specific competitions;

d.) **Team competiton 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;

16.4. Results:

a.) When National Federations are allowed to enter more than one team, only the team with the best finishing position will be listed in the results and eligible for awards (medals) and prize money.

16.5. Eligibility:

a.) The general eligibility rules apply. The minimum age is 15 years.

b.) Athletes who are competing under ITU flag are not eligible to be included in any team

16.6. Uniform:

a.) The ITU Guidelines Regarding Authorised Identification apply. All members of a team must wear the same country uniform.

16.7. Team Relay Briefing:

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

16.8. Team Composition:

a.) The team coach will declare the team composition at the team relay briefing. All team compositions will be `published after the team relay briefing;

b.) Two hours before the competition start, the coach can communicate a different team composition to the Technical Delegate, otherwise the team composition communicated at the team relay briefing will remain in force.

16.9. Competition Day Check-In:

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

b.) Team members can use the same bike.

16.10. Relay Exchange:

a.) The relay exchange from one team member to another will take place inside the exchange zone, which is 15 meters long;

b.) The exchange is completed by the in-coming athlete, using their hand to contact the body of the out-going athlete within the relay zone;

c.) If the exchange occurs unintentionally outside the exchange zone, the team will receive a penalty of 10 seconds, which must be served in the penalty box. If the relay Exchange was done intentionally outside the relay zone, the team will be disqualified.

d.) If the exchange is not completed, the team will be disqualified;

e.) Prior to the relay exchange, the athletes will wait in a pre-relay exchange area until the Technical Official tells them to enter the exchange zone.

16.11. Penalty Box:

a.) Infringements due to starting before the official start time and leaving the helmet strap fastened in transition area infringements will be served by the athlete who infringes the rule;

b.) All time penalties will be penalised with 10 seconds and are to be served at the penalty box. These penalties can be served by any team member currently competing on the field of play.

16.12. Finish:

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

17. PARATRIATHLON:

17.1. General:

a.) Paratriathlon, as per the ITU Constitution, is governed by the ITU Competition Rules. This section contains the rules which affect only paratriathlon.

17.2. Paratriathlon Sport Classes:

a.) ITU Paratriathlon has implemented an evidence-based classification system to group impairments into sport classes according to the extent of activity limitation they cause the athlete when performing in the sport of paratriathlon;

b.) There are nine (9) sport classes, as defined in Appendix G:

(i) PTWC1: Most impaired wheelchair users. Athletes must use a recumbent handcycle on the bike course and a racing wheelchair on the run segment; ~~There are two sub-classes, H1 (most impaired) and H2 (least impaired);~~

(ii) PTWC2: Least impaired wheelchair users. Athletes must use a recumbent handcycle on the bike course and a racing wheelchair on the run segment; ~~There are two sub-classes, H1 (most impaired) and H2 (least impaired);~~

(iii) PTS2: Severe impairments. In both bike and run segments, amputee athletes may use approved prosthesis or other supportive devices;

(iv) PTS3: Significant impairments. In both bike and run segments, the athlete may use approved prosthesis or other supportive devices;

(v) PTS4: Moderate impairments. In both bike and run segments, the athlete may use approved prosthesis or other supportive devices;

(vi) PTS5: Mild Impairments. In both bike and run segments, the athlete may use approved prosthesis or other supportive devices;

(vii) PTVI1: ~~Total or Partial visual Impairment (IBSA/IPC defined sub-classes B1, B2, and B3):~~ Includes athletes who are totally blind, from no light perception in either eye, to some light perception ~~(B1) and partially sighted athletes (B2, B3)~~. One guide is mandatory throughout the race. Must ride a tandem during the bike segment.

(viii) PTVI2: Includes athletes who are more severe partially sighted athletes. One guide is mandatory throughout the competition. Must ride a tandem during the bike segment.

(ix) PTVI3: Includes athletes who are less severe partially sighted athletes. One guide is mandatory throughout the competition. Must ride a tandem during the bike segment.

17.3. Paratriathlon Medal Events:

a.) There will be six (6) medal events as follows:

(i) PTWC: PTWC1 and PTWC2 sport class athletes competing together;

(ii) PTS2;

(iii) PTS3;

(iv) PTS4;

(v) PTS5;

(vi) PTVI: PTVI1, PTVI2 and PTVI3 sport class athletes competing together.

17.4. Classification:

a.) Paratriathlon Classification Rules can be found in Appendix G;

b.) All Paratriathletes competing at an ITU sanctioned competition must have an international paratriathlon classification to ensure they meet the minimal eligibility criteria for competition and are assigned an appropriate sport class. Paratriathletes requiring classification will need to:

(i) be available to attend an International Classification appointment with an ITU designated Classification Panel prior to the competition;

(ii) provide, at time of classification, the "ITU PI Medical Diagnostics Form" or "ITU VI Medical Diagnostics Form" signed by the appropriate medical personnel, a passport sized photo and any other relevant medical documentation.

c.) Paratriathletes competing at an ITU event, where classification is not available, will be informed through their National Federation to submit specific medical documentation to ITU, no later than six weeks before competition, so that a provisional classification can be assigned to them;

d.) When an athlete's sport class changes, a revision of the past results can be requested. ITU will study each request on a case to case basis and decide whether the relevant competition results need to be modified.

17.5. Eligible classes and Competition formats:

a.) All Paratriathletes are allowed to compete in triathlon, duathlon and aquathlon events. Only Paratriathletes from sport classes PTS2, PTS3, PTS4 and PTS5 are allowed to compete in winter triathlon, cross triathlon and cross duathlon events;

b.) All Paratriathletes may start all together, or grouped in waves. Athletes from the same sport class and gender must start in the same wave;

c.) The Paratriathlon World Championships, the Paratriathlon Continental Championships and the World Paratriathlon Events taking place on Sprint distance will have a time limit of 2 hours;

d.) In a Duathlon event, a paratriathlon competition should be organised at least in two wave starts with a difference of at least one (1) minute. PTWC1 and PTWC2 athletes should start in the first wave and the rest of the athletes in the second wave;

e.) At the discretion of the technical delegate the competition format may be changed;

f.) Athletes in different classes may compete together by using the staggered

	PTVI1 Men	PTVI2/PTVI3 Men	PTVI1 Women	PTVI2/PTVI3 Women
Sprint triathlon	0:00	+3:16	0:00	+3:42
Sprint duathlon	0:00	+2:58	0:00	+3:22

start called "Interval Start System":

(i) In competitions where all ~~sub-~~classes start together, the relevant compensation time will be added to the final times of the athletes competing in the ~~sub-~~classes, as follows:

	PTWC1 Men	PTWC2 Men	PTWC1 Women	PTWC2 Women
Sprint triathlon	0:00	+3:00	0:00	+3:58
Sprint duathlon	0:00	+2:44	0:00	+3:36

* In case a triathlon is modified to a duathlon, duathlon values will be used.

(ii) In races utilizing the "Interval Start System", the start list should be prepared according to the example shown in Appendix L2;

(iii) If an athlete is reclassified into a different ~~sub-~~class following observation, their finishing time will be adjusted according to the designated compensation times;

(iv) In order to avoid overlapping or issues due to time constraints, the Head Referee may allow a mass start;

(v) Any protests that are filed regarding the starting order and/or compensation times, shall take place according to ITU Article. 12., "Protest of Eligibility."

17.6. Paratriathletes' briefing:

a.) At all ITU Events, the Technical Delegate will conduct the Athletes' Briefing. Paratriathletes must be in attendance. Coaches may also attend the briefing. The following penalties apply to athletes who miss the briefing:

(i) Paratriathletes not attending the briefing, without informing the Technical Delegate about their absence, will be removed from the start list;

(ii) Paratriathletes entering the briefing hall after the briefing has started and athletes not attending the briefing, but who have informed the Technical Delegate about their absence, will be penalised with a time penalty to be served during Transition 1;

(iii) For the World Paratriathlon Series or ITU Paratriathlon World Cup events, if a paratriathlete misses more than two briefings in a calendar year, they will be removed from the start list of the third missed briefing and each missed briefing thereafter, even if they informed the Technical Delegate in advance.

b.) All guides and personal handlers must be registered at the briefing;

c.) All Paratriathletes will pick up their own race packet following the briefing. The race packet will include:

(i) PTWC1 and PTWC2: red swim cap, 3 race number stickers for the helmet, 1 race number sticker for the handcycle, 1 race number sticker for the racing wheelchair, 1 race number sticker for the daily wheelchair, 1 official race number for the athlete and 1 official race number for the personal handler;

(ii) PTS2, PTS3, PTS4 and PTS5; red, yellow or green swim cap, 3 race number stickers for the helmet, 1 race number sticker for the bike, 3 race number stickers for the prosthesis/aiding devices, 1 official race number for the athlete or 4 sets of body marking, and 1 official race number for the personal handler if authorised;

(iii) PTVI1: 1 orange swim cap for the athlete and 1 white swim cap for the guide, 6 race number stickers for the helmets, 1 race number sticker for the bike, 1 official race number or 4 sets of body marking for the athlete and 1 official race number for the guide with the word “GUIDE” written on it.

(iv) PTVI2 and PTVI3: 1 green swim cap for the athlete and 1 white swim cap for the guide, 6 race number stickers for the helmets, 1 race number sticker for the bike, 1 official race number or 4 sets of body marking for the athlete and 1 official race number for the guide with the word “GUIDE” written on it.

17.7. Paratriathlon Personal Handlers

a.) Securing qualified personal handlers shall be the responsibility of the paratriathlete, and they should all be identified and receive credentials from the ITU Technical Officials at the Paratriathlon Briefing;

b.) Personal handlers are to be allotted as follows:

(i) Up to one (1) personal handler for sport classes PTS2, PTS3, PTS4 and PTS5. The classification process will determine for each athlete the allowance of using one handler in the competitions. The approval for already classified athletes will be done by an Approval Panel composed of:

- ITU Head of Classification;
- A member of the ITU Paratriathlon Committee;
- A person designated by Sport Department.

(ii) Up to one (1) personal handler for sport class PTWC;

(iii) No personal handlers for sport class PTVI1, PTVI2 and PTVI3 (Guides may act as the personal handler for this sport class).

c.) Personal handlers are specifically allowed to assist Paratriathletes by:

(i) Helping with prosthetic devices or other assistive devices;

(ii) Lifting Paratriathletes in and out of handcycles and wheelchairs;

(iii) Removing wetsuits or clothing;

(iv) Repairing bikes and helping Paratriathletes with other equipment at the transition area or at the official wheel station. PTVI1, PTVI2 and PTVI3 guides can help to repair the bike along the whole bike course, without receiving external help;

(v) Racking the bikes in transition.

d.) All personal handlers shall be subject to the ITU Competition Rules in addition to further regulations deemed appropriate or necessary by the Head Referee;

e.) Any action taken by a personal handler, which propels the Paratriathletes forward may result in a disqualification;

f.) One personal handler can assist a maximum of one athlete~~s, provided that both athletes belong to the same sport class and gender~~;

g.) All personal handlers shall be located within two (2) meters of their athletes' transition spot during the competition. Permission from a Technical Official is required in order to move outside that zone.

17.8. Paratriathlon Registration Process:

a.) Briefing registration:

(i) Paratriathletes have to sign the attendance list in order to enter the briefing room. At this stage, they must communicate to the Registration Officials whether they will have their own personal handler;

(ii) Paratriathletes must attend the briefing with their personal handler;

(iii) Immediately after the briefing, they will collect their race package and their personal handler will collect the personal handler's t-shirt, as provided by the Local Organising Committee.

b.) Paratriathletes' lounge check in:

(i) Paratriathletes and personal handlers must check in together;

(ii) Personal handlers need to present themselves with the official race number and the official personal handler's t-shirt;

(iii) If a Paratriathlete is present without his/her personal handler/s, he/she has to wait until the personal handler/s arrive. If the Paratriathletes wishes to register on his/her own, then the personal handler/s will not have access to the Field of Play;

(iv) Once a personal handler has been registered, they can only be replaced in exceptional circumstances and only after approval by the Technical Delegate;

(v) Two Timing chips will be delivered to all athletes during this process;

(vi) Equipment (prosthesis, crutches, etc) for the pre-transition area (must have a race number on it) and will be checked at the Paratriathletes' lounge.

17.9. Pre-Transition area conduct:

a.) If a pre-transition area exists, paratriathletes in PTWC1, PTWC2, PTS2, PTS3, PTS4 and PTS5 sport classes may remove their wetsuits in this area. Only personal handlers from athletes racing in the PTWC1 and PTWC2 sport class are allowed to assist their assigned Paratriathlete in this area, but cannot propel nor push the athlete forward;

b.) All PTWC1 and PTWC2 athletes must transfer in a day chair from pre-transition to transition. The wheelchairs provided by the PTWC1 and PTWC2 Paratriathletes for this area must have functional brakes;

c.) The closest available area to the swim exit area will always be used to line up the PTWC1 and PTWC2 wheelchairs according to their race number;

d.) There should be a dedicated space in the pre-transition area with numbered chairs from 1-9+0, to set up and display all prosthetic devices/crutches for Paratriathletes from the PTWC1, PTWC2, PTS2, PTS3, PTS4 and PTS5 sport classes (if required). PTS2, PTS3, PTS4 and PTS5 athletes must leave their prosthesis or crutches at the chair with the same number as the last digit of their race number. A minimum of two (2) Technical Officials will coordinate the distribution of these equipment devices to the athletes as they exit the water and receive notification of the race number from the Technical Official situated at the water exit. All of the equipment will be lined up in numerical order;

e.) No athletes' equipment can be left in the pre-transition area, once the athlete exits the pre-transition area.

f.) Adapted cleats and bike shoes with non-exposed cleats - that are mounted on prosthetic legs - are allowed in the pre-transition area, provided that the cleats are covered or enclosed by anti-slip material.

g.) Paratriathletes in PTS2 to PTS5 with an absent lower limb must use a prosthesis or crutches between Pre-Transition and Transition area 1. Hopping on one leg is not permitted from Pre-Transition to Transition area 1.

17.10. Transition Area Conduct:

a.) The Local Organising Committee shall provide a minimum of 16 swim exit assistants at swim exit area, who will be responsible for assisting the Paratriathletes from the swim exit to the pre-transition area. The final number of swim exit assistants shall be determined by the ITU Technical Delegate. Only these persons will be allowed to enter this area. Their training should be supervised by the ITU Technical Delegate;

b.) During the swim exit, the paratriathletes will receive assistance from the swim exit assistants according to their swim cap colours, as follows:

(i) Red: Paratriathlete needs to be lifted from the swim exit to the wetsuit removal area;

(ii) Yellow: Paratriathlete needs to be supported to walk/run from the swim exit to the wetsuit removal area;

(iii) Green, orange or white: Paratriathlete does not need any assistance at the swim exit. White caps will be used for the guides.

c.) Swim exit assistants will assist the athletes to the best of their ability, in good faith and considering safety as the main principle;

d.) Bicycles, tandems or handcycles are not allowed from the swim exit to the transition area;

e.) All mobility equipment shall remain within each Paratriathlete's assigned space in the transition zone. All used swim caps, goggles, wetsuits, swim tethers, helmets in the box;

f.) Bike shoes must be left in the athlete assigned space in the transition area, before and after the bike segment;

g.) PTVI1, PTVI2 and PTVI3 positions in the transition area must be the closest to the mount line (women and men), followed by the rest of the sport classes PTS5, PTS4, PTS3, PTS2 and PTWC1 and PTWC2. PTWC1 and PTWC2 Paratriathletes are allowed to ride the handcycle inside the transition area;

h.) Each PTWC1 and PTWC2 paratriathlete will have an individual space of 4x2 meters. The athlete, the handlers and all the equipment will be inside this space, during manouvres in the transition area.

17.11. Paratriathlon Swimming Conduct / Equipment:

a.) For safety reasons, categories will be presented during the Paratriathletes' presentation at competition start in the following order: PTVI1, PTVI2, PTVI3, PTS5, PTS4, PTS3, PTS2, PTWC1 and PTWC2. For safety reasons, PTWC1 and PTWC2 paratriathletes should always enter the water after all other Paratriathletes are in place;

b.) The swim start shall be an "in-water" start;

c.) If the swim portion consists of multiple laps, Paratriathletes will not be required to exit the water between laps;

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 devices are considered propulsion devices except for the approved knee braces. Use of any such devices will result in disqualification;

e.) Any sharp objects, screws, prosthetic liners, or prosthetic devices that can be harmful are not allowed during the swim segment;

f.) Wetsuit use is determined by the chart below:

Swim length	Wetsuits mandatory below	Maximum stay in water
750 m	18 ºC	45 mins
1500 m	18 ºC	1h 10 mins
3000 m	18 ºC	1h 40 mins
4000 m	18 ºC	2h 15 mins

g.) If any paratriathlete has not completed the swim course within this time limit and is more than 100 meters short of the finish, they shall be removed immediately from the water;

h.) Wetsuits will not be permitted when the water temperature is 28 ºCelsius or above;

i.) If the water temperature is between 30.1ºC and 32.0ºC, the maximum distance is 750 m and the maximum stay in water 20 minutes;

j.) The swim portion may be cancelled, if the official water temperature is higher of 32ºC or lower than 15 ºC. (Official water temperature is calculated, as indicated in the chart below):

(i) The temperatures above are not always the water temperature used in the final decision. If the water temperature is lower than 22ºC and the air temperature is lower than 15º, then the adjusted value is to decrease the measured water temperature according to the next chart:

(*)		**Air temperature** (All values in ºC)								
		15	**14**	**13**	**12**	**11**	**10**	**9**	**8**	**7**
Water Temperature (All values in ºC)	**22**	18.5	18.0	17.5	17.0	16.5	16.0	15.5	15.0	Cancel
	21	18.0	17.5	17.0	16.5	16.0	15.5	15.0	Cancel	Cancel
	20	17.5	17.0	16.5	16.0	15.5	15.0	Cancel	Cancel	Cancel
	19	17.0	16.5	16.0	15.5	15.0	Cancel	Cancel	Cancel	Cancel
	18	16.5	16.0	15.5	15.0	Cancel	Cancel	Cancel	Cancel	Cancel
	17	16.0	15.5	15.0	Cancel	Cancel	Cancel	Cancel	Cancel	Cancel
	16	15.5	15.0	Cancel	Cancel	Cancel	Cancel	Cancel	Cancel	Cancel
	15	15.0	Cancel	Cancel	Cancel	Cancel	Cancel	Cancel	Cancel	Cancel

17.12. Paratriathlon Cycling Conduct / Equipment:

a.) Paratriathlon competitions are draft-illegal events. Winter Triathlon, Cross Duathlon and Cross Triathlon are draft legal events for Paratriathletes;

b.) In paratriathlon competitions, the term “bike” used herein shall include bicycles, tandems, or handcycles;

c.) All bikes 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.) Bike specifications for paratriathlon competitions are outlined in the ITU Competition Rules section 5.2;

e.) Bicycles, tandems, and handcycles must have two independent braking systems. Bicycles and tandems must have an independent brake on each wheel. Both brakes on the handcycles will act on the front wheel;

f.) Disc brakes are allowed;

g.) Paratriathletes with one upper limb impairment may use a splitter in the braking system and it is not considered as a bike adaptation;

h.) Protective shields, fairings or other devices, which have the effect of reducing resistance, are not allowed;

i.) Artificial handgrips and prosthetics can be fixed to the bike or to the athlete’s body, but not both simultaniously

j.) Except for handcycles (PTWC1 and PTWC2), a rider's position shall be supported solely by the pedals, the saddle and the handlebars;

k.) Paratriathletes with a lower limb above the knee amputation or limb defficency not wearing a prosthesis may use a support/socket for the thigh which is not considered an adaptation requiring approval.

l.) All requests for impairment adaptations to any bike or handcycle must be submitted by the corresponding National Federation in writing for ITU approval at least one (1) month before the event in which the athlete wishes to compete in, with a clear explanation and a minimum of 5 pictures using the form named "Equipment Adaptation Form" posted under: http://www.triathlon.org/about/downloads_category/paratriathlon . The solicitant will be informed by the ITU on the outcome of the request once the panel has reviewed the information. If accepted, the information will be incorporated to the "Approved Paratriathlon Impairment Adaptations on Bicycles" file under the same location;

m.) The ITU and the ITU Technical Officials shall not be liable for any consequences deriving from the choice of equipment and/or any adaptations used by Paratriathlete, nor for any defects it may have, or its non-compliance;

n.) No bike course shall have a maximum gradient of over 12% at the steepest section;

o.) If the use of the official race number is mandatory, it must be visible from the back.

17.13. Paratriathlon PTWC1 and PTWC2 Swimming Conduct/Equipment:

a.) Athletes may only use up to 3 bindings around the legs in any position. The bindings will be 10cm in width, as a maximum;

b.) The use of knee brace is permitted, provided the equipment provides neither flotation nor propulsion. If a wetsuit is worn, the brace shall be fitted to the outside of the wetsuit. The knee brace can cover half of the leg's surface as a maximum. The length cannot surpass the upper half of the thigh or the bottom half of the calf and has to be holding the knee/s area:

(i) Knee brace specifications:

- Material: PVC plastic or carbon-fiber with no floatability or propulsion capacity;
- It cannot have any space or chamber that traps air or any other kind of gas;
- The thickness is limited to 5mm as a maximum.

c.) The knee braces have to be approved by ITU. All requests must be submitted by the corresponding National Federation in writing for ITU approval at least (1) month before the event in which the athlete wishes to compete in, with a clear explanation and a minimum of 5 pictures using the form named "Knee Brace Approval Request Form" posted under the "Documents" section of the ITU website. The National Federation solicitant will be informed by the ITU on the outcome of the request once the panel has reviewed the information. If accepted, the information will be

incorporated to the “Approved Knee Braces Catalogfile under the same location;

d.) The use of wetsuit bottoms is always permitted.

17.14. Paratriathlon PTWC1 and PTWC2 Cycling Conduct/Equipment:

a.) Paratriathletes must use an arm powered (AP) 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 the International Cycling Union’s (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;

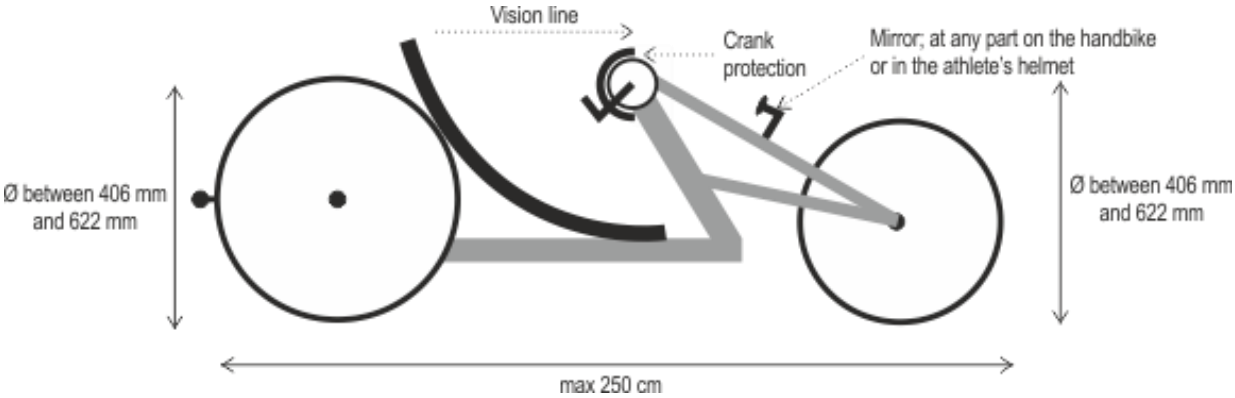
(iii) The Paratriathlete must have clear vision. As such, the horizontal of the Paratriathlete’s eye line must be above the center of the crank housing/crank set, when (s)he is sitting with his/her hands on the handlebars facing forward at full extent, the tip of his/her shoulder blades in contact with the backrest and his/her head in contact with the headrest, when applicable. From this position, conforming measurements are calculated as follows: (#1) The distance from the ground to the centre of the Paratriathlete’s eyes and (#2) the distance from the ground to the centre of the crank housing (crank set). Measurement #1) must be equal or greater than measurement #2;

(iv) All handcycles must have a mirror fixed either to the athlete’s helmet or at some point on the front of the bike to ensure rear-view vision is possible;

(v) The athlete must have the feet positioned in front of the knees during the bike segment;

(vi) Adjustments to handcycle may not be made during the competition;

(vii) Wheels of the handcycle may vary in diameter between a (ERTRO) 406 mm minimum and a 622 mm maximum, excluding the tyre. 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;



(viii) Disc wheels are allowed in the front and rear of the handcycles;

(ix) Disc brakes are allowed on the rear wheels;

(x) A handcycle shall not measure more than 250 cm in length or 75 cm in width;

(xi) The shifting device can either be within the extremities of the handlebars, or on the side of the Paratriathlete's body;

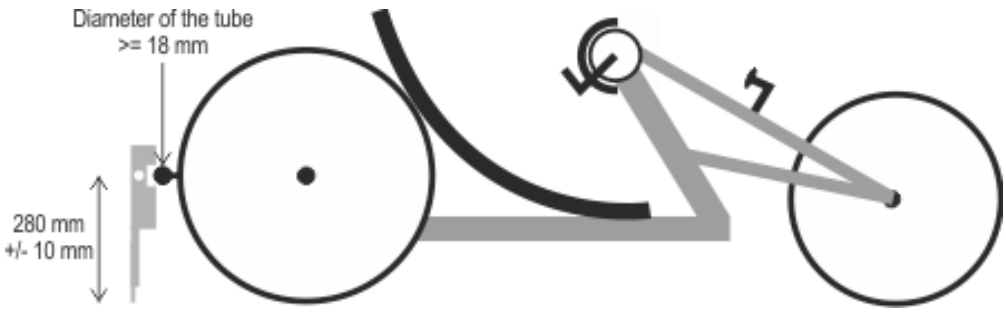
(xii) The largest chain ring shall have a guard securely fitted to protect the Paratriathlete. This protection shall be made of solid material that is sufficiently robust and covers the chain ring fully over half of its circumference (180°) on the side facing the rider;

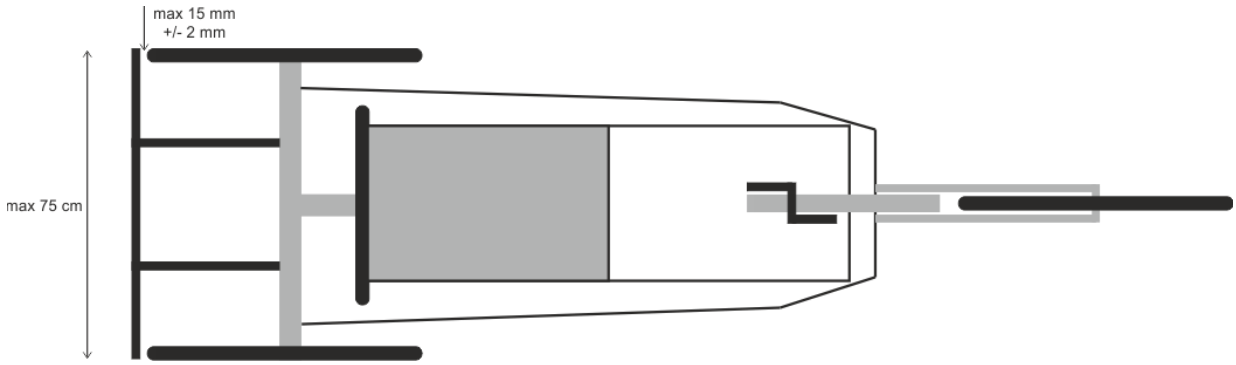
(xiii) ~~Maximum frame tube diameter shall be 80 mm, irrespective of tube material, or profile.~~ Any fillets, or ribs, inserted at joints between tubes, shall be for strengthening purposes only. Non-functional, aerodynamic devices are not permitted for competition;

(xiv) A quick release body harness is permitted;

(xv) It is mandatory that a handcycle with two rear wheel should be equipped with a safety bar to prevent the front wheelof a following competitior from entering the space between the rear wheels;

(xvi) A safety bar is required and must not exceed the width of each rear wheel tyre and all tube ends must be closed or plugged. The safety bar must be fitted 15 mm (+/- 2 mm) behind the wheels. It must be around tube (at least 18 mm in diameter) and made of adequately solid material to resist impact without bending or breaking. The distance between the ground and the bar axis must be 280 mm (+/- 10 mm). The structure and assembly of the safety bar must guarantee that normal bumps, which may be experienced during a competition, don't affect the safe functioning of the bar (see diagram);





c.) The official race number will be placed at the back of the handcycle and will be visible from the back;

d.) The helmet must be fastened before getting onto the handcycle and it must remain fastened till the finish;

e.) Athletes must stop completely at the mount line exiting Transition 1 and at the dismount line on entering Transition 2. Once stopped, the Technical Official will say "Go" and the athlete can continue the competition. The wheelchair is considered correctly stopped if the front wheel stops immediately before the line. If the front wheel stops touching the line or beyond the line, a time penalty will be applied.

17.15. Paratriathlon PTWC1 and PTWC2 Running Conduct/ Equipment:

a.) All paratriathletes perform the run portion in a "racing wheelchair";

b.) The specifications of a "racing wheelchair" (hereafter referred to as "the chair") are as follows:

(i) The chair shall have two large wheels and one small wheel;

(ii) There should be a brake at the front wheel;

(iii) 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;

(iv) 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;

(v) Only one plain, round, hand rim is allowed for each large wheel. No mechanical gears or levers that propel the chair shall be allowed;

(vi) Only hand operated, mechanical steering devices will be allowed;

(vii) Paratriathletes must be able to turn the front wheel manually to the left and right;

(viii) No part of the chair may protrude behind the vertical plane of the back edge of the rear tyres;

(ix) It will be the Paratriathlete'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;

(x) Paratriathletes must ensure that their lower limbs have enough support/bracing to prevent them from dragging or making contact with the ground during the event;

(xi) Paratriathletes shall wear the approved bike helmet at all times while seated in the chair.

c.) Propulsion by any other method except the Paratriathlete pushing on the wheels or push-rims will result in disqualification.

d.) It is forbidden to draft off a motorbike or vehicle and blue card will be used to inform the athletes. Drafting is entering the motorbike or vehicle drafting zone (penalties outlined in 5.6):

- Motorbike draft zone: the draft zone behind a motorbike will be 12 meters long.
- Vehicle draft zone: The draft zone behind a vehicle will be 35 meters long and applies to every vehicle.

e.) A Paratriathlete attempting to overtake another Paratriathlete 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 Paratriathlete once the front wheel(s) of the passing chair is ahead of his/hers;

f.) PTWC1 and PTWC2 athletes will be judged as finished, the moment in which the centre of the axle of the leading wheel reaches the vertical plane of the nearer edge of the finish line;

g.) The official race number will be placed at the back of the wheelchair and visible from the back;

h.) No run course shall have a maximum gradient of over 5% at the steepest section;

17.16. Paratriathlon PTS2, PTS3, PTS4 and PTS5 Running Conduct / Equipment:

a.) Athletes are permitted to use prosthesis provided that the prosthesis replaces a missing body part of the athlete. Athletes may only compete with prostheses, orthoses or other special adaptive equipment that has been checked and approved during the classification evaluation.

b.) The use of running blades is only allowed as long as they are mounted on a prosthetic leg.

c.) Athletes will wear a official race number or four sets of body decals, which will be visible from the front.

17.17. Paratriathlon PTVI1, PTVI2 and PTVI3 Conduct:

The following additional rules apply to all visually impaired (PTVI1, PTVI2 and PTVI3) paratriathletes and their guides:

a.) General:

(i) No guide dogs will be allowed at any time;

(ii) Each athlete must have a guide of the same gender and nationality. Both athlete and guide will hold a license from the same National Federation;

(iii) Each athlete is allowed a maximum of one (1) guide during each competition;

(iv) An athlete cannot act as a guide until a period of twelve (12) months has passed since his/her last sprint or standard distance elite triathlon ITU event or any elite triathlon event recognized by ITU on sprint or standard distance;

(v) All guides must comply with minimum age requirements as per the ITU Competition Rules Appendix A;

(vi) 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;

(vii) Guides are not allowed to pull or push the athletes;

(viii) Athlete and guide shall not be more than 1.5 meters apart during the swim segment and no more than 0.5 meters apart during any other segment of the competition;

(ix) Guides may not use paddleboards, kayaks, etc. (on the swim portion) or bicycles, motor bicycles, etc., (on the run portion) or any other mechanical means of transport.

(x) All PTVI1 athletes ~~from sub-class B1~~ must wear blackout goggles throughout the entire competition. Swim blackout goggles may be removed only once the athlete and guide have reached their bike position in Transition area 1. The bike/run blackout glasses must be used from Transition area 1 until the athlete and guide cross the finish line. Both the blackout goggles and glasses will be checked at registration and the athlete must ensure they do not allow light to enter through the main patched or painted area, nose piece, sides or bottom.

(xi) Athletes and guides are subject to ITU Anti-Doping Rules

b.) Swimming conduct:

(i) Each athlete must be tethered to their own guide during the swim;

(ii) At no time may a guide lead or pace the paratriathlete nor propel them forward by pulling or pushing;

(iii) The guide must swim next to the athlete within a maximum separation distance of 1.5m from the athletes' head to the guide's head. The tether must be elastic rope with bright or reflective color and up to 80 cm long measured with no tension. It can be fixed at any point of the athletes' body.

c.) Cycling conduct:

(i) All paratriathletes and guides must use a tandem bicycle. The specifications of the tandem bicycle are as follows:

- 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; the maximum sizes will be 2.70 meters long and 0.5 meters wide;

- The tandem top tube, and any additional strengthening tubes, may slope to suit the morphological sizes of the riders.

d.) Running conduct:

(i) Each athlete must be tethered during the run to his/her guide. The tether shall be made from non-elastic material and not store energy and/or offer a performance gain to the athlete.

(ii) The athlete may use an elbow lead during the run. The guide-runner is not allowed to push, pull or otherwise propel athletes in order to gain an advantage at any stage during a competition. A guide-runner may assist an athlete who has tripped or fallen to regain his/her footing and/or orientation as long as such assistance does not provide any advantage to the athlete towards his/her running direction.

(iii) As the athlete crosses the finish line, the guide must be beside or behind the paratriathlete but not further apart than the required 0.5 meters maximum separation distance.

(iv) Free Leading zones: for safety reasons, contact is allowed 10 meters before and after an aid station, a sharp turn, penalty box, transition area swim exit, pre-transition area or any other section of the run course determined by the Technical Delegate and indicated at the athlete's briefing;

17.18. Hygiene:

a.) It is mandatory for all paratriathletes, who use catheters or other urinary diversion devices, to prevent spillage by using a catheter bag at all times. This includes during training, competition and classification.

17.19. Approval panels:

a.) Decisions on bike adaptations or brace approval will be made by a panel composed of:

(i) An ITU Technical Committee member;

(ii) A representative of the ITU Sport Department;

(iii) A member of the ITU Paratriathlon Committee;

b.) The decisions of the Approval Panel can be appealed to the ITU Arbitration Tribunal. This appeal does not suspend the decision of the Approval Panel, but rather the decision will stay in place during the time the ITU Arbitration Tribunal takes to make a decision on the appeal.

18. WINTER TRIATHLON:

18.1. Definition:

a.) Winter Triathlon may take place in two different formats:

(i) Running, mountain biking and cross country skiing, named as Winter Triathlon;

(ii) ~~Snowshoeing~~/Running, skating and cross country skiing, named S3 Winter Triathlon.

b.) All segments of the competition will be preferably on snow or ice. The run and bike segment can also take place on a different surface.

18.2. Official Training and Course Familiarisation:

a.) Official training and familiarisation sessions will be conducted by the Technical Delegate and the Local Organising Committee. Athletes and coaches may attend these official training and familiarisation sessions;

b.) Conduct on competition days: Athletes are not allowed to warm up or do any familiarisation on the course while a competition is in progress.

18.3. 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.

18.4. Mountain Bike Segment:

a.) The minimum tyre dimension is 26x1.5 inches which means the smallest part of the tyre should not be less than 40mm;

b.) Front and rear wheels may have different diameters;

c.) The bike segment of winter triathlon competitions is laid out as a cross-country course over snow and may follow normal roads or paths;

d.) Athletes are allowed to push or carry the bike over the course;

e.) Drafting is allowed. For safety reasons there may be no passing zones on the course. ~~It may be forbidden to pass other athletes before entering the transition area.~~ Lapped athletes will not be removed from the competition;

f.) Athletes must bring their own tools and parts and must carry out their own repairs;

g.) Bike shoes are mandatory in the bike segment. This rule is not applicable to Age Group athletes;

h.) Spiked tyres are allowed provided that the spikes are shorter than 5 mm. measured from the tyre surface.

i.) Traditional MTB bar ends are authorised. Ends must be plugged.

18.5. Ski Segment:

a.) Testing of equipment (skis) is allowed prior to the competition on specially marked tracks, or on the competition-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 competition;

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 Technical Delegate;

g.) Once a request to pass is made by a athlete, the athlete being passed must move to the side as soon as possible;

h.) In the finish chute (30-50m), freestyle skiing may be forbidden. Double poling may be mandatory and prepared tracks for classic technique must be used. This provision will be announced at the athletes' briefing;

i.) Athletes cannot remove their skis until at least 10 meters 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.

~~**Snowshoeing segment:**~~

~~a.) The entire course must be completed with the snowshoes on the participant's feet;~~

~~b.) Athletes are not allowed to change any of the snowshoes;~~

~~c.) The snowshoes must measure a minimum of 18 cm (7 inches) wide by 51 cm (20 inches) long and they must have a minimum useable surface of 774 cm2 (120 square inches);~~

~~d.) Once a request to pass is made by a athlete, the athlete being passed must move to the side as soon as possible.~~

18.6. Skating Segment:

a.) All types of skates, including Nordic blades, are allowed;

b.) Athletes are not allowed to change any of the skates;

c.) Once a request to pass is made by a athlete, the athlete being passed must move to the side as soon as possible;

d.) Athletes will wear helmet, as outlined in Competition Rules 5.2 g).

18.7. Transition Area Conduct:

a.) Skiing inside the transition area is forbidden;

b.) Athletes must put on and take off their ~~snow~~ running shoes and skates within the transition area, in the athletes' own space. If a "Nordic blades changing zone" is provided, athletes may choose to put the Nordic baldes on there;

c.) In the transition area, Technical Officials may assist athletes by receiving and placing their bikes and handing out their equipment. This service must be equal for all athletes;

d.) 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 or when they put

the skates on, until after they have placed their bike on the rack at the finish of the bike leg or when they takes the skates off;

e.) A “Nordic blades changing area” may be created by the side of the edge of the ice;

f.) A littering zone will be placed after the “ski placing line” where the athletes can discard the shoe covers.

18.8. Coaches’ Station:

a.) Coaches will have a designated space available on the bike segment in order to supply athletes with their own food and beverages.

18.9. Special Needs Station:

a.) Additional stations on the bike and or run may be provided for special needs;

b.) Any items given out at these stations will be the handed out by volunteers supplied by the Local Organising Committee;

c.) If these stations are not provided no items may be provided by any other person, otherwise this will be considered outside assistance.

d.) A Repair Zone may be provided on the bike section where athletes will have the opportunity to leave special tools and spares provided they are correctly packed and labelled. The athlete is responsible to carry out their own repairs.

18.10. Finish Definition:

a.) An athlete will be judged as “finished,” the moment the tip of the front ski boot crosses a vertical line extending from the leading edge of the finish line.

18.11. Weather conditions:

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

19. CROSS TRIATHLON AND DUATHLON:

19.1. 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.

19.2. 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.

19.3. Official Training and Familiarisation:

a.) Official training and familiarisation sessions will be conducted by the Technical Delegate and the Local Organising Committee. Athletes and coaches may attend these official training and familiarisation sessions;

b.) Conduct on competition days: Athletes are not allowed to warm up or do any course familiarisation while a competition is in progress.

19.4. Mountain Biking Conduct:

a.) The maximum tyre diameter for the MTB is 29 inches. The minimum cross section is 1.5 inch;

b.) Front and rear wheels may have different diameter;

c.) Studded and/or slick tyres are allowed;

d.) Athletes are allowed to push or carry the bike over the course;

e.) Drafting is allowed. For safety reasons there may be no passing zones on the course. ~~it may be forbidden to pass other athletes before entering the transition area.~~ Lapped athletes will not be removed from the competition;

f.) Clip-ons are not allowed;

g.) Traditional road handlebars are forbidden;

h.) Traditional MTB bar ends are authorised. Ends must be plugged.

19.5. Transition Area Conduct:

a.) See all reference in Competition Rules, section 7;

19.6. Running Conduct:

a.) Spike shoes are allowed.

19.7. Coaches Stations:

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

19.8. Special needs

a.) Additional stations on the bike and or run may be provided for special needs;

b.) Any items given out at these stations will be the handed out by volunteers supplied by the Local Organising Committee;

c.) If these stations are not provided no items may be provided by any other person, otherwise this will be considered outside assistance.

d.) A Repair Zone may be provided on the bike section where athletes will have the opportunity to leave special tools and spares provided they are correctly packed and labelled. The athlete is responsible to carry out their own repairs.

20. COMPETITION IN QUALIFYING ROUND FORMAT:

20.1. General:

a.) An event in Qualifying Round Format consists of several rounds with a number of heats each qualifying athletes to the next round and eventually finishing with a final to determine a winner.

20.2. Rounds:

a.) The rounds will be called semi-finals and final;

b.) An event will have two rounds;

c.) Semi-finals and final will have 30 athletes as a maximum. The number of semi-finals will be as follows:

Athletes entered	Semi-finals
Less than 30	No semi-finals, direct final
31 to 60	2 semi-finals (15 to 30 athletes each)
61 to 90	3 semi-finals (20 to 30 athletes each)
91 to 120	4 semi-finals (22 to 30 athletes each)
121 to 150	5 semi-finals (24 to 30 athletes each)

20.3. Qualification to final:

a.) Every semi-final will qualify a fixed number of athletes for the final. Additionally, a number of athletes will qualify from semi-final heats, based on fastest times:

Athletes entered	Semi-finals	By position in the semi-final	By time
31 to 60	2	14	2
61 to 90	3	9	3
91 to 120	4	7	2
More than 121	5	5	5

b.) Athletes from different heats and with the same time (in seconds), which are tied in the last qualifying position, will all qualify, increasing the number of athletes qualified for the next round;

c.) Athletes who have not qualified for the final will be sorted by time. In case of athletes withdrawing from the final, replacement will be made by the first athlete who has not qualified. The replacement will happen if the number of athletes in the final drops down to 30 athletes. (a random selection will be made from those athletes who have the same time). The deadline for the replacements will be when registration opens.

d.) In case where an event has a B final, the best 30 athletes from the semi-finals who have not qualified for the A final, will be sorted according to their times and will qualify to the B final.

20.4. Distribution of athletes in the semi-finals:

a.) The Technical Delegate will compose the heats as follows:

(i) If there are not any applicable rankings, the athletes will be distributed among the heats in order to have the same number of athletes per semi-final (some semi-finals can have one more athlete than others).

The athletes from the same National Federation will be distributed among the heats following the same principle;

(ii) If a ranking is applicable, the ranked athletes will be distributed according to the chart below and the non-ranked athletes will fill the remaining spots by applying the principle of assigning a similar number of athletes from the same National Federation to every heat, and keeping all the heats of equal size.

Chart: Distribution of ranked athletes among the semi-finals:

Semi-final 1	Semi-final 2	Last Semi-final (-1)	Last Semi-final
1			
	2		
		3	
			4
			5
		6	
	7		
8			
9			
	10		
		11	
			12
			13
		14	
	15		
16			
17			
etc…			

Note: The number reflects the ranking order

20.5. Numbering:

a.) The numbers in the final will be assigned as first criteria according to the positions in the semi-finals. The second criteria will be the time in the semi-final, the third, the ITU Points List position, and the fourth a random apportionment.

20.6. Results:

a.) The overall results for the event will be the results of the final round;

b.) If the event is included in any ranking which is allocating points to more positions than finishers in the final, the remaining points will be awarded as follows:

(i) To the DNF athletes in the final, according to their times in the semi-finals;

(ii) To the DNS athletes in the final according to their times in the semi-final;

(iii) If the event does not have a B final: The athletes who did not qualify for the final, will have points allocated according to their times in the

semi-finals. If the event has B final: The results from the B final will determine their points.

(iv) DSQ athletes will not earn any points.

20.7. Prize money:

a.) Prize money distribution will follow the general rules (Appendix I) and the preceding paragraph if necessary.

21. EVENT IN TIME TRIAL QUALIFYING ROUND FORMAT:

21.1. General:

a.) An event in Time Trial Qualifying Round Format consists of two competitions, the first one (qualifier) conducted as a time trial with athletes starting individually one by one, and the second one (final) conducted as a mass start event, in which the participants are the best ranked in the time trial competition;

b.) The result of the event is the result of the final.

21.2. Rounds:

a.) An event will have two rounds;

b.) The rounds will be called qualifier and final;

c.) The qualifier will be time trial with draft-illegal bike segment, and the final will be mass start with a draft legal bike segment. In both qualifier and final competitions, athletes must use draft legal bikes and bike equipment.

d.) The Technical Delegate will determine the time interval between the start of each athlete in the time trial qualifier, which can be between 15 seconds and 3 minutes.

e.) The final will have 30 athletes. The Head Referee will decide, according to the available technological resources, if a tie will be declared for two or more of the athletes. In this case, the final may have more than 30 athletes.

21.3. Qualification to final:

a.) The athletes with the best 30 times in the qualifiers will qualify for the final.

b.) Athletes who have not qualified for the final will be placed according to their time in the qualifiers. In case of athletes withdrawing from the final, replacement will be made by the next fastest athlete who has not qualified. The replacement will only happen if the number of athletes in the final drops down below 30 athletes. The deadline for the replacements will be when registration opens.

c.) In case where an event has a B final, the athletes with the best 30 times from the qualifier, who have not qualified for the A final, will be sorted according to their times and will qualify to compete in the B final.

21.4. Numbering and distribution of athletes in the qualifier:

a.) Race numbers will be allocated to the athletes as regulated in the Competition Rules 2.10.

b.) Athletes will start one by one starting by the highest number in decreasing order.

c.) In case of athletes not showing up to the start or if any race number is not assigned, the start sequence will follow as if there was an athlete competing in the time allotted to this unused number.

d.) The start list will be created following this model:

Race number	First Name	Last Name	NF	Start Time
102	Grzegorz	Zgliczynski	POL	09:00:00
101	Andrew	Farrell	USA	09:00:30
100	Todd	Martin	AUS	09:01:00
99	Gervasio	Da Silva	BRA	09:01:30

21.5. Qualifier start system:

a.) Principles set in ITU Competition Rules 4.7 will apply:

(i) Athletes are responsible for being at the start line on time;

(ii) A video camera shall be used to record the entire start;

(iii) The Start Technical Officials are responsible for synchronizing their own and the Timekeepers' watches;

(iv) Start Technical Officials must provide all athletes with the opportunity to start at their correct times. An assistant responsible for recording the details for any violations at the start must be placed near the starter. The athletes' actual start time must be noted with both electric and hand timing; in case the Competition Jury decides his/her late start was due to force majeure;

(v) Athletes will line up according to the start order. Athletes will need to report at the pre-start area at least 2 minutes before their start time;

(vi) Athletes will be informed by the starter about the remaining time to the start, 15 and 5 seconds before the start time;

(vii) The Start Technical Official will announce the start time by using an electronic/manual horn;

(viii) Athletes starting the competition before the start time will be recalled to the start line. Any athlete failing to do this will be disqualified. Athletes starting after their start time, must get the approval of the Start Technical Official to proceed. The start time of those athletes will be the start time originally assigned.

21.6. Race number allocation in the final:

a.) The race numbers in the final will be assigned as first criteria according to the time in the qualifier. The lowest time in the qualifier will receive number 1 in the final. Tied athletes will be numbered randomly.

21.7. Results:

a.) The overall results for the event will be the results of the final round. Awards, and prize money will be distributed accordingly;

b.) If the event is included in any ranking which is allocating points to more positions than finishers in the final, the remaining points will be awarded as follows:

(i) To the DNF athletes in the final, according to their times in the qualifier;

(ii) To the DNS athletes in the final according to their times in the qualifier;

(iii) If the event does not have a B final: The athletes who did not qualify for the final, will have points allocated according to their times in the qualifier. If the event has B final: The results from the B final will determine their points;

(iv) DSQ athletes will not earn any points.

22. AQUABIKE:

22.1. General

a.) Aquabike consists of Swimming, Transition area 1, biking and Transition area 2.

b.) Aquabike events will be organised only ~~under Long Distance and~~ for Age Group categories, and included in the program of an ~~Long Distance Triathlon~~ event with same swim and bike distances.

22.2. Distance

a.) 1500m swim followed by 40km bike, mirroring the distance of the Standard Distance Triathlon events in which the aquabike is included;

b.) From 1900 meter swim and longer followed by 80 km bike or longer, mirroring the distance of the Long Distance Triathlon event in which the aquabike is included.

22.3. Specific Rules

a.) Aquabike is ruled by the same rules that the Long Distance Triathlon event in which is included.

22.4. Finish

a.) Athletes will finish the competition at the finish line located at the end of the bike course. ~~by the Transition area 2 exit.~~ The finish occurs at the instant that the tyre of the front wheel meets the vertical plane rising from the starting edge of the finishing line. The time registered in this point is the final time.

APPENDICES

23. APPENDIX A: COMPETITION DISTANCES AND AGE REQUIREMENTS:

Triathlon:

	Swim	Bike	Run	Minimum age required
Team relay	250m to 300m	5km to 8km	1.5km to 2km	15
Super Sprint Distance	250m to 500m	6.5km to 13km	1.7km to 3.5km	15
Sprint Distance	Up to 750m	Up to 20km	Up to 5km	16
Standard Distance	1500m	40km	10km	18
Middle Distance	1900m to 3000m	80km to 90km	20km to 21km	18
Long Distance	1000m to 4000m	100km to 200km	10km to 42.2km	18

Duathlon:

	Run	Bike	Run	Minimum age required
Team Relay	1.5km to 2km	5km to 8km	0.75km to 1km	15
Sprint Distance	5km	20km	2.5km	16
Standard Distance	5km to 10km	30km to 40km	5km	18
Middle Distance	10km to 20km	60km to 90km	10km	18
Long Distance	10km to 20km	120km to 150km	20km to 30km	18

Aquathlon:

	Run	Swim	Run	Minimum age required
Standard Distance	2.5km	1000m	2.5km	16
Standard Distance (cold waters)		1000m	5km	16
Long Distance	5km	2000m	5km	18
Long Distance (cold waters)		2000m	10km	18

Winter Triathlon:

Winter Triathlon	Cross-Country Run	Mountain Bike	Cross-Country Ski	Minimum age required
Team Relay	2 to 3 km	4 to 5 km	3 to 4 km	15
Sprint Distance	3 to 4 km	5 to 6 km	5 to 6 km	16
Standard Distance	7 to 9 km	12 to 14 km	10 to 12 km	18

S3 Winter Triathlon	~~Snowshoeing~~ Run	Skating	Cross-Country Ski	Minimum age required
Standard Distance	4 to 6 km	10 to 14 km	7 to 9 km	16

Cross Triathlon:

	Swim	Mountain Bike	Cross Country Run	Minimum age required
Team Relay	200m to 250m	4km to 5km	1.2km to 1.6km	15
Sprint Distance	500m	10km to 12km	3km to 4km	16
Standard Distance	1000m to 1500m	20km to 30km	6km to 10km	18

Cross Duathlon:

	Cross Country Run	Mountain Bike	Cross Country Run	Minimum age required
Team Relay	1.2km to 1.6km	4km to 5km	0.6km to 0.8km	15
Sprint Distance	3km to 4km	10km to 12km	1.5km to 2km	16
Standard Distance	6km to 8km	20km to 25km	3km to 4km	18

Aquabike:

	Swim	Bike	Minimum age required
Standard Distance	1500m	40km	18
Long Distance	1000 to 4000 m	100 to 200 km	18

24. APPENDIX B: COMPETITION PROTEST FORM:

INTERNATIONAL TRIATHLON UNION

PROTEST FORM

Part 1: To be completed by the protester.

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

Event Name:		Event Date:	
Event Location:		Time Protest Submitted	
Name of Protester:		Race Number:	
Country of Protester:		Email:	
Address of Protester			
	(street address)	(City and Postal Code)	
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 amount.

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.)			
Who was involved in the Violation?			
How did the Violation occur (brief statement explaining alleged violation)?			
Signature of Protester:		Date:	

Part 2 Official use only

Protest Fee $50 USD attached	Yes ❑ No ❑
Competition Jury / Appeal Panel Members (Names) and tick box to indicate if it was a 3 person jury or 5 person. ❒ **3 person jury** ❒ **5 person jury**	1.
	2.
	3.
	4.
	5.
Competition Jury / Appeal Panel action:	
Competition Jury / Appeal Panel Chair's Name:	
Signature:	
Time, Date Protes received:	
Time, Date Protest processed:	
Amount of fee withheld/refunded:	

25. APPENDIX C: COMPETITION 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 Head 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 amount.

Event Name:		Event Date:	
Event Location:		Time Appeal Submitted	
Name of Appellant:		Race Number:	
Country of Appellant:		Email:	
Address of Appellant:			
	(street address)		(City and Postal Code)
Telephone (home):		Telephone (mobile):	
Reason for penalty received:		Type of penalty received (DQ, Suspension):	
Was the penalty confirmed by the Head Referee?	**Yes** ❑ **No** ❑		

Type of Appeal: (Check one box only.)

❒ Appeal against the Head Referee's ruling on a Violation Report

❒ Appeal against the Head 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:**

Part 2 Official use only

Appeal Fee $50 USD attached	Yes ❑ No ❑
Is this Appeal to reverse a Competition Jury / Appeal Panel decision?	Yes ❑ No ❑
If 'Yes', attach Competition Jury / Appeal Panel Decision and action(s) and Head Referee's decision and action(s).	
Competition Jury / Appeal Panel Members (Names) and tick box to indicate if it was a 3 person jury or 5 person. ❒ **3 person jury** ❒ **5 person jury**	1. 2. 3. 4. 5.
Competition Jury / Appeal Panel Action:	
Competition Jury / Appeal Panel Chair's Name:	
Signature:	
Time, Date Appeal Received:	
Time, Date Appeal processed:	
Amount of fee withheld/refunded:	

26. APPENDIX D: DEFINITIONS:

Age	The age of the athlete on the 31st of December of the year of the competition.
Age group Team Managers Briefing	Meeting with the Age group team manager and coaches in which they are informed by the Technical Delegate about all the specifications of the event.
Aid/Outside Assistance	Any kind of material support or personal assistance received by the athlete. Depending on its nature, it may be allowed or forbidden.
Ambush Marketing	Deliberately using the opportunity of live television and media photographers to expose the sponsor logos larger than the approved sizes, and/or equipment or objects not provided by Local Organising Committee or ITU.
Appeal	A request to the Competition Jury of an event or the ITU Arbitration Tribunal for a review of the decision of the Head 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 ITU Arbitration Tribunal independently.)
Appeal Panel	The Appeal Panel consist of a member of the ITU Technical Committee, the ITU Sport Department and the Technical Delegate of the event or if such not available the representative of the LOC for appeals to be dealt with after the medal ceremonies, but before 48 hours after the end of the competition. It is held responsible to determine the eligibility of the protest or appeal, to hear and to rule on all appeals against decisions handed down through the Head Referee, including decisions on protests.
Appellant	An athlete submitting an appeal.
Aquabike	Multisport which combines swim and cycle in two segments: the first segment is swimming and finishing with cycling.
Aquathlon	Multisport which combines swim and run in three segments: the first segment is run, followed by swimming and finishing with running.
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 competition course segment or area.
Athletes	Individuals who register for and compete in events.
Athletes' Briefing	Meeting with the athletes in which they are informed by the Technical Delegate about all the specifications of the event.

Bag Drop System	Conducting transitions by: 1. Taking a pre-prepared bag containing all equipment to be used in the next segment; 2. Changing the equipment in the designated area; 3. Putting all the used equipment into the same bag and drop it at the designated spot.
Bicycle	The bicycle is a human powered vehicle with two wheels of equal diameter. The front wheel shall be steerable; the rear wheel shal be driven through a system comprising pedals and a chain. Bicycles are also referred as bikes.
Bike catchers	Local Organising Committee personnel located after the dismount line, who take the bikes from the athletes and delivering them to the location from where the athletes can collect them after the competition.
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.
Blue card	Card, which is used to inform athletes when being penalised for drafting infringement during cycling segment.
Charge	The contacting of one athlete by another from the front, rear or side, and hindering that athlete's progress.
Check in	Control established at the entrance of the athletes lounge and at the entrance of the transisition area, before the competition. In both places a time of admission is set by the Technical Delegate.
Chief Technical Official	Appointed by the Technical Delegate and is responsible for the control and co-ordination of the deployment of Technical Officials.
Clean Start	All the athletes start after the horn. The competition continues.
Coaches meeting	Meeting with the coaches in which they are informed by the Technical Delegate about all the specifications of the event.
Competition	Single and continuous sport action from start to finish. Most cases it fits within the definition of Race, except the semi-final/final or the time trial qualifying format.
Competition Jury	The Competition Jury appointed and chaired by the Technical Delegate. It is held responsible to determine the eligibility of the protest or appeal, to hear and to rule on all appeals against decisions handed down through the Head Referee, including decisions on protests.
Conflict of interest	A set of circumstances that creates a risk that professional judgement or actions regarding a primary interest will be unduly influenced by a secondary interest.
Continent	Each of the five geographical divisions established in ITU. They are: Africa, The Americas, Asia, Europe and Oceania

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.
Cycling Segment	Part of the competition 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.
Development Event	Event sanctioned by ITU or any of the Continental Confederations, where ITU may allow the participation of athletes only from certain pre-defined National Federations.
Dismount Before The Dismount Line	An athlete's foot must contact the ground before the dismount line after the athlete dismounts the bike.. 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 competition as a whole, and the athlete's results will appear as DSQ.
Draft Zone Bicycle	Zone defined by an athlete during the cycling segment which is extended to the whole width of the road and 10 meters long in the standard and shorter events and 12 meters long in middle and long distance events.
Draft Zone Motorbike	Zone defined by a motorbike during the cycling segment which is extended to the whole width of the road and 12 meters long.
Draft Zone Vehicle	Zone defined by a vehicle during the cycling segment which is extended to the whole width of the road and 35 meters long.
Drafting	To enter in a drafting zone and not completing the overtake in 20 seconds in standard and shorter events or 25 seconds in middle and long distance events.
Duathlon	Multisport which combines cycle and run in three segments: the first segment is running, followed by cycling and finishing with running.

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 competitions.
Event	Group of Races of the same category usually happening in the same day or on the following days (i.e.: World Championship, Continental Cup).
Event Organisers Manual (EOM)	A document which has been developed to ensure the implementation of consistently high global event management and marketing standards.
Event-weekend	The days when an event is taking place, which may include days other than Saturday and Sunday.
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.
Festival	Group of different multisport events happening in a short period of time (up to ten days) at the same location.
Field of Play (FOP)	The course on which the competition portions of the ITU event will take place.
Field of Play Decision	The application and interpretation of the ITU Competition Rules by Technical Officials and/or Competition Jury.
Final	Last round of an event in qualifying round format. The final decides the winner and the medallist of the event.
Finisher	An athlete who completes the entire competition course within the rules and crosses the finish line, or a vertical extension of the forward edge of the finish line, with any part of the torso (i.e. as distinct from the head, neck, arms, legs, hands or feet).
Force Majeure	Action of the elements, strike, lockout or other industrial disturbance, unlawful act against public order or authority, war blockade, public riot, lightning, fire or explosion, storm, flood, blacklisting, boycott or sanctions however incurred, freight embargo, transportation delay or any other, event which is not reasonably within the control of the party affected.
Incapable Athlete	An athlete deemed by race medical staff as not being able to continue the event without the likelihood of causing injury to him/herself or another athlete.
Indecent Exposure	The 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.
Inland Water	Lakes, lochs, canals and rivers up to the point the tide affects them in terms of changes to their level.
Interference	A deliberate block, charge or abrupt motion, which impedes another athlete.

International Technical Officials (ITOs)	The Level 3 Technical Officials certified by ITU.
International Triathlon Union (ITU)	The world governing body of triathlon, duathlon, aquathlon, winter triathlon and all other related multisport, a non-profit corporation domiciled and residing at Maison du Sport International, Av de Rhodanie 54, CH-1007 Lausanne, Switzerland.
ITU Competition Rules	The document that contains all the rules and regulations that governs fair and safe competitions.
ITU Members	The National Federations and Continental Confederations affiliated to ITU.
ITU Rules	The ITU Event Organisers' Manual (latest edition), ITU Competition Rules, ITU Constitution and By-Laws, ITU Guidelines Regarding Authorised Identification, ITU Anti-Doping Rules and WADA Code, ITU Athletes' Agreement, ITU Qualification Criteria, ITU Ranking Criteria and any other rules adopted and amended by ITU from time to time and available for consultation via the download section of the ITU's official website www.triathlon.org.
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.
Last Biker – First Runner Scenario	This occurs when the bike and run courses are partly common, and the first runner reaches the point where both courses merge and there are still bikers on the course before this point.
Local Organising Committee (LOC)	The organising entity of an ITU event.
Medal Events (Paratriathlon)	A competition, which may include athletes from one or more sport classes competing for the same medals.
Mount After The Mount Line	An athlete's foot must contact the ground past the mount line, before the athlete mounts the bike. 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 Federation Quota	The maximum quota allocated to a National Federation in a specific competition.
National Technical Officials (NTOs)	The Level 1 Technical Officials certified by the National Federation.
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.
Panel	A temporary or permanent body composed by minimum three (3) people representing pre-defined stakeholders, which takes decisions or make proposals in specific tasks.
Pass	When one athlete's bike draft zone overlaps another athlete's bike draft zone, makes continual forward progress through that zone and overtakes within a maximum period of 20 seconds. 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.
Prosthesis	An artificial device used to replace a missing body part.
Protest	A formal complaint against the conduct of another athlete or a race official, or against the conditions of the competition.
Race	A competition or group of competitions, which determine a winner, the medals and a result list. In the case of Paratriathlon, this is named as “Medal Event” (i.e.: elite men’s race, 50-54 women).
Head 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. Technical Delegate appoints the Head Referee.
Red card	Card, which is used to inform athletes about disqualification.
Region	Group of National Federations, from the same or different continents, linked by geographical or cultural reasons.
Registration	Point of control established at the entrance of athletes briefing and coaches meeting. Attenders to these meetings will sign the attendance list.

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 the ITU Competition Rules.
Round	Each of the stages of an event with qualifying format. One event in qualifying round format has two rounds: semi-finals and final.
Run Course	Part of the competition 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.
Sea and Transition Water	Ocean, seas and the part of the river affected by the tides, including river mouths, deltas, estuaries and rias.
Semi-final	Preliminary round of an event in qualifying round format. The semi-finals determine the athletes qualified to the final.
Smart Helmet	Bike helmet with a built in sound system covering or not covering the ears.
Sorted Waiting List	A list of athletes not yet included in the start list, ordered according to the specific qualification criteria.
Sport Class	Paratriathlon sport class is a category defined by ITU in which athletes are categorised in reference to an activity limitation resulting from impairment.
Sportsmanship	The behavior of an athlete during competition. Sportsmanship is interpreted as fair, rational and courteous behavior, while bad sports conduct is any behavior judged to be unfair, unethical or dishonest, a violent act, intentional misconduct, abusive language, intimidating behavior, 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.
Start List	A list of athletes approved to compete on a competition.

Start Wave	A group of athletes starting together at the same time. A start wave can include different races (i.e.: different Paratriathlon Sport Classes, or different Age Groups), but also a race can be split in different Start Waves (i.e.: Age Group 20-24A and Age Group 20-24B).
Stop and Go	Penalty consisting on stop, correct the fault and continue the competition.
~~**Sub-class**~~	~~Division made inside a paratriathlon sport class. Each paratriathlon sub-class includes Paratriathletes from the same sport class and having similar impairment conditions.~~
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 Arbitration Tribunal.
Swim Course	Part of the competition 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.
Time Penalty	Penalty consisting on stop at the penalty box for a certain time. Early start time penalty is served in T1 instead the at the penalty box.
Torso	The human body excluding the neck, the head and the limbs.
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	Start in which few athletes started before the signal. Early starters will receive a time penalty in Transition 1.
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 Local Organising Committee.
Violation	A rule infringement which results in a penalty.
Waiting List	A list of athletes not yet included in the start list before the creation of the start list.
Warning	A caution issued by a Technical Official to an athlete during the course of a competition. 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.
Winter Triathlon	Multisport which combines different winter sports. It may have two different formats, either starting with running on snow, followed by cycling on snow and finishing with cross country skiing, or starting with snow shoeing followed by skating on ice and finishing with cross country skiing.
Yellow card	Card, which is used to inform athletes about infringements which may result in warning, time penalty or stop and go.

27. APPENDIX E: QUALIFICATION AND RANKING CRITERIA

1. General:

1.1. The specific Qualification Criteria for all ITU and Continental Events are outlined in the ITU website under the following link: https://www.triathlon.org/about/downloads/category/qualification_criteria;

1.2. The specific Ranking Criteria for ITU and Continental Confederations are outlined in the ITU website under the following link: https://www.triathlon.org/about/downloads/category/ranking_criteria;

1.3. The general procedures and rules of qualification is outlined below.

2. Start Lists and Waiting Lists management procedures:

2.1. This section affects all ITU events, except those specificly excluded. Such exclusion is indicated in the qualification criteria. The Qualification Criteria also sets:

a.) The National Federations' quota (*);

b.) The Host National Federation's quota (*);

c.) The extended National Federations' quota (*);

d.) The extended Host National Federation's quota (*);

e.) The quota excess at the discretion of the invitation panel;

f.) The day of the start list's creation;

g.) The number of substitutions allowed per National Federaion;

h.) The last day the National Federation can request substitutions;

i.) The last day the National Federation can comunícate withdrawals without penalty;

j.) The maximum number of invitations to be allocated;

k.) The day of the invitation panel meeting.

(*) These quotas may be reduced as the result of the application of penalties.

2.2. Athletes are entered to the Waiting List 33 days before the first day of a given event by the National Federations. Athletes are sorted according to the following priority criteria:

a.) ITU World Ranking, or the priority indicated in the Qualification Criteria;

b.) Athletes without ITU World Ranking points are sorted as one per National Federation in alphabetical order of the IOC code of the country, starting with the host National Federation;

c.) Once one athlete of every National Federation is on the Waiting List, a second one is included to the Waiting List, with the same principles as above. Then a third athlete, and so on;

d.) Athletes – entered to the Waiting List after this sorting process – are allocated the last positions according to the time of entry.

2.3. Start list will be created 32 days before the first competition day, unless indicated differently in the specific Qualification Criteria;

2.4. Athletes are approved from this sorted Waiting List to the Start List according to the order in it, provided that the inclusión of the specific athlete does not result the exceeding of the National Federation quota or the Host National Federation quota;

2.5. Those athletes exceeding the quota are tagged with the indication of "Exceeds the National Federation quota";

2.6. The maximum number of athletes approved to the Start List are indicated in the specific Qualification Criteria, minus the number of invitations to be allocated. No more athletes are moved to the start list until 28 days before the event, when the invitation panel decission happens;

2.7. Till 30 days before the first day of competition of a given event:

a.) National Federations may request substitutions;

b.) National Federations may request withdrawals without penalty;

c.) National Federations may request invitations.

2.8. 28 days before the first day of competition of a given event invitations are awarded as outlined below in section 7 of this Appendix;

2.9. The start positions not filled by the invitation panel are filled by the next elegible athlete on the sorted Waiting List;

2.10. Following to the procedure above, when one National Federation withdraws an athlete not tagged with "Exceeds the NF quota", the tag on the first athlete from the same National Federation will be automatically removed;

2.11. Vacancies in the Start List are filled by the next eligible athlete in the sorted Waiting List. A vacancy in the Start List may happen as consequence of a withdrawal or because the low number of entries;

2.12. When all the athletes in the Waiting List are tagged with "Exceeds the NF quota" and there is a vacancy in the Start List, the first athlete will be approved. The acceptance of athletes exceeding the National Federaton or Host National Federation quota follows the order of one athlete per National Federation, according to their positions in the sorted Waiting List. Once all affected National Federations have one exceeding athlete in the Start List, a second one is moved to the start list, etc.;

2.13. No athletes will be admited in the wait list from 48 hours before the Athletes' Briefing;

2.14. Vacancies from 24 hours before the Athletes' Briefing will be filled with athletes present at the briefing.

3. Actions taken:

3.1. Actions taken applicable to the athletes:

a.) Athletes withdrawing from a competition after 13.00 GMT on Monday before the event, are removed from all the start and waiting lists of the events in the next 30 days counted from the day of the withdrawal;

b.) The athlete is not approved to compete in any competition on the same event-weekend of the competition he/she withdraws and on the following one;

c.) The penalty of the second weekend may be avoided by the use of a “joker” as described below.

3.2. Actions taken applicable to the National Federations:

a.) National Federations withdrawing athletes from the start list during the period between 30 days before the first day of competition and the athletes’ briefing, will receive a penalty consisting in a reduction of the National Federation quota in future ITU events as outlined in the following tables:

WTS, World Cups and Continental Championships	
Withdrawals (per gender)	Quota reduction (per gender)
1	0
2-3	1
4-5	2
6 or more	3

Continental Cups and Junior Continental Cups	
Withdrawals (per gender)	Quota reduction (per gender)
1	0
2-3	1
4-6	2
7-10	3
11-15	4
16 or more	5

Paratriathlon events	
Withdrawals (both genders, all classes)	Quota reduction (applicable to all classes and both genders)
1-3	0
4-6	1
7 or more	2

b.) Athletes missing the briefing, without previous notice, are added to those withdrawn from the competition by the National Federation.

c.) Also athletes missing the briefing and missing the competition will be added to determine the total numbers of athletes witdrawing from a competition.

d.) Monday after the event, the number of withdrawals per National Federaiton per gender are calculated and the reduction of the quotas are announced to the National Federations affected. The events affected by this reduction will be as the following:

(i) World Triathlon Series: The next two WTS events which Start List are to be produced;

(ii) World Cups / Continental Championships: The next two events which Start List are to be produced;

(iii) Paratriathlon events: The next two paratriathlon events which Start List are to be produced;

(iv) Continental Cups: The events of which Start List are to be produced in the next 30 days;

(v) Junior Continental Cups: The next two Junior Continental Cups which Start List are to be produced.

e.) A number of unexpected withdrawals without being penalized because last minutes issues are considered by the "jokers";

f.) The number of "jokers" per National Federation depends on the number of participations of each National Federation over the previous year as follows:

Number of "Jokers" in 2018	National Federation
10	JPN, USA
8	AUS, CAN, ESP, FRA, GBR, HUN, ITA, MEX
6	ARG, AUT, BEL, BRA, GER, KOR, NED, NZL, POR, RSA, RUS, SUI
4	CHI, CHN, COL, CRC, CRO, CZE, DEN, ECU, EST, HKG, IRL, ISR, MAS, NOR, PHI, POL, ROU, SLO, TPE, TUR, UKR
2	AZE, BLR, BUL, EGY, FIN, GUA, KAZ, LAT, LTU, LUX, MAC, SGP, SRB, SVK, SWE, TUN, URU, VEN
1	All other National Federation

4. "Jokers":

4.1. The use of one joker means:

a.) To reduce by one the reduction of the quotas;

b.) To give to the penalised athletes the posibility to compete in the second weekend after the withdrawal.

4.2. The quota reductions are cumulative, if generated in different events on the same weekend or in events which their penalty times overlap;

4.3. National Federations have to announce the use of the joker within 48 hours of the annoucement of the reduction of the quota;

4.4. All National Federation will have a minimum quota of one (1), even if the accumulated penalties would eliminate all athletes of the National Federation from an event.

5. Numbering:

5.1. Events will be numbered on the previous Monday by 13:00 GMT according to the criteria indicated in ITU Competition Rules, section 2.10. Athletes admited in the start list after the numbers are assigned, will receive the next highest number.

6. Exceptional conditions:

6.1. Non-Asian athletes will not be admitted in the elite competitions of the Asian Triathlon Continental Championships. For other Asian Championships, non-Asian athletes will be admited if the competition is not full, with the same quota limitations than the Asian National Federations. These admissions will be approved 10 days before the event;

6.2. Non-European athletes will not be admitted in the elite competitions of the European Sprint Triathlon Continental Championships. For other European Championships, non-European athletes will be admited if the competition is not full, with the same quota limitations than the European National Federations. These admissions will be approved 10 days before the event;

6.3. African-, American- and Oceania Continental Championships will be open to athletes from any continent if the race is not full, with the same quota limitations than the National Federations of the host continent. These admissions will be approved 10 days before the event.

7. Invitations:

7.1. 28 days (unless outlined differently in the specific Qulaificaiton Criteria) before the first competition day Invitation Panel will award 5 (unless outlined differently in the specific Qualification Criteria) invitations based on the requests, but not limited to it;

7.2. Invitation request must be emailed by the respective National Federation to entries@triathlon.org;

7.3. The Invitation Panel can not extend the National Federation quotas indicated in specific Qualification Criteria;

7.4. The Invitation Panel is composed of following members for ITU events:

a.) The ITU Secretary General or designate;

b.) A representative of the ITU Sport Department;

c.) A representative of ITU Development.

7.5. The Invitation Panel is composed of following members for Continental events:

a.) The Secretary General of the Continental Confederation or designate;

b.) A representative of the ITU Sport Department;

c.) A representative of ITU Development.

8. Substitutions:

8.1. National Federations are allowed to substitute athlete(s) in any event;

8.2. The names of both athletes involved in the substitution must be emailed to entries@triathlon.org;

8.3. Substitutions are only allowed up to 30 days prior to the first competition day;

8.4. The replacer athlete will take the position of the replaced athlete. The replaced athlete will be removed from the competition;

8.5. The number of subsitutions per gender per event are as the following:

a.) One (1) substitution – World Triathlon Series, U23 World Championships;

b.) Two (2) substitutions – Triathlon World Cup, Multisport Events, Continental Championships;

c.) Three (3) substitutions – Triathlon Continental Cups, Junior Continental Cups, Development Event.

d.) One (1) subsitution per medal event on all Paratriathlon Events.

9. Late withdrawal:

9.1. Athletes present at the Athletes' Briefing, but are forced to withdraw from the competition due to a last minute illness or injury, as proven by a certificate from a medical doctor with the approval of the Medical Delegate, will not be penalized;

9.2. They will be marked as DNS and the next eligible athlete will be added to the start list;

9.3. In the event of lack of Medical Delegate, the Technical Delegate may consult with the Event Medical Director.

28. APPENDIX F: ITU GUIDELINES REGARDING AUTHORISED IDENTIFICATION

1. Overview:

   1.1. To compete in ITU Events, athletes must comply with the ITU Guides Regarding Authorised Identification and the reference to the Uniform at 2.8 of the Competition Rules;

   1.2. 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 lower leg covering are allowed. This appendix 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 and athletes to have a mutually beneficial relationship with respect to rights and responsibilities, as per Section 12.

3. General Requirements:

   3.1. Uniforms will be completely clean of any logos or images other than those described below;

   3.2. 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;

   3.3. 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;

   3.4. 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 as the following:

      a) Elite: ITU World Triathlon Series Grand Final, ITU World Triathlon Series, Continental Championships and ITU Multisport World Championships events;

      b) Junior, U23: ITU World Championhips and Continental Championships;

      c) Paratriathlon: ITU World Championhips, ITU World Paratriathlon Series and Continental Championships;

      d) Youth: Continental Championships.

   4.2. For all other ITU Events the uniform colors have no restrictions;

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

4.4. 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;

4.5. The approval process for the uniform colour and design is outlined in Appendix F7. The goal of the approval process is to ensure countries do not have the same uniform colour and design;

4.6. For Elite athletes, ITU reserves the right to establish a specific rule till 30th of January of the given calendar year, regarding the color of the uniform of the actual leader of ITU World Triathlon Series has to wear:

Diagram 1: Location of sponsor spaces	
Uniform Front	Uniform Back

5. Family Name and Country Code:

5.1. The family name (not applicable for Age Group athletes) and the IOC country code must be placed on the upper front of the uniform and also on the buttocks. The initial of the first name may be added before the family name: athletes with the same family name are encouraged to add the initial of the first name. The representation of both the family name and country code must meet the following criteria:

a) Font Type:

i. The font type must be “Arial”;

ii. 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. Symbols such as ‘ - .

and space are considered as characters (See Diagram 2: Family Name Layout).

b) Colour:

i. 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:

i. 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;

ii. Back: The position on the back is below the waistline so that it is clearly visible when the athlete is on the bike. The athlete's family name is above the country code;

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

iv. 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 6cm to 10 cm;

Diagram 2. Family Name Layout
MAY
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.
Polikarpenko

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/orange version should be applied to dark coloured uniforms, the blue/orange version should be applied to light coloured uniforms (see this appendix 6.5, 6.6, Diagram 3);

6.5. Click here for the print version of the ITU logo:

Diagram 3. ITU Logo Layout

4 cm

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

a) ITU Orange:

i. Pantone 144C (Coated papers);

ii. CMYK conversion (4 colour process) - C:0%, M:49%, Y:100%, K:0%.

b) ITU Blue:

i. Pantone 2955C (Coated papers);

ii. CMYK conversion (4 colour process) - C:100%, M:45%, Y:0%, K:37%.

6.7. The Elite individual World Champions are allowed to add below the ITU Logo the design element of the WTS recognizing this honor. Graphic details will be published separately.

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 is 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. Wetsuits:

8.1. Only the wetsuit manufacturer's logo may appear on the wetsuits;

8.2. The maximum size is 80cm^2 on the front and back. This space is allowed both on the inside and outside of the wetsuit;

8.3. If the manufacturer wishes to have two or more logos on the front or back, the combined total must not exceed 80cm^2;

8.4. Logos on the side panel must be included within either the 80cm^2 for the back or the 80cm^2 for the front.

9. Temporary Tattoos:

9.1. Athletes are not allowed to place any temporary tattoo, other than the race numbers and logos provided by ITU, on their body during ITU Events.

10. Podium apparel:

10.1. All the sponsor spaces and design colors indicted in this document applies as well to the podium apparel.

11. Specific rules for PTVI Sport Class:

11.1. The uniform of the Guide must comply with the rules above and use the same sponsors' logos and spaces as on the Paratriathlete's uniform;

11.2. The uniform of the Guide must display the word "GUIDE" in the Family Name space;

11.3. The font type must be "Arial", the height 5cm and the width 12 cm.

12. Rights and responsibilities:

	World Triathlon Series (Elite) **World Triathlon Grand Final (Elite)** **Triathlon World Championships** **Triathlon Continental Championships** **Multisport World Championships** **Multisport Continental Championships** **World Paratriathlon Series**	**All ITU and Continental events not specified in this table**
Uniform Colour and Design	As per the catalogue	To be agreed in good faith between Athlete and National Federation
Family Name	Optional for Age Group athletes Mandatory for all other categories	
Country Code	Mandatory as per ITU Competition Rules	
ITU Logo	Mandatory as per ITU Competition Rules	
Sponsor Spaces A to F	To be agreed in good faith between Athlete and National Federation	

ITU COMPETITION UNIFORM APPROVAL PROCESS

1. Overview:

   1.1. This process is part of the ITU Guides Regarding Authorised Identification 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 National Federaton's competition uniform to be used by their athletes in all ITU competitions according with the ITU Guides Regarding Authorised Identification.

3. General Requirements:

   3.1. Every National Federation uniform has to be different from any other National Federation uniform, according to the ITU Guides Regarding Authorised Identification. The difference will be significant to avoid confusion between two different National Federations;

   3.2. Artistic or creative elements are acceptable provided that 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 National Federation can request the approval of one different uniform design for every different multisport. Two uniform options can be requested for the Age Group athletes, indicating which is the 1st option and which is the 2nd option. However, all athletes from the same National Federation, competing in the same event, will wear the National Federation's same distinctive design.

4. Timeline for Approval:

4.1. National Federations 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;

b) Sponsor spaces and dimensions, as outlined the ITU Guides Regarding Authorised Identification. The athlete's family name and National Federation 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;

d) Once approved, the Uniform approval is extended till the the National Federation must seek approval for a new design.

5. Approval:

5.1. ITU will inform each National Federation in writing about the approval or disapproval of their National Federations uniform if the design is:

a) Compliant with all the ITU Guides Regarding Authorised Identification;

b) Distinct from other National Federation designs.

5.2. If the request is not approved ITU will:

a) Ask the National Federation for a new design if the submitted one did not comply with the ITU rules, or;

b) Ask the National Federations that submitted similar requests to agree to modifying their proposed designs in order to have different uniforms;

c) If the National Federations do not get an agreement ITU will decide on which National Federation can use the proposed design according with these priorities:

i. The National Federation that used the proposed uniform in the past will be given preference;

ii. If both National Federations are proposing new uniforms, a draw will be conducted to choose which National Federation will use the submitted design and which National Federation(s) will have to submit a new one.

5.3. ITU will produce an electronic catalogue of approved National Federation's competition uniforms. This catalogue will be updated monthly;

5.4. Requests for uniform approval received will be considered on a monthly basis. National Federations requesting approval will choose designs that are different from those already approved.

6. Approval Panel:

6.1. All decisions on uniform approval will be made by a panel composed of:

a) A member of the ITU Technical Committee;

b) A representative of the ITU Sport Department;

c) A representative of the ITU Marketing Department;

6.2. The decisions of the Approval Panel can be appealed to the ITU Arbitration Tribunal. This appeal does not suspend the decision of the Approval Panel, but rather the decision will stay in place during the time the ITU Arbitration Tribunal takes to make a decision on the appeal.

29. APPENDIX G: PARATRIATHLON CLASSIFICATION RULES:

The Paratriathlon Classification Rules can be found in the ITU website under the following link: https://www.triathlon.org/about/downloads/category/competition_rules

30. APPENDIX H: PRIZE MONEY BREAKDOWN:

1. Introduction:

1.1. The 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 request a rule exception. 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.

2. Percentages:

2.1. The table below shows the five basic prize money percentages and the applicable based on the total amount on an ITU Event;

2.2. For an easy tool to calculate the prize money percentage based on the event prize money, please visit www.triathlon.org:

	Top 20 (150 001 USD and more overall prize money)	**Top 15** (50 001 – 150 000 USD overall prize money)	**Top 10** (10 001 – 50 000 USD overall prize money)	**Top 5** (3 001 – 10 000 USD overall prize money)	**Top 3** (3 000 USD and less overall prize money)
1.	23.00%	25.00%	25.00%	30.00%	50.00%
2.	18.00%	20.00%	20.00%	25.00%	30.00%
3.	14.00%	15.00%	15.00%	20.00%	20.00%
4.	10.00%	10.00%	10.00%	15.00%	
5.	8.00%	7.00%	8.00%	10.00%	
6.	6.00%	6.00%	7.00%		
7.	4.00%	5.00%	6.00%		
8.	3.00%	3.00%	4.00%		
9.	2.30%	2.25%	3.00%		
10.	1.90%	1.75%	2.00%		
11.	1.60%	1.50%			
12.	1.40%	1.25%			
13.	1.20%	1.00%			
14.	1.10%	0.75%			
15.	1.00%	0.50%			
16.	0.90%				
17.	0.80%				
18.	0.70%				
19.	0.60%				
20.	0.50%				

31.

32. APPENDIX I: ITU RELATED MULTISPORTS:

- Triathlon
- Long Distance Triathlon (including Middle Distance)
- Aquathlon
- Duathlon
- Long Distance Duathlon (including Middle Distance)
- Winter Triathlon
- Cross Triathlon
- Cross Duathlon
- Indoor Triathlon
- Aquabike

33. APPENDIX J: ITU EVENTS AND ITU EVENT CATEGORIES:

ITU Events

- World Championships
- World Triathlon Series
- World Triathlon Series Grand Final
- World Series
- World Cup
- Continental Championships
- Continental Cup
- Continental Cup Premium
- Continental Cup Final
- ~~Continental Tour Event~~
- ~~International Event~~
- Development Event
- Regional Championships

ITU Event Categories

- Elite
- U23
- Junior
- Youth
- ~~Elite~~ Paratriathlon
- ~~Open Paratriathlon~~
- Age Group
- Team Relay

ITU Events	Categories
World Championships. Triathlon Standard Distance	U23, Age Group
World Championships. Triathlon Sprint Distance	Junior, Age Group, ~~Elite~~ Paratriathlon~~, Open Paratriathlon.~~
World Championships. Triathlon Mixed Team relay	Elite, U23 & Junior (combined)
World Championships. Triathlon Long Distance	Elite, Age Group, ~~Elite~~ Paratriathlon
World Championships. Duathlon Standard Distance	Elite, U23, Age Group
World Championships. Duathlon Sprint Distance	Junior, Age Group, ~~Elite~~ Paratriathlon
World Championships. Duathlon Team relay	Elite, Junior.
World Championships. Duathlon Long Distance	Elite, Age Group, ~~Elite~~ Paratriathlon
World Championships. Duathlon Middle Distance	Elite, Age Group, ~~Elite~~ Paratriathlon
World Championships. Winter Triathlon.	Junior, U23, Elite, Age Group, Mixed Relay, ~~Elite~~ Paratriathlon PTS2, PTS3, PTS4 and PTS5
World Championships. Aquathlon.	Junior, U23, Elite, Age Group, ~~Elite~~ Paratriathlon
World Championships. Cross Triathlon.	Junior, U23, Elite, Age Group, Mixed Relay, ~~Elite~~ Paratriathlon, PTS2, PTS3, PTS4, PTS5
World Championships. Aquabike	Age Group

World Series. Triathlon. (Both Standard or Sprint)	Elite, Paratriathlon
World Series Grand Final. Triathlon.	Elite
World Cup. Triathlon. (Both Standard or Sprint)	Elite, Paratriathlon
World Cup. Winter Triathlon	Elite
World Series. Duathlon (Both Standard or Long)	Elite
World Series. Long Distance Triathlon	Elite
Continental Championships. Triathlon Standard distance	Elite, U23, Age Group
Continental Championships. Triathlon Sprint Distance	Elite, U23, Junior, Age Group, Paratriathlon
Continental Championships. Triathlon Long Distance.	Elite, Age Group, Paratriathlon.
Continental Championships. Triathlon Team Relay	Elite, Junior, Youth.
Continental Championships. Duathlon Standard Distance.	Elite, U23, Age Group
Continental Championships. Duathlon Sprint Distance	Elite, U23, Junior, Age Group, Paratriathlon
Continental Championships. Duathlon Team Relay	Elite, Junior
Continental Championships. Duathlon Long distance.	Elite, Age Group, Paratriathlon.
Continental Championships. Winter Triathlon	Junior, U23, Elite, Age group, Mixed Relay, Paratriathlon PTS2, PTS3, PTS4 and PTS5
Continental Championships. Aquathlon.	Junior, U23, Elite, Age group, Paratriathlon
Continental Championships. Cross Triathlon.	Junior, U23, Elite, Age group, Mixed Relay, Paratriathlon PTS2, PTS3, PTS4 and PTS5
Continental Cup (All distances and all multisports)	Elite
Continental Tour events	Elite
Junior Continental Cup. Triathlon	Junior

34. APPENDIX K: PENALTIES AND VIOLATIONS:

This list is a resume of the most common penalties and infringements. In case of different interpretation of the text in this appendix and the main body of the Competition Rules, the main body of the Competition Rules will be applied.

All the refences to Elite in the charts below, include Elite, U23, Junior and Youth athletes.

The procedures and the amount of penalties for all categories and distances are outlline in section 3 of the Competition Rules.

General	
Rules	**Penalties**
1. An athlete who competes in a category different from his/her age, in a distance in which it is not allowed, or before the 36 hour period;	- DSQ from all the events included in this period
2. Failing to follow the prescribed course;	- Warning and re-enter the competition by the same point - If not: DSQ
3. Departing the course for reasons of safety, but failing to re-enter at the point of departure when advantage is gained;	- If advantage is gained: Time penalty
4. Using abusive language or behaviour toward any official;	- DSQ and report to the ITU Arbitration Tribunal for possible suspension
5. Using unsportsmanlike behavior;	- DSQ and report to the ITU Arbitration Tribunal for possible suspension
6. Blocking, charging, obstructing, or interfering the forward progress of another athlete;	- Unintentionally: warning and amend - Intentionally: DSQ
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;	- Unintentionally: warning and amend - Intentionally: DSQ
8. Accepting assistance from anyone other than a Technical Official, race official or other athlete;	- Warning and amend if it is possible and return to the original situation - If not: DSQ
9. Refusing to follow the instructions of Technical Officials or race officials;	- DSQ

10. Failure to wear the unaltered race numbers if provided by the Local Organising Committee, in the proper way ordered by the Technical Delegate and announced at the Athletes' Briefing;	- Warning and amend - If not corrected: DSQ
11. Wearing race number during the swim segment when wetsuits are forbidden;	- Warning and amend - If not corrected: DSQ
12. To dispose of rubbish or equipment around the course outside the clearly identified places, such as aid stations or rubbish disposal points;	- Warning and amend - If not corrected: Time penalty
13. Using illegal, dangerous or unauthorised equipment to provide an advantage or which will be dangerous to others.	- Warning and amend - If not corrected: DSQ
14. Violating competition-specific traffic regulations;	- Unintentionally: Warning and amend if possible - If not corrected or intentionally: DSQ
15. Contrived or intentional ties by elite, U23, junior and youth athletes, or Paratriathletes in ITU sanctioned events;	- DSQ
16. Wearing a different uniform than the one presented in the check-in, either in competition or in the award ceremony;	- Warning and amend - If not corrected: DSQ
17. Wearing during the competition or the award ceremony a uniform which doesn't meet the Competition Rules;	- DSQ
18. Not covering the arms during the competition following a request from the Technical Delegate based on the weather conditions;	- Before the competition: Warning and amend - If not corrected: DSQ
19. In Middle and Long Distance events, wearing a uniform with front zipper undone below the point of the end of the breastbone (sternum) during the competition;	- Warning and amend - If not corrected: DSQ
20. In Middle and Long Distance events, wearing a uniform with front zipper undone during the last 200m of the run;	- Warning and amend
21. Displaying any kind of demonstration of political, religious or racial propaganda;	- Warning and amend - If not: DSQ

22. Fraud by entering under an assumed name or age, falsifying an affidavit, or giving false information;	- DSQ and inform ITU Arbitration Tribunal for a possible suspension
23. Participating when not eligible;	- DSQ and inform ITU Arbitration Tribunal for a possible suspension
24. Repeated intentional violations of ITU Rules;	- DSQ and inform ITU Arbitration Tribunal for a possible suspension
25. Drug abuse;	- Penalties will apply according to the WADA rules
26. For an unusual and violent act of unsportsmanlike behaviour;	- DSQ and inform ITU Arbitration Tribunal for a possible suspension
27. Compete with a bare torso.	- Warning and amend - If not corrected: DSQ
28. Indecent exposure or nudity;	- Warning and amend - If not corrected: DSQ
29. Outside assistance: To give another athlete a complete bike, frame, wheel(s), helmet or any other item equipment which results in the donor athlete being unable to continue with their own competition;	- DSQ of both athletes
30. Gain unfair advantage from any vehicle (excluding drafting).;	- DSQ
31. Not stopping in the next penalty box being obliged to do so;	- DSQ
32. Warming up on the course while another competition is in progress;	- Warning and amend - If not corrected: DSQ
33. Competing under suspension;	- DSQ and report to ITU Arbitration Tribunal for extending suspension or expulsion.
34. Carrying out ambush marketing in the award ceremony;	- Forfeit the prize money earned in the event.
35. Intentionally missing a technological fraud test after being selected;	- DSQ and report to ITU Arbitration Tribunal for potential suspension.
36. Using any device, which makes the bike not only human powered and resulting technological fraud;	- DSQ and report to ITU Arbitration Tribunal for potential suspension.
37. Using any device distracting the athlete from paying full attention to their surroundings;	- Warning and amend - If not corrected: DSQ
38. An athlete physically assists the forward progress of another athlete;	- DSQ

Briefing (Non-applicable for Age Group)	
Rules	**Penalties**
39. Not attending the Athletes' Briefing, without notifying the Technical Delegate;	- Athletes not attending the briefing, without informing the Technical Delegate about their absence, will be removed from the start list of the event and from all start and wait list in the events on the next 30 days
40. Athletes entering the briefing hall after the briefing has started and athletes not attending the briefing but informed the Technical Delegate about their absence;	- Delayed start, which delay will be according to the time penalty applicable for the specific distance ~~Reallocation in the last positions of the pre-start line-up~~ ~~- or time penalty during the run or snowshoe in case that is the first segment~~ - ~~or time penalty in the Triansition 1 for Elite Paratriathlon~~
41. Athletes missing 3 or more briefing in Triathlon/Paratriathlon World Cup or World Triathlon/Paratriathlon Series in the same calendar year, no matter if the athlete informed the Technical Delegate or not;	- Remove from the start list from every subsequent competition at which they miss the briefing

Start	
Rules	**Penalties**
42. Starting before the starter's signal.	- Time penalty
43. Starting in a wave earlier than the one the athlete is assigned to;	- DSQ
44. Not moving forward before touching the water;	- Time penalty
45. To change the start position once selected;	- Warning and amend - If not corrected: DSQ
46. To block more than one start positions;	- Warning and amend - If not corrected: DSQ

Swim	
Rules	**Penalties**
47. 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 corrected: DSQ
48. Not wearing the official swim cap from the time of the line-up;	- Intentionally: Warning and amend - If not corrected: DSQ

~~Impeding the forward progress of another athlete during the swim segment. This includes, but is not limited to:~~ ~~- Slowing or stopping another athlete by contacting them or their equipment;~~ - ~~Blocking another athlete, causing them to change direction.~~	~~- Unintentionally: Time penalty~~ - ~~Intentionally: DSQ and report to ITU Arbitration Tribunal for potential suspension or expulsion~~
49. Make contact and continue to impede the progress of the other athlete without making an effort to move apart;	- Time penalty
50. Deliberately target another athlete to impede their progress, gain unfair advantage and potentially cause harm;	- DSQ and may report to ITU Arbitration Tribunal for potential suspension or expulsion;
51. Wearing wetsuit not covering the torso, when the wetsuit is mandatory;	- Warning and amend - If not corrected: DSQ
52. Athletes wearing branded second swim cap visible any time from the athletes' line-up till Transition 1;	- Time penalty

Transition	
Rules	**Penalties**
53. Rack the bike improperly, outside the athletes' own space or blocking the progress of other athletes;	- Before the competition: Warning and amend - During the competition: - Age Group ~~and Open Paratriathlon~~: Warning and amend - Elite Draft-illegal and Elite Paratriathlon: Time penalty - Elite Draft Legal: Time penalty
54. To have the helmet strap fastened in T1 while completing the first segment;	- Age Group ~~and Open Paratriathlon~~: Technical Official will undo the strap. - Elite and Elite Paratriathlon: Technical Official will undo the strap and time penalty.
55. Wearing the helmet unfastened or insecurely fastened, inside transition area while in possession of the bike;	- Age Group ~~and Open Paratriathlon~~: Warning and amend - Elite and Elite Paratriathlon: Time penalty
56. Mount the bike before the mount line;	- Age Group ~~and Open Paratriathlon~~: Warning and amend - Elite and Elite Paratriathlon: Time penalty
57. Dismount the bike after the dismount line;	- Age Group ~~and Open Paratriathlon~~: Warning and amend - Elite and Elite Paratriathlon: Time penalty

58. Discharge or store the athlete equipment outside the designated area;	- Age-Group ~~and Open Paratriathlon~~: Warning and amend - Elite and Elite Paratriathlon: Time penalty
59. Marking of position in transition area;	- Warning and amend - If not corrected, marking and objects used for marking purposes will be removed and athlete will not be notified
60. Failing to deposit all equipment inside the proper bag provided by the Local Organising Committee on the events where bag drop system is in place; (with the exception of bikes shoes that may remain on the pedals at all times);	- Age Group: Warning and amend - Elite and Paratriathlon: Time penalty
61. Interfering with another athlete's equipment in the Transition Area;	- Age Group: Warning and amend - Elite and Elite Paratriathlon: Time penalty

Bike	
Rules	**Penalties**
62. Not wearing helmet during bike familiarisation and/or official bike training sessions;	- To be excluded from the specific session
63. Make forward progress without the bike, during the bike segment;	- Warning and amend - If not: DSQ
64. Drafting in a draft-illegal competition on sprint and standard distance events;	- 1st offence: Drafting time penalty - 2nd offence: DSQ
~~Drafting in a draft-illegal competition on standard distance events;~~	~~- 1st offence: Drafting time penalty~~ - ~~2nd offence: DSQ~~
65. Overtaken athlete not dropping out of the draft zone of the passing athlete by continuously making rearward progress to clear the drafting zone completed in 20 seconds on sprint and standard distance events;	- 1st offence: Drafting time penalty - 2nd offence: DSQ
66. Re-passing by an overtaken athlete prior to dropping out of the draft zone on sprint and standard distance events;	- 1st offence: Drafting time penalty - 2nd offence: DSQ
67. Drafting in a draft-illegal competition on middle or long distance events;	- 1st and 2nd offences: Drafting time penalty - 3rd offence: DSQ

68. Overtaken athlete not dropping out of the draft zone of the passing athlete by continuously making rearward progress to clear the drafting zone completed in 25 seconds on middle and long distance events;	- 1st and 2nd offences: Drafting time penalty - 3rd offence: DSQ
69. Re-passing by an overtaken athlete prior to dropping out of the draft zone on middle and long distance events;	- 1st and 2nd offences: Drafting time penalty - 3rd offence: DSQ
70. Drafting off a different gender athlete in draft legal events;	- 1st offence: Warning and amend - 2nd offence DSQ
71. Drafting off an athlete being in a different lap;	- Warning and amend - If not: DSQ
72. Drafting off a vehicle or motorbike;	- Warning and amend - If not corrected: Drafting time penalty
73. Blocking in a draft-illegal competition;	- Time penalty - If not: DSQ
74. Wearing the helmet unfastened or insecurely fastened, during the bike segment;	- Warning and amend - If not corrected: DSQ
75. Take off the helmet on the bike course, even if stopped;	- Warning and amend - If not corrected: DSQ
76. Not wearing a helmet during the bike segment;	- DSQ
77. Competing with a different bicycle than the one presented at the check in, or modified after getting the approval at the check-in;	- DSQ
78. While in the bike penalty box, athletes consume food and/or water other that is on the athlete's bike or person;	- Warning and amend - If not corrected: DSQ
79. Athletes using the restroom while serving a penalty in the bike penalty box;	- Penalty paused
80. Making adjustments to equipment or performing any type of bike maintenance while serving a penalty.	- Warning and amend - If not corrected: DSQ

Run and Ski.	
Rules	**Penalties**
~~Crawl during the running segment;~~	~~- DSQ~~
81. Running together and/or take pace from other athlete/s that is/are one or more laps ahead. (Applicable to Elite, U23, Junior, Youth athletes and Paratriathletes);	- Warning and amend - If not corrected: DSQ
82. Being accompanied by any non-competing athletes, team members, team managers or other pacemakers on the course or along the course;	- Warning and amend - If not corrected: DSQ
83. Run or ski wearing a helmet;	- Warning and amend - If not corrected: DSQ
84. To use posts, trees or other fixed elements to assist maneuvering curves;	- Time penalty
85. Being accompanied by any non-competing person in the finish chute.	- DSQ

Team Relay Specific	
Rules	**Penalties**
86. Team relay exchange completed outside of the exchange zone;	- Time penalty
87. Team relay exchange not completed, or intentionally completed outside the changing zone;	- DSQ

Paratriathlon Specific	
Rules	**Penalties**
88. Paratriathletes , who use catheters or other urinary diversion devices, have spillage during training, competition or classification;	- Warning and amend - If not corrected: DSQ
89. Using adapted cleats and bike shoes with exposed cleats that are mounted on prosthetic legs (which are allowed in the pre-transition area) and the cleats are not covered or not surrounded by anti-slip material.	- Before the competition: Warning and amend - If not corrected: DSQ

90. Paratriathlete without a temporary, review or confirmed class status according to the regulated timelines;	- DSQ
91. Paratriathlete competes wearing or using any prostheses or special adaptive equipment which are not officially approved;	- Before the competition: Warning and amend - If not corrected: DSQ
92. Paratriathletes using unprotected sharp objects, screws, prosthetic liners, or prosthetic devices that can be harmful;	- Before the competition: Warning and amend - If not corrected: DSQ
93. Paratriathlete's classification is considered Not Completed (CNC);	- Remove from the start list
94. Paratriathlete who have been classified as non eligiblequipe for a paratriathlon competition;	- Remove from the start list
95. Paratriathlete fails to attend scheduled classification session;	- Reasonable explanation: Give second chance - If not: DSQ
96. Paratriathlete who is intentionally misrepresenting his/her skills and/or abilities;	- First offence: DSQ - Second offence: DSQ and report to ITU Arbitration Tribunal for potential suspension or expulsion
97. Guides and personal handlers, who have not registered at the athletes' briefing;	- Do not have access to the FOP
98. Personal handler not carrying the special credentials which were given by the LOC/ITU;	- Warning and amend - If not corrected: DSQ the Paratriathlete that he/she is handling
99. Paratriathlete receiving help from more personal handlers that he/she has registered;	- DSQ
100. Any action taken by the personal handler which propels the paratriathlete forward;	- DSQ the Paratriathlete that he/she is handling
101. Personal handler repairing a Paratriathlete's bike in an area other than the athletes' transition spot or the wheel station during the competition;	- DSQ
102. Paratriathletes' equipment in the pre-transition area which haven't been registered;	- Before the competition: Warning and amend - If not corrected: DSQ

103. Personal handlers' present in the pre-transition area from PTS2, PTS3, PTS4 and PTS5;	- Before the competition: Warning and amend - If not corrected: DSQ the athlete that they are handling
104. Paratriathletes with an absent lower limb not using a prosthesis or crutches to reach from Pre-Transition area to Transition 1 and hopping on one leg;	- Before the competition: Warning and amend - If not corrected: DSQ
105. PTWC1 and PTWC2 paratriathles doing the transition outside the individual space;	- Time penalty
106. PTWC1 and PTWC2 athletes not stopping completely at the mount and at the dismount lines or continue before the Technical Official say "Go";	- Time penalty
107. PTWC1 and PTWC2 athletes drafting off a vehicle or motorbike during the run;	- Warning and amend - If not corrected: Drafting time penalty
108. Paratriathletes leaving equipment in pre-transition after exiting it;	- Warning and amend - If not corrected: Time penalty
109. PTVI1, PTVI2 and PTVI3 athletes competing with a guide who is not complying with the requirements;	- DSQ
110. PTVI1, PTVI2 and PTVI3 athletes not be tethered during the swim or the run;	- Warning and amend - If not corrected: DSQ
111. PTVI1, PTVI2 and PTVI3 athletes paced, led or being more than 1.5m away from their guide, during the swim;	- First offence: Time penalty - Second offence: DSQ
112. PTVI1, PTVI2 and PTVI3 athletes paced, led or being more than 0.5m away from their guide, during the after the swim exit;	- First offence: Time penalty - Second offence: DSQ
113. PTVI1, PTVI2 and PTVI3 athletes pulled or pushed by the guide;	- DSQ
114. PTVI1, PTVI2 and PTVI3 paratriathlete crosses the finish line and the guide is beside or behind the paratriathlete but further apart than the required 0.5 meters maximum separation distance;	- DSQ

115. Paratriathlete enters the Field of Play with a guide dog;	- Before the competition: Warning and amend - If not corrected: DSQ
116. PTVI1 athletes not wearing blackout googles or glasses during the applicable segments;	- DSQ

35. APPENDIX L: RESULTS AND START LIST SAMPLES

The Results and Start List samples can be found in the ITU website.

36. APPENDIX M: ATHLETE'S AGREEMENT

The Athletes Agreement is outlined in the ITU website under the following link:
https://www.triathlon.org/about/downloads/category/athletes_agreement

37. APPENDIX N: TECHNOLOGICAL FRAUD:

1. Location and time:

1.1. For any event, the technological fraud check will take place at the time that the athletes' bicycles are checked (athletes' lounge or transition zone).

1.2. Ideally two tents should be provided by the LOC (one of them can be without walls).

1.3. Prior to the competition, there will be random selections among the athletes. Post-competition, tests can take place on targeted athletes according to their performance.

2. Personnel involved:

2.1. One or two ITU accredited bike check officials should be part of the process.

2.2. A qualified bike mechanic should be provided by the LOC. The bike mechanic should be very familiar with the types of bicycles that are being used at the particular competition and be able to disassemble the bike and reassemble the bike within a short period of time.

3. Process:

3.1. The selected athlete will be asked to move his/her bicycle to the 1st tent. The ITU accredited bike check official will explain the process to the athlete, perform a visual check and scan the bicycle including the frame and the wheels.

3.2. In case low readings, the athlete and bicycle will be released.

3.3. In case high readings, if available, the second accredited bike check official will be asked to verify the results. If still high reading, the athlete will be asked to move his/her bike to the closed tent. In case of high reading and there is no

second accredited bike check official available, the athlete will be asked to move his/her bike to the closed tent.

3.4. ITU may use any available technology to check the athletes' bicycles.

3.5. In the closed tent, along with the ITU accredited bike check official, the ITU Head Referee has to be present (or any other official assigned by the Head Referee to represent her/him) and the bike mechanic. This tent has to be closed from any public/media view.

3.6. The athlete will be given the tools to remove the seat post and the chain wheel axle. Alternatively, the athletes' representative can remove the above equipment for them. If the athlete or his/her representative is not willing to remove the above equipment, he/she has to sign a waiver for any damages to the bicycle during removal by ITU approved bike mechanic.

3.7. The bike mechanic or the athlete will remove the chain wheel axle. If a motor exists, the athlete will be referred to the Head Referee for a decision. The Head Referee will disqualify the athlete and refer the case to the ITU Arbitration Tribunal for possible further penalties.

3.8. If the athlete refuses to sign a waiver, the case will be considered as a missed test and as such the Head Referee will disqualify the athlete and refer the case to the ITU Arbitration Tribunal for possible further penalties.

3.9. The athlete is not allowed to compete on another bicycle at any ITU event until the case is closed and during the time of a possible suspension.

38. APPENDIX P: NON-TRADITIONAL OR UNUSUAL BIKE APPROVAL PROCESS

1. The manufacturer should provide a product description (with illustrative pictures) about the bike frame to be approved.
2. The manufacturer should declare that the frame (in all available/sold frame sizes) fulfils all the criteria of the actual bike safety standards, at the moment the ISO 4210:2015. This declaration should be part of the document package submitted for approval.
3. The manufacturer should demonstrate the compliance with ISO 4210:2015 standard of the frame with a test report issued by an independent third-party laboratory conducting consumer product safety and compliance testing in the field of mechanical testing and accredited to the requirements of EN/ISO/IEC 17025. Test reports should be provided about all available/sold frame sizes (like 48/50/52 etc.) These test reports should be part of the document package submitted for approval.
4. The certification about the compliance with EN/ISO/IEC 17025 of the accredited test laboratory should be part of the document package submitted for approval.
5. The approval panel will study these documents and will take a decision on the acceptance of the request.

39. APPENDIX Q: PPE – PRE PARTICIPATION EVALUATION

1. The PPE should consist of:

1.1. Answer the Medical Questionnaire : this questionnaire is strictly confidential and must given to the responsible team doctor before the medical examination. The medical questionnaire will be available to be downloaded from the ITU website.

1.2. Physical Examination : by the doctor following the IOC recommendations published in the "Lausanne Recommendations" about the Sudden Cardiovascular Death in Sport Consensus.

a.) Cardiac auscultation:

- Rate /rhythm
- Murmur : systolic/diastolic
- Systolic click

b.) Blood Pressure

c.) Radial and Femoral Pulses

d.) Marfan stigmata

1.3. A 12 lead rest electrocardiogramm (ECG). Doctor to look for anomalies in rhythm, conduction or repolarisation.

1.4. Each National Federation must send one letter/certificate at the beginning of each season, signed by the National Federation representative, confirming that ~~all the juniors~~ all athletes as outlined in 2.4.c have undertaken the PPE, who will enter in an ITU event in the specific calendar year. This letter will have to be submitted manually, otherwise junior athletes from the specific National Federation will not be admitted to any ITU event.