



BRITISH TRIATHLON

BRITISH TRIATHLON COMPETITION RULES

In association with:



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PREFACE

The following rules are intended for the purpose of creating equal opportunities and fair play for all competitors, providing a basis for reasonable safety and protection in an atmosphere of sportsmanship and fair play.

These Competition Rules govern the behaviour of competitors during competition, and the specifications for equipment used during competition. All competitors taking part in events that have received the appropriate Home Nation Association Event Permit should familiarise themselves with these rules, to comply fully and avoid incurring a penalty for infringement.

The British Triathlon Federation (British Triathlon) is affiliated to World Triathlon and, as such, World Triathlon rules are applicable to all international events either hosted by the British Triathlon or its constituent Home Nation Associations, at which Home Nation Association members compete (e.g., European and World Championships).

These Competition Rules mirror the World Triathlon Competition Rules, except where an amendment has been made due to domestic requirements. This document uses the same numbering and headers as the World Triathlon Competition Rules.

Where competing in international events, competitors are strongly advised to familiarise themselves with the World Triathlon Competition Rules as they contain some variations. World Triathlon Competition Rules can be downloaded from www.triathlon.org.

The British Triathlon Competition Rules master source document is found on the British Triathlon website at www.britishtriathlon.org. This web-based document acts as the official reference document and is maintained based on authorised amendments in accordance with recommendations by the British Triathlon Technical Committee and accepted by the British Triathlon Board.

Event Organisers should visit the British Triathlon website www.britishtriathlon.org, and the Event Organisers System (free registration required) <https://events.britishtriathlon.org> where a wide range of technical information can be found, along with specific requirements that events must abide by in order to receive the appropriate Home Nation Association Event Permit.

Please note that the Memorandum of Association, the Articles of Association and the Standing Orders of General Meetings of Home Nation Associations can be downloaded from www.britishtriathlon.org or members can contact 01509 226161 for a copy.

Competition Rules Update January 2024

Green highlight – added/amended as of January 2024

Red highlight – removed as of January 2024

An overview of the changes to the Competition Rules can be found on the British Triathlon website.

1. INTRODUCTION:

1.1 Purpose:

- a.) The British Triathlon Federation (British Triathlon) is the governing body responsible for Competition Rules for Triathlon, Duathlon and its other related multisport in Great Britain;
- b.) The British Triathlon Technical Committee will ensure technical aspects of British Triathlon competitions are of the highest quality;
- c.) The British Triathlon Competition Rules specify the conduct of competitors during British Triathlon permitted events. Where the British Triathlon Competition Rules do not specify, the rules of British Swimming, British Cycling, British Athletics and British Skiing and Snowboarding will apply in their specific segments, unless the British Triathlon Technical Committee decides otherwise;
- d.) The British Triathlon Event Organisers System, with its related documents set safety and fairness standards for Event Organisers; these are to be used in conjunction with this document;
- e.) The British Triathlon Officials Education Programme sets the standards for certifying British Triathlon Technical Officials;
- f.) It will be clearly indicated when a rule applies to a specific race or event.

1.2 Intention:

- a.) The British Triathlon 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 competitor's freedom of action;
 - (iv) Penalise competitors who gain an unfair advantage.
- b.) Definitions of all terms used in the British Triathlon Competition Rules are provided in Appendix B. Any difficulty in the interpretation or application of the British Triathlon Competition Rules should be referred to the British Triathlon Technical Committee.

1.3 Language and Communications:

- a.) The official language to be used at all events is English, however regional languages may also be used in conjunction with English.

1.4 Modifications

- a.) The British Triathlon Competition Rules will be adapted for other modern multisport competitions, which fall within British Triathlon's jurisdiction;
- b.) A competitor 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 British Triathlon Competition Rules has a sanction attached. Officials base their judgments on whether an advantage, not intended by the Rules, has been gained;
- c.) World Triathlon Competition Rules will be applicable to international competitions hosted by British Triathlon.

1.5 Exceptions:

- a.) The British Triathlon Competition Rules will be applicable to all multisport events permitted by the British Triathlon and are to be implemented by the appointed Technical Official as appropriate. Exceptions for special circumstances in a particular event may only be gained from British Triathlon with prior approval.
- b.) A request for an exception to the British Triathlon Competition Rules must be made in writing to the British Triathlon Technical Committee by the Event Organiser. Where granted, any such variations must be clearly published to all competitors at least 30 days prior to the event and must be covered in all race briefings and safety documents.
- c.) Exceptions for special circumstances for a particular competitor may only be gained from British Triathlon with prior approval. A request for an exception to the British Triathlon Competition Rules must be made in writing 30 days prior to the event to the British Triathlon Technical Committee by the competitor for whom the exception is being applied for;
- d.) The British Triathlon Technical Committee may consult with other committees, commissions or appropriate parties;
- e.) *This line is intentionally omitted.*

1.6 Specific Regulations:

- a.) A Technical Official may approve the addition of specific regulations for a particular race, provided that:
 - (i) Each additional specific regulation does not conflict with another British Triathlon Competition Rule;
 - (ii) Each additional specific regulation is made available in written form and is announced to the participants before the event;
 - (iii) Each additional specific regulation and the reasons for its inclusion are advised to the British Triathlon Technical Committee for prior approval one week before the day on which the event is to be conducted. In the event of a specific amendment introduced due to factors that arise on the day, British Triathlon must be notified the day after the event.

1.7 Intellectual Property:

- a.) Only events that have received an Event Permit from the applicable Home Nations are permitted to use the British Triathlon or relevant Home Nation permit logo on their communications, whether electronic or otherwise.
- b.) Only events that have received an Event Permit from the applicable Home Nation are covered by the British Triathlon Competition Rules.
- c.) Members of the Home Nation Associations are strongly advised to only compete in events that are permitted by the Home Nation Associations. By taking part in a permitted event, competitors can be sure of a safe, fair, and most importantly enjoyable race experience.

1.8 Unauthorised Exceptions or Additions:

- a.) The unauthorised exception to, or addition of, a competition rule without prior approval from the British Triathlon Technical Committee will prevent the event from being permitted and will invalidate any existing permit which has already been granted to the event, and may affect the insurance under which the event is covered.

1.9 Rule Updates:

- a.) The British Triathlon Competition Rules may be changed from time to time by the British Triathlon Technical Committee at its discretion. Any rule change(s) shall be advised in writing at least 30 days before it/they is/are to take effect. Updated British Triathlon Competition Rules will be posted on the British Triathlon website (www.britishtriathlon.org).
- b.) Where World Triathlon Competition Rules may change, these will be incorporated into the British Triathlon Competition Rules as appropriate.

2. CONDUCT OF COMPETITORS:

2.1 General Conduct:

- a.) Triathlon and British Triathlon's other related multisports involve many competitors. Race tactics are part of the interaction between competitors. Competitors 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 British Triathlon Competition Rules, available from British Triathlon and on www.britishtriathlon.org;
 - (iv) Obey traffic regulations and instructions from Technical Officials and marshals;
 - (v) Treat other competitors, organisers, Technical Officials, volunteers, other road users (including but not limited to drivers, non-competing cyclists, horse riders and pedestrians) and spectators with respect and courtesy;
 - (vi) Avoid the use of abusive language;
 - (vii) Inform a Technical Official and Event Organiser after withdrawing from the race.
 - (viii) Compete without receiving assistance other than from event personnel and officials;
 - (ix) *This line is intentionally omitted*;
 - (x) Avoid displaying any kind of demonstration of political, religious, or racial propaganda;
 - (xi) Not dispose rubbish or equipment around the course except at clearly identified places, such as feed stations, littering areas or rubbish disposal points. All items must be kept with the competitor and returned to their transition spot;
 - (xii) Not attempt to gain unfair advantage from any external vehicle, non-competing person, or object;
 - (xiii) Follow the prescribed course;
 - (xiv) Not use any device that will distract the athlete from paying full attention to their surroundings:
 - Competitors may not use communication devices of any type, including but not limited to mobile phones, smart watches, and two-way radios, in any distractive manner during the race. A 'distractive manner' includes but is not limited to making or receiving phone calls, sending, or receiving text messages, playing music, using social media, taking photographs, or using as a one- or two-way radio communication. Using any communication device in this distractive manner during the race will result in disqualification;
 - Cameras, phone cameras and video cameras are prohibited unless permission is given by British Triathlon or the Event Organiser. If such permission is given, it is the competitor's responsibility to notify the Chief Technical Official of such permission prior to the start of the race. Competitors seen using an unauthorised camera, phone camera or video camera will be disqualified.
 - (xv) Ensure that the equipment to be used in the race complies with the safety standards and it is in proper condition.
 - (xvi) Not modify any equipment of the competition set up;
 - (xvii) Not smoke or use e-cigarettes anywhere on the course or in the transition area.
 - (xviii) **Competitors must not wear clothing that displays wording or imagery that is offensive or inappropriate.**

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. Competitors competing in the same race may assist each other with incidental items such as, but not restricted to, nutrition and drinks after a water station and pumps, tubular tires, inner tubes, and puncture repair kits;
- b.) Competitors may not provide essential race equipment to other athletes in the same competition, while the competition is in progress. Specifically, items that may not be provided to other competitors includes but is not limited to complete bicycles, bicycle frames, wheels, and helmets. The penalty for this will be disqualification of both competitors. Competitors may provide to other competitors competing in the same competition other items of equipment provided that the donor is able to continue with their own competition.
- c.) A competitor cannot physically assist the forward progress of another competitor on any part of the course. Doing so will result in both competitors being disqualified.

2.3 Doping:

- a.) Doping is strictly prohibited and is an offence under British Triathlon and World Triathlon rules. The Anti-Doping Rules of British Triathlon are the UK Anti-Doping Rules published by UK Anti-Doping (UKAD), which follows the World Anti-Doping Agency (WADA) code, and as amended from time to time. Such rules shall take effect and be construed as rules of British Triathlon. World Triathlon Anti-Doping Rules will be applied to all international events hosted by British Triathlon, e.g., European and World Championships, as well as elite races;
- b.) Current regulations and updates on the list of banned substances can be obtained from the following websites or contact telephone numbers:
 - World Anti-Doping Agency - www.wada-ama.org
 - UK Anti-Doping - www.ukad.org.uk, 020-7842-3450 08000 32 23 32;
- c.) All competitors and guides are bound to, and must adhere to, the anti-doping rules and are responsible for familiarising themselves with the UK Anti-Doping and World Triathlon Anti-Doping Rules including medical and doping control tests, testing obligations, rights, responsibilities and procedures, penalties, and appeal processes, and prohibited substances;
- d.) To report anything suspicious, email UKAD at ops@reportdoping.com or complete the online form here <https://forms.thelime.co.uk/ukad>. Alternatively, call the 24/7 confidential Crimestoppers telephone number: 08000 32 23 32.

2.4 Health:

- a.) Triathlons and related multisports are strenuous. To be able to participate, competitors should be in good physical condition. Their health and welfare are of paramount importance. By starting in a race, the competitors declare they are in good health and are in appropriate physical condition to complete the race;
- b.) Time limits for the swim leg, bike leg and overall finish time may be established for each competition by the Event Organiser; these limits must be published in the pre-event registration material no later than 28 days before the event;
- c.) British Triathlon encourages competitors to undergo periodic health evaluation prior to engaging in competitive sport;
- d.) It is the responsibility of all competitors to ensure they are able to complete the specific race distances entered comfortably;
- e.) Competitors should, where possible, attend a coached Introduction to Open Water Swimming session, led by a qualified British Triathlon coach, before taking part in an open water event;
- f.) Should factors on the day require time limits for any segments of the event to be established, such as weather conditions, the Event Organiser reserves the right to implement these and should be communicated to competitors at the earliest opportunity.

2.5 Eligibility:

- a.) See Section 24 – Eligibility.

2.6 Insurance:

- a.) All competitors that are permanently resident in the United Kingdom, do not hold a valid Home Nation Association race licence, and do not provide evidence of this at registration, are required to pay the appropriate day membership Race Pass fee, which is non-refundable.
- b.) Failure to adhere to the British Triathlon Competition Rules may invalidate your public liability or personal injury insurance.
- c.) Competitors that are overseas residents must have their own public liability insurance (minimum indemnity of £5 million) in place for the event, and by entering a British Triathlon permitted event, overseas residents do so confirming that they will have public liability insurance in place for the duration of the event.

2.7 *This line is intentionally omitted.*

2.8 Uniform:

- a.) *This line is intentionally omitted;*
- b.) *This line is intentionally omitted;*
- c.) Competitors must follow the following rules with respect to wearing uniforms:
 - (i) Competitors must wear the uniform during the entire competition;
 - (ii) The uniform must cover the whole torso in the front. The back may be uncovered from the waist up;

- (iii) *This line is intentionally omitted;*
 - (iv) *This line is intentionally omitted;*
 - (v) Covering the legs below the knees is not allowed in the swim segment when the use of wetsuits is forbidden, but is allowed in the swim segment when the use of wetsuits is allowed. It is also allowed in all the other segments;
 - (vi) *This line is intentionally omitted;*
 - (vii) Where a two-piece uniform is used, both pieces must overlap, and no torso must be visible during the entire race with the exception of the swim section, except middle and long distance events where the midriff is allowed to be exposed.
 - (viii) Where the suit has a zipper, the following apply:
 - Rear zippers (across all distances) are allowed but can be no more than 40cm in length.
 - Front zippers are allowed in all distances in Britain, with no restriction on length:
 - In middle and long distance events the zip must be fastened to at least no lower than the bottom of the breastbone whilst racing, and done up to the top in the final 200m;
 - In sprint and standard distance events the zip must be fastened to the top completely (unless wearing a top underneath) whilst racing, and in all cases done up to the top in the final 200m.
 - (ix) The uniform must be worn over both shoulders while the athlete is on the Field of Play;
 - (x) *This line is intentionally omitted;*
 - (xi) Rain jackets are permitted, however the competitor must ensure their race number is still visible at all times;
 - (xii) *This line is intentionally omitted;*
- d.) For reasons of religion, competitors 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); swimwear designated suitable by Swim England shall be allowed (applicable for both open water and pool-based events);
 - (ii) The uniform will not interfere with the bicycle mechanisms;
 - (iii) Extra identification elements are to be worn over the uniform, following the Technical Official's instructions.
- e.) *This line is intentionally omitted.*
- f.) *This line is intentionally omitted.*

2.9 Race Numbers:

- a.) Race numbers provided by the Event Organiser must not be altered, cut down, folded or in any way mutilated. Numbers so treated will result in the competitor being issued a time penalty if the offence is not corrected;
- b.) Race numbers must be affixed to the competitor's clothing or to a suitable race belt or bib. The number must be clearly visible at all times, and it is the competitor's responsibility to ensure this to avoid any penalties.
- c.) During the cycling phase, a number must be displayed to the rear;
- d.) During the running phase, a number must be displayed to the front;
- e.) Additional body markings may be provided by the Event Organiser, but this is not a substitute for, or replacement of, an official race number;
- f.) All references to the wearing of race numbers specifically exclude swim phases.

2.10 *This line is intentionally omitted.*

2.11 Timing and Results:

- a.) A race will be won by the competitor who has the shortest time from the start signal to the moment when the competitor finishes the race;
- b.) The official results will list competitors according to their finish time. In the event that two competitors tie for a place, and their performances cannot be separated, they will be awarded the same rank, sorted by race number, and the next competitor to finish behind them will occupy the same rank plus two places, with the subsequent competitors ranked in order of finishing;
- c.) Where possible, 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;
- d.) In addition, at the organisers' discretion additional fields that should be included
 - (i) Race category;
 - (ii) Age-Group (as defined by these rules);
 - (iii) Paratriathlon category;
- e.) For relay events, the rules above are applicable and the total time per competitor will be shown;

- f.) All permitted events must provide British Triathlon with an electronic copy of the final results within three days of the event, to also include British Triathlon membership number and where permissions allow, competitors' date of birth.

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 Event Organiser following the same principles.
- (i) Before the race:
 - A triathlon may be modified to a duathlon, aquathlon, or even in a two-segment race: swim-run, bike-run, or run-bike, in the equivalent distance. Time trial starts are allowed;
 - A duathlon may be modified to a two-segment event: bike-run or run-bike. Time trial starts are allowed; it may also be modified to a run only or bike only where required;
 - An aquathlon may be modified to a run-only event where required. Time trial starts are allowed.
 - (ii) Modification once the race has started:
 - Any segment, but only one, may be shortened during the race. Event Organisers will take all necessary actions to ensure the fairness of the event and the safety of the competitors. Otherwise, the race will be stopped.
 - (iii) The Event Organiser, in conjunction with the Chief Technical Official, may take an alternative decision if the above options are not possible to set up.

3. PENALTIES:

3.1 General Rules:

- a.) Failure to comply with British Triathlon Competition Rules may result in a competitor being verbally warned, incurring a time penalty, or disqualified;
- b.) Competitors may only be penalised by readily identifiable Technical Officials, although infringements may be reported to the Official by marshals and other race personnel;
- c.) All infringements are to be reported to the Chief Technical Official who will have the responsibility for posting penalties on the penalty board;
- d.) Penalties may be issued, or disqualification given at any time up to the announcement of the final results, as communicated by the Event Organiser. The exception is for where drug testing is involved, or where a concern is raised as to non-compliance of an individual's race category, when the results must be considered provisional until the outcome is known;
- e.) Unless safe to do so and as not to place either the Official or competitor at risk, Motorcycle Officials will not be required to provide an audible or visible warning for a drafting violation.

3.2 Warning:

- a.) The purpose of a warning is to alert a competitor about a possible rule violation and to promote a proactive attitude on the part of Technical Officials. A Technical Official can also provide a warning to a competitor to correct a minor infringement;
- b.) A verbal warning may be given when:
 - (i) A competitor violates a rule unintentionally;
 - (ii) A Technical Official believes a violation is about to occur;
 - (iii) No advantage has been gained.
- c.) It is not necessary for a Technical Official to give a warning prior to issuing a more serious penalty;
- d.) A verbal warning will be given for the following infringements where the infringement can be rectified, (but are not limited to):
 - (i) Illegal equipment (swim, cycle or run equipment);
 - (ii) Banned equipment (including, but not limited to, mobile telephones, MP3 players, metronomes, personal video recording devices);
 - (iii) Illegal progress (during swim, cycle or run);
 - (iv) Racing with an exposed torso, including zips not fastened as per 2.8.c.)(ix) (during cycle or run);
 - (v) Littering on the course unless disposed of in specified littering zones provided by the Event Organiser.
- e.) If corrective action is not taken to remedy the infringement, the competitor will be disqualified.

3.3 Time Penalty:

- a.) A time penalty is an appropriate penalty for infringements which do not warrant a disqualification;
- b.) Where there is no appropriate penalty box available on the course in which to serve a time penalty, the penalty will be added to the competitor's finish time;
- c.) *This line is intentionally omitted;*
- d.) There are two types of infringement where a competitor can be penalised with a time penalty:
 - (i) Drafting infringements, in draft-illegal races, as defined in 3.3.f.)(i);
 - (ii) Other infringements, as defined in 3.3.f.)(ii). These include, but are not limited to:
 - Placing markers in transition that cannot be removed, but do not impede the progress of others;

- Race number violations (if unable to be rectified after a warning);
 - Helmet violations (unclipping helmet whilst in contact with the cycle) unless corrected;
 - Riding in the transition area, including over the mount/dismount line unless corrected
- e.) Time penalties vary depending on the type of infringement:
- (i) Drafting infringements:
 - 5 minutes in long and middle distance races (first and second drafting violation noted by a Motorcycle or Technical Official);
 - 2 minutes in a standard distance race (first violation noted by a Motorcycle or Technical Official);
 - 1 minute in a sprint or shorter distance race (first violation noted by a Motorcycle or Technical Official).
 - (ii) Other infringements:
 - 1 minute in long distance races;
 - 30 seconds in middle distance races;
 - 15 seconds in standard distance races;
 - 10 seconds in sprint and shorter distance races.

3.4 *This line is intentionally omitted;*

3.5 *This line is intentionally omitted;*

3.6 **Disqualification:**

- a.) A disqualification is a penalty appropriate for severe rule violations, such as (but not limited to):
- (i) Threatening, abusive or insulting words or conduct;
 - (ii) Breaking road traffic regulations;
 - (iii) Dangerous conduct or riding;
 - (iv) Diving in pool-based events;
 - (v) Failing to obey marshals or the police;
 - (vi) Nudity;
 - (vii) Outside assistance;
 - (viii) Tampering with the equipment of others;
 - (ix) Unsporting impedance – including, but not limited to, incorrectly racked cycles, discarded equipment and the use of marking devices in transition that impede the progress of others;
 - (x) Drafting in a draft-illegal sprint or standard distance race – two drafting violations noted by a Motorcycle Official;
 - (xi) Drafting in a middle or long distance race – three drafting violations noted by a Motorcycle Official;
 - (xii) Course irregularities (unless the competitor returns to the point at which he or she left the course, or a point on the course prior to it, and then completes the course correctly);
 - (xiii) Breach of conduct by parent/guardian/accompanying adult.

3.7 **Suspension:**

- a.) General:
- (i) A suspension is a penalty appropriate for fraudulent or very severe rule violation, such as but not limited to repeated dangerous or unsportsmanlike conduct;
 - (ii) A suspended athlete will not take part in competitions permitted by British Triathlon or World Triathlon competitions during a suspension period.
- b.) Assessment:
- (i) The Technical Official will submit a report to the relevant Home Nation Technical Committee including all the details of the action, and the reasons to recommend the athlete for suspension. This report will be submitted to the Disciplinary Officer within one week of the competition.
- c.) Suspensions will be assessed by the Home Nation Disciplinary Committee for periods of three (3) months to four (4) years, depending on the violation;
- d.) Suspension due to the athlete being found to have committed an anti-doping rule violation (ADRV): If the suspension is due to the athlete being sanctioned due to committing an ADRV, the athlete will not be able to compete in any other sport whose federation is recognised by World Triathlon, IOC or SportAccord and vice versa.
- e.) Reasons for suspension:
- (i) A suspension may be issued an offence is deemed sufficiently serious by the Home Nation Disciplinary Committee;
- f.) Disciplinary Notice:
- (i) When an athlete is suspended, the British Triathlon Chief Executive will notify the concerned competitor, in writing, within 30 days;
 - (ii) *This line is intentionally omitted.*

3.8 **Expulsion:**

- a.) General:

- (i) Athletes who have been expelled will not participate in competitions permitted by British Triathlon or in World Triathlon competitions 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 the athlete being found to have committed an anti-doping rule violation (ADRV): If the expulsion is due to the athlete being sanctioned due to committing an ADRV, the athlete will not be able to compete in any other sport whose federation is recognised by World Triathlon, IOC or SportAccord and vice versa.
- c.) Disciplinary Notice:
 - (i) When a competitor is expelled, the British Triathlon Chief Executive will notify the concerned competitor, in writing, within 30 days;
 - (ii) *This line is intentionally omitted.*

3.9 Right of Appeal:

- a.) An appeal is a request for a review of a penalty decision made by a Technical Official;
- b.) Appeals cannot be made against Technical Official's judgement calls which include, but are not limited to, drafting and littering;
- c.) It is the competitor's responsibility to understand and abide by the appeal process;
- d.) The appeals process is found in Section 13 – Appeals.

3.10 Reinstatement:

- a.) After suspension, a competitor must apply to the British Triathlon Board for reinstatement.

4. SWIMMING:

4.1 General Rules:

- a.) Competitors may use any stroke to propel themselves through the water. They may also tread water or float. Competitors are allowed to push off the ground at the beginning and the end of every swim lap;
 - (i) Backstroke is not permitted in pool swims; any competitor wishing to use backstroke at an open water event must indicate this to the Event Organiser before entering the water;
- b.) Competitors must follow the prescribed swim course;
- c.) Competitors may stand on the bottom or rest by holding an inanimate object, such as a buoy or stationary boat;
- d.) In an emergency, a competitor should roll onto their back and raise an arm overhead, and call for assistance. Once official assistance is rendered, the competitor must retire from the competition;
- e.) Competitors must sportingly maintain their own space in the water:
 - (i) Where competitors make accidental contact in the swim and then immediately afterward move apart, no penalty will be incurred;
 - (ii) Where competitors make contact in the swim, and a competitor continues to impede the progress of the other competitor without moving apart, this action will result in a time penalty for the competitor causing the offence;
 - (iii) Where competitors deliberately target another competitor to impede their progress, gain unfair advantage and potentially cause harm to another competitor will result in disqualification;
 - (iv) *This line is intentionally omitted.*

4.2 Wetsuit Use:

International competitions (that is to say competitions run outside Great Britain) that are run under World Triathlon Competition Rules will adhere to those rules for wetsuit usage; competitors taking part in these should familiarise themselves with these differences.

- a.) The use of wetsuits is forbidden or mandatory if the following combinations of distance and water temperature are attained:

Swim length	Age as at 31 December	Mandatory Below	Forbidden Above
Up to 1500m	up to and including age 59	14°C	22°C
Up to 1500m	age 60 and above	14°C	24.6°C
1501m and above	all ages	16°C	24.6°C

- b.) It is recommended that wetsuits are worn by all novices and Age-Groupers up to and including age 59 up to 22°C, and all novices and Age-Groupers age 60 and above up to 24.6°C;

4.3 *This line is intentionally omitted;*

4.4 Modifications:

- a.) At temperatures below 11°C open water swimming in competition cannot take place. The above temperatures are based on water temperatures alone and assume that the wind chill factor is negligible. If wind chill is significant, swim distances may be reduced at higher temperatures.
- b.) At the following temperatures, the maximum swim distances are:

Temperature	Maximum Distance Permissible
13°C	2000m
12°C	1000m

11°C	500m
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- c.) If other weather conditions dictate, i.e., high winds, heavy rain, changing temperature, current, etc. the Event Organiser in consultation with the Chief Technical Official 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 Event Organiser;
- d.) *This line is intentionally omitted;*
- e.) Water temperature must be taken one hour prior to the start of the event on competition day. It must be taken at the middle and two other areas on the swim course, at a depth of 60cm. Where the average measured temperature is 27°C or below, the lowest measured temperature will be considered as the official water temperature. Where the average water temperature is above 27°C, the highest measured temperature will be considered the official water temperature.

4.5 *This line is intentionally omitted;*

4.6 *This line is intentionally omitted;*

4.7 Start Procedure (Mass Start System):

- a.) A start is a mass start when a large group of athletes are starting together. It may be used in any competition and category;
- b.) After all athletes are in position and the whole Field of Play is confirmed ready for the start "On your marks!" is announced;
- c.) Any time after the announcement, the start signal will be given by blasting a horn. Competitors will move forward;
- d.) False start: In case of a false start, where several competitors move forward before the start horn, the starter will sound the start horn many times requiring competitors to return to their previously selected positions. A false start may be declared also when not all the competitors have the opportunity to start the race immediately after start horn;
- e.) For Age-Group events mass start may be organised in different waves. Different AGs categories may be grouped in the same wave. Age-Group categories with a large number of athletes may be split, in this case only athletes from the same Age-Group category will be in the same wave.
- f.) Competitors starting in any wave before the one that the competitor is assigned to will be disqualified;
- g.) Competitors who are late to their assigned wave will need the approval of the Event Organiser to proceed.

4.8 *This line is intentionally omitted;*

4.9 *This line is intentionally omitted;*

4.10 Start Procedure (Time Trial Start System):

- a.) Time trial start system is defined when the competitors taking part in the same event will start the race at a specified start time;
- b.) Competitors are responsible for being at the start line on time;
- c.) The Event Organiser is responsible for synchronising start times with the timing provider;
- d.) The starter will announce the start time and issue an appropriate command or sound a horn;
- e.) Competitors starting the competition before the start time will be recalled to the start line. Any competitor failing to do this will be disqualified. Competitors starting after their start time must get the approval of the Event Organiser to proceed.

4.11 Start Procedure (Rolling Start System):

- a.) Rolling start system is defined when competitors can cross the start line at any moment during a defined range of time. The competitor's time will start when the competitor crosses the start line. There are two variations:
 - (i) Rolling start with determined start times: competitors will start with no order in predetermined time slots, individually or in small groups.
 - (ii) Continuous rolling start: competitors will start the race in a continuous flow.
- b.) The starter can interrupt the start procedure at any time;
- c.) Competitors starting in any wave before their defined range of time will be disqualified;
- d.) Competitors who are late to their defined range of time will need the approval of the Event Organiser to proceed.

4.12 Equipment:

- a.) Swim cap:
 - (i) Competitors are required to wear a swim cap in all open water events;
 - (ii) If a competitor chooses to wear two caps, the official event swim cap must be on the outside;
 - (iii) Competitors may not alter the provided swim caps in any manner;
 - (iv) Failure to wear the provided swim cap (or where not provided any swim cap) may result in a penalty;
- b.) Trisuits:
 - (i) Competitors are required to wear a trisuit or costume during the swim segment;
 - (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 rubberised material such as polyurethane or neoprene);

- (iii) Where the use of wetsuits is forbidden, clothing covering any part of the arms below the elbows and clothing covering any part of the legs below the knees is also forbidden during the swim segment;
- (iv) *This line is intentionally omitted;*
- c.) Swimskins:
 - (i) 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 rubberised material such as polyurethane or neoprene).
 - (ii) In standard distance and shorter events, swim skins must be worn for the whole event. For other distances, swimskins may only be removed if changing facilities are provided by the Event Organiser;
 - (iii) *This line is intentionally omitted;*
 - (iv) Swimskins can be used in all water temperatures.
- 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, +/-0.3mm tolerance is admissible;
 - (ii) Propulsion devices that create an advantage for the competitor, or a risk to others, are forbidden;
 - (iii) The most external part of the wetsuits will fit to the competitor's body tightly while they are swimming;
 - (iv) A wetsuit may cover any part of the body except the face, hands, and feet. When mandatory, the wetsuit must cover at least the torso;
 - (v) There is no limitation regarding the length of the zipper;
 - (vi) *This line is intentionally omitted;*
 - (vii) Competitors may wear 'shorty' style wetsuits, but should be aware that they offer less protection against the cold;
- e.) Illegal Equipment:
 - (i) Competitors must not use or wear whilst racing:
 - Artificial propulsion devices;
 - Flotation devices;
 - Gloves;
 - Socks, except when the use of wetsuits are mandatory, however the bottom of the wetsuit must cover the top of the sock otherwise they shall not be permitted;
 - Wetsuit bottoms only;
 - Wetsuits when they are forbidden;
 - Non-certified swimsuits;
 - Snorkels;
 - Official race numbers (in non-wetsuits swim only);
 - Headphone(s), headset(s), or technical earplug(s), except ear protection plugs;
 - Mobile phone(s) or any other electronic listening communication device;
 - Personal video recording devices;
 - Calf and arm compression items (in non-wetsuit swims);
 - Suits, vests, or any clothing having any part made of rubberised material such as polyurethane or neoprene;
 - Buoyancy shorts.
 - (ii) Any jewellery deemed to be a hazard to themselves or other competitors (Competitors may be requested to remove any such items);
 - (iii) Where medical advice requires a specific illegal item(s) to be worn during a race, an exception request must be applied for. A medical note stating the reason must be submitted to the Event Organiser and Technical Official on the day of the event;
- f.) Electronic devices may be used in the competition unless they are distracting the athlete from paying full attention to their surroundings.

5. CYCLING:

5.1 General Rules:

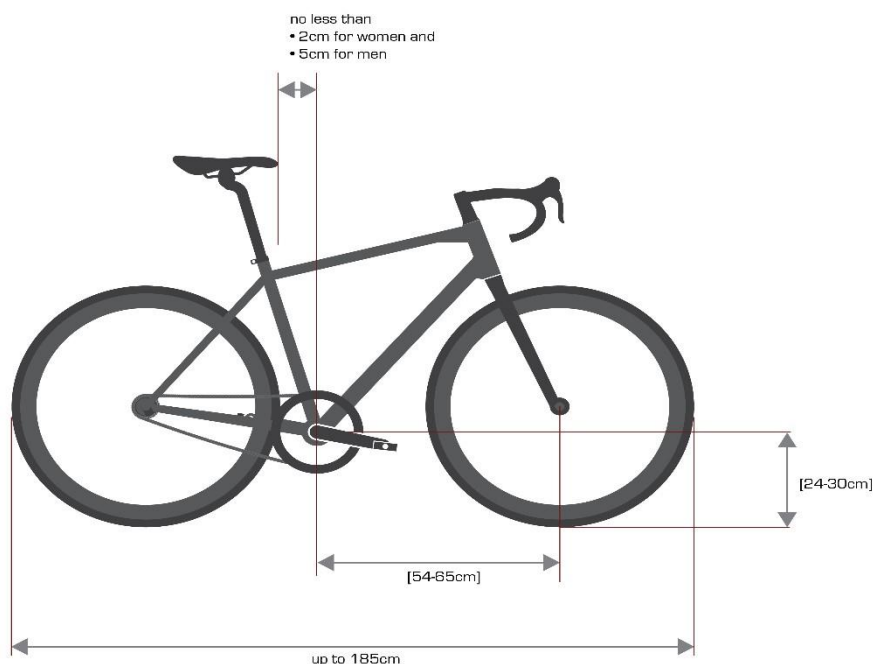
- a.) A competitor is not permitted to:
 - (i) Block other competitors;
 - (ii) Cycle with a bare torso;
 - (iii) Make forward progress without being in possession of the bike;
 - (iv) Use a different bike during the competition than the one checked-in;
 - (v) Draft off another competitor or vehicle in a draft-illegal race;

- (vi) Dispose of litter on the course, unless in specified littering zones provided by the Event Organiser.
- b.) Dangerous Behaviour:
 - (i) Competitors must obey the specific traffic regulations for the event, unless the Event Organiser advises otherwise;
 - (ii) Competitors leaving the field of play for safety reasons have to return to it without gaining any advantage. If advantage is gained due to this action, the competitor will receive a time penalty as per Section 3 – Penalties;
 - (iii) Dangerous riding may result in a penalty. This includes but is not limited to passing another competitor on the wrong side;
 - (iv) Where a competitor cuts across or makes accidental contact with another competitor during the bike, then immediately moves away and does not cause a crash the competitor will not incur a penalty;
 - (v) Where a competitor cuts across another competitor in a dangerous manner or makes contact with another competitor during the bike, does not move away and continues to impede the progress of the other competitor, the competitor will incur a time penalty
 - (vi) Where a competitor deliberately targets another competitor during the bike and impedes their progress, gains an unfair advantage, potentially causes harm or a crash the competitor will be disqualified and may be reported for potential suspension or expulsion.
- c.) Competitors must ensure that his or her cycle is in a safe and roadworthy condition. Unsafe cycles will not be allowed to start the race;
- d.) During the event, competitors are individually responsible for the repair of their machines;
- e.) Competitors must wear and have clearly visible the official race number, facing backwards;
- f.) Competitors must follow the prescribed cycle route.

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:
 - (i) UCI road race rules for draft-legal triathlon and duathlon races;
 - (ii) Time trial bikes are permitted for draft-illegal triathlon and duathlon races;
 - (iii) UCI Mountain Bike (MTB) rules for winter triathlon, cross triathlon and cross duathlon races.
- 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 pedals and a chain. Bicycles are referred to bikes and will have the following characteristics in the following sections:
- c.) For Elite (Senior, U23, Junior and Youth) draft-legal races:
 - (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 one metre and eighty-five (185) centimetres long, and fifty (50) centimetres wide;
 - The bike will measure between 24 centimetres and 30 centimetres from the ground to the centre of the chain wheel axle;
 - There will be no less than 54 centimetres and no more than 65 centimetres between a vertical line passing through the centre of the chain wheel axle and a vertical line through the centre of the front wheel axle;
 - 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 World Triathlon draft legal events, even if they contravene any of the 5 first 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 conditions listed above.
 - (ii) Saddle position for Elite (Senior and U23) races:

- There will be a vertical line touching the front-most point of the saddle which will be no less than 5 centimetres for competitors in the open race category, and 2 centimetres for competitors in the female race category, behind a vertical line passing through the centre of the chain wheel axle, and a competitor must not have the capability of adjusting the saddle beyond these lines during competition.
- Exceptions to this rule may be requested by the National Federation of the competitor to a panel composed by:
 - One person designated by World Triathlon Technical Committee;
 - One person designated by World Triathlon Coaches Committee;
 - One person designated by World Triathlon 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 World Triathlon Technical Committee for approval at least 30 days before the event.
- Provided all other criteria of the World Triathlon rules are met then full details of the equipment, including images, must be supplied to the World Triathlon Technical Committee. The procedure is outlined in Appendix P of the World Triathlon Competition Rules.
- A catalogue of all previously submitted equipment will be available on the World Triathlon website with confirmation as to whether it has been accepted or rejected. A form is available on the World Triathlon 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 competitor'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 World Triathlon or the LOC, must be placed on the bike as instructed, without any alteration.

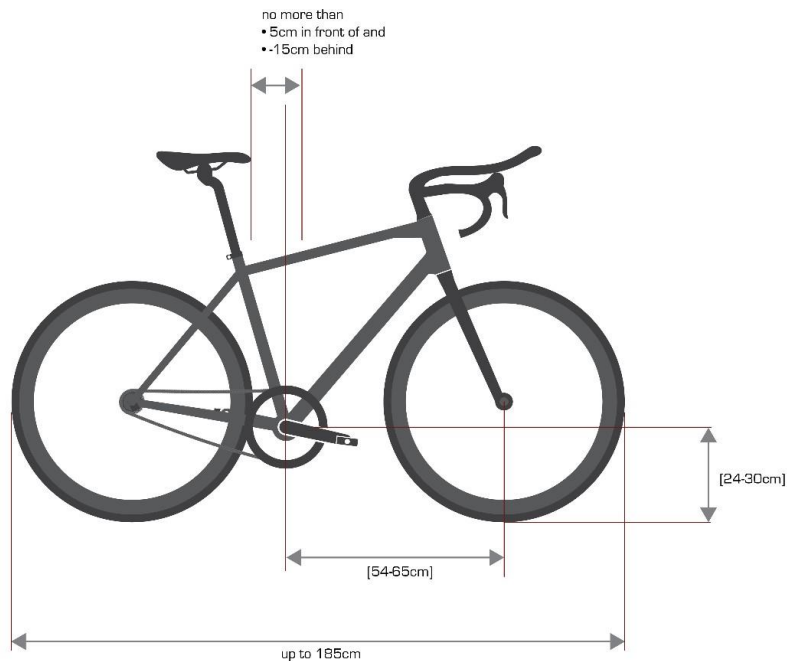
d.) For all draft illegal events, and Age-Group draft-legal events:

(i) Frames:

- The bike will be no more than one metre and eighty-five (185) centimetres long, and fifty (50) centimetres wide;
- The bike will measure between 24 centimetres and 30 centimetres from the ground to the centre of the chain wheel axle;
- There will be no less than 54 centimetres and no more than 65 centimetres between a vertical line passing through the centre of the chain wheel axle and a vertical line through the centre of the front wheel axle;
- 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;

(ii) Saddle position:

- There will be a vertical line touching the front-most point of the saddle which will be no more than 5 centimetres in front of, and no more than 15 centimetres behind, a vertical line passing through the centre of the chain wheel axle, and a competitor must not have the capability of adjusting the saddle beyond these lines during competition;



(iii) Non-traditional or unusual bikes:

- Non-traditional or unusual bikes or equipment shall be illegal unless details have been submitted to the World Triathlon Technical Committee for approval at least 30 days before the event. Provided all other criteria of the World Triathlon rules are met then full details of the equipment, including images, must be supplied to the World Triathlon Technical Committee. The procedure is outlined in Appendix P. A catalogue of all previously submitted equipment will be available on the World Triathlon website with confirmation as to whether it has been accepted or rejected. A form is available on the World Triathlon website for athletes wishing to submit equipment for approval;
- In domestic competition, Brompton-style bikes are permitted; competitors wishing to use fixed wheel bikes must submit a request to the British Triathlon Technical Committee for approval at least 30 days before the event;

(iv) Logos and race number stickers:

- Logos may not interfere with, or hinder the placement of, the bicycle race number on the bicycle frame;
- Bike race number stickers, provided by World Triathlon or Event Organiser, 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) *This line is intentionally omitted;*

- (v) *This line is intentionally omitted;*
- (vi) For Elite (Senior, U23 and Junior) draft-legal races, wheels are allowed to be used if they are included in the current UCI approved non-standard wheel lists. (Both lists are applicable, both the list containing wheels approved prior 1st January 2016 and the list with wheels approved after 1st January 2016.)
Wheels not on this list must comply to the following criteria:

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

For Youth and TriStar draft-legal races, please consult the British Triathlon website for current wheel regulations - <https://www.britishtriathlon.org/gb-teams/talent/english-talent/wheel-regulations>

- (vii) For Age-Group draft-legal races, wheels must have the following characteristics:
 - Wheels shall have at least 12 spokes;
 - Disc wheels are not allowed.
- (viii) For all draft-illegal competitions, covers are allowed on the rear wheel. However, this provision may be changed by the Event Organiser in the interest of safety, i.e., high winds;
- (ix) Both wheels must be free wheels;

f.) Handlebars:

- (i) For Elite (Senior, U23, Junior and Youth) draft-legal races, 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 clip-on and the lowest inner part of the elbow rest cannot exceed 10cm;
 - Water bottles and water bottle holders may not be mounted onto the handlebars or clip-on;
 - Clip-ons will not be allowed from 1 January 2023.
- (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;
 - Tri-bars are not allowed.



- (iii) For all draft-illegal races, the following rules on handlebars apply:
 - Only handlebars and clip-on bars not extending beyond the leading edge of the front wheel will be permitted. Clip-on bars in two pieces do not need to be bridged. All tube ends must be plugged.
- g.) Helmets:
 - (i) Approved cycling safety helmets of ANSI Z90.4, SNELL B90, EN 1078 or an equivalent national standard must be worn by competitors. A CE mark is not an approval mark and should not be treated as approval.
 - (ii) Helmet must be used in all activities when the competitor rides the bike: competition, familiarisation, and training sessions. **This rule does not apply to followers of the Sikh religion while wearing a turban;**
 - (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 competitor is in possession of the bike.
 - (v) If a competitor moves the bike off the course for any reason, the competitor 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) *This line is intentionally omitted;*
- 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.
- j.) Illegal Equipment:
 - (i) Competitors must not use or wear whilst racing illegal equipment which includes, but is not limited to:
 - Headphone(s), headset(s), technical earplug(s), or smart helmets which can make/receive calls and/or provide audio;
 - Glass containers;
 - Mirrors;
 - Bike or parts of the bike not complying with these rules;
 - Water bottles if placed behind the saddle for draft-legal competitions;
 - Mobile phone(s) or any other electronic listening communication device;
 - Personal video recording devices.
- k.) Any equipment or devices carried during the bike segment or added to the bike are subject to approval by the Technical Official before the race and must be securely mounted, not endangering any competitor or give unfair advantage. Non-approved devices are forbidden and may result in the disqualification of the competitor;

5.3 Bike Check:

- a.) A bike check may include all items listed in 5.2;
- b.) A visual bike check may take place before competitors can access the Transition Area prior to the competition. Technical Officials may check that bikes comply with the British Triathlon Competition Rules;
- c.) Competitors may request approval from the Technical Official to allow them to make modifications, if necessary, to comply with the rules;
- d.) Each competitor can only check one bike into their transition;
- e.) Bike checks are to ensure compliance to these Competition Rules; the condition and roadworthiness of the bike is and remains the sole responsibility of the competitor at all times.

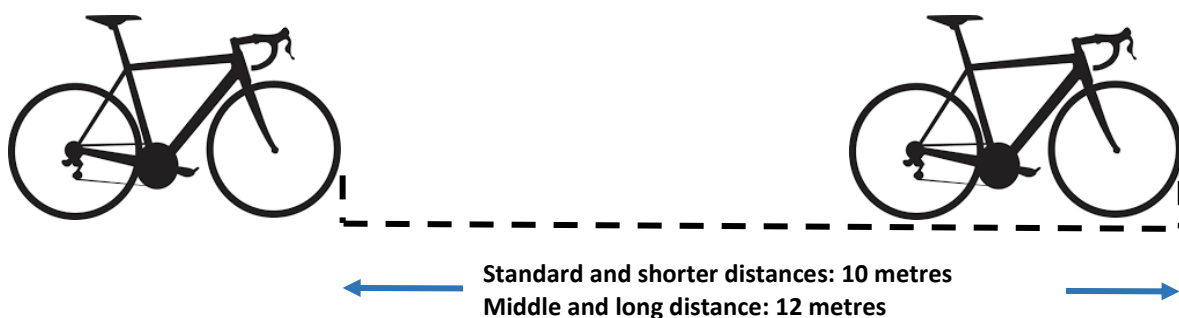
5.4 Lapping:

- a.) For Elite (Senior, U23, Junior and Youth) competitions that take place on a multi-lap course, athletes who have been lapped during the bike segment will be withdrawn from the race by the Technical Officials. Technical Officials may anticipate this decision, for safety reasons, if the athlete is closer than 100 metres ahead from the leader and the Technical Officials is totally sure that the lapping will happen. This provision can be modified by the Chief Technical Official, following the procedure outlined in rule 1.5.

5.5 Drafting:

- a.) General Guidelines:
 - (i) There are two kinds of competitions, depending on the allowance of drafting:
 - Draft-legal races;
 - Draft-illegal races.
 - (ii) Draft-legal races which are permitted by the relevant Home Nation will be subject to current draft-legal permitting guidelines.
- b.) Draft-Legal events:
 - (i) Drafting is forbidden off a competitor in a different race category;
 - (ii) It is forbidden to draft off a competitor being in a different lap;
 - (iii) Drafting is forbidden off a motorbike, vehicle, or non-competing cyclist.

- c.) Draft-Illegal events:
- (i) Drafting is forbidden of another competitor or vehicle, or non-competing cyclist. Competitors must reject attempts by others to draft;
 - (ii) A competitor is entitled to any position on the course, provided they get to that position first and without contacting others. When taking a position, a competitor must allow reasonable space for others to make normal movements without making contact. Adequate space must be available before passing;
 - (iii) A competitor 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: the bicycle draft zone will be 12 metres long measured from the leading edge of the front wheel. A competitor may enter the draft zone, 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 competitor. Consecutive attempts to overtake with no success may lead to a drafting infringement;
 - Standard distance and shorter races: the bicycle draft zone will be 10 metres long measured from the leading edge of the front wheel. A competitor may enter the draft zone of another competitor, but must be seen to be progressing through that zone. A maximum of 20 seconds will be allowed to pass through the zone of another competitor. Consecutive attempts to overtake with no success may lead to a drafting infringement;
 - Motorbike draft zone: the draft zone behind a motorbike will be 15 metres long. This also applied for draft-legal events;
 - (v) Entry into the bicycle drafting zone: a competitor may enter a bicycle draft zone in the following circumstances:
 - If the competitor enters the draft zone, and progresses through it within the allotted time in the overtaking manoeuvre;
 - For safety reasons;
 - Before and after an aid station or the transition area and dismount line;
 - At an acute turn;
 - If the Event Organiser excludes a section of the course for safety reasons.
 - (vi) Overtaking
 - A competitor is passed when another competitor's front wheel is ahead of theirs;
 - An overtaken competitor must drop out of the draft zone of the passing competitor by continuously making rearward progress out of the draft zone of the passing competitor. Re-passing by an overtaken competitor prior to dropping out of the draft zone will result in a drafting violation;
 - Overtaken competitors who remain within the draft zone of the passing competitor for more than the allotted time will result in a drafting violation;
 - Competitors must keep to the side of the course and not create a blocking incident. Blocking is where a competitor who is behind cannot pass due to the leading competitor being poorly placed on the course;
 - Traffic regulations must be followed when competing on open roads; competitors must only pass another competitor on the right.



5.6 Penalties for Drafting:

- a.) It is forbidden to draft in a race declared as draft-illegal;
- b.) Technical Officials will notify competitors who draft they are subject to a time penalty sanction; it is the competitor's responsibility to ensure they are aware of any penalties that have been awarded against them;
- c.) Where there is no appropriate penalty box available on the course in which to serve a time penalty, the penalty will be added to the competitor's finish time;
- d.) The penalties awarded for drafting are detailed in Section 3 – Penalties;

- e.) Unless safe to do so and as not to place either the official or competitor at risk, Technical and Motorcycle Officials will not be required to provide an audible or visible warning for a drafting violation;
- f.) Drafting violations cannot be appealed.

5.7 Blocking:

- a.) Competitors must keep to the left-hand side of the course and not create a hazard by blocking other competitors on the course. Blocking is where a competitor who is behind another competitor cannot pass due to the leading competitor being poorly placed on the course. Competitors seen blocking will incur a time penalty.

5.8 Riding Positions:

- a.) While arms or elbows are in contact with the handlebar or armrest, hands must grip the clip-on;
- b.) The following rule is linked to the banning of clip-ons and will be in force from 1 January 2023: The riding position requires the only points of support are the following: the feet on the pedals, the hands on the handlebars and the seat on the saddle;
- c.) Additionally, in draft-illegal races, forearms can be used as a point of support on the handlebar.

Image 1 – allowed positions in all races:



Image 2 – allowed position only in draft-illegal races (forearms used as a point of support on the handlebar where the hands are gripping the clip-ons):



Image 3 – forbidden positions in all races:



6. RUNNING:

6.1 General Rules:

- a.) Competitors will:
 - (i) Run or walk;
 - (ii) Wear and have clearly visible the official race number, facing forward;
 - (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 manoeuvring curves;
 - (vii) Not be accompanied by any non-competing competitors, team members, managers, or other pacemakers on the course or alongside the course;
 - (viii) *This line is intentionally omitted;*
 - (ix) Be permitted to run barefoot, however this is at the competitor's personal liability. The competitor is required to contact the Event Organiser to ascertain whether the surface prevents barefoot running from taking place. Where the surface is not conducive to barefoot running, it is strongly recommended this does not take place;
 - (x) Follow the prescribed run course;
 - (xi) Not dispose of litter on the course, unless in specified littering zones provided by the Event Organiser;
 - (xii) Be permitted to wear a wetsuit on the run segment, where used in the swim segment of an event.

- b.) Where a competitor makes accidental contact during the run with another competitor, then immediately moves away and does not cause a fall the competitor will not incur a penalty;
- c.) Where a competitor makes contact with another competitor during the run, continues to impede the progress of the other competitor and does not move away, the competitor will incur a time penalty;
- d.) Where a competitor deliberately targets another competitor during the run and impedes their progress, gains an unfair advantage, potentially causes harm or a fall the competitor will be disqualified and may be reported for potential suspension or expulsion.

6.2 Finish Definition:

- a.) A competitor 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 competitor. Any competitor who appears to Technical Official or medical personnel as presenting a danger to themselves or others, may be removed from the competition;
- b.) Competitors cannot be accompanied by any non-competing person in the finish chute.

6.4 Illegal Equipment:

Competitors must not use or wear whilst racing:

- a.) Headphone(s), headset(s), or technical earplug(s);
- b.) Glass containers;
- c.) *This line is intentionally omitted;*
- d.) *This line is intentionally omitted;*
- e.) British Triathlon follows British Athletics' shoe regulations applicable to road events, for triathlon and multisport events (excluding cross duathlon and cross triathlon);
- f.) Personal video recording devices;
- g.) Mobile phones or any other electronic listening communication device;
- h.) Running spikes are not permitted, unless being worn in a cross-duathlon or cross-triathlon (see Competition Rule 19.6.a).

7. TRANSITION AREA:

7.1 General Rules:

- a.) All competitors 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.) Competitors must use only their designated bike rack and must rack their bike:
 - (i) For a traditional bike rack, the bike must be racked in an upright position. Bike must be racked in a way that does not block or interfere with the progress of another competitor.
 - (ii) In case of an individual bike rack, the bike must be racked facing out from the direction of the number.
- c.) Competitors should only bring into transition what is required. Boxes may be provided by the Event Organiser, any other boxes used to bring equipment into transition should be removed. A small soft-sided bag such as a rucksack may be used and remain in transition, though it must not impede the progress of another competitor.
 - (i) Competitors must place within 0.5m of their racking position in transition, or within the width of the bike handlebars, all equipment to be used at a later stage in the event.
 - (ii) All equipment already used must be deposited in that area.
 - (iii) Only equipment to be used during the competition can be left in transition.
 - (iv) All other belongings and equipment outside the above rules are to be removed before race start;
- d.) If a competitor wishes to use the same shoes in a duathlon for the second run these do not have to be placed in the box (where provided by the Event Organiser) or the competitor's bag. However, only one pair of running shoes may be on the floor at any time during the bike segment of the race, and must be located within the competitor's transition area;
- e.) Competitors who are observed by a Technical Official discarding their swim cap between the swim exit and transition will receive a penalty;
- f.) Bike shoes, glasses, helmet, and other bike equipment or clothing required for the cycle segment can be placed on the bike;
- g.) Competitors must not impede the progress of other competitors in the Transition Area;
- h.) Competitors must not interfere with another competitor's equipment in the Transition Area;
- i.) Cycling is not permitted inside the Transition Area. Mount and dismount lines are part of the transition area;
- j.) Competitors must mount their bicycles after the mount line by having one complete foot contact with the ground after the mount line;
- k.) Competitors who cycle out of transition rather than mounting at the mount line will be disqualified;
- l.) Competitors must dismount their bicycles before the dismount line by having one complete foot contact with the ground before the dismount line;

- m.) Competitors who make no attempt to dismount at the dismount line causing them to cycle in transition will be disqualified;
- n.) While in the transition area (before the mount line and after the dismount line) the bike can be pushed only by the competitor's hands;
- o.) If during the mount or dismount manoeuvre, the competitor loses their shoe(s) or other equipment, they will be collected by the Technical Officials or marshals and no penalty will be applied;
- p.) Nudity or indecent exposure is forbidden;
- q.) Competitors must not stop in the flow zones of the Transition Area, and must follow the prescribed flow through the Transition Area. Ducking underneath transition racking is forbidden;
- r.) Marking positions in the Transition Area is forbidden. Marks and objects (such as balloons or chalk) used for marking purposes are not permitted and will be removed and the competitors will not be notified. Wetsuits or other items of clothing hung over racking is classed as marking;
- s.) All competitors must have their helmet securely fastened and cannot touch the locking mechanism of the helmet from the time they remove their bike from the rack before the start of the bike segment, until after they have placed and let go of their bike on the rack after the finish of the bike segment;
- t.) The helmet strap must remain unfastened in the Transition Area while the competitor is completing the first segment;
- u.) Helpers, friends, or family members are not permitted in transition areas;
- v.) Mobile telephones can be brought into transition but may not be used whilst the transition area is live;
 - (i) Live is defined as being from the first starter of the first race segment to the last starter of the final race segment in the event, unless there are specified breaks during the schedule where there is no racing, and the Transition Area is opened;
- w.) Pets must not be brought into transition at any time by any person;
- x.) Where using bike lights would improve competitor safety, these are permitted;
- y.) Competitors must not wear or use headphone(s), headset(s), technical earplug(s) in the Transition Area.

8. This section is intentionally left blank.

9. PRIZES AND AWARDS:

9.1 Prize Money:

- a.) General rules;
 - (i) Any prize money or items shall be distributed equally between open and female race categories.
 - (ii) Prize structure and eligibility for said prizes at an event is at the discretion of the Event Organiser, unless the competition is a Championship identified by British Triathlon or the Home Nation Associations.

9.2 *This line is intentionally omitted*

9.3 Championship Awards:

- a.) Categories:
 - (i) In British Triathlon Championships, medals are awarded to eligible members who place 1st, 2nd or 3rd in each of the five-year age categories plus an Under 20's Category;
 - (ii) In Home Nation Association Championships, medals are awarded to eligible members who place 1st, 2nd or 3rd in each age category as determined by the relevant Home Nation Association.
 - (iii) In Home Nation Association Championships, additional prizes may be awarded in categories as decided by the relevant Event Organiser and may be available to all competitors;
- b.) Eligibility:
 - (i) See Section 24 - Eligibility

10. EVENT ORGANISERS:

Event Organisers should visit the British Triathlon website www.britishtriathlon.org, and the Event Organisers System (free registration required) <https://events.britishtriathlon.org> where a wide range of technical information can be found, along with specific requirements that events must abide by in order to receive the appropriate British Triathlon Event Permit approved by the appropriate Home Nation Association.

11. TECHNICAL OFFICIALS:

11.1 General:

- a.) Technical Officials should adopt a common-sense attitude in all decisions, and proactively interact with competitors to prevent penalties being issued;

- b.) Technical Officials should primarily promote the enjoyment of the sport, but uphold the rules where safety and fairness may be compromised.

11.2 Definition:

- a.) A Technical Official is an individual who has been trained, assessed, and passed the specified British Triathlon examination. He or she can be identified at an event by his or her Technical Official's uniform;
- b.) Where present, Assistant Technical Officials should also wear the Technical Official's uniform;
- c.) Technical Officials must be members of their Home Nation Association.

11.3 Appointment:

- a.) Technical Officials shall be appointed by the Event Organiser, the Regional Officials Coordinator (of the region where the event takes place), Home Nation Association or the Technical Committee depending on the status of the event;
- b.) In the case of Championships and GB Age-Group Team Qualification events, the race official shall be appointed by the British Triathlon Technical Committee or Home Nation Technical Committee where appropriate;
- c.) The Technical Official shall be suitably qualified depending on the status of the event;
- d.) The Race Director shall have full jurisdiction over the event;
- e.) The Technical Official (or Event Organiser where a Technical Official has not been appointed) will submit their race report no more than 28 days after the event. The report must be completed using the official British Triathlon race report template.

11.4 Ratio:

- a.) The recommended ratio of Technical Officials to active competitors is 1 Technical Official for the first 250 active competitors with an extra Technical Official for each additional 150 active competitors;
- b.) Active competitors are defined as those who are currently racing on any part of the course.

11.5 Motorcycle Officials:

- a.) A Motorcycle Official is an individual who has been trained, assessed, and passed the specified British Triathlon examination. He or she can be identified at an event by his or her Motorcycle Official's hi-viz safety vest;
- b.) As a recommendation, a ratio of one qualified Motorcycle Official to 50 competitors on the bike course at any one time should be applied (where resources allow) for mass or wave start events;
- c.) As a recommendation, a minimum of two qualified Motorcycle Officials per event should be maintained for all mass or wave start events.

11.6 Attendance of Technical Officials:

- a.) An appropriately qualified Technical Official should be present at every Home Nation permitted event;
- b.) If there is no formally requested Technical Official, the Event Organiser/Race Director (or their appointed representative) becomes the de facto race official, and it must be reported back to the appropriate Home Nation Association why an official was not requested.
- c.) Where the Event Organiser/Race Director (or their appointed representative) assumes the role of de facto race official, that individual must rescind all other roles at the event. The individual is responsible for understanding and applying the Competition Rules. As with all Technical Officials, a proactive educational approach is to be taken, and infringements penalised where necessary. The de facto race official is also required to understand and implement the appeals procedure (as detailed below).

11.7 Competition Jury:

- a.) British or Home Nation Association Championship events, World or European Championship qualifying events, and British Elite events:
 - (i) The three (3) members of the Competition Jury will be appointed based on the following:
 - (ii) The role of Chair of the Competition Jury will be fulfilled by, in order of preference:
 - British Triathlon, Home Nation Association or Regional Board Member, Council Member, or Committee Member;
 - British Triathlon member of staff;
 - Any member of British Triathlon/the Home Nation Associations deemed independent as agreed by the Event Organiser and Chief Technical Official. This can include a competitor in the same event, but who is not involved with the incident and will not gain an advantage resulting from any decision;
 - (iii) The Event Organiser, or their appointed representative;
 - (iv) The Chief Technical Official.
- b.) All other permitted events:
 - (i) The three (3) members of the Competition Jury will be appointed based on the following:
 - (ii) The role of Chair of the Competition Jury will be fulfilled by any member of British Triathlon/the Home Nation Associations deemed independent as agreed by the Event Organiser and Chief Technical Official. This can include a competitor in the same event, but who is not involved with the incident and will not gain an advantage resulting from any decision;

- (iii) The Event Organiser, or their appointed representative;
- (iv) The Chief Technical Official.
- c.) All members of the Competition Jury should have an understanding of triathlon and the Competition Rules, and the appeals process as documented herein.
- d.) Competition Jury Principles:
 - (i) The Competition Jury must be impartial and observe the following principles:
 - Give equal weight to the evidence and testimony provided by all;
 - Recognise 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 a competitor is innocent until the alleged violation has been established to the complete satisfaction of the Competition Jury.
 - (ii) The Competition Jury must be available to convene after the last finisher completes the competition, and no less than one (1) hour thereafter;
 - (iii) The Event Organiser will arrange a suitable venue for any appeal hearings.

11.8 Technology Tools:

- a.) Technical Officials may use any kind of technological support to acquire data or evidence on rule infractions.

11.9 Health:

- a.) British Triathlon encourages Technical Officials to undergo an annual health evaluation.

12. This section is intentionally left blank.

13. APPEALS

13.1 Instigating an Appeal:

- a.) Only the competitor (or their official team representative, where appropriate) can declare their intention to appeal, which must be made to the Chief Technical Official within 15 minutes of the competitor's finishing time, or the posting of the infraction and penalty, whichever is later.
- b.) The competitor (or their official team representative, where appropriate) will then file their appeal with the Chief Technical Official no later than one hour after the competitor's finishing time, or the posting of the infraction and penalty, whichever is later.
- c.) Appeals will be filed in writing to the Chief Technical Official using the British Triathlon Appeal Form (available from the Chief Technical Official upon request). It will be signed by the appellant and will be accompanied by a fee of £30. The appeal fee must be paid at the point of filing with the Chief Technical Official, otherwise the appeal will not be accepted. Cash, cheques and where available, credit/debit cards, are all acceptable methods of payment. The fee will be refunded if the appeal is successful. If the appeal is denied, there will be no refund and the money will go to the British Triathlon Trust. Cheques to be made payable to the 'British Triathlon Trust'.

13.2 Appeal Principles:

- a.) The Chair of the Competition Jury is responsible for filing a written statement on all appeals and decisions reached using the template available from the Chief Technical Official.
- b.) The Chair of the Competition Jury is deemed not to have a conflict of interest and must be impartial in this matter.
- c.) The appellant and the Chief Technical Official must be present.
- d.) Failure of any party to attend the hearing may justify the Competition Jury in making a decision without them.
- e.) If any Technical or Motorcycle Official other than the Chief Technical Official is involved with the appeal, he/she should be invited to the hearing.
- f.) The appeal will be held on the day at the event.

13.3 Appeal Hearing:

- a.) The Chair of the Competition Jury will invite all the involved parties to attend a meeting and describe to them the process that will be followed, explain to them the appeal process of the Competition Jury's final decision, and read to them the submitted appeal form to confirm the detail of the appeal.
- b.) The hearing will not be open to the public; persons attending the hearing, other than the appellant with their witness(es) and the Chief Technical Official with their witness(es) should be agreed to by all parties.
- c.) The Chair of the Competition Jury will ask the Chief Technical Official to leave the room to allow the appellant to explain their case.
- d.) Following this, the Chief Technical Official will present their case without the presence of the other party.
- e.) The appellant and the Chief Technical Official will be given adequate time to give their accounts of the incident.
- f.) Witnesses (a maximum of two each) may speak for up to three (3) minutes each.
- g.) The Competition Jury can ask for additional support or advice from additional sources, but this needs to be communicated to all parties.

13.4 Appeal Decision:

- a.) Following the above described process, the Competition Jury will meet alone and make a decision by simple majority based on all the information presented.
- b.) The decision should be announced to all of the involved parties and the minutes from the hearing should be signed off by all members of the Competition Jury and sent to the British Triathlon Events Team with the event's post-race report by the Chief Technical Official, accompanied by the appeal fee if the appeal is unsuccessful.

13.5 Appeal to the British Triathlon Board

- a.) A competitor whose appeal is dismissed by the Race Competition Jury may appeal to the British Triathlon Board, only if the appellant believes that the appeals process, as detailed in the British Triathlon Competition Rules, was not properly followed and/or implemented;
- b.) Any such appeal must be completed on the Appeals Form available on the British Triathlon website, signed by the appellant, and lodged with the Chief Executive of British Triathlon within 48 hours of the appellant having received the decision of the Competition Jury;
- c.) The appeal must be made in writing stating precisely the grounds for appeal, i.e., why the appellant believes the appeals process was not properly followed and/or implemented;
- d.) The timetable and process for any appeal to the British Triathlon Board will be set by the President of British Triathlon or his/her nominated representative. Such timetable and procedure shall take into consideration the desire for expediency and finality in regard to race results, in addition to any other matter deemed significant by the President (or nominee) in the circumstances of the appeal;
- e.) When considering whether the grounds for appeal has been met, the British Triathlon Board will not consider the original appeal against any penalty received, or the decision of the Competition Jury;
- f.) Any appeal to the British Triathlon Board against the decision of the Competition Jury must include a fee of £100 made payable to British Triathlon. The fee will be refunded if the appeal is successful. If the appeal is denied, there will be no refund and the money will go to the British Triathlon Trust.

14. POOL-BASED EVENTS:

14.1 Definition:

- a.) The swim segment of a triathlon or aquathlon may take place in a swimming pool, including but not limited to indoor swimming pools, outdoor swimming pools and lidos.

14.2 Swim:

- a.) No more than six competitors should be allowed per lane of 2.5m wide.
- b.) Lane swims should either be:
 - (i) Conducted in an alternate clockwise and anticlockwise direction across alternate lanes;
 - (ii) Conducted as a 'snake swim', where competitors move between lanes. No more than two lengths per lane (of any size) are allowed.
- c.) Backstroke is not permitted in pool swims;
- d.) Overtaking should only take place at the end of the lane, unless it is safe to do so otherwise.
- e.) Compression arm and/or leg covers may not be worn in pool-based events where wetsuits are banned;
- f.) Swim hats may be worn, but are not required unless determined by the Event Organiser.

15. MIDDLE AND LONG DISTANCE EVENTS:

15.1 Medical Guidelines:

- a.) *This line is intentionally omitted;*
- b.) Adequate medical support should be provided as per Event Permitting Guidelines.

15.2 Distances:

- a.) In order for Middle Distance events to be considered as Age-Group Qualifiers, competitors should follow the guidelines set out in the Middle Distance Qualifier Criteria found in the Age-Group section on the British Triathlon website.

15.3 Penalties:

- a.) Details of penalties are outlined in Section 3: Penalties.

15.4 Coaches Stations:

- a.) At the discretion of the Event Organiser, coaches will have a designated space available on the bike and run segments in order to supply competitors with their own food and beverages.

15.5 Personal Needs Stations:

- 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 handed out by volunteers approved by the Event Organiser.

15.6 Transition Area:

- a.) In the transition area, Technical Officials or event staff may assist competitors by receiving and placing their bikes and handing out their equipment. This support must be equal for all competitors;
- b.) Competitors are allowed to change their uniforms in the transition area. Nudity rules still apply, changing facilities should be used to avoid a penalty on this instance;

- c.) Wetsuits must be removed in the designated area;
- d.) For events where a bag drop system is in place, all equipment must be deposited inside the correct bag provided by the Event Organiser. The only exception is that bike shoes may remain attached to the pedals at all times.

15.7 Uniform:

- a.) Front zipper is allowed;
- b.) The zip must be fastened to at least no lower than the bottom of the breastbone whilst racing, and done up to the top in the final 200m.

15.8 Outside Assistance:

- a.) Medical assistance and food and liquid are permitted at official event 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.) All other outside assistance is prohibited.

16. TEAM AND RELAY EVENTS:

16.1 *This line is intentionally omitted.*

16.2 Home Nation Relay Championships:

- a.) British Triathlon will encourage Home Nation Associations to include each of these team competitions in their National Championships.

16.3 Definitions – used across triathlon and duathlon:

- a.) **Mixed relay:** A team is composed of 4 athletes: 2 open race category and 2 female race category, who will compete in the following order: open, female, open, female or 4 open race category or 4 female race category. Each of them will cover a complete aquathlon, triathlon, cross triathlon, duathlon, cross duathlon, winter triathlon or winter duathlon. The total time for the team is from the start of the 1st team member to the finish of the 4th competitor. Time is continuous and timing does not stop between competitors;
- b.) **3x relay:** A team is composed of 3 competitors of the same race category. Each of them will cover a triathlon/duathlon/winter triathlon/cross triathlon/cross duathlon. The total time for the team is from the start of the 1st team member to the finish of the 3rd competitor. Time is continuous and timing does not stop between competitors;
- c.) **Standard:** A team is composed of 3 competitors regardless of race category. The first competitor 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 competitor. Time is continuous and timing does not stop between competitors;
- d.) **Team competition based on the individual results:** The total team time is the addition of the 3 best times of the competitors from the same team and race category. In case of a tie, the time of the third team member will determine the team result;

16.4 *This line is intentionally omitted.*

16.5 Eligibility:

- a.) At the Home Nation Association Club Relay Championships, members may only compete for the club stated on their valid Home Nation Association triathlon race licence, with the exception of competitors competing for an affiliated university, military, police or fire service, or race teams at the time of the event.
 - (i) For guidance on what is defined as a club, please refer to the British Triathlon club constitution criteria.
 - (ii) Subject to the provisions of the competition rules, applications to change club must be received by the appropriate Home Nation Association triathlon office at least 14 days prior to the event the competitor intends to take part in.
- b.) Competitors may only represent one team over the weekend of the Relays and be eligible for any awards. Whilst they may still participate in the Event for another team, this team will no longer be eligible for any awards.

16.6 *This line is intentionally omitted.*

16.7 *This line is intentionally omitted.*

16.8 *This line is intentionally omitted.*

16.9 *This line is intentionally omitted.*

16.10 Relay Exchange:

- a.) The relay exchange from one team member to another will take place inside the exchange zone, which is 15 metres long;
- b.) The exchange is completed by the in-coming competitor, using their hand to contact the body of the out-going competitor within the relay zone;
- c.) If the exchange occurs outside the exchange zone, the team will receive a time penalty, which must be served in the penalty box; where a penalty box is not present, the penalty will be added to the finish time;
- d.) If the exchange is not completed, the team will be disqualified;

- e.) Prior to the relay exchange, the competitors will wait in a pre-relay exchange area until the Technical Official tells them to enter the exchange zone;
- f.) Competitors must not put their helmet on until they have been tagged by their teammate; only once the competitor has left the exchange zone can the helmet be picked up and secured before the competitor can touch their bike;
- g.) Competitors must remove their helmet once their bicycle is racked; only once the helmet is placed in their area in transition can the competitor enter the exchange zone and tag their teammate.

16.11 *This line is intentionally omitted.*

16.12 *This line is intentionally omitted.*

16.13 *This line is intentionally omitted.*

17. ELITE PARATRIATHLON:

Section 17.1 to 17.18 of the British Triathlon Competition Rules relate specifically to events run under World Triathlon rules, which includes British Paratriathlon and Paraduathlon Championships. Elite and Age-Group athletes competing in these events should familiarise themselves with these rules before competing.

Guidance and support is available to those competitors with a disability wishing to take part in triathlon, and for Event Organisers to make their events more accessible. Please contact the Events and Paratriathlon Teams for more information.

17.1 General:

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

17.2 Paratriathlon Sport Classes:

- a.) World Triathlon Paratriathlon has implemented an evidence-based classification system, which British Triathlon have adopted, 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 sport classes, as defined in Appendix G of the World Triathlon Competition Rules:
 - (i) PTWC1: Most impaired wheelchair users. Athletes must use a recumbent handcycle on the bike course and a racing wheelchair on the run segment;
 - (ii) PTWC2: Least impaired wheelchair users. Athletes must use a recumbent handcycle on the bike course and a racing wheelchair on the run segment;
 - (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: Includes athletes who are totally blind, from no light perception in either eye, to some light perception. One guide is mandatory throughout the race. Must ride a tandem during the bike segment;
 - (viii) PTVI2: Includes athletes who are more severely 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 severely 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) PTSVI: PTVI1, PTVI2 and PTVI3 sport class athletes competing together.

17.4 Classification:

- a.) Paratriathlon Classification Rules and Regulations can be found in Appendix G of the World Triathlon Competition Rules;
- b.) All Paratriathletes competing at a World Triathlon 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 a World Triathlon designated Classification Panel prior to the competition;
 - (ii) provide, at time of classification, the "World Triathlon PI Medical Diagnostics Form" or "World Triathlon 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 event where classification is not available, are requested to submit specific medical documentation to British Triathlon, no later than 4 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. World Triathlon will study each request on a case-to-case basis and decide whether the relevant race results need to be modified.
- e.) All paratriathletes competing at British Triathlon elite permitted events may be classified by British classifiers instead of World Triathlon classifiers. Further details can be found at <https://www.britishtriathlon.org/gb->

[teams/performance/paratriathlon/classification](#). This classification is not valid internationally; those wishing to compete in international events must follow the approval process detailed in 17.3.b.

17.5 Eligible Classes and Race 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 together, or grouped in waves. Athletes from the same sport class and race category must start in the same wave;
- c.) Paratriathlon events taking place over Sprint distance will have a time limit of 2 hours;
- d.) In a Duathlon event, a paratriathlon race should be organized 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 start called “Interval Start System”:
 - (i) In races where all classes start together, the relevant compensation time will be added to the final times of the athletes competing in the classes, as follows:

	PTWC1 Open Race Category	PTWC2 Open Race Category	PTWC1 Female Race Category	PTWC2 Female Race Category
Sprint Triathlon	0:00	+3:00	0:00	+3:38
Sprint Duathlon	0:00	+2:40	0:00	+3:13

	PTVI1 Open Race Category	PTVI2/PTVI3 Open Race Category	PTVI1 Female Race Category	PTVI2/PTVI3 Female Race Category
Sprint Triathlon	0:00	+2:41	0:00	+3:11
Sprint Duathlon	0:00	+2:28	0:00	+2:55

*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 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 Race Referee may allow a mass start;
- (v) Any protests that are filed regarding the starting order and/or compensation times in relation to international competition, shall take place according to World Triathlon Article 12, “Protest of Eligibility.”

17.6 Paratriathletes’ Briefing:

- a.) The Chief Technical Official 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:
 - Paratriathletes not attending the briefing, without informing the Event Organiser and Chief Technical Official about their absence, will be removed from the start list;
 - Paratriathletes entering the briefing hall after the briefing has started and athletes not attending the briefing, but who have informed the Event Organiser and Chief Technical Official about their absence, will be penalised with a time penalty to be served during Transition 1;
- 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) PTWC athletes: red, yellow, or green swim cap, 3 race number stickers for the helmet, 1 race number sticker for the handcycle, 1 race number sticker for the race wheelchair, 1 race number sticker for the daily wheelchair, 1 official race number for the athlete or 4 sets of body marking, and 1 official race number for the personal handlers;
 - (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 and 1 official race number for the personal handler;
 - (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 for the athlete or 4 sets of body marking 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 for the athlete or 4 sets of body marking 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 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 competitions. The approval for already classified athletes will be done by an Approval Panel composed of:
 - British Triathlon Head Classifier;
 - A full-time member of British Triathlon paratriathlon staff;
 - A person designated by the British Triathlon events department.
 - It is important to note that approval given by British Triathlon applies to British competitions only. Athletes competing in international competition wishing for handlers to be present are required to receive approval from World Triathlon.
 - (ii) Up to one (1) personal handler for sport class PTWC1 and PTWC2; competitors entering the British Championships may be permitted a second handler, but should be aware that only one is permitted at international competition;
 - (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 Competition Rules in addition to further regulations deemed appropriate or necessary by the Race 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;
- g.) All personal handlers shall be located within two (2) metres of their athletes' transition spot during the race. 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, or if they need the LOC to provide the personal handler(s);
 - (ii) Paratriathletes must attend the briefing with their personal handler(s);
 - (iii) Immediately after the briefing, they will collect their race packet and their personal handler(s) will collect the personal handlers' t-shirt, where provided by the LOC.
- 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 where provided;
 - (iii) If a paratriathletes 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 Chief Technical Official;
 - (v) Up to two timing chips will be delivered 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, competitors in PTWC1 and PTWC2, PTS2, PTS3, PT4 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 PTHC wheelchairs according to their race number;
- d.) There should be a dedicated space in the pre-transition area, to set up and display all prosthetic devices/crutches for paratriathletes from the PTWC1 and PTWC2, PTS2, PTS3, PTS4 and PTS5 sport classes (if required). 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 TO 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. Handlers are allowed to carry the equipment of an athlete.
- 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 Event Organiser shall provide an appropriate number of swim exit assistants at swim exit area, who will be responsible for assisting the paratriathletes from the swim exit to the pre-transition area. Only these persons will be allowed to enter this area. Their training should be supervised by a Technical Official;
- b.) During the swim exit, the competitors 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 must be placed inside the transition box, where provided by the Event Organiser. The only exception to this rule is when a "pre-transition area" exists. (This pre-transition area shall be set-up in coordination with the Event Organiser and Technical Official);
- 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 (female race category and open race category), 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 metres. The athlete, the handlers and all the equipment will be inside this space, while completing transition activities;
- i.) A post-transition area, after the first transition spot and before the mount line, will be provided to drop off prosthetic legs used for competitors who do not wish to hop a long distance in transition. That equipment would move back to the competitors' space in the transition area by a Technical Official or an authorised person by the Chief Technical Official to perform this action. That equipment must be clearly identified with the competitors' race number.

17.11 Paratriathlon Swimming Conduct / Equipment:

- a.) For safety reasons, categories will be presented during the paratriathlete presentation at race start in the following order: PTVI1, PTVI2 and PTVI3, PTS5, PTS4, PTS3, PTS2 and PTWC1 and PTWC2. For safety reasons, PTWC1 and PTWC2 competitors 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:
750m	18°C	45 mins
1500m	18°C	1h 10 mins
3000m	18°C	1h 40 mins
4000m	18°C	2h 15 mins

- g.) If any competitor has not completed the swim course within this time limit and is more than 100 metres short of the finish, they shall be removed immediately from the water;
- h.) Wetsuits will not be permitted when the water temperature is 24.6°C or above;
- i.) If the water temperature is between 30.1°C and 32.0°C the maximum stay in water is 20 minutes;
- j.) The swim portion may be cancelled, if the official water temperature is higher of 32°C. or lower than 16°C. (Official water temperature is calculated, as indicated in the chart below):

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

		Air temperature (°C)								
		15	14	13	12	11	10	9	8	7
Water Temperature (°C)	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 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 handcycle 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 simultaneously;
- 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 deficiency 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 in writing for British Triathlon approval, with proper explanation and pictures at least one (1) month before any event. If the adaptation is approved, a certificate will be sent to the applicant;
- m.) 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.) The use of the official race number is mandatory and must be visible from the back.

17.13 Paratriathlon PTWC1 and PTWC2 Swimming Conduct/Equipment:

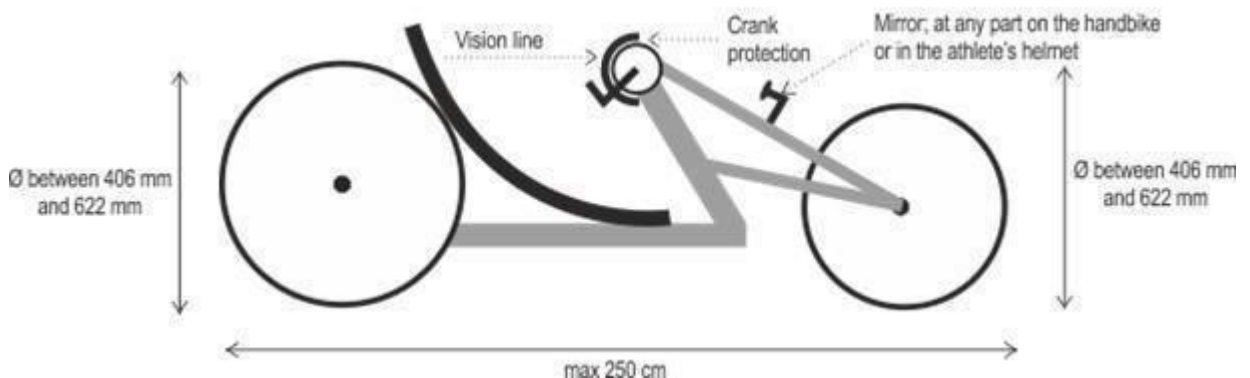
- a.) Athletes may only use up to 3 bindings made of non-floating material around the legs in any position. The bindings will be 10cm in width, as a maximum;
- b.) The use of knee brace is permitted, provided the equipment provides neither flotation nor propulsion. If a wetsuit is worn, the brace shall 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-fibre 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 details of knee braces must have British Triathlon approval, with proper explanation and pictures at least one (1) month before any event. If the knee braces are approved, a certificate will be sent to the applicant;
- d.) The use of wetsuit bottoms is always permitted. 5mm +/- 0.3mm thickness applies.

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 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 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 shall be steerable and 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, chain wheels, 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 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 race;
- (vii) Wheels of the handcycle may vary in diameter between a (ERTRO) 406 mm minimum and a 622 mm maximum. Modified hub attachments may be used if necessary. The width of handcycle double wheels may vary between 55 cm minimum and 70 cm maximum, measured at the centre of each tyre where the tyres touch the ground;



- (viii) Disc wheels are allowed;
 - (ix) Disc brakes are allowed;
 - (x) A handcycle shall not measure more than 250cm in length or 75cm 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) 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) Paratriathletes must ensure that their lower limbs have enough support/bracing/footrest to prevent them from dragging or making contact with the ground during the event;
- 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 and dismount lines. Once stopped, the Technical Official will say "Go" and the athlete can continue with the race. 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 competitors 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) Competitors 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 an 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 15 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 are in sight;
 - 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 with a lower limb deficiency are permitted to use a prosthesis on that limb only to ensure both legs are balanced and to allow for symmetrical movement during competition. The effective need/use of prostheses, orthoses or other special adaptive equipment must be approved during the classification evaluation and/or evaluated by the Classification Advisory Group;
- b.) The use of running blades is only allowed as long as they are mounted on a prosthesis;
- c.) Athletes will wear an official race number or 4 sets of body marking, 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) competitors 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 race category and nationality. Both athlete and guide will hold a full race license from British Triathlon;
 - (iii) Each athlete is allowed a maximum of one (1) guide during each race;
 - (iv) An athlete cannot act as a guide in a World Triathlon event until a period of twelve (12) months has passed after his/her last sprint or standard elite triathlon World Triathlon event or any elite triathlon event recognized by World Triathlon of sprint or standard distance;
 - (v) All guides must comply with minimum age requirements as per the British Triathlon 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 in order to gain an unfair advantage;
 - (viii) Athlete and guide shall not be more than 1.5 metres apart during the swim segment and no more than 0.5 metres 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 must wear blackout goggles throughout the entire race. 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 the 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 World Triathlon 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 propel, pull, or push the paratriathletes with any part of their own body in order to gain an unfair advantage;

- (iii) The guide must swim next to the athlete within a maximum separation distance of 1.5 metres from the athletes' head to the guide's head. The tether must be elastic rope with bright or reflective colour and up to 80cm long measured with no tension. It can be fixed at any point of the athletes' body.
- c.) Cycling conduct:
- (i) All competitors 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 metres long and 0.5 metres 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 race. 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 Outside assistance:

- a.) The Chief Technical Official may determine areas or sections of the course where paratriathletes may receive assistance, what assistance may be provided, and the instructions and conditions applicable;
- b.) Assistance can be provided to a paratriathlete to allow them to get back into their handcycle/racing wheelchair or onto their bike following an incident. Any mechanical repair must be done by the athlete without external assistance. Assistance may only be provided by a Technical Official, event personnel, or another athlete in the same race.

17.19 Hygiene:

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

17.20 *This line is intentionally omitted.*

18. WINTER TRIATHLON AND WINTER DUATHLON:

18.1 General:

- a.) British Triathlon will adopt World Triathlon rules for this concept of triathlon and duathlon, which consists of running, mountain biking and cross-country skiing. Refer to World Triathlon Competition Rules (www.triathlon.org) for distances and specific rules.

19. CROSS TRIATHLON AND CROSS 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 recommended distances for Cross Triathlon are found in appendix A;
- b.) The recommended distances for Cross Duathlon are found in appendix A;
- c.) The course should have challenging technical aspects.

19.3 *This line is intentionally omitted.*

19.4 Mountain Biking:

- a.) The minimum tyre diameter is 26 inches and maximum is 29 inches. The minimum cross section is 1.5 inch
- b.) Front and rear wheels may have different diameters;
- c.) Studded and/or slick tyres are allowed;
- d.) Competitors are allowed to push or carry the bike over the course;
- e.) Drafting is allowed for same race category and also different race category competitors. For safety reasons there may be 'no passing' zones on the course. Lapped competitors will not be removed from the race;
- f.) Clip-ons are not allowed;
- g.) Traditional road handlebars are forbidden;
- h.) Traditional MTB bar ends are authorized. Ends must be plugged;
- i.) Athletes must bring their own tools and parts and must carry out their own repairs;
- j.) Cyclocross bikes are forbidden unless they comply with the above criteria.

19.5 Transition Area:

- a.) Details of penalties are outlined in Section 7: Transition Area.

19.6 Running:

- a.) Spiked shoes are allowed.

19.7 *This line is intentionally omitted*

19.8 Personal Needs Stations:

- 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 handed out by volunteers supplied by the Event Organiser;
- 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 competitors will have the opportunity to leave special tools and spares provided they are correctly packed and labelled. The competitor is responsible to carry out their own repairs.

20. This section is intentionally left blank.

21. This section is intentionally left blank.

22. AQUABIKE

22.1 General:

- a.) Aquabike consists of swimming, T1, cycling and T2, and a short run to finish;
- b.) The final short run is to connect the transition area to the finish line. It will be as short as possible.
- c.) Aquabike at World Triathlon level will be organised only for Age-Group categories, and included in the program of an event which includes a triathlon race, using the same swim and bike distances; they may also happen as standalone events.
- d.) Aquabike events in Great Britain may be organised over shorter distances at the discretion of the Event Organiser.

22.2 Specific Rules:

- a.) At World Triathlon level Aquabike is ruled by the same rules of the triathlon event in which it is included, or as a standalone event;
- b.) Aquabike races in Britain are ruled under the same rules as all other triathlon events;
- c.) Where there a short run to the finish, competitor must not run with a bike helmet on.

23. RULES FOR CHILDREN:

23.1 General:

- a.) Children's events give 8 to 14 year-olds the opportunity to take part in triathlon. Competitors are split into two-year age groups, with each group racing over different distances;
 - (i) The 8-year-old category is run over very short distances to introduce young competitors to the sport.
- b.) These extra rules or rule variances are written for children and their parents/guardians/accompanying adults, and are intended to help make children's events safe and enjoyable;
- c.) Please refer to the sanctioning Home Nation Association or British Triathlon's Child Protection Policy regarding guidelines for the use of photographic and filming equipment at children's competitions.
- d.) The Event Organiser must obtain consent from a child's parent or guardian that the child has permission to compete in any given event, and is sufficiently fit and healthy;

23.2 Race Distances - Individual:

- a.) The following maximum distances are applicable for each age group for individual triathlon competitions:

TRIATHLON	Pool Swim	Open Water Swim	Cycle – Grass	Cycle – Tarmac	Run
TriStar Start (age 8)	50m	100m	1km	1500m	600m
TriStar 1 (ages 9-10)	150m	200m	2km	4km	1200m
TriStar 2 (ages 11-12)	200m	300m	4km	6km	1800m
TriStar 3 (ages 13-14)	300m	500m	6km	8km	2400m

- b.) The following maximum distances are applicable for each age group for individual duathlon competitions:

DUATHLON	Run 1	Cycle – Grass	Cycle – Tarmac	Run 2
TriStar Start (age 8)	400m	1km	1500m	200m
TriStar 1 (ages 9-10)	1200m	2km	4km	400m
TriStar 2 (ages 11-12)	1600m	4km	6km	600m
TriStar 3 (ages 13-14)	2km	6km	8km	800m

- c.) The following maximum distances are applicable for each age group for individual aquathlon competitions:

AQUATHLON	Pool Swim	Open Water Swim	Run
TriStar Start (age 8)	50m	100m	600m
TriStar 1 (ages 9-10)	150m	200m	1500m
TriStar 2 (ages 11-12)	250m	300m	2000m
TriStar 3 (ages 13-14)	400m	500m	3000m

- d.) Aquabike distances should be taken from the swim and cycle distances of triathlon competitions;
- e.) Age groups are based on the age as at 31 December in the year of the competition;
- f.) Where the bike segment is on open roads, Event Organisers must receive parental consent for competitors aged 15. Competitors aged 16 and 17 are assumed to have autonomy to make this decision however, it is recommended the competitor consults their parent/guardian/carer. No competitors under the age of 15 are permitted to take part on bike segments on the open road, even if the distance is permitted as per the above tables.
- g.) Youth A (age 15–16) may take part in events up to and including sprint distance;
- h.) Youth B (age 17) may compete in events up to and including standard distance;
- i.) Junior C (age 18-19) may compete in events including middle distance (age 18) and long distance (age 19);

23.3 Race Distances – Relay:

- a.) The following maximum distances are applicable for each age group for relay competitions, where one leg is to be competed:

SINGLE RELAY LEG	Pool Swim	Open Water Swim	Cycle – Grass	Cycle – Tarmac	Run
TriStar Start (age 8)	100m	200m	2km	4km	1000m
TriStar 1 (ages 9-10)	200m	300m	4km	8km	2000m
TriStar 2 (ages 11-12)	300m	400m	8km	12km	2500m
TriStar 3 (ages 13-14)	500m	750m	12km	20km	3000m
Youth A (ages 15-16)	750m	1500m	-	40km	5km
Youth B (age 17)	-	1900m	-	90.1km	10km

- b.) Where two legs of a triathlon are to be completed, the individual race distances for that age (as per 23.2.a) must be used;
- c.) Where both run legs of a duathlon are to be completed, the combined distance of both run legs must not exceed the maximum run distance as per 23.3.a;
- d.) Age groups are based on the age as at 31 December in the year of the competition;
- e.) Where the bike segment is on open roads, Event Organisers must receive parental consent for competitors aged 15. Competitors aged 16 and 17 are assumed to have autonomy to make this decision however, it is recommended the competitor consults their parent/guardian/carer. No competitors under the age of 15 are permitted to take part on bike segments on the open road, even if the distance is permitted as per the above tables.

23.4 Open Water Swimming:

- a.) Open water swimming is permitted for children from TriStar Start category and above;
- b.) The minimum permissible open water temperature in which children can swim is 11°C;
- c.) When the water temperature is between 11°C and 13°C then the swim distance should be reduced by an appropriate amount, as decided by the Event Organiser, taking into account other climatic factors on the day;
- d.) Wetsuits are banned for water temperatures greater than 22°C, optional between 14°C and 22°C and compulsory for less than 14°C;
- e.) No maximum thickness for wetsuits (TSS–TS3 only);
- f.) Maximum of 25m between safety craft;
- g.) A minimum requirement of one safety craft to every 10 competitors;
- h.) Other rules pertaining to Open Water Swimming are found in Section 4 – Swimming Conduct.

23.5 Cycling Conduct/Equipment:

- a.) It is the child's parent's/guardian's/accompanying adult's responsibility to ensure the competitor's cycle is in a safe and roadworthy condition;
- b.) Aero bars (handlebar extensions) must not be fitted to cycles where cycling takes place on grass. (Please note that mountain bike bar-ends are acceptable.);
- c.) Where cycling takes place on tarmac, competitors of 13 years or over may use aero bars. Age is taken as at 31 December in the current year;
- d.) In events where there are draft-legal waves, these will follow the current World Triathlon rules on drafting. This may require equipment such as aero bars to be changed; see Section 5 – Cycling Conduct for further information;
- e.) For safety reasons, organisers of draft-legal events or draft-legal waves must contact the permitting Home Nation Association or British Triathlon prior to the race for permission to be granted;
- f.) The cycle sizing rules for adults may not apply to children's cycles, but all cycles must, at least, have:
- All handlebar and aero bar/bar extensions plugged;
 - Properly fitted and serviceable tyres, wheels, gears, and controls;
 - A working brake on both wheels.
- g.) Gear Restrictions:
- Apply to specific TriStar, Youth and Junior draft-legal events as defined by the British Triathlon Talent team.
 - For the most up-to-date information on, and how to apply gear restrictions please visit the website <https://www.britishtriathlon.org/gb-teams/talent>.

23.6 Safety:

- a.) The following additional safety requirements apply to events for competitors aged 8-14 years of age:
- Cycling and running must take place on roads or circuits closed to vehicular traffic;
 - Fluids must be made available during the run segment and at the finish;
 - Competitors must be visible to marshals at all times.
- b.) No individual support/pacing by cycles or on foot is permitted, except where provided by the Event Organiser;

- c.) In order to avoid accidents, safeguard equipment and protect personal possessions, competitors must not bring helpers, friends, or family members into the transition area when the race is in progress. At any other time only one helper, friend or family member will be permitted per competitor for TriStar races only where permitted by the event organiser;
- d.) Barefoot running is not permitted.

23.7 Penalties:

- a.) Warning:
 - (i) All penalties in Section 3 – Penalties apply.
- b.) Time Penalty:
 - (i) All penalties in Section 3 – Penalties apply;
 - (ii) The time penalties are different to those in Section 3 – Penalties depending on age category:
 - TriStar 1 - 10 seconds;
 - TriStar 2 - 20 seconds;
 - TriStar 3 - 30 seconds.
- c.) Disqualification
 - (i) All penalties in Section 3 – Penalties apply, with the exception of:
 - Breaking road traffic regulations as events must take place on roads or circuits closed to vehicular traffic;
 - (ii) The penalty for (3.6.a.vii) Outside assistance is not valid where it is provided by the Event Organiser as per 23.6.b.
- d.) Parents/Guardians/Accompanying Adults:
 - (i) Failure by a parent/guardian/accompanying adult to carry out the instructions from Technical Officials, or failure to abide by the British Triathlon Code of Conduct for Parents/Carers may lead to disqualification of the competitor;
 - (ii) Further failure by a parent/guardian/accompanying adult to carry out the instructions from Technical Officials, or failure to abide by the British Triathlon Code of Conduct for Parents/Carers may further lead to disciplinary action against the competitor by the appropriate Home Nation or British Triathlon;
 - (iii) Misconduct by a parent/guardian/ accompanying adult may include, but is not limited to:
 - threatening, abusive or insulting words or conduct;
 - failure to obey marshal/Technical Official instructions;
 - handing water bottles or any other equipment to, or collecting from, competitors;
 - tampering with the equipment of others;
 - unsporting impedence.

24. ELIGIBILITY:

24.1 General:

- a.) A competitor's age is determined by their age on December 31st in the year of competition;
- b.) Competitors aged 15 to 17 years old are eligible to compete in the Youth category;
- c.) Competitors aged 18 to 19 years old are eligible to compete in the Junior category;
- d.) Competitors aged 18 to 23 years old are eligible to compete in an U23 category where it exists;
- e.) Age limits:
 - (i) Youth A (age 15 to 16) may participate in events up to and including sprint distance. Written parental consent is required
 - (ii) Youth B (age 17) may participate in events up to and including standard distance.
 - (iii) Junior C (age 18-19) may compete in events including middle distance (age 18) and longer (age 19);
- f.) The following age categories will apply at Championship and/or qualification events when required by British Triathlon or the appropriate Home Nation Association:

Code	Category	Age	Code	Category	Age
TSS	TriStar Start	8	H	Veteran 1	40-44
TS1	TriStar 1	9-10	I	Veteran 2	45-49
TS2	TriStar 2	11-12	J	Veteran 3	50-54
TS3	TriStar 3	13-14	K	Veteran 4	55-59
A	Youth A	15-16	L	Veteran 5	60-64
B	Youth B	17	M	Veteran 6	65-69
C	Junior C	18-19	N	Veteran 7	70-74
D	Senior 1	20-24	P	Veteran 8	75-79
E	Senior 2	25-29	Q	Veteran 9	80-84
F	Senior 3	30-34	R	Veteran 10	85+
G	Senior 4	35-39			

- g.) In events that are not selection, Championship or qualification races, the Event Organiser may reduce the categories to, for example, Junior (under 20s), Senior (20-39), Vet (40-49), Super Vet (50-59), Vintage (60-69), Super Vintage (70-79) and Classic (80+).

24.2 Membership:

- a.) Independent and club members shall be further defined as follows (ages shall be determined as at 31 December in the current year):
 - (i) Seniors shall be aged 20 years or over;
 - (ii) Junior C shall be aged 18 or 19 years;
 - (iii) Youth B shall be aged 17 years;
 - (iv) Youth A shall be aged 15 or 16 years;
 - (v) TriStars shall be aged from 8–14 years.
- b.) University and services (military, police, and fire):
 - (i) Competitors must compete in the name of their first claim club (i.e., the club named on their membership card) unless representing their university or service/service unit;
 - (ii) This allows a student normally racing for the *XXX Triathlon Club* to compete for their university's triathlon club while resident at the university. Similarly, service personnel might choose to represent their service or unit's triathlon club.
- c.) Clubs:
 - (i) Members may change clubs once only during a calendar year, by application to the appropriate Home Nation Association.
 - (ii) Members can only have one club named on their membership card at any one time, with the exceptions as stated in 24.2.b.
- d.) Home Nation Associations:
 - (i) Members can only be a member of one Home Nation Association within any one membership year (defined as one calendar year or twelve months);
 - (ii) Members may switch between Home Nation Associations only once in a twelve-month period, unless in the following circumstances:
 - The member has a permanent change of address into the Home Nation they have moved into;
 - Exceptional circumstances by written application to the British Triathlon Board, within 28 days of the change is due to take effect;
 - (iii) Requests to switch between Home Nation Associations must be made in writing to the British Triathlon Membership Services Team no later than 28 days before the member wishes for the change to take effect.

24.3 British Triathlon Championships:

- a.) To be entitled to hold a British Triathlon Age-Group title or win a British Triathlon Age-Group medal, an individual must hold a valid race license for a Home Nation Association that is recognised by British Triathlon AND be a legal resident or citizen of the United Kingdom at the time of the event;
 - (i) Individuals who do not meet the criteria set out in 24.3.a may participate in an Age-Group championship race, but are not eligible to hold a British Triathlon Age-Group title or win a British Age-Group medal;
 - (ii) Individuals who wish to compete for a British Triathlon Championship must ensure their race license is valid no later than by 5pm, 3 working days prior to the championships. (i.e., 5pm Wednesday before a Sunday event).
- b.) Competitors racing under a ~~day-membership~~ Race Pass are ineligible to hold a British Age-Group title or win a British Age-Group medal;

24.4 Home Nation Association National Championships:

- a.) To be entitled to hold a Home Nation Association national Age-Group title or win a Home Nation Association national Age-Group medal, an individual must be a valid race licence holder of said Home Nation Association at the time of the event.
 - (i) Individuals who do not meet the criteria set out in 24.4.a may participate in a Home Nation Association Age-Group championship race, but are not eligible to hold a Home Nation Association national Age-Group title or win a Home Nation Association national Age-Group medal.
 - (ii) Individuals who wish to compete for Home Nation Association National Championship must ensure their race license is valid no later than by 5pm, 3 working days prior to the championships. (i.e., 5pm Wednesday before a Sunday event).
- b.) Competitors racing under a ~~day-membership~~ Race Pass are ineligible to hold a Home Nation Association national Age-Group title or win a Home Nation Association national Age-Group medal;

24.5 International Racing:

- a.) To be eligible to compete in the Great Britain Age-Group Team an athlete must be both:
 - (i) A valid current member of a Home Nation Association on the date(s) of the Championship;
 - (ii) A British Citizen holding a British passport or have ~~been a legal resident~~ settled status – as defined by the United Kingdom Government in the United Kingdom for a minimum of one (1) year prior to the Championship.

24.6 Race Categories:

- a.) Where a race/event organiser provides a Competitive Activity (that is any Swim, Bike, Run activity run under the auspices of British Triathlon or the Home Nations involving any or all of official timing/results, qualification, or rankings and involving participants of 12 years of age or greater), they must provide the following categories of competition:
 - Female category
 - Open category
- b.) Only people who are the female sex at birth will be eligible to compete in the Female category.
- c.) Transgender, and all other individuals, will be eligible to compete in the Open category.
- d.) Concerns regarding non-compliance with this policy can also be sent to concern@britishtriathlon.org. Breaches of this policy will be handled under the British Triathlon Disciplinary Policy;
- e.) Neither Technical Officials nor event organisers are authorised to change an individual's race category (unless requested to do so by the individual) before, during, or after an event, without the explicit authorisation from British Triathlon.

APPENDIX A: RACE DISTANCES AND AGE REQUIREMENTS:

In the interests of developing the sport at grass-roots level, events may be organised over alternative distances as determined by the Event Organiser. The below reflect the traditional distances for each type of event.

*Where the bike segment is on open roads, Event Organisers must receive parental consent for competitors aged 15 to 17.

Triathlon:

	Swim	Bike	Run	Minimum Age
Team Relay	250m	5km	1.5km	15*
Super Sprint Distance	250m	10km	2.5km	15*
Sprint Distance (pool based)	400m	20km	5km	15*
Sprint Distance (open water)	750m	20km	5km	15*
Standard Distance	1500m	40km	10km	17
Middle Distance**	up to 3000m	up to 90km	up to 21.2km	18
Long Distance***	up to 4000m	up to 200km	up to 42.2km	19

**The traditional distances for a middle distance triathlon is 1900m swim, 90km bike and 21.1km run.

***The traditional distances for a long distance triathlon is 3800m swim, 180km bike and 42.2km run.

Duathlon:

	Run	Bike	Run	Minimum Age
Team Relay	2km	8km	1km	15*
Sprint Distance	5km	20km	2.5km	15
Standard Distance	10km	40km	5km	17
Middle Distance	10km	60km	10km	18
Long Distance	up to 20km	up to 150km	up to 30km	19

Aquathlon:

	Swim	Run	Minimum Age
Team Relay	500m	1.25km	15
Sprint Distance	500m	2.5km	15
Standard Distance	1500m	5km	17
Long Distance	2000m	10km	18

Cross Triathlon:

	Swim	Mountain Bike	Cross Country Run	Minimum Age
Team Relay	200m	4km to 5km	1.2km to 1.6km	15
Sprint Distance	500m	10km to 12km	3km to 4km	15
Standard Distance	1000m	20km to 25km	6km to 8km	17

Cross Duathlon:

	Cross Country Run	Mountain Bike	Cross Country Run	Minimum Age
Team Relay	1.2km to 1.6km	4km to 5km	600m to 800m	15
Sprint Distance	3km to 4km	10km to 12km	1.5km to 2km	15
Standard Distance	6km to 8km	20km to 25km	3km to 4km	17

Aquabike:

	Swim	Bike	Minimum Age
Sprint Distance	750m	20km	15*
Standard Distance	1500m	40km	17
Middle Distance	up to 3000m	up to 90km	18
Long Distance	up to 4000m	up to 200km	19

APPENDIX B: DEFINITIONS:

Age:	The age of the competitor on the 31st of December of the year of the competition.
Aid/Outside Assistance:	Any kind of material support or personal assistance received by the competitor. 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 Event Organiser, British Triathlon or World Triathlon.
Appeal:	A request to the Competition Jury of an event for a review of the decision of the Technical Official, or to the British Triathlon Board for a review of the process carried out by the Competition Jury. Appeals against Technical Official's judgement calls cannot be made. (Note: This cannot include an appeal against the finding of an anti-doping violation or against the penalty imposed for the finding of an anti-doping violation. These appeals must be directed to British Triathlon independently.)
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 up to three segments: the first segment may be running or swimming and finishing with running.
Assistance:	Any attempt by an unauthorised or unofficial source to help or to stabilise a competitor.
Bag Drop System:	Conducting transitions by: <ol style="list-style-type: none"> 1. Taking a pre-prepared bag containing all equipment to be used in the next section; 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 shall be driven through a system comprising pedals and a chain. Bicycles are also referred as bikes.
Bike Catchers:	Event personnel located after the dismount line, who take the bikes from the competitors and delivering them to the location from where the competitors can collect them after the competition, or relocated to a transition area.
Blocking:	The deliberate impeding or obstructing of progress of one competitor by another. A competitor on the bike course, who is not keeping to the appropriate side of the road.
Blue card:	Card which is used to inform competitors when being penalized for drafting infringement during cycling segment.
British Triathlon Federation (British Triathlon):	The national governing body of triathlon, aquathlon, duathlon and its related multisports in Great Britain, affiliated to World Triathlon, and registered at Michael Pearson East, 1 Oakwood Drive, Loughborough, LE11 3QF.
British Triathlon Competition Rules:	The document that contains all the rules and regulations that governs fair and safe competitions.
Charge:	The contacting of one competitor by another from the front, rear, or side, and hindering that competitor's progress.
Chief Technical Official:	Responsible for the interpretation and application of the rules relating to any British Triathlon permitted event. The Chief Technical Official is responsible for delivering penalties to competitors who infringe against British Triathlon Competition Rules.
Clean Start:	All the competitors start after the horn. The race continues.
Competition:	Single and continuous sport action from start to finish. In most case the word race can also be used, with the exception of semi-final/final or time trial qualifying format.
Competition Jury:	Responsible for determining the eligibility of an appeal, to hear and to rule on all appeals against decisions handed down through the Chief Technical Official.
Competitor:	Individuals who register for and compete in British Triathlon permitted events.
Competitor Briefing:	Meeting with the competitor in which they are informed, usually by the Event Organiser (with input from the Technical Official) about all the specifications of the race.
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 World Triathlon. They are: Africa, The Americas, Asia, Europe, and Oceania.
Continental Technical Officials (CTOs):	The Level 2 Technical Officials certified by World Triathlon.
Course:	A forward line of progress from start to finish, which must be clearly marked and measured to prescribed specifications.
Crawling:	The action by a competitor of bringing three or more limbs in contact with the ground, either together or in any sequence, to enable forward propulsion.
Cycling Segment:	Part of the race course over which it has been defined in the Competitor's 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.
Dismount Before the Dismount Line:	A competitor's foot must contact the ground before the dismount line, after the competitor 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 competitors are to dismount their bikes fully and proceed to the bike racks. The Dismount Line will normally extend for the width of the route into the Transition Area and be identified by flags/line/Technical Official/marshal, 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 competitor will not be given finish or split times for the event, no account will be taken of the competitor when placings are assessed for any category or for the race as a whole, and the competitor's results will appear as DSQ.
Draft Zone Bicycle:	Zone defined by a competitor during the cycling segment, which is extended to the whole width of the road and 10 metres long in the Standard distance and shorter events and 12 metres long in Middle and Long distance events.

Draft Zone Motorcycle:	Zone defined by a motorbike during the cycling segment which is extended to the whole width of the road and 15 metres 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 metres long
Drafting:	To enter in a drafting zone and not completing the overtake in 20 seconds in Standard distance 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 a competitor's foot crossed the vertical plane of the start line, before the start signal.
Elite Athlete:	Athletes competing in World Triathlon and/or British Triathlon Elite competitions.
Elite Competitions:	Competitions in which elite-specific rules are applied.
Event:	Collection of races usually happening on the same day or on consecutive days.
Event Permit:	A permit issued by British Triathlon through the Home Nation Associations for the conduct of an event. The issue of such a permit is a declaration that risk assessments and public liability insurance for the event have been inspected and have been found to comply with the requirements for the conduct of a safe and fair event.
Expulsion:	A competitor penalised by expulsion will not be permitted, during his or her lifetime, to take part in any World Triathlon sanctioned event, or any event permitted by British Triathlon Home Nation Associations.
Field of Play (FOP):	The course on which the competition will take place, the start and pre-start areas, the finish and post-finish areas, the aid stations, the wheel stops, the penalty boxes, and the briefing area. Usually the field of play is separated from the public by a clear boundary.
Finisher:	A competitor who completes the entire race course within the rules and crosses the finish line, or a vertical extension of the forward edge of the finish line, with any part of the torso (i.e., as distinct from the head, neck, arms, legs, hands, or feet).
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, significant transportation delay or any other, event which is not reasonably within the control of the party affected.
Home Nation Association:	Constituents of the British Triathlon Federation, comprising Triathlon England, Triathlon Scotland, and Welsh Triathlon.
Incapable Competitor:	A competitor deemed by race medical staff as not being able to continue the event without the likelihood of causing injury to him/herself or another competitor.
Indecent Exposure:	The wilful uncovering of either or both buttocks, or of the pubic area or of the genital area. In addition, the wilful complete uncovering of one or both nipples if a competitor is either female or transgender with female anatomy (as defined in the definition of 'Sex' in the British Triathlon Transgender Policy).
Interference:	A deliberate block, charge, or abrupt motion, which impedes another competitor.
International Technical Officials (ITOs):	The Level 3 Technical Officials certified by World Triathlon.
Invalid Start:	Some competitors start clearly before the horn and some others stay behind the start line. The start is not clean and is declared invalid.
Judgement Call:	The decision taken by a Technical Official in relation to offences such as drafting infringements and littering. Appeals cannot be made against Technical Official's judgement calls.
Leg	In a relay, a leg is one competitor's triathlon race.
Local Technical Officials (LTOs):	Level 1 Technical Officials certified by British Triathlon. These officials are not permitted to officiate open water elements.
Mount After the Mount Line:	A competitor's foot must contact the ground past the mount line, before the competitor 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 competitors are to mount their bicycles and proceed. The Mount Line will normally extend for the width of the exit from the Transition Area and be identified by flags/line/Technical Official/marshal, or combinations thereof.
National Technical Officials (NTOs):	Level 3 Technical Officials certified by British Triathlon, and first stage of the World Triathlon officiating pathway.
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. A competitor can pass another competitor only on the right-hand side.
Pack:	Two or more competitors with overlapping draft zones.
Pass:	When one competitor's bike draft zone overlaps another competitor's bike draft zone, makes continual forward progress through that zone, and overtakes within a maximum period of 20 seconds. A competitor can pass another competitor only on the right-hand side.
Penalty:	The consequence on a competitor, who is assessed by a British Triathlon Technical Official to have 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.
Race:	A competition or group of competitions, which determine a winner, the medals (if awarded) and a result list.
Red Card:	Card which is used to inform competitors about disqualification.
Region:	Group of National Federations, from the same or different continents, linked by geographical or cultural reasons.
Regional Technical Officials (RTOs):	Level 2 Technical Officials certified by British Triathlon. These officials are permitted to officiate open water elements.
Registration:	Area specified by the Event Organiser where competitor's race licences will be checked; those competitors who do not hold a race licence are required to purchase a day membership Race Pass (if not done so previously).
Results:	The timed finish positions of all competitors after violation reports have been ruled on, protests and appeals have been heard, and penalties have been awarded.

Right of Way:	When a competitor has established a lead position and pursues a desired course within the limits of the British Triathlon Competition Rules.
Run Course:	Part of the race course, which has been defined at the Competitor Briefing where the competitor is to run or walk within distinctive lane boundaries. In triathlons and aquathlons, the run course commences at the exit from the Transition Area and concludes at the Finish Line. In duathlons, the first run course commences at the start line and finishes at the entry to the Transition Area; the second run course commences at the exit from the Transition Area and concludes at the Finish Line.
Segment	A stage of competition. For example, a triathlon competition consists of 5 segments: swim, transition 1, bike, transition 2 and run.
Smart Helmet:	Bike helmet with a built-in sound system covering or not covering the ears.
Sport Class:	Elite Paratriathlon sport class is a category defined by World Triathlon in which competitors are categorised in reference to an activity limitation resulting from impairment.
Sportsmanship:	The behaviour of a competitor during competition. Sportsmanship is interpreted as fair, rational and courteous behaviour, while bad sports conduct is any behaviour judged to be unfair, unethical, or dishonest, a violent act, intentional misconduct, abusive language, intimidating behaviour, or persistent infringement of the rules.
Standard Bridge Piece:	A rigid piece of plastic or metal, which joins both sides of the handlebar clip-on at the ends and is commercially available.
Stop and Go Time Penalty:	A method of imposing a brief delay on a competitor who is assessed by a Technical Official to have infringed the rules, for example, drafting on the bike course. A Penalty Box may be used for this penalty.
Suspension:	A competitor awarded this penalty will not be permitted during the stated suspension period, to take part in any event sanctioned by World Triathlon or permitted by British Triathlon. 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 British Triathlon, the length of the suspension will be determined by the British Triathlon Board.
Swim Course:	Part of the race course over which it has been defined in the Competitor Briefing that the competitor is to swim within distinctive lane boundaries. In open water 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.
Swimskin:	A swimskin is a textile item of clothing that can be used in the swim segment of a non-wetsuit race.
Technical Official:	A member of the team of Technical Officials, comprised of any officiating level, at a British Triathlon permitted event.
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 competitor is allocated an area for the storage of individual items of clothing and equipment.
Triathlon:	A sport of individual or team character and motivation, which combines swimming, cycling, and running skills in continuum.
Valid Start with Early Starters:	Almost all the competitors start after the horn, but few of them did start before the horn. The start is declared valid, and the early starters will receive a time penalty warning in T1.
Violation:	A rule infringement which results in a penalty.
Warning:	A caution issued by a Technical Official to a competitor during the course of a race. The purpose of a warning is to alert the competitor of the potential for a rule violation to occur and to promote an educational and proactive 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.
World Triathlon:	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.
World Triathlon Competition Rules:	The document that contains all the rules and regulations that governs fair and safe competitions.
Yellow Card:	Card which is used to inform competitors about infringements other than drafting which result in a warning or time penalty.

APPENDIX C: VIOLATIONS AND PENALTIES:

This is a non-exclusive list 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, what is written in the main body of the Competition Rules will be applied.

General

Rule	Penalty
Failing to follow the prescribed course	Educational warning with Stop and Go, re-enter race at correct point if possible. If not corrected, disqualification.
Using threatening, abusive, or insulting words or conduct toward Technical Officials, marshals, other competitors, or the general public	Disqualification Possible suspension if sufficiently severe
Breach of acceptable conduct by parent/guardian/accompanying adult	Disqualification Possible suspension if sufficiently severe
Accepting assistance from anyone other than a Technical Official, marshal, or another competitor	Educational warning with Stop and Go if original situation can be restored. If not, disqualification.
Refusing to follow the instructions of Technical Officials, marshals, or the police	Disqualification
Departing the course for reasons of safety, but failing to re-enter at the point of departure	Educational warning, re-enter race at correct point if possible. If not corrected, time penalty.
Alteration of provided race number(s)	Educational warning with Stop and Go once corrected. If not corrected, time penalty.
To dispose of rubbish around the course (unless disposed of in clearly identified places where provided)	Educational warning with Stop and Go once corrected. If not corrected, disqualification.
Using illegal or banned equipment	Educational warning with Stop and Go once corrected. If not corrected, disqualification and removed from event.
Breaking road traffic regulations	Disqualification
Compete with a bare torso or with front fastening undone	Educational warning with Stop and Go once corrected. If not corrected, disqualification.
Attempt to gain unfair advantage from any external vehicle or object	Disqualification
Nudity or indecent exposure	Disqualification
Fraud by entering under a false name or age	Disqualification
Using any device distracting the competitor from paying full attention to their surroundings	Educational warning with Stop and Go once corrected. If not corrected, disqualification.
Giving another competitor a complete bike, frame, wheel(s), helmet, or any other item of equipment which results in the donor competitor being unable to continue with their own competition;	Disqualification of both competitors
A competitor physically assisting the forward progression of another competitor	Disqualification
Smoking or using e-cigarettes on the course or in the transition area	Educational warning. If not corrected, disqualification.

Swim

Rule	Penalty
Diving in pool-based events	Disqualification
Wearing clothing covering any part of the leg below the knee, or on the arm below the elbow, in a non-wetsuit swim	Educational warning and amend. If not corrected, disqualification
Wearing a wetsuit not covering the torso when the wetsuit is mandatory	Educational warning with Stop and Go once corrected. If not corrected, disqualification and removed from event.
Make contact with and continue to impede the progress of another competitor without making an effort to move apart	Time penalty
Deliberately target another competitor to impede their progress, gain unfair advantage and potentially cause harm	Disqualification

Transition

Rule	Penalty
Failing to follow the prescribed course	Time penalty
Rack the bike improperly, outside the competitor's own space or blocking the progress of other competitors.	Educational warning with Stop and Go once corrected. If not corrected, disqualification.
Mount the bike before the mount line	Educational warning with Stop and Go once corrected. If not corrected, time penalty.
Cycling out of the transition area	Disqualification
Dismount the bike after the dismount line	Educational warning with Stop and Go once corrected. If not corrected, time penalty.
Cycling into the transition area having made no attempt to dismount at the dismount line	Disqualification
Equipment placed outside the designated area	Educational warning with Stop and Go once corrected.
Marking of position in Transition Area	If can be rectified - educational warning. If cannot be removed but does not pose a hazard to other competitors – time penalty. If cannot be removed but does pose an unsporting impedance or hazard to other competitors – disqualification.
Unracking of bike before helmet clipped	Time penalty – may be applied as a warning with Stop and Go
Unclipping or touching the locking mechanism of helmet before bike racked	Time penalty – may be applied as a warning with Stop and Go

Cycle

Rule	Penalty
Drafting in a draft-illegal sprint or shorter distance race	First violation noted by Motorcycle Official – 1 minute time penalty Second violation noted by Motorcycle Official – disqualification
Drafting in a draft-illegal standard distance race	First violation noted by Motorcycle Official – 2 minute time penalty Second violation noted by Motorcycle Official – disqualification
Overtaken competitor not dropping out of the draft zone of the passing competitor by making continuous rearward progress to clear the draft zone completed in 20 seconds in sprint and standard distance events	First violation noted by Motorcycle Official – 1 minute time penalty (sprint); 2 minute time penalty (standard) Second violation noted by Motorcycle Official – disqualification
Re-passing by an overtaken competitor prior to dropping out of the draft zone in sprint and standard distance events	First violation noted by Motorcycle Official – 1 minute time penalty (sprint); 2 minute time penalty (standard) Second violation noted by Motorcycle Official – disqualification

Drafting in a draft-illegal middle or long distance race	First and second violation noted by Motorcycle Official – 5 minute time penalty Third violation noted by Motorcycle Official - disqualification
Overtaken competitor not dropping out of the draft zone of the passing competitor by making continuous rearward progress to clear the draft zone completed in 25 seconds in middle and long distance events	First and second violations noted by Motorcycle Official – 5 minute time penalty Third violation noted by Motorcycle Official – disqualification
Re-passing by an overtaken competitor prior to dropping out of the draft zone in middle and long distance events	First and second violations noted by Motorcycle Official – 5 minute time penalty Third violation noted by Motorcycle Official – disqualification
Drafting off a competitor in a different race category in draft legal events	First violation – educational warning where safe to do so Second violation - disqualification
Blocking in a draft-illegal race	Time penalty
Not wearing a helmet during the bike segment	Disqualification and removed from event.
Dangerous conduct or riding	Disqualification
Make contact with and continue to impede the progress of another competitor without making an effort to move apart	Time penalty
Deliberately target another competitor to impede their progress, gain unfair advantage and potentially cause harm	Disqualification

Run

Rule	Penalty
Crawl during the running segment	Disqualification
To use posts, trees, or other fixed elements to assist manoeuvring curves	Time penalty
Run whilst wearing a helmet	Educational warning with Stop and Go once corrected. If not corrected, disqualification
Being accompanied by any non-competing competitors, team members, team managers or other pacemakers on the course or along the course	Educational warning with Stop and Go once corrected. If not corrected, disqualification
Being accompanied by non-competing personnel in the finish chute	Disqualification unless Event Organiser has successfully requested a rule exemption
Make contact with and continue to impede the progress of another competitor without making an effort to move apart	Time penalty
Deliberately target another competitor to impede their progress, gain unfair advantage and potentially cause harm	Disqualification

Relays

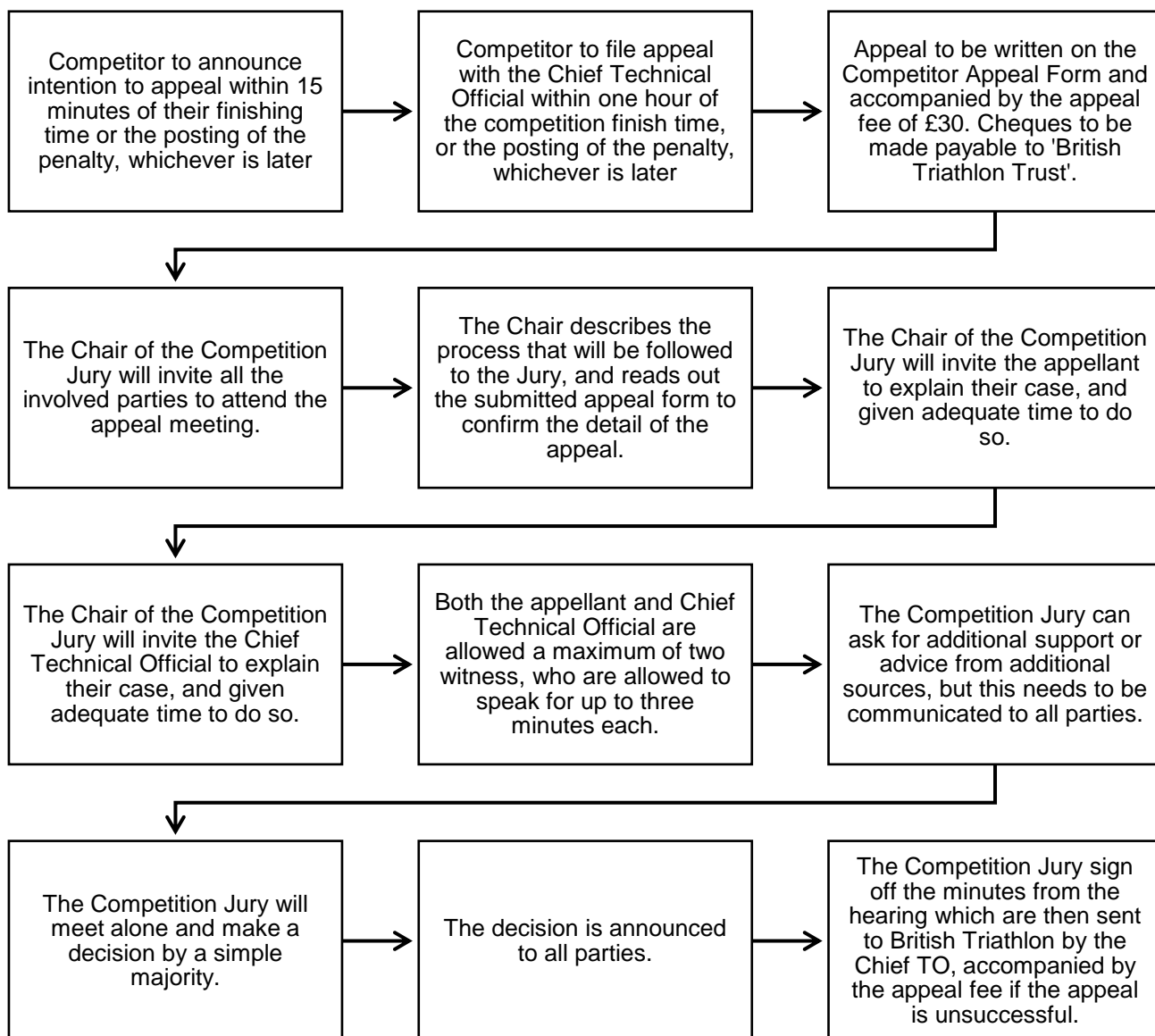
Rule	Penalty
Relay tag completed outside of designated area	Time penalty
Relay tag not completed	Disqualification

APPENDIX D: COMPETITION APPEAL PROCESS

An appeal is a request for a review of a penalty decision made by a Technical Official.

Appeals cannot be made against penalties resulting from a Technical Official's judgement call which include, but are not limited to, drafting and littering. A competitor may ask the Chief Technical Official for explanation of these judgement calls, however no appeal can be made and will not be admitted.

If the appeal fee has not been received, the appeal cannot be heard and must be dismissed.



APPENDIX E: COMPETITOR APPEAL FORM

Part 1: To be completed by the appellant:

EVENT NAME:

EVENT DATE:	TIME APPEAL SUBMITTED:
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NAME OF COMPETITOR:	RACE NUMBER:
EMAIL ADDRESS:	MEMBERSHIP NUMBER:

REASON GIVEN FOR PENALTY RECEIVED:
TYPE OF PENALTY GIVEN (DSQ, TIME PENALTY):

Specific location on the course of the incident:

Description of the incident:

Name of witness one: _____

Name of witness two: _____

Signature of Competitor:

Part 2: To be completed by the Chair of the Competition Jury:

£30 Appeal Fee Received:	YES	NO
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If the appeal fee has not been received, the appeal cannot be heard and must be dismissed.

Competition Jury:

Chair of Competition Jury:
Jury Member:
Jury Member:

Competition Jury Decision:

Appeal Received	Date:	Time:
Appeal Resolved	Date:	Time:

£30 Appeal Fee	REFUNDED TO COMPETITOR	WITHHELD
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Signature of Chair of Competition Jury:

Once all sections have been completed, please send form (along with any appeal fee not refunded) to Events Team, British Triathlon, PO Box 25, Loughborough, LE11 3WX

APPENDIX P: NON-TRADITIONAL OR UNUSUAL BIKE APPROVAL PROCESS:

Competitors wishing to apply for the use of a non-traditional or unusual bike must submit details of the bike to the British Triathlon Events Team, who will forward to World Triathlon for a decision.

The form can be downloaded from the British Triathlon website and must be submitted to British Triathlon no less than 35 days before the event is due to take place. <https://www.britishtriathlon.org/events/competition-rules>

The process as outlined by World Triathlon is as follows:

1. The manufacturer should provide a product description (with illustrative pictures) about the bike frame to be approved to World Triathlon.
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 World Triathlon approval panel will study these documents and will take a decision on the acceptance of the request.

Details of non-traditional bikes which have received approval can be found on the World Triathlon website http://www.triathlon.org/about/downloads/category/competition_rules