

Rulebook



TATA STEEL



British Triathlon **Rule** Book

In association with:



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INTRODUCTION

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

The rules are divided into two sections: Technical Rules and Competition Rules. The Technical Rules set out the specifications for equipment and the physical conditions under which races should take place. The Competition Rules govern the behaviour of competitors during competition. Penalties may be issued for infractions of either.

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

If competing in international events, competitors are strongly advised to familiarise themselves with the ITU rules as they contain some variations from British Triathlon rules (due mainly to domestic arrangements). **ITU rules can be downloaded from www.triathlon.org.**

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.

SECTION A: TECHNICAL RULES

1 Race Organisers

- 1.1 Organisers of triathlon, duathlon and aquathlon events registered with British Triathlon or the appropriate Home Nation Association must be a member of a Home Nation Association and must complete the appropriate event permitting process.
- 1.2 All permitted events must be covered by insurance acceptable to British Triathlon or the appropriate Home Nation Association.
- 1.3 Only permitted events run by Home Nation Association affiliated clubs may qualify for cover under British Triathlon's event insurance policy. Details of cover and conditions may be obtained from the British Triathlon office on **01509 226161** or email **info@britishtriathlon.org**.
- 1.4 All events permitted with a Home Nation Association must have third party public liability insurance in place, equal to or greater than £5,000,000.
- 1.5 These rules may not be altered by individual organisers. Local conditions may warrant amendment by a British Triathlon national or regional official; applications for such changes must be submitted in writing to the Home Nation Technical Committee and, where granted, any such variations must be clearly published to all competitors at least twenty-eight days prior to the event and must be covered in all race briefings and safety documents.
- 1.6 All persons unable to produce a current race licence at the event registration shall pay the appropriate day membership fee, which is non-refundable.
- 1.7 Draft-legal races for age group athletes are not permitted under the current British Triathlon rules, unless prior permission has been sought from, and granted by, the permitting Home Nation Association. Draft legal events would be required to follow the ITU rules.
- 1.8 Copies of the rules must be made available to all competitors a minimum of two weeks prior to the event to enable them to ensure their cycles comply with the rules, specifically in the placement of tri-bars.
- 1.9 All draft-legal races must be conducted as separate races/waves for men and women to ensure competitors may not gain any unfair advantage by drafting from members of the opposite gender.

2 Permitting of Events

- 2.1 The method for awarding a permit certificate to an event will be as determined from time to time by British Triathlon or the appropriate Home Nation Association, details can be found on the appropriate Home Nation Association website.
- 2.2 British Triathlon or the appropriate Home Nation Association reserves the right to withhold a permit certificate from any event that does not meet the standards required, or whose organiser is not in good standing with British Triathlon or the appropriate Home Nation Association.
- 2.3 The aims of the permitting procedure are to:
- ensure the event will be safe for the general public, spectators, race officials/volunteers and competitors.
 - ensure the event will not cause undue nuisance to the general public.
 - ensure the event will be fair and conducted according to the rules.
 - ensure the event will meet the minimum standard expected, taking into account the type of event being registered.

3 Events Tariff

- 3.1 Permitting fees will be based on the total number of starters at an event and will be charged at the current rate. This includes competitors who drop out of the event or who are forced to retire.
- 3.2 Permitting fees of events run solely for charitable purposes may only be reduced or waived at the discretion of the person or persons responsible for event permitting and the relevant Home Nation Association. Organisers must submit a written request for fees to be reduced/waived to the Home Nation Association, explaining the reasons for the request.

4 Race Official

- 4.1 A race official is an individual who has been trained, assessed and passed a specified examination. He or she can be identified at an event by his or her race official's tabard. Officials must be members of their Home Nation Association.

NB Where present, assistant officials may also wear a race official's tabard.

- 4.2 Race officials shall be appointed by the organiser of the event, 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. The race organiser shall have full jurisdiction over the event.
- 4.3 The recommended ratio of race officials to active competitors is 1 official for the first 250 active competitors with an extra official for each additional 150 active competitors.
- 4.4 Race officials should adopt a common-sense attitude in all decisions.
- 4.5 **Motorcycle officials:**
- a. National Championship events: National Escort Group (NEG) qualified motorcycle officials or equivalent will be appointed by British Triathlon or the Home Nation Association for all British or Home Nation Association Championship events and must wear the official British Triathlon safety tabard.
 - b. Mass or wave start events: While the preferred ratio of one qualified motorcycle official to 50 competitors should be applied where resources allow, a minimum of two qualified motorcycle officials per event should be maintained for all mass or wave start events.
 - c. Staggered start events: While the presence of qualified motorcycle officials is always preferable where resources allow, static draft-control marshals working in multiple teams of two or more are an acceptable alternative. Where static marshals are used, organisers must make arrangements for mobile safety cover on the course.

NB In ALL events where it may be judged by the race official as unsafe or inappropriate to use NEG qualified motorcycle officials, static draft-control marshals may operate in multiple teams of two or more.

- 4.6 If there is no formally appointed official then the race organiser/director becomes the race official and it must be reported back to the appropriate Home Nation Association why an official was not appointed.

5 Race Jury

- 5.1 British or Home Nation Association Championship events and World or European Championship qualifying events: The Chair is EITHER a member of the British or Home Nation Technical Committee OR appointed by the British or Home Nation

Technical Committee. The Chair is responsible for identifying two other jury members who should be current members of good standing of their Home Nation Association and independent of the event (i.e. no role in organising, officiating, marshalling or participating in the event).

- 5.2 Other events: The race organiser is responsible for nominating a Chair (who should be a Home Nation Association member with no role in organising, officiating or marshalling). If the organiser cannot identify an appropriate person, the Home Nation Technical Committee will appoint a Chair. The Chair is responsible for identifying two other jury members, as in 5.1.
- 5.3 The jury shall meet as required to consider any appeals (see Section 30, Appeals). Officials and witnesses involved should make themselves available. Any person not able to attend may submit evidence in writing to the race official before the jury meets. Failure to do so may invalidate the appeal. Appeals against decisions made by the race jury should be submitted to the permitting Home Nation Association.

6 Race Safety and Cut-off Times

- 6.1 The senior race official and any race medical officer, in conjunction with the race organiser, may use an alternative venue, event format or reduce race distances when the air/water temperature or conditions fall below what is considered safe. For what is considered safe and unsafe please contact your permitting Home Nation Association.
- 6.2 If cut-off times are set for an event, these must be notified to competitors, where possible, at least twenty-eight days prior to the event and covered in all race briefings. The race organiser and any race medical officer may alter these cut-off times should air/water temperature or conditions fall below what is considered safe.
- 6.3 In the event of particularly hot conditions, it is at the discretion of the race organiser and chief medical officer to determine if it is appropriate for the event to continue.

7 Standard Race Distances

7.1 Triathlons will be held over the following distances*:

	Swim	Cycle	Run
Novice Sprint	200m	10km	2.5km
Sprint (pool based)	400m	20km	5km
Sprint (open water)	750m	20km	5km
Standard	1500m	40km	10km
Long 02 (double standard)	3000m	80km	20km
Long 03 (triple standard)	4000m	120km	30km

*Distances from ITU rules at www.triathlon.org

7.2 Duathlons will be held over the following distances*:

	Run	Cycle	Run
Sprint	5km	20km	2.5km
Standard	10km	40km	5km
Long (not less than)	20km	80km	10km

*Distances from ITU rules at www.triathlon.org

7.3 In the interests of developing the sport at grass-roots level, triathlon and duathlon events may be organised over alternative distances as determined by the race organiser. Events organised for children and youths should adhere to the maximum recommended race distances for those age groups (Section 33, Additional Rules for Children).

NB The terms 'Olympic' and 'Ironman' MUST NOT be used unless they refer to events organised by the International Olympic Committee or the World Triathlon Corporation respectively.

7.4 Aquathlons will be held over the following distances*:

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

*Distances from ITU rules at www.triathlon.org

In the interests of developing the sport at grass-roots level, aquathlon events may be organised over alternative distances (or in a swim/run format) as determined by the race organiser. When the water temperature results in wetsuits becoming compulsory, aquathlon event's should revert to a swim/run format

- 7.5 Winter Triathlon: British Triathlon will adopt the ITU rules for this concept of triathlon, which consists of running, mountain biking and cross-country skiing. See www.triathlon.org for distances and specific rules.
- 7.6 Cross Triathlon and Cross Duathlon events will follow the rules below in addition to the general competition rules, and in place of them where applicable:
- Cross Triathlon consists of swimming, mountain biking and cross-country running.
 - Cross Duathlon consists of mountain biking and cross-country running.
 - The course should have demanding hills and challenging technical aspects.
 - The maximum tyre diameter for the mountain bike is 74cm. The minimum cross section is 3.8cm.
 - Studded and/or slick tyres are allowed.
 - Athlete's are allowed to push or carry their bike over the course.
 - Spike shoes are allowed.
 - Cross Triathlon events will be held over the following distances*:

	Swim	Mountain Bike	Cross Country Run
Sprint Distance	500m	10-12km	3-4km
Standard Distance	1000m	20-25km	6-8km

* Distances from ITU rules at www.triathlon.org

- Cross Duathlon events will be held over the following distances*:

	Cross Country Run	Mountain Bike	Cross Country Run
Sprint Distance	3km – 4km	10km – 12km	1.5km – 2km
Standard Distance	6km – 8km	20km – 25km	3km – 4km

*Distances from ITU rules at www.triathlon.org

8 Banned Equipment

- 8.1 Any equipment that acts as an impediment to hearing or concentration is prohibited from use during an event (including transition). This includes, but is not limited to, mobile telephones (which should be switched off if stored in transition), personal stereos and MP3 players (see Section 29, Penalties).
- 8.2 Glass containers shall not be used at any time.
- 8.3 Aero bars are banned in children's races on grass and may only be used by children aged 13 or over when racing on tarmac (see Section 33, Additional Rules for Children).

9 Swimming

- 9.1 Competitors shall use no aids other than a cap, goggles, nose clip and costume, which may be a wetsuit, for open water swims.
- 9.2 A wetsuit may consist of up to three separate parts. The wearing of wetsuit leggings only, gloves and/or socks is not permitted. The maximum permitted thickness of material is 5mm. This maximum thickness also applies to any overlap of material/s.
- 9.3 The minimum water temperature at which wetsuits are optional is 14°C.
- 9.4 Water temperature should be measured at a minimum of three points along the course, including the mid and furthest points from the shore, at a depth of 60cm. The lowest measured temperature should be considered the official water temperature. Temperature readings should be taken one hour before the start of the event. At the following temperatures, the maximum swim distances are obligatory:

Temperature	Max Distance
13°C	2000m
12°C	1000m
11°C	500m

NB. Based on the table above the minimum temperature for a standard distance swim is 12.5°C

- 9.5 At temperatures below 11°C, it is recommended that open water swimming does not 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.
- 9.6 The use of wetsuits is forbidden or mandatory if the following combinations of distance and water temperature are attained:

Swim Length	Forbidden Above	Mandatory Below
1500m	22°C	14°C
1501-3000m	23°C	15°C
3001-4000m	24°C	16°C

NB. Junior and elite competitors should refer to the ITU rules for wetsuit usage in international competition which differs from the above

10 Swim Safety – Open Water

- 10.1 Straight-line courses: Safety craft or platforms shall be stationed at 100m intervals along the course, spaced from the back marker to 200m in front of the lead competitor. Additional boats/canoes shall patrol the swimming area to ensure that no competitor is at any time more than 50m from safety cover.
- 10.2 Circuit courses: Safety craft shall be spaced at 100m intervals with canoe, boat or lifeguard backup so as to achieve a ratio of one safety unit per 20 competitors. At no time should any competitors be more than 50m from safety cover.
- 10.3 The recommended maximum wave size is 120 competitors.
- 10.4 No safety cover shall leave the course or be withdrawn until the last competitor has left the water.
- 10.5 A suitable craft shall act as a guide by maintaining position 25m in front of the leading male and female competitors.
- 10.6 All turns shall be clearly delineated by buoys or other forms of marking. These must be at least 1m high.
- 10.7 The course shall be clearly delineated by buoys or other marking devices located at

least every 200m and a minimum of 1m high. All markers shall be a different colour to swim hats.

- 10.8 First-aid units in attendance must be aware of the requirements for the treatment of shock and cold.
- 10.9 Sufficient blankets should be on hand to supply a minimum of 20% of the competitors.
- 10.10 Reheat facilities, such as blankets, are to be on hand, together with a good supply of hot drinks.
- 10.11 Wherever practical, the ratio of the sections should be maintained if the swimming distance has to be reduced.
- 10.12 The nearest hospital casualty department **MUST** be informed that any race with an open water swim is taking place. Details given must include event location, start time and numbers of competitors expected.

11 Cycling Equipment

- 11.1 Bicycles must be well maintained, roadworthy and have the following characteristics:
 - a. be no more than 2m long and 75cm wide.
 - b. measure at least 24cm from the ground to the centre of the chain wheel axle, exceptions may be made for children's bicycles.
 - c. a vertical line touching the front-most point of the saddle will be no more than 5cm in front of and no more than 15cm behind a vertical line passing through the centre of the chain wheel axle; a competitor must not have the capability to adjust the saddle beyond these limits during competition.
 - d. measure no less than 54cm and no more than 65cm between a vertical line passing through the centre of the chain wheel axle and a vertical line through the centre of the front wheel axle; exceptions may be made for the bicycles of children.
 - e. windbreaks, other bodywork or other substantial means of reducing wind resistance on machines are prohibited.
 - f. the front wheel may be a different diameter than the rear wheel but must be of spoke construction; wheel covers or disc wheels are allowed on the rear wheel only for non-drafting events.

- g. no wheel may contain mechanisms that are capable of accelerating it.
- h. there must be a brake on each wheel, and both wheels must be classified as free wheels.
- i. handlebars and tri-bars must be plugged.
- j. add-ons, such as computer or lighting brackets and mounting points, must be positioned so as to prevent injury in the event of a crash or collision with other competitors or spectators. **NB This also applies to mountain bike handlebar extensions.**

k. Draft-legal events: In events where there are draft-legal waves, these will follow the current ITU rules on drafting.

a. Handlebars:

- i) Only traditional drop handlebars are permitted.
- ii) The handlebars must be plugged.
- iii) Clip-on handlebars (tri-bars) will be permitted, and they must not be longer than the brake levers' foremost line.
- iv) Straight forward clip-on handlebars must be bridged with a solid material, and must not carry forward-facing brake levers.
- v) No forward-facing bar or gear shifters are allowed on the end of the clip-on handlebars. The only exception will be a grip shifter.

b. Wheels: For draft-legal competitions, wheels must have the following characteristics:

- i) a diameter between 55cm (22") minimum and 70cm (28") maximum, including the tyre.
- ii) both wheels should be either 65cm (26") or 70cm (28").
- iii) wheels shall have at least 12 spokes (no disc wheels).
- iv) spokes can be round, flattened or oval, provided their width does not exceed 1cm (0.4").
- v) only wheel designs approved by UCI may be used.
- vi) no wheel may contain mechanisms capable of accelerating it.
- vii) tyres must be well glued, headsets tight and wheels true.
- viii) there must be a brake on each wheel.

For safety reasons, organisers of draft-legal events or draft-legal waves must contact the sanctioning Home Nation Association or British Triathlon prior to the race for permission to be granted.

- 11.2 Cycles must be marked with the competitor's race number. A suitable label should be provided by the race organiser.
- 11.3 Approved cycling safety helmets of ANSI Z90.4, SNELL B90, EN 1078 or an equivalent national standard must be worn by competitors.
NB A CE mark is NOT an approval mark.
- 11.4 Helmets must remain structurally unaltered, and elastic chin straps are not permitted. When done up, chin straps must be a snug fit as a loose-fitting strap will render the helmet ineffective. A competitor may not be allowed to continue further until the strap has been tightened to the satisfaction of the race official or marshal.
- 11.5 Helmets and cycles may be checked by a race official to ensure they meet requirements. This does not certify that bikes are roadworthy or helmets are safe. It is the responsibility of every competitor to ensure his or her helmet and cycle meet the requirements. Competitors who fail to do so may, for reasons of safety, be prevented from participating.
- 11.6 All competitors taking part in any relay must have their helmet placed on their bicycle and must not put the helmet on until they have been tagged by their team mate but before they have picked up their bicycle. Competitors must remove their helmet once their bicycle is racked but before they tag their team mate.

12 Race Numbers

- 12.1 The race organiser must provide numbers made of suitable material. British Triathlon approves numbers printed on Tyvek®, which are a mandatory requirement for organisers of British and Home Nation Association Championship Events. Other standard distance events (1500m swim, 40k bike and 10k run) and above are recommended to use Tyvek® to minimise the risk of problems caused by torn or lost race numbers.
- 12.2 The maximum size of a race number should be 225mm x 225mm (see Section 24, Race Numbers).
- 12.3 Race numbers must not be altered by competitors and must remain visible at all times.

13 Clubs

- 13.1 Members may change clubs once during a calendar year, by application to the appropriate Home Nation Association.

14 Membership

- 14.1 Independent and club members shall be further defined as follows (ages shall be determined as at 31 December in the current year):
- Seniors shall be aged 20 years or over.
 - Junior C shall be aged 19 years.
 - Junior B shall be aged 17 or 18 years.
 - Youths shall be aged 15 or 16 years.
 - Tristars shall be aged from 8–14 years.
- 14.2 University and services (military, police and fire) competitors must compete in the name of their first claim club (ie the club named on their membership card) unless representing their university or service/service unit. This allows a student normally racing for the XYZ 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.

15 British Triathlon and Home Nation Association National Championships

- 15.1 To be entitled to hold a British Triathlon age group title or win a British Triathlon age group medal, an individual must be a member of a Home Nation Association that is recognised by British Triathlon AND a legal resident or citizen of the United Kingdom.
- 15.2 Individuals who do not meet the criteria set out in 15.1 may participate in a national age group championship race, but are not eligible to hold a British Triathlon national age group title or win a British age group medal.
- 15.3 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 race licence holder of said Home Nation Association.

- 15.4 Individuals who do not meet the criteria set out in 15.3 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.

16 British Club Relay Championships

- 16.1 At the British Club Relay Championships, members may only compete for the club stated on their Home Nation Association triathlon race licence, with the exception of athletes competing for an affiliated university, military, police or fire service.
NB For guidance on what is defined as a club, please refer to the British Triathlon club constitution criteria.
- 16.2 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 28 days prior to the event the competitor intends to take part in.

17 Age Categories

- 17.1 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
TSS	Tristars Start	8
TS1	TriStars 1	9-10
TS2	TriStars 2	11-12
TS3	TriStars 3	13-14
A	Youths	15-16
B	Juniors B	17-18
C	Juniors C	19
D	Seniors 1	20-24
E	Seniors 2	25-29
F	Seniors 3	30-34
G	Seniors 4	35-39
H	Veterans 1	40-44

I	Veterans 2	45-49
J	Veterans 3	50-54
K	Veterans 4	55-59
L	Veterans 5	60-64
M	Veterans 6	65-69
N	Veterans 7	70-74
P	Veterans 8	75-79
Q	Veterans 9	80+

17.2 Age category shall be determined as at 31 December in the current year.

17.3 In events that are not selection, championship or qualification races, the event organiser may reduce the categories to, for example, Junior (U20), Senior (age 21–39), Vet (age 40–49), Super Vet (age 50–59), Vintage (Age 60–69), Super Vintage (Age 70–79) and Classic (age 80+).

17.4 Competitor Suitability

It is the responsibility of all competitors to ensure they are able to complete the specific race distance entered comfortably. Competitors should also, 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.

SECTION B: COMPETITION RULES

18 Intention

The competition rules are intended to:

- create an atmosphere of sportsmanship, equality and fair play.
- provide safety and protection.
- penalise competitors who gain an unfair advantage.
- endorse the principle that triathlon, duathlon and aquathlon events are individual sports, and encourage individual performance and initiative.

19 Modifications

- 19.1 These rules will be adapted for the other modern multi-sport competitions that fall within the jurisdiction of the appropriate Home Nation Association or British Triathlon (i.e. winter triathlons, indoor triathlons, cross and team multi-sport competitions).
- 19.2 A competitor must not be permitted an advantage precluded by the rules, or not in the spirit of sportsmanship, equality and fair play. To implement this, many of the rules are in general terms. This eliminates a multiplicity of rules and provides officials with the authority to adapt and interpret rules to fit conditions. Officials doing this must base their judgement on whether an advantage precluded by the rules has been gained or safety has been compromised.

20 Special Rules

A race organiser, technical delegate or official may apply for the addition of special rule/s for a particular race provided that each additional special rule:

- does not conflict with another competition rule.
- is made available in written form and is announced to the participants before the event.
- the reasons for its inclusion are advised to the appropriate event permitting Home Nation Association for approval prior to the event. In the case of special rules introduced due to factors that arise on the day, the appropriate event permitting Home Nation Association must be notified the day after the event.

21 General Rules

In the case of a child taking part in an event, it is the responsibility of the parents/guardians and/or accompanying adults to ensure the child understands these rules and that the child's equipment, clothing etc is suitable, maintained, correctly prepared and used (see Section 33, Additional Rules for Children).

- 21.1 Competitors must exercise sound, mature judgement, carry out all reasonable instructions from officials, obey the laws of the land and observe traffic regulations.
- 21.2 Competitors must follow instructions given by the police. Failure to do so will result in disqualification and may lead to disciplinary action by the appropriate Home Nation Association and/or British Triathlon.

- 21.3 Competitors are ultimately responsible for their own safety and for the safety of others.
- 21.4 Competitors must take responsibility for knowing the technical and competition rules and abiding by them.
- 21.5 It is the competitor's responsibility to be properly prepared for an event and to ensure his or her equipment is suitable and fit for its intended purpose, including his or her bike, which must be roadworthy.
- 21.6 It is the competitor's responsibility to know and correctly complete the full course of the event.
- 21.7 Triathlon, duathlon and aquathlon events are individual endurance events. Any teamwork that provides an unfair advantage over other competitors is expressly forbidden, unless the event is a team-based competition where cooperating with and assisting each other is part of the event.
- 21.8 No competitor shall be permitted to continue racing if, in the opinion of any race official, he or she is physically incapable of continuing without potentially suffering physical damage, loss of life or a danger to others.
- 21.9 It is recommended that members do not participate in triathlon, duathlon and aquathlon events that have not been permitted by with the appropriate Home Nation Association or British Triathlon. Home Nation Association insurance does not cover the member while participating in such an event, which may not meet the safety standards of the Home Nation Association or British Triathlon. Participation may also render the member ineligible for selection to a national team. For the purpose of these rules, this applies to age group, Youth, Junior, U23 and elite teams.

22 Race Conduct

- 22.1 Competitors must conduct themselves in a proper manner and not bring the sport into disrepute. Failure to do so may result in disqualification from the race and further disciplinary action being taken against the individual by the permitting Home Nation Association or British Triathlon.
- 22.2 All competitors, officials, volunteers and spectators must be treated with respect and courtesy.

- 22.3 Threatening, abusive or insulting words or conduct are not permitted, and competitors will be disqualified for using such behaviour, either directly or indirectly.
- 22.4 All competitors must wear any official swim cap, bib or number provided by the race organiser. These must be worn unaltered and be both visible and readable at all times (see Section 24, Race Numbers).
- 22.5 Competitors must be adequately clothed at all times, the minimum being a one- or two-piece non-transparent swimsuit, together with a cycling or running top, if appropriate, with a gap no greater than 10cm (4"). All competitors must ensure their upper body (especially the chest area) is clothed during the cycling and running sections of the event. Front fastening tops and trisuits must be fully fastened at all times.
- 22.6 Race equipment must not be discarded at any point on the course, but must be placed in the athlete's allotted position in transition (see Section 29, Penalties).
- 22.7 No individual support by vehicle, bicycle or on foot is permitted except as provided by the organisers. Competitors may not receive any assistance other than that provided by the race organiser.
- 22.8 Failure by a competitor/accompanying adult/parent/guardian to carry out instructions from officials, or failure to conduct him or herself in a proper manner may lead to disqualification of the competitor and/or disciplinary action against the competitor by the appropriate Home Nation Association or British Triathlon. Misconduct by a competitor/accompanying adult/parent/guardian may include, but is not limited to:
- threatening, abusive or insulting words or conduct.
 - failure to obey marshals'/officials' instructions.
 - handing water bottles or any other equipment to, or collecting them from, competitors.
 - tampering with the equipment of others.
 - unsporting impedence.

23 Transition Areas

- 23.1 In order to avoid accidents, safeguard equipment and protect personal possessions, athletes must not bring helpers, friends or family members into any transition area.

- 23.2 Pets are not permitted in the transition area.
- 23.3 Equipment must be PLACED in its allotted position and not where it may hinder the progress of other competitors. Discarded equipment will be regarded as a hindrance, and a time penalty may be issued (see Section 29, Penalties).
- 23.4 Cycles must be placed in their correct allotted position both at the start and finish of the cycle section. Cycles should be racked by either the seat pin or handlebars/brake levers, unless other arrangements are provided. Cycles that are incorrectly racked may be determined to be an impedance to other athletes (see Section 29, Penalties). If numbers are supplied on the racking the bike must face out in line with this number, so if the number is to the right of the racking the bike must be racked by either the handlebars or seat pin in that direction.
- 23.5 Competitors must not mount their bicycle until it is completely over the designated 'mount line' outside of the transition areas.
- 23.6 When returning to transition, competitors must dismount their cycle before any part of the cycle leaves the dismount zone, which should be clearly marked before the end of the cycle course. They may then walk or run with their bike to its allotted position.
- 23.7 Competitors must not interfere with another competitor's equipment in the transition area.
- 23.8 Competitors must not use any device to mark their position in transition. Any device or marker will be removed by the official. If this is not possible, a penalty will be applied (see Section 29, Penalties). This includes draping wetsuits, or other equipment, over the racking.

24 Race Numbers

- 24.1 Race numbers provided by the race organiser must not be altered, cut down, folded or in any way mutilated. Numbers so treated will result in a time penalty to the competitor if the offence is not corrected.
- 24.2 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.

- 24.3 During the cycling phase, a number must be displayed to the rear.
- 24.4 During the running phase, a number must be displayed to the front.
- 24.5 Additional body markings may be provided by the race organiser, but this is not a substitute for, or replacement of, an official race number.

25 Swimming Conduct

- 25.1 Competitors may stand, or rest, on the bottom, or on a non-moving object, but may not gain unfair advantage or make progress other than is deemed necessary to execute entry into and exit from the designated swimming course by doing so. In shallow waters, an exact point when swimming must commence and may cease shall be appointed and marked.
- 25.2 Competitors shall at all times swim so they do not deliberately obstruct or interfere with other competitors. Making contact other than by accident shall be declared unsporting impedance.
- 25.3 Race organisers may set a time limit for the swimming section. The time limit will be determined when the event is registered with the sanctioning body and be published in all race information and must be covered in all race briefings.
- 25.4 At the end of the specified time limit, any competitor still in the water shall be ordered to retire. Competitors refusing to retire will not be insured to continue racing and may be subject to disciplinary action by the sanctioning body.
- 25.5 At all events, both pool-based and open water, no diving is permitted unless pre-agreed at the time of registering and then only for entry at the start of the swim and for re-entry on multiple-lap courses.

26 Cycling Conduct

- 26.1 Every competitor must ensure that his or her cycle is in a safe and roadworthy condition and conforms to the specifications laid down in the technical rules (see Section A). Unsafe cycles will not be allowed to start the race.
- 26.2 During the event, competitors are individually responsible for the repair of their machines.

- 26.3 Where a competitor is preceded or followed for any length of time, or frequently passed, by the same motor vehicle not provided by the organisers, that vehicle shall be considered as being associated with the competitor and to be giving support and a time penalty may be applied.
- 26.4 Any part of the cycle course may be covered on foot, but on these occasions, the competitors must carry or push their own machines.
- 26.5 All competitors must follow the normal rules of the road the highway code, obey all traffic signals and follow any instructions given by the police. Any infringement of the law and subsequent legal action is the sole responsibility of the competitor.
- 26.6 Competitors shall at all times cycle so they do not deliberately obstruct or interfere with other competitors. Making contact other than by accident shall be declared unsporting impedance.
- 26.7 Helmets must be fastened before the competitor's cycle is moved from its allotted place in the transition area and must remain fastened until the cycle is returned to this position at the end of the cycle section of the race. Failure to do so may result in a time penalty (see Section 29, Penalties).

27 Pacing/Drafting

- 27.1 Competitors are not permitted to draft, (i.e. take shelter behind or beside another competitor or motor vehicle) during the cycling segment of races. Penalties will be issued when, in the opinion of the official, competitors, through their action or the action of others, attempt to gain, or receive, an advantage precluded by the rules.
- 27.2 **Bicycle Draft Zone**
- a. For all age group events (except long distance): The draft zone is a rectangle measuring 7m long by 3m wide that surrounds every cycle on the cycle course. The front edge of the front wheel defines the centre of the leading 3m edge of the rectangle. A competitor may enter the draft zone of another competitor, but must be seen to be progressing through that zone. A maximum of 15 seconds is allowed to progress though the draft zone of another competitor. If an overtaking manoeuvre is not completed within 15 seconds, the overtaking cyclist must drop back out of this zone.
- b. For all competitors in long distance competitions (elite and age group): The draft zone is a rectangle measuring 10m long by 3m wide that surrounds every cycle on the cycle

course. The front edge of the front wheel defines the centre of the leading 3m edge of the rectangle. A competitor may enter the draft zone of another competitor, but must be seen to be progressing through that zone. A maximum of 30 seconds is allowed to progress through the draft zone of another competitor. If an overtaking manoeuvre is not completed within 30 seconds, the overtaking cyclist must drop back.

- 27.3 The draft zone of one competitor may not overlap the draft zone of another competitor.
- 27.4 Competitors may enter the draft zone of another competitor for the purpose of overtaking as detailed in Section 27.2 or in the following circumstances:
- for safety reasons.
 - at an aid station.
 - at the exit or entrance of a transition area.
 - at an acute turn, such as 180° turn around a traffic cone.
 - Race officials may exclude a section of the course from the drafting rule because of narrow lanes, construction, detours or for other safety reasons.
- 27.5 When a competitor is passed by other competitors, it is his or her responsibility to drop back out of the draft zone of the overtaking competitor. A competitor is passed when another competitor's front wheel is ahead of his or hers.
- 27.6 If a competitor is frequently passed by, or seen to be frequently passing, the same competitor this will be seen as working with, or drafting off, that competitor and will be subject to the same penalty as drafting.
- 27.7 Side-by-side riding, while still observing the draft zone, is only allowed on courses that are fully closed to other traffic providing the progress of other competitors is not being hindered. On open or semi-open courses, only single-file riding is allowed.

Drafting Diagram

Diagram 1 Distance of drafting zone for ALL competitors



Diagram 2 Drafting



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

Diagram 3 Drafting and not drafting



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

- 27.8 Vehicle draft zone: Competitors are not allowed to gain an unfair advantage by drafting on officials' escort vehicles, TV and radio vehicles and all other non-race official public transport vehicles. The vehicle draft zone is a rectangle 35m long by 5m wide that surrounds every vehicle on the cycle course. The front edge of the vehicle defines the

centre of the leading 5m edge of the rectangle. The driver of the vehicle, who must be appropriately briefed by the organiser, is responsible for upholding the zone.

28 Running Conduct

- 28.1 No form of locomotion other than running or walking is permitted. Crawling is not allowed.
- 28.2 Competitors shall, at all times, run so they do not deliberately obstruct or interfere with other competitors. Making contact other than by accident shall be declared unsporting impedance.
- 28.3 Competitors may not run on the defined run course without shoes or with a bare torso.

29 Penalties

- 29.1 Competitors may only be penalised by readily identifiable race officials, although infringements may be reported to the official by marshals and other race personnel. Officials can impose the following types of penalty:
 - a. verbal warning.
 - b. time penalty.
 - c. disqualification.
- 29.2 It may not be possible for an official to give a warning prior to issuing a more serious penalty. The purpose of a warning is to alert a competitor to an actual or possible rule violation and to promote a proactive attitude on the part of officials.
- 29.3 All infringements are to be reported to the senior race official who will have the responsibility for posting penalties.
- 29.4 Penalties may be issued or disqualifications given at any time up to the announcement of the final results, except where drug testing is involved, when results must be considered provisional until test results are known.
- 29.5 The following penalties will be imposed for infringements:
Disqualification – to include, but not limited to:
 - a. threatening, abusive or insulting words or conduct.

- b. breaking road-traffic regulations.
- c. dangerous conduct/riding.
- d. diving (see Section 25, Swimming Conduct).
- e. failing to obey marshals or the police.
- f. nudity.
- g. outside assistance.
- h. tampering with the equipment of others.
- i. unsporting impedence – including, but not limited to, incorrectly racked bikes, discarded equipment and the use of marking devices that impede others.
- j. two drafting violations noted by motorcycle official's OR four reports from static draft-control marshals OR one drafting violation noted by a motorcycle official and three reports from static draft-control marshals.

NB There is no requirement for a draft-control marshal to indicate that a competitor has been reported.

- k. 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).
- l. breach of conduct by parent/guardian/accompanying adult.

Disqualification if fault not rectified after a warning – to include, but not limited to:

- m. illegal equipment (swim, cycle or run equipment).
- n. banned equipment – including, but not limited to, mobile telephones, MP3 players and personal stereos.
- o. illegal progress (during swim, cycle or run).
- p. racing topless.

Two-minute penalty – to include, but not limited to:

- q. helmet violations (unclipping helmet while in contact with the cycle).
- r. number violations (not able to be altered after a warning).
- s. riding in the transition area.
- t. markers in transition that cannot be removed, but do not impede the progress of others.
- u. Drafting: One drafting violation noted by a motorcycle official OR three reports from static draft-control marshals. **NB There is no requirement for the marshal to indicate that a report has been made.**

Notes:

- In the interests of safety, motorcycle officials will NOT provide an audible or visible warning for a drafting violation.
- The race official may issue a discretionary two-minute penalty for infringements not listed above.
- Penalties will be posted on the penalty board by the senior official as soon as they are available. The penalty board will be provided by the race organiser and placed at an agreed position with easy access for competitors (eg near transition or next to the results display).
- In the case of any competitor or his or her parent/guardian/supporter using threatening, abusive or insulting conduct, the appropriate Home Nation Association and British Triathlon will consider disciplinary action against that competitor.

30 Appeals

- 30.1 An appeal is a request for a review of a decision made by an official.
- 30.2 Appeals cannot be made against race official's judgement calls which include, but are not limited to, drafting, dangerous riding and unsporting conduct.
- 30.3 Appeals must be made in writing to the race official. The time for a competitor or official team representative to file an appeal is no later than 1 hour after his or her finishing time or the posting of the infraction, whichever is later; however, the intention to write an appeal has to be announced within 15 minutes of his or her finishing time or posting of the infraction, whichever is later. After this deadline only announced protest will be admitted. A fee of £15 will be charged, which is refundable if the appeal is upheld.

31 Paratriathlon

Paratriathletes will abide, in most part, by the common rules of competition as detailed by British Triathlon. Modifications to these rules have been made for disabled competitors to ensure they can experience the same fair competition within the sport of triathlon as non-paratriathletes.

A classification system for paratriathletes has been adopted by British Triathlon and should be used by all paratriathletes participating in triathlon events. Event organisers and officials will be aware of any additional considerations they must undertake.

All paratriathletes who intend to enter British Championships must be classified by a process of assessment by a trained British Triathlon assessor.

The rules that follow in relation to paratriathletes are correct at the time of going to print. This is an area of constant change in the sport and the most up-to-date version is available on the British Triathlon website: www.britishtriathlon.org

To arrange for a paratriathlon assessment, or if you have any questions regarding events for paratriathletes, then please contact: paratriathlon@britishtriathlon.org

31.1 General:

a. Paratriathletes, as defined under British Triathlon rule 31.2, will be governed by the British Triathlon Competition Rules with the following specific modifications:

i) Prior to attending British Triathlon Championships, all paratriathletes are required to provide a doctor's letter to British Triathlon, outlining their degree of disability.

ii) Paratriathletes are required to be classified by a British Triathlon designated Classification Officer to ensure athletes are assigned to the proper category.

b. For an athlete to be eligible to participate in paratriathlon categories TRI1, TRI2, TRI3, TRI4 or TRI5 they must have a minimum disability of 15% impairment of any one (1) limb.

c. For an athlete to be eligible for category TRI6 they must have a maximum of 20/20 vision with best corrective vision.

d. The British Triathlon Competition Rules specify the conduct and behaviour of paratriathletes during British competitions. Where the British Triathlon Competition Rules do not specify, the rules of International Paralympic Committee (IPC) Swimming, International Cycling Union (UCI) Paracycling and International Paralympic Committee (IPC) Athletics will apply in their specific segments.

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

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

31.2 Paratriathlon Competition Categories: British Triathlon Paratriathlon Competition Categories shall be established based on physical disabilities. Medical evidence shall be required for classification. The six (6) categories are as follows:

a. TRI 1 - Handcycle: Including Paraplegic, Quadriplegic, Polio, Double Leg Amputee. Must use a "handcycle" (as described in section 31.11) on the bike course and "racing wheelchair" (as described in section 31.13) on run.

b. TRI 2 - Severe leg impairment including above knee amputees: Must ride a bicycle and run with approved prosthetics or crutches. Racing wheelchairs are not allowed.

c. TRI 3 - Les Autres: Includes (but is not limited to) Multiple Sclerosis, Muscular Dystrophy, and Cerebral Palsy, double leg amputee runners or paralysis in multiple limbs. Must ride a bicycle and run with braces or approved prosthetics. Racing wheelchairs are not allowed.

d. TRI 4 - Arm impairment: Including paralysis, above elbow amputees and below elbow amputees, or impairment in both upper limbs. Must ride a bicycle. Approved upper extremity prosthetics, braces or slings are allowed.

e. TRI 5 - Moderate leg impairment: Including below-knee amputees. Must ride a bicycle and run with approved prosthetics. Racing wheelchairs are not allowed.

f. TRI 6 - Visual Impairment, legally blind (20/200 vision with best corrected vision): A single handler of the same gender is mandatory throughout the race. Competitors are tethered during the swim and the run portions and must ride a tandem bicycle.

31.3 Classification:

a. All paratriathlon competitors shall be classified by a British Triathlon Paratriathlon Classifier prior to competition. Each competitor will be required to:

- i) Provide medical evidence/documentation describing their disability.
- ii) Be available to the classifier to be assessed prior to the competition.
- iii) Meet the minimum impairment criteria.

b. Ineligible disabilities: paratriathletes with miscellaneous conditions such as, but not limited to: intolerance to temperature extremes, organ transplants, joint replacements (endoprosthetics), kidney dialysis and hearing impairments are not eligible, as defined by these standards.

31.4 Paratriathletes' briefing: A meeting of paratriathlon competitors will be held before all British Triathlon Paratriathlon Events and will be conducted by an event official (paratriathlon coaches may also attend the briefing).

31.5 Paratriathlon Handlers:

a. Securing qualified aides ("Handlers") shall be the responsibility of the paratriathlete and all such handlers shall be identified to and receive credentials from the Official at the race briefing.

b. "Handlers" are to be allotted as follows:

- i) One (1) handler for categories TRI 2, TRI 3, TRI 4, and TRI 5.
- ii) Up to two (2) handlers for category TRI 1.
- iii) No handlers for category TRI 6 (Guides may act as the handler for this category).

c. "Handlers" are specifically allowed to assist paratriathletes by:

- i) **Helping with prosthetic devices or other assistive devices.**
- ii) **Lifting participants in and out of handcycles and wheelchairs.**
- iii) **Removing wetsuits or clothing.**
- iv) **Repairing flats, punctures and helping other equipment.**

d. All handlers shall be subject to the British Triathlon Competition Rules in addition to further regulations deemed appropriate or necessary by the Official.

e. Any action taken by a handler, which propels the competitor forward may, at the discretion of the Race Official, be grounds for a time penalty or disqualification.

31.6 Wetsuit Removal Area conduct:

a. If a "wetsuit removal area" exists, competitors in categories TRI 1, TRI 2, TRI 3 and TRI 5 may remove their wetsuits before accessing wheelchairs or other ambulatory devices in this area. Handlers are then permitted to carry the wetsuit to their paratriathlete's assigned space in the transition area.

b. Handlers are allowed to assist their assigned paratriathlete in this area but may not propel them forward.

31.7 Transition Area Conduct:

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

b. In the swim exit area, the Event Organiser shall provide a minimum of six (6) "swim exit handlers", who will be responsible for assisting the paratriathletes from the swim exit to the "wetsuit removal area".

c. During the swim exit, the competitors will receive assistance from the "swim exit handlers" according to their swim cap colours, which may vary but will preferably be, as follows:

- i) **Red colour: Competitor needs to be lifted from the swim exit to the wetsuit removal area.**
- ii) **Blue colour: Competitor needs to be supported to walk/run from the swim exit to the wetsuit removal area.**
- iii) **White colour: Competitor does not need any assistance at the swim exit.**

d. Bicycles, handcycles or tricycles are not allowed as conveyance from the swim exit to the transition area.

e. All equipment shall remain within each competitor's assigned space in the transition zone. The only exception to this rule is when a "wetsuit removal area" exists. (This area shall be set-up in coordination with the Race Official).

f. With the exception of TRI 1 competitors, all other paratriathletes must observe the mount and dismount lines.

g. For TRI 1 competitors, handcycles are allowed as a conveyance to and from the mount line within the transition area. Any modification of this rule will be addressed at the Paratriathlon Briefing.

31.8 Paratriathlon Swimming Conduct/Equipment:

a. For safety reasons, during the paratriathlete presentation at race start, categories will be presented in the following order: TRI 6, TRI 5, TRI 4, TRI 3, TRI 2, TRI 1. For safety reasons, TRI 1 competitors should always enter the water after all other classes are in place.

b. The swim start shall be an “in-water” start for all paratriathlon competitions.

c. If the swim portion consists of multiple loops, paratriathletes will not be required to exit the water before completing additional loops.

d. Artificial propulsive devices including (but not limited to) fins, paddles, or floating devices of any kind are not allowed. All prosthetic and/or orthoses are considered “propulsion devices”. Use of any such devices will result in disqualification.

e. Wetsuits are allowed at all temperatures. However, the provisions for cold waters are shown in the following table:

Swim Length	Wetsuits Mandatory below	Maximum stay in water
750m	18°C	45mins
1500m	18°C	1hour 10mins
3000m	18°C	1hour 40mins
4000m	18°C	2hours 15mins

f. The maximum time allotted to complete the swim course in a Sprint Distance Paratriathlon competition is forty-five (45) minutes. If any competitor has not completed the swim course within this time limit and is more than 100m short of the finish, they shall be immediately removed from the water.

g. The swim portion may be cancelled if the “real water temperature” is lower than 16°C. (“Real water temperature” is calculated as follows):

When the air temperature is lower than the water temperature, the adjusted value (“real water temperature”) is the measured temperature decreased by 0.5°C every 1.0°C of difference between the air and water temperatures.

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

31.10 Paratriathlon Cycling Conduct/Equipment:

- a. Paratriathlon competitions are non-drafting events.
- b. In paratriathlon competitions, the term “bicycle” used herein shall include bicycles, tricycles or handcycles.
- c. All bicycles, tricycles and handcycles shall be propelled by human force. Arms or legs can be used to propel the cycle, but not both. Any violation shall result in disqualification.
- d. Bicycle specifications for paratriathlon competitions are outlined in ITU Competition Rules section 5.2.
- e. Protective shields, fairings or other devices, which have the effect of reducing resistance, are not allowed.
- f. Artificial handgrips and prosthetics are allowed but may not be fixed to the cycle. Rigid prosthetic adaptations that are mounted or fixed to any part of the cycle are not allowed.
- g. Except for handcycles (TRI 1), a rider’s position shall be supported solely by the pedals, the saddle and the handlebars.
- h. A rider in the TRI 2 category not wearing prosthesis may use a support for the thigh only if there is no fixation of the thigh to the bicycle. (For example, the support may be a half tube attached to the cycle, with a closed base and maximum of 10 cm closed side at the base, but no “thigh fixing devices” are allowed).
- i. There must be at least one working brake (generally on the drive wheel) capable of safely stopping the vehicle.
- j. All requests for impairment adaptations to any cycle must be submitted in writing for 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.
- k. The specifications of a tricycle are as follows:
 - i) **The tricycle is a vehicle with three (3) wheels of equal diameter. The front wheel, or wheels, shall be steerable. The rear wheel(s) shall be driven through a system comprising pedals and a chain.**
 - ii) **Recumbent tricycles are not allowed.**
 - iii) **All tricycles shall conform to International Cycling Union (UCI) construction and measurements for a bicycle, including the bottom bracket, seat tube and saddle position (excluding the rear triangle).**

iv) Wheels of the tricycle may vary in diameter between 70cm maximum and 55cm minimum including the tyre, using conventional cycle components. Modified hub attachments may be used if necessary. The width of tricycle double wheels may vary between 85cm maximum and 60cm minimum, measured at the centre of each tyre as it touches the ground.

v) If a tricycle's two-wheel rear axle does not have a differential, only one wheel must be driven, due to the different speeds of the wheels in turns.

vi) A tricycle shall not measure more than 2m in length and 95cm in width overall.

vii) The tricycle's top tube may slope down rearwards, to an inclination parallel with the down tube to facilitate easy mounting by the rider.

viii) The two wheels of a tricycle may be offset a maximum of 10cm either side of a centreline, which passes through the single wheel and the frame top tube.

ix) A tricycle shall be fitted with a safety bar to prevent the front wheel of a following tricycle from entering the space between the rear wheels. The safety bar must be fixed to the tricycle so that there is no risk of the bar moving during competition. The distance from the ground to the centre of the safety bar should be the same as the distance between the ground and the middle of the hub when the tyres are inflated to the pressure used in competition.

l. No guide dogs will be allowed on the bike course at any time.

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

31.11 Paratriathlon TRI 1 Cycling Conduct:

a. Paratriathletes must use a handcycle in a "recumbent position".

b. Specifications of a "recumbent position" handcycle are as follows:

i) A handcycle shall be an "arm powered", three-wheeled vehicle with an open frame of tubular construction, which conforms to the general principles of International Cycling Union (UCI) construction for bicycles (except that the chassis frame tubes need not be straight). For the seat or backrest construction, the maximum frame tube diameter may not exceed the maximum defined by the general principles of UCI.

ii) The single wheel may be of a different diameter to the double wheels. The front wheel or wheels shall be steerable; the single wheel, either front or rear, shall be driven through a system comprising handgrips and a chain. The handcycle shall be propelled solely through a chainset and conventional cycle drive train, of crank arms, chainwheels, chain and gears, with handgrips replacing foot pedals. It shall be propelled by the hands, arms and upper body only.

iii) So the rider has clear vision, the horizontal of the eye line must be above the crank housing (crank set) when the rider's hands are on the handlebars facing forward at full extent, the tip of both shoulder blades are in contact with the backrest and the head is in contact with the headrest (when applicable).

iv) From this seated "recumbent position" described above (31.11.b.iii), conforming measurements are calculated as follows: (#1) The distance from the ground to the centre of the rider's eyes and (#2) the distance from the ground to the centre of the crank housing

(crank set). Measurement #1 (from the eyes to the ground) must be equal or greater than measurement #2 (from the centre of the crank housing to the ground).

v) All riders shall remain seated in this “recumbent position” with bodyweight supported through the seat and backrest. The seat angle of the handcycle may vary in angle between a 30° minimum and 45° maximum, measured between the horizontal and the back of the rider.

vi) All handcycles must have a mirror fixed either to the helmet of the rider or at some point on the front of the bike to ensure rear-view vision.

vii) Adjustments (except emergency repairs) to handcycle equipment may not be made during the race.

viii) Wheels of the handcycle may vary in diameter between a 40.6cm minimum and a 62.2cm maximum. Modified hub attachments may be used if necessary. The width of handcycle double wheels may vary between 55cm minimum and 70cm maximum, measured at the centre of each tyre where the tyres touch the ground.

ix) Disk wheels for handcycles are not permitted in mass start competitions.

x) A handcycle shall not measure more than 2.5m in length or 70cm in width.

xi) The shifting device can either be within the extremities of the handlebars, or on the side of their bodies.

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

xiii) Maximum frame tube dimension shall be 8cm, irrespective of tube material, or profile. Any fillets, or ribs, inserted at joints between tubes, shall be for strengthening purposes only. Non-functional, aerodynamic devices are not permitted for competition.

xiv) A quick release body harness is permitted.

31.12 Paratriathlon TRI 2 to TRI 6 Running Conduct / Equipment:

a. Competitors may use prosthetics, canes or crutches to ambulate the course.

b. The only acceptable footwear on the run course (aside from prosthetics) are running shoes.

c. No guide dogs are allowed on the run course at any time.

31.13 Paratriathlon TRI1 Running conduct/equipment:

a. TRI 1 competitors perform the run portion in a “racing wheelchair” and are governed by all British Triathlon Competition Rules with regards to safety.

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

(i) The chair shall have at least two large wheels and one small wheel.

ii) No part of the body of the chair may extend forwards beyond the hub of the front wheel and be

wider than the inside of the hubs of the two rear wheels. The maximum height from the ground of the main body of the chair shall be 50 cm;

(iii) The maximum diameter of the large wheel including the inflated tyre shall not exceed 70 cm. The maximum diameter of the small wheel including the inflated tyre shall not exceed 50 cm.

(iv) Only one plain, round, hand rim is allowed for each large wheel. This rule may be waived for persons requiring a single arm drive chair, if stated on their medical qualification cards.

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

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

(vii) Competitors must be able to turn the front wheel(s) manually both to the left and right.

(viii) The use of mirrors is not permitted.

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

(x) It will be the competitor's responsibility to ensure the wheelchair conforms to all the above rules and no event shall be delayed while adjustments are made to the chair.

(xi) Competitors must ensure no part of their lower limbs can fall to the ground during the event.

(xii) Competitors shall wear an approved bike helmet at all times while seated in the chair.

31.14 Paratriathlon TRI 6 Conduct:

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

a. All competitors must use a guide of the same gender. If a guide of a differing gender is used the competitor will be ineligible for any award. For National Events competitors must use a guide of the same gender

b. Each competitor is allowed a maximum of one (1) guide for any one (1) competition.

c. All competitors must be tethered during the swim. The tether may be used around the waist, leg or foot.

d. All competitors and guides must use a tandem bicycle. The specifications of the tandem bicycle are as follows:

i) A tandem is a vehicle for two riders, with two wheels of equal diameter, which conforms to the general principles of UCI construction for bicycles. The front wheel shall be steerable by the front rider, known as the 'pilot'. Both riders shall face forward in the traditional cycling position and the rear wheel shall be driven by both cyclists through a system comprising pedals and chains.

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

e. Elite or professional triathletes who have entered in an ITU international event must respect a waiting period of twelve (12) months after their last international event before acting as a guide.

- f. All guides must be over 18 years of age on the day of the event.
- g. In the event of an injury or illness and upon presentation of a medical certificate, a guide may be replaced up to 24 hours before the official start of the competition. No changes will be allowed after this deadline.
- h. All TRI 6 competitors must be tethered during the run. They may receive verbal instructions only from their guide.
- i. All TRI 6 competitors shall use approved “black out glasses” during the entire run portion (beginning at their assigned space in the transition area).
- j. Paddleboards, kayaks, etc. (on the swim portion) or bicycles, motor bicycles, etc., (on the run portion) or any other mechanical means of transport by guides are not allowed.
- k. At no time may a guide “lead” or “pace” the competitor nor propel them forward by pulling or pushing.
- l. Whether or not a tether is being used, the competitor and guide shall not be more than 50cm apart at all times.
- m. As the TRI 6 competitor crosses the finish line, the guide must be beside or behind the competitor but not further apart than the required 50cm maximum separation distance.
- n. Infringement of any these rules may, at the discretion of the Official, be grounds for a time penalty or disqualification.

32 International Racing

- 32.1 A Home Nation Association license is required to race representatively as part of a Great Britain Age-Group Team.

33 Additional Rules for Children

33.1 General:

- a. Children’s events give 8-14 year olds the opportunity to take part in triathlon. Competitors are split into two-year age groups, with each group racing over different distances. The 8 year old category is run over very short distances to introduce young athletes 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.

33.2 The following maximum race distances are applicable for each age group in the following tables:

Triathlon	Swim	Swim (open water)	Cycle (grass)	Cycle tarmac)	Run
TriStars Start (age 8)	50m	min 50m, max 100m	800m	1.5km	600m
TriStars 1 (age 9-10)	150m	min 150m, max 200m	2km	4km	1.2km
TriStars 2 (age 11-12)	200m	min 200m, max 300m	4km	6km	1.8km
TriStars 3 (age 13-14)	300m	min 300m, max 350m	6km	8km	2.4km

Duathlon	Run	Cycle (grass)	Cycle (tarmac)	Run
TriStars Start (age 8)	400m	800m	1.5km	200m
TriStars 1 (age 9-10)	1.2km	2km	4km	400m
TriStars 2 (age 11-12)	1.6km	4km	6km	600m
TriStars 3 (age 13-14)	2km	6km	8km	800m

Aquathlon	Swim	Swim (open water)	Run
TriStars Start (age 8)	50m	min 50m, max 100m	600m
TriStars 1 (age 9-10)	150m	min 150m, max 200m	1.5km
TriStars 2 (age 11-12)	250m	min 200m, max 300m	2km
TriStars 3 (age 13-14)	400m	min 300m, max 350m	3km

a. Age groups are based on the age as at 31 December in the current year.

b. Youths (age 15–16) may take part in events up to and including Sprint distance. Written parental consent is required.

- c. Junior B (age 17–18) may compete in events up to and including Standard distance.
- d. Junior C (age 19) may compete in events up to and including Middle distance.
- e. Open water swimming is permitted for children from TriStars Start category and above.
- f. The minimum permissible open water temperature in which children can swim is 11°C.
- g. Maximum swim distances can only be used when the water temperature is 13°C or above.
- h. 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 race organiser/event safety officer, taking into account other climatic factors on the day.
- i. The event organiser must obtain written consent from a child's parent or guardian that the child has permission to compete in any given event, is fit and healthy, that the child's cycle is roadworthy, and he or she agrees to abide by the rules of the Home Nation Association.
- j. Wetsuits are banned for water temperatures greater than 22°C, optional between 14°C and 22°C and compulsory for less than 14°C.
- k. No maximum thickness for wetsuits (TSS–TS3 only).
- l. Maximum of 25m between safety craft.
- m. A minimum requirement of one safety craft to every 10 competitors.
- n. The lead craft must remain within 10m of the lead competitor.

33.3 Open Water Swimming: Please see Section 10 for details.

33.4 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, athletes 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 ITU rules on drafting. This may require equipment such as aero bars to be changed (visit www.triathlon.org to view current ITU rules).

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:

- i) all handlebar and aero bar/bar extensions plugged.
- ii) properly fitted and serviceable tyres, wheels, gears and controls.
- iii) a working brake on both wheels.

33.5 Safety:

a. The following additional safety requirements apply to events for competitors aged 8-14 years of age:

- i) cycling and running must take place on roads closed to vehicular traffic.
- ii) fluids must be made available at the start and finish of both cycle and run sections.
- iii) 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 organisers.

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.

33.6 Penalties: The following penalties will be imposed for the following infringements:

Disqualification – to include, but not limited to:

- a. threatening, abusive or insulting words or conduct
- b. diving
- c. failing to obey marshals
- d. nudity
- e. outside assistance (other than that given by the organiser)
- f. tampering with the equipment of others
- g. unsporting impedance.
- h. breach of conduct by parent/guardian/accompanying adult

Disqualification if fault not rectified after a formal warning – to include, but not limited to:

- i. helmet violations on the cycle course
- j. illegal equipment (swim, cycle or run)
- k. illegal progress (during the swim, cycle or run)
- l. topless during bike or run.

Time penalty:

A time penalty will be imposed for:

- m. number violations (not able to be rectified after a formal warning)
- n. riding in the transition area
- o. helmet violations in the transition area.

The time penalty for each age category is as follows:

- a. TriStars 1 – 30 seconds
- b. TriStars 2 – 40 seconds
- c. TriStars 3 – 50 seconds

- 33.7 Parents/Guardians/Accompanying Adults: Failure by a parent/guardian/accompanying adult to carry out the instructions from officials, or failure to conduct him or herself in a proper manner may lead to disqualification of the competitor or disciplinary action against the competitor by the appropriate Home Nation or British Triathlon. Misconduct by a parent/guardian/accompanying adult may include, but is not limited to:
- a. threatening, abusive or insulting words or conduct.
 - b. failure to obey marshal's/official's instructions.
 - c. handing water bottles or any other equipment to, or collecting from, competitors.
 - d. tampering with the equipment of others.
 - e. unsporting impedance.

34 Anti-doping Regulations

- 34.1 Doping is strictly prohibited and is an offence under British Triathlon and ITU rules. The Anti-Doping Rules of British Triathlon are the UK Anti-Doping Rules published

by UK Anti Doping as amended from time to time. Such rules shall take effect and be construed as rules of British Triathlon.

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 Sport Drug Information Line - **0800 528 0004**

UK Sport Website - www.ukssport.gov.uk

100% ME Website - www.100percentme.co.uk

Global Drug Information Database - www.ukad.org.uk; **020 7766 7350**

- 34.2 All competitors in a competition registered by British Triathlon or appropriate Home Nation must, if required, submit to doping control.
- 34.3 The penalties for doping infractions under British Triathlon and ITU rules are available from British Triathlon and the ITU (see Introduction for contact details).
- 34.4 All prize money or other compensation won by a competitor in events contested by that athlete after the finding of an 'A' sample positive, but prior to the final outcome of a hearing, will be held by British Triathlon pending final resolution of the case. If the athlete is found to have committed a doping offence, all prize monies and/or other compensation, including titles, will be redistributed to other athletes according to the amended result list. If the athlete is found not to have committed a doping offence, all prize money and other compensation will be returned to the athlete within 14 days of the finding.
- 34.5 At all events registered by the respective Home Nation, the race organiser is responsible for the provision of facilities for the conduct of doping control as set out in ITU's current Doping Control Rules and Procedural Guidelines.
- 34.6 Medication should be checked prior to competition on the Global Drug Reference Online: www.globaldro.co.uk

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