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British Triathlon Federation **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 part. The Competition Rules govern the behaviour of competitors during competition. Penalties may be issued for infractions of either.

The British Triathlon Federation (BTF) is affiliated to the International Triathlon Union (ITU) and, as such, ITU rules are applicable to all international events either hosted by BTF 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 ITU rules as they contain some variations from BTF rules (due mainly to domestic arrangements). ITU rules can be downloaded from www.competitions.com

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 01509-226 161 for a copy.

Section A: Technical Rules

1 Race Organisers

- 1.1 Organisers of triathlon, duathlon and aquathlon events registered with BTF or the appropriate Home Nation Association must be a member of a Home Nation Association and must complete the appropriate event registration process.
- 1.2 All registered events must be covered by insurance acceptable to BTF or the appropriate Home Nation Association.
- 1.3 Only registered events run by Home Nation Association affiliated clubs may qualify for cover under BTF's event insurance policy. Details of cover and conditions may be obtained from the BTF office on 01509-226 161 or email info@britishtriathlon.org
- 1.3a All events registered with a Home Nation Association must have third party public liability insurance in place, equal to or greater than £5,000,000.
- 1.4 These rules may not be altered by individual organisers. Local conditions may warrant amendment by a BTF national or regional official; applications for such changes must be submitted in writing to the Rules and Technical Committee (R&T) and, where granted, any such variations must be clearly published to all competitors at least seven days prior to the event and must be covered in all race briefings and safety documents.
- 1.5 All persons unable to produce a current race licence at race registration shall pay the appropriate day membership fee, which is non-refundable.
- 1.6 Draft-legal races for age groupers are not permitted under the current BTF or ITU rules.
- 1.7 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.
- 1.8 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 Registering of Events

- 2.1 The method for awarding a permit certificate to an event will be as determined from time to time by BTF or the appropriate Home Nation Association.

- 2.2 BTF 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 BTF or the appropriate Home Nation Association.
- 2.3 The aims of the registration 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 come up to a minimum standard expected, taking into account the type of event being registered.

3 Events Tariff

- 3.1 Race 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 Race fees of events run solely for charitable purposes may only be waived at the discretion of the person or persons responsible for event registration at the relevant Home Nation Association. Organisers must submit a written request for race fees to be reduced/waived to the Home Nation representative, explaining the reasons for the request.

4 Race Official

- 4.1 A race official is an individual who has been trained and assessed by BTF 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 BTF race official's tabard.

- 4.2 Race officials shall be appointed by the organiser of the event, the regional referee/technical coordinator (of the region where the event takes place), Home Nation Association or the R&T, depending on the status of the event. The senior official, with the race organiser and technical delegate (if one is appointed), shall have full jurisdiction over the event. If necessary, and with the advice of local safety experts, the race official shall have the power to cancel or curtail an event on safety grounds.
- 4.3 Race officials should adopt a common-sense attitude in all decisions.

4.4 Motorcycle officials:

- 4.4a **National Championship events:** National Escort Group (NEG) qualified motorcycle officials or equivalent will be appointed by BTF for all British or Home Nation Association Championship events and must wear the official BTF safety tabard.
- 4.4b **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.
- 4.4c **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.

- 4.5 If there is no officially appointed official then the race organiser/director becomes the race official.

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 BTF R&T OR appointed by the BTF R&T. 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 (ie no role in organising, officiating, marshalling or participating in the event).
- 5.2 British ranking series events: The race organiser is responsible for nominating a Chair (who should be a Home Nation Association member with no role in organising, refereeing or marshalling) for validation by the R&T as a contractual requirement. If the organiser cannot identify an appropriate person, R&T will appoint a Chair. The Chair is responsible for identifying two other jury members, as in 5.1.
- 5.3 Other events: The race organiser is responsible for nominating a Chair (who should be a Home Nation Association member with no role in organising, refereeing or marshalling). If the organiser cannot identify an appropriate person, R&T will appoint a Chair. The Chair is responsible for identifying two other jury members, as in 5.1.

- 5.4 The jury shall meet as required to consider any appeals (see Section 31, 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. Decisions made by the race jury are final and shall, wherever possible, be notified to persons concerned before the presentation of awards.
- 5.5 If a member of a competition jury has an interest in, or relationship with, any of the parties involved in an appeal or protest, that person will be replaced with another, chosen by the senior race official.

6 Race Safety and Cut-off Times

- 6.1 The senior race official and any race medical officer, in conjunction with the race organiser, should use an alternative venue, event format or reduce race distances when the air/water temperature or conditions fall below what is considered safe.
- 6.2 If cut-off times are set for an event, these must be notified to competitors, where possible, at least seven days prior to the event and covered in all race briefings. The senior race official and any race medical officer, in conjunction with the race organiser, 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, chief medical officer and senior race official to determine if it is safe 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 (same)	1500m	40km	10km
Long 02 (double standard)	3000m	80km	20km
Long 03 (triple standard)	4000m	120km	30km

- 7.2 Duathlons will be held over the following distances*:

	Run	Cycle	Run
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. However, these events should not be referred to by the defined names given above. Events organised for children and youths should adhere to the maximum recommended race distances for those age groups (see Section 34, 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

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. However, these events should not be referred to by the defined names given above.

- 7.5 Winter triathlon: BTF will adopt the ITU rules for this new 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: BTF will adopt the ITU rules for this new concept of triathlon, which consists of swimming/canoeing, mountain biking and cross-country running. See www.triathlon.org for distances and specific rules.

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 30, 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 34, 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.
- 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 (1500m) 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/elite competitors should refer to ITU rules for wetsuits in international competitions, which vary 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 No safety cover shall leave the course or be withdrawn until the last competitor has left the water.
- 10.4 A suitable craft shall act as a guide by maintaining position 25m in front of the leading male and female competitors.
- 10.5 All turns shall be clearly delineated by buoys or other forms of marking. These must be at least 1m high.
- 10.6 The course shall be clearly delineated by buoys or other marking devices located at least every 100m and a minimum of 1m high. All markers shall be a different colour to swim hats.
- 10.7 First-aid units in attendance must be aware of the requirements for the treatment of shock and cold.
- 10.8 Sufficient blankets should be on hand to supply a minimum of 20% of the competitors.
- 10.9 Reheat facilities are to be on hand, together with a good supply of hot drinks.

- 10.10 Wherever practical, the ratio of the sections should be maintained if the swimming distance has to be reduced.
- 10.11 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:
- be no more than 2m long and 75cm wide
 - measure at least 24cm from the ground to the centre of the chain wheel axle
 - 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
 - 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 and very tall or very short competitors
 - windbreaks, other bodywork or other substantial means of reducing wind resistance on machines are prohibited
 - 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
 - no wheel may contain mechanisms that are capable of accelerating it
 - there must be a brake on each wheel, and both wheels must be classified as free wheels
 - 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. for draft-legal racing, ITU equipment rules apply; please refer to the ITU website at www.triathlon.org for further details.
- 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.
- 11.5 Helmets and cycles will 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.

12 Race Numbers

- 12.1 The race organiser must provide numbers made of suitable material. BTF approves numbers printed on Tyvek®, which are a mandatory requirement for organisers of British Championship and British Ranking Series 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 25, Race Numbers).

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 BTF and Home Nation Association National Championships

- 15.1 To be entitled to hold a BTF age group title or win a BTF age group medal, an individual must be a member of a Home Nation Association that is recognised by BTF 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 BTF 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 both of the criteria set out above 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 BTF 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 the appropriate sanctioning body:

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 17-18	17-18
C	Juniors 19	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 be able to complete the specific race distance entered comfortably. Competitors should also, where possible, attend a coached introduction to open water swimming led by a qualified BTF coach.

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 official/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 (T55–T53 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.

Section B: Competition Rules

18 Intention

The competition rules are intended to:

- a. create an atmosphere of sportsmanship, equality and fair play
- b. provide safety and protection
- c. penalise competitors who gain an unfair advantage
- d. endorse the principle that triathlon, duathlon, aquathlon and associated multi-sport 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 BTF (ie winter triathlons, indoor triathlons, canoe 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 approve the addition of special rule/s for a particular race provided that each additional special rule:

- a. does not conflict with another competition rule
- b. is made available in written form and is announced to the participants before the event
- c. and the reasons for its inclusion are advised to the appropriate event sanctioning body for approval prior to the event.

In the case of special rules introduced due to factors that arise on the day, the appropriate event sanctioning body 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 34, 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 BTF.
- 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, aquathlon and associated multi-sport 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 suffering physical damage or loss of life.

- 21.9 It is recommended that members do not participate in triathlon, duathlon, aquathlon and multi-sport events that have not been registered with the appropriate Home Nation Association or BTF. 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 BTF. Participation may also render the member ineligible for selection to a national team. For the purpose of these rules, this applies to age group, 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 further disciplinary action being taken against the individual by the sanctioning Home Nation Association and/or BTF.
- 22.2 All other 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 may be disqualified for using such behaviour.
- 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 25, 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.
- 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 30, 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 **Parents/guardians/accompanying adults:** Failure by a parent/guardian/accompanying adult 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 BTF. 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 marshals'/officials' instructions
- c. handing water bottles or any other equipment to, or collecting them from, competitors
- d. tampering with the equipment of others
- e. unsporting impedance.

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 30, 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 30, Penalties).
- 23.5 Competitors must mount their cycles and start riding only when the parts of both wheels that touch the ground are outside the transition area (ie at or beyond the officially designated cycle start).
- 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 30, Penalties).

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 so the number is clearly visible at all times.
- 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).
- 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.
- 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, 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 30, Penalties).

27 Pacing/Drafting

- 27.1 Competitors are not permitted to draft, (ie 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 through 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 28.2 or in the following circumstances:
- a. for safety reasons
 - b. at an aid station
 - c. at the exit or entrance of a transition area
 - d. at an acute turn, such as 180° turn, around a traffic cone
 - e. if race officials 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 Side-by-side riding, while still observing the draft zone, is only allowed on courses that are fully closed to other traffic. On open or semi-open courses, only single-file riding is allowed.

Drafting Diagram

Diagram 1 Distance of drafting zone for ALL competitors

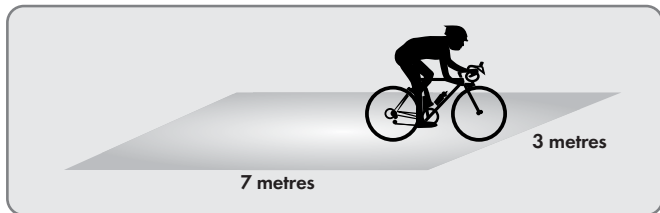
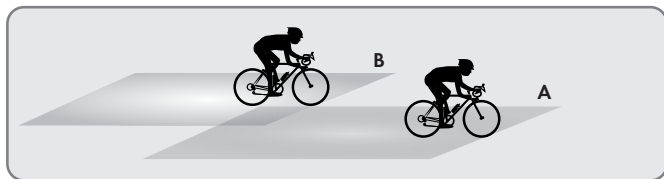
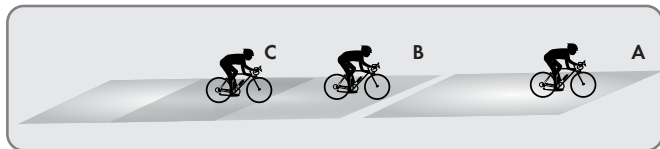


Diagram 2 Drafting



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 repass **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.

- 27.7 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.
- 27.8 **Draft-legal events:** In events where there are draft-legal waves, these will follow the current ITU rules on drafting.
- 27.8a 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.
- 27.8b 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 BTF prior to the race for permission to be granted.

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. Officials can impose the following types of penalty:
 - a. verbal warning
 - b. time penalty
 - c. disqualification.
- 29.2 It is necessary 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 Retrospective penalties may be imposed if rule infringements are later discovered.

29.6 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 26, Swimming Conduct)
- e. failing to obey marshals or the police
- f. nudity
- g. outside assistance
- h. tampering with the equipment of others
- i. unsporting impedance – 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 BTF will consider disciplinary action against that competitor.

30 Appeals

- 30.1 An appeal is a request for a review of a decision made by a official.
- 30.2 Appeals cannot be made against judgement calls by officials. Judgement calls 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 15 minutes 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 five minutes of his or her finishing time or posting of the infraction. 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 Racing

Paratriathletes will abide, in most part, by the common rules of competition as detailed by the BTF. 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 the BTF 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 BTF 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 of these rules is available on the BTF 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 Paratriathlon Competition Classes

Paratriathlon competition classes shall be established based on physical impairments. Medical evidence shall be required as to disability and classification. The six categories are as follows:

- a. **TRI 1 – Hand-cycle:** paraplegic, quadriplegic, polio, double-leg amputee. Must use hand-cycle on bike course and racing wheelchair on run.
- b. **TRI 2 – Severe leg impairment:** including above knee amputees. Paratriathletes must ride bicycle and run with an above the knee prosthesis (or similar prosthesis) or run using crutches.
- c. **TRI 3 – Les Autres:** includes athletes with multiple sclerosis, muscular dystrophy, cerebral palsy, double-leg amputee runners or paralysis in multiple limbs. These paratriathletes will ride a bicycle and run. They may use braces or prosthesis if required.

- d. **TRI 4 – Arm impairment:** including paralysis, above the elbow amputees and below the elbow amputees, or impairment in both upper limbs. Paratriathletes may use a prosthesis, brace or sling on the bike and/or run.
- e. **TRI 5 – Slight leg impairment:** including below the knee amputees. Paratriathlete rides bicycle and runs with a prosthesis.
- f. **TRI 6 – Visual impairment:** legally blind (20/200 vision with best corrective vision). A handler of the same sex is mandatory throughout the race. Paratriathlete is tethered during the swim. Paratriathletes uses a tandem bicycle and may be tethered during the run.

31.2 General

- a. For paratriathletes in any competition registered by BTF or the appropriate Home Nation Association, BTF rules will apply, with only the specific modifications outlined in this section.
- b. All paratriathletes are requested to complete a Statement of Declaration form and submit this with their race entry form.
- c. All TRI 6 paratriathletes must be guided regardless of the degree of visual impairment.
- d. TRI 6 paratriathletes may not be seen to be pulled through the race course at any time by the person guiding them. Especially during the run portion of the race, the guide must not, at any time, be in front of the blind competitor and be judged as pulling the competitor along.
- e. All TRI 6 paratriathletes competing in the BTF Paratriathlon National ranking series, BTF Paratriathlon National Championships, BTF Paratriathlon Super Series or the ITU World and European Championships must be guided by the same gender as that of the paratriathlete. TRI 6 paratriathletes competing in British competitions not stated above may be guided by either gender.
- f. On the run section of the race course, the only acceptable footwear is running shoes. The only exception to this rule is with leg amputees who may use a flex-foot or similar prosthetic on the amputated limb.
- g. At ITU World Championships, all paratriathletes will be required to show their Home Nation Association

membership card, which will detail their classification. All paratriathletes must have completed the BTF classification process before racing at ITU and ETU Championships.

31.3 Transition Area Conduct

Paratriathletes shall be permitted the following with regards to outside assistance:

- a. No guide dogs will be allowed at any time.
- b. Handlers are specifically allowed to assist paratriathletes by:
 - i) assisting/carrying athletes from the water to transition area
 - ii) helping with prosthetic devices or other assistive devices
 - iii) lifting participants in and out of hand-cycles and wheelchairs
 - iv) removing wetsuits or clothing
 - v) repairing flats and other equipment.
- c. Securing qualified aides (handlers) shall be the responsibility of the paratriathlete and all such handlers shall be identified to and receive credentials from the race official at least one day prior to the competition.
- d. It is intended that each paratriathlete has adequate assistance. Therefore, handlers are to be allocated as follows:
 - i) One handler for upper-extremity amputees.
 - ii) Two handlers for lower-extremity amputees.
 - iii) Two to three for non-ambulatory competitors (ie paraplegics, quadriplegics, polio sufferers).
- e. All handlers shall be subject to all BTF rules of competition as well as further instructions deemed appropriate by the race official.
- f. Any action taken by a handler that propels the competitor forward may, at the discretion of the race official, be grounds for a time penalty or disqualification.
- g. TRI 1 paratriathletes are permitted to mount their hand-cycle/tricycle before the mounting line (ie in the transition area – though care must be taken while riding through transition).

- h. Handlers are permitted to assist in all aspects of transition one (ie taking wetsuit off, putting footwear on, getting on bike etc).
- i. Handlers are permitted to assist in all aspects of transition two (ie getting off the bike, changing footwear etc).

31.3 Swimming

- a. Artificial propulsive devices including, but not limited to, fins, paddles, swimming prosthetic legs or floating devices of any kind are not permitted, and use of any of the above will result in disqualification.
- b. Wetsuits will be allowed in open water at all temperatures. It will be left up to the competitor to determine if it is too warm to wear a wetsuit.
- c. TRI 6 paratriathletes must be guided by a tethering around their waist, leg or foot.

31.4 Cycling

- a. All bicycles, tricycles and hand-cycles shall be propelled by human force. Arms or legs shall be used to propel the cycle, but not both. Prostheses are permissible. Any violation shall result in disqualification.
- b. There are no specifications as to length, height, width and number of wheels for a hand-cycle/bicycle/tricycle for paratriathletes; however, the cycle must be safe and roadworthy. The cycle could be subject to inspection by the race official before the event.
- c. No protective shield, faring or other device that has the effect of reducing resistance can be used.
- d. There must be at least one working brake (generally on the drive wheel) capable of safely stopping/slowing the cycle.
- e. Paratriathletes who use a bicycle shall be governed by the BTF rules regarding length, height, width, number of wheels and front to centre distance.
- f. It is permissible to use a racing wheelchair for the cycle section of the race, providing there is no risk to the safety of any participant.

31.5 Running

- a. Paratriathletes may use prostheses, walking sticks, walking poles or crutches to ambulate the course.
- b. Paratriathletes who perform the run section of the race in a wheelchair shall ensure:
 - i) the wheelchair shall have at least two large wheels and one small wheel
 - ii) the wheelchair design shall not incorporate any device to enhance its aerodynamic capacity.

NB 'Wheelchair design' does not include wheels; all wheels may be spoke, solid or composite construction. Wheel covers are permitted.

- iii) The maximum diameter of the large wheel, including the inflated tyre, shall not exceed 70cm (28"), and the maximum diameter of the small wheel, including the inflated tyre, shall not exceed 50cm (20").
- iv) Only one plain, round, standard-type hand-rim is allowed for each large wheel.
- v) No mechanical gears or levers shall be allowed that may be used to propel the chair.
- vi) There is no limit to the length of the racing wheelchair
- vii) Only hand-operated mechanical steering devices shall be allowed.
- viii) Paratriathletes must ensure that no part of their lower limbs can fall to the ground during a race.
- ix) Paratriathletes may receive technical advice from cyclo-computer-type devices installed on their own wheelchairs.
- x) The use of a bicycle, hand-cycle, tricycle or motorised vehicle is prohibited during the run section of the race.

32 International Racing

- 32.1 A Home Nation Association licence 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 eight-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 BTF's Child Protection Policy regarding guidelines for the use of photographic and filming equipment at children's competitions.

33.2 Open Water Swimming: Please see Section 17.5 for details.

33.3 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 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 sanctioning Home Nation Association or BTF 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:
 - a. all handlebar and aero bar/bar extensions plugged
 - b. properly fitted and serviceable tyres, wheels, gears and controls
 - c. a working brake on both wheels.

33.4 Safety:

- a. The following additional safety requirements apply to events for competitors aged 8–14:
 - 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 officials 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 any transition area when the race is in progress.

33.5 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.

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

- a. helmet violations on the cycle course
- b. illegal equipment (swim, cycle or run)
- c. illegal progress (during the swim, cycle or run)
- d. topless during bike or run.

Time penalty:

A time penalty will be imposed for:

- a. number violations (not able to be rectified after a formal warning)
- b. riding in the transition area
- c. 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

34 Anti-doping Regulations

34.1 Doping is strictly prohibited and is an offence under BTF and ITU rules. The Anti-Doping Rules of the BTF 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 BTF.

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.uksport.gov.uk
100% ME Website	www.100percentme.co.uk
Global Drug Information Database	www.ukad.org.uk 0207-766 7350

- 34.2 All competitors in a competition registered by BTF or appropriate Home Nation must, if required, submit to doping control.
- 34.3 The penalties for doping infractions under BTF and ITU rules are available from BTF 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 BTF 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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