

BRITISH TRIATHLON'S RULES

Introduction

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

The rules are divided into two parts: Technical Rules and Competition Rules. The Technical Rules set out the specifications for equipment and physical conditions under which races should take part. The Competition Rules govern the behaviour of competitors during competition. Penalties may be issued for infractions against 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 at which British Triathlon members compete, e.g. European and World Championships. If competing in international events, British Triathlon members are strongly advised to familiarise themselves with ITU rules which contain some variations to 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 British Triathlon can be downloaded from www.britishtriathlon.org or members can contact 01509 226161 for a copy.

Technical Rules

1 Race Organisers

1.1 Organisers of triathlon, duathlon and aquathlon events registered with British Triathlon must be a member of British Triathlon and must complete an Event Registration Form. They must also complete the British Triathlon risk assessment document and must pay the appropriate fees to British Triathlon.

1.2 All registered events must be covered by insurance acceptable to British Triathlon.

1.3 Only registered events run by British Triathlon 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.

1.4 British Triathlon's rules may not be varied 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 Chair of the Rules and Technical Committee (R & T) and, where granted, any such variations must be clearly published to all competitors at least 7 days prior to the event and must be covered in all race briefings.

1.5 All persons unable to produce a current race licence at race registration shall pay the appropriate day membership fee.

1.6 Draft legal races for age groupers are not permitted under the current British Triathlon rules. However, if a race organiser wishes to run a draft legal race for age group athletes they must apply in writing to British Triathlon's R & T

committee. They will need to submit a plan of the event, including a detailed Risk Assessment and copies of any road closure orders where appropriate. In addition the race organiser may be asked to attend the next R & T meeting. The R & T committee will consider the suitability of the venue which must be a closed road course. The event will need to comply with the ITU Draft Legal rules for Elite athletes even though the competitors may be age groupers. 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 that their cycles comply with the rules, specifically in the placement of tribars. There must be a separate race/wave for men and women. This is to ensure that competitors cannot gain an unfair advantage by drafting from members of the opposite sex. All other safety and legal implications will need to be met for the R & T committee to ratify the race.

2 Registering of Events

2.1 The method for awarding a registration certificate to an event will be as determined from time to time by British Triathlon.

2.2 British Triathlon reserves the right to withhold a registration certificate from any event that does not meet the standards required or whose organiser is not in good standing with British Triathlon.

2.3 The aims of the registration procedure are to:

- a. Ensure that an event will be safe for: the general public, the spectators, the race officials/volunteers and the competitors.
- b. Ensure that the event will not cause undue nuisance to the general public.
- c. Ensure that the event will be fair and conducted according to British Triathlon rules.
- d. Ensure that the event will come up to a minimum standard expected, taking into account the type of event being registered.

3 Event Levies

3.1 Race levies will be based on the total number of starters* at an event and will be charged at current rate.

* i.e. this includes competitors who drop out of the event or who are forced to retire

3.2 Race levies of events run solely for charitable purposes may only be waived at the discretion of the Executive Board. Organisers must submit a written request for race levies to be reduced/waived, to the British Triathlon office explaining the reasons for the request.

4 Race Referee

4.1 A referee is an individual who has been trained and assessed by British Triathlon and has passed a specified examination. They can be identified at an event by their orange "Race Referee" tabards. Referees must be either a full or associate member of British Triathlon.

NB: Where present, assistant referees may also wear orange British Triathlon Race Referee tabards.

4.2 A race referee, or referees, shall be appointed by either the organiser of the event, the Regional Referee/Technical Coordinator (of the region where the event takes place) or the R & T committee depending on the status of the event. The senior referee, with the race organiser, shall have full jurisdiction over the event. If necessary, and with the advice of local safety experts, the race referee shall have the power to cancel or curtail an event on safety grounds.

4.3 Referees should adopt a common-sense attitude in all decisions.

4.4 Motorcycle Referees

4.4.1 National Championship Events

National Escort Group (NEG) qualified motorcycle referees will be appointed by British Triathlon for all National Championship events.

4.4.2 Mass or Wave Start Events

Whilst the preferred ratio of one (1) NEG qualified motorcycle referee to fifty competitors should be applied where resources allow, a minimum of two (2) NEG qualified motorcycle referees per event should be maintained for all mass or wave start events.

4.4.3 Staggered Start Events

Whilst the presence of NEG qualified motorcycle referees is always preferable where resources allow, static draft-control marshals working in multiple teams of two (2) 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 referee as unsafe or inappropriate to use NEG qualified motorcycle referees, static draft-control marshals may operate in multiple teams of two (2) or more.

5 Race Jury

5.1 National Championship Events and World Championship Qualifying Events: The Chair is EITHER a member of the R & T committee OR appointed by the R & T committee. The Chair is responsible for identifying two other jury members who should be current members of good standing of British Triathlon who are independent of the event i.e. no role in refereeing, marshalling or organising.

5.2 National Ranking Series Events: The race organiser is responsible for nominating a Chair (British Triathlon member, no role in organising, refereeing or marshalling) for validation by the R & T committee 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 above.

5.3 Other Events: The race organiser is responsible for nominating a Chair (British Triathlon member, no role in organisation, refereeing, 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 above.

5.4 The jury shall meet as required to consider any appeals (see Appeals). Officials and witnesses involved should make themselves available. Any person not able to attend may submit evidence in writing to the race

referee 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 referee.

6 Race Safety and Cut-Off Times

6.1 The senior race referee and any race medical officer in conjunction with the race organiser should use an alternative venue or 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 at least 7 days prior to the event and must be covered in all race briefings. The senior race referee 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.

7 Standard Race Distances

7.1 Triathlons will be held over the following distances:

	Swim	Cycle	Run
Sprint	750m	20km	5km
Standard	1500m	40km	10km
Middle	3000m	80km	20km
Long	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 – 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 the Additional Rules for Children, section 29.

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:

	SWIM	RUN	SWIM
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: British Triathlon 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.

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, personal stereos, MP3 players and mobile telephones (which should be switched off if stored in transition). See 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 the Additional Rules for Children, section 29.

9 Swimming

9.1 Competitors shall use no aids other than a cap, goggles, nose clip and a 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 60 cm. 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 following maximum swim distances are obligatory:

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

NB: Based on the above table the minimum temperature for a standard distance swim (1500m) is 12.5°C.

9.5 At temperatures less than 11°C it is recommended that no open water swimming take place. The above 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 competition 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 swimmer. Additional boats/canoes shall patrol the swimming area to ensure that no swimmer 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 swimmers. At no time should any swimmer be more than 50m from safety cover.

10.3 No safety cover shall leave the course or be withdrawn until the last swimmer has left the water.

10.4 A suitable craft shall act as a guide by maintaining station 25m in front of the leading male and female swimmers.

10.5 All turns shall be clearly marked by buoys or other forms of marking. These must be at least 1m high.

10.6 The course shall be clearly marked 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 entries.

10.9 Re-heat 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:

a. No more than two (2) metres long and 75 centimetres wide.

b. Measure at least 24 centimetres from the ground to the centre of the chain wheel axle.

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

d. Measure no less than 54 centimetres and no more than 65 centimetres between a vertical line passing through the centre of the chain wheel axle and a vertical line through the centre of the front wheel axle. Exceptions may be given for the bicycles of children and very tall or very short competitors.

e. Windbreaks or other bodywork or other substantial means of reducing wind resistance on machines is 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.

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 tribars 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.

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, elastic chin straps are not permitted. When done up, chin straps must be a snug fit – a loose fitting strap will render the helmet ineffective.

11.5 Helmets and cycles will be checked to ensure that they meet the above requirements by a race official. This does not certify that bikes are roadworthy or helmets are safe. It is the responsibility of every competitor to ensure that their 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 Race organisers must provide numbers made of suitable material. British Triathlon approves numbers printed on Tyvek® and these are a mandatory requirement for organisers of National Championship and National Ranking Series Events. Other standard distance events (1,500m 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 16 for competition rules relating to race numbers).