

Provincial Triathlon Competition Rules - 2022

APPENDIX K, X & Y:



New Rules for 2022 – added January 2022
~~Rules deleted in 2022 – deleted January 2022~~

APPENDIX X: Triathlon PSO Competition Rules - 2022

1. INTRODUCTION:

1.1 Purpose:

- g) the Triathlon Provincial Sport Organisation (the Triathlon PSO) Competition Rules are additions, deletions and clarifications to the World Triathlon (WT) Competition Rules ([https://www.triathlon.org/uploads/docs/World Triathlon Competition Rules 2022.pdf](https://www.triathlon.org/uploads/docs/World_Triathlon_Competition_Rules_2022.pdf)). The Triathlon PSO Competition Rules specify the conduct and behaviour of athletes during the Triathlon PSO sanctioned competitions.
- h) The Triathlon PSO is the provincial sport organization governing and enacting Competition Rules for Triathlon, Duathlon and its related other multisports in the province.
- i) The Triathlon PSO Technical Officials' Certification Programme sets the standards for certifying Triathlon PSO Technical Officials;

1.2 Intention

- b) Definitions of all terms used in the Triathlon PSO Competition Rules are in Appendix D of the WT Competition Rules. Any difficulty in the interpretation or application of the Triathlon PSO Competition Rules should be referred to the Triathlon PSO Technical Sub-Committee
- c) Unless specifically addressed in this Appendix, the WT Competition Rules shall have effect for all the Triathlon PSO sanctioned competitions.
- d) If no Technical Delegate (TD) is appointed, the Triathlon PSO Head Referee (HR) shall fulfill the role of TD in addition to that of HR.

1.5 Exceptions

- e) Where the Triathlon PSO Competition Rules conflict with the laws of the jurisdiction in which the event is to be held, the local laws will override the Triathlon PSO Competition Rules to the extent of the inconsistency.
- f) Exceptions for special circumstances in the case of a particular athlete may only be gained from the Triathlon PSO with prior approval. A request for an exception to the Triathlon PSO Competition Rules must be made in writing 30 days prior to the event to the Triathlon PSO Technical Sub-Committee by the assigned TD/HR or the athlete in question.
- g) For any rule exceptions related to events sanctioned by the Triathlon PSO, but not run within the competition system of WT, Triathlon Canada or PATCO ~~CAMTRI~~, a permanent panel will be created with one representative from each of the three parties: the Triathlon PSO Technical Sub-Committee, the Triathlon

PSO Staff, Event Rights Holder. The final proposal from the panel will go to the Technical Sub-Committee for endorsement.

1.7. Intellectual Property

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

1.9 Rule Updates:

- b) The Triathlon PSO Board of Directors may change these Triathlon PSO Competition Rules from time to time in its absolute discretion. Notification shall be made on the Triathlon PSO website 30 days prior to the change or changes coming into effect.

2. CONDUCT OF ATHLETES:

2.1 General Conduct

- a) (xiv) Not use any device that will distract the athlete from paying full attention to their surroundings.
- Athletes may not use communication devices of any type, including but not limited to cell phones, smart watches, and two-way radios, in any distracting manner during the competition. A “distracting manner” includes but is not limited to making or receiving phone calls, sending or receiving text messages, playing music, using social media, and taking photographs or using in a one or two way radio communication. Using any a communication device in this manner during the competition will result in disqualification;
 - Cameras, phone cameras, and video cameras are prohibited unless permission is given by the PSO or the license holder of the event. If such permission is given, it is the athlete’s responsibility to notify the Head Referee of such permission prior to the start of the competition. Athletes seen with an unauthorized camera, phone camera, or video camera will be disqualified.
- b) Know, understand and follow the WT and the Triathlon PSO Competition Rules, available from the PSO website.

2.2 Outside Assistance

- a) The assistance provided by event personnel or Technical Officials is allowed but is limited to providing drinks, nutrition, mechanical and medical assistance, upon the approval of the Technical Delegate or Head Referee. The Head Referee may authorise the accredited team support to repair flat tyres or replace wheel(s) if the incident happens before the first athlete arrives at Transition 1. Athletes competing in the same competition may assist each other with incidental items such as, but not restricted to, nutrition and drinks after an aid station, pumps, tubular tyres, inner tubes and puncture repair kits;
- b) Athletes may not provide essential race equipment to other athletes in the same competition, while the competition is in progress. Specifically, items that may not be provided to other athletes includes but is not limited to complete bicycles, bicycle frames, wheels and helmets. The penalty for this will be disqualification of both athletes. Athletes may provide to other athletes competing in the same competition other items of equipment provided that the donor is able to continue with their own competition. ~~Athletes may not provide any item of equipment to an athlete competing in the same competition which results in the donor athlete being unable to continue with their own competition. This includes but is not restricted to complete bicycle, frame, wheels and helmet. The penalty for this will be disqualification of both athletes.~~
- c) An athlete cannot physically assist the forward progress of another athlete on any part of the course. This will result in both athletes being disqualified.

2.4 Health

- c) WT encourages all the athletes to undergo a periodic health evaluation (PHE) and to undergo a pre-participation evaluation (PPE) prior to engaging in competitive sport. An annual PPE is mandatory for all athletes competing in Youth, Junior, U23, Elite and Paratriathlon events from January 1st, 2018 in any WT event as outlined in Appendix J. More information about PPE can be found in Appendix Q.
- d) the responsibility of remaining on the course rests with the athlete. Any athlete, who appears to the Technical or Medical Officials as presenting a danger to themselves or others, may be removed from the competition.

2.5 Eligibility:

- a) All athletes must be a current annual member in good standing with the Triathlon PSO or must purchase Day of Race Membership.
- o) In a Triathlon PSO sanctioned race, including Provincial Championships, athletes may enter competitions based on the gender with which they identify. Athletes who wish to qualify for the National Team, compete in Canadian Championships or compete in a high-performance program in international races should consult the policies and rules of Triathlon Canada and **World**

Triathlon. the International Triathlon Union.

([http://www.triathlon.org/uploads/docs/6.b 2015.11 IOC consensus meeting on sex reassignment and hyperandrogenism-ENG.pdf](http://www.triathlon.org/uploads/docs/6.b%202015.11%20IOC%20consensus%20meeting%20on%20sex%20reassignment%20and%20hyperandrogenism-ENG.pdf))

- p) Age and Distance Limits: athlete age and distance limits for Youth and Junior events are outlined in Appendix Y.

2.6 Insurance:

- c) Each athlete competing in a Triathlon PSO event must have adequate personal insurance coverage. LOCs cannot oblige the athletes to pay for a day of race fee for insurance purposes if they are the Triathlon PSO members in good standing.

2.7 Registration

- b) Pre-Race Briefings:

(vii) At provincial events, if a coaches, age group athlete or elite/U23/junior/youth meeting is to be conducted, information pertaining to time and location of the meeting will be posted on the event website.

- d) Check in - Not mandatory.

2.8 Uniform

- f) Athletes participating in a Triathlon PSO sanctioned race, other than Elite, U23, Junior and Youth Competitions and races used to select members for Provincial or Canadian Teams, may wear any apparel they choose, provided it does not provide an unfair advantage nor cause a danger to them or other athletes.

2.9 Race numbers:

- c.) Official race numbers:

- (i) are mandatory for all in the Winter Triathlon events;
- (ii) Age Group:
 - In the Triathlon PSO sanctioned races, except for qualification races for the National Team, race numbers are NOT mandatory for the bike but ARE mandatory for the run segments;
 - Race numbers must be visible on the front during the run segment.

2.10 Assignment of race numbers

- d) Assignment of race numbers at Triathlon PSO Events shall be on an age group by age group basis or other method agreed to by the LOC and the Triathlon PSO.

2.11 Timing and Results:

- i) Official results may be modified by:
 - (i) Head referee up to 48 hours after the completion of the event;
 - (ii) Competition Jury
 - (iii) the Triathlon PSO Technical Delegate as the result of a protest concerning timing and results
 - (iv) the Triathlon PSO Technical Sub-Committee as the result of a results review process
 - (v) the Triathlon PSO Arbitration Tribunal as the result of a level 2 appeal
 - (vi) Triathlon Canada Executive Board as result of a level 3 appeal
- j) the official results at a the Triathlon PSO race should adhere to the ORIS standard (WT Rule 2.11 b.) in so far as is practicable, but may be limited to a time split showing the overall finish time only.

2.13. The Triathlon PSO Event Crisis Advisory Group:

- a.) This body will be available to provide support and guidance to the Technical Delegates/ Head Referees of all Triathlon PSO events;
- b.) the composition of the group will be:
 - (i) the Executive Director and/or Technical Director (chair);
 - (ii) A representative of the Triathlon PSO Technical Sub-Committee;
 - (iii) An experienced the Triathlon PSO WT Level 2 or 3 Technical Official

3. PENALTIES

3.3 Time Penalty:

- c) Time penalties will be served in a specific location as indicated in the table below or added to the athlete's final time. For Elite, Stopping In a different location will be considered as a penalty not served. For Age Group, if penalty boxes exist on the bike or in T2, stopping In a different location will be considered as a penalty not served; ~~designated penalty box, in the transition area or on spot; designated penalty box, in the transition area, on the spot;~~

	Elite Draft Legal	Elite Draft Illegal Para Triathlon	Age Group
Start	T1	T1	T1
Swim	Run PB	Run PB	T1
T1	Run PB	Run PB	Warning in T1
Bike	Run PB	Run PB	Bike PB or T2
T 2	Run PB	Run PB	Warning in T2
Run	Run PB/On the spot*	Run PB/On the spot*	Warning/time penalty on the spot

Notes: All the references to Elite include Elite, U23, Junior and Youth athletes. In the Winter Triathlon run penalty box is replaced with ski penalty box. In Duathlon and Aquathlon events, run penalty box means 2nd run penalty box.

* During the second half of the run segment.

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

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

(i) Drafting infringements:

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

(ii) Other infringements:

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

3.5 Penalty notification:

a) the Technical Official will determine the time penalty, and notify the athlete as soon as it is safe to do so:

(i) Drafting infringements:

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

b) Other infringements:

- Start and swim infringements: Athletes will serve this penalty in T1 before touching any equipment. A Technical Official will be positioned by the

athletes transition spot, who will sound a whistle, show a yellow card and time the penalty;

- Bike segment infringements: Sounding a whistle, showing a yellow card, calling in English the athlete's number and saying "Time penalty, you have to stop at the next penalty box" or "~~Time penalty, you have to stop at the run penalty box~~". The Technical Official has to ensure the athlete receives the penalty notification;
- Infringements in transitions and run segment: Athletes may be notified about penalties by sounding a whistle, showing a yellow card, calling in English the athlete's number and saying "Time penalty, you have to stop" or, for Elite athletes, by displaying the athlete's number on a panel posted at the penalty box. It is the athlete's responsibility to check this board.
- Athletes who are given a time penalty have the option to decide whether to stop at the penalty box and serve the penalty or continue to the finish. Not stopping will result in disqualification on crossing the finish line. the athlete may then appeal the penalty. Evidence will only be made available if an appeal is filed.

3.6. Procedure while serving a time penalty:

- a.) the Technical Official applying the time penalty is not required to give a reason for the penalty.
- d.) Time penalty at the Penalty Box:
 - (i) for a PSO AG race, the penalised athlete's race numbers are not displayed in a penalty box. It is the athlete's responsibility to report to the next penalty box on the course after receiving notification;
 - (ii) the penalised athlete will enter the penalty box, dismount the bike and inform the Technical Official of their race number the number of penalties to serve and the colour of card(s) received. The time penalty starts when the athlete complies with all above and ends when the Technical Official says "Go", at which time the athlete may continue with the competition. If the athlete leaves the area, the Technical Official will ask the athlete to return and the time will be paused. Once the athlete complies the count will continue;
 - (iii) While in the bike penalty box, athletes can consume only the food and/or water that is on the athlete's bike or person;
 - (iv) Athletes are prohibited from using the restroom while serving a penalty in the bike penalty box. the time of penalty will be paused while using the restroom;
 - (v) Making adjustments to equipment or performing any type of bike maintenance while serving a penalty in the bike penalty box is prohibited.

4.0 SWIMMING CONDUCT:

4.1 General Rules

- e.) Athletes may sportingly maintain their own space in the water:
- (i) Where athletes make accidental contact in the swim and then immediately afterwards move apart no penalty will be incurred;
 - (ii) Where athletes make contact in the swim, and an athlete continues to impede the progress of the other athlete without moving apart, this action will result in a time penalty;
 - (iii) Where athletes deliberately target another athlete to impede their progress, gain unfair advantage and potentially cause harm will result in disqualification and may be reported to the Triathlon PSO Arbitration Tribunal for potential suspension or expulsion.
 - (iv) Additionally, for a race in any PSO, if an athlete is penalised for infringing this rule twice in a calendar year, he or she will not be admitted into any further events that year. This sanction is also applicable to races in any and all PSOs.

4.2 Wetsuit Use

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

Elite, U23, Junior and Youth		
Swim Length	Forbidden	Mandatory
Up to 1500m	20°C and above	15.9°C and below
1501m and longer	22°C and above	15.9°C and below
AG from the youngest to 55-59 category		
Swim Length	Forbidden	Mandatory
Up to 1500m	22°C and above	15.9°C and below
1501m and longer	24.6°C and above	15.9°C and below
AG from 60-64 category to the oldest		
Swim Length	Forbidden	Mandatory
All distances	24.6°C and above	15.9°C and below

4.3 Maximum stay in water:

Swim Length	Elite, U23, Junior and Youth	Age Group
Up to 300m	10 min.	20 min.
301m to 750m – below 31°C	20 min.	30 min.
301m to 750m – 31°C and above	20 min.	20 min.
751m to 1500m	30 min.	1h 10 min.

1501m to 3000	1h 15 min.	1h 40 min.
3001 to 4000m	1h 45 min.	2h 15 min.

4.4 Modifications

- a) In case of high or low temperatures the swim distance can be shortened or even cancelled according to this table:

Original swim distance	Temperature of water								
	Above 33.0 °C	32.9 °C -32.0°C	31.9°C- 31.0 °C	30.9°C- 15.0 °C	14.9°C- 14.0 °C	13.9°C- 13.0 °C	12.9°C- 12.0 °C	11.9°C- 11.0 °C	Below 11.0 °C
Up to 300	Cancel	Original dist.							Cancel
750m	Cancel	Cancel	750m	750m	750m	750m	750m	Cancel	Cancel
1000m	Cancel	Cancel	750m	1000m	1000m	1000m	750m	Cancel	Cancel
1500m	Cancel	Cancel	750m	1500m	1500m	1500m	750m	Cancel	Cancel
1900m	Cancel	Cancel	750m	1900m	1900m	1500m	750m	Cancel	Cancel
2000m	Cancel	Cancel	750m	2000m	2000m	1500m	750m	Cancel	Cancel
2500m	Cancel	Cancel	750m	2500m	2500m	1500m	750m	Cancel	Cancel
3000m	Cancel	Cancel	750m	3000m	3000m	1500m	750m	Cancel	Cancel
3800m	Cancel	Cancel	750m	3800m	3000m	1500m	750m	Cancel	Cancel
4000m	Cancel	Cancel	750m	4000m	3000m	1500m	750m	Cancel	Cancel

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

- b) When the water temperature is above 22°C, the temperatures in the table are to be applied as they are. When the water temperature is at or below 22°C and the air temperature is at or below 15°C, then the value of the water temperature will be adjusted according to the following table:

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

	15	15.0	14.5	14.0	13.5	13.0	12.5	12.0	Cancel	Cancel	Cancel	Cancel
	14	14.0	14.0	13.5	13.0	12.5	12.0	Cancel	Cancel	Cancel	Cancel	Cancel
	13	13.0	13.0	13.0	12.5	12.0	Cancel	Cancel	Cancel	Cancel	Cancel	Cancel

- d.) Water temperature must be taken one hour prior to the start of the event on competition day. It must be taken at the middle of the course and in two other areas on the swim course, at a depth of 60 cm. the lowest measured temperature will be considered as the official water temperature. Where the average measured figure is 27 °C or below, the lowest measured temperature will be considered as the official water temperature. Where the average measured figure is above 27 °C, the highest measured temperature will be considered as the official water temperature.

4.12 Equipment:

- a.) Swim cap:
- (ii) In an Aquathlon event athletes may carry the official event swim cap and goggles during the first run segment and may wear them in the Transition Area;
- b.) Trisuits – This rule does not apply to athletes participating in a Triathlon PSO sanctioned race, other than Elite, U23, Junior and Youth Competitions and races used to select members for Provincial or Canadian Teams. Uniforms cannot be removed during the entire competition, except in the middle and long distance events.
- c.) Swimskins:
- (i) Swimskins may be removed after the swim segment, except in the standard distance and shorter events.
- (ii) Swimskins must be 100% textile material, which is defined as materials consisting of natural and/or synthetic, individual and non-consolidated yarns used to constitute a fabric by weaving, knitting and/or braiding (this generally refers to suits made only from nylon or lycra that do not have any rubberized material such as polyurethane or neoprene);
- (iii) Swimskins must comply with the wetsuit section of the applicable Guidelines Regarding Authorised Identifications for middle and long distance events.
- e.) Illegal Equipment:
- (i) Athletes must not use or wear:
- Artificial propulsion devices;
 - Flotation devices;
 - Gloves;

- Socks, except when use of wetsuits are mandatory;
 - Wetsuits or any part of the wetsuits when they are forbidden;
 - Non-certified swimsuits;
 - Snorkels;
 - Official race numbers (in non-wetsuit swim only)
 - Headphone(s), headset(s) or technical earplug(s), which are inserted or covering the ears, except ear protection plugs;
 - Safety inflatable device (tube) which has been deployed. If deployed the athlete must retire from the race.
- (ii) Any jewelry deemed to be a hazard to themselves or other athletes.
(Athletes may be requested to remove any such items.)

f.) Legal Equipment:

- (i) Goggles and nose clips are allowed.
- (ii) With a medical note or with the prior permission of the TD/HR – boots / gloves are allowed

5. CYCLING CONDUCT:

5.2 Equipment

h) Platform Pedals

- ii) Pedal cages and straps are allowed.

j) Illegal Equipment

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

- Headphone(s) and/or headset(s) or technical earplug(s), or smart helmets which are inserted or covering the ears, including glasses/sunglasses with built-in sound or visual image delivery systems,
- Mobile phones or any other electronic listening/communication device(s) including, but not limited to, Bluetooth headsets or any device that will distract the athlete from paying full attention to their surroundings. Mobile phones may be carried by an athlete in a pocket or bike bag, but shall not be used on the field of play;
- Glass containers;
- Mirrors
- Bike or parts of the bike not complying with these rules.

- In a Triathlon PSO sanctioned Elite, U23, Junior and Youth Competitions and races used to select members for Provincial or Canadian Teams - Uniform not complying with the WT Uniform Rules;
- Water bottles if placed behind the saddle for draft-legal competitions.

5.5 Drafting

c) Draft-Illegal Races:

- Drafting is forbidden of another athlete or motor vehicle. Athletes must reject attempts by others to draft;
- An athlete is entitled to any position on the course, provided they get to that position first and without contacting others. When taking a position, an athlete must allow reasonable space for others to make normal movements without making contact. Adequate space must be available before passing;
- An athlete who approaches from any position to take advantage of the draft, bears responsibility for avoiding the draft;
- To draft is to enter the bicycle or vehicle drafting zone:
 - Middle and long distance draft zone: the bicycle draft zone will be 12 meters long measured from the leading edge of the front wheel. An athlete may enter the draft zone of another athlete, but must be seen to be progressing through that zone. A maximum of 25 seconds will be allowed to pass through the zone of another athlete. Several consecutive attempts to overtake with no success may lead to a drafting infringement;
 - Standard and shorter distance events bicycle draft zone: the bicycle draft zone will be 10 meters long measured from the leading edge of the front wheel. An athlete may enter the draft zone of another athlete, but must be seen to be progressing through that zone. A maximum of 20 seconds will be allowed to pass through the zone of another athlete. Several consecutive attempts to overtake with no success may lead to a drafting infringement;
 - Motorbike draft zone: the draft zone behind a motorbike will be 12 meters long. This applies also for draft legal events;
 - Vehicle draft zone: the draft zone behind a vehicle will be 35 metres long and applies to every vehicle on the bike segment. This applies also for draft legal events. See the diagram(s) below for events where **RIGHT hand side** road rules apply.



Standard and shorter distances: 10m
Middle and longer distances: 12m

(vi) Overtaking:

- An athlete is passed when another athlete's front wheel is ahead of theirs;
- An overtaken athlete must drop out of the draft zone of the passing athlete by continuously make rearward progress out of the draft zone of the passing athlete. Re-passing by an overtaken athlete prior to dropping out of the draft zone will result in a drafting violation;
- Overtaken athletes who remain within the draft zone of the passing athlete for more than the allotted time will be given a drafting violation;
- Athletes must keep to the side of the course and not create a blocking incident. Blocking is where an athlete who is behind cannot pass due to the leading athlete being poorly placed on the course;
- the Technical Delegate will instruct the athletes during the briefing on which side they must pass another athlete when mounted on their bicycle.

5.6. Penalties for Drafting:

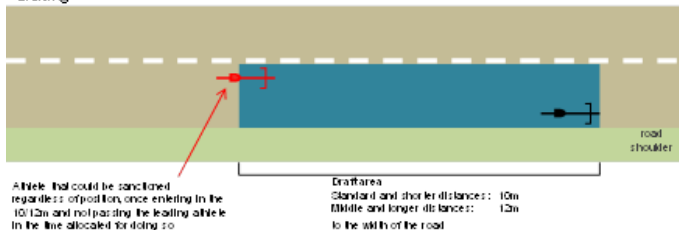
- a.) It is forbidden to draft in a race declared as draft-illegal;
- b.) Technical Officials will notify the athletes who draft they are subject to a time penalty. This notification must be clear and unambiguous;
- c.) the athlete sanctioned has to stop in the next penalty box and must stay there for a specific time depending on the race distance. One minute for the sprint distance, two minutes for standard distance and five minutes for middle and long distance;
- d.) It is the athlete's responsibility to stop in the next penalty box. Failing to stop will result in a disqualification;

- e.) A second drafting offence will lead to a disqualification in standard distance events or shorter;
- f.) the third drafting offence will lead to disqualification for middle and long distance events.
- g.) Drafting violations cannot be appealed.

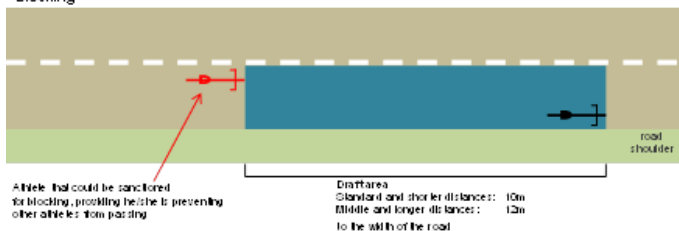
5.7. Blocking:

- a.) Athletes must keep to the side of the course and not create a hazard by blocking other athletes on the course. Blocking is where an athlete who is behind an athlete cannot pass due to the leading athlete being poorly placed on the course. Athletes blocking will receive a yellow card and incur a stop and go at the next bike penalty box.
 - See the diagram(s) below for events where **RIGHT hand side** road rules apply

Drafting



Blocking



5.8 Riding positions:

- a) While arms or elbows are in contact with the handlebar or armrest, hands will grip the clip on;

- b) The following rule is linked with the no allowance of clip-ons and will be in force on January 1st 2023: The riding position requires that the only points of support are the following: the feet on the pedals, the hands on the handlebars and the seat on the saddle;
- c) Additionally, during the draft-illegal races, forearms can be used as a point of support on the handlebar.

Image 1 Allowed positions in all races:



Image 2: Allowed position only in draft illegal races:



Image 3: Forbidden positions in all races:



6. RUNNING CONDUCT:

6.3. Safety Guidelines:

- b.) In a Triathlon PSO sanctioned Elite, U23, Junior and Youth Competitions and races used to select members for Provincial or Canadian Teams or as agreed between the LOC and the TD/HR, athletes cannot be accompanied by any non-competing person in the finish chute.

6.4 Illegal Equipment:

- a) Headphone(s), headset(s) or technical earplug(s), which are inserted or covering the ears; including glasses/sunglasses with built-in sound or video delivery systems, mobile phones or any other electronic listening/communication device(s) including, but not limited to, Bluetooth headsets or any device that will distract the athlete from paying full attention to their surroundings. Mobile phones may be carried by an athlete in a pocket, but shall not be used on the field of play;
- b) Glass containers;
- c) In the Triathlon PSO sanctioned Elite, U23, Junior and Youth Competitions and races used to select members for Provincial or Canadian Teams - Uniform not complying with the WT Uniform Rules.
- d) Crutches, canes, poles or any device to help the progress by pushing or pulling with the arms. The specific regulation for para triathletes is included in chapter 17.

7. TRANSITION AREA CONDUCT:

7.1 General Rules:

- a.) All athletes must have their helmet securely fastened on their head from the time they remove their bike from the rack before the start of the bike leg, until after they have placed their bike on the rack after the finish of the bike leg;
- b.) Athletes must use only their designated bike rack and must rack their bike:
 - For a traditional bike rack, the bike must be racked as follows:
 - For the first transition: in an upright position with the front of the saddle hooked over the horizontal bar so the front wheel is pointing to the middle of the transition lane. Technical officials may apply exceptions;
 - For the second transition: In any direction, with both sides of the handlebar, both brake levers or the saddle within 0,5 m of the rack number or name plate. Bike must be racked in a way that does not block or interfere with the progress of another athlete.
 - In case of an individual bike rack, the bike must be racked in the first transition by the rear wheel and in the second transition by either of the wheels.
- c.) Athletes must place within 0,5 m of the bin all equipment to be used at a later stage in the event. If a bin is not provided, the 0,5 m will be measured from the point on the ground immediately below the rack number or name plate. the bin, if provided, must be within 0,5 m from the rack number or name plate.

All equipment already used must be deposited in the bin. An equipment piece is considered deposited in the bin when one part of the equipment is inside the bin. Only equipment to be used during the competition can be left in transition. All other belongings and equipment are to be removed before race start;

- d.) If an athlete wishes to use the same shoes in a duathlon for the second run these do not have to be placed in the bin in transition one, however, only one pair of running shoes may be on the floor at any time during the race. Running shoes must be located within 0.5 m of the athlete's bin (rack number/name plate).
- e.) Bike shoes, glasses, helmet, and other bike equipment can be placed on the bike;
- f.) Athletes must not impede the progress of other athletes in the Transition Area;
- g.) Athletes must not interfere with another athlete's equipment in the Transition Area;
- h.) Cycling is not permitted inside the Transition Area.
- i.) Athletes must mount their bicycles after the mount line by having one complete foot in contact with the ground after the mount line.
- j.) Athletes must dismount their bicycles before the dismount line by having one complete foot in contact with the ground before the dismount line.
- k.) While in the transition area (before the mount line and after the dismount line) the bike can be pushed only by the athlete's hands.
- l.) If during the mount or dismount manoeuvre, the athlete lose their shoe(s) or other equipment, they will be collected by the TOs and no penalty will be applied. Mount and dismount lines are part of the transition area;
- m.) Nudity or indecent exposure is forbidden;
- n.) Athletes cannot stop in the flow zones of the Transition Area;
- o.) Marking positions in the Transition Area is forbidden. Marks, towels and objects used for marking purposes will be removed and the athletes will not be notified;
- p.) the helmet strap must remain unfastened in the Transition Area while the athlete is completing the first segment.
- q.) Only equipment to be used during the competition may be left in transition. All other belongings and equipment are to be removed before race start.

8. COMPETITION CATEGORIES:

8.2 The Triathlon PSO encourages Age Group competition categories (Eligibility determined by age as per December 31 in the year of the competition) as follows:

- 18 – 19 years
- 20 – 24 years
- 25 – 29 years
- 30 – 34 years
- 35 – 39 years
- 40 – 44 years
- 45 – 49 years
- 50 – 54 years
- 55 – 59 years
- 60 – 64 years
- 65 – 69 years
- 70 – 74 years
- 75 – 79 years
- 80 – 84 years
- 85 – 89 years
- 90 – 94 years
- 95 – 99 years
- Etc.

9. PRIZES AND AWARDS:

9.3 Awards:

- c) At a Triathlon PSO event any medal or trophy that may be awarded is supplied by the Local Organizing Committee;

10. EVENTS:

10.2 Swim:

- b) Water quality
 - iii.) If the water quality standards of the province, municipality, city or town in which a Triathlon PSO sanctioned race is held are higher than the WT standards, those standards shall be used.

10.3 Modifications due to heat:

- a) Medical Delegate or, if absent, Race Medical Director will measure the WBGT index. All the measurements with the WBGT tool should be taken at the finish area every 30 min starting 3 hours before the start of the competition. The device must be placed in direct sunlight 1.5 m above the ground.
- b) WBGT index values are categorised:
 - i) Assessing on-site environmental heat stress at regular intervals using the Wet-Bulb-Globe-Temperature (WBGT) index and providing announcements of its readings. WBGT levels for the modification of exercise or competition for healthy adults are based on recommendation from the American College of Sports Medicine (2007)
 - ii) Any decision made will take into consideration the level of medical assistance, facilities in the medical tent, evolution of the weather conditions and forecast, period of the competitive season, race distance and category, athlete fitness level and the age of the athletes. Event organisers will pay particular attention to unexpected or unseasonably hot weather in mass-

participation events, considering that the un-acclimatised participants or participants without a sufficient level of training are at higher risk for heat illness.

- iii) During the races, weather information and the WBGT index will be provided at the Sport Information Centre and the Athlete Lounge. The information will be posted in the Athlete Lounge in time for athlete check in. The WBGT index will be converted to a five-level coloured flag system indicating the heat illness risk of current weather conditions. The information will be delivered in the form of written announcement.

WBGT Risk Categories		
Flag colour	WBGT Heat index	Risk
Black	>32.2°C	Extreme
Red	30.1-32.2°C	Very High
Orange	27.9-30.0°C	High
Yellow	25.7-27.8°C	Moderate
Green	< 25.7°C	Low

- c) For sprint and standard distance events, in case of very high risk (red flag 30.2° – 32.2°C the following will be taken into consideration:
- i) If the LOC and Medical Staff are able to provide medical assistance respecting all the rules of the World Triathlon Event Organiser Manual Medical Services and Exertional Heat Illness Prevention document, particularly in large mass participation events:
 - Standard distance events: change to Sprint distance
 - Sprint distance events and below: stay as originally planned
 - ii) If the LOC and Medical Staff are unable to provide medical assistance respecting all the rules of the World Triathlon Event Organiser Manual Medical Services and Exertional Heat Illness Prevention document,

particularly in large mass participation events, the competition **must** be rescheduled.

- d) For sprint and standard distance events in case of an Extreme Risk (WBGT index: $>32.2^{\circ}\text{C}$, Black Flag) the competition **must** be re-scheduled or cancelled.
- e) For middle and long distance events, a meeting must take place among the assigned Technical Delegate, the assigned Medical Delegate, the LOC Race Director, the LOC Race Medical Doctor and the Chair of the Event Advisory Group for agreeing the heat countermeasures to be implemented in the cases where the event is expecting to take place in high risk and extreme high risk conditions.

10.3.1 PSO Modifications due to heat:

a) Humidex Heat Stress Response Plan

* **Source:** [Occupational Health Clinics for Ontario Workers Inc.](#) Reference also: [Employment and Social Development Canada](#)

- i) The Humidex plan is a simplified way of protecting workers from heat stress which is based on the 2009 American Conference of Governmental Industrial Hygienists (ACGIH®) Heat Stress Threshold Limit Value® (TLV®) which uses wet bulb globe temperatures (WBGT) to estimate heat strain (per World Triathlon). These WBGT's were translated into Humidex.

- **Note:** in the translation process some simplifications and assumptions have been made, therefore, **the plan may not be applicable in all circumstances and/or locations.** For instance, outdoors, in direct sunlight, between the hours of 10 am and 5 pm, add $2-3^{\circ}\text{C}$ (pro-rate according to percentage cloud cover) to your Humidex measurement.

Humidex (WBGT) Risk Categories and Actions

Risk / Humidex / Flag	Actions for Events
LOW Humidex: Less than 26°C Green	Supply water "as needed".
MODERATE Humidex: 26°C - 27°C Yellow	Post Heat Stress Alert notice; Actively encourage athletes to drink water; Start recording hourly temperature and relative humidity
HIGH	Post Heat Stress Warning notice

<p>Humidex: 27°C - 30°C Orange</p>	<p>Cancel event for at risk populations (Children under 12, the elderly and persons with asthma or heart disease)</p> <p>Consider reduction of length of events and/or cancellation of youth/junior events.</p> <ul style="list-style-type: none"> • Standard to Sprint • Sprint to Super Sprint <p>Notify athletes that they need to drink extra water;</p> <p>Ensure athletes are trained to recognize symptoms</p>
<p>VERY HIGH Humidex: 30°C - 32°C Red</p>	<p>Consider reduction in length of events.</p> <ul style="list-style-type: none"> • Standard to Sprint • Sprint to Super Sprint <p>Cancel or postpone event. Start earlier</p> <p>Cancel Youth/Junior Events</p> <p>Upgrade medical assistance all along the course: Ensure rapid medical attention if symptoms appear. Have cooling and shade facilities available. Monitor Hyperhydration.</p>
<p>EXTREME Humidex: Greater than 32°C Black</p>	<p>Cancel all events and training</p>

- **Limitations:** this table is based on work with **little or no radiant heat**, assuming wearing **regular summer clothing**. In direct sunlight, between the hours of 10 am and 5 pm, add 2-3° to your Humidex measurement:

ii) Humidex may be calculated using the table below:

Temp (in °C)	Relative Humidity (in %)																		
	100%	95%	90%	85%	80%	75%	70%	65%	60%	55%	50%	45%	40%	35%	30%	25%	20%	15%	10%
49																			50
48	NEVER IGNORE ANYONE'S SYMPTOMS, DESPITE YOUR MEASUREMENTS!!!																		
47	Moderate Unacclimatized & Heavy Acclimatized							Moderate Acclimatized & Light Unacclimatized											
46																			50
45																			49
44																			50
43																			49
42																			47
41																			48
40																			49
39																			47
38																			45
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28																			31
27																			30
26																			29
25																			28
24																			27
23																			26
22																			25
21																			25

DO WE NEED TO ADD 10,3 AND 10,D SO THAT TO S/Athletes LOC don't have to refer back to the WT rules?

10.8 Bike:

c.) In lieu of a penalty box or tent, any time penalty may be served in T2 or be added to the athlete's final overall time.

10.12. Cut-off time:

- a.) Technical Delegate may determine a cut-off time for the entire race or any intermediate point.
- b.) If there is a cut-off time, it must be announced at least 30 days before registration closed.
- c.) In a Triathlon PSO sanctioned race the LOC, with the approval of the Director Sanctioning or the TD/HR may determine a cut-off time for the entire race or any intermediate point.

11. TECHNICAL OFFICIALS:

11.4 Competition Jury:

The Triathlon PSO HR will appoint the members of the Competition Jury as follows:

- i. For Triathlon PSO Events the Competition Jury consists of three (3) persons being selected from:
- the HR or other official appointed by the HR, who chairs the Competition Jury;
 - Other suitable individuals who are deemed impartial, impassionate and capable of understanding and interpreting these competition rules and who have no real or apparent conflict of interest, for example:
 - ❖ PTO Level 2 or higher WT 1, 2, or 3 TO's who are not involved in the incident;
 - ❖ present or former Triathlon PSO Board of Directors;
 - ❖ present or former members of the TC National Team
 - ❖ On-site medical personnel;
 - ❖ Staff of any timing company present;
 - ❖ Coaches (who's athletes are not involved in or who's athletes will not gain advantage by any decision);
 - ❖ etc.

11.7. Health:

- a.) The Triathlon PSO and the WT encourage Technical Officials to undergo an annual health evaluation.

12. PROTESTS

12.6 Protests Concerning Timing and Results:

- b.) Protests concerning an error in timing and/or results must be delivered to the Head Referee within thirty (30) minutes after the posting of the unofficial results. An athlete may protest the official results up until to the close of business 15 days after the competition, in writing, to the Triathlon PSO Board of Directors.

13. APPEALS

13.2 Levels of Appeal:

- b) the following procedure will be followed in the event of a Level 2 Appeal:
- (i) The decision of the Competition Jury may be appealed to the Triathlon PSO. The Triathlon PSO Executive Director must receive such an appeal within 15 days of the decision of the Competition Jury.
 - (ii) A Jury chaired by the Executive Director shall be empaneled to hear the appeal. The jury shall have at least one member of the Triathlon PSO Board of Directors and such other suitable individuals, who are members

of the Triathlon PSO, who the Executive Director feels are deemed impartial, impassionate and capable of understanding and interpreting these competition rules and who have no real or apparent conflict of interest.

- (iii) The Jury shall have an odd number of members, not less than three (3).
 - (iv) Appeals will be submitted in writing to the Executive Director and will be accompanied by a deposit of \$ 200 USD. It will only be refunded if the appeal is successful.
- c) Level 3: the decision of the Triathlon PSO Jury regarding the Level 2 Appeal, may be appealed, as a final and last resort, to the Triathlon Canada Executive Committee, to the exclusion of any recourse to ordinary courts. Any decision made by the Triathlon Canada Executive Committee shall be without appeal and shall be binding on the parties concerned.

33. APPENDIX K: PENALTIES AND VIOLATIONS:

This list is a resume of the most common penalties and infringements. In case of different interpretation of the text in this appendix and the main body of the Competition Rules, the main body of the Competition Rules will be applied.

All the references to Elite in the charts below include Elite, U23, Junior and Youth athletes.

The procedures and the amount of penalties for all categories and distances are outlined in section 3 of the Competition Rules.

General

Rules	Penalties	Ref
1. An athlete who competes in a category different from his/her age, in a distance in which it is not allowed, or before the 24-hour period;	- DSQ from all the events included in this period	2.5 (l)
2. Failing to follow the prescribed course;	- Warning and re-enter the competition by the same point - If not: DSQ	2.1 (xiii) 4.1 (b)
3. Departing the course for reasons of safety, but failing to re-enter at the point of departure when advantage is gained;	- If advantage is gained: Time penalty	5.5 b) (ii)
4. Using abusive language or behaviour toward any official;	- DSQ and report to the World Triathlon Tribunal for possible suspension	2.1 a) (vi) 2.1 a) (v)
5. Using unsportsmanlike behavior;	- DSQ and report to the World Triathlon Tribunal for possible suspension	2.1 a) (i)
6. Blocking, charging, obstructing, or interfering the forward progress of another athlete;	- Unintentionally: warning and amend - Intentionally: DSQ	4.1 (e) 5.1 (a) i 7.1 (f)
7. Unfair contact. the fact that contact occurs between athletes does not constitute a violation. When several athletes are moving in a limited area, contact may occur. This incidental contact between athletes in equally favourable positions, is not a violation;	- Unintentionally: warning and amend - Intentionally: DSQ	4.1 (e)

8. Accepting assistance from anyone other than a Technical Official, race official or other athlete;	- Warning and amend if it is possible and return to the original situation - If not: DSQ	2.1 (a) viii 2.2
9. Refusing to follow the instructions of Technical Officials or race officials;	- DSQ	2.1 (a) iv
10. Failure to wear the unaltered race numbers if provided by the Local Organising Committee, in the proper way ordered by the Technical Delegate and announced at the Athletes' Briefing;	- Warning and amend - If not corrected: DSQ	2.9 (b)
11. Wearing race number during the swim segment when wetsuits are forbidden;	- Warning and amend - If not corrected: DSQ	2.9 c) (ii)
12. To dispose of rubbish or equipment around the course outside the clearly identified places, such as aid stations or rubbish disposal points;	- Warning and amend - If not corrected: Time penalty	2.1 (a) (xi)
13. Using illegal, dangerous or unauthorised equipment to provide an advantage or which will be dangerous to others.	- Warning and amend - If not corrected: DSQ and removed from competition	2.1 a) iv 5.1 b) (i)
14. Violating competition-specific traffic regulations;	- Unintentionally: Warning and amend if possible - If not corrected or intentionally: DSQ	2.1 a.) iv 5.1 b.) (i)
15. Contrived or intentional ties by elite, U23, junior and youth athletes, or Paratriathletes in PSO sanctioned events;	- DSQ	2.11 f.) (ii)
16. Wearing a different uniform than the one presented in the check-in, either in competition or in the award ceremony;	- Warning and amend - If not corrected: DSQ	2.7 d.) (ii) 2.8 c.) (xii)
17. Wearing during the competition or the award ceremony a uniform which doesn't meet the Competition Rules;	- DSQ	2.8 c.) (xii)

18. Wearing clothing covering any part of the arms below the shoulder and/or clothing covering any part of the legs below knee, when not allowed;	- Warning and amend - If not corrected: DSQ	2.8 c.) iii, iv, v
19. Not covering the arms during the competition following a request from the Technical Delegate based on the weather conditions;	- Before the competition: Warning and amend - If not corrected: DSQ and removed from competition	2.8 c.) iv
20. In Middle and Long Distance events, wearing a uniform with front zipper undone below the point of the end of the breastbone (sternum) during the competition;	- Warning and amend - If not corrected: DSQ	15.7 (b)
21. In Middle and Long Distance events, wearing a uniform with front zipper undone during the last 200m of the run;	- Warning and amend	15.7 b.)
22. Displaying any kind of demonstration of political, religious, or racial propaganda;	- Warning and amend - If not: DSQ and removed from competition	2.1 a.) (x)
23. Fraud by entering under an assumed name or age, falsifying an affidavit, or giving false information;	- DSQ, removed from competition and inform World Triathlon Tribunal for a possible suspension	2.5 n.)
24. Participating when not eligible;	- DSQ, removed from competition and inform World Triathlon Tribunal for a possible suspension	2.5 3.8
25. Repeated intentional violations of WT Rules;	- DSQ, removed from competition and inform World Triathlon Tribunal for a possible suspension	3.8

26. Drug abuse;	- Penalties will apply according to the WADA rules	2.3
27. For an unusual and violent act of unsportsmanlike behaviour;	- DSQ, removed from competition and inform World Triathlon Tribunal for a possible suspension	3.8
28. Compete with a bare torso.	- Warning and amend - If not corrected: DSQ	5.1 a.) (ii) 6.1 a.) (iv)
29. Indecent exposure or nudity;	- Warning and amend - If not corrected: DSQ	7.1 m.)
30. Outside assistance: To give another athlete a complete bike, frame, wheel(s), helmet or any other item equipment which results in the donor athlete being unable to continue with their own competition;	- DSQ of both athletes	2.2 b.)
31. Gain unfair advantage from any vehicle (excluding drafting).;	- DSQ	2.1 a.) (xii)
32. Not stopping in the next penalty box being obliged to do so;	- DSQ	3.6 (d) i
33. Warming up on the course while another competition is in progress;	- Warning and amend	18.2 b) 19.3 b)
34. Competing under suspension;	- DSQ, removed from competition and report to World Triathlon Tribunal for extending suspension or expulsion.	2.5 b.)
35. Carrying out ambush marketing in the award ceremony;	- Forfeit the prize money earned in the event.	2.1 a.) (ix)
36. Intentionally missing a technological fraud test after being selected;	- DSQ, removed from competition and report to World Triathlon Tribunal for potential suspension.	

37. Using any device, which makes the bike not only human powered and resulting technological fraud;	- DSQ, removed from competition and report to World Triathlon Tribunal for potential suspension.	5.2 a.) 5.2 j.) (i)
38. Using any device distracting the athlete from paying full attention to their surroundings;	- Warning and amend - If not corrected: DSQ	2.1 a.) (xiv)
39. An athlete physically assists the forward progress of another athlete;	- DSQ of both athletes	2.2 c.)

Briefing (Non-applicable for Age Group)

Rules	Penalties	Ref
40. Not attending the Athletes' Briefing, without notifying the Technical Delegate;	- Athletes not attending the briefing, without informing the Technical Delegate about their absence, will be removed from the start list of the event and from all start and wait list in the events on the next 30 days	2.7 b) (iv),(v)
41. Athletes entering the briefing hall after the briefing has started and athletes not attending the briefing but informed the Technical Delegate about their absence;	- Time penalty Served in T1 applicable for the specific distance	2.7 b) (iv) (v)
42. Athletes missing 3 or more briefing in Triathlon/Paratriathlon World Cup or World Triathlon/Paratriathlon Series in the same calendar year, no matter if the athlete informed the Technical Delegate or not;	- Remove from the start list from every subsequent competition at which they miss the briefing	2.7 b.) (iv)

Start

Rules	Penalties	Ref
43. Starting before the starter's signal.	- Time penalty	4.7 f.) 4.9 m.)
44. Starting in a wave earlier than the one the athlete is assigned to;	- DSQ	4.7 h.) 4.9 n.) 4.11 g)
45. Not moving forward before touching the water;	- Time penalty	4.7 b.)
46. To change the start position once selected;	- Warning and amend - If not corrected: DSQ	4.5 b.)
47. To block more than one start positions;	- Warning and amend - If not corrected: DSQ	4.5 b.)

Swim

Rules	Penalties	REF
48. Wearing clothing covering any part of the arms below the shoulder and/or clothing covering any part of the legs below knee, in a non-wetsuit swim;	- Warning and amend - If not corrected: DSQ	4.11 (b) iii
49. Not wearing the official swim cap from the time of the line-up;	- Intentionally: Warning and amend - If not corrected: DSQ	4.12 a.) (i)
50. Make contact and continue to impede the progress of the other athlete without making an effort to move apart;	- Time penalty	4.1 e.) (ii)
51. Deliberately target another athlete to impede their progress, gain unfair advantage and potentially cause harm;	- DSQ and may report to World Triathlon Tribunal for potential suspension or expulsion;	4.1 e.) (iii)

<p>52. Wearing wetsuit not covering the torso, when the wetsuit is mandatory; - Warning and amend</p>	<p>- warning and amend - If not corrected: DSQ and removed from competition</p>	<p>4.12 d.) (iv)</p>
<p>53. Athletes wearing branded second swim cap visible any time from the athletes' line-up till Transition 1;</p>	<p>- Before the competition: Warning and amend - During the competition: • Age Group: Warning and amend • Elite Draft-illegal and Paratriathlon: Time penalty • - Elite Draft Legal: Time penalty</p>	<p>4.12 a.) (iv)</p>

Transition

Rules	Penalties	Ref
<p>54. Rack the bike improperly, outside the athletes' own space or blocking the progress of other athletes;</p>	<p>- Before the competition: Warning and amend - During the competition: • Age Group: Warning and amend • Elite Draft-illegal and Elite Paratriathlon: Time penalty • Elite Draft Legal: Time penalty</p>	<p>7.1 b.) 7.1 f.)</p>

55. To have the helmet strap fastened in T1 while completing the first segment;	<ul style="list-style-type: none"> - Age Group and Technical Official will undo the strap. - Elite and Elite Paratriathlon: Technical Official will undo the strap and time penalty. 	7.1 p.)
56. Wearing the helmet unfastened or insecurely fastened, inside transition area while in possession of the bike;	<ul style="list-style-type: none"> - Age Group Warning and amend - Elite and Elite Paratriathlon: Time penalty 	7.1 a.)
57. Mount the bike before the mount line;	<ul style="list-style-type: none"> - Age Group: Warning and amend - Elite and Elite Paratriathlon: Time penalty 	7.1 i.)
58. Dismount the bike after the dismount line;	<ul style="list-style-type: none"> - Age Group: Warning and amend - Elite and Elite Paratriathlon: Time penalty 	7.1 j.)
59. Discharge or store the athlete equipment outside the designated area;	<ul style="list-style-type: none"> - Age-Group: Warning and amend - Elite and Elite Paratriathlon: Time penalty 	7.1 c.)
60. Marking of position in transition area;	<ul style="list-style-type: none"> - Warning and amend - If not corrected, marking and objects used for marking purposes will be removed and athlete will not be notified 	7.1 o.)

61. Failing to deposit all equipment inside the proper bag provided by the Local Organising Committee on the events where bag drop system is in place; (with the exception of bikes shoes that may remain on the pedals at all times);	- Age Group: Warning and amend - Elite and Paratriathlon: Time penalty	15.6 d.)
62. Interfering with another athlete's equipment in the Transition Area;	- Age Group: Warning and amend - Elite and Paratriathlon: Time penalty	7.1 g.)

Bike

Rules	Penalties	Ref
63. Not wearing helmet during bike familiarisation and/or official bike training sessions;	- To be excluded from the specific session	5.2 g.) (ii)
64. Make forward progress without the bike, during the bike segment;	- Warning and amend - If not: DSQ	5.1 a.) (iii)
65. Drafting in a draft-illegal competition on sprint and standard distance events;	- 1st offence: Drafting time penalty - 2nd offence: DSQ	5.5 c.) 5.6 e.)
66. Overtaken athlete not dropping out of the draft zone of the passing athlete by continuously making rearward progress to clear the drafting zone completed in 20 seconds on sprint and standard distance events;	- 1st offence: Drafting time penalty - 2nd offence: DSQ	5.5 c.) vi 5.6 e.)
67. Re-passing by an overtaken athlete prior to dropping out of the draft zone on sprint and standard distance events;	- 1st offence: Drafting time penalty - 2nd offence: DSQ	5.5 c.) (vi) 5.6 e.)
68. Drafting in a draft-illegal competition on middle or long distance events;	- 1st and 2nd offences: Drafting time penalty - 3rd offence: DSQ	5.5 c.) 5.6 f.)

69. Overtaken athlete not dropping out of the draft zone of the passing athlete by continuously making rearward progress to clear the drafting zone completed in 25 seconds on middle and long distance events;	- 1st and 2nd offences: Drafting time penalty - 3rd offence: DSQ	5.5 c.) (vi) 5.6 f.)
70. Re-passing by an overtaken athlete prior to dropping out of the draft zone on middle and long distance events;	- 1st and 2nd offences: Drafting time penalty - 3rd offence: DSQ	5.5 c.) (vi) 5.6 f.)
71. Drafting off a different gender athlete in draft legal events;	- 1st offence: Warning and amend - 2nd offence DSQ	5.5 b.)
72. Drafting off an athlete being in a different lap;	- Warning and amend - If not: DSQ	5.5 b.)
73. Drafting off a vehicle or motorbike in a draft-illegal competition ;	- Warning and amend - If not corrected: Drafting time penalty	5.5 b.)
74. Drafting off a vehicle or motorbike in a draft-legal competition ;	- Warning and amend - If not corrected: DSQ	5.5 b.)
75. Blocking in a draft-illegal competition;	- Time penalty - If not: DSQ	5.7
76. Blocking in a draft-legal Age Group competition;	- Time penalty - If not: DSQ	5.7
77. Wearing the helmet unfastened or insecurely fastened, during the bike segment;	- Age Group: Warning and amend - Elite and Paratriathlon: Time penalty - If not corrected: DSQ and removed from competition	5.2 g.) (iv)
78. Take off the helmet on the bike course, even if stopped;	- Warning and amend - If not corrected: DSQ	5.2 g.) (iv)
79. Not wearing a helmet during the bike segment;	- DSQ and removed from competition	5.2 g.) (iv)

80. Competing with a different bicycle than the one presented at the check in, or modified after getting the approval at the check-in;	- DSQ	5.1 a.) (iv)
81. While in the bike penalty box, athletes consume food and/or water other than that is on the athlete's bike or person;	- Warning and amend - If not corrected: DSQ	3.6 d.) (iii)
82. Athletes using the restroom while serving a penalty in the bike penalty box;	- Penalty paused	3.6 d.) (iv)
83. Making adjustments to equipment or performing any type of bike maintenance while serving a penalty.	- Warning and amend - If not corrected: DSQ	3.6 d.) (v)
84. Dangerous riding during the bike segment.	- Time penalty - If intentionally repeated: DSQ and removed from competition	5.1 b.) (iii)

Run and Ski.

Rules	Penalties	Ref
85. Crawl during the running segment;	- DSQ and removed from competition	6.1 a.) (iii) 6.3 a.)
86. Running together and/or take pace from other athlete/s that is/are one or more laps ahead. (Applicable to Elite, U23, Junior, Youth athletes and Paratriathletes);	- Warning and amend - If not corrected: DSQ	6.1 a.) (viii)
87. Being accompanied by any non-competing athletes, team members, team managers or other pacemakers on the course or along the course;	- Warning and amend - If not corrected: DSQ	6.1 (a) vii 18.5 b)
88. Run or ski wearing a helmet;	- Warning and amend - If not corrected: DSQ	6.1 a.) (v) 18.5 f.)

89. To use posts, trees or other fixed elements to assist maneuvering curves	- Time penalty	6.1 a.) (vi)
90. Being accompanied by any non-competing person in the finish chute.	- DSQ	6.3 b.) 18.5. b.)
91. Not use classic style where mandatory	- First offence Time penalty, - Second offence DSQ	18.5. e.)
92. Changing corridors in the finish chute, impeding the progress of other athletes.	- DSQ	18.5. i.)

Team Relay Specific

Rules	Penalties	Ref
93. One or more declared team members in a standalone relay event, entering the briefing hall after the briefing has started or not attending the briefing;	- 10 seconds time penalty for the team served in Transition 1 by the first team member	2.7 b.) (v)
94. Not submitting the team declaration form within the specified time;	- Teams will be removed from the start list of the event and from all start and wait list in the events on the next 30 days	2.7 b.) (v)
95. Team relay exchange completed outside of the exchange zone;	- Time penalty	16.7 c.)
96. Team relay exchange not completed, or intentionally completed outside the changing zone;	- DSQ	16.10 c.) 16.10 d.)

Paratriathlon Specific

Rules	Penalties	Ref
97. Para triathletes, who use catheters or other urinary diversion devices, have spillage during training, competition or classification;	- Warning and amend - If not corrected: DSQ	17.19 a.)
98. Using adapted cleats and bike shoes with exposed cleats that are mounted on prosthetic legs (which are allowed in the pre-transition area) and the cleats are not covered or not surrounded by anti-slip material.	- Before the competition: Warning and amend - If not corrected: DSQ	17.9 f.)
99. Paratriathlete without a temporary, review or confirmed class status according to the regulated timelines;	- DSQ	17.4
100. Paratriathlete competes wearing or using any prostheses or special adaptive equipment which are not officially approved;	- Before the competition: Warning and amend - If not corrected: DSQ	17.16 a.) 17.12 l.) 17.8 b.) (vi)
101 Paratriathletes using unprotected sharp objects, screws, prosthetic liners, or prosthetic devices that can be harmful;	- Before the competition: Warning and amend - If not corrected: DSQ and removed from competition	17.11 e.)
102. Paratriathlete's classification is considered Not Completed (CNC);	- Remove from the start list	See Classification Rules - part 3 section 10
103. Paratriathlete who have been classified as non-eligible for a paratriathlon competition;	- Remove from the start list	See Classification rules - part 5

104. Paratriathlete fails to attend scheduled classification session;	<ul style="list-style-type: none"> - Reasonable explanation: Give second chance - If not: DSQ and removed from competition 	See Classification rules - part 6
105. Paratriathlete who is intentionally misrepresenting his/her skills and/or abilities;	<ul style="list-style-type: none"> - First offence: DSQ - Second offence: DSQ and report to World Triathlon Tribunal for potential suspension or expulsion 	See Classification rules - part 8
106. Guides and personal handlers, who have not registered at the athletes' briefing;	<ul style="list-style-type: none"> - Access to the FOP removed 	17.6 b.)
107. Personal handler not carrying the special credentials which were given by the LOC/ITU;	<ul style="list-style-type: none"> - Warning and amend - If not corrected: DSQ the Paratriathlete that he/she is handling 	17.7 a.)
108. Paratriathlete receiving help from more personal handlers that he/she has registered;	<ul style="list-style-type: none"> - DSQ 	17.7 b.)
109. Any action taken by the personal handler which propels the paratriathlete forward;	<ul style="list-style-type: none"> - DSQ the Paratriathlete that he/she is handling 	17.7 e.)
110. Personal handler repairing a Paratriathlete's bike in an area other than the athletes' transition spot or the wheel station during the competition;	<ul style="list-style-type: none"> - DSQ 	17.7 c.) (iv) 17.7 g.)

111. Paratriathletes' equipment in the pre-transition area which haven't been registered;	<ul style="list-style-type: none"> - Before the competition: Warning and amend - If not corrected: DSQ 	17.8 b.) (vi)
112. Personal handlers' present in the pre-transition area from PTS2, PTS3, PTS4 and PTS5;	<ul style="list-style-type: none"> - Before the competition: Warning and amend - If not corrected: DSQ the athlete that they are handling 	17.9 a.)
113. Paratriathletes with an absent lower limb not using a prosthesis or crutches to reach from Pre-Transition area to Transition 1 and hopping on one leg;	<ul style="list-style-type: none"> - Before the competition: Warning and amend - If not corrected: DSQ 	17.9 g.)
114. PTWC1 and PTWC2 paratriathletes doing the transition outside the individual space;	- Time penalty	17.10 h.)
115. PTWC1 and PTWC2 athletes not stopping completely at the mount and at the dismount lines or continue before the Technical Official say "Go";	- Time penalty	17.14 e.)
116. PTWC1 and PTWC2 athletes drafting off a vehicle or motorbike during the run;	<ul style="list-style-type: none"> - Warning and amend - If not corrected: Drafting time penalty 	17.15 d.)
117. Paratriathletes leaving equipment in pre-transition after exiting it;	<ul style="list-style-type: none"> - Warning and amend - If not corrected: Time penalty 	17.9 e.)

118. PTVI1, PTVI2 and PTVI3 athletes competing with a guide who is not complying with the requirements;	- DSQ	17.17 a.) (iv) (v)
119. PTVI1, PTVI2 and PTVI3 athletes not be tethered during the swim or the run;	- Warning and amend - If not corrected: DSQ	17.17 b.) (i) 17.17 d.) (i)
120. PTVI1, PTVI2 and PTVI3 athletes paced, led or being more than 1.5m away from their guide, during the swim;	- First offence: Time penalty - Second offence: DSQ	17.7 b.) (ii)
121. PTVI1, PTVI2 and PTVI3 athletes paced, led or being more than 0.5m away from their guide, during the after the swim exit;	- First offence: Time penalty - Second offence: DSQ	17.17 a.) (viii) 17.17 d.) (ii)
122. PTVI1, PTVI2 and PTVI3 athletes pulled or pushed by the guide;	- DSQ	17.17 a.) (vii) 17.17 b.) (ii)
123. PTVI1, PTVI2 and PTVI3 paratriathlete crosses the finish line and the guide is beside or behind the paratriathlete but further apart than the required 0.5 meters maximum separation distance;	- DSQ	17.17 a.) (viii) 17.17 d.) (ii)
124. Paratriathlete enters the Field of Play with a guide dog;	- Before the competition: Warning and amend - If not corrected: DSQ	17.17 a.) (i)
125. PTVI1 athletes not wearing blackout goggles or glasses during the applicable segments;	- DSQ	17.17 a.) (x)

APPENDIX Y: The Triathlon PSO Youth and Junior Rules and Regulations

Introduction

This information and rule guide has been prepared for use by parents, Coaches, Technical Officials and Race Directors who are directly involved with young athletes from 4 to 19 years of age. This document includes the essential competition rules and details of their application, in each age category, during the 2022 season. These rules have been updated based on the World Triathlon (WT) publication: [Triathlon and Related Multisport Event Guidance for U19s](#). Additional information is contained in the WT Guidance that may be beneficial for those involved in planning youth events. As usual the foundations of these rules are: first – Safety; and second – Fairness.

In general, the following groups and ages are addressed:

- **Recreational children and youth:** Ages 4 to 15;
- **Competitive youth – with or without drafting:** Ages 13 to 15;
- **Draft Legal:** Junior (ages 16 to 19), U23 and Elite;
- **Recreational and Competitive – Non-drafting:** Age Group ages 16 and older.

1. Maximum Distances

- a) In order to ensure a constant progression in the sport of Triathlon and related Multi-sports, in accordance with the approved Long Term Athlete Development Model (LTAD), the race distances must NOT exceed the limits shown in the tables below:

Triathlon			
Age Category	Swim	Bike	Run
(Age as of 31 December in the year of the race)			
4 - 5 years	25m	500m	100m
6 - 7 years	50m	1km	400m
8 – 9 years	100m	2km	800m
10 – 11 years	200m	6km	1km
12 – 13 years	400m	8km	2km
14 – 15 years	500m	13km	3.5km
16 – 17 years	750m	20km	5km
18 years and older	All Distances allowed, shorter preferred.		

Duathlon			
Age Category	Run	Bike	Run
(Age as of 31 December in the year of the race)			
4 - 5 years	100m	500m	100m
6 - 7 years	400m	1km	200m
8 - 9 years	800m	2km	400m
10 - 11 years	1km	6km	500m
12 - 13 years	2km	8km	1km
14 - 15 years	3km	13km	1.5km
16 - 17 years	5km	20km	2.5km
18 years and older		All Distances allowed, shorter preferred.	

Aquathlon			
Age Category	Run	Swim	Run
(Age as of 31 December in the year of the race)			
4 - 5 years	100m	25m	100m
6 - 7 years	200m	50m	200m
8 - 9 years	400m	100m	400m
10 - 11 years	500m	200m	500m
12 - 13 years	1km	400m	1km
14 - 15 years	1.5km	500m	1.5km
16 - 17 years	2.5km	750m	2.5km
18 years and older		All Distances allowed, shorter preferred.	

2. Age Categories:

- a) Age is determined as of 31 December in the year of the race

3. Racing Up:

- a) An athlete may NOT compete in a higher category under any circumstances, unless the distances in the higher category are equal to or less than those in the athlete's proper category.

4. General Rules For All Youth:

- a) All participants MUST wear an approved cycling helmet;
- b) the helmet must be fastened at all times the athlete is in possession of the bicycle;
- c) In the transition area, all athletes must rack their bike in the space assigned/first chosen;
- d) A bare torso is forbidden on both the bike and run course;
- e) Drafting is not allowed, except in the Triathlon PSO races specifically designated as **draft legal** development races;
- f) Outside Assistance or external aid is allowed for ages 4 to 9 years. The assistance may only be provided by volunteers or officials assigned by the race organiser;
- g) For athletes 10 to 15 years, all outside assistance or external aid, in any form, may result in disqualification;
- h) Equipment must conform to the rules specific to the age category of the athlete;
- i) A wetsuit may only be worn when the adjusted temperature of the water is less than 20°C;
- j) A wetsuit **MUST** be worn when the adjusted temperature of the water is less than 18°C

5. Swim and Temperature Limits

The Table A from the World Triathlon Competition Rules shows an adjusted water temperature value if the water temperature is at or lower than 22°C and the air temperature is at or below 15°C.

Table A

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

Use the above table to work out the adjusted water temperature - Then compare this value with the age category of the children to see the maximum permitted time for them to remain in the open water, or open-air unheated pool (Table B).

Table B**Open water maximum duration and wetsuit use**

Age category	8-9	10-11	12-13	14-15	16-17	18-19
Max. stay in water (mins)	4	10	15	20	20	40
Wetsuit mandatory below °C	n/a	n/a	n/a	18	18	18
No swim below °C	18	18	18	16	16	16

6. Bike, Handle Bars and Aerobars

- The bike MUST have a brake on each wheel;
- For draft legal races (14 – 15) and Junior (16 – 19) categories) traditional drop handle bars are mandatory;
- Until 2023, Draft legal aerobars are allowed only in the Junior (16 – 19) category;
- Aerobars must not extend past the forward end of the brake levers and must have a solid bridge in accordance with the ITU rules;
- Triathlon specific (or time trial) handlebars are NOT permitted in any category, except for non-drafting races in age 16 and up.

7. Pedals

- a) Platform pedals (without a clip or a cage) are permitted in all categories;
- b) Pedal Cages are NOT permitted for ages 15 or under, nor in draft legal races;
- c) All pedal system types (road and mountain) are allowed starting with category 12 – 13 and higher;
- d) For athletes 11 and under, only SPD type pedals are permitted. the cleat must be recessed into the sole of the shoe such that the sole has direct contact with the ground (See ANNEX 1).

8. Wheels

- a) **For all Categories age 15 and under:**

Athletes must use standard wheels meeting the following criteria:

- Have at least 16 spokes
- Rims must be metal and their depth shall not exceed 25mm;

Junior Draft Legal

- Athletes must use standard wheel that correspond to the criteria listed above **OR** the wheel must be included in the list of Approved Non-Standard Wheels published by l'Union Cycliste International (UCI). **Note:** the list is subject to change and update without notice.

https://assets.ctfassets.net/76117gh5x5an/5qmS7gx8fdXjctyqgwNph/598eebceb69052aa522f13b616ac73f0/Liste_des_roues_homologues_-_List_of_approved_wheels_-_FRA-ENG.pdf

Category Age 16 and above – Non-Drafting

- No restrictions concerning wheels.

9. Gearing

- a) the gearing shown below are the MAXIMUM recommended for Long-Term Athlete Development. the recommendations apply to both training and racing! the recommendations emanate from Cycling BC, Cycling Canada and the UCI:
 - **Under Age 9:** 42-16
 - **Age 10 - 11:** 46-16
 - **Age 12 - 13:** 46-14
 - **Age 14 - 15:** 50-14
 - **Junior:** 52-14

10. Bib Number

- b) Wearing a bib number is mandatory for all athletes while on the run course. the only exception is for athletes in draft legal races who have their name inscribed on their race uniform as per ITU standards.

11. Organising Youth Beginner and Recreation Events;

For reasons of safety all events offering “children beginner” or “recreational youth” categories must follow the standards and practices below.

- a) the chart below suggests the colours for the different categories, no matter the sex of the child. Other colours may be selected. No matter what colour used, the colours shall apply to the swim cap, the bib number and the different placards, notices or directions on the course.

Youth Cap Colours	
Category	Colour
4-5	Pink
6-7	Orange
8-9	Light Blue
10-11	Red
12-13	Yellow / Light Green
14-15	Light Green / Yellow

- b) For starts in a pool, swim caps of different colours can be used in a category to facilitate lap counting
- c) No motorcycles are allowed on a course with athletes age 11 and under
- d) In order to promote participation and a sense of accomplishment, **NO PODIUM POSITIONS ARE ALLOWED FOR ALL CATEGORIES AGE 11 AND UNDER.** Participation awards may be offered (e.g. ribbons, medals, etc.).

ANNEXE 1: Authorised Pedal Systems for Ages 11 and under.

Most manufacturers produce a pedal system that clips in and is usually used for mountain biking or cyclocross. the principle characteristics of these systems are:

1. A Clip set into the sole of the shoe to facilitate walking.
2. A pedal that can be clipped into from both sides of the pedal

These systems are also frequently used in road bike races and are the only ones authorised for ages 11 and under in triathlon. The Triathlon PSO favours no one company over another, the photos are used for example only.

Photo 1: Note that the cleat is recessed into the shoe so that the sole will come into contact with the ground as if the clip as not there.



Photo 2: An example of a pedal system where the cleat can be clipped into the pedal from either side.



**REPORT
TO
NEXT
PENALTY
BOX**

**REPORT
TO
NEXT
PENALTY
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