

Provincial Triathlon Competition Rules - 2023

APPENDIX K, X & Y:



New Rules for 2023 – added January 2023
~~Rules deleted in 2023 – deleted January 2023~~

APPENDIX X: PSO Competition Rules - 2023

1. INTRODUCTION:

1.1 Purpose:

- g) the Triathlon Provincial Sport Organisation (the PSO) Competition Rules are additions, deletions and clarifications to the World Triathlon (TRI) Competition Rules (https://www.triathlon.org/uploads/docs/World-Triathlon_Compition-Rules_2023_20221220.pdf). The PSO Competition Rules specify the conduct and behaviour of athletes during the PSO sanctioned competitions.
- h) The PSO is the provincial sport organization governing and enacting Competition Rules for Triathlon, Duathlon and its related other multisports in the province.
- i) The PSO Technical Officials' Certification Programme sets the standards for certifying PSO Technical Officials;

1.2 Intention

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

1.5 Exceptions

- e) Where the PSO Competition Rules conflict with the laws of the jurisdiction in which the event is to be held, the local laws will override the 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 PSO with prior approval. A request for an exception to the PSO Competition Rules must be made in writing 30 days prior to the event to the 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 PSO, but not run within the competition system of World Triathlon, Triathlon Canada or PATCO, a permanent panel will be created with one representative from each of the

three parties: the PSO Technical Sub-Committee, the 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 PSO Events are the exclusive property of the PSO which owns all rights associated including, without limitation, the rights to organise, exploit, broadcast and reproduce the 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 personal data from the athlete entered into any PSO event and the data produced from the event, including the results are exclusive property of the PSO.

1.9 Rule Updates:

- b) The PSO Board of Directors may change these PSO Competition Rules from time to time in its absolute discretion. Notification shall be made on the 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 World Triathlon and the 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.
- 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

- ~~b.) Time limits for the swim leg, bike leg and overall finish time may be established for each competition by the World Triathlon Technical Delegate. These limits must be published in the pre-event registration material;~~
- b.) World Triathlon 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 World Triathlon event as outlined in Appendix J. More information about PPE can be found in Appendix Q.
- c) 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 PSO or must purchase Day of Race Membership.
- o) In a 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.

(http://www.triathlon.org/uploads/docs/6.b_2015.11_IOC_consensus_meeting_on_sex_reassignment_and_hyperandrogenism-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 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 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 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 includes a top and bottom on the bike and run segments, 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 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 PSO Events shall be on an age group by age group basis or other method agreed to by the LOC and the PSO.

2.11 Timing and Results:

- l)** Official results may be modified by:
- (i) Head referee ~~up to 48 hours after the completion of the event;~~
 - (ii) Competition Jury
 - (v) the PSO Technical Committee
 - (vi) PSO Executive Director (except Saskatchewan)

2.12 Exceptional conditions:

- (iii) Unplanned interruption of individual standard distance or shorter competition after it has started:
- If the lead athlete has completed more than the 50% of the last segment all athletes will be ranked according to the position at the last available recorded data;
 - In the case that all the athletes are stopped before the 50% of the last segment the competition will be restarted, if possible, otherwise no results will be produced.
 - The new start will happen, at least, 45 minutes after the interruption.
- (iv) Unplanned interruption of individual middle distance or longer competition after it has started:
- Athletes completed at least two segments will be ranked according to their position at the last available recorded data;
 - Any athlete who does not complete at least two segments will be included in the results as NC;
 - In the case that all the athletes are stopped before the end of the second segment the competition will be restarted, if possible, otherwise no results will be produced.
 - The new start will happen, at least, 45 minutes after the interruption.

3. PENALTIES

3.3 Time Penalty:

- ~~a.) It is not necessary for a Technical Official to give a warning prior to issuing a more serious penalty;~~
- a.) A time penalty is an appropriate penalty for infringements, which do not warrant a disqualification;

- b) 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;

	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	BikePB	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.

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

3.4 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 appropriate 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.

(iii) Other infringements:

- Infringements served in Transition 1: Athletes will serve this penalty in transition 1 before touching any equipment. A Technical Official will be positioned by the athlete's transition spot, who will sound a whistle, show a yellow card and time the penalty;
- Infringements served in the Bike penalty box: 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". The Technical Official has to ensure the athlete receives the penalty notification;
- Infringements served in the Run penalty box: Athletes may be notified about penalties by displaying the athlete's number, followed by an "x" + a number in case it is more than one infringement, and a letter code indicating the nature of the infringement on a panel posted at the Run penalty box. It is the athlete's responsibility to check this board (See the letter codes below):

D	Dismount Line Violation	E	Equipment Outside bin
S	Swim Conduct	L	Littering
M	Mount Line Violation	V	Other Violations
B	Bike Behaviour	R	Run Behaviour

3.5. 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 appropriate 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.

f.) Time penalty on the spot.

- (i) The Technical Official will hold a yellow card in front of the penalised athlete. The athlete will be ordered to stop safely by the side of the run course. If the athlete moves forward the time will be paused. Once the athlete stops again the count will continue;
- (ii) When the penalty time has been completed, the Technical Official will say "Go" and the athlete can continue with the competition;

3.9 Right of Protest:

- a.) An Athlete who receives a penalty may protest, with the exception of: ~~Athletes punished with a penalty have the right to appeal with the exception of a drafting violation.~~
 - (i) a penalty for a drafting violation; and
 - (ii) a time penalty which has already been served.
- b.) If an athlete serves a time penalty, the athlete accepts the penalty, and no protest will be admitted.
- c.) If an athlete does not serve a time penalty, he/she will be disqualified but may protest against the disqualification and the decision of the Head Referee to issue the time penalty.

d.) The Competition Jury which receives the protest will decide on the correctness of the decision to issue the time penalty and will either:

(i) Dismiss the protest and confirm the disqualification; or

(ii) Uphold the protest, remove the time penalty and reverse the disqualification.

4.0 SWIMMING CONDUCT:

4.1 General Rules

a.) Athletes may use any stroke to propel themselves through the water. They may also tread water or float. Athletes are allowed to push off the ground at the beginning and the end of every swim lap. Technical Delegate may authorize to push off the ground in other sections of the swim course;

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

b.) The temperatures in section 4.2 are not always the water temperature used in the final decision. 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

- e.) Water temperature must be taken one hour prior to the start of the event on competition day. It must be taken at the middle 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.

4.11 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 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) In standard and shorter distance events, swimskins have to be worn for the whole duration of the event, for other distances swimskins may be removed after the swim segment;

(iv) Swimskins used during the whole duration of the race must comply with the uniform regulations. Swimskins used only during the swim segment must comply with the wetsuit section of the applicable Guidelines Regarding Authorised Identifications for middle- and long-distance events.

(v) Swimskins can be used in all water temperatures.

- e.) Electronic devices may be used in the competition unless they are distracting the athlete from paying full attention to their surroundings.

f.) **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.
- Suits, vests, or any clothing having any part made of rubberized material such as polyurethane or neoprene.
- Buoyancy shorts

g.) **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:**

5.1 **General Rules**

b.) **Dangerous Behaviour:**

(iv) Where an athlete cuts across or makes accidental contact with another athlete during the bike, then immediately moves away and does not cause a crash the athlete will not incur a penalty.

(v) Where an athlete cuts across another athlete in a dangerous manner or makes contact with another athlete during the bike, does not move away and

continues to impede the progress of the other athlete, the athlete will incur a time penalty.

(vi) Where an athlete deliberately targets another athlete during the bike and impedes their progress, gains an unfair advantage, potentially causes harm or a crash the athlete will be disqualified and may be reported to the PSO Executive Director for potential suspension or expulsion.

(vii) Additionally for the PSO sanctioned races, if an athlete is penalised for infringing this rule twice in a calendar year, he or she will not be admitted in the next event from those mentioned above. This sanction is also applicable to the third, fourth or following infringement.

5.2 *Equipment*

f.) Handlebars:

(i) For Elite, U23, Junior and Youth draft-legal competitions, the following handlebar rules will apply:

- Only traditional drop handlebars are permitted. The handlebars must be plugged;
- Clip-ons are not allowed.

(ii) For Age-Group draft-legal competitions, the following handlebar rules will apply:

- Only traditional drop handlebars are permitted. The handlebars must be plugged;
- Clip-ons are not allowed.

g.) Helmets:

(iv) The helmet must be securely fastened and fit properly at all times and any garment worn underneath must not affect the fit when the athlete is in possession of the bike. ~~which means from the time they remove their bike from the rack at the start of the bike leg, until after they have placed their bike on the rack at the finish of the bike leg;~~ If an athlete moves the bike off the course for any reason, the athlete may not unfasten or remove the helmet until after he/she has moved outside the boundary of the bike course route and has dismounted the bike; and he/she must fasten the helmet securely on the head before returning onto the bike course or before remounting the bike;

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,
- Glass containers;
- Mirrors
- Bike or parts of the bike not complying with these rules.
- In a 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:

(i) It is forbidden to draft off another athlete or motor vehicle. Athletes must reject attempts by others to draft;

(ii) 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;

(iii) An athlete who approaches from any position to take advantage of the draft, bears responsibility for avoiding the draft;

(iv) To draft is to enter the bicycle or vehicle drafting zone:

- Middle and long distance 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

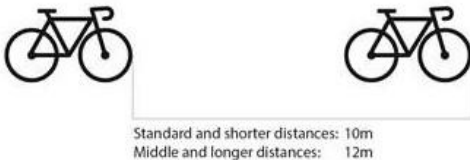
be allowed to pass through the zone of another athlete. Several consecutive attempts to overtake with no success may lead to a drafting infringement;

- Motorbike draft zone: the draft zone behind a motorbike will be 15 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.

(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.

(vii) See the diagram(s) below for events where **RIGHT hand side** road rules apply.



5.6. Penalties for Drafting:

- a.) It is forbidden to draft in a race declared as draft-illegal;

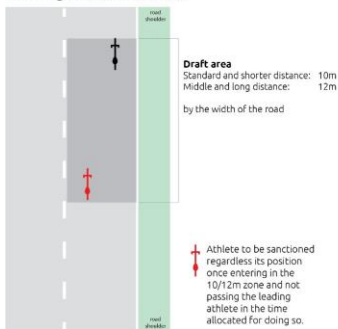
- b.) Technical Officials will notify the athletes who draft they are subject to a time penalty. This notification must be clear and unambiguous;
- c.) the athlete sanctioned has to stop in the next penalty box and must stay there for a specific time depending on the race distance. One minute for the 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:

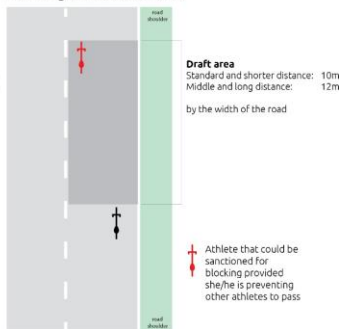
- a.) Athletes must keep to the side of the course and not create a hazard by blocking other athletes on the course. Blocking is where an athlete who is behind an athlete cannot pass due to the leading athlete being poorly placed on the course. Athletes blocking will receive a yellow card and incur a stop and go at the next bike penalty box.

- Illustration for riding on the right side of the road

Drafting (riding right side of the road)



Blocking (riding right side of the road)



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:

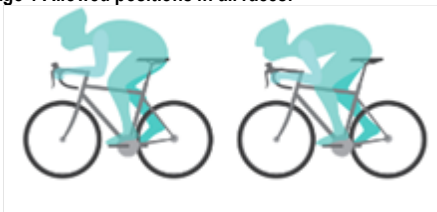


Image 2: Allowed position only in draft illegal races:

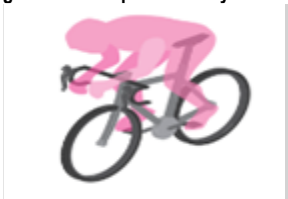


Image 3: Forbidden positions in all races:



6. RUNNING CONDUCT:

6.1 General Rules:

b.) Where an athlete makes accidental contact during the run with another athlete, then immediately moves away and does not cause a fall the athlete will not incur a penalty.

c.) Where an athlete makes contact with another athlete during the run, continues to impede the progress of the other athlete and does not move away, the athlete will incur a time penalty.

d.) Where an athlete deliberately targets another athlete during the run and impedes their progress, gains an unfair advantage, potentially causes harm or a fall the athlete will be disqualified and may be reported to the PSO Executive Director for potential suspension or expulsion.

6.3. Safety Guidelines:

b.) In a 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,

b) Glass containers;

c) In the PSO sanctioned Elite, U23, Junior and Youth Competitions and races used to select members for Provincial or Canadian Teams - Uniform not complying with the TRI 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.

e) Shoes:

(vi) in PSO sanctioned events any shoe may be worn. Athletes in races used to select members for Provincial or Canadian Teams must be aware that restrictions may apply at higher level races. Refer to the World Triathlon Competition Rules 6.4 e) for a full explanation of requirements and exemptions.

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. **Head Referee** ~~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.) Position of equipment
- (i) 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.
- (ii) Only equipment to be used during the competition can be left in transition. All other belongings and equipment are to be removed before competition starts;
- iii) By the end of the last transition all equipment - regardless whether used or not - must be deposited in the corresponding numbered bin provided, with the following exceptions:
- bike shoes, which may remain fixed on the pedals;
 - other bike equipment than helmet and glasses, if placed on the bike previously in Transition 1 may remain on the bike.

- (iv) An equipment piece is considered deposited in the bin when one part of the equipment is inside the bin.
- 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 bike segment of the competition ~~race~~. Running shoes must be located within 0.5 m of the athlete's bin (rack number/name plate).
 - e.) Athletes who are observed by a technical official discarding their swim cap between the swim exit and transition will receive a penalty.
 - f.) Bike shoes, glasses, helmet, and other bike equipment can be placed on the bike;
 - g.) Athletes must not impede the progress of other athletes in the Transition Area;
 - h.) Athletes must not interfere with another athlete's equipment in the Transition Area;
 - i.) Cycling is not permitted inside the Transition Area.
 - j.) Athletes must mount their bicycles after the mount line by having one complete foot in contact with the ground after the mount line.
 - l.) Athletes must dismount their bicycles before the dismount line by having one complete foot in contact with the ground before the dismount line.
 - n.) 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.
 - o.) 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;
 - p.) Nudity or indecent exposure is forbidden;
 - q.) Athletes cannot stop in the flow zones of the Transition Area;
 - r.) 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;
 - s.) All athletes must have their helmet securely fastened and cannot touch the locking mechanism of the helmet from the time they remove their bike from the rack before the start of the bike segment until after they have placed their bike on the rack and let go after the finish of the bike segment.
 - t.) The helmet strap must remain unfastened in the transition area while the athlete is completing the first segment.

8. COMPETITION CATEGORIES:

8.2 The 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 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 PSO sanctioned race is held are higher than the TRI 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	Black	Red	Orange	Blue	Green
WBGT Index (°C)	> 32.2	30.1-32.2	27.9-30.0	25.7-27.8	< 25.7
Risk	Extreme	Very High	High	Moderate	Low

- c) For sprint and standard distance events, in case of very high risk (red flag 30.1° – 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°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 **very** 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°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 25.7°C Green	Supply water "as needed".
MODERATE Humidex: 25.7°C – 27.8°C Blue	Post Heat Stress Alert notice; Actively encourage athletes to drink water; Start recording hourly temperature and relative humidity
HIGH Humidex: 27.9°C - 30°C Orange	Post Heat Stress Warning notice Cancel event for at risk populations (Children under 12, the elderly and persons with asthma or heart disease)

	<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: 30.1°C – 32.2°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 32.2°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
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21																				24
	100%	95%	90%	85%	80%	75%	70%	65%	60%	55%	50%	45%	40%	35%	30%	25%	20%	15%	10%	

10.5 Thunderstorm and lightning:

a.) Lightning can be an immediate threat to athletes. If lightning strikes are approaching the venue and are within 8 miles/ 13 km the race should be stopped, the venue should be evacuated and the athletes should be taken to a safe area. Thirty minutes after the last lightning, activities may resume.

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:

- Technical Delegate may determine a cut-off time for the entire race or any intermediate point.
- If there is a cut-off time, it must be announced at least 30 days before registration closed.
- In a 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:

- a) The PSO HR will appoint the members of the Competition Jury as follows:
- i. For 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 2 or TRI 1, 2, or 3 TO's who are not involved in the incident;
 - ❖ present or former 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 PSO and World Triathlon encourage Technical Officials to undergo an annual health evaluation.

12. PROTESTS

The whole chapter 12 has been rewritten in December 2022. Please refer to the World Triathlon Competition Rules for full details.

12.4 Protest initiation and timelines:

- a.) Protests will not be accepted unless initiated and lodged in accordance with the relevant timeline. The timeline for a protest varies according to the subject matter of the protest, as follows:
- (ix) Protests in Age Group events concerning an error in timing and/or results must be delivered to the Head Referee within fifteen (15) minutes after the posting of the unofficial results. An athlete may protest the official results up until to the close of business, 5 business days after the competition, in writing, to the PSO.

12.5 Protests initiation procedures:

- a.) The protest form may be obtained from the Head Referee. A sample of the form is included in the World Triathlon Competition Rules;
- b.) The protest form must be accompanied by a fee of \$50 CAD or equivalent in another currency. Protests sent to the PSO must be accompanied by proof that the fee has been paid.

13. APPEALS

The whole chapter 13 has been rewritten in December 2022. Competition Rules for full details.

13.2 Level 2 Appeal Procedure:

- a) 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 PSO. The 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 PSO Board of Directors and such other suitable individuals, who are members of the 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 CAD. It will only be refunded if the appeal is successful.

13.3 Level 3 Appeal Procedure:

- a) The following procedure will be followed in the event of a Level 3 Appeal:
 - (i) the decision of the 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.

APPENDIX K: PENALTIES AND VIOLATIONS:

NOTE: This summary is correct as of 01 January 2023. The World Triathlon web page and rules should be referenced if in doubt! Shaded text indicates changes to the 2023 rules

This list is a resumé of the most common penalties and infringements which can be applied at the discretion of the Head Referee. 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, LOC Staff, Volunteers or spectator;	- 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	Unintentionally: warning and amend	4.1 e.) 5.1 a.)

forward progress of another athlete;	- Intentionally: DSQ	(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.)
6. 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
7. Refusing to follow the instructions of Technical Officials or race officials;	- DSQ	2.1 (a) iv
8. 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)
9. Wearing race number during the swim segment when wetsuits are forbidden;	- Warning and amend - If not corrected: DSQ	2.9 c) (ii)
10. 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)
11. Using illegal, dangerous or unauthorised equipment to provide an advantage or	- Warning and amend - If not corrected: DSQ and removed from competition	2.1 a) iv 5.1 b) (i)

which will be dangerous to others.		
12. 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)
13. Deliberately try to finish in a contrived tie situation by elite, U23, junior and youth athletes, or Paratriathletes in PSO sanctioned events;	- DSQ of all athletes involved	2.11 h.) (ii)
14. 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)
15. Wearing during the competition or the award ceremony a uniform which doesn't meet the Competition Rules;	- DSQ	2.8 c.) (xii)

16. 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	4.11 b.) (iii)
17. 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
18. A Not wearing the uniform over both shoulders while the athlete is on the Field of Play	- Warning and amend - If not corrected: DSQ	2.8 c.) ix
19. In Middle and Long Distance In events where uniform with front zip is allowed, 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)
20. In Middle and Long Distance In events where uniform with front zip is allowed, wearing a uniform with front zipper undone during the last 200m of the run;	- Warning and amend	15.7 b.)
21. 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)
22. 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.)

23. Participating when not eligible;	- DSQ, removed from competition and inform World Triathlon Tribunal for a possible suspension	2.5 3.8
24. Repeated intentional violations of WT Rules;	- DSQ, removed from competition and inform World Triathlon Tribunal for a possible suspension	3.8
25. Drug abuse;	- Penalties will apply according to the WADA rules	2.3
26. For an unusual and violent act of unsportsmanlike behaviour;	- DSQ, removed from competition and inform World Triathlon Tribunal for a possible suspension	3.8
27. Compete with a bare torso.	- Warning and amend - If not corrected: DSQ	5.1 a.) (ii) 6.1 a.) (iv)
28. Indecent exposure or nudity;	- Warning and amend - If not corrected: DSQ	7.1 m.)
29. 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.)
30. Gain unfair advantage from any vehicle (excluding drafting).;	- DSQ	2.1 a.) (xii)
31. Not stopping in the next penalty box being obliged to do so;	- DSQ	3.5 e.) i
32. Warming up on the course while another competition is in progress;	- Warning and amend	18.2 b) 19.3 b)
33. Competing under suspension;	- DSQ, removed from competition and report to World Triathlon Tribunal for extending suspension or expulsion.	2.5 b.)

34. Carrying out ambush marketing in the award ceremony;	- Forfeit the prize money earned in the event.	2.1 a.) (ix)
35. Intentionally missing a technological fraud test after being selected;	- DSQ, removed from competition and report to World Triathlon Tribunal for potential suspension.	
36. 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)
37. Using any device distracting the athlete from paying full attention to their surroundings;	- Warning and amend - If not corrected: DSQ	2.1 a.) (xiv)
38. 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
39. 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)
40. 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)

41. 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)
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Start

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

Swim

Rules	Penalties	Ref
47. 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
48. Not wearing the official swim cap from the time of the line-up;	- Intentionally: Warning and amend - If not corrected: DSQ	4.11 a.) (i)
49. Make contact and continue to impede the progress of the other athlete	- Time penalty	4.1 e.) (ii)

without making an effort to move apart;		
50. 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)
51. Wearing wetsuit not covering the torso, when the wetsuit is mandatory; - Warning and amend	- warning and amend - If not corrected: DSQ and removed from competition	4.11 d.) (iv)
52. Athletes wearing branded second swim cap visible any time from the athletes' line-up till Transition 1;	- 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	4.11 a.) (iv)

Transition

Rules	Penalties	Ref
53. Rack the bike improperly, outside the athletes' own space or blocking the progress of other athletes;	- Before the competition: Warning and amend - During the competition: • Age Group: Warning and amend	7.1 b.) 7.1 g.)

	<ul style="list-style-type: none"> • Elite Draft-illegal and Elite Paratriathlon: Time penalty • Elite Draft Legal: Time penalty 	
54. 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.)
55. 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.)
56. 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.)
57. 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.)
58. 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.)
59. Marking of position in transition area;	<ul style="list-style-type: none"> - Warning and amend - If not corrected, marking and objects 	7.1 o.)

	used for marking purposes will be removed and athlete will not be notified	
60. 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.)
61. Interfering with another athlete's equipment in the Transition Area;	- Age Group: Warning and amend - Elite and Paratriathlon: Time penalty	7.1 g.)
62. Remove trisuit and/or swimskin in a standard distance race or shorter when wetsuits are not allowed	- Warning and amend - If not: DSQ	4.11 c.) (iii)
63. Touching the locking mechanism on the helmet while in possession of the bike in transition	- Age-Group: Warning and amend - Elite and Para triathlon: Time penalty	7.1 s.)

Bike

Rules	Penalties	Ref
64. Not wearing helmet during bike familiarisation and/or official bike training sessions;	- To be excluded from the specific session	5.2 g.) (ii)
65. Make forward progress without the bike, during the bike segment;	- Warning and amend - If not: DSQ	5.1 a.) (iii)
66. 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.)

67. 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.)
68. 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.)
69. 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.)
70. 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.)
71. 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.)
72. Drafting off a different gender athlete in draft legal events;	- 1st offence: Warning and amend - 2nd offence DSQ	5.5 b.)
73. Drafting off an athlete being in a different lap;	- Warning and amend - If not: DSQ	5.5 b.)
74. Drafting off a vehicle or motorbike in a draft-illegal competition ;	- Warning and amend - If not corrected: Drafting time penalty	5.5 b.)
75. Drafting off a vehicle or motorbike in a draft-legal competition ;	- Warning and amend - If not corrected: DSQ	5.5 b.)
76. Blocking in a draft-illegal competition;	- Time penalty If not: DSQ	5.7

77. Blocking in a draft-legal Age Group competition;	- Time penalty If not: DSQ	5.7
78. Passing another athlete in a no passing zone	- Time penalty	18.4 e.) 19.4 e.)
79. 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)
80. Take off the helmet on the bike course, even if stopped;	- Warning and amend - If not corrected: DSQ	5.2 g.) (iv)
81. Not wearing a helmet during the bike segment;	- DSQ and removed from competition	5.2 g.) (iv)
82. 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)
83. 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	3.5 d.) (iii)
84. Athletes using the restroom while serving a penalty in the bike penalty box;	- Penalty paused	3.5 d.) (iv)
85. Making adjustments to equipment or performing any type of bike maintenance while serving a penalty.	- Warning and amend - If not corrected: DSQ	3.5 d.) (v)
86. Make cuts across or make contact with another athlete in a dangerous manner and continue to impede the progress of another athlete without making an effort to move apart.	- Time penalty	5.1 b.) (v)
87. Deliberately target another athlete to impede their progress, gain unfair	- DSQ and may report to World Triathlon	5.1 b.) (vi)

advantage and potentially cause harm;	Tribunal for potential suspension or expulsion;	
88. Riding in a forbidden position.	- Time penalty If repeated: DSQ and removed from competition	5.8
88. 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
89. Crawl during the running segment;	- DSQ and removed from competition	6.1 a.) (iii) 6.3 a.)
90. 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)
91. 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)
92. Run or ski wearing a helmet;	- Warning and amend - If not corrected: DSQ	6.1 a.) (v) 18.5 f.)
93. To use posts, trees or other fixed elements to assist maneuvering curves	- Time penalty	6.1 a.) (vi)
94. Being accompanied by any non-competing person in the finish chute.	- DSQ	6.3 b.) 18.5. b.)

95. Not use classic style where mandatory	- First offence Time penalty, - Second offence DSQ	18.5. e.)
96. Changing corridors in the finish chute, impeding the progress of other athletes.	- DSQ	18.5. i.)
97. Make contact with another athlete in a dangerous manner and continue to impede the progress of another athlete without making an effort to move apart.	- Time penalty	6.1 c.)
98. 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;	6.1 d.)

Team Relay Specific

Rules	Penalties	Ref
99. 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)
100. 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)

101. Team relay exchange completed outside of the exchange zone;	- Time penalty	16.7 c.)
102. Team relay exchange not completed, or intentionally completed outside the changing zone;	- DSQ	16.10 c.) 16.10 d.)

Paratriathlon Specific

Rules	Penalties	Ref
103. 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.)
104. 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.)
105. Paratriathlete without a temporary, review or confirmed class status according to the regulated timelines;	- DSQ	17.4
106. 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)
107. 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.)

108. Paratriathlete's classification is considered Not Completed (CNC);	- Remove from the start list	See Classification Rules - part 3 section 10
109. Paratriathlete who have been classified as non-eligible for a paratriathlon competition;	- Remove from the start list	See Classification rules - part 5
110. Paratriathlete fails to attend scheduled classification session;	- Reasonable explanation: Give second chance - If not: DSQ and removed from competition	See Classification rules - part 6
111. Paratriathlete who is intentionally misrepresenting his/her skills and/or abilities;	- First offence: DSQ - Second offence: DSQ and report to World Triathlon Tribunal for potential suspension or expulsion	See Classification rules - part 8
112. Guides and personal handlers, who have not registered at the athletes' briefing;	- Access to the FOP removed	17.6 b.)
113. Personal handler not carrying the special credentials which were given by the LOC/ITU;	- Warning and amend - If not corrected: DSQ the Paratriathlete that he/she is handling	17.7 a.)
114. Paratriathlete receiving help from more personal handlers that he/she has registered;	- DSQ	17.7 b.)

115. Any action taken by the personal handler which propels the paratriathlete forward;	- DSQ the Paratriathlete that he/she is handling	17.7 e.)
116. Personal handler repairing a Paratriathlete's bike in an area other than the athletes' transition spot or the wheel station during the competition;	- DSQ	17.7 c.) (iv) 17.7 g.)
117. Paratriathletes' equipment in the pre-transition area which haven't been registered;	- Before the competition: Warning and amend - If not corrected: DSQ	17.8 b.) (vi)
118. Personal handlers' present in the pre-transition area from PTS2, PTS3, PTS4 and PTS5;	- Before the competition: Warning and amend - If not corrected: DSQ the athlete that they are handling	17.9 a.)
119. 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;	- Before the competition: Warning and amend - If not corrected: DSQ	17.9 g.)
120. PTWC1 and PTWC2 paratriathletes doing the transition outside the individual space;	- Time penalty	17.10 h.)
121. 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.)

122. PTWC1 and PTWC2 athletes drafting off a vehicle or motorbike during the run;	- Warning and amend - If not corrected: Drafting time penalty	17.15 d.)
123. Paratriathletes leaving equipment in pre-transition after exiting it;	- Warning and amend - If not corrected: Time penalty	17.9 e.)
124. PTVI1, PTVI2 and PTVI3 athletes competing with a guide who is not complying with the requirements;	- DSQ	17.17 a.) (iv) (v)
125. 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)
126. 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)
127. 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)
128. PTVI1, PTVI2 and PTVI3 athletes pulled or pushed by the guide;	- DSQ	17.17 a.) (vii) 17.17 b.) (ii)
129. 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)
130. Paratriathlete enters the Field of Play with a guide dog;	- Before the competition: Warning and amend	17.17 a.) (i)

	- If not corrected: DSQ	
131. PTV11 athletes not wearing blackout goggles or glasses during the applicable segments;	- DSQ	17.17 a.) (x)

APPENDIX Y: The 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, as of January 1 2021. These rules have been updated based on the World Triathlon (TRI) publication: [Triathlon and Related Multisport Event Guidance for U19s](#). Additional information is contained in the TRI 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.
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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 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;
- Aerobars are not permitted in draft legal races.
- 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

- a) 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 WT 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 principal 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 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
BOX**

