Race Competition Rules

JULY 2016

Version July 2016
The original (source) document for these rules is the electronic version, which can be found on Triathlon Australia's website (www.triathlon.org.au).

Approved for release: 1st July 2016

Contact

Street Address:
Level 2, 66 Wentworth Avenue Surry Hills, NSW, 2010

Postal Address:
PO Box 13, Alexandria, NSW, 1435

Ph: 61 2 9972 7999
Email: info@triathlon.org.au
Technical Enquiries: events@triathlon.org.au

For information about Triathlon Australia:

Web **www.triathlon.org.au**

Table of Contents

INTRODUCTION 4

1. *GENERAL CONDUCT* 5
2. *SWIMMING CONDUCT* 7
3. *CYCLING CONDUCT* 9
4. *RUNNING CONDUCT* 14
5. *TRANSITION AREA CONDUCT* 14
6. *PENALTIES* 15
7. *PROTESTS* 18
8. *APPEALS* 18
9. *PARATRIATHLON CONDUCT* 19
10. *CROSS TRIATHLON/WINTER TRIATHLON* 19
11. *MODIFICATIONS TO THE RULES* 19
12. *EXCEPTIONS TO THE RULES* 19
13. *SPECIAL RULES* 19
14. *UNAUTHORISED EXCEPTIONS OR ADDITIONS* 20
15. *RULE CHANGES* 20

APPENDIX A: DEFINITIONS 21

APPENDIX B: EXAMPLES OF YELLOW, BLUE AND RED CARD INFRINGEMENTS 23

APPENDIX C – AGE DETERMINATION 23

APPENDIX D – COMPETITION CATEGORIES 24

APPENDIX E – RACE DISTANCES 25

APPENDIX F – RACE COMPETITION JURY 28

APPENDIX G – PROTEST PROCEDURES 28

APPENDIX H – APPEAL PROCEDURES 30

APPENDIX I – INFRINGEMENT FLOW CHART 36

INTRODUCTION

Authority

The Triathlon Australia Technical and Operational Risk Committee (TORC), a subcommittee of the Triathlon Australia Board, has the responsibility to ensure that the technical aspects of triathlon, duathlon and aquathlon are of the highest quality, with particular emphasis on the safety of each competitor and the fairness of each event.

Any difficulty in the interpretation or application of these Race Competition Rules (RCR) should be referred to the Triathlon Australia National Manager Events.

The rules outlined in this document are underpinned by the International Triathlon Union (ITU) Competition Rules. Any incidence not specifically covered in this document is, for rule interpretation, to be referenced by the current ITU Competition Rules document to be found at www.triathlon.org.

These rules apply to all events sanctioned by Triathlon Australia (TA).

Reference

This document is to be read in conjunction with the TA Event Operations Manual and all applicable TA policies. All participants in sanctioned events are subject to the TA Member Protection Policy. All documents are available on the TA website at triathlon.org.au.

Purpose

The TA Race Competition Rules (RCR) are intended to:

a. create an atmosphere of sportsmanship, equality and fair play;

b. optimise safety and protection;

c. emphasise ingenuity and skill without unduly limiting the competitor's freedom of action;

d. penalise competitors who seek to gain an unfair advantage; and

e. endorse the principle that triathlon is an individual sport and encourage individual performance and initiative.

1. GENERAL CONDUCT

These rules are applicable across the entire course.

1.1. Competitors must:

a. practise good sports conduct at all times;

b. be responsible for their own safety, the safety of their own equipment and be considerate of the safety of others;

c. be responsible for understanding and following the TA Race Competition Rules, and any Special Rules and conditions applicable to the event;

d. obey instructions from event officials;

e. obey traffic regulations unless otherwise instructed by an event official;

f. treat other competitors, officials, volunteers and spectators with respect and courtesy;

g. avoid the use of abusive language;

h. be responsible for keeping on the designated course;

i. not wear, use or carry items deemed to be a hazard to self or others e.g. a hard cast, jewellery, glass/metal containers or electronic and entertainment devices such as, but not limited to, mobile phones, mobile disc players, MP3 players or 2 way communication devices;

j. not use any equipment which may provide an unfair competitive advantage;

k. not obstruct or interfere with the forward progress of another competitor, or jeopardise the safety and welfare of another competitor or race official or spectator or member of the public;

l. not accept assistance from anyone, except as defined in Section 1.4;

m. not discard any equipment on the course, except at the approved dedicated locations;

n. not cause offence to others through deliberate acts of nudity, or personal toilet which might be seen in public;

o. wear a suit compliant with the TA RCR. For clarity a competitor may, at any time during an event, including during a non-wetsuit swim, wear a suit that is comprised of 100% textile material such as nylon or lycra but must not include rubberised material such as polyurethane or neoprene. In accordance with

Triathlon Australia's Sun Protection Policy, this suit may cover the shoulders and arms. It may also contain a zip.

1.2 Drug Abuse

The ITU, the Australian Sports Commission and TA condemn the use of substances or practices which artificially enhance performance.

a. Competitors will follow the TA Anti-Doping rules, as outlined in the TA Anti-Doping Policy (www.triathlon.org.au).

1.3 Health

Triathlons and other multisport events are strenuous activities, and the health and welfare of competitors is of paramount importance.

a. Competitors must withdraw immediately from an event if deemed and informed by the event medical personnel that the competitor appears to present a danger to the health or welfare of either the competitor or others.

b. Time limits for the swim leg, bike leg and overall finish time may be established for an event to ensure safe competition.

1.4 Outside Assistance

a. Assistance provided by event officials, including volunteers, is permitted, but such assistance is limited to the authorised provision of **drinks, nutrition and medical needs.**

b. Assistance provided by other competitors is permitted, but such assistance is limited to the provision of. **safety repair of equipment, drinks, nutrition, pumps, tyres, inner tubes and puncture repair kits**

c. Any other assistance from anyone else is deemed to be Outside Assistance. This includes:

- Provision of any items from another competitor, which will render the donor competitor incapable of completing the race, In this case, both competitors may expect to be disqualified;

- All mechanical repairs except, for safety reasons where an event official or event official mechanic, may instruct or guide, an athlete to repair or adjust equipment to ensure the athlete can continue in a safe manner.

d. Provision of a replacement wheel or wheels once the event has started is deemed to be Outside Assistance.

2. SWIMMING CONDUCT

2.1 When wetsuits are allowed, all of the components of the wetsuit will fit to the athletes' body tightly.

2.2. A competitor may use any swimming stroke for propulsion through the water. It is permissible to tread water or float.

2.3. A competitor may stand on the bottom or rest by holding an object such as a buoy or stationary boat. However, a competitor may not make use of the bottom or an object to make forward progress.

2.4. In an emergency, a competitor should raise an arm overhead and call for assistance. Once assistance is rendered beyond the provision of an object on which to rest, the competitor must withdraw from the event.

2.5. The temperature limits for the use of wetsuits and maximum time to be in the water for the varying swim distances are as follows:

a. Elite, Under-23, Open and Junior competitors

Swim Distance	Forbidden Above	Mandatory Below	Maximum Time
Up to 1500m	20° C	14° C	30 minutes
1501m – 3000m	22° C	16° C	1 hour 40 minutes
3001m and above	22° C	16° C	2 hours 15 minutes

b. Under-19 and Age Group competitors

Swim Distance	Forbidden Above	Mandatory Below	Maximum Time
Up to 1500m	22° C	14° C	1 hour 10 minutes
1501m – 3000m	24.5° C	15° C	1 hour 40 minutes
3001m and above	24.5° C	16° C	2 hours 15 minutes

An interim water temperature reading should be taken 24 hours before race start, and a final water temperature reading should be taken 1 hour before race start. Then a wetsuit ruling advised. If the variation in water temperature is known to be negligible, and the measured temperature is not on the cusp of the wetsuit determination temperatures, then it is acceptable to reduce the number of measurements to one.

Modifications

The Technical Delegate, following consultation with the Medical Director or Event Organiser, may amend the wetsuit determination temperatures for competitor safety

reasons. The swim distance can be shortened or even cancelled using the following table as a guide:

Original swim distance (m)	Adjusted Water Temperature (^{0}C)						
	Above 32.0	**31.9 to 31.0**	**30.9 to 16.0**	**15.9 to 15.0**	**14.9 to 14.0**	**13.9 to 13.0**	**Below 13.0**
750	Cancel	750m	750m	750m	750m	750m	Cancel
1500	Cancel	750m	1500m	1500m	1500m	750m	Cancel
3000	Cancel	750m	3000m	3000m	1500m	750m	Cancel
4000	Cancel	750m	4000m	3000m	1500m	750m	Cancel

Note that the temperatures above are not always the water temperature used in the final decision. If the water temperature is lower than 22^{0}C and the air temperature is lower than 15^{0}C, then the adjusted value is to decrease the measured water temperature according to the next chart:

		Air Temperature (^{0}C)							
		15	**14**	**13**	**12**	**11**	**10**	**9**	**8**
Measured Water Temperature (^{0}C)	**22**	21.0	20.5	20.0	19.5	19.0	18.5	18.0	17.5
	21	20.5	20.0	19.5	19.0	18.5	18.0	17.5	17.0
	20	17.5	17.0	16.5	16.0	15.5	15.0	14.5	14.0
	19	17.0	16.5	16.0	15.5	15.0	14.5	14.0	13.5
	18	16.5	16.0	15.5	15.0	14.5	14.0	13.5	13.0
	17	16.0	15.5	15.0	14.5	14.0	13.5	13.0	Cancel
	16	15.5	15.0	14.5	14.0	13.5	13.0	Cancel	Cancel
	15	15.0	14.5	14.0	13.5	13.0	Cancel	Cancel	Cancel
	14	14.5	14.0	13.5	13.0	Cancel	Cancel	Cancel	Cancel

2.6. A competitor must wear the swim cap if provided by the Race Director on the outside of all other swim caps. For aquathlons or other multi-swim events the wearing of the swim cap if provided is compulsory for the first swim leg and optional in subsequent swim legs.

2.7. Competitors must not use:

a. artificial propulsion devices;

b. flotation devices;

c. gloves or socks (including but not limited to compression socks);

d. wetsuits with thickness exceeding 5mm;

e. wetsuit bottoms of any length without a wetsuit top;

f. wetsuits when they are forbidden because of the water temperature; and

g. any clothing containing rubberised material in a non-wetsuit swim.

3. CYCLING CONDUCT

3.1 A competitor is not permitted to cycle without appropriate footwear or with a bare torso.

3.2 A competitor is not permitted to make any forward progress without the bicycle and all of its component parts.

3.3 Bicycle helmets are compulsory and must be approved by a testing authority which is recognised by a national federation that is an affiliate of the ITU.

3.4 An alteration or addition to any part of the bicycle helmet including the chin strap, or the omission of any part of the helmet, including an outer cloth cover, is prohibited.

3.5 The bicycle helmet must remain securely fastened on the head the competitor at all times once the bicycle is removed from the bicycle rack, while on the bicycle course and until the bicycle is replaced on the bicycle rack.

3.6 A competitor must clearly display race identification number at all times on the bicycle course. Those not complying may incur a Yellow Card Stop-Start penalty. However if the Technical Official considers that the identification number has been unintentionally lost, then the competitor will not be penalised.

Rules 3.7 to 3.13 inclusive apply to non-drafting events only

3.7 Illegal Pass

A competitor passing on the inside (left hand side) of another competitor will receive a Blue Card Time penalty for illegal pass.

3.8 Blocking

A competitor who impedes the forward progress of another competitor will receive a Yellow Card Stop-Start penalty for blocking. A blocking penalty can be avoided by safely moving to the left of the cycle lane at every opportunity. Course conditions and the proximity of other competitors will be considered in deciding whether to issue a blocking penalty.

3.9 Bicycle or Motorcycle Draft Distance

a. For all events with a cycling distance up to and including the standard distance, the bicycle or motorcycle draft zone is a distance of 10 metres. The front edge of the front bicycle or motorcycle wheel defines the start of the draft zone. Competitors have 20 seconds to pass through this zone. Also, see Clause 3.11(g) below.

b. For all events with a cycling distance greater than a standard distance, the bicycle or motorcycle draft zone is a distance of 12 metres. The front edge of the front bicycle or motorcycle wheel defines the start of the draft zone. Competitors have 25 seconds to pass through this zone.

3.10 Vehicle Draft Zone

a. For all events, the vehicle draft zone is 35 metres. The front edge of the vehicle defines the start of the draft zone.

b. The driver of any race participation vehicle is deemed the responsible to ensure that this zone is not overlapped by the draft zone of a competitor.

3.11 Drafting

a. The draft zone of a competitor may not overlap the draft zone of another competitor or motorcycle or vehicle except in the following circumstances:

(i) when the competitor is in the process of legally passing another competitor or motorcycle or vehicle;

(ii) for safety reasons;

(iii) for an aid station;

(iv) for entrance to or departure from a transition area; and

(v) in making an acute turn.

b. When passing a forward competitor or motorcycle, the rear competitor is allowed a maximum of 20 seconds to pass through the 10 metre draft zone and 25 seconds to pass through the 12 metre draft zone. Failure to observe this may result in a Blue Card Time penalty for drafting. Also, see Clause 3.11(g) below.

c. When passing a forward vehicle, the rear competitor is allowed a maximum of 90 seconds to pass through the draft zone. Failure to observe this may result in a Blue Card Time penalty for drafting.

d. At every instant during the overlapping of draft zones, the rear competitor must be seen to be gaining on the forward competitor or motorcycle or vehicle. Failure to observe this may result in a Blue Card Time penalty for drafting.

e. Once passed, a competitor must immediately commence to drop back out of the draft zone of the forward competitor, before attempting to re-pass. A competitor is deemed to have been passed once the leading edge of the front wheel of the passing bicycle has moved in front of the leading edge of the front wheel of the passed competitor's bicycle. Failure to observe this may result in a Blue Card Time penalty for drafting.

f. Professional Athletes – Prior to entering the draft zone of another athlete, professional athletes must safely move to the side of the athlete being passed and remain there during the passing action (ie. no slipstreaming). Failure to do so will result in a Blue Card Time penalty for drafting. Course conditions and the proximity of other competitors will be considered in deciding whether to issue a drafting penalty.

g. Determination of Draft Zone for events with a cycling distance up to and including the standard distance – If the Technical Delegate considers that the design of the cycle course combined with large competitor numbers, cannot accommodate a 10 metre draft zone, then the TD can approve a Special Rule, allowing a 7 metre draft zone and a maximum of 15 seconds to pass through the draft zone. If enacted, the Special Rule must be communicated to all competitors prior to the race.

3.12 Bicycles must have all of the following characteristics:

a. no more than 1.85 metres long and 50 centimetres wide;

b. measure at least 24 centimetres from the ground to the chain wheel axle;

c. a vertical line touching the front most point of the saddle will be no more than 5 centimetres in front of and no more than 15 centimetres behind a vertical line passing through the centre of the chain wheel axle **(*Diagram 6*)**, and a competitor must not have the capability of adjusting the saddle beyond these lines during competition;

d. measure no less than 54 centimetres and no more than 65 centimetres between a vertical line passing through the centre of the chain wheel axle and a vertical line through the centre of the front wheel axle **(*Diagram 7*).** Exceptions may be given only by the Technical Delegate for the bicycles of very tall or very short competitors;

Diagram 6 **Saddle Fore-Aft Position**

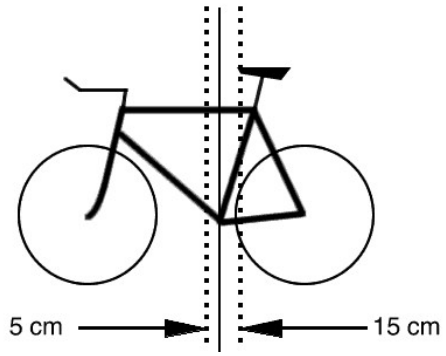
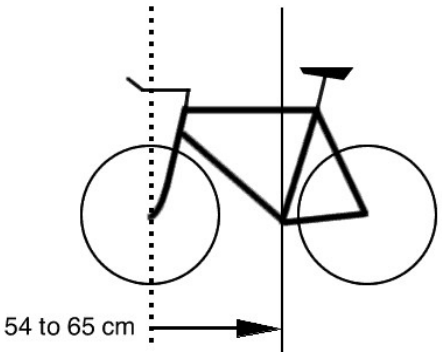


Diagram 7 **Front to Centre Distance**



e. fairings which reduce air resistance are prohibited;

f. the front wheel may be a different diameter from the rear wheel but must be of spoke construction;

g. disc wheels or covers are allowed on the rear wheel only, however this provision may be changed by the Event Organiser and / or the Technical Delegate in the interests of safety (e.g. in the case of the potential for high winds);

h. no wheel may contain mechanisms which are capable of accelerating it;

i. fixed-gear bicycles (or fixed-wheel bicycle, sometimes known as a fixie) are not permitted. This is a bicycle that has no freewheel, meaning it cannot coast — the pedals are always in motion when the bicycle is moving;

j. handlebar ends must be plugged, tubular tires securely glued, headsets tight and wheels true;

k. there must be an operational brake on each wheel.

l. forward facing brake levers are illegal on all bicycles. This applies to brake levers on standard curved handlebars, cow horn and aero bar mounted brake levers;

3.13 For all junior athletes up to and including 14 years competing in age group categories at events the following equipment restrictions shall apply:

a. The bicycle may be on-road, off-road or youth style. No "time trial" style bikes are allowed. No recumbent style bicycles are allowed.

b. Only standard drop, straight, or curved handlebars are allowed. No clip-on or time trial bars may be attached to the bike or used during competition.

c. For all events wheels must have at least 16 spokes and the construction of the rim shall exclude the use of composite fibres.

d. No disc wheels or wheel covers are allowed.

e. Only detachable tyres and tubes shall be used- commonly referred to as "clincher" tyres. A detachable tube means that the tube is detachable from the tyre casing. Tyres where the tube is not detachable from the tyre – commonly known as "singles" – shall not be allowed.

f. Time trial style helmets are not permitted.

3.14 In all draft legal events for Elite, Under-23 and Junior competitors and TA approved draft legal team events, the ITU Competition Rules* apply including, but not limited to:

a. Road bikes only and ITU approved wheels as per the current Union Cycliste Internationale (UCI) approved wheel list. Disc brakes are not permitted in draft legal events

b. Only traditional drop handlebars are permitted;

c. The handlebars must be plugged;

d. Clip-on bars will be permitted provided they do not exceed the foremost line of the brake levers;

e. Straight forward facing clip-on bars must have a solid factory bridge or be touching each other;

3.15 In all draft legal events for Age Group competitors, the ITU Competition Rules* apply including, but not limited to:

a. Wheels shall have at least 12 spokes;

b. Disc wheels and/or disc brakes are not permitted in draft legal events

c. Only traditional drop handlebars are permitted.

d. The handlebars must be plugged;

e. Clip-ons are not allowed.

*Current ITU Competition rules can be downloaded from www.triathlon.org.

4. RUNNING CONDUCT

4.1 A competitor may not crawl.

4.2 A competitor may not run with a bare torso or without shoes on any part of the run course of an event.

4.3 A competitor must clearly display the race identification number on their front at all times on the run course. Those not complying may incur a Yellow Card Stop-Start penalty. However if the Technical Official considers that the identification number has been unintentionally lost, then the competitor will not be penalised.

5. TRANSITION AREA CONDUCT

5.1 A competitor may only have a bare torso when moving from the swim exit to their designated transition area or moving from their designated transition area to the swim entry, the latter in a multi swim event.

5.2 A competitor must mount and dismount the bicycle at the respective designated mounting and dismounting zones.

5.3 A competitor must at all times rack his/her own bicycle only at their designated bicycle rack location and leave it in a stable position. It must be racked by either the seat or both brake hoods.

5.4 A competitor must at all times place all their equipment at their bicycle rack location.

5.5 A competitor must not interfere with another competitor's equipment, but where accidental interference occurs the offending competitor must replace the equipment to its former position and state before proceeding.

6. PENALTIES

6.1 General Rules

Failure to comply with the TA RCR may result in a competitor being penalised, disqualified, suspended, or expelled.

The nature of the rule violation will determine the subsequent penalty.

Technical Officials are allowed to assess penalties even if the infringement is not listed in the RCR:

- if the Technical Official deems that an unfair advantage has been gained, or
- if an unsafe situation has been created.

An infringements flow chart is included in Appendix I – Infringements Flow Chart.

6.2 Issuing of Yellow, Blue and Red Cards

A Technical Official should carry out the following actions when issuing a yellow, blue or red card to a competitor:

a. gain the attention of the competitor;

b. confirm with the competitor their race number;

c. show the competitor a Yellow, Blue or Red Card and inform the competitor of the rule infringement; and

d. advise the competitor what action needs to be taken.

If the Technical Official considers that a Red Card penalty cannot be issued safely, it is not mandatory for that Technical Official to penalise the competitor in person. Despite this, the competitor may still be subject to disqualification by the Race Referee.

6.3 Competitor Conduct

When shown a Yellow, Blue or Red Card by a Technical Official, a competitor must:

a. confirm with the Technical Official their race number; and

b. acknowledge and obey any instruction from the Technical Official.

A competitor may complete the event even if shown a Yellow, Blue or Red Card by a Technical Official.

6.4 Yellow Card Stop–Start Penalty

This is a stop-start penalty for a minor infringement, which is served with a Technical Official anywhere on the course. This penalty involves the display of a Yellow Card by a Technical Official and advice on when and where the competitor is to serve the penalty. The competitor may resume racing only after being instructed to do so by a Technical Official.

If the competitor is instructed to proceed to a bike course penalty box to serve a Yellow Card Stop-Start penalty, then the competitor is required to attend the next penalty box. Failure to do so may result in disqualification. Whilst in the penalty box the competitor will be required to sign a Penalty Box Register. The competitor may resume racing only after being instructed to do so by the Penalty Box Technical Official. Appendix B lists examples of Yellow Card Stop-Start penalty infringements.

6.5 Blue Card Time Penalty

This is a time penalty for an infringement, which is served with a Technical Official anywhere on the course. This penalty involves the display of a Blue Card by a Technical Official and advice on when and where the competitor is to serve the penalty. The competitor may resume racing only after being instructed to do so by the Technical Official.

If the competitor is instructed to proceed to a bike course penalty box to serve a Blue Card Time penalty, then the competitor is required to attend the next penalty box. Failure to do so may result in disqualification. Whilst in the penalty box the competitor will be required to sign a Penalty Box Register. The competitor may resume racing only after being instructed to do so by the Penalty Box Technical Official. Appendix B lists examples of Blue Card Time penalty infringements. The duration of the time penalty is determined in Section 6.6.

6.6 Duration of Blue Card Time Penalty

The duration of the time penalty will vary according to the length of the bicycle course segment.

	Duration of Time Penalty
Bike Course ≤40 km	3 minutes
Bike Course >40 km	5 minutes

6.7 Multiple Blue Card Time Penalties

If a competitor receives multiple Blue Card Time penalties then the competitor must serve those penalties but may complete the event. For events with a bicycle course distance less than 80km, two or more Blue Card Time penalties may result in the competitor being disqualified by the Race Referee at the completion of the event. For events with a bicycle course distance equal to or greater than 80km, three or more Blue Card Time penalties may result in the competitor being disqualified by the Race Referee at the completion of the event.

6.8 Red Card Penalty

A red card shall be issued for a violation, which is a major infringement. After receiving a red card, the competitor is not required to serve a time penalty, and may complete the event. At the completion of the event the Race Referee will rule on the violation. Appendix B lists examples of red card violations.

6.9 Violation Report

A Technical Official must provide a Violation Report to the Race Referee in the following situations:

- if the Technical Official has issued a Red Card to a competitor, or

- due to circumstances, the Technical Official was unable to issue a Red Card in person, or

- if a Blue Card Time Penalty was not served (example: an athlete who was penalised for drafting fails to report to the Penalty Box to serve the time penalty). In this situation the official responsible for reconciling the blue card penalties shall complete the Violation Report. The name of the official who issued the blue card shall be included in the report.

6.10 Disqualification

This is a penalty given by the Race Referee:

- on the personal observation, or
- as a result of a Violation Report or Reports made by a Technical Official(s), or
- a finding by the Race Competition Jury, or
- other evidence, such as information provided by a timing company.

This penalty removes a competitor as a finisher from the results of an event.

The burden of proof required for the Race Referee to make a ruling, based on the evidence at hand, is “beyond reasonable doubt”. Where the Race Referee’s ruling is

to disqualify a competitor, the Race Referee must post the ruling (competitor race number and rule infringed) on the Penalties Notice Board, which is to be displayed in a prominent location that competitors will have access to at the finish e.g. the athlete recovery area. The Race Referee may wish to personally meet with a disqualified competitor to discuss the ruling but this is not a mandatory requirement. Penalties not posted within one hour of the last competitor finishing the event are invalid.

6.11 Suspension and Expulsion

These are penalties awarded for more severe infringements by either by the Board of the State/Territory Triathlon Association (STTA), or by the TA Board, whichever is applicable. The process is initiated by the Race Referee via the referral of the details of the infringement, through the Technical Delegate, to the relevant authority. Severe infringements include, but are not limited to, the following:

a. conduct of an unusual, protracted, violent or severe nature;

b. fraud;

c. participating when ineligible; and

d. violation of TA's Anti-Doping Policy

Further information on suspension and expulsion is available in TA's Member Protection Policy.

7. PROTESTS

7.1 A competitor may file a protest with the Race Referee provided that the action protested has not previously been reported by a Technical Official and ruled upon by the Race Referee. Matters relating to the lodging and consideration of appeals are explained in Appendix G – Protest Procedures.

8. APPEALS

8.1 A competitor may file an appeal with the Technical Delegate, or STTA representative if a Technical Delegate was not appointed, against a ruling of the Race Referee, provided that the decision appealed against has not previously been the subject of an appeal and ruled upon by the Race Competition Jury. Matters relating to the lodging and consideration of appeals are explained in Appendix H – Appeal Procedures.

9. PARATRIATHLON CONDUCT

9.1 Rules for conduct of paratriathlon events can be found in the ITU Competition Rules on the ITU website (www.triathlon.org).

10. CROSS TRIATHLON/WINTER TRIATHLON

10.1 Rules for the conduct of these types of competitions can be found in the ITU Competition Rules on the ITU website (www.triathlon.org).

11. MODIFICATIONS TO THE RULES

11.1 These rules will apply to all events that fall within the jurisdiction of TA. To that end, throughout these RCR, unless otherwise specified, the term 'triathlon' is used in its generic form to imply any of those events.

11.2 It is important to know the intent and purpose of a rule so that it may be intelligently applied in a given situation. A competitor must not be permitted an advantage not intended by a rule, or to place the health or welfare of anyone in jeopardy. To implement this philosophy, many of the rules are written in general terms. This practice minimises the necessity for a multiplicity of rules and provides the Technical Officials with ample authority to adapt their application of the rules to fit conditions. Technical Officials must base their determination on whether an advantage, not intended by the rules, has been gained or health or welfare of any athlete has been jeopardised.

12. EXCEPTIONS TO THE RULES

12.1 These TA RCR will be applicable to all events sanctioned by TA. Where the TA RCR conflict with the laws of the jurisdiction in which the event is to be held, those laws will override the TA RCR to the extent of the inconsistency, and competitors must be notified of the implications of these laws as early as possible and not later than prior to the start of the event.

12.2 Exceptions for special circumstances in a particular event may only be gained from TA, through the National Events Manager, with prior approval.

13. SPECIAL RULES

13.1 The Technical Delegate may approve the addition of special rules for a particular event, provided that:

a. Participants are informed of each additional special rule before the event; and

b. Each additional special rule and the reasons for its inclusion are advised to the TA National Manager Events before the day on which the event is to be conducted.

14. UNAUTHORISED EXCEPTIONS OR ADDITIONS

14.1 If an exception or addition, of a race completion rule is not authorised, the event, cannot be sanctioned. Any existing sanction may be invalidated. This could result in legal complications, particularly in the case of accidents during the event and in subsequent requests for approval from state/territory and/or municipal authorities to use roads and waterways. Insurance authorities have also warned that claims made under such circumstances may be considered invalid.

15. RULE CHANGES

15.1 The RCR may be changed from time to time by the TA Board, at its absolute discretion. Any such rule change shall not take effect until 14 days after it has been posted on the TA website.

APPENDIX A: DEFINITIONS

Appellant	A competitor submitting an appeal.
Aquathlon	The term recognised by the ITU, TA and the Australian Sports Commission (ASC) for a sport of individual character and motivation which combines swimming and running skills in continuum. The TA term for a run-swim-run competition.
Assistance	Any attempt by an unauthorised or unofficial source to help or to stabilise a competitor.
Bicycle Course	That part of the race route over which it has been defined in the race brief that the bicycle is to be ridden, walked or carried. The bicycle course commences at the Bicycle Mount Zone and concludes the Bicycle Dismount Zone.
Blue Card	This is shown by a technical official to a competitor who has committed an infringement (see also *Time Penalty*)
Duathlon	The term recognised by the ITU, TA and the ASC for a sport of individual character and motivation which combines bicycling and running skills in continuum. The TA term for a run-ride-run competition.
Elite	Elite category competitors who hold a professional membership, which in Australia includes Triathlon Australia membership.
Finisher	A competitor who completes the entire race course within the rules and crosses the finish line, with any part of their body.
Interference	A deliberate block, charge or abrupt motion which impedes another competitor.
Judgement Call	Any assessment of events, circumstances or the race environment by a technical official. For the avoidance of any doubt a judgement call is, but is not limited to, a determination that a competitor is guilty of drafting, blocking, or gaining an unfair advantage.
Open	Open category competitors can hold any level of TA membership.
Pass	When one competitor's bicycle draft zone overlaps another competitor's bicycle draft zone, makes continual forward progress through that zone and passes within a maximum period specified in Rule 3.11. A competitor cannot pass another competitor on the left hand side in a non-draft legal event.
Penalty Box	One or more designated areas on the course where competitors may be required to serve a time penalty for a rule violation.
Race Referee	A Technical Official who is responsible to the Technical Delegate to hear and make final decisions on all rule infringements reported by Technical Officials and on all protests.
Red Card	This is shown by a technical official to a competitor who is suspected of committing a violation (or major infringement). In association with this, the technical official submits a Violation Report to the Race Referee, who makes a ruling at the completion of the race. Meanwhile, the competitor is permitted to complete the race.

Results	The timed finish positions of all competitors after infringement reports have been ruled on, protests and appeals have been heard, and penalties have been awarded.
Run Course	That part of the race route over which it has been defined in the race brief that the competitor is to run or walk. In triathlons and aquathlons, the run course commences at the exit from the Transition Zone boundary and concludes at the finish line. In duathlons, the first Run Course commences at the start line and finishes at the entry to the boundary of the Transition Zone; the second Run Course commences at the exit from the Transition Zone boundary and concludes at the finish line.
Sanction	A permit issued by the authority of TA for the conduct of a national championship, or a race of a national race series, or for an international event staged in Australia, and by a state/territory association, through the authority delegated to it by TA, for all other events. The issue of such a permit is a declaration by the sanctioning authority that plans for the event have been thoroughly inspected and provide the greatest potential for the conduct of a safe and fair event.
Sports Conduct	The behaviour of a competitor during competition. Previously referred to as 'sportsmanship', good sports conduct is interpreted as fair, rational and courteous behaviour, while bad sports conduct is any behaviour on the part of a competitor which is judged to be unfair, unethical or dishonest, a violent act, intentional misconduct, abusive language, intimidating behaviour, or persistent infringement of the rules.
Stop-Start Penalty	A Yellow Card Penalty which imposes a brief delay on a competitor who is assessed by a race official to have committed a minor infringement.
Swim Course	That part of the race route over which it has been so defined in the race brief. In triathlons and aquathlons, the swim course commences at the start line and concludes at the entry to the boundary of the Transition Zone.
Technical Delegate	A Technical Official who is qualified by TA as delegated to state/territory associations, who is responsible for ensuring that all aspects of the TA Race Competition Rules and Race Operations Procedures are fulfilled in preparation for, during, and after the event. Where appeals are lodged, the TD is responsible for convening and chairing the Race Competition Jury. The TD may be responsible for conducting or overseeing the conduct of race sanctioning. At lower end events where no TD is specifically appointed, the senior official present may also fulfil the role of TD.
Technical Official	Accredited race officials who are qualified by TA as Technical officials, and are appointed to be responsible for observing, assessing and reporting on the performance of competitors in a sanctioned event in relation to TA Race Competition Rules.

Time Penalty	A Blue Card Penalty which imposes a time penalty on a competitor who is assessed by a race official to have committed an infringement.
Transition Zone	A location within a defined boundary which is not a part of the swim course, the bicycle course or the run course and within which each competitor is allocated an area for the storage of individual items of clothing and equipment.
Yellow Card	This is shown by a technical official to a competitor who has committed a minor infringement (see also S*top-Start Penalty*)

APPENDIX B: EXAMPLES OF YELLOW, BLUE AND RED CARD INFRINGEMENTS

Common examples of yellow, blue and red card infringements are listed below. This list is intended as a guide only and is not exclusive. Note that the same infringement may attract different penalties, depending on the competitive environment the context of the event, and the severity of the offence.

Conduct	Yellow Card Stop-Start	Blue Card Time Penalty	Red Card
Bicycle helmet not securely fastened	x		
Discard equipment (littering)	x	x	x
Illegal pass		x	
Blocking	x		
Drafting		x	
Deliberately not wearing race numbers provided	x		
Use of gloves or socks in the swim leg			x
Not completing the entire course			x
Using a distracting device, eg. MP3 player or a mobile phone			x
Failure to obey a Technical Official's instructions			x
Offensive behaviour such as nudity or personal toilet			x
Outside assistance			x
Abusive language or violent behaviour			x

APPENDIX C – AGE DETERMINATION

Age determination for all categories is determined by age on December 31st during the year of the triathlon competition.

APPENDIX D – COMPETITION CATEGORIES

Category	Description		
	High Performance Pathway Categories		
Professional or Elite	An event with Prize money that is is only available to appropriate licenced athletes under the TA Professional/Elite Licence Policy. This category must be defined as either “Professional” or "Elite".		
Under 23 Development	This category is reserved for triathletes who are turning 18, 19, 20, 21, 22 or 23 in the year of competition, and requires a TA Professional Membership.		
ITU Junior	This category is reserved for triathletes who are turning 16, 17, 18 or 19 in the ITU Competition year, and are endorsed by their STTA to compete in draft legal triathlon.		
ITU Youth	This category is reserved for athletes who are turning 13, 14 & 15 in the ITU competion year and are endorsed by their STTA to compete in draft legal triathlon.		
	Age Group Categories		
Open	A category that has prizemoney below the “Professional/Elite” threshold as per the TA Professional/Elite Licence Policy. This category is open to professional and age group athletes.		
Under 19	This category is reserved for triathletes in the 7 - 19 years age groups. See U19 triathlon, duathlon and aquathlon prescribed race distances.		
Age Groups	a. 16 - 19 years	g. 45 – 49 years	m. 75 – 79 years
	b. 20 – 24 years	h. 50 – 54 years	n. 80 – 84 years
	c. 25 – 29 years	i. 55 – 59 years	o. 85 – 89 years
	d. 30 – 34 years	j. 60 – 64 years	p. 90 – 94 years
	e. 35 – 39 years	k. 65 – 69 years	q. 95 – 99 years
	f. 40 – 44 years	l. 70 – 74 years	

TA maintains national distance recognition of the 14 – 15 years and 16 – 19 years age groups for Sprint Distance competition.

TA maintains national distance recognition of the 16 – 19 years age group for Standard Distance competition.

TA maintains the national distance recoginition of the 18-19 years Middle distance championships competition.

APPENDIX E – RACE DISTANCES

Distances in each table are maximum distances permissible for each discipline, however, events can be of any configuration within these maximums (eg. Duathlon = Run / Bike / Run; Aquathlon = Run / Swim / Run; Triathlon = Enduro).

No course segment of an event may exceed the course segment distance for a particular category as listed in Tables 1 to 3, even if the distances of the other course segments are less than those segments stated.

TABLE 1: - UNDER 19 TRIATHLON – MAXIMUM ALLOWABLE RACE DISTANCES

AGE GROUP	SWIM	BIKE	RUN	COMMENT	RELAY (one leg of distance stated)
Under 7	100m	1km	500m	Non-Competitive /Novelty	100m/1km/500m
7yo	100m	3km	1km	Non-Competitive/Novelty	200m/6km/1km
8yo	100m	3km	1km	Non-Competitive/Novelty	200m/6km/1km
9yo	100m	3km	500m	Non-Competitive/Novelty	200m/6km/1km
10yo	200m	6km	1.5km	Non-Competitive/Novelty	300m/10km/2km
11yo	200m	6km	1.5km	Non-Competitive/Novelty	300m/10km/2km
12yo	300m	10km	2km	Competitive	400m/15km/4km
13yo	400m	15km	4km	Competitive	750m/20km/6km
14yo	750m	20km	5km	Competitive	1.5km/40km/10km
15yo	1.5km	40km	10km	Competitive	1.5km/40km/10km
16yo	1.5km	40km	10km	Competitive	1.5km/40km/10km
17yo	1.5km	40km	10km	Competitive	1.9km/90.1km/21.1km
18yo+	3.8km	180.2km	42.2km	Competitive	

TABLE 2: - UNDER 19 DUATHLON – MAXIMUM ALLOWABLE RACE DISTANCES

AGE GROUP	RUN	BIKE	COMMENT	RELAY (one leg of distance stated)
Under 7	500m	1km	Non-Competitive/Novelty	500m/1km
7yo	1km	3km	Non-Competitive/Novelty	1km/6km
8yo	1km	3km	Non-Competitive/Novelty	1km/6km
9yo	1km	3km	Non-Competitive/Novelty	1km/6km
10yo	2km	6km	Non-Competitive/Novelty	2km/10km
11yo	2km	6km	Non-Competitive/Novelty	2km/10km
12yo	4km	10km	Competitive	4km/15km
13yo	5km	15km	Competitive	5km/20km
14yo	7.5km	20km	Competitive	7.5km/20km
15yo	10km	40km	Competitive	10km/40km
16yo	10km	40km	Competitive	10km/40km
17yo	15km	40km	Competitive	

TABLE 3 - UNDER 19 AQUATHLON – MAXIMUM ALLOWABLE RACE DISTANCES

AGE GROUP	SWIM	RUN	COMMENT	RELAY (one leg of distance stated)
Under 7	100m	500m	Non-Competitive/Novelty	100m/500m
7yo	100m	1km	Non-Competitive/Novelty	200m/1km
8yo	100m	1km	Non-Competitive/Novelty	200m/1km
9yo	100m	1km	Non-Competitive/Novelty	200m/1km
10yo	200m	2km	Non-Competitive/Novelty	300m/2km
11yo	200m	2km	Non-Competitive/Novelty	400m/4km
12yo	300m	4km	Competitive	750m/6km
13yo	400m	6km	Competitive	1km/8km
14yo	1km	8km	Competitive	1.5km/10km
15yo	1.5km	10km	Competitive	1.5km/10km
16yo	1.5km	10km	Competitive	1.5km/10km
17yo	1.5km	10km	Competitive	

APPENDIX F – RACE COMPETITION JURY

The Race Competition Jury is to be chaired by the Technical Delegate (TD) and is to comprise two other members as outlined below:

International Events – in accordance with ITU rules.

National Series Events - one other person who is either:

- Member of TA Board; or
- Member of an STTA Board; or
- Accredited Technical Official with a minimum RTO qualification.

State/Territory level championship events – two other persons, each of who are either:

- Member of TA Board; or
- Member of an STTA committee; or
- Accredited Technical Official with a minimum RTO qualification.

All other events – two other persons, each of who are either:

- Accredited Technical Official with a minimum RTO qualification ; or
- Member of an STTA Board; or
- Member of the committee of a triathlon club affiliated with TA ; or
- Member of an STTA with an understanding of the rules of triathlon.

For all TA Events if a TD has not been appointed then their replacement should also be someone meeting the above criteria.

The TD is responsible to the Race Sanctioning Authority to determine, hear and rule on all appeals against decisions handed down by the Referee, including decisions on protests.

APPENDIX G – PROTEST PROCEDURES

Types of Protest

a. Protest Concerning the Course

A protest that the course does not conform to the requirements of the Sanctioning Authority, or is unsafe, must be made in writing to the Race Referee at least 24 hours before the start of the race.

b. Protest Concerning Eligibility

A protest concerning the eligibility of a competitor must be made in writing to the Race Referee. The affected competitor may compete.

c. Protest Concerning Equipment

A protest concerning a competitor's equipment being in violation of the conditions set out in these Race Competition Rules must be made in writing to the Race Referee no later than 30 minutes after the protesting competitor's finish time.

d. Protest Against the Race

A protest against the actions of another competitor or official carried out before, during or after the race must be made in writing to the Race Referee within 30 minutes of the protesting competitor's finish time. Such a protest may be submitted only if the protesting competitor claims that the action of the alleged offender was detrimental to the performance of the protester.

e. Protest Concerning Timekeeping

A protest concerning an error in timekeeping must be made in writing to the Race Referee within 30 minutes after the posting of the official results. A state or territory association may protest an error in timekeeping in the official results of a national or international championship event within 30 days after the competition, in writing, to the TA Board through the National Manager Events.

Consideration of a Protest

A protest will not be considered unless:

a. The protest is submitted to the Race Referee within the time laid down in the foregoing paragraphs;

b. The protest is accompanied by a Protest Fee of AUD$100 for all events unless the sanctioning authority imposes a lesser fee, and which will be refunded only if the protest is upheld;

c. The protest is submitted in writing, preferably on a TA Race Protest Form which may be obtained from the Race Referee; and

d. A protest cannot be made on a judgement call by a Technical Official.

Protest Procedures

The following procedures are to be observed in the handling of protests:

a. Protests will be filed with the Race Referee, signed by the protester, within the time limits specified and accompanied by the fee;

b. A copy of the protest is to be made available to the competitor(s) and official(s) named in the protest at least 30-minutes prior to the hearing;

c. The protester and the accused, and/or their state, region or club representative should be present at the hearing. If the protester does not attend, the protest hearing may be postponed or cancelled. The Race Competition Jury will determine if absence from the hearing is valid.

d. Failure of any party to attend the hearing may justify the Race Competition Jury in making a decision without them.

e. A representative for either the protester or the accused may be designated to appear if approved by the Chair of the Race Competition Jury;

f. The hearing will not be open to the public or the media;

g. The Race Competition Jury Chair will explain the process and everyone's rights;

h. The Race Competition Jury Chair will read the protest;

i. The protester and the accused (or their representatives) will be given adequate time to give their accounts of the incident;

j. Witnesses (up to 2 each) may speak for up to three minutes each;

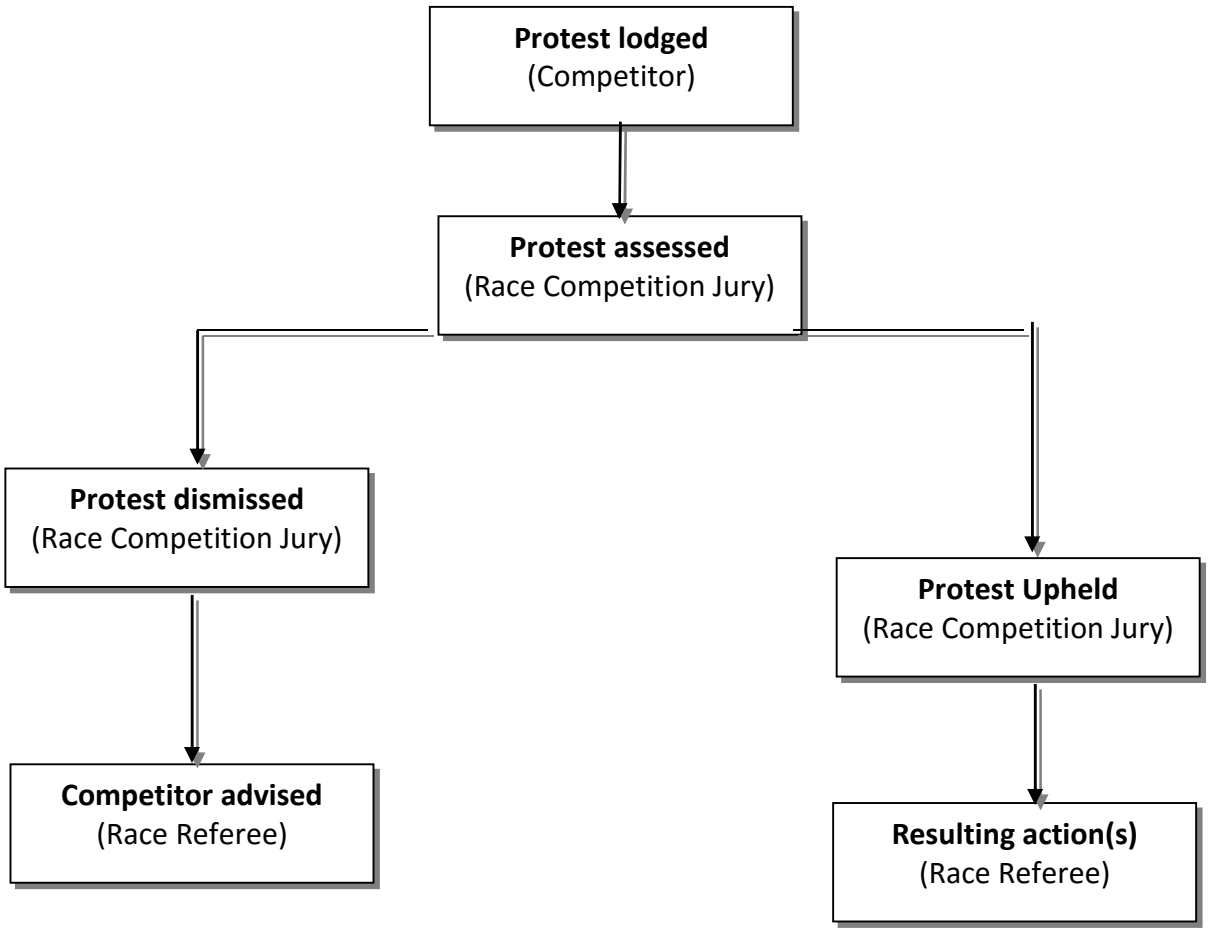
k. The Race Competition Jury will hear the protest and render a decision by a simple majority. The burden of proof required for the Race Competition Jury to make a ruling, based on the evidence at hand, is "beyond reasonable doubt";

l. The decision will be posted immediately, and delivered in writing to the parties upon request;

m. In the case of a protest that has been upheld, the Race Referee is to ensure that the Protest Fee is returned to the protester;

n. The Race Competition Jury will produce minutes of the meeting, including the Jury's decision, which must be approved by all members of the Race Competition Jury, by the end of the meeting. The minutes will be submitted to the relevant STTA and/or TA.

Protest Flow Chart



APPENDIX H – APPEAL PROCEDURES

Consideration of an Appeal (to the Race Competition Jury)

An appeal is a request for a review of a decision made by the Race Referee or the Race Competition Jury. An appeal against a decision will not be considered unless:

a. i) For events with a completion time later than 20:00 hours - the appeal is submitted to the Technical Delegate before 08:00 hours on the day after the event,

or

ii) For all other events - the appeal is submitted to the Technical Delegate within 30 minutes of the Race Referee's decision being formally advised

b. The appeal is accompanied by an Appeal Fee of AUD$100 for all events unless the sanctioning authority imposes a lesser fee, and which will be refunded only if the appeal is upheld; and

c. The appeal is submitted in writing, preferably on a TA Race Appeal Form which can be obtained from the Technical Delegate.

Appeal Procedures

The following procedures are to be observed in the handling of an appeal to the Race Competition Jury:

a. The appeal is to be submitted, in writing on the appropriate form and signed by the appellant, to the Race Referee within the specified time limit;

b. The Technical Delegate is to convene and chair the Race Competition Jury;

c. A copy of the appeal is to be made available to the Race Competition Jury, the competitor and officials named in the appeal at least 30 minutes prior to the hearing;

d. The appellant and the accused and/or their national representative must be present. If the appellant does not attend, the appeals hearing may be postponed or cancelled. The Race Competition Jury will determine if absence from the hearing is valid;

e. Failure of any party to attend the hearing may justify the Race Competition Jury in making a decision without them;

f. A representative for either the appellant or the accused may be designated to appear if approved by the Race Competition Jury;

g. The Race Competition Jury Chair will explain the process and everyone's rights;

h. The hearing will not be open to the public or the media;

i. The Race Competition Jury Chair will read the appeal;

j. The appellant and the accused will be given adequate time to give their accounts of the incident;

k. Witnesses (up to two each) may speak for up to three minutes each;

l. The Race Competition Jury will hear the evidence and render a decision by a simple majority. The burden of proof required for the Race Competition Jury to make a ruling, based on the evidence at hand, is "beyond reasonable doubt";

m. The decision will be advised immediately, and delivered in writing to the parties upon request;

n. In the case of an appeal that has been upheld, the TD is to ensure that the Appeal Fee is returned to the appellant;

o. The Race Competition Jury will produce minutes of the meeting, including the Jury's decision, which must be approved by all members of the Race Competition Jury, by the end of the meeting. The minutes will be submitted to TA.

p. After endorsement in the case of an appeal, which has not been upheld, the TD is to dispatch the appeal form to TA together with the Appeal Fee.

Appeal to the TA Board

A competitor whose appeal is dismissed by the Race Competition Jury may appeal to the TA Board.

a. The only ground of appeal available to an aggrieved competitor following determination by the Race Competition Jury is that the procedure relating to appeals was not properly followed and/or implemented;

b. Any appeal under this section must be lodged with the CEO of TA within 48 hours of receipt by the aggrieved competitor of the decision of the Race Competition Jury;

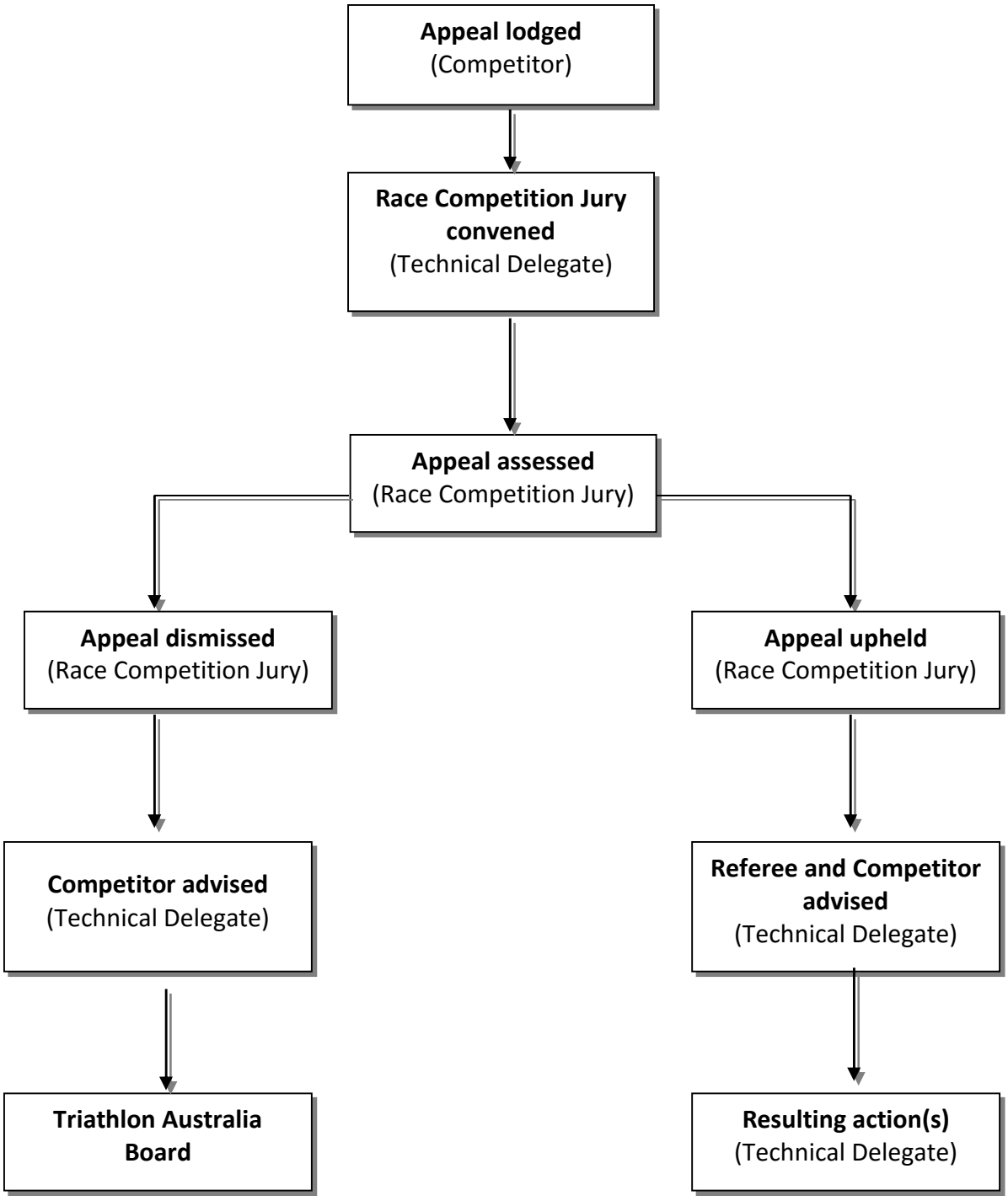
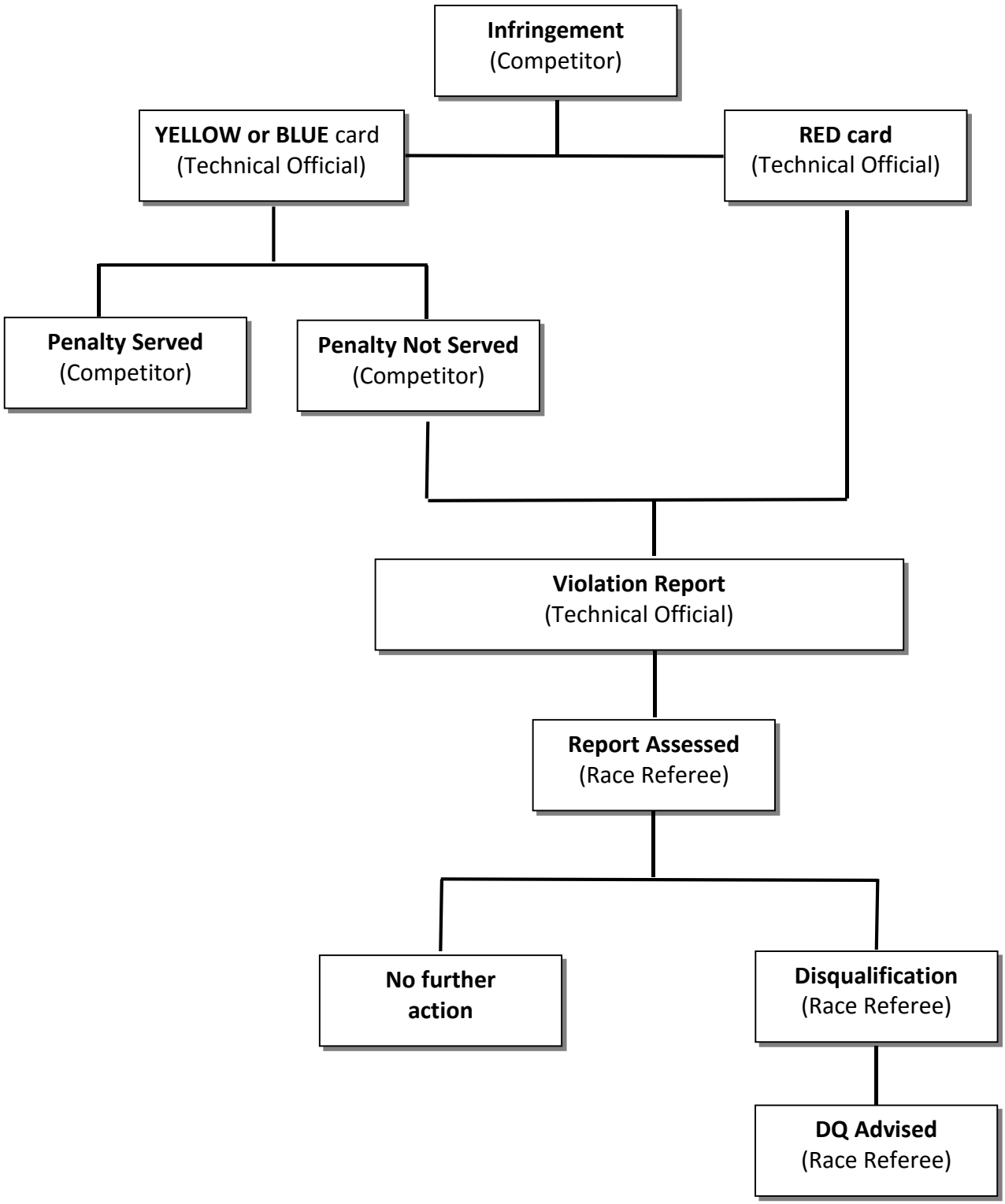
c. Appeals under this section must be in writing stating precisely the ground of appeal relied upon by the aggrieved competitor;

d. The timetable and procedure for any appeal to the TA Board will be set by the President of TA or his/her nominated representative. Such timetable and procedure shall take into consideration the need for expediency and finality in regard to race results in addition to any other matter deemed significant by the President (or nominee) in the circumstances of the appeal;

e. When considering whether the grounds for appeal has been met the TA Board will disregard any technical breach of the rules that in their opinion has no bearing on the outcome of the appeal to the Race Competition Jury or merits of the competitor's appeal to the Race Competition Jury; and

Any appeal to the TA Board against the decision of the Race Competition Jury must include a fee of AUD$500 made payable to Triathlon Australia which is non-refundable should the appeal to the TA Board be dismissed.

Appeal Flow Chart



APPENDIX I – INFRINGEMENT FLOW CHART