

OFF-ROAD MULTISPORT SPECIFIC ADDITIONAL RULES (FROM OAT)

Q - OFF-ROAD MULTISPORT EVENTS - Additional Rules

Q1. General

For any off-road triathlon or duathlon competition sanctioned by or conducted under the auspices of the Triathlon Canada (TC), the rules of that organisation will apply with only the specific modifications

Q2. Swimming Conduct and Equipment

Q2.1 Wetsuits

- a) Wetsuits are allowed based on water temperature measured the day prior to the event;
- b) The Head Referee, at their discretion, may modify the temperature rules for wetsuit use for safety reasons. The lower range of temperature may not be made any lower under any circumstance.

Q2.2 Buoys:

- a) Any athlete confirmed cutting a buoy will be disqualified. At the discretion of the Head Referee a 2 minute penalty may be awarded instead of a disqualification.

Q3. Bike Conduct and Equipment

Q3.1 Equipment

- a) Only mountain bikes are legal for competition.
- b) Cyclo-cross bikes are not allowed.
- c) No drop handlebars are allowed.
- d) No aero bars are allowed.
- e) All bikes must have 26" or 29" wheels.
- f) Bar extensions or grips off the handlebars may not exceed 11cm.
- g) Bike numbers must be mounted on the handlebars facing forward.

Q3.2 Passing:

- a) Lapped riders must yield to overtaking riders.
- b) Riders should voice the command "Track" or "On your left," when overtaking another. It is the responsibility of faster rider to overtake safely.
- c) Slower riders must yield to the passing rider on the first command.
- d) In the event two riders are racing for position, the leading rider does not have to yield his position to the challenging rider.
- e) A rider may not bodily interfere with or impede another rider's progress.

Q3.3 Drafting

a) Drafting is allowed by Elite, Junior or Age Group competitors.

Q3.4 General

a) Competitors shall complete the entire event on the same bicycle upon which the event was begun. Competitors must bring their bike to the Bike/Run transition to be allowed to continue.

Q4.Run Conduct and Equipment

Q4.1 Numbers

a) Numbers must be worn on the front of the body. Cutting numbers or altering with stickers is not allowed.

b) For Elite competitors, there will be a warning for not having the number on the front of the body. A second infraction will result in a 2-minute penalty. A 2-minute penalty will be assessed for losing the run number.

Q5 Event General Rules:

Q5.1 General

a) Ignorance of the rules is not admitted as an excuse.

b) It is the responsibility of each competitor to maintain adequate hydration.

Q5.2 Cutting the course

a) Short-cutting and/or cutting trail switch-backs on course is NOT permitted and may result in disqualification. A rider is required to stay on the designated trail that is marked and/or specified as the racecourse. It is the rider's responsibility to know the designated racecourse. Lack of tape or a barrier on the course will NOT be constituted as an excuse for cutting course.

Q5.3 Outside assistance

a) Limited outside assistance is allowed from another athlete competing in the same event. No outside assistance is allowed from any person not competing in the same event. These include but are not limited to spectators, friends, family, volunteers, support crew, photographers, police, officials or marshals.

Assistance is limited to tools, tubes or any item that would be used to repair a faulty part or damaged bicycle or water, food, or first aid. Changing bikes is not allowed. As an example: a competitor is allowed to give another competitor a chain tool or link or a complete chain. A competitor can give another competitor a tire patch, tube or a complete wheel. However, an athlete cannot exchange bikes with another athlete so that the athlete with the broken bike can simply continue without fixing the break. Assistance provided by a race organiser that is available to all competitors (e.g. a mechanic in transition or a wheel drop) is not considered outside assistance.

Q5.4 Protests:

a) All protests will be addressed as described in section K. of the Competition Rules. Because of the nature of off-road events, in the woods, out of sight and marshalled only where necessary, it is not always possible to see infractions. Protests will require substantial evidence, including witnesses, and you must be willing to take part in an interview. In every case there will need to be verification of the infraction. Officials will not be drawn into a “hearsay” argument.

Q5.5 Miscellaneous:

a) No type of sound device, either with or without headphones, is allowed during competition e.g. no headsets, tape players, CD players, MP3 players or 2-way radios.

Q5.6 Cut-off Times

a) The Race Organiser or Head Referee may implement cut-off times for a race. If implemented the cut-off will be at the bike to run transition (T2). All athletes must make entry to T2 within the cut-off time. Where there are wave starts, the cut-off will be measured from the start of the last wave.