

**Triathlon  
CANADA**



# Competition Rules



*Competition  
Rules Revised  
March 2008*

# TABLE OF CONTENTS

<b>A</b>	<b>INTRODUCTION .....</b>	<b>1</b>
A.1	Purpose .....	1
A.1.1	Intention.....	1
A.1.2	Modifications.....	1
<b>B</b>	<b>CONDUCT OF COMPETITORS .....</b>	<b>1</b>
B.1	General Conduct .....	1
B.1.2	Drug Abuse.....	1
B.1.3	Health .....	1
B.2	Eligibility .....	2
B.2.1	World Championships .....	2
B.2.2	Competing in ITU events: .....	2
B.2.3	Competing in TC events: .....	2
B.2.4	Insurance: .....	2
B.3	Registration .....	2
	Entry for elites, junior and age group teams to any TC National Championships will be completed through the competitor's PGB, who must qualify by meeting the standards of the said PGB; .....	2
B.3.1	Language and Communication .....	2
B.3.2	Team Uniforms.....	2
B.3.3	Pre-Race Meeting .....	2
B.4	Packet Pick-Up .....	3
B.4.1	Packet Pick-Up Times .....	3
B.4.2	Packet Contents .....	3
B.5	Timing and Results .....	3
<b>C</b>	<b>DISCIPLINE OF COMPETITORS .....</b>	<b>3</b>
C.1	General Rules .....	3
C.1.1	Warnings.....	3
C.1.2	Warnings and Officials.....	3
C.1.3	Reasons for a Warning .....	4
C.1.4	Procedure during Warning.....	4
C.2	Disqualification .....	4
C.2.1	General .....	4



*Competition  
Rules Revised  
March 2008*

C.2.2	Assessment .....	4
C.2.3	Procedure after Disqualification .....	4
C.2.4	Reasons for Disqualification.....	4
C.3	.....Suspension	5
C.3.1	General .....	5
C.3.2	Suspension.....	5
C.4	.....Expulsion	5
C.4.1	General .....	5
C.4.2	Expulsion.....	5
C.4.3	Procedure during Expulsion .....	5
C.4.4	Expulsion due to Drug Abuse.....	5
C.4.5	Disciplinary Notice.....	5
C.4.6	Right of Appeal .....	5
C.4.7	Reinstatement .....	5
<b>D</b>	<b>SWIMMING CONDUCT .....</b>	<b>6</b>
D.1	..... General	6
D.1.1	In Emergency.....	6
D.2	.....Wetsuit Use	6
D.2.1	Modifications.....	6
D.2.2	Second Suit.....	6
D.3	..... Equipment	6
D.3.1	Legal Equipment.....	6
D.3.2	Illegal Equipment .....	7
<b>E</b>	<b>CYCLING CONDUCT .....</b>	<b>7</b>
E.1	..... General Rules	7
E.1.1	Dangerous Behavior .....	7
E.1.2	Bike Check .....	7
E.2	.....Drafting	7
E.2.1	General Guidelines .....	7
E.2.2	Draft-Illegal Races.....	7
E.2.3	Bicycle Draft Zone .....	7
E.2.4	Entry into Bicycle Draft Zone .....	7
E.2.5	Overtaking Definition.....	9
E.2.6	Vehicle Draft Zone .....	9
E.3	..... Equipment	9



E.3.1	Bicycles .....	9
E.3.2	Helmets .....	9
E.3.3	Helmet Alterations .....	10
E.3.4	Helmets at Race Site .....	10
E.3.5	Illegal Equipment .....	10
E.3.6	Handlebars .....	10
<b>F RUNNING CONDUCT .....</b>		<b>10</b>
F.1 .....	General Rules .....	10
F.1.1	Finish Definition .....	10
F.1.2	Safety Guidelines .....	10
F.1.3	Illegal Equipment .....	10
<b>G TRANSITION AREA CONDUCT .....</b>		<b>10</b>
G.1 .....	General Rules .....	10
<b>H COMPETITION CATEGORIES .....</b>		<b>11</b>
H.1 .....	National Championships .....	11
H.1.1	Elite .....	11
H.1.2	U/23 (Under 23) .....	11
H.1.2a	Junior .....	11
H.1.3	Age Groups .....	11
<b>I PRIZES AND AWARDS .....</b>		<b>12</b>
I.1 .....	Prize Money .....	12
I.1.1	Medals .....	12
I.1.2	Trophies .....	12
I.1.3	Awards Presentation .....	12
I.1.4	Individual Prizes .....	12
<b>J OFFICIALS .....</b>		<b>12</b>
J.1 .....	General .....	12
J.1.1	Officials .....	12
J.1.2	Competition Jury .....	12
J.1.4	Duties of Competition Jury .....	12
J.1.5	Jury Integrity .....	12
J.1.6	Video Tapes .....	13
J.2 .....	Volunteer Certification .....	13



*Competition  
Rules Revised  
March 2008*

**K PROTESTS .....13**

K.1 ..... General .....13

- K.1.1 Protest Jurisdiction .....13
- K.1.2 Alternatives.....13
- K.1.3 Protests Concerning Eligibility.....13
- K.1.4 Protests Concerning the Course.....13
- K.1.5 Protests During The Race.....13
- K.1.6 Protests Concerning Time-Keeping.....13
- K.1.7 Protests Concerning Equipment .....14

K.2 ..... Protest Content .....14

- K.2.1 General .....14

K.3 ..... Protest Procedure .....14

- K.3.1 General .....14
- K.3.2 Protest Time Limits .....14

**L APPEALS .....14**

L.1 ..... Appeal Jurisdiction .....14

- L.1.1 Alternatives.....14

L.2 ..... Levels of Appeal .....15

- L.2.1 Level 1 .....15
- L.2.2 Other Levels .....15

L.3 ..... Content of Appeal .....15

- L.3.1 General .....15

**M INDOOR TRIATHLON: ADDITIONAL COMPETITION RULES .....15**

M.1 .....Introduction .....15

- M.1.1 Time Penalties .....15
- M.1.2 Video Tapes.....15
- M.1.4 Assessing Penalties.....15

M.2 ..... Swim .....15

- M.2.1 Start .....15
- M.2.2 False Start .....16
- M.2.3 The Finish .....16

M.3 ..... Transition Area .....16

- M.3.1 Interference.....16



*Competition  
Rules Revised  
March 2008*

M.3.2	Helmets.....	16
M.4.....	Cycle.....	17
M.4.1	Safety.....	17
M.4.2	Dismount Line.....	17
M.5.....	Run.....	17
M.5.1	Shoes.....	17
M.5.2	Assistance of Curves.....	17
<b>N</b>	<b>LONG DISTANCE – ADDITIONAL RULES .....</b>	<b>17</b>
N.1.....	General.....	17
N.1.1	Outside Assistance.....	17
N.1.2	Age Category.....	17
N.1.3	Medical Guidelines.....	17
N.2.1	Triathlon.....	17
N.2.2	Duathlon.....	17
N.3.....	Cycling.....	18
N.3.1	Drafting.....	18
<b>O</b>	<b>TEAM CHAMPIONSHIPS – ADDITIONAL COMPETITION RULES .....</b>	<b>18</b>
O.1.....	General.....	18
<b>P.</b>	<b>ATHLETES WITH A DISABILITY (AWAD): ADDITIONAL RULES.....</b>	<b>18</b>
<b>APPENDIX A.....</b>	<b>STANDARD DISTANCE CATEGORIES.....</b>	<b>20</b>
<b>APPENDIX B - UNIFORM SPECIFICATIONS.....</b>		<b>21</b>
<b>APPENDIX C.....</b>	<b>SAMPLE PROTEST AND APPEAL FORMS.....</b>	<b>22</b>
<b>APPEAL FORM.....</b>		<b>24</b>
<b>APPENDIX D.....</b>		<b>26</b>
<b>TEAM MEMBERSHIP.....</b>		<b>29</b>



*Competition  
Rules Revised  
March 2008*

CODE OF CONDUCT.....29

**APPENDIX E - PRIZE MONEY .....31**

**APPENDIX F - WINTER TRIATHLON.....32**

**APPENDIX G - KIDS OF STEEL.....35**



*Competition  
Rules Revised  
March 2008*

## **A INTRODUCTION**

### **A.1 Purpose**

- a) The Triathlon Canada Technical Committee (TC-TC) will ensure that technical aspects of TC competitions are of the highest quality.
- b) The TC Competition Rules specify the conduct and behavior of competitors during TC competitions. Where the TC Competition Rules do not specify, the rules of ITU, FINA, UCI, and IAAF will apply.
- c) The TC Event Organizers Manual sets safety and logistical standards for host Provincial Governing Bodies (PGBs) and to the Organizing Committee (OC).
- d) The TC Officials Program sets the standards for certifying TC officials.

#### **A.1.1 Intention**

The TC competition Rules are intended to:

- a) Create an atmosphere of sportsmanship, equality, and fair play.
- b) Provide safety and protection.
- c) Emphasize ingenuity and skill without unduly limiting the competitor's freedom of action.
- d) Penalize competitors who gain an unfair advantage.
- e) Endorse the principle that triathlon and duathlon are individual sports and encourage individual performance and initiative.

#### **A.1.2 Modifications**

- a) These rules will be adapted for other multi-sport competitions, which fall within the jurisdiction of TC, i.e. duathlons, winter triathlons, indoor triathlons, aquathlons, canoe triathlons, off road triathlons.
- b) A competitor must not be permitted an advantage not intended by a rule. To implement this, many of the rules are in general terms. This eliminates a multiplicity of rules and provides officials with authority to adapt the rules to fit conditions. Officials base their judgment on whether an advantage, not intended by the rules, has been gained.
- c) ITU (International Triathlon Union) Competition Rules will be applicable to international competitions hosted by National Federations (NFs) affiliated to ITU. TC regulations conform to the ITU standard.

## **B CONDUCT OF COMPETITORS**

### **B.1 General Conduct**

Triathlon, duathlon, aquathlon, winter triathlon and the other related multi-sports involve many competitors. Race tactics are part of the interaction between competitors. Competitors will:

- a) Practice good sportsmanship at all times,
- b) Be responsible for their own safety and the safety of others,
- c) Understand the TC Competition Rules
- d) Obey traffic regulations and instructions from race officials,
- e) Treat other competitors, officials, volunteers, and spectators with respect and courtesy,
- f) Avoid the use of abusive language.
- g) If they violate the rules knowingly, report the violation to a race official, and if necessary retire promptly from the competition.
- h) Inform race officials after withdrawing from the race.

#### **B.1.2 Drug Abuse**

TC condemns the use of substances which artificially enhance performance. Competitors will follow the ITU Doping Control Rules and Procedural Guidelines. All competitors are responsible for familiarizing themselves with the ITU Doping Rules and Procedural Guidelines including medical control tests, testing obligations and procedures, penalties and appeal processes, and forbidden substances.

#### **B.1.3 Health**

Triathlons, duathlon, and other multi-sport competitions are strenuous. To be able to compete, competitors should be in excellent physical condition. Their health and welfare is of paramount importance. Time limits for the swim



and cycle segments, plus overall finish time will be established for each competition by the Technical Delegate (TD). These limits will be published in the pre-event registration material.

## **B.2 Eligibility**

### **B.2.1 World Championships**

Qualification Criteria for the ITU Triathlon, Junior Triathlon, Duathlon, Long Distance Triathlon, Indoor Triathlon and Winter Triathlon World Championships are established solely by the ITU. Entry to those races must be endorsed by TC.

Qualification criteria for participation in the **age-group waves** of the ITU Triathlon, Duathlon, Long Distance Triathlon, Indoor Triathlon and Winter Triathlon **World Championships** are established by TC, and posted on its Internet web site before the start of each season.

### **B.2.2 Competing in ITU events:**

Eligibility for competing in ITU events is governed by the ITU's eligibility rules, as published in ITU's Competition Rules.

### **B.2.3 Competing in TC events:**

- a) Competitors must hold current membership with their PGB before the start of the race.
- b) Competitors under suspension by ITU, TC or any other National Federation (NF) or PGB, will not be eligible to compete in TC competitions.
- c) Members of a PGB may represent that province in TC competitions, without any residency requirements other than those governing the said PGB's eligibility rules.

### **B.2.4 Insurance:**

- a) Each competitor must have adequate insurance coverage, provided by their PGB.
- b) Failing that, they will be required to purchase day of race coverage.

## **B.3 Registration**

**Entry for elites, junior and age group teams to any TC National Championships will be completed through the competitor's PGB, who must qualify by meeting the standards of the said PGB;**

Notwithstanding the preceding paragraph, any athlete meeting eligibility requirements for competing at TC events can register directly with the race director, under the conditions set out by its organization.

### **B.3.1 Language and Communication**

The official language is English, although reasonable efforts will be made to conduct events and communicate documents in both of Canada's official languages.

### **B.3.2 Team Uniforms**

For TC National Triathlon Championships, each elite and junior competitor must wear the official team uniform of the province he/she represents. Failure to do so will result in their inability to participate or disqualification. For ITU World Championships, each competitor must wear the official team uniform of the country he/she represents. Failure to do so will result in their inability to participate or disqualification. All National Team Uniforms must conform with the ITU World Championships Uniform Specifications. Competitors participating in World Cup events must comply with the ITU World Cup Uniform Guidelines (See Appendix B in ITU Competition Rules).

### **B.3.3 Pre-Race Meeting**

A compulsory meeting of elite competitors will be held before all TC competitions and will be conducted by the Technical Director and the Race Director. Each PGB must have a team captain and/or coach and/or team manager and/or competitors in attendance.

## **B.4 Packet Pick-Up**

At Triathlon and Duathlon National Championships, junior and age group competitors must pick-up their own race packet at the official race registration area during designated time. At all TC events, elite competitors will pick up their race packet at Registration and the Race Briefing.

### **B.4.1 Packet Pick-Up Times**

For age group and junior competitors at Triathlon and Duathlon National championships, there will be two days of race package pick-up. The hours shall be from 9:00 a.m. to 7:00 p.m. two days prior to the competition. If a PGB is unable to make the designated registration time, they must request a different time, in writing, to the Organizing Committee.

### **B.4.2 Packet Contents**

Race packets will contain a minimum of:

- a) five official race numbers (one for body, one for bike, and three for the helmet) and four safety pins.
- b) Security/Credentials Pass
- c) Schedule of Events
- d) Start List
- e) Course maps
- f) Event Tickets
- g) Competition Rules specific to the competition. (It is the competitor's responsibility to know the TC Competition Rules. It is the PGBs responsibility to ensure that competitors have a copy of the TC Competition Rules).

## **B.5 Timing and Results**

The official results shall be in accordance with the ORIS standards. Time splits to be included are:

- a) Finish of the swim or first segment
- b) Cycle (to include both swim/cycle and cycle/run transitions)
- c) Run time
- d) Overall finish time.

Results will include disqualifications and reasons.

## **C DISCIPLINE OF COMPETITORS**

### **C.1 General Rules**

Failure to comply with the TC Competition Rules may result in a competitor being warned, disqualified, suspended, or expelled. Prior to competing in any TC event, competitors will sign the TC Athlete's Waiver, which states that any dispute arising from regulations of Triathlon Canada (TC), which cannot be settled by its existing appeal procedure, shall be settled finally by the Center for Sport and Law (CSL) in Ottawa, Ontario, or its successor program, to the exclusion of recourse to ordinary courts. Any decision taken by the arbitration panel set up by ADR shall be without appeal and shall be binding on the parties concerned.

#### **C.1.1 Warnings**

It is not necessary for an official to give a warning prior to issuing a more serious penalty. The purpose of a warning is to alert a competitor about a possible rule violation and to promote a "proactive" attitude on the part of officials.

#### **C.1.2 Warnings and Officials**

A warning will be given at the discretion of the official. They shall assess a warning by:

- a) Sounding a whistle or horn
- b) Showing a yellow card
- c) Calling the competitor's number and saying "STOP".

### **C.1.3 Reasons for a Warning**

A warning may be given when:

- a) A competitor violates a rule unintentionally
- b) An official believes a violation is about to occur
- c) No advantage has been gained.

### **C.1.4 Procedure during Warning**

When assessed a yellow card, the competitor will stop in a safe manner and follow the instructions of the official. If on a bicycle, the competitor will stop in a safe manner, dismount with both feet on one side of the bicycle, and raise both wheels off the ground at the same time. The official will then say "GO", at which time the competitor will continue in a safe manner.

## **C.2 Disqualification**

### **C.2.1 General**

A disqualification is a penalty appropriate for a violation.

### **C.2.2 Assessment**

Officials assess a disqualification by:

- a) Sounding a horn or whistle
- b) Waving a red flag or card
- c) Calling the competitor's number.

### **C.2.3 Procedure after Disqualification**

A competitor may finish the race if an official calls a disqualification. A disqualified competitor may appeal the decision (except in the case of a judgment call) in accordance with the provisions of Section L (Appeals) of the Competition Rules.

### **C.2.4 Reasons for Disqualification**

A competitor may be disqualified for:

- a) Failing to follow the prescribed course
- b) Using abusive language or behavior toward any official or unsportsmanlike behavior. (also possible suspension)
- c) Blocking, charging, obstructing, or interfering with the forward progress of another competitor
- d) Unfair contact. The fact that contact occurs between competitors does not constitute a violation. When several competitors are moving in a limited area, contact may occur. This incidental contact between competitors in equally favorable positions, is not a violation.
- e) Accepting assistance from anyone other than race officials or accepting assistance from a race official which constitutes an unfair advantage.
- f) Refusing to follow the instructions of race officials
- g) Departing the course for reasons of safety, but failing to re-enter at the point of departure.
- h) Failure to wear the unaltered race number provided by the Organizing Committee in the proper way, which is: during the entire cycle segment the number must be worn on the bicycle; during the entire run segment the number must be worn on the front.
- i) Leaving equipment or discarding personal articles on the course. Tires, plastic bottles, and other discarded items must be placed safely off the course.
- j) Wearing items deemed a hazard to self or others, i.e., a hard cast, jewelry, headsets, or headphones.
- k) Using unauthorized equipment to provide an advantage or which will be dangerous to others.
- l) Violating traffic regulations
- m) Contrived or intentional ties by elite athletes and junior athletes in TC sanctioned events.

## **C.3 Suspension**

### **C.3.1 General**

Means a competitor will not take part in TC or ITU competitions or competitions sanctioned by PGBs affiliated to TC during a stated suspension period.

### **C.3.2 Suspension**

A competitor may be suspended for, (but not limited to):

- a) Unsportsmanlike conduct
- b) Fraud, i.e., entering under an assumed name or age, falsifying an affidavit, or giving false information
- c) Participating when not eligible
- d) Repeated violations of TC Rules
- e) Drug abuse.
- f) Suspensions will be assessed by the Competition Jury, for lengths from three (3) months to four (4) years, depending on the violation.

## **C.4 Expulsion**

### **C.4.1 General**

For the lifetime of the competitor they will not take part in TC competitions or competitions sanctioned by PGBs affiliated to TC.

### **C.4.2 Expulsion**

A competitor may be expelled for life (but not be limited to):

- a) For a drug offense as outlined in the ITU and TC Doping Control Rules and Procedural Guidelines
- b) For an unusual and violent act of unsportsmanlike behavior.

### **C.4.3 Procedure during Expulsion**

A competitor will not be eligible to compete in ITU, TC and PGB competitions while suspended or expelled from TC.

### **C.4.4 Expulsion due to Drug Abuse**

If the suspension or expulsion is for drug abuse, the decision will be revealed to ITU and any national sport federation under which the competitor may wish to compete.

### **C.4.5 Disciplinary Notice**

When a competitor is suspended or expelled, the President of TC will notify the concerned PGB, in writing, within 30 days. All suspensions and expulsions will be announced on the TC internet website and communicated to the ITU and COC.

### **C.4.6 Right of Appeal**

Competitors charged with a violation have the right to appeal, except in the case of judgment calls by officials. See Section L. Appeals.

### **C.4.7 Reinstatement**

After suspension, a competitor must apply to the President of TC for reinstatement.

## D SWIMMING CONDUCT

### D.1 General

Competitors may use any stroke to propel themselves through the water. They may also tread water or float. A competitor may stand on the bottom or rest by holding an inanimate object such as a buoy or stationary boat. A competitor may not make use of either the bottom or inanimate objects to gain an advantage.

#### D.1.1 In Emergency

In an emergency, a competitor should raise an arm overhead and call for assistance. Once official assistance is rendered, the competitor must retire from the competition.

### D.2 Wetsuit Use

The use of wetsuits will be determined by the following tables.

#### a) Elite athletes in TC and ITU Olympic Distance Events:

Swim Length	Forbidden above:	Mandatory below:	Maximum stay in water
1500m	20° C	14° C	30 min

#### b) For Junior athletes at TC and ITU drafting Sprint distance events:

Swim Length	Forbidden above:	Mandatory below:	Maximum stay in water
750m	20° C	14° C	20 min

#### c) For Age Group Competitors:

Swim Length	Forbidden above:	Mandatory below:	Maximum stay in water
0 - 1500m	22° C	14° C	1 h 10 min
1501-3000m	23° C	15° C	1 h 40 min
3000-4000m	24° C	16° C	2 h 15 min

The use of wetsuits will always be recommended for age group athletes. AWAD athletes may be allowed to wear wetsuits regardless of the temperature – consult page 17.

#### D.2.1 Modifications

If weather conditions dictate, i.e., ambient air temperature, the TC-Medical Committee (MC) may advise the TD to adapt the limits on wetsuit use. A ruling on wetsuit use will be made 24 hours before the start of the race, with the final ruling one hour before the start, by the TD and will be clearly communicated to the competitors.

#### D.2.2 Second Suit

For non-wetsuit swims, Elite and Junior competitors at national championship events must wear the approved uniform of the province they represent on the outside. If they wear a second suit, it must be worn underneath the official uniform and cannot be removed after the swim.

### D.3 Equipment

#### D.3.1 Legal Equipment

A competitor must wear the swim cap provided by the race organization. If the swim cap is lost unintentionally during the swim section, the competitor will not be penalized. Goggles and nose clips are allowed.

### **D.3.2 Illegal Equipment**

Athletes must not use:

- a) Artificial propulsion devices, (i.e. fins, socks, gloves, paddles, or floatation devices)
- b) Wetsuits with thickness exceeding 5mm
- c) Wetsuit bottoms only
- d) Swimsuits made of material not approved by FINA in non-wetsuit events.
- e) A second swim suit, which they remove after the swim in non-wetsuit events.

## **E CYCLING CONDUCT**

### **E.1 General Rules**

A competitor is not permitted to:

- a) Block others
- b) Cycle while their bare torso is exposed
- c) Make forward progress without the bicycle.

#### **E.1.1 Dangerous Behavior**

Competitors must obey traffic laws unless otherwise directed by an official. This includes not crossing the centerline of the road. Any competitor who appears to officials to present a danger to themselves or others may be disqualified and removed from the competition.

#### **E.1.2 Bike Check**

A bike check for TC events will take place at least 24 hours before the competition to allow time for competitors to make modifications, if necessary, to comply with the rules.

### **E.2 Drafting**

#### **E.2.1 General Guidelines**

For elite and junior competitors only, the drafting rule will be eliminated for Triathlon National Championship events, Duathlon National Championship events and National Cup events. It will NOT be eliminated for age group competitions or for Long Distance Triathlon. It is within the power of each PGB to organize events within their jurisdiction where the draft rule applies to elite and junior athletes.

#### **E.2.2 Draft-Illegal Races**

In races where the drafting rule applies:

- a) Drafting of another competitor or motor vehicle is forbidden. Competitors must reject attempts by others to draft
- b) A competitor is entitled to any position on the course, provided they get to that position first, and without contacting others. When taking a position, a competitor must allow reasonable space for others to make normal movements without making contact. Adequate space must be available before passing
- c) A competitor who approaches from any position to take advantage of the draft, bears responsibility for avoiding the draft

#### **E.2.3 Bicycle Draft Zone**

The draft zone for all competitors in Long Distance Competitions and all age group competitions will be a rectangle 7 meters long by 3 meters wide. The center of the leading 3-meter edge will be measured from the leading edge of the front wheel. A competitor may enter the draft zone of another competitor, but must be seen to be progressing through that zone. A maximum of 15 seconds will be allowed to pass through the zone of another competitor.

#### **E.2.4 Entry into Bicycle Draft Zone**

A competitor may enter a bicycle draft zone (subject to the official's judgment) in the following circumstances:

- a) If the competitor enters the draft zone, and progresses through it within 15 seconds
- b) For safety reasons

- c) At an aid station
- d) At the exit or entrance of a transition area
- e) At an acute turn
- f) If race officials exclude a section of the course because of narrow lanes, construction, detours, or for other safety reasons.

## **E.2.5 Overtaking Definition**

A competitor is passed when another competitor's front wheel is ahead of theirs. Once overtaken, a competitor must immediately move out of the draft zone of the leading competitor.

## **E.2.6 Vehicle Draft Zone**

Motorcycles are the only vehicles allowed on any section of the course. All drivers, officials, media, and race personnel must wear a securely fastened certified motorcycle helmet at all times when on the motorcycle.

- a) The vehicle draft zone is a rectangle thirty-five (35) meters long by five (5) meters wide, which surrounds every vehicle on the cycle segment. The front edge of the vehicle will define the center of the leading 5 meter edge of the rectangle
- b) Competitors may not pass through this zone. The responsibility for ensuring that this zone is upheld lies with the driver of the vehicle and the Vehicle Control Official (VCO). All vehicles on the course will be controlled by the regulations outlined in the ITU Event Organizers Manual.

## **E.3 Equipment**

### **E.3.1 Bicycles**

Bicycles must have the following characteristics:

- a) For elite and junior competition categories in standard distance duathlon and triathlon events the frame of the bicycle shall be of a traditional pattern, i.e., built around a main triangle of three straight or tapered tubular elements which may be round, oval, flattened, teardrop shaped or otherwise in cross-section.
- b) For elite and junior competitions in standard distance duathlons and triathlons, BOTH wheels must be of spoke construction. In long distances or age group competition, covers are allowed on the rear wheel however this provision may be changed by the TD in the interest of safety, i.e., high-winds.
- c) The frame will be no more than two (2) meters long, and fifty (50) centimeters wide for elite and juniors, in Triathlon National Cup Series, Duathlon National Cup Series, Triathlon and Duathlon National Championships. For all other competition, two (2) meters long and seventy-five (75) centimeters wide will be permitted.
- d) The frame will measure at least 24 centimeters from the ground to the center of the chain wheel axle.
- e) A vertical line touching the front-most point of the saddle will be no more than 5 centimeters in front of and no more than 15 centimeters behind a vertical line passing through the center of the chain wheel axle, and a competitor must not have the capability of adjusting the saddle beyond these lines during competition.
- f) There will be no less than 54 centimeters and no more than 65 centimeters between a vertical line passing through the center of the chain wheel axle and a vertical line through the center of the front wheel axle. (Exceptions may be given for the bicycles of very tall or very short competitors).
- g) Fairings which reduce air resistance are prohibited.
- h) No wheel may contain mechanisms which are capable of accelerating it.
- i) Handlebar ends must be plugged, tires well glued, headset tight and wheels true.
- j) There must be a brake on each wheel.
- k) Non-traditional or unusual bicycles or equipment shall be illegal unless prior approval has been received from the Chief Race Official prior to the start of the competition.

### **E.3.2 Helmets**

Cycling helmets are compulsory and must be approved by an officially testing authority, such as:

- CSA (Canadian Standards Association)
- American National Standard Institute (ANSI Z-90.4)
- Snell Memorial Foundation
- The National Swedish Board of Consumer Policy
- Others to be announced.



### **E.3.3 Helmet Alterations**

Alterations to any part of the helmet are forbidden. The helmet must be securely fastened at all times when the competitor is in possession of the bicycle, i.e., from the time they remove their bicycle from the rack at the start of the cycle, until after they have placed their bicycle on the rack at the finish of the cycle.

### **E.3.4 Helmets at Race Site**

Competitors who do not wear approved helmets while cycling at the race site, within 7 days of a TC event, may be disqualified from competition or fined.

### **E.3.5 Illegal Equipment**

Glass containers, headphones and headsets are not permitted.

### **E.3.6 Handlebars**

For elite and junior competitors in Triathlon Canada sanctioned events, the following rule on handlebars apply: (Note: This rule will not apply to age group competitions or long distance events).

- a) Only traditional drop handlebars are permitted
- b) Clip-ons will be permitted provided they do not extend more than 15 cm beyond the front wheel axle, and they are not longer than the brake levers' foremost line.
- c) Straight forward clip-ons must be bridged, and must not carry forward facing brake levers
- d) No forward facing bar or gear shifters are allowed on the end of the clip-ons. The only exception will be grip shifters.
- e) Elbow pads are permitted.

## **F RUNNING CONDUCT**

### **F.1 General Rules**

The Competitor:

- a) May run or walk
- b) May not crawl
- c) May not run with a bare torso.

#### **F.1.1 Finish Definition**

A competitor will be judged as "finished," the moment any part of the torso, not including the head, neck, shoulders, arms, hips or legs, reaches the perpendicular line extending from the leading edge of the finish-line.

#### **F.1.2 Safety Guidelines**

The responsibility of keeping on the course rests with the competitor. Any competitor who appears to officials to present a danger to themselves or others may be removed from the competition

#### **F.1.3 Illegal Equipment**

Glass containers, headphones and headsets are not permitted.

## **G TRANSITION AREA CONDUCT**

### **G.1 General Rules**

The following rules apply to all competitors:

- a) All competitors must have their helmet securely fastened from the time they remove their bicycle from the rack at the start of the cycle until after they have placed their bicycle on the rack at the finish of the cycle.

- b) Competitors must use only their designated bicycle rack and must rack their bike.
- c) Competitors must ensure all unused personal equipment stays within their transition area and is not discarded on the field of play or left in the space of another competitor.
- d) Competitors must not impede the progress of other competitors in the transition area.
- e) Competitors must not interfere with another competitor's equipment in the transition area.
- f) Competitors must mount and dismount their bicycle at the designated area or line.
- f) Cycling is not permitted in the transition area.
- g) Nudity or indecent exposure is forbidden.

## H COMPETITION CATEGORIES

### H.1 National Championships

#### H.1.1 Elite

PGB's may field athletes in the Elite competition at National Championships based on their provincial ranking standards for elite athletes.

#### H.1.2 U/23 (Under 23)

U/23 athletes are those competitors aged 18 to 23 as on December 31 in the year of the competition who compete in the Olympic Distance drafting race.

- a) Lower Age Limit : If an athlete is 17 years old and turns 18 in the year of the competition they are eligible to compete
- b) Upper Age Limit:: If an athlete is 22 years old and turns 23 in the year of the competition they are eligible to compete.
- c) A U/23 athlete may race in the elite category depending on their standard.
- d) Qualification criteria and team selection is determined by each PGB.

#### H.1.2a Junior

Junior athletes are those competitors aged 16 – 19 as on December 31 in the year of competition who compete in the Sprint Distance drafting race.

- a) Lower Age Limit : If an athlete is 15 years old and turns 16 in the year of the competition they are eligible to compete.
- b) Upper Age Limit:: If an athlete is 18 years old and turns 19 in the year of the competition they are eligible to compete.
- c) Qualification criteria and team selection is determined by each PGB.

#### H.1.3 Age Groups

Categories: Age groups: The categories for age group competitors are: (Eligibility determined by age on December 31 in the year of the competition).

- |                   |                        |
|-------------------|------------------------|
| (a) 16 - 19 years | (j) 60 - 69 years      |
| (b) 20 - 24 years | (k) 65 - 69 years      |
| (c) 25 - 39 years | (l) 70 - 74 years      |
| (d) 30 - 34 years | (m) 75 - 79 years      |
| (e) 35 - 39 years | (n) 80 - 84 years      |
| (f) 40 - 44 years | (o) 85 - 89 years      |
| (g) 45 - 49 years | (p) 90 - 94 years      |
| (h) 50 - 54 years | (q) 95 - 99 years etc. |
| (i) 55 - 59 years |                        |

## **I PRIZES AND AWARDS**

### **I.1 Prize Money**

Prize money will be deposited in an TC account eight (8) weeks prior to the competition. It shall be distributed equally between men and women in both amount and depth. (See Appendix E)

#### **I.1.1 Medals**

All competitors who place in the top three of their category will receive medals. The first three (3) age group winners will receive medals, which will be presented at the same ceremony as the awarding of prizes and awards to the junior teams, and elite winners.

#### **I.1.2 Trophies**

When team competitions are organized: the first three (3) men and women team members will be awarded a team trophy. All six designated team members will be awarded medals, (except in the case of disqualification),

#### **I.1.3 Awards Presentation**

The rituals and standards for award presentations will be equal, for elite and junior, and age group men and women. All elite and junior individual awards will follow the ITU Awards Protocol. Competitors at the race briefing will be reminded about the protocol and the time of awards.

#### **I.1.4 Individual Prizes**

There will be no prizes for individual segments of the competition.

## **J OFFICIALS**

### **J.1 General**

The duties of the Officials are to conduct the competition in accordance with the TC Competition Rules.

#### **J.1.1 Officials**

The officials at all TC races are:

- a) The TC Technical Delegate (TD) ensures that all aspects of the TC Competition Rules and Operations Manuals are fulfilled.
- b) The Head Referee (HR) directs the certification of race officials and makes final judgments on rule violations.
- c) The HR assigns and monitors the work of all Race Officials.
- d) Race Officials are assigned to Registration, Start/Finish, Transition Area(s), Swim, Cycle, Run, and Vehicle Control. An adequate number of race officials will be assigned to each area and will be responsible for the enforcement of TC Competition Rules within their assigned jurisdiction.
- e) The Competition Jury, which will be appointed by the Technical Delegate.

#### **J.1.2 Competition Jury**

For Triathlon Canada events, the Competition Jury consists of three (3) people:

- a) A member of the TC Executive Board or Council member;
- b) A representative of the host PGB;
- c) The TD or a person designated by the chair of the TC Technical Committee.

#### **J.1.4 Duties of Competition Jury**

The Competition Jury rules on all protests and appeals.

#### **J.1.5 Jury Integrity**

The Competition Jury will observe the following principles:

- a) Give equal weight to the evidence and testimony provided by all

- b) Recognize that honest testimony can vary and be in conflict as a result of personal observation or recollection
- c) Keep an open mind until all evidence has been submitted
- d) Recognize that a competitor is innocent until the alleged violation has been established to the complete satisfaction of the Jury.

#### **J.1.6 Video Tapes**

Video tapes may be used by TC officials to acquire data on rule infractions.

## **J.2 Volunteer Certification**

All volunteers who are assigned to areas of responsibility on the field of play must be certified as a Level 1 official. This will involve a 2 hour course with the EO (Event Organizer) and TD prior to the event. Volunteers must carry credentials allowing passage only to those areas that allow them to carry out their duties on or around the field of play.

## **K PROTESTS**

### **K.1 General**

A protest is against the conduct of a competitor, race official, or the conditions of the competition. A competitor or a PGB designate may file a protest with the Referee provided that the protest has not been previously observed by the officials and ruled upon by the Referee.

#### **K.1.1 Protest Jurisdiction**

Protests can not be made on "judgment calls". A "judgment call" shall include, but not be limited to:

- a) Drafting
- b) Blocking
- c) Unsportsmanlike conduct.

#### **K.1.2 Alternatives**

Where TC Competition Rules do not cover the issue, ITU, FINA, UCI and IAAF Rules will apply.

#### **K.1.3 Protests Concerning Eligibility**

Protests concerning the eligibility of a competitor shall be made in writing to the Referee before the start of the competition. The affected competitor may compete. A decision on the protest will be made prior to the announcement of results.

#### **K.1.4 Protests Concerning the Course**

Protests concerning the safety of the course or its variance on regulation must be made in writing to the Referee twenty-four (24) hours before the start of the race.

#### **K.1.5 Protests During The Race**

A competitor who protests against another competitor or official must do so in writing to the Referee within fifteen (15) minutes of his/her finish time.

#### **K.1.6 Protests Concerning Time-Keeping**

Protests concerning an error in timing must be delivered within thirty (30) minutes after the posting of the unofficial results by the Referee. A PGB may protest the official results 30 days after the competition, in writing, to the President of TC.

### **K.1.7 Protests Concerning Equipment**

Protests concerning a competitor's equipment which infringes on the conditions set out in this manual must be delivered in writing to the Referee fifteen (15) minutes after his/her finish time.

## **K.2 Protest Content**

### **K.2.1 General**

A deposit of CDN\$50 must accompany the appropriate protest and will be refunded if the protest is successful. Protest forms may be obtained from the Referee. (See sample protest forms Appendix C). Information to be included is:

- a) The alleged rule violated
- b) The location and approximate time of the alleged violation
- c) Persons involved in the alleged violation
- d) A statement, including a diagram of the alleged violation, if possible
- e) The names and signatures of witnesses who observed the alleged violation.

## **K.3 Protest Procedure**

### **K.3.1 General**

The following is the procedure that will be followed in the event of a protest:

- a) Protests will be filed in writing to the referee, signed by the protester, within the time limits specified in K1.3 - K.1.7 above.
- b) Protests will be made available to the competitor(s) and official(s) prior to the hearing
- c) The time and place of the Competition Jury Meeting will be announced at the pre-race meeting.
- d) The protester and the accused and/or their provincial representative must be present. If the protester does not attend, the protest hearing may be postponed or cancelled. The Competition Jury will determine if the absence from the hearing is valid.
- e) Failure of any party to attend the hearing may justify the Competition Jury making a decision without them.
- f) A representative for either the protester or the accused may be designated to appear if approved by the Chairperson of the Competition Jury.
- g) The hearing will not be open to the public.
- h) The Competition Jury Chairperson will read the protest
- i) The protester and the accused will be given adequate time to give their account of the incident.
- j) Witnesses (two each) may speak for three (3) minutes each.
- k) The Competition Jury will hear the evidence and render a decision, by simple majority.
- l) The decision will be posted immediately, and delivered in writing to the parties.

### **K.3.2 Protest Time Limits**

The time for an elite competitor, or official team representative, to file a protest is not later than 15 minutes after finishing and the time to appeal is no later than 15 minutes after finishing or the posting of the infraction, whichever is later (See Section L Appeals).

## **L APPEALS**

### **L.1 Appeal Jurisdiction**

An appeal is a request for a review of a decision made by a referee. An appeal cannot be made on "judgment calls". A "judgment call" shall include, but not be limited to:

- a) Drafting
- b) Blocking
- c) Unsportsmanlike conduct.

#### **L.1.1 Alternatives**

Where TC Competition Rules do not cover an issue, ITU, FINA, UCI and IAAF Rules will apply.

## **L.2 Levels of Appeal**

### **L.2.1 Level 1**

Representative of a PGB or a competitor may appeal the decision of the referee to the Competition Jury. Each appeal will be accompanied by a fee of CDN\$50. It will be refunded if the appeal is successful. If the appeal is denied, there will be no refund. The time for a competitor or official team representative to file an appeal is no later than fifteen (15) minutes after his or her finishing time or the posting of the infraction, whichever is later.

### **L.2.2 Other Levels**

Additional Levels of Appeal are available. Refer to Triathlon Canada Bylaw 3.

## **L.3 Content of Appeal**

### **L.3.1 General**

The appropriate appeal form can be obtained from the Referee and must be submitted with an appeal fee of CDN\$50. (See sample appeals forms Appendix C). An appeal will contain:

- a) Competition name, location, date
- b) Race director, address, phone, fax
- c) Appellant's name, address, phone, fax
- d) Witness(s): name, address, phone, fax
- e) Alleged rule violation, page, section, number, etc.
- f) Facts of the violation
- g) Rationale/summary of appeal

## **M INDOOR TRIATHLON: Additional Competition Rules**

### **M.1 Introduction**

These rules are intended to provide safe and fair competition.

#### **M.1.1 Time Penalties**

Time penalties are heavy, regarding the overall time of competition (less than 13 minutes), and are used as a proactive strong reminder to compete within the rules.

#### **M.1.2 Video Tapes**

All races will be video taped. Video Tapes will be used to assist officials to make decisions in unclear cases or when a decision is appealed.

#### **M.1.4 Assessing Penalties**

The Head Referee will use the PA system to inform competitors and spectators about penalties. The HR will make the call immediately by announcing the competitor's number, penalty time and reason and will also use hand signals when assessing a time penalty or disqualification.

## **M.2 Swim**

### **M.2.1 Start**

A dive start will be used. The starter's instructions will be:

- a) "Take your mark"
- b) "Set"
- c) Horn / starters pistol.

### **M.2.2 False Start**

In the case of a false start, a second shot will immediately be fired (within 3 seconds). Any competitor responsible for two (2) false starts will be disqualified.

### **M.2.3 The Finish**

There will be a ten (10) second "neutralized" time period which is compulsory for all competitors. The purpose of this period is to sponge excess water off competitors. Water on the track makes it very slippery and dangerous for all competitors.

Non compliance with this rule will result in disqualification.

## **M.3 Transition Area**

### **M.3.1 Interference**

- a) Competitors must leave equipment so it does not interfere with other competitors. A 3 second penalty will apply to any competitor who fails to comply.
- b) Competitors must not interfere with the progress of another competitor (15 second penalty).
- c) Competitors must use only their designated bike rack. (15 second penalty).

### **M.3.2 Helmets**

All competitors must have their helmets securely fastened from the time they remove their bicycle from the rack at the start of the cycle, until after they have placed their bicycle on the rack at the finish of the cycle. Failure to do so will incur a 3 second penalty.

## **M.4 Cycle**

### **M.4.1 Safety**

Competitors must behave in a safe manner. Dangerous behavior which results in the fall of one or more competitors will be disqualified.

### **M.4.2 Dismount Line**

Competitors must dismount prior to the dismount line (3 second penalty). Competitors must not enter the transition area on the bike (15 second penalty).

## **M.5 Run**

### **M.5.1 Shoes**

Running barefoot will result in a disqualification.

### **M.5.2 Assistance of Curves**

Using posts or ornamental trees to assist maneuvering curves are not allowed (3 second penalty).

## **N LONG DISTANCE – Additional Rules**

### **N.1 General**

#### **N.1.1 Outside Assistance**

To protect the spirit and originality of the discipline, no outside assistance of any kind will be permitted. This does not include medical assistance and normal food and liquid items provided by the OC at aid stations.

#### **N.1.2 Age Category**

The competition categories are:

- a) Elite male and female
- b) Age Group male and female (5 year categories)
- c) There is no junior category.

#### **N.1.3 Medical Guidelines**

Specific Medical Guidelines, including "hot weather" guidelines and medical evacuation plans will be developed by the Race Medical Director in conjunction with the TC Medical Committee.

#### **N.2.1 Triathlon**

Long Distance Triathlons will be in the range of:

- a) 2-4 km swim
- b) 50-180 km cycle
- c) 15-42 km run

Demanding and technical courses should ALWAYS be preferred.

#### **N.2.2 Duathlon**

Long Distance Duathlons will be:

- a) 10 km run
- b) 60 km cycle
- c) 10 km run

Demanding and technical courses should ALWAYS be preferred. A 5% error margin will be accepted for the cycle and run course provided the margin has been approved by the TD.



## N.3 Cycling

### N.3.1 Drafting

Drafting will not be allowed during the cycle portion of the competition. A 3m x 10m draft zone will be enforced in Long Distance events.

## O TEAM CHAMPIONSHIPS – Additional Competition Rules

### O.1 General

See ITU Competition Rules

## P. ATHLETES WITH A DISABILITY (AWAD): Additional Rules

### P.1. General

For AWAD participants in any competition sanctioned by or conducted under the auspices of the Triathlon Canada (TC), the rules of that organization will apply with only the specific modifications:

### P.2 Competition Categories

AWAD Competitive Categories shall be established based upon disability and age groups established. Medical evidence shall be required as to disability and classification.

Categories shall be:

- a) **Hand cycle:** Paraplegic, Quadriplegic, Polio, Double above knee. Must use hand cycle on bike course, racing wheelchair on run.
- b) **Lower Extremity:** Single below knee. Rides bicycle, runs with prosthesis or crutches
- c) **Wheelchair 1:** Single above knee. Rides bicycle, racing wheelchair to run
- d) **Wheelchair II:** Double below knee, Double below knee/above knee, Double above knee if elected by triathlete. Rides bicycle, racing wheelchair on run.
- e) **Upper Extremity Above Elbow:** single above elbow. Prosthesis on bike
- f) **Upper Extremity Below Elbow:** single below elbow. Prosthesis on bike
- g) **Double Above Elbow:** very rare, doubt if we will ever see it in Triathlon.
- h) **Double Below Elbow:** very rare, doubt if we will see it in Triathlon, but more of a possibility than double AE.
- a) **Blind :** legally blind 20/200 with best corrected vision requiring handler throughout race; tandem bike and tethered during swim and run.
- b) **Les Autres:** multiple sclerosis, muscular dystrophy, cerebral palsy.

### P.3. Transition Area Conduct

- a) Assistance to AWAD triathletes in and out of the water; to and in transition shall be permitted.
- b) Assist dogs will not be allowed at any time.
- c) Securing qualified aides (**handlers**) shall be the responsibility of the triathlete and all such handlers shall be identified to the referee.
- d) It is intended that each triathlete have adequate assistance with appropriate credentials,
  - 1 handler for upper extremity amputees and the blind
  - Blind athletes must be guided by a guide of the same sex throughout the entire course (i.e. tandem on bike)
  - 2 handlers for lower extremity amputees
  - 2-3 for paraplegics, quadriplegics, polio) , to ensure safety and fair competition.

- e) All handlers shall be subject to rules of competition and further instructions deemed appropriate by the referee.
- f) Any infraction perpetrated by a handler that enhances the performance of one triathlete over another may in the discretion of the referee or protest committee be grounds for a time penalty or disqualification imposed on the triathlete whose performance was enhanced.

#### **P.4. Swimming Conduct / Equipment**

- a) Artificial propulsive devices, including but not limited to fins, paddles, or floating devices of any kind will not be allowed resulting in disqualification.
- b) Wetsuits will be allowed, at all temperatures. It will be left up to the athlete to determine if it is too warm to wear a wetsuit.

#### **P.5. Cycling Conduct / Equipment**

- a) All bicycles, tricycles, hand cycles shall be propelled by human force. Arms or legs shall be used to propel the cycle but not both. Prostheses are permissible. Any violation shall result in disqualification.
- b) For AWAD triathletes bicycle shall include bicycle, tricycle, hand cycle and or racing wheelchair.
- c) Bicycle specifications as to length, height, width, number of wheels, "front to center" distance with respect to hand cycles and tricycles shall conform to international paralympic standards. In the interim such vehicles shall conform to those in general use and shall be subject to inspection by the referee before the event to ensure safety and fair competition.
- d) There will be no protective shield, fairing or other device that has the effect of reducing resistance used. Aerodynamic carriers need not be attached to handlebars of tricycle or hand cycle.
- e) There must be at least one working brake (generally on the drive wheel) capable of safely stopping/ slowing the vehicle.
- f) AWAD triathletes who use a bicycle shall be governed by the aforementioned specifications regarding length, height, width, number of wheels, and front to center distance.

#### **P.6. Running Conduct / Equipment**

- a) AWAD triathletes may use prosthesis, canes or crutches to ambulate the course.
- b) The only acceptable footwear on the run portion is a running shoe unless a prosthetic limb like a flexfoot is necessary.
- c) AWAD triathletes who perform this leg in a wheelchair shall be governed by the rules of TC, and shall include wheelchair specifications as well as racing conduct.
- d) Wheelchair Specifications: The wheelchair shall have at least two large wheels and one small wheel. The wheelchair design must not incorporate any device to enhance its aerodynamic capacity. (Note: "Wheelchair design does not include wheels"; all wheels may be spoke solid or composite construction. Wheel covers are permitted). The maximum diameter of the large wheel including the inflated tire shall not exceed 70 cm. and maximum diameter of the small wheel including the inflated tire shall not exceed 50 cm. Only one plain, round, standard type hand rim is allowed for each large wheel. No mechanical gears or levers shall be allowed that may be used to propel the chair. There is no limit on the length of the racing wheelchair. Only hand operated mechanical steering devices will be allowed. Athletes must ensure that no part of their lower limbs can fall to the ground during a race. Competitors may receive technical advice from cyclo computer type devices installed on their own wheelchairs.
- e) In no instance may a AWAD triathlete for this leg use a bicycle, hand cycle, tricycle or motorized vehicle or other equipment used in the cycling leg. It is permissible however to use a legal "racing wheelchair" as that defined above in the cycling leg and the running leg of a triathlon providing there is no risk to the safety of any participant or time violation (e.g.) meeting cutoff time established by the referee. The triathlete, must provide proof in advance that he / she has completed the cycling distance in his / her racing chair in a verifiable time not greater than the time required by the referee for cyclists to complete the course.

# APPENDIX A

## STANDARD DISTANCE CATEGORIES

### 1. Standard Distance Categories (Triathlon)

	<b>Swim</b>	<b>Cycle</b>	<b>Run</b>
<b>Sprint</b>	.75 km	20 km	5 km
<b>Triathlon</b>	1.5 km	40 km	10 km
<b>Long</b>	2-4 km	50-180 km	15-42 km

### 2. Standard Distance Categories (Duathlon)

	<b>Run</b>	<b>Cycle</b>	<b>Run</b>
<b>International</b>	10 km	40 km	5 km
<b>Long</b>	10 km	60 km	10 km

### 3. Standard Distance Categories (Aquathlon)

	<b>Run</b>	<b>Swim</b>	<b>Run</b>
<b>International</b>	2.5 km	1 km	2.5 km
<b>Long</b>	5 km	2 km	5 km

### 4. Standard Distance Categories (Winter Triathlon)

	<b>Run</b>	<b>Mountain Bike</b>	<b>X-C Ski</b>
<b>International</b>	5 km	15 km	15 km
<b>Long</b>	10 km	30 km	30 km

## **APPENDIX B**

### **TC Uniform Specifications**

For national team members at World Championships:

Each athlete must comply with the ITU uniform standards. Each male athlete must wear a Triathlon Canada Singlet and either a Triathlon Canada Swimsuit or Short. The female athletes are required to wear a Triathlon Canada bathing suit. It is suggested that the team members purchase a Team Jacket for the opening ceremonies.

## APPENDIX C

### SAMPLE PROTEST AND APPEAL FORMS

#### PROTEST FORM

Protest must be filed and signed by the protester under the condition outlined in the TC Competition Rule Book, and submitted to the Referee. Judgment calls cannot be protested.

Event Name: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_

Protester's Name: \_\_\_\_\_ Country: \_\_\_\_\_

Protestee's Name: \_\_\_\_\_ Country: \_\_\_\_\_

A protest is a formal complaint against the conduct of a fellow competitor or race official, or against conditions of the competition. You must have substantial evidence, including witnesses, and you must be willing to take part in an interview. It must be accompanied by **CDN\$50**.

#### Witnesses (2):

Name: \_\_\_\_\_ Tel: \_\_\_\_\_

Address: \_\_\_\_\_ Fax: \_\_\_\_\_

\_\_\_\_\_ Email: \_\_\_\_\_

Name: \_\_\_\_\_ Tel: \_\_\_\_\_

Address: \_\_\_\_\_ Fax: \_\_\_\_\_

\_\_\_\_\_ Email: \_\_\_\_\_

Rule(s) Violated: \_\_\_\_\_

Location: \_\_\_\_\_ Approximate Time: \_\_\_\_\_

Persons involved in the Violation: \_\_\_\_\_

Description of Violation (please use the back for diagrams if required): \_\_\_\_\_

---

---

---

CDN\$50 is attached.

**OFFICIAL USE ONLY**

Protester's Version of Incident: \_\_\_\_\_

---

---

---

Protestee's Version of Incident: \_\_\_\_\_

---

---

---

Officials' Version of Incident: \_\_\_\_\_

---

---

---

Decision of Referee: \_\_\_\_\_

---

---

---

Decision of Competition Jury: \_\_\_\_\_

---

---

---

\_\_\_\_\_  
Signature of Referee

\_\_\_\_\_  
Signature of Chair of Competition Jury

# APPEAL FORM

Appeals must be filed and signed by the appellant under the condition outlined in the TC Competition Rule Book, and submitted to the Referee. An appeal is a request for a review of a decision made by the Referee. This is the first level of appeal and are heard by the Competition Jury. All appeals must be accompanied by CDN\$50.

Event Name: \_\_\_\_\_ Date: \_\_\_\_\_ Time Submitted: \_\_\_\_\_

Appellant's Name: \_\_\_\_\_ Country: \_\_\_\_\_

Type of Penalty \_\_\_\_\_ Degree: \_\_\_\_\_ (DQ, Suspension)

Was the penalty confirmed by the Referee: (circle one) Yes No

Specific Location on the Course: \_\_\_\_\_

Name and Number of the Race Official (s) if known: \_\_\_\_\_

Description of the incident (Use additional paper if required): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Witnesses:**

Name: \_\_\_\_\_ Fax: \_\_\_\_\_

Address: \_\_\_\_\_ Tel: \_\_\_\_\_

\_\_\_\_\_ Email: \_\_\_\_\_

Name: \_\_\_\_\_ Fax: \_\_\_\_\_

Address: \_\_\_\_\_ Tel: \_\_\_\_\_

\_\_\_\_\_ Email: \_\_\_\_\_

Signature: \_\_\_\_\_ Place: \_\_\_\_\_ Date: \_\_\_\_\_

**CDN\$50 is attached.**

**OFFICIAL USE ONLY**

**Officials Comments and Act:** \_\_\_\_\_

**Is this appeal to reverse a Competition Committee Decision**

- Yes
- No

**If yes, state Competition Jury's Decision and Action: :** \_\_\_\_\_

---

---

---

**Referee's Comments and Action:** \_\_\_\_\_

---

---

---

**Notification by Appellant to Official: :** \_\_\_\_\_

**Competition Jury Members:** \_\_\_\_\_

---

---

---

---

---

---

**Signature of Jury Chair:** \_\_\_\_\_ **Place:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Date Received:** \_\_\_\_\_ **Amount:** \_\_\_\_\_

**Refund Date:** \_\_\_\_\_ **Amount:** \_\_\_\_\_



## APPENDIX D

**Comment [DM1]:** Stephen – Some people thought we should drop this section from the rules, but I think it still has some merits. How does it compare to what you were working on? Make any changes or deletions you deem necessary.

### TC Competitor Agreement

#### **1. Governing Body**

The Competitor acknowledges that TC is the sole national governing body for the sports of triathlon and duathlon and that TC is recognized by the ITU, and is a member of the COA.

#### **2. Law**

This agreement is to be governed by the laws of the province of Ontario.

#### **3. Property in TC Events**

The Competitor acknowledges that the TC Events are the exclusive property of TC which owns all rights associated with the TC Events including, without limitation, the rights to organize, exploit, broadcast and reproduce the TC Events.

#### **4. TC Documents**

The Competitor acknowledges that the Competitor has access to a copy of the TC Manual and Uniform Specifications through the Competitor's Provincial Federation. The Competitor agrees that upon signing this Agreement, the Competitor shall be deemed to be aware of and agree to be bound by the provisions of the TC Manual and Uniform Specifications.

#### **5. Eligibility to compete**

The Competitor declares that he/she has not been guilty of any act or omission whereby he/she has become liable to be declared ineligible for selection or participation in any TC Event in accordance with the rules of TC or otherwise.

#### **6. Code of Conduct**

The Competitor agrees that at all times, the Competitor will behave in a proper manner so as not to bring either the Competitor, TC or TC's Associates into public disrepute. The Competitor agrees not to make, comment, issue, offer or endorse any public criticism or statement, whether written, televised or broadcast, having or designed to have a prejudicial effect on the interests, welfare or image of triathlon, duathlon or TC or TC's Associates.

#### **7. Liability**

The Competitor agrees that neither TC nor TC's Associates shall be nor be deemed to be responsible or liable (whether in contract or in tort or under any statute whatsoever), for any injury, illness or other mishap to the Competitor or the Competitor's property sustained in, or arising from or out of, of in any way directly or indirectly connected with the TC Events.

#### **8. Assignment of Image**

To enable TC or its Associates to promote and/or publicize events that are conducted by TC or to which TC is affiliated, the Competitor grants to TC and its Associates a non-exclusive royalty free license to use the Competitor's Intellectual Property Rights ("License"). Neither TC nor its Associates may, without the permission of the Competitor, sell or assign the License to a third party or a sponsor.

TC or its Associates may use the License in whatever way considered beneficial to the sport

including, without limitation, using the Competitor's Image through the medium of television (including dialogue) whether broadcast free-to-air or on cable television or satellite; transmitted via internet or the world wide web, cinema (including dialogue); video (including dialogue); radio; public video screens; press and materials; point of sale materials; public relations including any documentary material; billboards and outdoor advertising; merchandise material; sales contest materials; community service announcements and broadcasts.

The Competitor warrants that he/she has the capacity to grant the License and agrees to indemnify TC and TC's Associates for any and all loss (both direct and indirect) if such is not the case.

#### **9. Restrictions on association with TC**

The Competitor shall not grant any rights to use or utilize the Competitor's name, signature, photograph, likeness, reputation, image and identity or endorse any product or service in trade or commerce in such a way as to connote the sponsorship, approval or affiliation of TC or any events conducted by or affiliated with TC without the prior written permission of the TC.

#### **10. TC rules**

Whilst participating in TC Events or events sponsored by the TC, the Competitor agrees to abide by the rules of the TC as applicable to the relevant TC Event.

#### **11. Injury**

The Competitor agrees and acknowledges that participation in or observation of sport could constitute a risk of serious injury to himself/herself, including permanent paralysis or death. The Competitor voluntarily and knowingly recognizes, accepts and assumes this risk and warrants to the TC and the TC's Associates that the Competitor is physically fit and able to compete in the TC Events without risking serious injury, including permanent paralysis or death. Furthermore, the Competitor releases the TC, the TC's Associates, their Sponsors, Event Sponsors, Event Organizers and Officials from any liability therefrom.

#### **12. Dispute**

The Competitor accepts that any dispute arising from regulations of TC, which cannot be settled by its existing appeal procedure, as set out in the TC Manual, shall be settled finally by the CSL, to the exclusion of recourse to ordinary courts.

#### **13. Definitions**

In this document:

"Associates" means any related bodies corporate of the ITU or agency of ITU.

"Competitor" means the person signing this document.

"Competitor's Intellectual Property Rights" means individual intellectual property rights (including the rights to the Image or any name or mark of the Competitor).

"CSL" means the Centre for Sport and Law (Ottawa).

"Image" means the Competitor's name, likeness, signature, image and any similar or associated trademarks.

"TC" means Triathlon Canada, a not-for-profit corporation organized under the laws of Canada

of #106 – 1185 Eglinton Ave. East, Toronto, Ontario.

"TC Events" means each event staged during the present year in the TC National Cup and the TC National Championships.

"TC Manual" means the Doping Control Rules of TC, Constitution of TC, the Competition Rules of TC, the Operations Manual of TC and Policies and Procedures of TC.

"Uniform Specifications" means the uniform specifications for the TC Events.

I, \_\_\_\_\_, hereby acknowledge that I have read and understand these terms and conditions. I hereby accept and agree to be bound by the terms and conditions as set out in this document.

\_\_\_\_\_  
Signature of Competitor

\_\_\_\_\_  
Date

## **TC ATHLETES CODE OF CONDUCT**

### **TEAM MEMBERSHIP**

- 1.1 The provisions of this Bylaw II, Code of Conduct, Discipline and Complaints, apply to all National Team Members.
- 1.2 National Team Membership includes individuals who are athlete members of any of the following teams:
  - (a) age-group team;
  - (b) junior team;
  - (c) elite team.
- 1.3 National Team members shall be made aware of the Code of Conduct and their obligations upon joining the National Team.
- 1.4 Additional rules of conduct may apply to members of the junior team and the elite team. Members of these teams shall be notified of these rules and expectations in a separate document and are required to abide by these rules provided reasonable notice of the rules is given to the members.
- 1.5 The Code of Conduct and disciplinary procedures apply to athletes competing as part of the National Team at World Championships, World Cup and Grand Prix events.

### **CODE OF CONDUCT**

- 2.1 The CODE OF CONDUCT states:
  - (a) Athletes shall conduct themselves in a sporting manner.
  - (b) Athletes shall behave in a responsible, respectful, and courteous manner towards team members, competitors, coaches, staff, officials, volunteers and members of the public while at competitions and while traveling.

- (c) Athletes shall not commit any act which would be considered an offense under federal or provincial law or the laws of the country in which the event takes place (insofar as they can reasonably be expected to be aware of those laws).
- (d) Athletes shall conduct themselves in a manner consistent with commitment to excellence in athletic competition including respect for quiet hours and appropriate treatment of alcohol.
- (e) Athletes shall respect private property such as accommodation.
- (f) Athletes shall be aware of and abide by the current provisions of doping prohibitions adopted by Triathlon Canada and the International Triathlon Union.

2.2 Contravention of the Code of Conduct may result in any one or more of the following sanctions:

- (a) written reprimand;
- (b) suspension from the current competition;
- (c) suspension from the team for a specified period of time;
- (d) fine;
- (e) probationary terms and conditions.

2.3 The management and coaching staff of Triathlon Canada may use reasonable discretion in interpreting the above.

See the Triathlon Canada website for these related documents:

- a) Disciplinary Procedure
- b) Concerns and Complaints
- c) Form A – Notification of Concern / Complaint
- d) Appeal Procedure

## APPENDIX E

### PRIZE MONEY PERCENTAGE BREAKDOWN

	<u>Top 5</u>	<u>Top 10</u>	<u>Top 15</u>	<u>Top 20</u>
1	30.00%	25.00%	25.00%	25.00%
2	25.00%	20.00%	20.00%	20.00%
3	18.00%	15.00%	15.00%	15.00%
4	15.00%	10.00%	10.00%	10.00%
5	12.00%	8.00%	7.00%	6.50%
6	(100.00%)	7.00%	6.00%	4.50%
7		6.00%	5.00%	3.75%
8		4.00%	3.00%	3.00%
9		3.00%	2.25%	2.00%
10		2.00%	1.75%	1.50%
11		(100.00%)	1.50%	1.25%
12			1.25%	1.40%
13			1.00%	1.20%
14			0.75%	1.00%
15			0.50%	0.90%
16			(100.00%)	0.80%
17				0.70%
18				0.60%
19				0.50%
20				0.40%
				(100.00%)

## APPENDIX F

### Winter Triathlon Rules

These rules are printed from here from ITU sources. For more complete rules visit the ITU website.

#### Distances:

Winter Triathlon	Run	Mountain Bike	Cross Country Ski
Elite	7 to 9 km	12 to 14 km	10 to 12km
Junior	1.5 to 2.5 km	5 to 6 km	5 to 6 km

#### B.2.5 Conduct on race days

It is not accepted that any competitor warm up or make reconnaissance of the course while a race is going on.

#### B. 3 RUNNING CONDUCT:

1. Running shoes are mandatory on the running segment
2. Running shoes with spikes are allowed.
3. Wearing an helmet during the running segment is not accepted.

#### B.4. MOUNTAIN-BIKING CONDUCT:

Only mountain bike is used in Winter Triathlon World cup and Championship

1. The minimal tires dimension for the MTB should not be less than 26x1,5 inch, (599-40) which means that the largest part of the tires should not be less than 40mm
2. Cleated, studded and slicks tires are allowed depending on ground surface.
3. The cycling segment of the Winter Triathlon Competitions is laid out as a cross-country course over snow and may follow in its part normal roads or paths. It is allowed to push or carry the bike over the course.
4. Drafting is allowed; it may be forbidden to pass other competitors before entering the transition area
5. Competitors are personally responsible that their bicycles are in legally satisfactory condition at the start of the competition. They themselves bring along the necessary tools and exchange parts and must carry out repairs.
6. It is not allowed to receive help from others, by their fellow competitors or outside helpers.
7. All bicycle part can be changed during the course of competition except the frame itself
8. Bike shoes are mandatory in the MTB segment.

#### B.5. SKIING CONDUCT:

1. Testing of equipment (skis) is allowed prior and during the race on specially marked tracks, or on the race course if announced by the Race Officials. The beginning of the third (last) segment is clearly marked. Putting skis in transition area is forbidden.

2. During the race participants are not allowed to be accompanied by team members, team managers or other pacemakers and to use others help.
3. Participants are allowed to change skis and ski poles during the competition at a designated area
4. Participants are allowed to compete in freestyle. This includes all known techniques. Zones may have restrictions to classical style or double polling.
5. Wearing the helmet during the ski segment is not allowed. However, taking the effect of cold temperature on fingers mobility into consideration, wearing the helmet can be permitted on TD's decision, during the ski segment.
6. Once requested to be passed by a competitor, the other competitor must leave the racetrack on the side as soon as possible.
7. In the finish chute (30-50m), skiing freestyle may be forbidden. Double polling may be required. Prepared tracks must then be used.
8. The competitor is allowed to take the skis off only after 10 m behind the finish line where the last ski check will take place (numbers according to the competitors number)

**B.6.TRANSITION AREA CONDUCT:**

- 1.Competitors must use only their designated area. They must not impede the progress of other competitors in the transition area.
- 2.Competitors must not interfere with another competitor's equipment.
- 3.Competitors must mount and dismount their mountain bike at the designated area or line.
4. In the transition area, Race Officials may assist competitors by receiving and placing their bikes and handing out their equipment. This service must be the same for all competitors.
- 5.Skiing inside the transition area is forbidden.





## Appendix G - Triathlon Canada - Kids of Steel Race Rules



# RACE RULES

The purpose of KOS rules is to promote safety in regards to equipment and race distances that are developmentally appropriate.

## Rationale for Kids of Steel® Equipment Rules

**Safety** is of paramount importance for young athletes. Advanced equipment can be “contraindicative” (i.e. causes more harm than good) when used by novices.

**Inclusion** is a large component of the Kids of Steel® philosophy. Many young athletes cannot afford top-end equipment, therefore, the rules create a more equitable environment for participation.

**Development** is also accounted for. Basic skills must be mastered as a foundation for future success. Races of longer duration and equipment that restricts basic skill acquisition are not conducive to long term involvement in sport; nor do they promote opportunities for athletes to reach their ultimate potential.

### What is “developmentally appropriate”?

Every child develops at a different rate. Biological age, or age of the “growing body” may differ from chronological age by one to three years. Maturation describes the patterns of development that culminate in an adult state including : skeletal, sexual, neural (brain / nervous system), morphological (height / weight), psychological / emotional, intellectual / cognitive.

Guidelines that are “developmentally appropriate” take maturational patterns into account. They ensure athletes avoid practices that may negatively impact long term involvement in sport and physical activity.

For more information on childhood growth and development, sport recommendations, and maturational issues, contact Triathlon Canada.

## KOS Age Divisions

- Ages are determined as of DECEMBER 31 of the current year of competition.

## Racing Up

- Athletes **MUST** race in their respective age divisions; no athlete under the age of 18 is permitted to race in a “higher” or “older” age division.

### Exception

- Athletes 18-19 years of age may race “up” in the 18-23 ITU or 20-24 Olympic Distance races.

## Maximum Distances

- Distances refer to “swim / bike / run” in that order respectively.
- Distances denote **MAXIMUMS** in each age group. Races may be shorter but not longer than the prescribed distances.\*

\*The Technical Director from the Provincial Governing Body sanctioning the race has the **discretion to approve distances that are nominally longer (maximum 10%) than those stated below when the need is due to safety issues in course design**. Variances of more than 10% will be referred to the National Youth Development Committee for input and agreement.

- Distances for 5 years and younger should be substantially shorter than the 7 and Under maximums.

Age Divisions	Maximum Race Distances (Swim / Bike / Run)	Equipment (at races) ▪ <i>Aero bars<sup>a</sup></i> , ▪ <i>Clipless pedals<sup>b</sup></i> , ▪ <i>Race wheels<sup>c</sup></i>
7& Under	50 m / 1.5 km / 500 m	not permitted
8-9 years	100 m / 5 km / 1.5 km	not permitted
10-11 years	150 m / 10 km / 2 km	not permitted
12-13 years	300 m / 15 km / 3 km	not permitted
14-15 years	500 m / 15 km / 4 km	permitted
16-19 years	750 m / 20 km / 5 km	permitted
18-19 years	1500 m / 40 km / 10 km	permitted

- a Aero bars must be draft legal and comply with Triathlon Canada and ITU rules. The only exception is for 18-19 year old athletes racing in an Age Group, Olympic distance category at a non-drafting race.
- b For age groups where clipless pedals are not permitted, the only exception is for mountain bikes that have wide-based platform pedals designed with a shoe cleat that can be used with running shoes.
- c Standard wheels must be used by athletes in age divisions where race wheels are not permitted. A standard wheel is defined as:
- i) Spokes must be metal and a minimum of 24 in number.
  - ii) Spokes may not exceed a depth of 2.4mm but can be round, oval, or flat.
  - iii) Rims must be metal and not exceed a depth of 2.5cm; this excludes the use of disc wheels.
  - iv) Standard road tires must be no thinner than 23c.

Rule Description	Rationale	Age Groups Affected
<b>Aero bars are not permitted</b>	<ul style="list-style-type: none"> <li>▪ Balance, bike handling, and coordination are critical skills to develop in the initial years of training cycling. If aero bars are introduced prior to the mastery of these skills – balance in particular – the athlete can put themselves and others at risk of accident.</li> <li>▪ Aero bars also restrict maneuverability and responsiveness while on the bike.</li> </ul>	<b>7 &amp; under</b> <b>8 / 9</b> <b>10 / 11</b> <b>12 / 13</b>
<b>Aero bars must be draft legal and comply with ITU standards.</b>	<ul style="list-style-type: none"> <li>▪ Draft-legal aero bars are more stable than traditional aero bars.</li> <li>▪ Draft-legal aero bars are designed to be safer in case of collisions or accidental falls.</li> <li>▪ If athletes wish to pursue higher levels of the sport, they must use draft-legal bars. Earlier exposure to draft legal aero bars will facilitate skill acquisition.</li> </ul>	<b>14 / 15</b> <b>16 / 19</b>
<b>Clipless pedals are not permitted.</b>	<ul style="list-style-type: none"> <li>▪ Clipless pedal systems are unstable for walking and running; they pose significant risk of injury while traveling in and out of transition (<i>e.g. slipping / tripping on clips; falling / toppling while trying to “clip in”; colliding / sliding into other athletes and / or bikes</i>)</li> <li>▪ Clipless pedal systems also lock feet into pedals, thus increasing the chance of injury (<i>unless fit properly</i>).</li> </ul>	<b>7 &amp; under</b> <b>8 / 9</b> <b>10 / 11</b> <b>12 / 13</b>
<b>The exception to the clipless pedal restriction is : wide-based platform pedals (for mountain bikes) designed with a shoe cleat that can be used with running shoes.</b>	<ul style="list-style-type: none"> <li>▪ Running shoes can be used on wide-based pedals, therefore reducing the risk associated with traveling (walking / running) in traditional cycling shoes with protruding clips (running / walking).</li> </ul>	<b>All age groups.</b>
<b>Race wheels are not permitted.</b>	<ul style="list-style-type: none"> <li>▪ Race wheels with (&lt;24) spokes pose a serious danger to athletes who may accidentally step into a wheel or trip over a bike (<i>e.g. in transition; after a collision / crash</i>). This situation has caused serious injuries at the Elite level.</li> <li>▪ Race wheels are also lighter and more “flighty” than regular wheels, putting athletes at risk for “blow-overs” (in the wind).</li> </ul>	<b>7 &amp; under</b> <b>8 / 9</b> <b>10 / 11</b> <b>12 / 13</b>

